Loving God and serving the poor To be fully human and fully alive



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DM CLOBAL

From General Administration

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GODTAND

Contents...

- I. Pope's Message
- II. Message from our father
- III. Message from Superior General
- IV. Our father at the Mission of GOD THE FATHER
- V. Visit & Programme of Superior General
- VI. Visit & Programme of Assistant General
- VII. Programme of Councillors
- VIII. DMI St. Joseph Novitiate
- IX. News from Development Mission
- X. News from Finance Department
- XI. News from DFT Group of Institutions
- XII. News from Provinces
 - 1. Mother Virginammal Province
 - 2. St.Xavier's Province
 - 3. St.Mother Teresa Province
 - 4. St.Joseph's Province
 - 5. St.Bakhita Province
 - 6. St.Eugene De Mazenod Vice Province
- XIII. Communities under General Administration
- XIV. Significant Events & Celebrations of DMI
- XV. Meetings organized by General Administration
- XVI. Article



Dear Sisters in Mary Immaculate,

In the prayer of the Rosary, we turn to the Virgin Mary so that she may bring us ever closer to her son Jesus, so as to know him and to love him more and more. And as we repeat "Hail Mary", we meditate on the mysteries, the joyous, luminous, painful and glorious phases of Christ's life, but also of our lives because we journey with the Lord. This simple prayer, in fact, helps us to contemplate all that God in his love has done for us and for our salvation, and allows us to understand that our life is united to that of Christ. In prayer, we bring everything to God, our struggles, our wounds, our fears, but also our joys, our gifts, our loved ones ... all to God. By praying, we allow God to enter our time, to welcome and transfigure all that we experience.

"In each mystery of the rosary, we feel her closeness and we contemplate her as the first disciple of her Son, for she does the Father's will." "Throughout her life, Mary did everything that the Church is asked to do in perennial memory of Christ. In her faith, we learn to open our hearts to obey God; in her self-denial, we see the importance of tending to the needs of others; in her tears, we find the strength to console those experiencing pain. In each of these moments, Mary expresses the wealth of divine mercy that reaches out to all in their daily needs."

In a mysterious way, praying the rosary is both about us and about others. Whether we pray alone or with others, we shut out worldly distractions around us and at the same we time join others – and the world – in a time need.

Often make use of this powerful instrument, the prayer of the Holy Rosary, because it brings peace to hearts, to families, the Church and the World.

And, please do not forget to pray for me. May the Lord bless you and may the Virgin Mother protect you.



II. OUR FATHER'S MESSAGE

The need for Spiritual Foundation

My dear daughters in God the Father,

Life in today's world is very challenging. Everybody is expected to be very strong and capable of facing the ups and downs of life, good and bad times of life. Unless a person is godly in his or her thinking, it is very difficult to face the life of today.

I have come across many people; and I have noticed that people with godliness in their life are generally happy people with a highly positive attitude. They do not dwell much in negative thoughts, words or actions. Their mental health / mental balance is because their life is built on spiritual foundations.

A spiritually healthy person is basically happy with himself or herself and also happy with others. He or she is not very much moved by successes or failures. They always remain calm and quiet and enjoy great peace. Godly people are, in general, very humble people, never aggressive about anything. They know that they need not always win. In fact, they have nothing to lose in their life.

For such a healthy living, remember the three pillars of our spirituality and build a strong spiritual foundation. That will give you peace and joy, all through life.

Thank you and God bless!

Yours in God the Father,

Fr. J.E. Arul Raj Founder



Dear sisters in Mary Immaculate,

October is the month of the Holy Rosary. The Holy Father has invited all the faithful of the world to pray the Rosary every day during this entire month, joining in communion and in penitence as the people of God, to ask the Blessed Virgin Mary and St. Michael the Archangel to protect the Church from the Devil, who always seeks to separate us from God and from each other.

The Rosary has always been considered a biblical devotion in all its parts, a catechetical instruction, a medium of filial devotion to the Blessed Virgin Mary and a sign of hope. Likewise, the Rosary is a very useful opportunity to ponder upon the greatest mysteries of our redemption as we meditate through the most important and significant events of Jesus' life and death. Moreover, as our minds and hearts go over the different prayers, we receive the assurance of Divine protection and help as we repeat: your will be done on earth as it is in heaven... or, pray for us sinners now and at the hour of our death. "Nothing is impossible to God."

