



# DELHI DISHA

Vol.11/3

PROVINCE NEWS LETTER

May - June 2017

## From the Provincial's Desk...

### Request for Prayers

#### For those who have gone for their eternal reward:

- Sr. Manju's grandfather, Joseph 93 on 6<sup>th</sup> July and grandmother, Cathrina 86 on 14<sup>th</sup> July

#### For those who are ill:

- Sr. Vijaya whose is poorly
- Sr. Kanula who is recuperating after the Hemi Thyoidctomy
- Sr. Manjusha's brother, Anthony who is very ill and has a number of complications

## News and events From Our Communities

### Jesu Bhawan, Delhi

On 1<sup>st</sup> May we celebrated the feast of St. Joseph the worker along with our four workers and Shahbad community. The homely atmosphere was well appreciated by one and all. At the end of the meal, Sr. Pratima thanked Mr. Marianus, Mr. Alok, Ms. Soni and Ms. Akanksha for their cheerful services and presented to each of them with a token gift.

Sr. Pratima accompanied Sr. Inigo SSA, the resource person for our "Wisdom Group" at Nainital and returned on 9<sup>th</sup> May. She also attended a special "Ignatian Family meet" at ISI. It was a surprise to see the number of

congregations who are connected with the Ignatian family. Sr. Joseline attended the vocation camp conducted at Jalandar and made a few contacts with girls. Sr. Sanjita returned after her home leave on 22<sup>nd</sup> May and left for Jhansi for her final year B.A on 28<sup>th</sup>. We were happy to have our student sisters in the months of May and June. Sr. Anima returned to the province after completing her TTC in Allahabad, Srs. Maria and Nibedita came for their summer vacations. Sr. Anima made a trip to Ranchi and the surroundings to make contacts with girls who expressed their desire to join us. Sr. Divya went to Rudrapur to keep company with Sr. Assunta and Sr. Nebedita to Jhajjar to keep company with Sr. Mary John during the absence of their community members. Sr. Rinalda did not keep too well after her home visit and so went to Jeolikote for a few days to enjoy the cool air. Srs. Adelaide, Anima, Divya, Maria and Nidebita joined our sisters from Allahabad for the retreat guided by Sr. Inigo SSA.

Srs. Pratima and Assunta attended a seminar on Legal Compliance at ISI, Delhi from 19<sup>th</sup> –



20<sup>th</sup> May. On request, Mr. Martins (Chartered Accountant), one of the resource persons, agreed to conduct one day seminar for



our sisters on 17<sup>th</sup> and 30<sup>th</sup> June. On both the days 45 sisters from the COIN were present. It was a great help for all of us to clarify our doubts on accounting and documentation. This was a golden opportunity to meet a good number of our sisters from Allahabad, Patna and Nepal as they came in for this seminar.

Our temporarily professed sisters too came together for two days with their directress, Sr. Deepa. Sr. Manju came from Falna to proceed to Rome and then to England on 28<sup>th</sup> June. On 29<sup>th</sup> once again the house was silent after the departure of most of the sisters to their respective places. We thank Sr. Sanjita for her loving services to all those who came to Jesu Bhawan. We wish her all the best in St. Joseph's School, Puranpur. We also wish Sr. Nibedita all the best for her third year of B.Sc. May God bless you for the loving services you rendered in Jhajjar community and here at Jesu Bhawan during your holidays.

## Jeolikote

On 2<sup>nd</sup> April Sr. Sherly, like a Good Samaritan, accompanied the SDB fathers, who had been recovering from an accident, to Delhi. On the following day with the help of her Sister, Ancy she made all the necessary arrangements at AIIMS in Delhi for the treatment of Sr. Vijaya. On 11<sup>th</sup> April we celebrated Sr. Sherly's golden birthday with a special Holy Eucharist and organized recreation. On 6<sup>th</sup> April our staff had an orientation conducted by Orient Black Swan, Book Publications. They enlightened the staff to adopt new methods of teaching. By evening the boarders arrived and once again

the campus was full of happy laughter. On 7<sup>th</sup> the new academic year commenced. This year we have more new admissions in the English Medium School. The new boarders are quite at home in school as well as in the boarding.

On 17<sup>th</sup> Sr. Rekha left for Kerala to attend her nephew's priestly ordination and home leave. On 17<sup>th</sup> we were compelled to close the school as there was scarcity of water coming from the source. Some of our sisters walked through the jungle along with our workers to the water source and cleared the blocks which prevented the water flow. On 28<sup>th</sup> and 29<sup>th</sup> Srs. Renata, Laura and Camilla enjoyed the company of the Wisdom Group gathering in Nainital.

