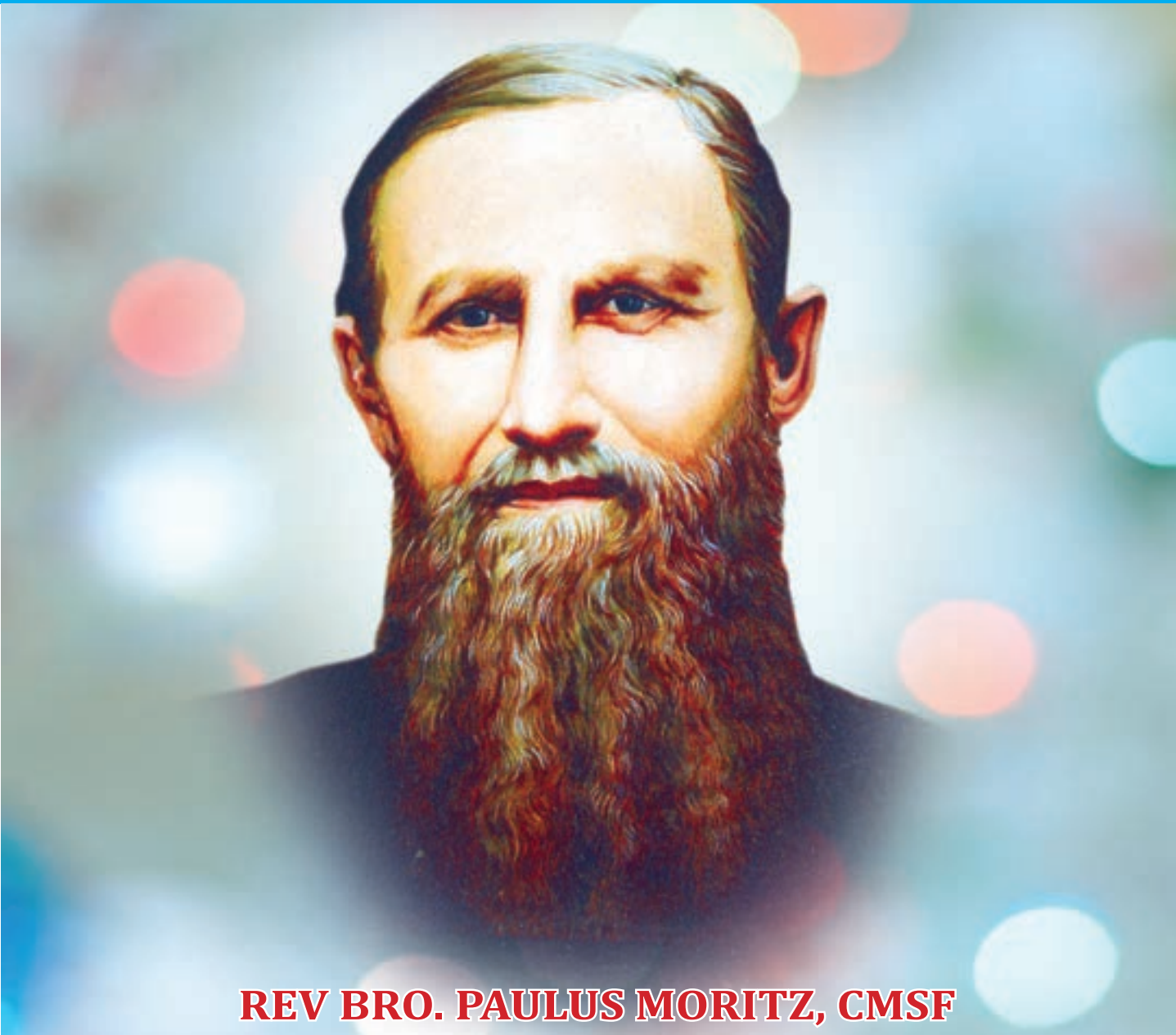


THE SOWER

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REV BRO. PAULUS MORITZ, CMSF

FRANCISCAN MISSIONARY BROTHERS

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The Sower is a quarterly, communication organ to disseminate news, views and write-ups of the Franciscan Missionary Brothers (CMSF), benefactors and well wishes with a view to motivate and inspire the readers to become contributors and supporters.

The views expressed in the articles may not necessarily be endorsed by the Editorial Board and the responsibility lies on contributors.

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WATCHED, NOT LISTENED TO!



Our parents did not give us long conference. (If they had tried, our minds would have wandered, any way!). We SAW how they lived, what they did, how they spoke. We remember their little gestures (a hug, a tear, a sad look) much better than their exhortations.

A classmate of mine in the Seminary told me of a nice little lesson he learnt when he was a small boy at home.

The family had just finished having supper and as usual his mother was going to eat after them. That was when a beggar appeared at their door, asking for food. “Without any hesitation, my mother took the food she was going to have and gave it to him. She went to sleep without eating”.

Years later, when he reminded her of this episode, she told him that she did not remember it. She must have done this sort of thing many times.

What we see parents and our Superiors or higher authorities DO is really what we remember best. In both cases, if their words are supported by evident good example, the lessons go in deep. They last for life. They can transform us.

This is the truth behind the saying, “LEADERS are watched, not listened to.” One of the best compliments I have heard young people make to a religious is a short but touching sentence. Once a Japanese sister accompanied a group of college students – hardly any of them a Christian – during their visit to the US. At the end, before they left, many of the young women wrote to her. A recurring sentence in their letters was: “When I grow up, I want to be a woman like you.”

This is the best a Parent, Superior and Formators can do: Be the kind of person the young persons in your care will want to be like when they grow up. All of us are religious / Superiors and all of us are under authority. We are being led; we are all called to lead.

This year we are commemorating the 80th death anniversary of the Founder which is also known as Oak year. We are reminded of our founder, his leadership quality which led us up-to this moment. He was a great leader of the time.

As we go through this edition of “THE SOWER” we see that as missionary leaders, we have taken a lot of initiatives in our own capacities in our respective work place. May this information, articles, write-up and photos inspire the young generation to emulate the missionary activities of the Congregation.

As Franciscan Missionary Brothers, let us be LEADERS wherever we are placed to show a right path to the young generations.

Bro. Xavier Lakra CMSE

ELEMENTS THAT ARE ESSENTIAL IN PRAYER

Bro. George Thottiyil CMSF

The cornerstone of spirituality is prayer. In the life and teaching of Jesus, prayer takes the primary place. The glory and power of holy souls come from prayer experience. But today in the consumerist culture, prayer has taken a back-seat. To bring prayer to the fore front, we must realize the importance of some elements that are essential for a genuine prayer.



1. Adoration: When we are in the presence of the Lord, we should be aware of the glory, honour, power and majesty and holiness of God. The Almighty, creator and sustainer should be praised as we stand before Him. The hosts of heaven incessantly adore and sing the praises of the Lord. The Lord of armies is holy, holy and the whole earth is filled with his glory (Is 6:3).

In a prayer we say: “As the angels of heaven and praise the Almighty, so shall we sinful and weak beings, praise you, Oh Lord.” The beginning of music or chants started in the temples or churches with the praises of the Lord. All traditions sing his glory and praises.

2. Thanksgiving: Whatever we receive from God should be acknowledged with adoration and thanksgiving. The Psalmist acclaims “What shall I give in return for all the graces and blessings from the Almighty; I shall lift the cup of salvation and call on His name” (116:12).

One holy soul prays thus: Lord you have given me so many graces. I ask for one more: give me a heart that will truly acknowledge your favour on me.

3. Repentance and confession: When we realize that we are before the all holy, omniscient and the righteous judge of all, we must become aware of our own unworthiness and inadequacy. We know the parable of the Pharisee and Publican. We should have the attitude of the Publican: a humility that acknowledges our own unworthiness and weakness even to acknowledge His name and say: Have mercy on me Lord.

When prophet Isaiah realized the presence of the Lord, he acknowledged his unworthiness by exclaiming: “What a pitiful condition I am in. I am lost. I am a man of unclean lips and live in the midst of a people of unclean lips. My eyes have seen the king of the host of heaven” (Is 6:5). In the eastern and

western traditions, we notice the need of repentance and acknowledgement of unworthiness of self before God in prayer.

4. Petitions or Intercessions: We offer our needs and petitions before God in prayer. But often these elements take predominance in prayer like a list of grocery shop prayer often gets limited with petitions and ends the act of worship. After including the above elements in our prayer, we have to make known our petitions and requests to God. St. Paul says, “Do not be anxious about anything. In everything by prayer and petitions make known. Your needs with praise and thanksgiving” (Philp 4:6). If God knows our needs and He cares for us, then why do we need petitions and ask some people, when children make known their needs to their parents, they only show their dependence on them. Jesus teaches us to petition for our daily bread and needs.

5. Mediation or Intercession for others: Mediation for others and their needs is another aspect of prayer. Jesus is the perfect model for this. He prayed for his disciples for those who persecuted and crucified him. We need to pray for people in different situations and needs. People in sickness and distress, in natural disasters and subjects to the evils of drug addiction and families in discord and distrust etc.