October is also Mission Month. As we have heard many times, to be baptized is to be a missionary. Pope Francis wrote in Evangelii Gaudium: "The new evangelization calls for personal involvement on the part of each of the baptized. Every Christian is challenged, here and now, to be actively engaged in evangelization; indeed, anyone who has truly experienced God's saving love does not need much time or lengthy training to go out and proclaim that love. Every Christian is a missionary to the extent that he or she has encountered the love of God in Christ Jesus: we no longer say that we are 'disciples' and 'missionaries,' but rather that we are always 'missionary disciples.'" (EG 120) The response to living as missionary disciples is not only for adults or a select few of committed youth; it is for all.

Let us, then, avail of this month dedicated to the Blessed Virgin Mary to meditate through the recitation of the Rosary as we make our own the needs of so many families together with ours, that the Blessed Virgin Mary may intercede, protect and help us in all our needs! In this month of October, let us consider the beautiful prayer of the Rosary as a means that we too can use to draw closer to God by meditating on the great mysteries of our salvation. May Mary, the Help of Christians and Queen of the Missions, pray for us.

With Love and Prayers,

Sr.S.Lalitha, DMI





Visit to KMMC, Muttom

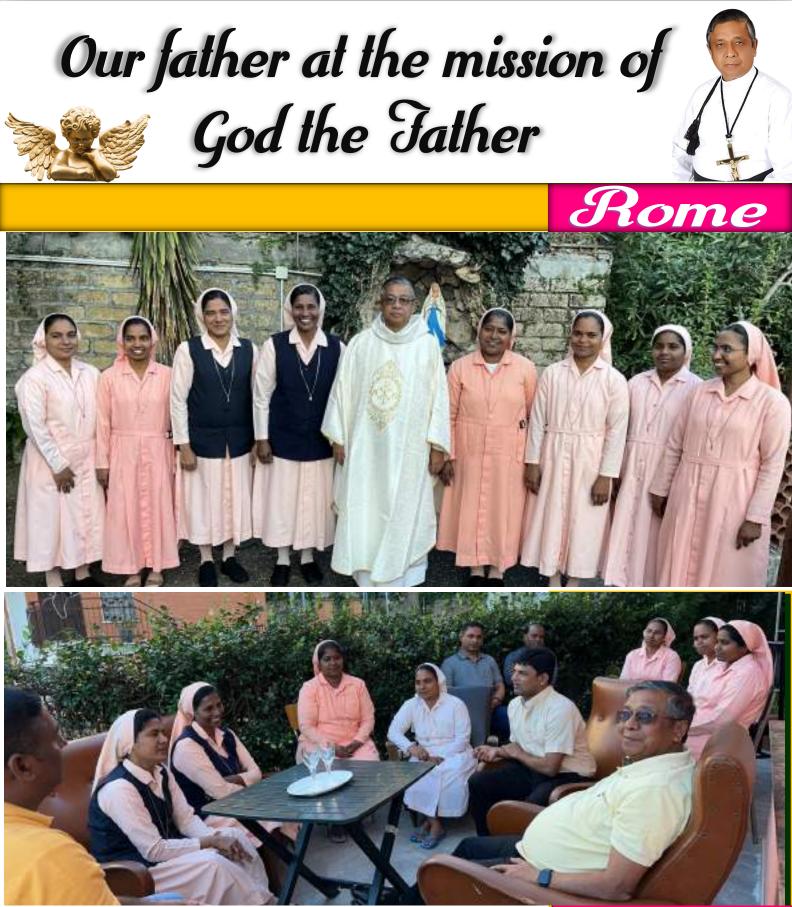
Our Father's continuous visits to KMMC Hospitals in Muttom involve various programs with highly technological equipment and other facilities, closely monitored and made in functioning.





Meeting with Founding Members

Our Founding Members participated in a one-week course with Father Founder in Rajakkamangalam Thurai, KMMC Muttom and Amala Bhavan. They reminisced about the early days of hard work and commitment, reflecting on the essential elements required for today's challenging missions.





Visit to Rome

On 03.09.2023 our Founder Rev.Fr.J.E.Arul Raj along with Sr.S.Xavier Selvi, the Councillor visited Rome.







Visit to St. Peter's Square, Vatican City

On 04.09.2023 our father Founder along with Sr.S.Lalitha, the Superior Rev.Fr.Z.Joseph General, William Parthiraj, the Superior General of MMI, Sr.C.Arockia Mary, the Assistant General, Fr.G.Dolin, the Vicar General and Sr.S.Xavier Selvi, the Councillor visited St. Peter's Square, Vatican City.