In the month of May, specially devoted to Our Lady, we gathered in front of the grotto daily in the evening to pray the Rosary. On 5<sup>th</sup> May our teachers and few of the sisters had an enjoyable outing to Ranikhet and Dhonagiri. The mountain-view all along the way was fascinating though we took 5 hours to reach the spot. All were in a jovial mood along the way.



On 7<sup>th</sup> we had the wonderful surprise of meeting Mrs. Teresa Joseph, who was the first inmate in our orphanage. She was extremely grateful to all our sisters of that time specially to Mother Fulgentia. She spent a few hours with us, re-living her memories. On 9<sup>th</sup> May a farewell Mass was offered for Sr. Vinita by the boarders. On the following day a touching farewell was given to Sr. Vinita during which the school thanked her heartily for her dedicated service as Principal for the past three years. We also thanked Mrs. Prema who retired after serving our institution for the last 34 years.

On 11<sup>th</sup> Sr. Damian's brother and family came and spent three days with us. They

enjoyed the sightseeing and the cool surroundings of the hills. They left for Kerala on 14<sup>th</sup> along with Srs. Augustine, Vinita and Damian. Soon after, others due for home leave left for their respective home towns. By the end of the month only Srs. Pratibha and Rekha were left to take care of the Community.

On 30<sup>th</sup> May when we received the Board Exam results of our classes X and XII we were overwhelmed with joy for all of them had passed with good divisions. Three of our class XII students got a scholarship of 5 lakhs each, for securing above 75% in science subjects. Congratulations to all our Children!

The preparation for the Feast of St. Anthony included novena and special prayers for nine days. On 13<sup>th</sup> June we had the solemn High Mass concelebrated by Bishop Antony along with 15 priests. We also celebrated Bishop's feast day. On this occasion our church was packed to full capacity with our parishioners, well-wishers and friends. The choir was conducted by one of our parishioners, Miss. Meenu Singh, along with Sr. Pratibha. It was a joyful celebration, marked with much cooperation and unity. On 4<sup>th</sup> to 6<sup>th</sup> June seven of our 'crusveer' children attended a program at Suchetna. On 4<sup>th</sup> June Sr. Rekha went to Delhi for her regular check up at AIIMS and we thank God for the steady improvement of her eye.

In the 2<sup>nd</sup> week of June Sr. Kripa UMI joined our community to spend her holidays. She was a source of love and joy in our community. She had the opportunity to meet her childhood friends and their families. We also enjoyed her company and relived the old memories. Sr. Augustine returned, on 9<sup>th</sup> after her holidays along with Sr. Patricia and the latter spent a few days with us. We were happy to meet our sisters from all the provinces after their programme in Nainital.

Those who were on home-leave returned relaxed, refreshed and renewed.

On 25<sup>th</sup> the parishioners offered a farewell Mass for Sr. Vinita, expressing their gratitude for all her loving services. The community too expressed its gratitude through a very meaningful prayer service and liturgical celebration. We wish her all the best in her new mission. Sr. Camilla who had served here in Jeolikote for 12 long years was also given a fitting farewell by the parish and community. We cannot thank her enough for the generous services she has rendered to the community, boarders, visiting sisters and people around and we remember with gratitude the hardships and difficulties she bore with determination and forbearance.

During an assembly when the entire school had gathered Sr. Renata introduced Sr. Deepika, the new Principal of St. Anthony's Inter College. Sr. Deepika was greeted cordially with a bouquet of flowers and good cheer. There was a prayer service to implore God's blessings on her. We congratulate you dear Sr. Deepika and wish you God's blessings.

**Sr. Sherly who attended a Counselling Course writes:**

I am grateful to Sr. Pratima, our Provincial and her team for allowing me to attend the two-weeks counselling course at Satyodayam Jesuit Spirituality Centre at Secundrabad. The Theoretical input sessions were good but what I liked the most was the practical applications. We were given intensive practice of counselling which included training in various types of skills such as greeting, kindness, politeness, observation, listening, paraphrasing, probing, confronting, interpretation and information. I am sure, all that I have learnt will help me to work with the youth more effectively.

