



INM FMA / Pro.Cir.14

August 2024

My Dearest Sisters,

Human Formation: The “Art and Heart of Being Human”

INTRODUCTION

More than ever, humans are searching for meaning, appreciation, and values. To be human is to be relational (with God, others, and the cosmos). If human beings were properly formed, the values of life, peace, and a healthy environment would be sustained. In a particular way, human formation emphasizes the importance of a healthy, balanced, happy, and holy human life. It provides the basis for understanding the vocation to religious life and mission. If human formation is done well, every other formation, including the spiritual, pastoral, or intellectual, would rest on a well-grounded foundation. Therefore, each consecrated person has to be aware of the importance of human formation in their ongoing formative journey towards affective, psychological, social, and spiritual maturity. Human formation prepares the consecrated person for a life of authentic celibacy, simplicity of life, willing obedience, and generous availability for the mission of the community.

What is human formation?

Human formation is the foundation of all we are and all we do as humans. According to Fr. John Nepil, human formation is a process that inculcates the “art of being human.” The “art of being human” embraces the heart of a human being. Cameron Thompson, in his *Handbook of Human Formation: A Resource for the Cultivation of Character*, defined human formation as “the intentional cultivation and formation of character of the whole human person to his or her natural perfection.” [p. 1]. St. Thomas Aquinas said, “Grace perfects nature; it does not destroy it.” Human formation forms how we are and how we interact with the people around us. It is impossible to be Christ to others if we don’t fully understand how to be a normal human being.

Human formation is the lifelong process of natural development, aided by grace, by which a person integrates all aspects of their interior emotional, intellectual, interpersonal, and bodily life, all their natural faculties in an ordered way, conformed with the right reason and natural law, so that one is freed from natural impediments to trust God as His beloved child and to embrace God’s love. In general, human formation happens in a threefold process of self-knowledge, self-possession, and self-gift—and all of this in faith. As this process unfolds, the human person becomes more perfectly conformed to the perfect humanity of Jesus Christ, the Word made flesh (Jn 3:16). Human formation needs to be a solid foundation for spiritual formation and development.

1. Jesus Christ: The foundation and centre of all human formation

“The foundation and centre of all human formation is Jesus Christ, the Word made flesh. In his fully developed humanity, he was truly free, and with complete freedom, he gave himself totally for the salvation of the world” (*Program of Priestly Formation* 181). Human formation is the necessary foundation of religious formation. The consecrated person, in and through their humanity, is called to be an instrument of Christ and his redemptive gifts. For this reason, *Pastores dabo vobis* describes the basic principle of human formation as such: “The human personality of the priest is to

be a bridge and not an obstacle for others in their meeting with Jesus Christ, the Redeemer of the human race" (*Pastores dabo vobis* 43; PPF 182).

Human formation is the foundation necessary to proclaim the gospel, bringing Jesus Christ to the world. Art. 78 of our Constitution states that the aim of formation is the maturing of the whole person in a gradual, progressive configuration to Christ, the apostle of the Father. For the ministry to be as credible and acceptable as possible, the consecrated persons must mould their human personality in such a way that it becomes a bridge and not an obstacle for others in their meeting with Jesus Christ, the Redeemer of humanity (cf. *Pastores Dabo Vobis*, n. 43). It is their human personality that allows them, in service to the church, to effectively share the gifts of Christ with the community they shepherd. In their fully developed humanity, consecrated persons enter into a deep relationship with God and communicate this relationship to His people that they are called to serve.

2. A well-rounded and competent person, possessing personal maturity

Human formation is all about the development of a well-rounded and competent person who possesses personal maturity. The basis of this is the fact that we human beings are physical, emotional, psychological, sexual, social, intellectual, and spiritual, with the potentiality of each being fully realized by our efforts cooperating with God's grace. Growth in one's humanity is therefore the foundation for one's spiritual, pastoral, and intellectual formation. One's openness to one's own and the community's existence in time and space and a changing world calls the consecrated persons to cultivate human qualities of self-possession, balance, inner freedom, and the capacity to fulfil the responsibilities with creativity and commitment. St. Paul's simple program of human formation is applicable here: "Finally, brothers and sisters, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things." (Phil 4:8).

On March 25, 1992, Pope St. John Paul II released an apostolic exhortation titled [*Pastores Dabo Vobis*](#) (translated as "I will give you shepherds"), which guided the formation of seminarians and priests. According to him, "*human formation [is] the basis of all priestly formation.*" (PDV, 43). He quotes the XII Ordinary General Assembly of the Synod of Bishops, emphasizing that "the whole work of priestly formation would be deprived of its necessary foundation if it lacked a suitable human formation." The elements of a sound human formation are many, and the demands may vary for different individuals. However, Pope John Paul II enumerated the following as the most important: the balanced development of the human faculties (intelligence, will, passions, and feelings); the capacity for human relationships; affective maturity; and the development of a moral conscience. This applies to the formation of consecrated persons too.