Our father at the mission of God the Father







Visit to Propaganda Lido

On 04.09.2023 our Founder Rev.Fr.J.E.Arul Raj along with Sr.S.Lalitha, the Superior General & Sr.S.Xavier Selvi, Councillor the visited Propaganda the Fide. Congregation for the Evangelization of Peoples met Rev.Fr.Joseph and Kunnamparambil.

On 04.09.2023 our father Founder along with Sr.S.Lalitha, the Superior General met Mr.Andrea the Pax bank manager in the Boun Pastor Hotel.







Visit to UMJ Generalate

On 05.09.2023 our Founder Rev.Fr.J.E.Arul Raj along Sr.S.Lalitha, with the Superior General of DMI, Rev.Fr.Z.Joseph William Parthiraj, the **Superior** General of MMI, Sr.C.Arockia Mary, the Assistant General, and Sr.S.Xavier Selvi, the Councillor visited OMI Generalate and met Fr.Marc Dessureault OMI.





Perpetual Commitment Day of our Father Founder

On 06.09.2023 our DMI sisters & MMI Fathers from Rome Communities celebrated the Perpetual Commitment day of our <u>father Founder</u>.





Blessing New Formation Candidates in St.Bakhita Province

Admininistration, and CC Team. **Provincials**

On 08.09.2023 our father Founder blessed the New Formation Candidates from St.Bakhita Province.



V. Visit & Programme of Superior General







Casual talk with Retania sisters

On 08.09.2023 Sr.S.Lalitha, the Superior General along with Sr.C.Arockia Mary, the Assistant General had a casual talk with Betania sisters.



Visit to Camilo Sisters

On 08.09.2023 Sr.S.Lalitha, the Superior General along with Sr.C.Arockia Mary, the Assistant General participated in the Holy Mass and she met Camilo sisters also some old age people.









Rome Online Meeting with R.M.Thurai students

On 10.09.2023 Sr.S.Lalitha, the Superior General had a online meeting with R.M.Thurai students and motivated them to study and to grow with the right spirit.

Online Meeting with students sisters from Rangalore

On 10.09.2023 Sr.S.Lalitha, the Superior General had online meeting with student sisters from Bangalore and motivated them.

Online Meeting with Nagaland Students

On 10.09.2023 Sr.S.Lalitha, the Superior General had a online meeting with student sisters from Nagaland and motivated them.









<u>Rome</u>

Casual talk with Bishop of Salem & Trichy

On 10.09.2023 Sr.S.Lalitha, the Superior General had a casual talk with Right Reverend Arokiaraj Savarimuthu, the Bishop of Tiruchirapalli Diocese & Right Reverend Arulselvam Rayappan, the Bishop of Salem Diocese.

Casual talk with Bishop of Port Blair

On 11.09.2022 Sr.S.Lalitha, the Superior General had a casual talk with Most Rev. Visuvasam Selvaraj, the Bishop of Port Blair.



Missionary visit to Papua New Guinea(PNG)

From 12.09.2023 to 28.09.2023 Sr.S.Lalitha, the Superior General had Missionary visit to Papua New Guinea (PNG).









Visit to Vanama Settlement

On 14.09.2023 Sr.S.Lalitha, the Superior General visited Vanama Settlement and had a casual meeting with Sun Flower Women & Children Group.







Casual talk with Parish Priest

On 15.09.2023 Sr.S.Lalitha, the Superior General met the Pasrish Priest also she had a casual talk with the Parishioners.

Visit to Montfort House

On 15.09.2023 Sr.S.Lalitha, the Superior General visited Montfort house in Bomana.







Jndependance day Celebration of PNG

On 16.09.2023 Sr.S.Lalitha, the Superior General participated in the Independence day celebration of Papua New Guinea.



Visit to Pari Village

On 17.09.2023 Sr.S.Lalitha, the Superior General visited the land at Pari village.

Visit & Programme of Superior General





Meeting with Apostolic Nuncio of Papua New Guinea

On 18.09.2023 Sr.S.Lalitha, the Superior General met His Excellency, The Most Rev. Fermín Emilio Sosa Rodríguez, the Apostolic Nuncio of Papua New Guinea.

Meeting with Cardinal & Archbishop of Port Moresby

On 18.09.2023 Sr.S.Lalitha, the Superior General met His Eminence Sir John Ribat MSC KBE, the Cardinal Archbishop of Port Moresby.



Visit & Programme of Superior General



Papua New Guinea

Meeting with SSG Women Group Leaders

On 18.09.2023 Sr.S.Lalitha, the Superior General met 13 Women group Leaders and distributed Second – hand clothes to each group.



