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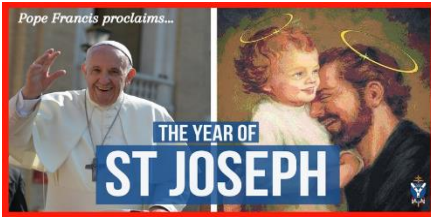
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- 11. Loving Tribute to the new joinings in heavenly Court



The Church is a home with open doors, because she is a mother". [269] And in imitation of Mary, the Mother of Jesus, "we want to be a Church that serves, that leaves home and goes forth from its places of worship, goes forth from its sacristies, in order to accompany life, to sustain hope, to be the sign of unity... to build bridges, to break down walls, to sow seeds of reconciliation". [270]

**ENCYCLICAL LETTER**  
**FRATELLI TUTTI**  
 OF THE HOLY FATHER  
**FRANCIS**



On Wednesday, December 9, 2020 the Vatican announced that this year (December 8, 2020 - December 8, 2021) would be a year dedicated to St. Joseph, husband of Mary and earthly father of Jesus Christ.



*"Sent by the Lord" speaks of St. Joseph.*

When we look at the painting it seems that Joseph, Mary's husband and the father of Jesus, is enjoying the fact that the sister is devoting her life to God throughout her entire life. He therefore looks at her with delight.

He also shows her the lily he has received as a reward for his undivided devotion to God, a manner of life often attributed to the angels. St. Joseph wants to encourage the sister, as it were. To try to live a similar life and to carefully avoid everything that could distract her from the life style of angels.

He has laid a lily on his shoulders to indicate that in our community the faithful observance of the rule need not be a heavy burden. Not even when you live night and day according to obedience. When he was told to flee to Egypt at night with the Child so that the Child would not be murdered by Herod, he immediately went. Similarly he stayed in Egypt without asking how long he would have to remain there because the angel has said to him: 'remain there till I tell you' (Matt.2:13).

He carries the lily in his left hand to indicate that his right hand is a sign of his readiness to always protect, help, and support our community. He looks at the sister to encourage her to continue to walk the road she has promised she will go.



## Province Virtual meets

JMJ Provincial Council's Conference India (PCCI)- Google Meet.(14th October 2020)



Sr. Mukta and the team from Hyderabad Province hosted the meeting on google platform, which is the first of its kind as far as PCCI is concerned. It was well worked out with good video and audio clarity. Every participant had unique experience as it was the first for many participants. All the members expressed their joy of getting connected to each other through this google meet and sharing our views and thoughts for the happiness of our sisters and their wellbeing as plans for the wellbeing of every member and the mission were given deep thought in accordance with the Divine will in planning for our life and mission in this Covid pandemic 2019.

Within you, there is a stillness and a sanctuary to which you can retreat at anytime and be yourself.



"Manifest plainness, Embrace simplicity, Reduce selfishness, Have few desires."



## Personalized Constitutions

It was first of its kind in the Hyderabad Province, to gather all the TPS together with Google Meet. We heartily congratulate the Provincial Council, for accompanying the TPS in spite of Pandemic situation.



while they participated in Quiz competition on JMJ Constitutions.

Great things happened in their life:

- ☑ A Thrilling experience
- ☑ A Satisfaction of learning
- ☑ Able to speak courageously
- ☑ Increased love towards Constitutions
- ☑ Able to personalize the Constitutions for my life.

## JMJ Hyd Google Meet on Finance - 3<sup>rd</sup> Nov, 2020



Finance meeting was held on Google platform for all the Superiors, HODs and Finance Managers of our Province along with the PC. Resource person for this meeting was Mr. Leo Amal Raj our Auditor.



## JMJ Shanthinilayam Sisters Google Meet on H/O JMJ



Google meet was initiated for our elderly sisters of JMJ Shanthinilayam, with an idea of introducing them to the modern technology that emerged so firmly in this Covid-19 pandemic. Topic chosen for this meet was History of our Congregation as all of them are familiar with it. It was a happy occasion to see our sisters finding themselves on the screen eagerly answering the questions as all our communities watched the programme on the same platform.

## Honoring the heavenly court of JMJ Hyderabad on Google platform.

It has been the tradition of the Catholic Church that its faithful remember and pray for all the departed in the month of November every year. This year on 10.11.2020, PC worked out to present to all the members of the Hyderabad Province on the google platform through the power point presentation, all the diseased sisters of our Province in a chronological



order. It was an heavenly experience to reminiscence all the sisters from our Province one by one with their photo and their personality, who shared our life and mission and now in the mission of interceding for us on our earthly journey. It was a shared joy of all our sisters from all our houses paying homage to them with living memories of the heart.