3. Holiness is built upon human formation.

The holiness of a consecrated person is built upon human formation and depends, in large part, upon the authenticity and maturity of their humanity. The lack of a well-structured and balanced personality is a serious and objective hindrance to their ongoing formation. The spiritual formation of consecrated persons and their sanctity first *require* solid human formation. Human formation must come first; otherwise, one constructs a spiritual building on an uncertain and unstable foundation. Spiritual distortions will take place if the solid foundation of human formation is lacking. The consecrated person's way of presenting themselves and their views, their capacity for dialogue, their sincerity and honesty, their prudence and discretion, their willingness to sacrifice for the common good—these are keys that open or close doors to trust, to listening, to healthy relationships, and to collaborative efforts for the mission of the Church in the world.

The key to a wholesome, happy, and holy life is found in living a balanced life and respecting basic human needs in all areas: intellect, will, emotions, body, etc. Taking care of physical and emotional health as well as spiritual and intellectual life constitutes an authentic expression of Christian self-love. For a consecrated person, proper self-care manifests itself in the simplest ways: eating properly, getting enough sleep, exercising consistently, relaxing with others, taking time off, seeing a doctor regularly, observing moderation in the use of social media, learning to manage time, taking time for the arts, etc. Research indicates that celibate living is fulfilling when one's spiritual motivation is complemented by a balanced approach to all aspects of human development.

Consecrated people need to have enough health to do their work and adjust to the ordinary difficulties of life. They should neither neglect their health and become a burden to themselves and others nor become hypochondriacs seeking medication and attention for the slightest illness or discomfort. *Manual work* has great formative value. It reaches the dignity of all types of work and the hardships of those whose whole life is spent in manual labour. No work should be seen as beneath us or too hard to try. *The best and most meaningful penance is to make the sacrifices that their state of life and their duties require.*

4. Capacity for relationships

A decisive element of human maturity is the ability to relate appropriately to men and women of all ages and backgrounds. A consecrated person is expected to develop a real capacity for communion and sharing with others. The capacity to relate to others is truly fundamental for a person who is called to be responsible for a community and to be "a person of communion." Most of what we call ministry consists of relationships. Most of our happy memories are tied to the people in our lives. Most of our difficult experiences stem from relationships going wrong. The well-known seventy-year-long longitudinal study by Harvard University on what makes people happy as they grow older gave this clear result: *The main element in our happiness—as well as in our physical health—as we grow older is having close relationships.*

How can we cultivate good relationships? ***Listen attentively.*** Many people look for someone who will listen to them. Am I willing to listen to others with full attention, or do I interrupt much of the time, wanting to talk about myself and my interests? If we are good listeners, we will build good relationships. ***Speak lovingly:*** Speak lovingly to people and speak well of them in their absence. Our relationship will multiply if we think well of all, speak well of all, and do good to all. Our lives can be incredibly richer and more beautiful if we overcome our mental and cultural narrowness and build bridges across linguistic, cultural, and other barriers. This is especially important for the consecrated, who have to accept anyone from anywhere as one's sister or brother and form a community called to serve.

Relate genuinely: When we relate, our joy increases—and we build relationships. What makes religious life meaningful is our response to God's love and our eagerness to share that love with others. We become mature and more fully human when we are blessed to live and relate with other human beings whose very humanity shines forth and captures us. This kind of relationship is manifested in and through a healing and energizing presence. The ability to relate to people with warmth, respect, and dignity is essential to anyone who has chosen the consecrated life.

5. Development of a Moral Conscience

Human maturity, especially in the affective dimension, is manifested and deepened through the responsible use of freedom. Respect for oneself and others, as sacred in the eyes of God, must guide decisions and conduct as private individuals and also as public figures in ministry. The goal of the entire initial and ongoing formation—human, spiritual, intellectual, and pastoral—should be the

development of a moral conscience that values the dignity of each human person and is evidenced by the moral leadership and witness the consecrated persons manifest to others. Human maturity includes, especially, the formation of one's conscience. One should become accustomed to listening to the voice of God, who speaks to them in their hearts and adhere to His will in love and constancy.

One of the fundamental goals of human formation is to assist consecrated persons in developing, maturing, and integrating the human qualities that will allow them to live and function as healthy and happy religious followers of Jesus Christ. It strives to foster in a consecrated person a free and informed desire to continue, throughout life, on the journey of self-awareness and maturity. It hopes to promote in them a sense of personal responsibility to become the person that God has created them to be and to give clear witness to the love of God and service of others in consecrated life.