If we care and love others, we will surely remember them in our prayers. Selfish people will not think of others and their needs; like Jesus and Paul we must pray: St. Paul prays for the churches he founded and requests others to keep him constantly in their prayers. Even Doctors vouch for the effect of prayer on their patients. Prayer has to be inspired and sustained by the Holy Spirit. The famous Evangelist Billy Graham summarizes the need of prayer thus “A prayerless Christian is a powerless Christian”. Let this echo in our daily life!



Message by the Superior General on the occasion of the Golden and Silver Jubilees on the 4th October, 2022

Bro. Joseph Karimalayil (Superior General)

Dear and Respected Brothers, Relatives and friends of the Jubilarians, honourable guests, my dear friends and the stars of the day our dear Golden and silver Jubilarians,

A very good evening to you all! I am delighted to be with you all this evening to celebrate the feast of St. Francis of Assisi and the Silver Jubilee of Bros. Wilfred, Bijumon, Thomas Mathew and Rajendran Sahayanathan and Golden Jubilee of Bros. Alphonse Nesamony, Aloysius Kispotta, Jesudass Santiyagu and Cyriac Mathew, Rajesh Kumar Minz, Nicholas Minz, and Patrick Ekka. As all of you know they have spent twenty five years and fifty years respectively of their precious life to serve God and his People through the Franciscan Missionary Brothers. 'A Big thanks' to each one of you dear brothers. In appreciation for the great sacrifice they offered with their life let us give them all a big applause and say loudly "Thank you brothers we love you".

The period of 1970's and the life one had to face in the missions were, much more tougher than it is today. Just to give you an example, travelling from one place of appointment to another, or from the mission to home and back for home holidays that too once in three years meant travelling for three to five days. If it was by train, the first leg of the travel was with reservation, second and third without reservation, and the last leg by bus or sitting over logging trucks etc.. is something many of you can only hear it as a story from the past, but that was the reality at that time. These seven brothers, who are celebrating their Golden Jubilee went through all that for love of God and his People and the Franciscan Missionary Brothers were there to support them. Late nineties when Bro. Wilfred made the profession things were much improved, still life in North east, Andhra Pradesh, Mysure, Gokhivera etc..was not easy. Even today life in Sri Lanka is very challenging with natural and man-made calamities. All these brothers, they worked in various places in India and abroad, South to North, North to North East, from "Mother Ganges to Father Ryne" (Bro. Alphonse and Bro. Rajesh worked in Germany, Switzerland and Rome) and are gloriously sitting with us today to tell us that they persevered all the difficulties, temptations, trials and tribulations. I wish to join with all the brothers to say a big thank you to each and every one of them, for their self-less gift to the Congregation, your dear selves. Dear Brothers, you are really stars of the day and you deserve it. Congratulations to all of you for reaching the mile stones of Silver and Golden Jubilees in religious life.

The author of the strangely titled book “Die Empty: Unleash Your Best Everyday” Todd Henry a well-known motivational writer and speaker says that he got his inspiration while attending a business meeting. When the director asked the audience “Where is the richest land in the world?” and startled the audience by saying “no it is the cemetery. Yes it is the cemetery, it is the richest land in the world, because millions of people have departed from it “they have died” and they carry many valuable ideas that did not come out to the light and benefitted others. It is all in the cemetery where they were buried”.

Inspired by this answer, Todd Henry wrote this wonderful book wherein he passionately but forcefully exhorts people to pour out their ideas and potential energies in their communities and turn them into something useful before it is too late” Do not go to your grave and you carry inside you the best that you have, always choose to die empty.

The basic idea of ‘die empty’ is that most of us live with the stubborn idea that we will always have tomorrow. But sooner or later all of our tomorrows will run out. On our deathbeds many of us would give anything to get one more chance to approach life with full intention and conviction it deserved. He therefore, suggests that by the time you reach the end of your life, you should have put it all out there- the unwritten novels, undone charitable deeds, the unused ideas that would have made a difference in the life of others, so that nothing will haunt you on your deathbed.

The expression ‘Die Empty’ is a unique concept in the sense that it lays down some very simple but extremely practical pieces of advice- do not keep goodness inside you, and die full of ideas and be a delicious meal for the earthworms in the grave.

As a Franciscan Missionary and brother you don’t want to die with your best work still inside of you. Remember the words ‘the best is yet to come and believe in it that in spite of the difficulties and trials on the way’ my best is yet to come should be the motto that guides you. The attitude *bahut kiya hai* (I have done a lot), *Bahut kaya hai* (Have eaten a lot) *bahut piya hai* (I have drunk a lot) could be an expression of satisfaction in life at the same time *bahut kutch karne ke bhakki hai* (a lot more is left to be done, I can do, have to do) should be our attitude to life dear brothers. In other words:

If you have an idea perform it

If you have knowledge give it out, share it

If you have a goal achieve it

Love, share, and distribute, do not keep it inside.

Excavate: find the bedrock of your work to discover what drives you

Cultivate: learn how to develop the curiosity, humility, and persistence that save you from getting stuck in ruts and gutters.

Resonate: learn how your unique brilliance can inspire others.

Always have faith in yourself and say to yourself everyday “the best is yet come”

The best example for this is a person whom we celebrate today, St. Francis of Assisi. He even at the last hours of his life said, dear brothers so far we have done nothing let us begin again”

St. Francis proposed under the inspiration of Christ to do great things even as his body was as good as dead. He burned with a great desire to return to the beginnings of humility. He would say “Until now we have done nothing, let us begin again.” St. Francis ever hoped that he might make a new beginning. He wished once more to return to the service of the lepers and to be held in contempt as earlier. He wanted to confine himself again to the remotest places. He just wanted to begin again. St. Francis even as he lay on his deathbed, wanted to begin again. Can we begin again with the same desire of St. Francis?

Our dear founder Bro. Paulus Moritz, had to begin again several times, first founding the congregation, second after the First World War, third after the Second World War, yet he continued his passion to serve people, brothers and the congregation to die empty, passing on the legacy to all of us to continue.

So dear Jubilarians, my wish for you today is that you get the spirit of Begin again, because the best is yet to come. Let us all die empty.

I wish to thank all the relatives, friends and well-wishers of our Jubilarians A big thank you for being here, for sending us your brother to be our brother, and for coming over to join in their joy and celebration of life.



Golden & Silver Jubilarians with Bishop and Superior General

GOLDEN AND SILVER JUBILEES: A TIME FOR REFLECTION AND CELEBRATION

Bro. Xavier Lakra CMSF

Jubilees in religious and priestly life are an event mark the significant milestones that certainly need to be celebrated. Jubilee is a time for reflection and celebration and a time for gratefulness. Fiftieth and Twentyfifth anniversary is a great milestone to achieve for any person.

A jubilee is an occasion when we look at the unique, grace filled life of a person. When we reflect on the great things the Almighty has done in him and through him. It is an occasion to reflect and celebrate the life and thank God for the years of dedicated service of these Brothers in the vineyard of the Lord.

We have all heard the saying “The journey of a 1000 mile, begins with a single step.” Today we are recalling with gratitude the very 1st step taken by these our Brothers, as they began their journey – 50 years ago by Bros. Cyriac Mathew (STP), Aloysius Kispotta (SJP), Rajesh Kumar Minz (SJP), Alphonse Nesamony (SJP), Nicholas Minz (SJP), Patrick Ekka (SPP) and Jesudass Santhiyagu (SJBR), 25 years ago by Bros. Bijumon Jose (SPP), Wilfred Monteiro (SFXP), Thomas Mathew (IHMP) and Rajendran Sahayanathan (IHMP) as members of the Congregation of the Franciscan Missionary Brothers.

Hence, I deem it is a privilege to share with you a few words of appreciation about our beloved Golden Jubilarians and Silver Jubilarians.

GOLDEN JUBILARIANS

Bro. Cyriac Mathew (STP)

Bro. Cyriac Mathew was born on 1952 at Kaipuzha village of Kottayam district in Kerala. After his Post Degree Course (PDC) in 1970, he joined the congregation of the Franciscan Missionary Brothers at Nalanchira in Kerala. He professed his first vows on 4th October 1974 and the perpetual vows on 4th October 1980.



As a person Bro. Cyriac Mathew has many qualities of the heart and head. He is indeed a very warm and welcoming especially the poor and needy. Apart from this he is happy go lucky brother; this is one of the secrets of happiness he finds in life. He had fare measures of success in all that he did – a very good teacher and above all very friendly and jovial.

Bro. Aloysius Kispotta (SJP)

Bro. Aloysius Kispotta was born on 21st May 1950 at Tongo, Jharkhand in a good Catholic family. After the successful completion of his initial studies, joined the Franciscan Order to dedicate his life to serve Lord in the year 1971. He made his first vows on 19th March 1974 and the perpetual commitment on 4th October 1980.



It is said, “Man is known by his action”. He is very down to earth simple but very hardworking and a veteran visionary & missionary. He does his work quietly and efficiently. He is very cheerful, friendly and sincere.

Bro. Rajesh Kumar Minz (SJP)

Bro. Rajesh Kumar Minz was born on 22nd April 1951 in the diocese of Ranchi, Jharkhand. He made his first vows on 4th October 1974 and the final commitment on 4th October 1980.



