



# DELHI DISHA

Vol.13/2  
2019

PROVINCE NEWS LETTER

APRIL -MAY

## From the Provincial's Desk...

**Hearty Congratulations** to all our Principals, teachers and students - All have done well in the ISC, ICSE, U.P., U.K. and CBSE Board Examinations.

### **Request for prayers:**

### **Those who have gone for their eternal reward:**

- Sr.Julita's brother K.J.Joseph (66) who passed away on 10 May

## **News and Events From Our communities**

### **Jesu Bhawan - Installation**

1<sup>st</sup> May 2019 saw another milestone in the Delhi Province as Sr. M. Elsy Vattamattathil took the baton of leadership from Sr. M. Pratima Pinto. Sr. Pratima and her team had meticulously prepared a prayerful and solemn atmosphere for this event. Around 30 sisters were present in the chapel to witness and pray for Sr. Elsy and



her team. The outgoing team handed the lighted candle to the new team as a sign of handing over the responsibility of leadership. We were privileged to have His Grace Most Rev. Anil J.T. Couto the Archbishop of Delhi to preside over the Holy Mass along with six other priests. During the Holy Mass Sr. Rayna Lasrado professed the fourth vow of special obedience to the Holy Father. Sr. Elsy and her team were felicitated after the Holy Mass followed by a festal meal. We wish Sr. Elsy 'All the best and God's blessings' to lead the province to 'Future Fit'.

### **News from Nainital**

April and May bring good tidings from Ramnee. After Easter school reopened, the boarders returned and classes began. Of course all the preparations and practices were held in full swing focussing on the annual

sports day. Since Sr. Deepa was going to Delhi for the installation of the new provincial, on 29<sup>th</sup> April the community gave farewell to Mr. Diwan who served in Ramnee kitchen for the past 38 years and we thanked him for his faithfulness to duty and for all the



delicious dishes which brought joy to everyone who tasted them. The chiming of the silver bells were heard for Mr. Anil and so he was congratulated for his silver years in Ramnee. To mark the Labour Day the school



had a meaningful and prayerful assembly during which they wished and prayed for our co-workers. A fitting farewell was given to Mr. Diwan by the students and they wished our silver jubilarian Mr. Anil.

From 29<sup>th</sup> April we welcomed our senior sisters from all the provinces who were coming for their seminar which was organised by the COIN. Ramnee community welcomed them and wished them a relaxed time in the hills. For the first two days they had sharing among themselves and outing and from 2<sup>nd</sup>

May Fr. Johny SDB from Sumedha, Jeolikote ably animated them with his sessions and workshops. On 6<sup>th</sup> May they returned to their respective provinces relaxed and enriched. Sr. Tarsicia's relations too visited her and spent a few days enjoying the hospitality of sisters and the scenic beauty of Nainital.

On 10<sup>th</sup> May we had the first show of our PT



display for the students of all the neighbouring schools. It was a great success. On 11<sup>th</sup> we had a thanksgiving Eucharist for Sr. Merlin as she was moving out to Mayur Vihar on a new mission taking up the responsibility of the school there. The school had a very meaningful assembly for Sr. Merlin who served Ramnee for the past three years giving her best to the senior students.

Thank you Sr. Merlin, we wish you God's blessings and our prayers accompany you.

28 temporary professed sisters from all the provinces and Sr. Shweta arrived for their orientation programme which was to be from 11<sup>th</sup> May to 15<sup>th</sup> May. Fr. Robin S J of the Delhi province was the resource person for them. Listen to them speaking....

*“Coming together is a beginning; keeping together is progress; working together is success.”*

We began the sessions with the Holy



Eucharist. The Eucharist, sessions and the activities were all focused on an inner journey we were about to undertake. During the first two days we were preparing ourselves to embark by learning to become aware of our feelings, sensations, behaviour and cognitive processes and to differentiate between each of these. Through various questionnaires Fr. Robin helped us to assess ourselves in areas such as how self-caring and compassionate we are towards ourselves. The sessions helped us to be less judgemental and to be assertive than to be aggressive. The forum, articles that were given to read, videos, discussions and the outdoor activities, helped us to have a better understanding of sexuality and the vow of celibacy and to appreciate the feminine in us. The seminar itself and the personal guidance received from Fr. Robin by some of us helped us to get out of some of the traumatic experiences we had at different stages of life. It was indeed a time for learning to set boundaries for ourselves and others. We are indeed grateful to all our provincials, regional superiors, and junior mistresses for arranging this well planned,



enlightening and challenging seminar. We are grateful to our communities for relieving us and for the prayerful support during these days. We are grateful to Sr. Deepa and the community for their warm welcome and their generosity and thoughtfulness in accommodating and taking care of us. In the end we would like to say that the days we spent together in learning, reflecting, listening, sharing and enjoying were indeed days of grace. We have been rejuvenated to continue responding to God and his movements in the coming days with fresh determination and enthusiasm.

Divya CJ

The ISC/ISCE results brought great joy to us as our students brought 100% reward to the school, to their parents and of course to themselves. Well Done Ramnee!! On 16<sup>th</sup> May was the awaiting day for our students as it was an opportunity for them to showcase their talents and creativity to their parents and well-wishers. The PT display with the theme – UN’s 17 Sustainable Developmental Goals was a grand success and everyone appreciated the hard work of all the students, sisters, teachers and co-workers in bringing the message across to all the parents and well-wishers (A few of the captions are displayed here). We were privileged to have Sr. Elsy, our New Provincial as the chief guest of the day. An ex-Ramneeite Padma Shri awardee

Dr. Suman Sahai founder of Gene campaign was the guest of honour. Both of them brought joy and smiles to us through their gracious presence and inspiring words. The day ended with showers of blessings through the SISTER RAIN. Well Done and Congratulations dear Sr. Seema and her team for the wonderful programme. After the great day the school was closed for two weeks; the boarders went home with their parents.

