

# REPORT OF THE T.P.S. ANNUAL GATHERING 2018

## “Being Is More Important Than Doing”



Annual gathering of Temporary sisters is always a joyful event for each TP sister. We look forward to this gathering with joy and excitement as there is a lot of sharing, new learning, fun and laughter. We are really grateful to dear Sr. Mariam our previous directress who accompanied us throughout our journey. We will never forget her contribution in our growth. It was indeed a joyful moment to meet our new directress Sr. Kala Hermanajilt and our companions from different communities. The five first and second year Temporary sisters had sessions in Andheri community, Mumbai for three days on various methods of prayer. They joined along with other six sisters at “Animation and Renewal Centre” in Panvel. We had sessions there for twenty two days including a day of an outing to Pinewood resort. 11 Temporary professed sisters participated in this annual gathering.

**The topics covered are as follows:**

- 1. Various methods of prayer by Fr. Prakash Diocese of Vasi -3 days**
- 2. Retreat by Fr. Paul Raj SJ- 6 days**
- 3. Effective Communication skills by Fr. Mariadoss – One day**
- 4. The 16 Documents of the Second Vatican Councils by Fr. Immanuel , Vicar General of Kalyan Diocese- 3 days**
- 5. Affective Maturity by Fr. Kuriakose , Director of Animation and Renewal Centre, Kalyan Diocese- One day**
- 6. Self Esteem and Reconciliation by Sr. Sabina Pathrose, Province Leader of Central East India/ Nepal – One day**

**7. Self Awareness by Sr. Jacqueline, RGS- One day**

**8. Reproductive system of male and female Sr. Mary Jose, RGS- One day**

**9. Vocation and the History of our life, Community life,**

**The seven secrets of Happiness, women the agent of change, Resilience and Motto by**

*Sr. Kala Hermanajilt, Directress of TP sisters- 4 days*

**Day of outing – One day**

### **1. Various methods of Prayer:**

The first and the second year Temporary Professed sisters came to know more about the importance of the Eucharist and the various methods of the prayers, which are the source and centre of our religious Life. The next day they learnt new hymns from the Good shepherd hymnal from Sr. Jacqueline.

### **2. Retreat:**

***“I carry something of God in me, the spark of Divinity”***. This is what strengthened us to make our retreat a fruitful one. The theme of our retreat was the Emmaus walk connected to our life. We were able to have a dialogue with Jesus in a written form. Fr. Paul Raj made us to experience Jesus very closely. His talks were very enriching to the soul. This retreat before the sessions helped us to enter into the programme with an open mind. We felt that we were very close to Jesus during this retreat.

### **3. Effective Communication skills**

‘The process of communication is what allows us to interact with other people, without it we would be unable to share knowledge with outside of ourselves’. So we learnt the tips and benefits of an effective communication such as: Make a direct eye contact, stay in tune with body language, speak loudly, listen carefully and look for compromise.

### **4. The 16 Documents of the II Vatican Council**

We are glad that we learnt the sixteen documents of II Vatican Council by heart with their Latin names. We also learnt the names of all the twenty five councils. Fr. Immanuel specially focused on the Constitution on the Sacred Liturgy, Decree on Renewal of Religious Life, and Decree on Church’s missionary Activity. We are very grateful to him for making us to know the difference between the Eastern and Western churches as well as various rites.

### **5. Affective Maturity:**

Affective maturity is nothing but to relate maturely to both men and women, developing in a true sense of spiritual motherhood / fatherhood towards the church community. It is an ability to build up a healthy relationship. It manifests itself in unselfish love and in the total gift of self. Marks of maturity, signs of emotional maturity, celibate intimacy and the types of intimacy made us to be mature in our dealings with others through which we can build good relationships.

### **6. Self Esteem and Reconciliation of allegation of abuse policy**

Sr. Sabina Pathrose explained about high and low self esteem and six pillars of self esteem. It made us to look into ourselves and to examine whether we have high or low self esteem. There are some small steps to improve ourselves from low self esteem to high self esteem such as:

- Forgive yourself for the past experiences.
- Focus on positive attitude.
- Self- Talking.
- Exhibit a good attitude.
- Become physically fit.
- Improve your personal relationships.

We learned specially to love ourselves with our strengths and weaknesses and accepted ourselves as we are.

### **7. Self Awareness:**

“Self awareness is a way to success, a way for personality development, a way of life”. Through various games and activities which were conducted by Sr. Jacqueline helped us to know about one another and to be in touch with one self. Meditation, self reflection and personal values help us to be aware of ourselves.

### **8. Reproductive system of male and female**

The explanation about the re-productive system of female, made us to know about the importance our womanhood. We also came to the male re-productive system. We came out of our shyness and were able to ask many questions to clear the doubts.

### **9. Vocation and the History of our life, Community life,**

#### **The seven secrets of Happiness, Resilience and Motto:**

Sr. Kala asked us to share about our call to Religious life and about the story board of our life. Also we shared about our life in the respective communities and the ministries. It was indeed a great joy to know the various ministries of our communities. The seven secrets of happiness (Love, faith, purpose, and gratitude, and forgiveness, simplicity of life and ordinary pleasures of life) made us to be a joyful person and to share the same joy with others.

Mottos too helped us to be firm to achieve our goals with enthusiasm and we became aware about the importance of resilience that each one needs to have in life. We came to know the different laws and Acts to protect the rights of the women, women in the Bible. The last day we had time to review the 21 days sessions by writing is down about what we have learnt from each input session. Our programme conclude with a meaningful prayer.

### **11. Recreation**

We celebrated Srs. Kala, Rani and Rajyam’s birthday and gave a small cultural program. We enjoyed one another’s performance. Every evening we played throw ball which energised us and made us to build a good relationship with each other. We went for an outing where we swam, played games, danced, sang and enjoyed the whole day. It was a treat to our soul. Every day’s Eucharistic celebration, prayer, meditation and the Rosary energised us spiritually.

We thank the Province Leadership Team, All the community Sisters who made it possible to have our gathering together in spite of the busy schedule of the communities.

We are also grateful to Sr. Kala Hermanajilt who accompanied us throughout our stay. Our heartfelt thanks to every resource person, for you made a difference in our life.