He is down to earth human being with plenty of human, religious and spiritual qualities. He is young at heart and makes others smile with his association, full of charm and vigour. His friendly, jovial and matured ways of dealing with people have left a permanent mark on all those who have associated with him.

Bro. Alphonse Nesamony (SJP)

Bro. Alphonse Nesamony was born on 2nd April 1955 to the pious and devout parents in the diocese Kottar, Tamil Nadu. He pronounced his first vows on 19th March 1974 and the final vows on 4th October 1980.



He is born as an educator with vision and heart. For the young brothers, he is an epitome by virtue of his life and a role model. He is an effective teacher, able administrator and zealous missionary. His deep and disciplined religious spirit and mental alertness even now are extra-ordinary and remarkable.

Bro. Nicholas Minz (SJP)

Bro. Nicholas Minz was born at Dhumadaur in the district of Raigarh (Chhattisgarh) on 29th August 1939. He made his first commitment on 19th March 1974 and the final commitment on 4th October 1980.



He is a very pleasant character. He loves his community life and shows lots of love for the Congregation. He is simple and good natured, very honest and hardworking.

Bro. Patrick Ekka (SPP)

Bro. Patrick Ekka was born on 21st July 1947 to the pious Catholic parents at Tongo, Jharkhand. He pronounced his first vows on 4th October 1974 and the perpetual commitment on 4th October 1981.



He worked in different institutions in North India, Meghalaya, Assam and Arunachal Pradesh. He is one of the pioneers in the Northeast mission. He is a very hardworking person. He does his work quietly and efficiently. He is indeed a very warm and welcoming especially the poor and needy.

Bro. Jesudass Santhiyagu (SJBR)

Bro. Jesudass Santhiyagu was born on 9th December 1952 to Late Mr. Santhiyagu and Mrs Annammal in the diocese of Sivagangai, Tamilnadu. He made his first vows on 4th October 1974 and the final vows on 4th October 1980.



He had years of teaching experience in our schools in Tamil Nadu, Kerala and Mumbai. He was also the Principal of the school in Tamil Nadu and Mumbai more than a decade. He had a fare measure of success in all that he did but above all a very affectionate person indeed and the person of brotherly love and concern.

SILVER JUBILARIANS

Bro. Bijumon Jose (SPP)

Bro. Bijumon Jose hails from the parish St. Mary's Kadaplamattom in the diocese of Pala, Kerala. He pronounced his first vows on 4th October 1997 and the final vows on 4th October 2003. He is a man of many qualities. He is greatly interested in Education field. He has a special and magnetic approach in administrative skills and social dealings. He is an educationist with fascinating characteristics, which can bring an impact in the lives of today's young minds with principles and values.



Bro. Wilfred Monteiro (SFXP)

Bro. Wilfred Monteiro hails from the parish Sacred Heart of Jesus Puttur, Karnataka. He pronounced his vows on 4th October 1997 and the final vows

on 4th October 2004. He is a man with a charisma to be a Missionary Brother. He has successfully completed his post graduate and B.Ed studies and is presently the Principal of St. Francis ICSE Mumbai. He is a man outstanding for his teaching endeavours with distinguished leadership persona. He has a special and magnetic approach in administrative skills and social dealings.



Bro. Thomas Mathew (IHMP)

Bro. Thomas Mathew comes from the Parish St.Mary Church Panvilla in the diocese of Kandy, Sri Lanka. He made his first commitment on 4th October 1997 and the final commitment on 4th October 2003. After his initial studies he joined the congregation on 12th March 1993. He spent whole his life in Sri Lanka as a great missionary. His lovely nature has earned him a vast circle of friends. Pleasant is he in his appearance and enlightening in his talk.



Bro. Rajendran Sahayanathan (IHMP)

Bro. Rajendran Sahayanathan comes from the parish St.John Baptist Thalankuda in the diocese of Batticaloa, Sri Lanka. He heard the call from the Lord after the completion of his studies and joined the congregation in the year 1993. After the initial formation he made his first vows on 4th October 1997 and the final vows on 4th October 2003. He is very friendly and welcoming person. He is simple, hardworking and very creative in his nature.



Hearty congratulations to you dear jubilarians! May God be praised for all that he has done in you and through you during the 50 years and 25 years of your committed, dedicated and faithfully observant religious life as Franciscan Missionary Brothers.

To have courage for whatever comes in life –
everything lies in that

St. Teresa of Avila

GO FOR A MIND SURGERY

Bro.S.M. Joseph CMSF

I prepare this article just two days before the great Indian Festival, Deevali. Main business centers, shopping malls, sweet stalls, cracker shops, jewellery shops and many other small business vendors in every city and town in the country are filled with people. People have forgotten the lessons that they learnt during the Covid pandemic. Newspapers carry several pages of colourful attractive advertisements for different products of various companies and promising the people that they will get true prosperity and happiness in their life, if they buy and use their products. Electronic media has its own bigger share in this area of advertisement.



Is it the modified version of the third temptation of Jesus as mentioned in the Gospel of Matthew Chapter 4 and verse 8? (The devil showed him all the advertisements in the print media as well as all the possible channels in the electronic media...All this I will give you.. if..) Yes, temptations are very high during every festival season in India. It is a surprise that only the religious festivals attract the people so much through advertisements and the purchasing power of people is really a shocking revelation. It is shocking because many religions speak about the vanity of worldly things. Yet in reality, religious functions and celebrations attract much worldly products and pleasures.

Recently I had some difficulty in reading and I went for a small eye check-up. The doctor's first question was, 'Do you have sugar?' He advised me to check-up the sugar level in the blood. Later, after all the formalities, I changed my specs. Now I am able to see clearly and read without difficulty. The internal problem of sugar can also cause the external trouble in the eye. We all know that.

Coming back to the advertisements, we need to wear different specs in order to understand the tricks of the devil in the advertisements. Bible didn't say whether Jesus looked at all those greatness and splendour (advertisements!) that the devil showed him during the third attempt, but His reply was a very firm, 'Be off Satan'. The mind of Jesus or the thinking pattern of Jesus is completely different from that of the Satan. It is good to analyse our way of thinking while looking at these advertisements especially during the festival days.... Christmas is approaching! Let the thinking pattern of Jesus be ours.

THINKING has become a necessary skill in the business field. Even the devil thinks seriously in order to establish its kingdom here on earth. Devil was and is the tireless competitor to Jesus. The world is filled with its attraction '...it was good to eat, pleasant to the eyes, and desirable for gaining knowledge. She took some and ate it; she also gave some to her husband who was with her, and he ate it' (Gen 3:6). There are very many ways of thinking such

as creative thinking, critical thinking, design thinking, analytical thinking, logical thinking, strategic thinking, holistic thinking, higher order thinking, lower order thinking, lateral thinking, vertical thinking, dialectical thinking etc. We don't know what type of thinking made Eve to act in that way? Let us be careful in our thinking.

As a Franciscan Religious Brother, it is good to ask myself: How do I think and act in my daily activities? Do I think before I act? Is there a difference (positive growth) in my thinking pattern as I gain experience in this way of life? If so, in which direction I am moving? Let every attractive advertisement that I read and watch in the print and electronic media respectively help me to think differently (unlike that of Eve) using the mind of Jesus whom I promised to follow radically. "The attitude you should have is the one that Christ Jesus had..."(Phil 2:5) Have this mind among yourselves, which is yours in Christ Jesus.



ST. FRANCIS SCHOOL, GREATER NOIDA, UP



A PORTIUNCULA EXPERIENCE, A MIRACLE OF SORTS AT KOTAGIRI

Ignatius Marak,, James Sangma, Mathew Kamei and Lawrence Thaimai CST, Bros. the outgoing batch of Jyothi Sadan 2019-2022.

A PORTIUNCULA EXPERIENCE, A MIRACLE OF SORTS AT KOTAGIRI.

It was a deep and long-felt desire of the CST Brothers to visit the Novitiate and tea gardens that surround the Novitiate of the Franciscan Missionary Brothers (CMSF), ever since we heard of these from the Brothers coming from there to continue their scholastic formation at Jyothi Sadan, Bengaluru. We heard of the stories of these beautiful places from the seniors and Juniors as well. They would describe the exotic and eco-friendly nature of the places and the accommodative and salubrious climatic conditions, very much conducive to meditation and spiritual growth. As we come from the Northeast, we have similar conditions in our different states. Yet the Southern panorama of the hill-stations would be different, we thought. Hence we were waiting for a chance to grab the opportunity.



Bro. Sales a senior staff and a spiritual man accompanying us on our pilgrimage of the Novitiate and surrounding areas.



Our natural friends, the Bisons, keeping company with us grazing in our tea gardens- a common sight these days

However, as if by divine providence, even without mentioning about our desire, Our Rector, Bro. George Thottiyil, who has been very close to us, gauged our minds and arranged for our Nilgiri-experience. Hence, we, four of us, CST Brothers of 2019-2022 batch, who would be finishing our Theological and academic studies at our Scholasticate here thought it convenient to make a trip to Kotagiri before our final BA exam commenced. After this, we would be setting out for our respective stations. Four of us; Bros. James, Mathew, Ignatius and Lawrence were in this privileged lot. We would like to recount a few things about our journey and the wonderful experiences at Kotagiri Novitiate, Mt. Alverna estate, Portiuncula and neighboring areas.