CONCLUSION

The vocational journey can be seen as the unfolding of a better understanding by the consecrated person of the tension that exists within them between the person they are and the person they wish to become (cf. Rm 6:14-25). All formation is ultimately self-formation. Consecrated persons must assume full responsibility for their lives, becoming the primary agents of their formation to achieve human maturity and spiritual wholeness. The divine call engages and involves the 'concrete' human person. Formation for the consecrated life must necessarily provide adequate means to allow for maturation given an authentic exercise of their ministry in the Church.

A personalized and accompanied formative journey would help the consecrated person grow in self-knowledge, integrity, and responsibility. Everyone has to become alert to the particular forms of inconsistency that are likely to compromise their vocational growth. Each has to learn to know and accept their own fundamental needs, personal and family history, limitations, and fragility gracefully. The purpose of human formation is to provide many opportunities to monitor and assist the human development of consecrated persons. The ability to organize one's life, work, take initiative, demonstrate leadership, and relate to one another helps one to develop human formation, which is the foundation of all formation, vocational commitment, and holiness of life.

Points to Ponder

1. What does human formation mean? Which areas of my life should I cultivate to become a mature adult?
2. Has your joining religious life helped you to become a mature and inspiring human being following the example of Jesus Christ?
3. Why is human formation oriented towards a well-rounded and competent person possessing personal maturity?
4. How is holiness built upon human formation, capacity for relationships, and the development of a moral conscience?

CELEBRATIONS OF THE MONTH

01 Thu	-	St Alphonseus Liguori
02 Fri	-	Bl Augustus Czartoryski SDB
04 Sun	-	St John Maria Vianney
05 Mon	-	Foundation Day of FMA Institute Our Lady of Snow Dedication of the Basilica of St Mary Major

06 Tue	-	Transfiguration of the Lord
15 Thu	-	Assumption of Blessed Virgin Mary
		Independence Day
16 Fri	-	Birthday of Johnny Bosco
22 Thu	-	Queenship of Mary
24 Sat	-	St Bartholomew
25 Sun	-	Bl Maria Troncati
26 Mon	-	Bl Zeferino Namuncura
27 Tue	-	St Monica
28 Wed	-	St Augustine
29 Thu	-	Beheading of St John the Baptist
30 Fri	-	St Euphrasia

ALL IN THE FAMILY

POSTULANTS' ANNUAL RETREAT: The Candidates began their three-day Annual Spiritual Retreat on June 17, 2024, to prepare for joining the Postulancy and Aspirantate. Fr Anto John Jagadish Kunaseelan SDB, the vocation Promoter, guided the Candidates with spiritual talks on the Call to Christian and Religious life, accompanied by Eucharistic Adoration, Holy Mass, and the Sacrament of Reconciliation.

MEDAL RECEIVING CEREMONY: On 20 June 2024 the medal receiving ceremony was held for the Postulants in Sacred Heart Home, Katpadi. Four from INM: Abel Lourdu Mary, John David Asha Mary, Rajesh Srinithi and Tharsius Raja Auxilia and three from INT: Charels Jasmin Jaya, Jonas Jenova Teresa and Subbiah Shenbaga Mallika received their Postulants' medal. The four INM Aspirants: Jaganathan Jayasri, Martin Doss Poulin Prasanna, Sagayaraj Suji, Selvin Raj Rosali Archana were formally initiated into the Aspirantate. Following the ceremony, the Postulants celebrated by cutting a cake, while the Aspirants expressed their joy with a congratulation song for their seniors. With great goodwill and under the guidance of Mother Mary, the Candidates were prepared to commence their formative journey towards becoming holy and authentic FMA. Sisters from nearby communities, apostolic Girls from Auxilium Home, and a few hostel Girls from Auxilium College, along with Sisters and Girls from St Mary's Convent, Vellore who showed signs of vocation, participated in the ceremony and prayed for the Candidates. I thank Sr Chinnappan Gracy Fatima and the Community of Sacred Heart Home, Katpadi for their hard work.

COURSES FOR NEW PROVINCIAL, ROME: I was happy along with the 14 new Provincials to experience a strong family spirit during this period of animation and formation in the house of "St. Rosa" in Castelgandolfo (Rome). We enjoyed an atmosphere of fraternity, prayer, and sharing, with an interactive, workshop, and experiential mode, we studied deeply the service of animation and government in the light of General Chapter XXIV. We were enriched by the presence and animation of our beloved Mother General Sr Chiara Cazzuola, Sr Garcia Ribas M del Rosario, the Vicar General and the coordinator of the entire programme and the Sisters of the General Council.