## Inauguration programme of Naturopathy and Yoga Department

**“God created the medicine out of the earth and the sensible will not despise them ” (Sirac 34:4)**



JMJ Wholeness Centre shifted from Mahabubnagar to St. Theresa's General hospital at Kurnool-1 on 28/09/2020. Now it is called as Naturopathy and Yoga department. It took a month to settle this department with its equipment. The hospital will keep its door open for all the people who are willing to be treated through the use of nature and with other related elements. Sr. Mukta Xess, the Provincial Superior and council who made all the arrangement exhorted all the sisters to work for the development of the newly inaugurated Hospital.

The Hospital has 10 beds now, with other facilities.

The programme had began by welcoming the guest with Indian style of thilak and rose flower. Holy Eucharist was celebrated, presided over by Rev Fr Anthony Raju our Parish Priest, at 11:30 am to seek the blessings of the Almighty on this new initiation. During the homily, Father spoke about the healing with the natural elements and resources like water, saliva & mud and the touch etc from the Bible itself . Thereafter we had the blessing of the Naturopathy department and equipment by Fr. Antony Raju. Then Sr.Dr. Swapna Rani, addressed the gathering and gave a brief description of Naturopathy treatment modalities like Hydrotherapy, Mud-Therapy, Diet-Therapy, Colon-Hydrotherapy, Acupuncture, Massage, Yoga & Meditation, etc. Thereafter joy was shared among the participants with high Tea. We seek your valuable prayers and support for the development of the Naturopathy and Yoga department. May God continue to bless and heal the sick Elements of Nature.

Sr. Dr. Swapna Rani CJMJ  
Naturopathy Physician  
St.Theresa's General Hospital  
Kurnool – 1



## Triple Jubilee Celebrations

**“My soul glorifies the Lord and my spirit rejoices in God my Saviour.” (Luke 1:46, 47) .**

Though the corona virus created the distance between the people and postponed all the gathering and celebrations, we silently had the triple Jubilee celebrations on 15.11.2020 in our Provincialate.

Prayer service was held on 14<sup>th</sup> evening leading the Jubilarians to sing the mercies of the Lord for the



wonders that the Lord has accomplished in their life, thanking the Almighty for the inestimable gift of their life and precious religious vocation which was indeed a journey with God, recounting the blessings of God over the past 60,50,25 years. It was a fitting moment to acknowledge in the name of the Church and the Congregation, their generous contribution, selfless sacrifices, inspiring life and profound faith which made them instruments of God's unconditional mercy and love to thousands.

The Thanksgiving Holy Mass was celebrated on 15.11.2020. The chief celebrant, Fr. Vijay Bhaskar SJ, began the solemn celebration of the Eucharist with a note of appreciation to the Jubilarians for their life of commitment through which they added to the life and holiness of the Church. In his homily, he called on the Jubilarians to become aware of God's special love and care. Speaking about the significance of God's call he said, "Our call is to delve deeper into the relationship and savour the fact that the Lord delights in us." "As a fruit of this love relationship we go out to serve Christ in His people," he added. This was a very solemn and grace filled moment. The beautifully decked Chapel , angelic choir and special prayers made the Eucharistic celebration meaningful and awe-inspiring.

Following the Eucharistic celebration, the festive atmosphere continued with small felicitation function for the Jubilarians followed by sumptuous meal.

The inner being of the brides echoed the gratitude in these words, "We exalt Your Providence O God and we commit ourselves anew to making Your Providence more visible in our world".



congratulations

God Bless You

you are such a BLESSING

**Dear Bishop Thumma Bala, You will be ever remembered and we thank you for all you have done.**



Archbishop Thumma Bala has served the Hyderabad Archdiocese from 2011 for nine years.



There are many reasons we were so blessed to have had him as our shepherd. He is a warm and friendly person with a deep love of God. He stood firm on the teachings of God and by his sermons and talks made us more aware of our responsibility for our actions and decisions to follow teachings of Jesus. He is a Person of Christ, Simple to the core, passionate for building spiritual treasures in the lives of his priests, faithful and the mission. We wish His Grace the Divine accompaniment with sound health and inner JOY. We gratefully uphold him for his special care and spiritual assistance to our sisters and the Province.