Our companions who provide us with the means of our livelihood, fighting adverse weather condition often. Thanks to their solicitude with us.



Bro. Abraham M. with his mild companions inviting them for a good meal on the greenery there.

We set out on our journey from Bengaluru in the company of our Rector, together with Bro. Dennis, our incoming Dean of studies, and a companion priest of his, who had come to Bengalure with their vehicle and were returning back on the next day on 14th July, 2022 to Kerala via. Coimbatore. We thought it a golden opportunity with the vehicle having enough space for another five people to be accommodated. We set out early in the morning to avoid the hustle and bustle of the city of Bengaluru. We had a pleasant journey up to Coimbatore, occasionally clicking a scene from the windows of the speeding car and with intermissions for snacks and refreshments. After the pleasantness of the car ride up to Coimbatore, the ride further to Mettupalayam, and from there to Kotagiri was a rough one with ordinary mode of transportation with the humps and bumps. Such experiences should be there to be remembered and recollected. The climb uphill to Kotagiri from Mettupalayam, after a heavy lunch there, in a crowded taxi saw us rather uncomfortable with the twist and turns of the hair-pin negotiations on the Serpentine Road. We reached the Salubrious air of Kotagiri after more than an hour in the taxi. From Kotagiri town circle, we moved forward towards Kota Hall with our bags heavy on us containing a few gifts for our dear Brothers there. On our arrival at Kota Hall we were received with much joy by the Novitiate staff: Bros. David Kujur, Sales and Abraham to a warm cup of Kotagiri-fresh-tea with its aroma to sustain our energy levels. We were also welcomed by Bros. Xavier and Benny to the Alverna community with occasional dinner and tea parties, in the company of wild Bisons gracing around in the gardens, with the domesticated animals at bay in the compound of the fenced houses. There was an aroma of satisfaction all around with varieties of flora and fauna, which gave us green and positive energy to study more about the eco-system and terrains there.

A twist to our previous day story took place the next day, on the 15th of July. It was almost an adventure, as if planned by Divine providence against all human calculations. We were asked by our guide, Bro. George Thottiyil to be on time, around 10 in the morning, to go out to

Coonor SIMS PARK and visits to important academic institutions of the Religious Bros. which would give us another level of experience in the hill-country. As he kept the vehicle ready to fetch us, two of us: Ignatius and Lawrence were found missing at the tea-koma, where we were accommodated. He was rather disturbed at our delay, not knowing what had happened just at the nick of the moment. The reason was none other than a fire-wood cutting adventure of the senior Novices, who were early instructed well as how to go about it by Bros. David, Abraham and Sales in the morning. A tree which was to be felled was half leaning on another tree. One of the Novices named Chirik Marak, climbed up almost thirty feet high to disentangle the tree from the clutches of the other tree. As he was doing it a heavy branch fell on his thigh crushing his thigh-bone. He was discerning enough to hold on to the tree



despite the unexpected mishap. If he had not acted that way, we could only imagine the tragic-scene. As Divine providence would have it, Bros. Ignatius and Lawrence were just out after a short prayer at our PORTIUNCULA chapel uphill, and on the spot found the brother in need of help. Both of them with their expertise in tree management and formation at Jyothi Sadan, did not blink for a moment, but climbed the tree and released the Brother from it carrying him on their shoulders down to a safe place, before he was shifted to our vehicle to be taken to the hospital nearby for emergency-care.

A re-enactment of the rescue operation done by brothers Lawrence and Ignatius at Kotagiri.

Though in pain yet smiling because of the miraculous care of Divine providence brought by human intervention. Bro. Cherik Marak in the hospital bed with the brothers by his side.(Bros. Lawrence, and Ignatius at the extreme left)



We would consider it a grace that we spent our time before we set out for sight-seeing, to be at the chapel for a little time and then, see the beauty of the tea-garden and a kind of a miracle of the Franciscan Portiuncula which shall be embedded in our memory as a spiritual experience of a cool morning. Extraordinary things happen when God needs our help on behalf of someone who is helpless at a particular moment. We were happy to know after our visit to Conoor that the affected Brother has been kept under special care and operation has been done to strengthen his thigh. Now, he is recuperating with

physiotherapy, thanks be to God for his healing touch. We did visit him at the hospital before we made our return journey to Mysore and back to Bengaluru. We thank our Lady of the angels at PORTIUNCULA for the inspiration and courage granted to us to be of immediate help without hesitation. We are grateful also for the practical training we have received “a praxis theology” even to climb a difficult terrain or a tree in case of a need.

We are extremely thankful to our Brothers, staff and students of Jyothi Sadan, for granting us such an opportunity to experience the Franciscan hospitality and fraternal spirit, we have enjoyed all through these years with them. We felt quite at home at the Novitiate and Alverna estate, though our stay was a short one. We remember our patrician and Montfort Bros. at Coonoor for such friendship even when we called on them without prior-notice, even serving us meals promptly. We have experienced everywhere the real meaning of “Fratelli Tutti” advocated by our pope Francis in our encounters with our Brothers and neighbours. On our return trip to Bengaluru we had some short moments with our Brothers in the Mysore- institutions which made us enthralled at the hospitality of Bros. Melchior and companions at Jyothi Seva formation house and Bro.Britto and community at Jetti Hundi School. They all deserve our heartfelt thanks for their hospitality and reciprocal love. Blended with our human and fraternal encounters, we experienced the freshness of nature at Kodanadu view point and elsewhere as coming from the refreshing spirit of the Lord, giving us fresh breath to carry on with our mission of love and care to all. Whether in the South or North, East or west, we are all in the bosom of the mother-sister Earth, sustained by many hands: aesthetics in a park, architecture in a city, and plenitude of the green hills and sustainability of nature in full bloom everywhere. Here ends our short but a beautiful life giving experiences with joy in our heart and song of thankfulness on our lips.

Thankfully yours in the Lord: Compiled by Brothers



Energizing after a hard day's work with a fresh cup of tea, at Mt. Alverna, Kotagiri.

MISSIONARY ACTIVITY IN THE DIOCESE OF MANANTHAVADY

Bro. Cyriac Mathew CMSF

The diocese of Mananthavady is comprised of civil districts of Wayanad, a part of Malappuram district and Nilgiri district of Tamilnadu. Most of the people are migrants from different places. The agriculturists clear the forest and plant coffee, rubber, coconut, pepper and tapioca etc. The land was fertile and so people got good crops. The presence of the Franciscan Missionary Brothers played a pivotal role in the life of the vicinity. Brothers came as missionaries to work for the people in Mananthavady. There are three communities namely Panavalley, Kartikulam Yesuniwas and Assisi Snehasadan Cheloor. Panavalley house is an estate of coffee. Yesuniwas is an ashram where Brother Swamy Asirvad lived. He helped in the parishes by preaching and counselling. Whenever the communities got together Swamy was also invited. But due to old age and infirmities he died recently and a plot of land at Yesuniwas is looked after by other communities. Late Bros. Felicianus and Ferdinand were the beginners to start the missionary activity. Brothers helped to create parish in Panavalley. On Sunday priests were brought by jeep to offer Holy Eucharist. Late Fr. Paul from Woodland (Brother of our brother M.C Joseph of St. Francis Xavier Province) estate made an arrangement to conduct regular masses for the brothers. Late brothers Irenius, Julian and Edwin were great missionaries and worked hard in the mission. Late Bro. Benjamin who organised mission centres in Appapara, Bavali, Padamala and Panavalley became now full-pledged parishes and good number of Christians are coming to the church for Mass. Even today people remember those brothers who had worked hard in those areas. Still the brothers are doing wonderful work in these areas. Today, brothers help the people financially and materially for making houses and finding employment etc.

Assisi Snehasadan another community is close to St. Sebastian's Parish Church. There is an aided LP School. The adivasi children and tribal students of the region come to the school for study. There are classes up to 4th standard. The school is well equipped with computer lab and classrooms. Many of the adivasi children who have studied at this school and have been employed in many fields. On Sundays Brothers teach catechism to the students in the Parish church and help to distribute Holy Communion and occasionally deliver homilies in the church. Thus, the brothers still continue missionary activity in these areas which have been their pioneer fields earlier.

THE YOUTH OF TODAY IN EUROPE

Bro. Robert Michael, CMSF

Churches are running empty in many developed countries. This can be also noticed in Germany. Often, I ask myself, what the reasons can be for such drastic change in practicing Christianity in Europe. Is it because of secularism or developed status of countries or advancements in science, technology and medicine, or a changed understanding of religion? Many people have expressed to me that to show their belief in God they do not necessarily come to church or partake in Eucharist. Someone told me: “Helping and doing good to others is better and more salvific than coming to church to burn candles.” Another person told: “Being together and celebrating the togetherness through festivals, carnivals, and song festivals make many people happy and find meaning in life than attending a traditional eucharist.”



