

# *Blessings, Prayers and Congratulations Dear Sisters!*



Our sisters Neticia Pereira, Pockisham Pilaventhiran and Rajakumari Muthusamy made their Final Commitment on the 28<sup>th</sup> and 31<sup>st</sup> of May 2016 respectively after many years of preparation at various stages. But prior to their final profession they had two months of intense preparation with quality time set aside for personal prayer, reflection and sharing, guided by

the directress of Sisters in Temporary Profession, Sr. Mariam Kulangara, Sr. Jacintha from Vietnam joined them at this stage. They also had a number of input sessions given by experienced and professional persons. Here below they share with us their learning from these sessions.

## **a. SELF AWARENESS**

- To face the truth of myself and to become aware of my talents and qualities
- To have good relationship with God, oneself and others
- To heal the past wounds through prayers and sharing with others
- To engage myself with meaningful ministry and also by reading magazines of current events
- To use “I” message in my communication in times of misunderstanding
- To express my anger in a healthy way by having a dialogue with the person because there is no substitute for dialogue

- To discover oneself and to respect and appreciate the image of God in others

## **b. SKILLS IN INTERCULTURAL LIVING**

- Learn to appreciate one another's culture
- To celebrate the truth, goodness and holiness in each other's culture
- As a missionary I need to take the gospel values to the people and not my culture
- To have personal relationship with God in a deeper way and to transform myself with this relationship
- To challenge the pains and struggles of myself
- To adapt and adjust to the situation wherever I am placed
- Every religion has the truth but it differs in quality, values and worth

## **c. USE OF MEDIA IN MINISTRY**



- I need to be aware of my words and tone of voice when I communicate with others
  - To have healthy intra-personal relationship
  - To think before I could speak and to have positive attitude towards others
  - Do not worry but trust in God alone because the more you worry the less you accomplish

- To use the technology in a better way and to give more importance to persons than gadgets
- To update and to be prudent in using the media and technology of our times
- My prayer and actions need to be integrated
- To receive and to give information correctly
- Learn to be positive rather than negative

#### **d. PSYCHO – SEXUAL INTERGRATION**

- ✦ Learn to be in touch with one's own feelings and emotions in order to become a mature person
- ✦ I need to claim, name and drain my feelings in a proper way
- ✦ To respect one's own body as well as the others and become aware of the fact that our body is the temple of God
- ✦ To be honest and to be humane
- ✦ To be aware of the physical touch: touch has the power to give life or to destroy
- ✦ To accept our sexual feelings and to handle it in a healthy manner

#### **e. EXERCISE IN PERSONAL TRANSFORMATION**

- To be aware of my conscious and subconscious mind and to find out really who am I?
- To be faithful and genuine in my relationships
- To find the hidden mysteries which are deep within me
- To accept my feelings, emotions, sexuality and love life and to handle it in a proper manner
- Learn to surrender and transform one self
- To be a cheerful and optimistic person
- My dreams speak of my desires, wishes and goal of my life
- To have interest in widening my knowledge by reading different books

## **f. ENHANCING EFFECTIVENESS**

- I discovered the personality of myself: whether I belong to A type or B type of personality
- To be effective more than efficient in my life and mission
- To coordinate and work as a team in my mission/ministries
- To use GAFO (Go and find out) and MBWA (Management by walking around) in my ministry
- To stand on my own feet rather than depending on others
- Learn to plan before I put into action
- To be sensitive to the needs of others

## **g. EMPOWERMENT OF WOMEN IN THE CHURCH AND SOCIETY**

- We all are equal in holiness. No person is holier
- Equality (sameness) BUT equity (fairness)
- Change in mindset will make me to change my attitude than the action
- To make people aware of the importance of education and to bring about change in life

## **h. A BIBLICAL SPIRITUALITY FOR MISSION**

- Sacred scriptures is a unique source of nourishment and it is centre of my self
- The BIBLE: prepares for the battle of life, points to Jesus, puts in touch with God and guides my conduct
- To imbibe the missionary spirit of the apostles
- To experience and be aware of the accompaniment of the Lord in my journey of faith
- To be Christ centered than the mission oriented
- To be spontaneous and authentic in life
- To turn away from all that separates me from God
- To be loyal to my religious community and congregation

When we returned from Pune we had two days of integration. After which Srs. Mariam, Aruna George, Rosily Malpan and Mrs. Shashi took session on various topics.