## Hyderabad: Poola Anthony anointed as the fifth Archbishop

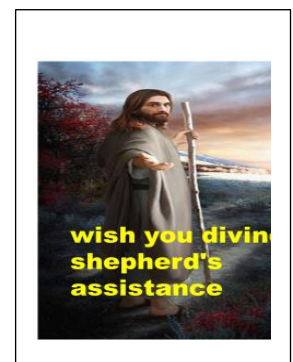


Most Rev. Poola Anthony became the new spiritual leader of the Archdiocese of Hyderabad. During the Pontifical High Mass celebrated by several Bishops and Priests, on 3<sup>rd</sup> Jan 2021, he was installed as the fifth Archbishop of Hyderabad. In the Pontifical High Mass, outgoing Bishop Thumma Bala formally handed over the key of St. Joseph's Cathedral to the new Archbishop.

Hyderabad Archdiocese is spread over Hyderabad, Rangareddy, Medchal and other surrounding Districts of Hyderabad. It also has influence over the other diocese of Adilabad, Kadapa, Khammam, Kurnool, Nalgonda and Warangal.



We thank him for his constant spiritual guidance to all our communities in the Diocese of Kurnool for last 12 years. We wish him spiritual energy, all success, happy accommodation and fruitful ministry.





**“Education is the most powerful weapon, which you can use to change the world” .-- Nelson Mandela**

God has billions of beautiful and life giving trees and plants of different species in his lovely garden. He plants and enjoy them grow, bloom and blossom. He grafts and develops hybrids.

We, the management of St. Theresa’s with heartfull of gratitude, thank Our Lord Almighty for the marvellous way He had planted the CBSE seedling of St. Theresa’s Secondary School, in the year 2016, in the garden of J.M.J. Hyderabad Province and beatified it through His most lovely instruments Rev. Sr. Celine Alapat & Council, the former Provincial Council , Rev. Sr. Mukta & Council, the Provincial Council J.M.J. Hyderabad Province.

This is our great pleasure to share the joy of accomplishing our dream of establishing this new CBSE Institution, St. Theresa’s Secondary School, at Sanathnagar, affiliated by the Central Board of Secondary Education, the first CBSE institution in Hyderabad Province. Also, we heartily congratulate, express our deepest appreciation and gratitude to our Provincial Superior Rev. Sr. Mukta and council, for their constant encouragement and excellent contributions extended to succeed in establishing the first CBSE school in Hyderabad Province, in particular Sr. Showri Tresa who worked tirelessly to obtain NOC from the Govt of Telangana. We whole heartedly thank sister for her availability at all times. We do feel proud of this great achievement and take pride to share about the journey of newly inaugurated infant St. Theresa’s Secondary School, Sanathnagar. Since 2016, gradually enriching throughout with the strength increased from a mere 15 to over 700 students in these four years and grew into a plant, which now has been grown, bloomed and is fully operational till class IX and going to be bloomed fully, very much delighted to share, that our first X class outgoing batch of 23 students would be appearing for the Central Board Examinations in the year 2022, and would be the first batch of blooming fragrant flowers to set out through the portals of this tree to spread the fragrance of school’s motto being Love, Joy & service and vision to impart the moral values in the society and thus would become a source of perfume.

WISHING GOOD LUCK, GOOD HEALTH & INVOKE GOD’S BLESSINGS UPON EACH ONE OF US.

With Best Regards,



Sr. Sujatha Dasari  
Principal  
St. Theresa’s Secondary School,  
Sanathnagar, Hyderabad.500018.

## **Know your value and be the best of whatever you are!**



A well known speaker started his seminar by holding up a 500 rupee note. In the room of 200 students he asked “who would like this five hundred rupees note?” As the hands started going up he said I am going to give this note to one of you but let me do this first. He crumpled the note up and asked: “who wants it”; still the hands were up in the air. Well he replied, what if I do this and he dropped it on the ground and started stamping on it with his shoe and picked it up all crumpled and dirty note and asked who still wants it. Still the hands went up without any hesitation. He then said” friends no matter what I did to the money you still wanted it because it did not decrease in value it was still worth rupees 500.”

Many times in our life we are dropped, crumbled and ground into the dirty by the decisions we make and the circumstances that come our way. We feel as though we are worthless but no matter what has happened or what will

happen you will never lose your value. You are special don't ever forget it. Never let yesterday's disappointments overshadow tomorrow's dreams .Value has a value only if its value is valued. Know your value.

A Four year old girl the 20th of 22 children contracted double Pneumonia and Scarlet fever at a very early age which paralyzed her left leg. Thereafter at 9 years of age she removed her leg braces and started walking without them. At 13 she decided to become a runner but kept failing miserably in all races that she entered in. She kept trying in spite of several detractors and finally started winning every race she entered. She is Wilma Rudolph who went on to win 3 Olympic gold medals.