## Nainital

The month of May was full of activities – on 19<sup>th</sup> we had our annual Sports Day, a day the whole school was waiting for. The greatness and mercy of the Lord was experienced by everyone present for the event. Just as we concluded the mega event, the sky opened and it poured cats and dogs. Most of the lips proclaimed – what a miracle! What a mighty power of God!! After the hectic days the students and teachers went for 10 days of rest and relaxation. Ramnee community decided to spend the days in annual retreat guided by Fr. George Peter SJ. It was a time of spiritual enrichment and a renewal of spirit for each one. All those who participated in the retreat expressed their joy for the relaxed and prayerful time. After the sports day Sr. Seema was happy to be away for 10 days in Hyderabad for a seminar on personal counseling and practical skills of counselling.

At the end of the month we shared our joy with 30 families – rag pickers from Tallital; they received ration for the month – an act of mercy that began in the year of Mercy and we continue to help these families.

The month of June witnessed a number of goings and comings. On 2<sup>nd</sup> June Srs. Isabel and Elaine left for Allahabad after hearing of the decline of Sr. Aquilina's health. They were lucky to be there the next day as the good Lord called Sr. Aqu to her eternal abode. With immense sorrow we join the 32 community and pray that her soul may rest in peace.

Sr. Deepa accompanied Sr. Sudeepti to Goa, Mater Dei, where she would be attending one year course in Theology. Sr. Deepa made a short visit to her family and returned after 10 days.

Six of our Sisters attended the seminar on 'Legal Compliance' which was hosted in our provincial house, Delhi. They returned with more knowledge on accounting. Bishop Pius D' Souza of Ajmer with a group of SCC members of his diocese made a visit to Nainital and had a fellowship meal with us.

On 19<sup>th</sup> and 20<sup>th</sup> June we experienced the joy and enthusiasm of 17 sisters belonging to 8 batches coming together for their faith sharing. The second group spent two days



together re-living the miraculous ways the Lord walked with them and confirmed their vocation to this particular Congregation, deepening their awareness that it was a personal call and a generous gift from the Lord. The group praised and thanked God for this wonderful time of knowing one another more deeply.

The next two days the Provincial team was busy reflecting, discussing, deliberating and making decisions for the province and individuals. The community accompanied them with our prayerful support.

On 23<sup>rd</sup> Sr. Seema along with Mr. Sandeep left for South Africa to participate in the International Loreto International Schools Conference. We wish you an enriching time there. **Buon Viaggio!!!**

On 23<sup>rd</sup> and 24<sup>th</sup> June the third group of 17 sisters (seems to be a lucky number) gathered



here for the same purpose – Faith Sharing. Being a younger group, they were more active and lively and enjoyed the two days of stay here. All those who came here enjoyed the pleasant weather and were refreshed in mind and body and returned home.

Srs. Digna and Sheryl were given a fitting farewell with a meaningfully prepared Holy Eucharist. As we thanked God for their dedicated service to Ramnee community we prayed that their mission in Puranpur and Nirmala Jhansi be fruitful and happy. God Bless you, dear sisters Digna and Sheryl for your selfless service here in Ramnee! On 26<sup>th</sup> June Sr. Digna was reached to Puranpur by Srs. Isabel and Grace while Sr. Sheryl went with the group that came from Jhansi.

One of our senior teachers, Ms. Chandrakala from Nirmala School was given a fond farewell as she superannuated from the school after 32 years of teaching the little ones. The children expressed their affection and gratitude through a short programme.



Ms. Chandra was full of gratitude to all the sisters who have come into her life during those past years.

Our Junior Sisters left for Delhi on 26<sup>th</sup> together with Sr. Deepa for the Juniors' meeting. After their faith sharing among themselves they returned with more enthusiasm to give themselves in the service of the Lord and the community. On 30<sup>th</sup> Sr. Deepa went to Puranpur to mission Sr. Digna as the Animator of the community.

In our last news item we had asked for prayers for the two students who are suffering from cancer- Palak Bisht is really sick, still in Delhi and Khushi is not at all well; they need our prayers.

May the Sacred Heart of Jesus be praised, adored, glorified and loved today and everyday throughout the world, now and forever!

## Nirmala Convent, Jhansi

Worker's Day was celebrated with a prayer meeting and cultural programme. All the supportive staff members were welcomed with aarti and tika. The teachers were kind enough to honour them with gifts. They conducted interesting games for the workers. They also served them refreshments. The month of May being dedicated to Our Lady, we participated in the family Rosary, praying with the people and asking Mary's special blessings on our Parish and Diocese. One day we too invited our neighbours to pray the Rosary in the Convent. The response was very good. The hostel children, the candidates and the sisters warmly welcomed the people who enjoyed our company and the calm and peaceful atmosphere of the campus.