## COMMUNITY LIFE



- To respect persons as they are and to practice the quality of humility that is the key of living effective community life
- To forgive and ask for forgiveness - this is the way I can live the Charism of the congregation
- To do good for others without expecting in return
- Learn to bring joy in the community by being humble, understanding and reaching out to my sisters by encouraging and upholding one another
- To be aware of my attitude that **I belong** to the community rather than community belongs to me.
- To be a life giver and life bearer
- Learn to work together for the success of the mission
- To have a goal in life and to achieve it
- To stay beside each other no matter what the differences, especially in times of difficulties and great challenges
- To be faithful as a shepherd and to be community builder
- To be detached from the materialism and consumerism
- Never to give up in difficult situation but to plan and go ahead
- To overcome evil with good deeds and bring harmony in the community
- Dare to take risk and find new ways of doing things.



## VALUES FOR LIFE

- To be always connected with God through the scripture
- To be flexible in any situation for the sake of the mission
- To relax and to be refreshed for a new start
- To share God given talents and gifts with the others
- To get in touch with past experiences
- To say I CAN
- To learn from the mistakes

## GOOD SHEPHERD SPIRITUALITY

- To grow in my relationship with God
- Learn to have vision in life and to be compassionate in my dealings
  - To have a non-judgmental attitude towards others
  - To vibrate the spirit of Good Shepherd to others
  - To grow spiritually in order to live joyfully and to think positively.
  - My love should transform others
  - To know the difference between religion and spirituality



## St. Mary Euphrasia and Zeal

- To express zeal in action for the salvation of persons
- Religious commitment is absolutely necessary in my life.
- Joy and enthusiasm need to be the mark of my life
- To help persons especially those who are in danger and at risk
- To restore the human dignity of our brothers and sisters
- Zeal is an unceasing creativity in our mission
- Joy is creative and life giving energy that challenges potentials into fullness of being

- My call is important and it is irreplaceable
- In the difficult situation I should know that I am the right person, in the right place and at the right time
- Don't flag or wave in zeal

## RELIGIOUS LIFE AND VOWED LIFE

- I am the co-operator of God's mercy
- Joy should be the mark of my religious life
- I need to live only for God and love him more than anybody
- I need to live my consecrated life joyfully and reach to God constantly
- To practice the sacred space in my day today living
- The way I dress is the sign of my religious consecration
- I am responsible to become good or bad because I am the formator for myself
- Learn to be human first and radiate joy
- To take Jesus as the role model



## CONSECRATED CHASTITY

- I am not only to become Christ but to be Christ
- To fall in love with Jesus
- Occupy myself in ministry and do it joyfully with all my heart in order to keep me chaste
- I need to radiate the kindness and compassion through my eyes
- To transform my sexual energy into contemplative energy



## EVENAGELICAL POVERTY

- Ready to share my talents and abilities for the sake of the mission
- To imitate Jesus in his poverty and to embrace it
- To discern between what I want and what I need
- Use what I need and not to waste anything
- To be contented with what I am and what I have

## RELIGIOUS OBEDIENCE

- To listen to God's voice and to do what God requires of me
- Seek guidance from the elders
- Obedience is better than sacrifice
- In faith to accept the will of God that comes from the community leader
- Obedience trains me in perfection, in love of God and others
- To clothe yourself with compassion, kindness, meekness
- Humility is the door to obedience
- To imbibe the active obedience of Jesus that is: to listen, pray and to be present to the people in need

## JUBILEE YEAR OF MERCY

- To be the witnesses of God's mercy
- To feel the suffering of the people as though it is mine
- Not to condemn or judge but to forgive by being the face of God's mercy
- The experience unconditional forgiveness of God towards me and to share it with others
- To be compassionate to others as I experience his compassion in my life
- To have an open heart towards the poor and needy.





- I am called to show mercy because mercy has first been shown to me

**Conclusion:** We are grateful to God for these two months of our intense preparation for our Perpetual Profession. We are also happy to have with us Sr. Jacinta from East Asia Province for this preparation. We learnt to co-learn and appreciate one another's uniqueness.

These two months was a time of personal growth and greater awareness of the need to make Jesus the centre of our lives. We also realized the great need for silence and prayer and do everything with energy and enthusiasm. We were also led by various resource persons for our preparation. We were made aware of the need to forgive others and to seek forgiveness. We are very grateful to all the resource persons who enabled us to build deeper relationship with God and appreciate our call to religious life. We also thank God for the Person of Sr. Mariam our directress, who accompanied us with much love and care.

We thank Fr. Ravi S.D.B. who preached the retreat for us and for instilling in us the values of Jesus and exhorted us to be a Gospel witness always. We are thankful to the sisters of Chennai community who accommodated us and supported us in many ways. Thanks to all who have been instrumental in making us what we are today.