A cricket bat is worth only Rs. 500. But in the hands of Dhoni it's worth Rs. 5 crore. A football costs only 400 rupees but in the hand of Michel Ronald it costs 10 crore. Though simple and normal we are how much more we be valued being the person of God alone. God is our natural environment. We were created to enjoy it and share it. Water without fish is still water, but fish without water is nothing. The soil without the tree is still soil, but the tree without soil is nothing. So let's be like the water and soil taking shelter in the Lord our Savior who assures us of His constant presence with us in our struggles of life.

If you can't be a pine on the top of the hill, be a Scrub in the valley but be the best little Scrub by the side of the hill. If you can't be a tree, be a bush. If you can't be a bush be a bit of the grass and make some Highway happier. It's not by the size that you win or fail: but by the quality of your thoughts and deeds. Hence be the best of whatever you are.

Sr.Lalitha Syamala CJMJ

*Listen to deep with in*

## Cultivate Eucharistic Amazement Daily.....

Pope St. John Paul II called for an increase in what he termed "Eucharistic Amazement." This is more than just appreciating the Eucharist—it's a worldview.



Make the Blessed Sacrament part of daily life with Mystery of the Altar: It is pleasant to spend time with Him, to lie close to His breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in His heart. If in our time Christians must be distinguished above all by the "art of prayer", How can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear sisters, have we experienced this, and drawn from it strength, consolation and support?

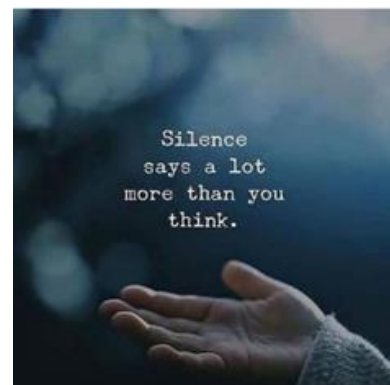
The Eucharist is a priceless Treasure: by not only celebrating it but also by praying before it outside of Holy Mass we are enabled to make contact with the very wellspring of grace.

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## Take a Break from Noise.....

We spend so much time plugged into the news, work, and social media that our brains have little time to rest. Popular author Chris Stefanick shares that allowing ourselves to rest in silence is one of the secrets to joy.

Your mental focus is like a muscle. The human brain burns over three hundred calories per day. That's 20 percent of your body's energy. And the more you think, the more it burns. And like any organ, your brain can get tired. Give it a break from the bombardment of stimuli and noise.





Your ability to focus breaks down when you become accustomed to scrolling through images, glancing at pages for hours each day.

I want to challenge you to rest your mind from screens for one day each week. Make it Sunday. If that sounds too daunting, then just have everyone put their phones in a basket until sundown on Sunday.

Pick times, prayer, meals, etc., when phones are put down and silenced. And put your work aside each day after a certain hour. When you stop your work each day, draw a clear line between work time and rest time. I put my phone down, spread my arms out like I crossed a finish line, and say out loud (even if no one is listening), "Work. Done." And I mean it. I don't let the noise of distraction last the entire day.

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## Translating Meaning Into Life: A Taoist Parable

During a time of great drought, a Taoist master was asked by members of a village if he could help bring rain to their dry fields. They confessed trying many other approaches before reaching out to him, but with no success.



The master agreed to come and asked for a small hut with a garden that he could tend. For three days, he tended the garden, performing no special rituals or asking anything further from the villagers. On the fourth day, rain began to fall on the parched earth. When asked how he had achieved such a miracle, the master answered that he was not responsible for the rain. However, he explained, when he came to the village, he had sensed disharmony within himself. Each day, as he tended the garden, he returned a little more to himself. When he returned to balance, the rain came naturally.

Does the parable of the Taoist master represent a symbol of the awakened mind, a person who has restored circulation between himself and the Universe? And if this is the case, then we must consider anew the synchronistic attitude toward life. When we restore balance and meaning in ourselves, we seed the world around us with hope and purpose.

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## Why Silence is So Good For Your Brain

We live in a loud and distracting world, where silence is increasingly difficult to come by -- and that may be negatively affecting our health.



In fact, a 2011 World Health Organization report called noise pollution a "modern plague," concluding that "there is overwhelming evidence that exposure to environmental noise has adverse effects on the health of the population."