The wedding anniversary of Deepak and Gracy who belonged to our new Christian colony was celebrated on 2nd May. A large

number of parishioners, friends and Sisters joined the family Rosary in their home and wished them God's blessings. Mr. and Mrs. Damian Lopez celebrated their 15<sup>th</sup> wedding anniversary. We had rosary in their family which was followed by dinner. On 17<sup>th</sup> May Sr. Shanti, the youth animator of Jhansi Diocese took the youth to Bijnore for L.O.P. Our candidate Josmi was delighted to meet her parents on 19<sup>th</sup> May. On 24<sup>th</sup> May Srs. Mary, Doreen and Crispina attended the wedding of Judy Brown, the daughter of Morrice and Clara Brown. Sr. Shanti passed B.Sc. Nursing with flying colours and has joined M. Sc. nursing in Sofia College, Gwalior. Well done Congrats Sr. Shanti! Sr. Jyotika had the privilege of spending her holidays with her sister's family in the U.K

Sr. Remya was here to appear for MA previous. We were happy to meet Sr. Mariella before she left for Bangalore. On 2<sup>nd</sup> June we got the sad news of the demise of Sr. Aquilina. We regret that none of us could attend her final journey. On 11<sup>th</sup> June we were saddened by the news of Fr. Hendry Cardonza's demise after 17 years of quiet suffering. On 17<sup>th</sup> Sr. Crispina went to Nainital with S.F.C sisters. On the 19<sup>th</sup> of June Sr. Shanti and our candidate Sarita brought a candidate from Poomia, Bihar. On 20<sup>th</sup> of June we had the farewell Mass and dinner for Sr. Susan who has volunteered for the collaborative mission in the Bangalore Region at Khanapur. We welcomed Sr. Sheryl to our community on 21<sup>st</sup> June.

Srs. Mary, Crispina and Alice participated in the opening of the new mission at Panvari, 50 km away from Mauranipur. Nirmala Convent served as a transit point for many of our sisters from other Provinces on their way for home leave. On the 3<sup>rd</sup> July we reopened school and Srs. Vinita, Anita and Sheryl were given a warm welcome by the students and teachers.

## Maria Bhawan

“As we saw the morning star coming up over the mountains we realized that life is simply a collection of memories. But memories are like star- light - they live on forever.”

The month of May was a month of Farewells. A fitting party and recreation were organized to bid farewell to four of our sisters - Srs. Anita, Lorna, and Alka from the school community and Sr. Suchita from the hospital community. On 31<sup>st</sup> May we reached Sr. Lorna to St. Francis and from there she went to Bangalore for a Spiritual refreshment course. On June 25<sup>th</sup> Sr. Alka went to Delhi along with Sr. Kiran for the juniors meeting and then proceeded to Falna. The next to leave was Sr. Suchita who left us to join the school community at Mauranipur. We thank each one of you for your loving service and the friendship shared with us. We wish you all the best in your new mission.

Nurses are at the heart of healthcare. When we think about all the patients and their loved ones that we have worked with over the years, we know most of the them don't remember us nor do we remember them. But we do know that we give a little piece of ourselves to each of them and they to us and those threads make up the beautiful tapestry in our mind. In honour of the Nurses Day (12<sup>th</sup> May) we had rosary and Mass at the hospital and all prayed for us specially for all the nurses all over the world. After the Rosary and Mass we had dinner for all.

In the month of June we had many cases of abnormal babies and intrauterine death (IUD). This made us realize, that we ought to be grateful to God for creating us in perfect shape with all the organs in right places. On the feast of the Sacred Heart a baby was born with her heart outside. We watched with

much sorrow her struggle to breathe.



Another child was born with her heart, liver, lung, and intestine out. All these little angels went to their eternal home after a few hours on earth but two of the boys whose intestines were outside, were taken home alive. One could not predict how long they would live.

This month one more baby was born with hydrocephalus with spinal bifida. (With a big head and open and protruding back spinal cord.) It is very sad to see such abnormal cases but there is very little that we can do for such babies. Most of these cases are refused by other hospitals. Please remember them in your prayers.

Sr. Pushpita CJ

## **JUNIORS' MEET**

**27 – 28 June**

“Coming together is a beginning; keeping together is progress; working together is success.” We the young and energetic



members of the Delhi Province gathered together in the Provincial House along with

Sr. Deepa on the 26<sup>th</sup> of June full of excitement and joy. We missed our three companions who could not join us due to their academic assignments.