The youth of this time experience unpleasant happenings and frightening moments. Covid-19 has terrified many and many have also become victims to it. It is of course not yet over. Still people are dying of covid-19. The effects of the pandemic can be noticed on the faces of many people. Many have lost their loved ones and many others could not take a farewell to their deceased ones. The horrific era of Covid-19 is not yet over. After two years (more) of confining themselves in their homes and losing the joy of being with their friends at school, universities, festivals, cafes, clubs, and travelling to tourist destinations, just they have started to live their life again as it was before the situation of Covid-19. But to their bad luck recently a war broke out in Ukraine. Now they must also experience the effect of wars. Fake news scares the users of social media with frightening images and false news.

What is more saddening is that the people are forced to flee their country to find refugee somewhere where they can happily be received. Fleeing is not wished and a pleasant thing for these victims of war. Everyone undergoes a moment of trauma, separation, anger, pain and revenge. However, among the many groups of people, children experience the worst moment. This traumatic experience will continue to follow them till the end of their life. Children who are refugees must learn a new language and culture to survive and to build their life no matter which country they live. Childhood is the time to learn and equip oneself for a flourishing career in the future. Hence, the refugee children in Germany are also encouraged to go to schools and without a choice pushed to share lodging with children of this land.

Recently I had a chat with a known person and enquired about her nieces who are teenagers. I asked her: “The schools are open again, and how are the

girls doing?” She said: “Brother, children had to experience the horrible times of Corona, quarantine, house-study and now they are troubled again by war. The children of this time are unlucky. I have pity on them.” She continued: “My nephew has also received a family of refugees in his home. And they share their home with a mother and her two children. Now seven children and three adults live in that house.” I was really surprised to hear that and was in high praises for the readiness of the family to accommodate a family in their house.

She was also proud to say that her two nieces are happy to share their rooms with two children. She narrated what her eldest niece said: “Aunty, I have taken distance from my room to share it with two other children.” I was deeply touched by this kind gesture of the girl. I told the lady to convey my greetings and my appreciation for her. I told also: “tell her that I am so proud of her. God bless her.” She replied: “Yes, I shall do Brother.” Then she continued: “They are nice girls and kind to the new children.”

I smiled and said: “The children of this time are unfortunate and they are troubled by recurring hardships. But I am happy that your niece can understand the pathetic situation of the children and share her room with them.” I am sure that this is not the story of just this girl. Maybe many children in Germany happily share their rooms with refugee children. If everyone can share in this way, will anyone still lack something or know suffering? Will the world not become “heaven on earth”?

The recent natural and unnatural calamities have made the youth of today to be unfortunate. However, it has given the opportunity to be more human and share their love and compassion with the people who really deserve by forgoing their comforts and accepting the sacrifices voluntarily for the sack of respecting the dignity of every human beyond the exposure of power, money and wealth. Here we find the real practice of the prayer of our patron saint “It is in giving that we receive.”

The Eucharist is the secret of my day. It gives strength and meaning to all my activities of service to the Church and to the world.

- (St. John Paul II)

ARE OUR HEARTS EMPTY TO RECEIVE GOD?

Bro. Panneer Selvam CMSF

There is no one in the world who wishes to be oppressed, manipulated or mishandled. Everyone wants to be happy. We all search for ways and means to be happy. Finding where our happiness lies is very important to be happy in life. This craving to be happy is the driving principle which makes life interesting. If someone does not want to be happy, he may no longer have dreams nor look towards the future.

We also wish to be free of suffering and pain. Everyone wanted to have their own kingdom and king. No one wanted to be burdened by rules and regulations. This is what happened with Jews and they longed and prayed that God would send someone to liberate them from rule. And many also claimed to be the messiah. These claimants gathered people together to fight against the mighty Roman Empire. Sadly, they were often defeated and the Roman governors suppressed their rebellion.

We are aware what happens in the history of Salvation, John the Baptist comes to the scene. His words, actions and life give indication that he is the messiah. He was strong in spirit and was not afraid both to preach repentance and condemn injustice. So, people asked him whether he was the messiah but he says 'no.' Through his 'no' he tells people, "Do not use violence and weapons to bring peace and freedom." I have not come to fight the worldly powers. I have come to teach you that only God can give us true peace, happiness and freedom." Nothing on earth can give us inner peace and true happiness but God alone. He also tells them: "whether the king is a foreigner or your own, you will be ruled and forced to pay taxes."

As we are going to enter into the season of Advent, it is better that we are aware that often we trust in wrong persons and believe in false promises. John the Baptist warns them to be careful with those who may claim to bring us freedom and peace and be the messiahs. To have true happiness and peace God has to live among us. We need to go closer to God. We cannot buy God and we do not need to engage in wars to prove God's holiness and omnipotence. A true messiah will not preach violence and war but peace. He will not baptize us with the spirit of vengeance but with the Holy Spirit. John says that he cannot baptize them with the Holy Spirit but God alone.

Repentance is the need of time and let us stop trusting in wrong persons and believe in false promises. Let us also not forget that unless we acknowledge that we are selfish and sinners we can neither repent nor ask God's forgiveness. We have to empty our hearts which is full of ourselves. Unless our hearts become empty neither God fills us with the Holy Spirit nor come to live in us. Are our hearts empty? Are they worthy to receive God's gifts?

WE ARE TEMPLES OF GOD

Bro. Michael Kujur CMSF

If one travels through Europe no doubt he will be stunned to find many big and magnificent churches in its landscape. In recent years, it has become a trend in India to build big churches. People do not hesitate to contribute money for building churches. But the gospel of Mathew 21:12-17 poses important questions to us: Why do we need a church? Which purpose does a church serve? Do we need big churches with high towers? If I ask a believer, what a church is? Certainly, the immediate answer will be 'it is the house of God'. But let us not forget when people no longer come to pray in a church, the church can no more be a church.



Yes, Jesus has said where two or three pray together in my name I will be there in their midst. So the key reason for building a church is to help people to come together as a believing community and to pray together. And as Jesus says when we pray together God will be present among us. If we enter a church and look carefully at its architecture, paintings, statues and interior designs we will come to know what kind of beliefs and theology people had in that period in which it was built. The high towers represent our human longing to grow in holiness and reach God. A small comparison between the churches built before the Second Vatican and after it will indicate the important changes that happened in our theology.

People who believe in God and have a pure conscience have a strong urge to cleanse themselves of their sins and restore their relationship with God which is broken through their sinful life.

As we are going to enter into season of advent, we need to see God beyond the premises of the Temple. God is present overall. To find God it is not necessary to go to a church. Jesus has showed us the way. The body of Jesus was the temple because in him his followers saw God. In that way we are all called to become the temples of God. If we give hands and feet to God's love, kindness, compassion and peace we are truly the temples of God.

In the twilight of life, God will not judge us on our earthly possessions and human successes, but on how well we have loved.

- (St. John of the Cross)

BRO. PAULUS MEMORIAL HOCKEY TOURNAMENT

Bro. John Dungdung CMSF

Bro. Paulus Memorial Hockey tournament was organized for two days in honour of the Founder's day on 23rd and 24th October in Borivali West, Mumbai. It was the first time such kind of tournament conducted for the migrant workers, who are working in and around Mumbai. A total of 22 teams participated in the tournament.



The inaugural ceremony began at 9.00 am on the 23rd October in the presence of large crowd. Bro. Alphonse Nesamony Asst. Superior General of the Congregation was the Chief-Guest of the day. Many brothers and invited guests were present for the inaugural ceremony. The chief - guest in his speech said, "We are happy to see many teams have come to participate this tournament which is organized in honour of the founder's day to encourage the sportsmanship among the hockey lovers". After his talk he declared Bro. Paulus Memorial Hockey tournament 2022 open. Opening match was played between SFS (Borivali) Vs VVES (Vasai). Many spectators came to encourage and cheer the match.

There were a host of distinguished guests attending the finals: Rev. Bro. Joseph Karimalayil, (Superior General), Bro. Xavier MJ (Local Superior), brothers, sponsors along with quite a number of enthusiastic hockey lovers and parents

were there to cheer. To make the tournament successful and memorable, it was supported and sponsored by many good people.



Jeevan Jyoti Vs Charni Road entered the finals, where they played each other on the final day of the tournament. In the finals Jeevan Jyoti pipped Charni Road 5:3 in a penalty shoot out to emerge Champions and lift the trophy. It was an electrifying match. After 30 minutes of regulation time the score was 1:1. Winner teams received a cash prize and trophy from the Chief- Guest for their outstanding performance in the finals



THE DAY OF JOY

Bro. Thomas Joseph Justus CMSF

Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. The origins of Christmas stem from both the pagan and Roman cultures. Christmas is an annual celebration marking Jesus Christ's birth; it is observed on the 25th of December as a cultural and religious celebration among a lot of people all over the world. Christmas is celebrated in all Christian countries.

In the beginning, God created the heavens and the earth, and thus the universe came to be, God created the first man in His image and the first woman as his wife, and he instructed him, saying: "From every tree of Paradise, you shall eat. But from the tree of the knowledge of good and evil, you shall not eat. "For in whatever day you will eat from it, you will die a death. " Genesis (1: 1-15) Man and his wife disobeyed God's command and committed sin against God.