COMMUNITY EXPERIENCE FOR NOVICES: We are happy to welcome our dear II-year Novices to have their community and apostolic experience from 7 August to 7 October 2024. Anthonyraj Narmadha and Mariaselvam Susai Mary will be in St Joseph's Convent, Arni. Arul Pragasam Fabia Cletus and Arockia Dass Anish Hema will be in St Mary's Convent, Vellore. We wish them a happy and fruitful experience!

ENTRY INTO THE NOVITIATE: Hearty congratulations to our postulant Lawrence Anet Lawrenciya who will be entering the Novitiate on 4 August 2024. We wish her a deeper experience of Jesus in her formative journey.

NOVICES IN SHILLONG: Fernando W Ann Nimesha Dulanjalee – II Year Novice and Lawrence Anet Lawrenciya – I Year Novice will make their novitiate in Bellefonte Shillong. May they have a wonderful formative journey.

FIRST PROFESSION: Hearty Congratulations to our dear Sr Maharahatti A.D.Sapna Nimesha and Sr Pratheepan Dobinsiya who will make their First Profession on 5 August 2024. We wish them a happy religious life. I take this opportunity to thank Sr Mathew Siriapushpam for her dedicated service in forming young minds in the Salesian way, with a greater sense of belonging to the Institute and the Province. May the Lord reward you a hundredfold for your tireless service as a Novice Formator.

FINAL COMMITMENT: Hearty Congratulations to our dear Sr Amirthasingam Nirosha and Sr Ganesh Maria Rohini who will make their final commitment on 5 August 2024. Sincere thanks to Sr Lazar Maria Nirmala and the animators who accompanied these our Sisters in their formative journey. We wish them a happy religious life.

DIAMOND AND GOLDEN JUBILEE: On 31 August 2024, in Auxilium College, Katpadi, we are celebrating with joy the Diamond jubilee of the Religious Profession of Sr Fernando Philomena Jasmine, Sr Joseph Isabella and Sr Thambusamy Bridget and the Golden Jubilee of Sr Abraham Jacintha, Sr Arockiaswami Maria Kalyani and Sr Soosey Philomena Rani. We assure them of our prayers and wish them a fruitful mission in their onward journey.

LEADERSHIP TRAINING FOR NEW ANIMATORS, NBCLC, BANGALORE: Sr Kanickaraj Mary Tamizharasi and Sr Alexander Lilly Rose participated in the Leadership Training for New Animators at NBCLC, Bangalore from 11 to 18 July 2024. Sr Alexandar Amali, Sr Salvadore Gertrude M. Nirmala and Sr Vedanayagam Usha Catherine Viji attended the Leadership Training and Counselling Course from 20 July to 5 August 2024 at the same venue.

INM-INT FORMATORS' MEET: On 09 August 2024, the INM-INT Formators' Meet will be held at Auxilium Provincial House, Manikandam - Tiruchirappalli.

INM-INT JUNIORS TRIMONTHLY RECOLLECTION AND ANIMATION: On 10 and 11 August 2024, INM and INT Juniors will have the Trimonthly Recollection and a Day of Animation at Kodambakkam, Chennai. The Juniors are expected to be in the venue at 04.00 p.m. on 09 August 2024.

INTERPROVINCIAL CONFERENCE - PCI: The present General Council in its six-year term 2021-2027 is animating a seminar at the inter-provincial level. Our beloved Mother General Sr Chiara Cazzuola and her Council will animate FMA-PCI from 16-20 August 2024 at St. Joseph Training Centre, Lonavla, Mumbai. All the Provincials, Provincial Council and National Coordinators will be the participants. From our Province, all the Councillors and Sr Antony Raj Josephine, the National Coordinator for Education will participate in it. The theme of the meeting is 'For an animation that generates life'. I am given an opportunity to present a paper on 17 August on 'contribution of Consecrated Life today in the Indian context, our synodal journey and the challenges it proposes to Consecrated Life'. We, as a Province, will be animating the Liturgy and other prayer moments on the same day. Let us pray for the success of this meeting so that we may take our post-chapter journey forward making synodality our way of life.

SALESIAN YOUTH SYNOD AND BICENTENARY OF DON BOSCO'S DREAM AT THE AGE OF NINE: the long-awaited meeting of young people to celebrate the bicentenary of Don Bosco's dream at the age of nine will be held from 11 to 16 August 2024 in Turin-Valdocco and at Colle Don Bosco for the **Salesian Youth Synod**. Young people from the Salesian Youth Movement (SYM) from all over the world will participate, as well as some representatives of the FMA and SDB from the Inter-provincial Conferences and the various regions. From our Province Alice Vinoliya Arul and Sandra Ramnunmawii, the students at Auxilium College, Katpadi will participate in the Synod along with the other young people at the PCI level.