“There is nothing more delightful than seeking the continual blessings of the Almighty at the beginning”. So we started off with a prayer service by Sr. Deepa followed by welcoming and introduction by Sr. Pratima. A video was presented on happy community living, speaking of love as:

- Giving
- Giving in
- Giving up
- Thanksgiving
- Forgiving

With this we began our faith-sharing. “At times our own spark goes out and is rekindled by a spark from another person”. Each one played a role in rekindling the other with her sacred stories. We concluded the day by being before the Eucharistic Lord with all these enriching experiences.

We geared ourselves up for the second day to continue with our reflections and sharing. Sr. Pratima and Sr. Deepa addressed us on community life and our manner of proceeding in community. We were invited to identify ourselves with Mary Ward by looking at her photo.

We were given three questions for reflection and group sharing. We came up with many points appreciating the gathering, personal action plans for the coming year and a few suggestions for the improvement of the province.

The afternoon session was set apart to share our observations and the struggles we face in our communities.

“The day is done, but love remains. Shadows fall but hope prevails. Our two days’

gathering ends, our expanded horizons, bonds of love, friendship, respect and regard for each other along with the inspirations we have received from each other will remain with us.” These were the sentiments that were within us as we profoundly thanked Sr. Pratima and Sr. Deepa for organizing this gathering, making it possible for us to be in each others’ company and the Jesu Bhawan community for making our stay comfortable.

*M. Divya CJ*

### **Personal Experience of Individual Members:**

#### **The Holistic Spirituality at Dhyana Sadana, Mysore**

The eight months spent at Dhyana Sadana, Mysore was a time of solitude and prayer, a study and also a journey through the life of Jesus Christ. I am grateful to Sr. Pratima for giving me the opportunity to attend this programme.

This course created in me an urge to be like Jesus Christ in all aspects. A religious person must be a true Disciple of Christ. He or she has to be rooted in the knowledge of the life of Christ. Religious life is meaningless without being like the creator who has called us to it. A religious person is expected to be different from others in her /his following of Jesus. Religious are to be transcendents, an agent of change in the world. To acquire this religious needs to integrate Spirituality and Life. Ultimately, what remains with us is what we are. As a religious what have we to integrate? A religious person’s three pillars are to be integrated for a happy and satisfied life. They are God, Community and Mission.

God = Prayer

Community = Others

Mission = Apostolate

If these three pillars are integrated then there is harmony in religious life. Prayer helps me to be other centred and when my concern is the other, my apostolate becomes a platform for true proclamation and the exercise of prophetic mission.

Integration is proved when one is pushed into difficult situations. The success of my religious life will depend on my ability to integrate life and Spirituality. The ability to master the mind is also a path way to attain self-actualization. I need to be interested in two things in life -Self-actualization and God realization.

*Oh, a person who left the world,  
And called to be a religious,  
Left the familiar shore,  
And journeyed distant lands  
Where the rooted and lost,  
The goal which began,  
To touch and feel  
The Lord the lover  
Is His mind that thou follow?  
Or your mind and desire  
Fulfilled over the years that followed?  
Prioritize the way of life  
Give prayer first place  
Then to love of neighbour,  
Leads to the apostate fruitful  
Leave places of comfort and secure,  
To a place of unwanted and unfair  
Where God dwells and present  
To find the joy of life  
Come what may follow that -  
Footsteps of Divine.  
Will bring everlasting reward  
And make life on earth  
Meaningful and mirthful.  
Oh, who follow Christ the Lord  
Be of little like Him,  
To die to oneself and  
Leave a legacy behind  
To behold and cherish by the world  
As a person of God and others.*

*Sr. M. Tessa CJ*

## **The Bible College, Divine retreat Centre, Muringoor**

My experience at Bible College in Divine Retreat Centre Muringoor has been a wonderful experience. I praise and thank God for inspiring me to do the Bible course. The spirit of God worked in and through the human in such a way that the human agents act according to His will. I am very grateful to Sr. Pratima for allowing me to do this course. After going through the Bible studies I came to know that Bible is the most important Book that changed human lives, that guides the course of the history of humanity.

The Divine Institute of Bible and Spirituality is affiliated to the Christian Chair, Calicut University. The course provides opportunity to study and understand the Scripture in depth. The course deals with different components like Introduction to Theology, History of Israel, Historical Books, Wisdom literature, Covenant Theology, Christology, The Synoptic gospels and Johannine Gospel, Prophets, Psalms, Epistles, Letters of Paul, Psychology and Counseling, Mariology, covering all the books in the Bible.