We're constantly filling our ears with music, TV and radio news, podcasts and of course, the multitude of sounds that we create nonstop in our own heads. Think about it: How many moments each day do you spend in total silence? The answer is probably very few. As our internal and external environments become louder and louder, more people are beginning to seek out silence, whether through a practice of sitting quietly for 10 minutes every morning or heading off to a 10-day silent retreat.

Here are four science-backed ways that silence is good for your brain -- and how making time for it can make you feel less stressed, more focused and more creative.

1. Silence relieves stress and tension.
2. Silence replenishes our mental resources.
3. In silence, we can tap into the brain's default mode network.
4. Getting quiet can regenerate brain cells

## Look With Your Heart:

There is a quote somewhere, perhaps it is a lyric to a song “look with your heart not with your eyes” – I love this and try whenever possible to include my heart as I go throughout the day, especially when meeting new people.

Slowly, without words, we were building a relationship based on kindness. Find number of situations knocking your door to create beautiful relationships with the world.

It doesn't take long to make a real intimate genuine human connection with someone. It only takes stopping for a moment, listening deeply, and looking with your heart rather than your eyes. YES. Moment to moment. Step by step.



**Its a joy for all of us to join our Sisters at their academic success**

**Sr.Salima John**



**DHA**

**Sr.Sushma Gardia**



**B.Ed.**

**Sr.Alphonsa Yeruva**



**B.Ed.**

**Sr.Amita Sulya**



**B.Ed.**

**Sr.Arogya Matha**



**B A**

**Sr.Kavitha Konapuram**



**B.Com**

**Sr.Jyosthna Bathula**



**B A**

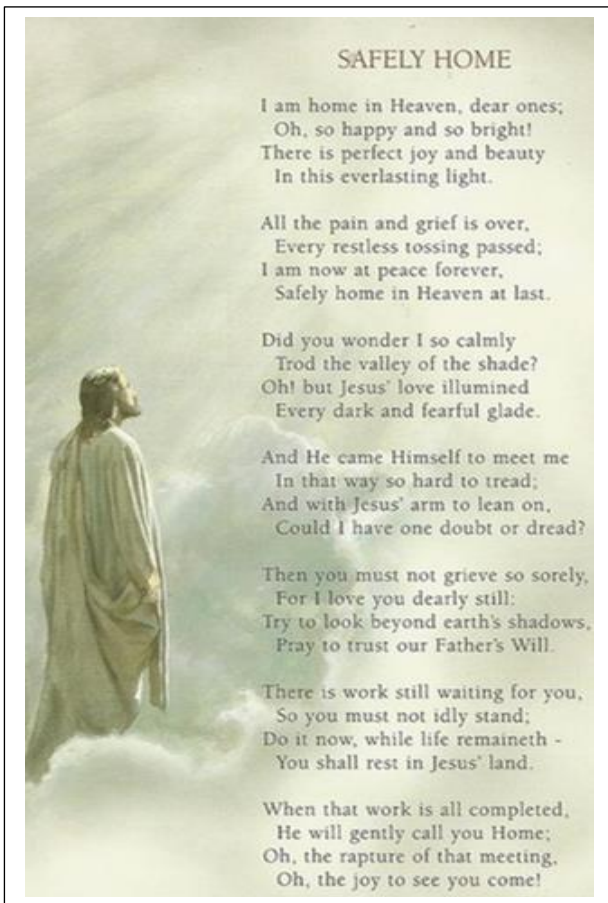
**Congratulations**  
Wishing you even more success in the future.








I'm about to walk into  
the greatest season of  
my life.

**Ministry of Loving service**

## Loving Homage to our dear sisters who left us to Heavenly Home



Name	DOD	Province
Sr. Hermana Joseph Manikanam Parambil 	14.10.2020	Bangalore
Sr. Elsy Pulickal 	21.10.2020	Bangalore
Sr. Stella Maris Bellamkonda 	28.12.2020	Guntur
Sr. Francis Margaret Bommaboina 	08.01.2021	Guntur
Sr. Aleyamma Arakkal 	01.02.2020	Guntur

In Love and prayers we remain with the families of our sisters the loss of their loved ones

### FAMILY MEMBERS OF OUR SISTERS

PERSONS	DOD
Sr. Francis of Assisi's Cousin (Priest )	13.09.2020
Sr. Shanthi Mary Kalajalapati's elder Sister	01.10.2020
Sr. John Vianney Muringatheri's Brother	12.10.2020
Sr. Kumudini Lakra's elder brother	25.01.2021
Sr. Aloysine Attupuram's Uncle	26.01.2021
Sr. Showri Tresa's Nephew	26.01.2021



Sr.Lalitha Karanam.

Sr.Sujatha Dasari