9TH INTERNATIONAL CONGRESS OF MARY HELP OF CHRISTIANS: Sr Augustine Sagaya Rani from Casa Ersilia Canta, Rome, will participate in the 9th International Congress of Mary Help of Christians, promoted by the Association of Mary Help of Christians (ADMA) and addressed to all groups of the Salesian Family. It will take place in Fatima (Portugal) from 29 August to 1 September 2024, on the theme 'I will give you the Teacher'.

BIRTHDAY OF DON BOSCO: Celebrating Don Bosco's 209th birthday on 16 August reminds us of the lasting value of his educational methods and principles. As Salesian Sisters, we are inspired to continue his mission of love and firmness in supporting youth. We must follow his example of compassion and resilience in facing modern challenges, empowering young people to actively shape their lives based on faith in God. By adhering to Don Bosco's Preventive System of reason, religion, and loving-kindness, we honour his legacy and positively impact the lives of youth.

FEAST OF BLESSED MARIA TRONCATTI: On August 25, we celebrate Blessed Maria Troncatti, a dedicated and compassionate figure in the Salesian Family. Her missionary work in South America embodies Don Bosco's and St Maria Domenica Mazzarello's vision of selfless giving and evangelization. As we honour her, let's reflect on her courage and devotion, drawing inspiration from her life to deepen our commitment to live in communion of hearts and render wholehearted service to the poor. Let us pray that she may soon be raised to the Altar of Saints!

ANIMATORS MEET: Animators meet will be held at Auxilium College, Katpadi on 30 August 2024. All are expected to be present at the venue on 30 August 2024 by 1.00 p.m.

CONGRATULATIONS

- ❖ We are happy to communicate that Rector Major, Cardinal Archbishop Ángel Fernández Artime, with the consent of his Council has nominated **Fr Pampackal Joseph SDB as the New Provincial** of the Salesian Province of St Francis de Sales Dimapur (IND) for the six years 2024-2030.
- ❖ Our heartfelt prayers and best wishes to **Bishop-Elect Mgr Sagayaraj Thamburaj** on his appointment as Bishop of Thanjavur Diocese. May God's grace, wisdom, and strength be with him as he guides and uplifts the faithful with the heart of Jesus.
- ❖ Congratulations and assurance of prayers to all our **Salesians of Chennai Province** who celebrated the **Diamond Jubilee of Religious Profession, Golden and Silver Jubilee of their Priestly Ordination and Religious Profession** on 3 July 2023 at Don Bosco, Egmore. May they continue to serve the Lord in the young people with the zeal of the *da mihi animas*.

- ❖ We warmly welcome **Rev Fr Stefano Martoglio, SDB, Vicar of the Rector Major**, to India for the Silver Jubilee of the **Salesian Province of Annai Velankanni, Tiruchy - INT**, on August 5, 2024. As they celebrate 25 years of dedicated service, we offer sincere congratulations and deep appreciation for all the sacrifices made by our Salesians. May this milestone inspire reflection, gratitude, and a renewed commitment to their mission. We pray for God's continued guidance and blessings on the province. Happy Silver Jubilee!
- ❖ We express our hearty congratulations to our dear Sr Mabel Gothorp as she embarks on a new journey shouldering the responsibility as Provincial of ING on 10 August 2024. Congratulations and assurance of prayers to Sr Rosa Pyngrope on her installation as Provincial of INS on 13 August 2024. May God bless and accompany them in their delicate mission.