After all the group gatherings and celebrations the community entered into a spiritual holiday with the Lord. It was a sacred time for 15 sisters (Srs. Isabel, Digna, Rekha, Sudeepti and Juliana joined) to encounter Christ and themselves through the Ignatian Spiritual Exercises ably guided by Fr. Lawrence Stanislaus S.J of the Darjeeling province. After these silent days of prayer and contemplation it was community day out. We visited mission stations in Bagheshwar and Chaupathia; relaxed, enjoyed and gave joy to the sisters there.

On 29<sup>th</sup> during the Holy Eucharist we prayed for Sr. Nibedita who was with us for the past one year and now moving on to Mater Dei, Goa for a year of theological studies. We wish you learning time dear Sr. Nibedita! On 30<sup>th</sup> we were happy to welcome Sr. Amita to our community as a new member. Welcome dear Sr. Amita and have a grace-filled time in Ramnee – both in giving and receiving.

### **With a grateful heart Sr. Anu writes**

I returned to India in November 2018 after 9 years of stay in Rome. During the eight years I studied I achieved a Bachelors, Masters and Doctoral Degree in Social Communication from Salesian Pontifical University, Rome.

The topic of my doctoral research was “**The role of communication in the capability approach of Amartya Sen**”. The main objective of the research was to establish a link between communication and the capability approach in development. Just to understand briefly, the capability approach is a framework for evaluating development and well-being. It brought in a new understanding on development by discarding the idea of using Gross Domestic Product (GDP) as the benchmark for measuring well-being. But instead, the capability approach considered using alternative focuses - going beyond GDP, it put greater emphasis on employment, redistribution with growth, and basic needs of people in analyzing the socio-economic development. Sen’s capability approach is used in a wide range of fields, such as, welfare economics, policy making, political philosophy and development studies. My work analyzed the role media can play in bringing about the type of development proposed by the capability approach.

In January, 2019 I got selected as a Post Doctoral Fellow (PDF), in Christ (Deemed to be University), Bangalore. I joined the university on 11 March. The duration of the program is two years and I am entitled for a monthly fellowship of Rs.40, 000. My tasks for these two years include, mainly a research and then teaching for 6-8 hours a week, conducting seminars and workshops and other miscellaneous tasks given by the faculty. In my research I will empirically evaluate a women empowerment and poverty eradication program (*Kudumbashree*), enforced by the Government of Kerala, using the framework of Amartya Sen's Capability approach.

I am grateful to the Congregation for what I have received and to the superiors who trusted me. I deeply appreciate and value the kindness of sisters who have supported me morally and stood by me without judging, during the years of my studies. Thank you.

Anu George CJ

## **My Pune Experience**

My two months experience in Pune was an enriching and inspiring one as it enabled me to grow spiritually, emotionally and mentally. The various modules that we dealt with were: Group Dynamics, Psycho-Spiritual Integration for Self Transformation, Emotional Intelligence, Mission Impulses from Bible, Inner Child and NeuroLinguistic Programming, Vocation a call to Love, Psycho – Spiritual Dimensions of Wellbeing, Group Therapy, Challenges and Opportunities for Communication, Dimensions of Ecology, Leadership in Mission, Evangelization in Third Millennium, Culture and mission,.

From the above input sessions, discussions and sharing I was touched by few points such as; Emotions are connected to values and needs. Primary motivation is need based and secondary motivation is value based. A healthy emotional life helps in realizing our potentials as human beings and being fully human helps us in touch with the Divine. When we fail to understand our emotions, we become gloomy and unhappy religious and vibrate the same with others. The word of God is the centre of our life and mission and it plays an important role in our lives. The study of the Inner Childhood and NLP took me to an inward journey of self. Self is the basic structure of the human

person, understanding this self leads to self-acceptance. As we grow, we go through various experiences and gather both positive and negative fruits in us. For an effective mission we need to shed all our negative fruits thus we become a sound instrument in the Vineyard of the Lord. As I reflected on our call to religious life and vows, I realized that each of us is called uniquely and we are called to a vocation of love. The Lord takes the initiative to mould, transform and affirm us for mission. All the three vows help us to lead a happy, healthy and contented life. The Psycho Spiritual dimensions of wellbeing helped me to look at my day today life in a detailed way. The deepest reality is that God dwells deep within me and I am created in the image and likeness of God. When we stop blaming the others, growth begins in us. Fear of rejection and faulty spirituality can prevent our growth. We are called to be leaders. Leadership is the art of motivating a group of people to act towards achieving a common goal. A good leader is the inspiration and director of the action and should possess certain key traits, such as strong communication skills, charisma, assertiveness and empathy. We are missionaries and send on mission. The study of Culture helped me to embrace all cultures blended with symbols, language, Art, music, myth and so on. As missionaries we adjust and adapt to each culture in order to become part of it.

Gratitude is the attitude of the heart. Yes I am grateful to my provincial Sr.Pratima for sending me for this course and to Sr. Vinita and my sisters in the community for freeing me from my responsibility so that I could attend this programme. I thank everyone for your prayers and good wishes.

Sr.Sheryl C.J.