God, through His mercy, promised the first parents that He would send the redeemer. When the due time arrived, God sent Archangel Gabriel, visiting the Virgin Mary in Nazareth, announced, "Do not be afraid, Mary, for you have found grace with God. "Behold, you shall conceive in your womb, and you shall bear a son, and you shall call his name: Jesus."

"I will put enmities between you and the woman, between your offspring and her offspring. "She will crush your head, and you will lie in wait for her heel." So Mary believed in God's message and conceived Jesus.

With the birth of Jesus, the first Christmas dawned. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of millennia, a spiritual leader whose teachings form the basis of their religion. Christmas is celebrated on December 25 and is both a sacred religious holy-day and a worldwide cultural and commercial phenomenon. People around the world have been observing it with traditions and practices that are both religious and secular in nature. A yearly celebration marking Jesus Christ's countries.t is observed on the 25th of December as a cultural and religious celebration among a lot of people all over the world. Christmas is celebrated in all Christian countries

The Christmas is meaningful if the people practice in order to apply in their lives the message of Christmas. We are happy and fortunate as Franciscans from the time of St. Francis of Assisi, who lived a simple, humble, and poor life. All over the world and in Sri Lanka, Franciscan friars, sisters, and brothers are trying their level best to follow the virtues in their missions and associates.

In our communities and for the people we are serving, we organize various activities. In the Advent season, our brothers start special programs especially for our children in our boys' homes, pre-school day care centers, and Sunday schools.

Being Naked to the Naked....

Self-Evaluation Module for Mental Health

Fr. Aji Paul Kappiyarumalayil CSC
Chaplain, St Francis Monastery, Mount Poincur, Mumbai

The world is growing busier each day, and it is making higher demands on human contributions to its growth. And the implications it has on the mental health of the entire human family on the earth are beyond words could ever express. From child in the womb to the oldest men on the earth, all are affected by the technological and biomedical growth that's taking place all around them; no one can anymore escape from the effects of the tremendous growth that's happening all around them. Once some parents and relatives brought me an young man, to be prayed over. He was a successful IT professional who drew a big amount as salary but today he is being treated for mental depression. The moment he hears about his work place he becomes nervous and fearful. He is just one among many who are going thorough similar situations in their life. As the world is fast growing cases of mental illness are also increasing.



The pressure of coping with this competitive world is seen though families, schools, colleges and work place. What more to say, it has resulted in the booming of mental health centers all around us. The following self-check method of mental health may be of some use to those who are interested in it.

Ten simple ways to self-check one's mental health

a) If you are a mentally healthy person, you will be a person who uses words and actions in relation to the others with care and concern. You will go out of your way to be mercifully caring for the fellow human beings and the nature, without expecting anything in return. In the Indian language we call it -Nishkaama karma.

b) You will be ready to seek the opinion of others and develop an adult-to-adult communication style. Give and take happens only in the adult-to- adult relationship. Acceptance of correction, self-evaluation, and self- introspection happens only with people who are psychologically mature. Such people contribute to the growth of the community and society and also to one's own growth.

c) Who doesn't make mistakes? Everyone! But do you accept it? And do you respect those who are struggling to accept it in their own life? Accepting ones' own mistakes and working on them with a smile is a sign of good mental health. This also mean that with maturity and empathy, you accept those who

are equally struggling just as you, still making mistakes in their life and not able to get out of them.

d) We interact with people; we ought to. Without socialization no humans can survive or reach their full potential. But how do we relate to people? With respect, honour, patience? The others may be impatient but are you patient enough? They may not honour you, but do you honour them? They may not respect you but do you respect them? If we, claiming to have a better advantage of mental health, are not different from them, in what way then we claim to be different from them?

e) Ego is good but if it jeopardizes one's relationship with the others, will you call it a healthy thing? A certain level of ego together with good self-esteem is good indeed, and that will give us self-confidence. But egoistic mentality that dehumanizes others is dangerous. Your ego will be helpful to you as much as it enables you to humble yourself in respect to the dignity of even a little child. An awareness that we are interdependent for the growth and wellbeing of each other will have tremendous impact on all the decisions that we make and the way we execute them. As we grow up the dependent as well as the independent nature in us need to give way for interdependence; a more matured way of relating to our fellow human beings and the nature around us. The idea of vasudevakudumbakam has a lot of significance for us today.

f) Life is full of success and failures; is it not? But how do we deal with them? That will tell us how healthy our mind is. It is easy to accept success and truly it boosts our self-esteem but failures are a straight attack on our self-esteem. But a well-balanced person will accept failures as opportunity for self-introspection and further growth. This has to begin with parenting, yet we need to know that our parents are not psychologists, they are ordinary people. So, what can be done? As adults we stop blaming the past and begin to be constructive builders of our future. In a failure what do you do? Shut your heart to the world, sit in a closed room, sleep longer or after allowing the healthy sorrow to subside, you take that bold and deliberate step forward and begin the self-constructive process, if need be, seeking help from a resourceful person? Ups and downs are part of one's life. Each success in life and each failure in life must teach us that it's human to succeed and it's human to fail. And each time you fail you need to know that if the others can succeed you can also do it someday. I heard someone say long ago, "While standing in the valley if you are able to see your heart on top of the mountain, no one can stop you from climbing the steep mountain in search of your heart up there! And one day you will truly possess it again"

g) We are emotional beings. But how often we hide our emotions to appear differently? Wearing masks is common but behind it we remain still the same hurt person. Do we realise it? Repression and suppression, both are dangerous to one's mental health. People who hide their emotions are usually considered bold but emotions are to be expressed in a healthier manner. Repressed and

suppressed emotions will have serious consequences with one's mental health as well as physical health. What do you do when a painful thing happens? Do you express your emotions freely or prefer to hide them and put a mask on your face to appear as though nothing has happened? Do you truly cry sometimes? If not cry. Do you speak about what you are going through to someone to whom you can confide the secrets of your heart? If not begin to do it. Do not allow sorrow and guilt feelings to settle down at the bottom of your hearts. They become much harder than Ambuja cement!

h) Introverts and extroverts; you may have already heard a lot about these. People are different; their emotions and temperaments levels vary. And that's what makes them more distinct individuals and beautiful in themselves. Where do you fall in? Where does your neighbour fall in? If you are able to judge it well, and know the difference how happy shall your life be! When one is more of outgoing type, the other may be more of a person who makes travel within himself. How can we ever treat them the same way? Human beings are fragile, handle them with care.

i) Positive thinking and negative thinking; both happens in every human being. How do we balance them? A person with a healthy mind will search for a more positive and constructive response to everything that happens around him; they will be part of the solution than part of the problem. But with poor mental health comes poor response. Rather I will say they react than respond to a situation. They won't be constructive in their criticism neither in matters of human persons nor to any situation. A mentally healthy person will be more positive in his/her response even to the most painful critics of their own life.

j) Smile! Does it cost you anything? Mother Theresa will say, "Just smile, because smile is a contagious thing." Yes, it is faster than wild fire. Facing life with a smile is more positive than getting under your blanket, shutting your heart to the rest of the world. Try smiling at everyone, even to you while you see yourself in the mirror. This will help you forget your past and build up your future.

Life is lived just once on this earth. Live it well!

Mary sustains our journey towards Christmas, for she teaches us how to live this Advent season in expectation of the Lord. For this time of Advent is a time of waiting for the Lord, who will visit us all on the feast, but also, each one, in our own hearts. The Lord is coming!

Let us wait for him!

- (Pope Francis)

SHELTER TOOK SHELTER IN YOU

Bro. Robert Michel CMSF

Of all born, You are the Most Blessed;
For you' re carved from eternity ever sacred.
Bound are we, to offer roses in decade;
For, to us you are mother though we are wicked.

Conceived immaculate to be earthly paradise;
Worthy, Trinity found you as their loving dwelling place;
Foolish though we are, as our Mother wholly wise;
No worry but certain you'll fetch us bliss.

To the Father Almighty you are a daughter:
To the Son you are the mother Shelter.
To the Holy Spirit a Chaste spouse;
Our peaceful dove accept, all we bow.

Great indeed O Mother, to carry in you, our shelter;
Transformed us as Children before Jesus our Master.
Help us to fight Satan as Victor
Be with us ever and ever nearer.

ST. FRANCIS SCHOOL GREATER NOIDA, UP



St. Francis ICSE School, Chamarajanagar

“Learning is not the product of teaching. Learning is the product of the activity of learners”

The Cultural fest “CORUSCENT- 2K22 - Shine, Sparkle and Be Brilliant.....” was indeed an outstanding success, in bringing out the hidden talents in students and making the students to involve, execute and achieve their dreams through their talents.



A three-day fete scheduled with vivid competitions creatively planned, thoughtfully organized and brightly decorated. An extravaganza filled with colourful rangolies, artistic drawings, thought provoking posters, inspiring elocutions, concepts of best out of waste, melodious songs, graceful dances, breath-taking super minute games, interesting quiz, innovative artefacts filled the campus with complete involvement and created an atmosphere to unleash their creativity.