NOTE OF THANKS

- ❖ A heartfelt thanks to Sr Anthony Raj Mary Josephine, the Animator, and the Community of Auxilium College for hosting the Animators, Headmistress, Economers and School Staff Meet on 2 June 2024. A special acknowledgement goes to Sr Alexander Amali who tirelessly worked for the success of the meeting.
- ❖ Hearty thanks to Sr Anthony Raj Christina and the community of Kodambakkam, for hosting the New Animators Course on 11 June 2024 and New Economers Course from 11 to 12 June 2024 and for the Provincial Council and Team Meet on 15 June 2024 and the Provincial Council on 16 to 17 June 2024.
- ❖ Sincere thanks to Sr Alphonse Mary J. Isabella, the Coordinator of Social Development for providing online orientation on Eco Consciousness for the students of Eco Club in Tamil Nadu on 19 June 2024 and inmates students in Sri Lanka on 20 June 2024.
- ❖ A heartfelt thanks to Sr Celine Gaspar and the community of Auxilium Home, Katpadi for hosting the Local Coordinators Meet of all the sectors on 22 June 2024. A special thanks to Sr Antony Raj Mary Josephine and Sr Chinnappan Gracy Fatima and the communities of Auxilium College and Sacred Heart Home for making arrangements for the same in various ways. I thank all the communities who carried out different responsibilities with love and dedication.
- ❖ A big thanks to Sr Maria Louis Isabel Sirumalar and Sr Antony Sheeba, the VIDES Coordinators for organizing the Online Meeting for the VIDES Members on 30 June 2024.
- ❖ Sincere thanks to Sr Sebastian Elizabeth and the Community of Mazzarello Home, Tirupattur for conducting and hosting the SPM training programme for the students of Arni, Anmarudai and Dharmapuri from 1-4 July 2024.
- ❖ A heartfelt thanks to Sr Gabriel Mariammal and Sr Savari Fathima, the Coordinators of Human Rights for organizing the online meeting for the Sublimentary Centre Sisters, staff - Children Homes and Boardings on 3-4 July 2024.

- ❖ I express my gratitude to Sr Mahimainathan Sathiyavani and Sr Susainathan Ayesha Bindhu in charge of Women Group, VTC and Young at Risk for conducting the YAR Coordinators Meet for the Sisters and to Sr Anthony Raj Christina and the community for the accommodation on 6 July 2024.
- ❖ Hearty thanks to Sr Anthony Raj Christina and the community of Kodambakkam, for hosting and organizing the Orientation programme for the CM/FL/SM/GC on 12-13 July 2024.
- ❖ Thanks to Sr Savari Fathima and Sr Gabriel Mariammal, the Coordinators of Human Rights Education for conducting a training programme on Constitutional Rights for teachers and students of Vellore Zone and to Sr Gaspar Mary Celine and the Community of Auxilium Home for hosting the meeting on 20 July 2024.
- ❖ Thanks to Sr Mathew Alice, ADMA delegate for Sri Lanka for the online platform created for the better understanding of ADMA for the Sisters in Sri Lanka and ADMA Members on 20 July 2024.
- ❖ I thank Sr Rajendran Thimena Celine and Sr Anthony Cruz Mathalen Mary, the Coordinators of Social Communication for organizing a Media Education Workshop for the Media Club Students and in charge teachers. I thank Sr Alexander Amali and the community of St Mary's Convent, Vellore and to Sr Susai Raj Mary Sheila and the community of Kingsford for hosting the meeting on 20 July 2024 for Vellore Zone and on 26 July 2024 for Chennai Zone respectively.
- ❖ I am grateful to Sr Alphonse Mary J. Isabella and Sr Mahimainadhan Sathiyavani, the Coordinators for Social Development for the online program on Need Assessment and Proposal Writing for the Sisters in Sri Lanka on 24 July 2024.
- ❖ Sincere thanks to Sr Susai Raj Sheila and the Community of Kingsford, Sr Chinnappan Gracy Fatima and the Community of Sacred Heart Home, Katpadi for hosting and arranging for the Tri-Monthly Recollection for Senior Sisters at Kingsford and Sacred Heart Home on 27 July 2024.
- ❖ Sincere thanks to Sr Samala Elisa and the Community of Mary Immaculate Convent, Tirupattur for hosting and arranging for the Tri-Monthly Recollection for Senior Sisters at Kingsford and Sacred Heart Home on 28 July 2024.
- ❖ I owe my gratitude to Sr Doss Rosalia and Sr Pichai Mary Saroja for offering Ashram Experience for Postulants from 28 July to 7 August 2024 at Mannivakkam. I thank Sr Panakezham Annie and the Community of Mannivakkam for hosting the Postulants.
- ❖ My heartfelt thanks to Sr Mathew Siriapushpam and the Community for hosting the Annual Retreat for Sisters and Novices at Sacred Heart Novitiate, Negombo from 28 July to 4 August 2024. My special thanks to Sr Lazar Maria Nirmala for animating and accompanying the Sisters and Novices as Delegate of Sri Lanka.
- ❖ Thanks to Sr Alphonse Mary J. Isabella and Sr Mahimainadhan Sathiyavani, the Coordinators for Social Development for conducting the awareness program on Anti

Human Trafficking for our Sisters and Women groups at Kodambakkam and Online for the other districts on 31 July 2024. I thank Sr Anthony Raj Christina and the Community of Kodambakkam for hosting the programme.

- ❖ I thank Sr Chinnappan Gracy Fatima, the General Coordinator for accompanying the team members in organizing the various meetings.
- ❖ Hearty thanks to Sr Anthony Raj Christina and the community of Kodambakkam for hosting the Provincial Council from 31 July to 1 August 2024.