Apart from our studies we had various duties like conducting morning/evening prayer, Adoration, Rosary, Mass and cleaning. We also had the opportunity to bring out our talents through speech, debate and cultural programmes. Our group was a mixture of Priests, Religious and lay people. The atmosphere in Divine was very good filled with the presence of Jesus. The Word of God is sharper than a double edged sword, and every time I listen to it, the Holy Spirit gives me different insights. I experienced the healing touch of Jesus. In the beginning I was suffering from shoulder pain due to arthritis. The timetable was such that I had no time to take care of myself. Jesus came to my life and healed me. I praise and thank God for the

miracle that happened in my life. I came to the realization that once we encounter this person of Jesus and taste His love, we cannot but proclaim like St. Paul, "it is no longer I who live, but Christ who lives in me". The very fact that our life reflects the life of Christ would make us different from others and that makes everyone know that we belong to Christ and we are His disciples.

In the beginning my prayer was only to complete the course successfully. When I heard about the exams I was thinking how to write exam in this old age. Jesus helped me and gave me good memory and enabled me to do well in all the subjects. Now I have gained confidence to face difficulties and struggles. I feel always the presence of Jesus in my life. I love to read the Bible and reflect on the Word and love to practice it in my daily life.

I thank all of you, my dear sisters and I am grateful to each one of you for your love and support through your prayers.

*Sr. M. Alice CJ*

### **'East Asian Pastoral Institute, Manila'**

The past six months at EAPI, Manila was a time for me to have a reflective and enriching journey of my personal and spiritual life. The entire programme was rooted in the social, cultural, and religious situations in a global context. As the days went by I became more conversant with biblical and theological insights equipped with pastoral approaches and skills for my ministry.

This leadership experience through the lens of psychology, spirituality, culture, Vatican II, pastoral and contextual theology, biblical leadership and discernment was a time for an on-going formation and updating so that one could be prepared to be a transformational leader. I thank God for the new attitudes, skills and knowledge that I gained about leadership, missiology, ecclesiology and

psycho-spirituality in the learning context with participants from over 16 nations with different cultural and spiritual backgrounds. It was a golden opportunity to step out of my own culture to encounter and learn about the “other”. It broadened my understanding about my mission to share the Good News as leaven in the transformation of cultures and societies towards the values of God’s reign.

Throughout this course the theme which guided us was “moving beyond the reef”. This phrase motivated me to be renewed and reformed into a new way of being active in my mission, to lead people to encounter and experience Jesus. This experience gave me an opportunity to cross the borders of gender, culture, race and spirituality as it was aimed to prepare and help those dedicated to all kinds of Christian activities as a priest/lay/religious in various parts of the world.

Each one of us was trying to live in a multi-cultural community with a strong focus on personal transformation. The multicultural experience is the “pearl” of EAPI, a miniature Global Church. The inclusive and open environment helped me to tell the story of God’s encounter with people of all cultures, religions and status. The life experiences of others with rich insights gave me a wonderful influence and enriched my experience.

The monthly cultural celebration of the Eucharist highlighted with dance, music and visual exhibits were another important aspect of this programme. These were days full of color, culture and celebration; and all who attended it, were blessed with many happy memories and experiences.

The writing of the reflection papers after every module was an opportunity for me to be frank and sincere with my beliefs and ideas. It was an application of what I have gained to influence those who come in contact with me.

We were divided into four teams which comprised of many cultural traditions, different genders and age groups with rich leadership experiences and stories characterized by diverse cultures, religious traditions and rapid social change in each one’s local context.

Since this programme is aimed at integral formation for personal transformation, spiritual accompaniment is considered as a necessary component of the programme. We were given a spiritual director to accompany us in our spiritual journey. This was a chance to share our God experience and grow in grace, understanding and docility to the Spirit.

Besides the sporting facilities on the EAPI premises, the Ateneo de Manila University Campus is large enough for jogging and walking. The community/team outings were organized at regular basis to promote recreation and relaxation.

I am indebted to my Superior General Sr. Jane Livesey, Sr. Prisca general assistant, Sr. Pratima my Provincial and my Delhi Province for giving me this opportunity to attend this programme and be enriched from this exposure. Thank you.

*Sr. M. Anjali CJ*

***Delhi Disha wishes  
All its reader  
A very happy feast of St.  
Ignatius!***

**AMDG**