The determination to win, the desire to perform, the focus to achieve and high team spirit added flavours and colours to the event. The event was not just about competitions, performances and celebrations but also about inculcating social values and responsibilities in students. The eagerness and vigour with which they perform uncovered their profound aspirations to achieve. Energizing prizes, trophies and certificates were the energy boosters.

The motivation of Administrator, the dedicated efforts of the Principal, immense contribution of teachers, cooperation of parents and active participation of students made the event a remarkable success. The happy faces and lively atmosphere all around created a beautiful memory to cherish and the responsibility to nourish the blooming talents, through which the purpose accomplished.

UTSAV 2022- THE TALENT FEST

St. Francis Composite PU College
Koramangala, Bengaluru.

Mrs. Bhavna Chauhan

St. Francis PU College, Bangalore



Success comes when we strive to grow into a better being every day.

St Francis PU College strives to provide enrichment programs to its students within and beyond the classrooms by offering opportunities to enhance their talents, express their creativity and uplift their confidence. In this bid, after a hiatus of two years, the College hosted its much awaited annual Talents Fest- UTSAV 2022 in a new avatar. This year the mega event was conducted in a hybrid mode with 27 intra class competitions and events, encompassing unique flairs. The two day extravaganza was organized on the 9th and 10th of September by the Cultural Committee, under the able guidance of Principal, Rev. Brother Titus Anto.

With an extensive line-up of cultural events and competitions, the fest was crowd pleasing to every circle of students, witnessing participation by around 1500 Francisians. The gamut of competitions included a perfect blend of technology, entertainment, artistry and culture. The team events like group dance, mad ads, miming, robotics, treasure hunt; to name a few, saw some excellent conceptualization with dedicated teamwork and coordination. Weeks before the performances, students spent hours, practicing and planning for the competitions with fervour and gusto.

The promotions of the UTSAV began on August 12th with a flash mob performance and release of the digital teaser announcing the commencement of the competitions. The pre-qualifying rounds of the various competitions were conducted in the following days leading to an excellent selection of finalists. The proceedings of the spectacular Day 1, commenced with the invocation of the blessings of God by lighting the lamp and unveiling of the themed photo booth by the esteemed Principal, Reverend Brother Titus Anto, Financial Administrator Reverend Brother Charles Pereira, Academic Supervisor-Mrs



Sunita Albuquerque and Dean of Studies- Mrs. Shantala S N. The events of the first day began on a high note with 'Impulse' the flash mob competition- an explosion of vibrancy and talent. While the onstage events were vivacious, keeping the audience and performers exuberant, the off stage events like jewellery making, painting, flower arrangement, wealth out of waste were creative and innovative. The colourful canopy, decorated marquees, delectable food stalls, themed dress code for lecturers and students, accompanied with the spirited music set the lively tone of the Fest. Day 2 was an equally charged one with dancing, instrumental, miming, floor decor, insta-art, design thinking and vegetable carving competitions. The 30 sections fought it off in the race to bag the Spotlight Trophy and the Concord Trophy with class II SEBA B emerging as the champions and class I PCMB A as the runner up.

UTSAV was a truly exhilarating time, as the entire staff and the student body came together to create a magical few days for everyone to cherish. For some performers, this was their first Talent Fest as a Franciscan and likewise, for many others, it was their last. Performers on both ends of the spectrum gave it their all and truly rocked the stage in what was likely an emotional experience for all of them. With their unique panache, under the aegis of UTSAV, the events left their everlasting and impeccable impact on the minds and hearts of Franciscans.

WALK AN EXTRA MILE

Jafanson, Postulant, Gyandeeep, Bhopal

Look at a little child who is learning to walk. It fails and fails many times but each time it fails; it gets up and cries again. Many a times it fails before it can take step independently but it never surrenders to it. This child's example should encourage us to accept failures but never to surrender to them.

If you want to achieve something new, climb one step more than the easy one, little step above from your comfort height. Is the fruit on the tree is too high to pluck? Unless you climb a little higher and stretch your hand a bit more than usual you will not get the fruit.

Without ambition one will not try
And without trying one cannot expect success
Until you start singing
You don't know how well you can sing
Until you start playing
You don't know how well you can play
Until you start writing
You don't know how well you can write
If you have an inner urge to do
Something good start doing it.
Don't wait for tomorrow
For it never comes.
Until you start doing it,
You don't know how well you are able to do it.

To reach a significant goal you must leave your comfort zone. Try not to live according to your body but live according to your conscience and soul. Do not always the path of least resistance. It is by exercise that your muscles become stronger; it is by constant use that your intelligence becomes sharper. Always aim a little higher, a little better, making a little more progress. Take some Provable, struggle a bit for success. Be always ready and willing to strain a little, to bear some tension, to take an extra step and to go a bit higher. Do today better than you did yesterday. Learn from mistakes, better yourself and march ahead. Trust in God, trust in yourself, press forward and have that push within yourself.

THE IMPORTANCE OF TIME (POEM)

Kuldeep Dung Dung, Postulant, Gyandeeep, Bhopal

Time is the gift of God
If it's given equally to all creatures
Especially human beings, the working
Time and the time for resting.
We should celebrate the time
Because it makes to all punctual.
The time never waits for anyone
As a stone, if we throw it will never return.
Today's work should be done today
The one second or one minute also
Is very important.
If those who know to use the time
They will succeed in their life.
But those who waste it, they will lose in their life
Because it is the Holy gift of God.

THE BEST GIFT FROM GOD "OUR BRAIN"

Benedick Ronghang, Postulant, Gyandeeep, Bhopal

Every human person has given the similar brain which is created by God. Brain has the capacity to store the unlimited data, can remember the knowledge and wisdom. We are created little less than a God. Our brain is such which can think and examine. It has the power to control the whole body without the help of our brain one cannot do anything.

As we all know and have seen, almost 50% of people are intelligent in one way or the other, because there are many areas and different areas they are good in. Thus, it says, "Human beings are intelligent being". There are many great people have made use of their brain to the fullest and sufficiently. But some are not properly used. Although, each one of us has been given the same brain, it is equally given the intellect, understanding power, knowledge, wisdom, love, forgiveness, compassion etc; we cannot imagine how God has created our brain. Suppose, if we operate our brain and see its nothing, but how it does work with various capacity and unlimited memory that which can be stored.

Ward Hosted of Chicago university says, in fact our brain is such an organ that it can remember the knowledge contained in millions of pages, if we make use of the capacity of our brain fully and properly. The question they asked to each one of us that, why we don't use properly?

They answered that we do not make use of our brain properly and sufficiently. Human brain is such a wonderful creation of God with unlimited capacity. Behind the progress and wonderful inventions and discoveries of this world is the work of many who really made use of their God given gift, the brain.

We see in this present age, there is lots of changes that has taken place in the environment on this earth. For instance like computers, mobile phones, vehicles, buildings, cloths, arts and many other technologies etc; are made by human beings. Such people have really made use of their brain sufficiently and brought new things, what we are using in our day to day life that God has given.

A great and famous psychologist says, "We made use of our brain only 10% of our capacity. Even a great well known man, Albert Einstein said that "He made use only 15% of his intelligence. As every person has different talents, knowledge and understanding, even the interest that one put in, its depends on the person who takes interest and make use of their intelligence.

We see in the New Testament Jesus our master and saviour from birth to his death, he made use of his body, mind and soul. Jesus Christ has taught us many parables which are applicable to all. He was master n knowledge and wisdom and understanding, master in faith, love, compassion, mercy and forgiveness. Manifested all the possible that he has. No one could defeat or ask any questions to him, because he is the master of everything i would say. As the son of man obeyed the commands of His Father, we find no fear in death and suffering in his life. Therefore he lived here on earth to the fullest and saved the lives of all human kind.

Conclusion: As we are the creation of God, it is our duty to make use of our brain as far as possible in life. Without the help of our brain we cannot do anything, only when we make use of brain fully and properly then, one can be satisfied in every activity that he/she does. So let's try to make use of our God given gift that is "Our Brain"



BENGALURU TO MUMBAI, PILGRIMAGE CONTINUES.

This is a kind of second episode from the CST Brothers, leaving the Scholasticate, Jyothi Sadan, Bangalore, after completing their courses of three years there. 2019-2022. A description of our pilgrimage to Kotagiri, Novitiate Mt. Alveno and surrounding areas has been already given in an earlier article

Now as we are at the end of our story at Jyothi Sadan, another surprise gift has been offered to us, especially to four of us from the North East: Bros. Mathew Kamei, James M Sangma, Ignatius R. Marak and Lawrence Thaimai. It is because of the magnanimity of the Rector and the Staff of the Jyothi Sadan, that we were able to make a Darshan of the Mumbai city, especially to enjoy the Franciscan hospitality for almost a week in the different houses and institutions of the CMSF in Mumbai. We acknowledge with gratitude our sentiments of Love and affection to all that the CMSF Congregation has been to us over these years to our CST Provinces collectively and individuals whenever they had a chance to visit any of the house of the CMSF anywhere: the following is a brief description of our journey from Bangalore to Mumbai and thereafter...