COURSES AND SEMINARS

- All the **Youth Pastoral**, Social Communication, Mission ad/inter gentes, Catechetical and VIDES Coordinators of our communities participated in the webinar on 13 July 2024 animated by Youth Ministry Sector, Rome.
- **Missionary Formation Course and Holy Land Pilgrimage:** Sr Lourdusamy Emily Mary, Sr De Rose Amala, and Sr Savarimuthu Mary Emelda will participate in the Missionary Formation Course in Shillong from 6 September to 8 October including the Pilgrimage to the Holy Land. We wish them a profound spiritual renewal in the missionary ardour of the Salesian charism treading in the footsteps of our Lord.
- **Project Mornese:** Sr James Anandhi, Sr Kanickairaj Shanthi, Sr Lazar Maria Nirmala, Sr Rathinasamy Regina Mary, Sr Rayappan Leema Rose will be participating in the Project Mornese from 24 September to 14 October 2024. Sr Susai Josephine Rani will be one of the Animators of Project Mornese and she will give her contribution from 12 September to 18 October. We wish them all a fruitful experience!
- **Ongoing Missionary Animation:** Sr Fernando Mary Ann and Sr Anandan Rosintha will participate in the ongoing Missionary Animation in Rome from 28 September to 8 November 2024.

HEARTFELT SYMPATHIES

Our loving prayers and condolences to all those who lost their dear ones in June and July 2024:

- To our beloved Archbishop Rt. Rev George Antonysamy at the demise of his elder brother Mr A Xavier on 31 July 2024 in Trichy.
- To Sr Devaraj Amalia Assunta, at the demise of her nephew Mr Anand Vinoth (50) on 07 June 2024 in Chennai.
- To Fr Jose Thomas Koyickal SDB, the Provincial and the Conferrers of INK at the demise of Fr Josin Thazathette SDB (70) on 3 July 2024 at Mamma Margaret Home, Aluva.

- To the family Members of Mr Francis, at the demise of Mrs Lucille De Rose (56), Ex Novice of 1991 Batch, on 09 July 2024 at Kodambakkam.
- To Sr Anthony Samy Jecintha Mary, at the demise of her Sister in Law Mrs Madalai Mary (55) on 13 July 2024 at Elayankanni.
- To Sr Irudayanathan Agatha and Sr Irudayanathan Helen, at the demise of their nephew Mr Chawry Lourdu (58) on 18 July 2024 at Bangarpet.
- To Sr Alphonsa Kurisingal, the Provincial and the Sisters of ING, at the demise of Sr Jiranda Maria Barretto (70) on 20 July 2024 at Auxilium Provincial House, Guwahati.
- To Sr Nguyen Thi Long Phuong Maria, at the demise of her Paternal Uncle Mr Joseph (77) on 20 July 2024 in Vietnam.
- To Sr Francis Irudaya Mary at the demise of her elder brother Mr Valanteen Francis (73) on 30 July 2024 at Pulikanmai.
- To Fr Lourdusamy Don Bosco, the Provincial and the Confreres of INM Province at the demise of Fr John Joseph Kuruvachira (84) on 30 July 2024 at Citadel, Chennai.
- To Sr D'Silva Meenakshi and the Sisters of Mumbai at the passing away of Sr Da Silva Servitas (81) on 31 July 2024 at Benaullim, Goa.

LIVING IN OUR MEMORY

- 04 † Sr Maria Angeleri (1967)
- 06 † Sr Anna Xavier Savaraya (2005)
 Sr Paola Guazzora (2013)
- 08 † Sr Carmela Spitalieri (1938)
- 09 † Sr Arockiasami Maria Teresa (2012)
- 10 † Sr Cecilia Da Roit (1981)
- 11 † Sr Maria Teresa Soosai (2019)
- 15 † Sr Maria Ravalico (1980)
- 19 † Sr Margaret D'Couth (2007)
- 20 † Sr Gloria Rita James (2019)
- 23 † Sr Celine D'Souza (2013)
- 26 † Sr Camilla Tagliabue (2004)
 † Sr Mary Vaz (2016)
- 27 † Sr Lorenza D'Silva (2019)

FORTHCOMING EVENTS

AUGUST 2024

03	Sat	Past Pupils Federation Meet, St Joseph, Arni Training Programme on Human Rights, Chennai Zone Teachers and Students, Kingsford
04	Sun	Renewal of Vows, Sacred Heart Novitiate, Negombo, Sri Lanka
05	Mon	First Profession (Morning), Sacred Heart Novitiate, Negombo, Sri Lanka Final Profession (Evening), Sacred Heart Novitiate, Negombo, Sri Lanka
07 Aug to 07 Sep	Wed - Sat	Community Experience for II-Year Novices at St Joseph's Convent, Arni and St Mary's Convent, Vellore
07	Wed	Tri-Monthly Recollection for Seniors Avvai Nagar, Salem, Omanthai
09	Fri	INM - INT Formators Meet, Manikandam, Trichy
10 - 11	Sat - Sun	INM - INT Juniors Tri-Monthly Recollection and Animation, Kodambakkam
10	Sat	Workshop on Gender Parity, Women-Chennai Zone, HRDC
13 - 16	Tue - Fri	SPM Leadership Training for ACK students, Mazzarello Home, TPT
16 - 20	Fri - Tue	Seminar on 'For a Generative Animation', Lonavla, Mumbai
17	Sat	Workshop on Gender Parity, Women, Anmarudai
17 - 18	Sat - Sun	Seminar on Global Compact of Education and the New form of Leadership in the New era, St Mary's Covent, Vellore
23-24	Fri- Sat	Updating Counselling Course for Teachers, Auxilium College, Katpadi
27	Tue	Continental Coordinators Meet - Mission Ad Gentes, Online
29 - 30	Thu - Fri	Provincial Council, Auxilium College, Katpadi
30	Fri	Animators Meet, Auxilium College, Katpadi
31	Sat	Diamond and Golden Jubilee, Auxilium College, Katpadi

On 15 August 2024, we celebrate our beloved country India's **77th Independence Day**. This marks the country's liberation from British colonial rule in 1947. The day is significant for commemorating India's long struggle for freedom, led by iconic figures such as Mahatma Gandhi. The day fosters national pride, unity, and reflection on the country's progress. Let us motivate the young and the women to become nation-builders.

On this day we also celebrate the feast of the **Solemnity of the Assumption of the Blessed Virgin Mary**, a sign of sure hope and comfort to us, the pilgrim people. The Assumption of Mary is a Christian belief that Mary, the mother of Jesus, was taken into heaven body and soul at the end of her earthly life. The doctrine, rooted in Scripture and Tradition, was dogmatically defined by Pope Pius XII in 1950. We believe that when she died, Mary went to heaven body and soul, where the Lord exalted her as Queen of Heaven (Catechism of the Catholic Church, #966).

May Mary assumed into heaven make us realize the beauty of heaven and help us to love Jesus above all things and with concrete actions done to promote peace and justice in our society.

Hearty congratulations and prayerful blessings to the novices who will be making their first profession, the Sisters who will be renewing their vows and making their Final commitment, and to those who keep the anniversary of their first and final commitment on 5 August!

I wish you all a very Happy Birthday of our Congregation, Feast of Our Lady assumed into heaven and Independence Day!

Yours affectionately,

Sr. Devadoss Margaret

Sr Devadoss Margaret FMA
INM Provincial



ITINERARY OF THE PROVINCIAL AUGUST 2024

01-02	Thu - Fri	Provincial Office, Kodambakkam
03	Sat	Journey to Sri Lanka
04	Sun	Renewal of Vows, Sacred Heart Novitiate, Negombo, Sri Lanka
05	Mon	First Profession (Morning), Sacred Heart Novitiate, Negombo, Sri Lanka Final Profession (Evening), Sacred Heart Novitiate, Negombo, Sri Lanka
06	Tue	Journey to Chennai.
07	Wed	Provincial Office, Kodambakkam
08	Thu	Journey to Trichy / NCWRI - Online Meeting
09	Fri	INM-INT Formators Meet, Manikandam, Trichy
10-11	Sat - Sun	INM-INT Juniors Tri-Monthly Recollection and Animation, Kodambakkam
12-13	Mon-Tue	Provincial Office, Kodambakkam
14	Wed	Journey to Lonavla, Mumbai
15 - 21	Thu - Wed	Seminar on 'For a Generative Animation', Lonavla, Mumbai
22-27	Thu- Tue	Provincial Office, Kodambakkam
28	Wed	Journey to Auxilium College, Katpadi
29-30	Thu - Fri	Provincial Council, Auxilium College, Katpadi
30	Fri	Animators Meet, Auxilium College, Katpadi
31	Sat	Diamond and Golden Jubilee, Auxilium College, Katpadi

September 2024

1	Sun	Journey to Kurseong, Darjeeling
3-10	Tue-Tue	Provincial's Annual Retreat, Kurseong, Darjeeling
11-12	Wed-Thu	PCI- Kurseong, Darjeeling
13	Fri	Journey to Chennai