Joyful Fellowship and fraternal greetings to our outgoing brothers Ignatius Marak CST, James Sangma CST, Mathew Kamei CST and Lawrence Thaimai CST from the staff and members of Jyothi Sadan community, Bengaluru

A short visit to Mumbai was an unexpected one. This was suggested by our dear Bro. George, our rector who has been always kind to us. In a short period, before we moved out from the Jyothi Sadan Scholasticate, Bengaluru, to our own respective provinces of the CST Congregation.

This was to give a chance to us to explore another place of importance, the mega-city of Mumbai, the business capital of India. Since it was suggested to our loving Provincial, Bro. Joy Thadattil by Bro. George, he readily agreed as it would not involve any further expenses, as it was on our way to North

East. The arrangement was done quickly and our entire schedule in Mumbai was well informed by Bro. George to the CMSF communities and institutions there. Hence, we would be very much obliged to the CMSF communities and congregation as a whole for the Formation of these three years in Bangalore and their loving Brotherhood with us.

Our journey from Bengaluru started on the 10th of October, 2022 by Udyan express around 8:30pm. Brothers from Jyothi Sadan reached us to the Station and kept company with us till we arranged everything in the compartment. Our journey was quite comfortable as a whole. Since we were travelling for the first time this route, we could only view things without much explanation about the places we passed through. But as Bro. George had informed us, after Pune station we looked out through the windows of the speeding train to have a glance of the Western Ghats, with its flora, fauna and water-falls etc. The sight of a ghat stretching from southern tip to the west of India would be a great one, but for us it was a short-thrill.

We reached our destination an hour late. At Dadar station Bros. Tudu Modon and Prem were ready with their vehicle to accord us a cordial welcome and move us forward through the congested streets and western express high way to reach the Mother house of CMSF at Borivali. Indeed it was a night-vision of Mumbai until we reached the Mt. Painsur complex. On our arrival we were overjoyed with the meals they had arranged and the fine accommodation which gave us a comfortable night and good rest. We did not lack anything as everything was spike and span in the rooms provided for us.

On the next day, 12th of October, we would not venture out as it was pouring cats and dogs. Nevertheless, we did not waste any time as the Superior of the house. Bro.Xavier MJ arranged a sight-seeing of the campus under the leadership of Bro. Varghese P, who guided us through the technical institute, engineering college and the community of Jyothi Bhavan. Bro. Varghese led us through ITI, Trade-test center, IDD, hotel management institute, and engineering college etc. We were shown around all the sections by the in-charges. Then we had our tea-break at Jyothi Bhavan. We had an extensive tour of the campus which opened our eyes to the Multifaceted and marvelous services the Brothers are rendering to the society.

On the 13th of October, a 'Bombay-darshan' was arranged by Bro. Xavier the Superior of the Mother-house. But due to heavy downpour we had to postpone the programme for the next day. Not to sit idle all day, we approached Bro. Suril Darole, our friend of "Bangalore days" to help us. He readily arranged another programme to visit the neighborhood, after a tea- break at Jyothi Bhavan: we had a glance of the neighborhood hospital "Karuna" managed by the Franciscan sisters of Ajmer. We were taken around by the sisters with a photo-session at their auditorium climaxed by sweet refreshments, and then we walked back to the monastery, in- spite of the showers. In the evening we had a sumptuous dinner arranged in honour of Bro. Pakiam, on his birthday. It was really a treat for our taste-buds, which we still cherish.

On the 14th, the postponed Mumbai Darshan was re-activated. The programme began at 6 am with the A.C bus fetching us from Borivili-itself in the company of Bros. Varghese. P and Prem Kumar who were like our guardian angels for the tour. The programme of the day was well-planned by the tour group. In all 30 sight-seeing places were included in the menu. As they were announcing things in Hindi, I was not sure because of my poor Hindi, whether they would halt at all these places in a day. As the bus was speeding by, they announced the places we were passing through without much of a halt. But to really have a historical sense of the city, we were led to the gate-way of India, where the British East India Company first came to colonize India, the museum of Mumbai, where historical artifacts are preserved and also visited Science Museum which tickled our scientific sense a little sharper. For these visits a fee of Rs. 650/- was charged additionally for each person. Since our Bros. Were generous enough we had not to dig deep into our pockets.

At the gate-way of India, it was an additional surprise, as a boat-ride round was part of this programme. We could get a vantage point view from the backwaters of gateway, Taj-Hotel and other monuments on the horizon of Mumbai, all granite- structures and imposing views. As we got into the boat we were in a mesmerized mood on the waters, and to our surprise the boatman was from the North East, who also shared his knowledge with us. The waters gave us another world experience, which would not be possible on the land. "Earth, sky and sea" are all different aspects of God's creation. We shall cherish these memories of the boating very much in our years ahead.

Afterwards, we went to the museum just nearby. As students of B.A. the historical sites and the matters related to Indian history and culture, especially of Harappa- Mohenjodaro artifacts, coins of ancient times, vessels of old textile production of earlier generations etc: were really worth knowing. We were forbidden to snap-shots at these places. We could buy picture- cards from these important places.

We moved on from these through the marine lines or the queen's necklace etc: to be shown around, including the architectural marvels of Ambani and his residence. We visited some temples around before our lunch-break. After a good meal, we felt more enthused and we were taken to a 2nd theatre where we experienced some new thrills as we were given 3D glasses to see things more at ease and enlarged. This was a thrilling experience we never ever had before. We felt as if we were real actors in the movie they exhibited in the theatre. From then on we moved along the sea beaches where many of the Hindi actors and actresses reside, especially like Juhubeach where we landed before heading towards our destination. Mt. Painsur, after a fruitful day of Darshan and experiences, which shall remain ever fresh in our memories. We reached our community after a visit to a famous temple after cooling our feet in the waves of the sea. It was 9 PM back home to a warm shower and another supper of delicious dishes.

On 15th, 4th day of our Mumbai stay, we had some local visitors like Sir. John, who prayed over us and wished us safe journey and happy days. We proceeded from there to our Gokhivare community to meet our Bros and have a view of our mission there. It was arranged earlier to have some intimate moments in the community. The Bros. Mariadas and others were quite hospitable and treated us as their brothers. Bros Modon Tudu and Prem accompanied us and a good culinary treat was meted out to us in the refectory for the community. Thanks to the brothers and we appreciate the great work there, especially in the academic mission of the congregation under the St. Francis Xavier's Province of the Congregation.

We returned to Borivali at a snail's-pace because of the traffic jam on the Mumbai-Amedabad highway. On our return home we were invited for a dinner at the ITI as it was a Farewell day for the senior students. It was yet another experience of our thrills in Bombay.

The next day, 16th of Oct, was an exciting day, as we would be visiting Mt. Mary's shrine, Bandra, in the company of Bros. Sunil Darole and Prem which would give us a very Spiritual and relaxing mood, praying at our Mother's feet and getting her maternal Blessings. We had some photo sessions above the sea on the Mount. We also visited Fr. Agnel's ITI and spent some time at the Bandra promenade along the rocky beach of the Bandra coast, and had a look from far on the mansion of ShahRukh khan, the super-hero of Hindi films, just below our Mother's Shrine, near the Jesuit retreat house.

On our way back, we visited Bro Sunil's sister's house over a cup of fresh tea in the evening. We were treated to a sumptuous dinner at the Generalate on our arrival there at Holy Cross Colony. Thanks to Bro General Jose, Bro Joy and community for the brotherly hospitality and friendship!

The next day, 18th of October, was the last lap of our Mumbai pilgrimage to the biggest Pagoda of India in a small island, close to Borivali. The monument is very much visible from the terrace of the monastery. We started off after breakfast and took a boat to the Pagoda Island, surrounded by water and pilgrims rushing from all over, as it is a pilgrimage center as well as a picnic spot. It is serene, quiet and calm as a place of Buddhist devotion. Anybody is invited to a quiet meditation and we spent almost four hours there in the serene atmosphere and clicked many memorable shots. We were treated to a vegetarian- variety meal before we returned home around 2 PM to a deserved Siesta. In the evening we paid a visit to Mr. Clifford who arranged our onward journey next day to Guwahati. We visited the Parish church of Immaculate Conception (I.C) which was the church of the Bros in its foundational phase, from the time of Venerable founder, Bro Paulus Moritz. It was a grace to attend the Saturday evening Eucharist, as we would be parting from Mumbai to Guwahati, next day, Sunday, early in the morning. After Mass, again to a big dinner arranged in our honour. Next day early hours of Sunday, with Bros Modon and Prem we were driven to Railway Station, almost an hour drive for our onward journey to Guwahati... Bye Bye Shalom!

Silver Jubilarians 2022



Bro. Wilfred Monteiro (SFXP)



Bro. Bijumon Jose (SPP)



Bro. Thomas Mathew (IHMP)



**Bro. Rajendran Sahayanathan
(IHMP)**

Golden Jubilarians 2022



Bro. Alphonse Nesamony



Bro. Cyriac Mathew



Bro. Aloysius K



Bro. Patrick Ekka



Bro. Jesudass S



Bro. Nicholas Minz



Bro. Rajesh Kumar