Visit to Muniogo Settlement

On 18.09.2023 Sr.S.Lalitha, the Superior General visited Muniogo Settlement & met the Morning star Women Self Help Group(SHG) members.







Visit to St. Joseph of Cluny Convent

On 19.09.2023 Sr.S.Lalitha, the Superior General visited St. Joseph of Cluny Convent &met the Regional Superior.



Visit to Kogeva Settlement

On 19.09.2023 Sr.S.Lalitha, the Superior General visited Kogeva Settlement and met women's group. She also had a meeting with the women group members.







Visit to Erima SHG Women Group

On 19.09.2023 Sr.S.Lalitha, the Superior General visited Erima SHG Women group.

Visit to Prisoners in Bomana

On 20.09.2023 Sr.S.Lalitha, the Superior General along with the sisters visited women Prisoners in Bomana. They prayed together & shared food with them also offered some toilet articles too.















Independance day Celebration of Papua New Guinea

On 22.09.2023 Sr.S.Lalitha, the Superior General participated in the Independence day celebration at Koki Fitness centre.

Casual Meeting with Missionaries of Charity sisters

On 23.09.2023 Sr.S.Lalitha, the Superior General participated in the Holy Mass at Parish also met Missionaries of Charity sisters & all the Religious in the Parish.









Silver Jubilee Celebration of Nuncio

On 23.09.2023 Sr.S.Lalitha, the Superior General participated in the Silver Jubilee celebration of His Excellency, The Most Rev Fermín Emilio Sosa Rodríguez, the Apostolic Nuncio of Papua New Guinea.

Community Meeting

On 23.09.2023 Sr.S.Lalitha, the Superior General had a community meeting with the sisters.





Visit to Cape Roadney

On 24.09.2023 Sr.S.Lalitha, the Superior General visited Caperoadney and met our MMI fathers. She also visited Sub station of Lanu, Anuva and met the people.





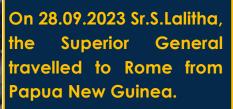






Document Verification

On 28.09.2023 Sr.S.Lalitha, the Superior General checked the community and Mission documents.











On 13.09.2023 Sr.C.Arockia Mary, the Assistant General visited old age home.



Visit & Programme of Asst.General



Lamily Visit

Sr.C.Arockia Mary, the Assistant General visited the families for our sponsorship program in South Sudan and explained about our Congregation.

Casual Meeting with Capuchin Sisters

15.09.2023 Sr.C.Arockia Mary, the Assistant General met Capuchin Sisters.



Rirthday Celebration

On 20.09.2023 Sr.C.Arockia Mary, the Assistant General participated in the Birthday c e l e b r a t i o n o f Rev.Fr.G.Dolin MMI.







On 24.09.2023 Sr.C.Arockia Mary, the Assistant General visited Vitorba Ancient Church.



On 25.09.2023 Sr.C.Arockia Mary, the Assistant General participated in the Farewell function.



PART III SACRED PLACES AND TIMES (CANN. 1205-1253)

introduction:

Part three is divided into two titles, one on sacred places and the other on sacred times. The people of God are called to live with major intensity and faith and reichnan with intense deviation and piety the acts of worship in honour of God and for their own personal association. After having regulated all the caltiactivity of the Church, which is implemented through the sacranamics and other outs of worship, Book IV of the CIC dedicates a third part to the commissil norme relating in the places in which divine worship takes place, and to the ascent times, supecially intensited to celebrate the divine anytheries and to de penance.

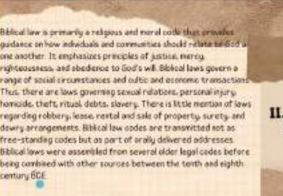


Session on Canon law

On 09.09.2023 & 23.09.2023 Sr.C.Arockia Mary, the Assistant General participated in the Canon law class organized by CCBI.

Session on Community Living and Commitment

On 13.09.2023 Sr.C.Arockia Mary, the Assistant General handled session a on **"COMMUNITY** LIVING AND COMMITMENT" for the Novices in Kimara. Tanzania.



II. Evolution of Law in the Bible



The Advances in







Meeting with Songea Community sisters

On 21.09.2023 Sr.C.Arockia Mary, the Assistant General along with Sr.S.R.Viji, the Councillor organized a meeting with Songea Community sisters.

Mission Committee Meeting

On 23.09.2023 Sr.C.Arockia Mary, the Assistant General along with Sr.S.R.Viji, the Councillor conducted the first mission committee meeting & discussed their roles and responsibilities.

Online Meeting

On 29.09.2023 Sr.C.Arockia Mary, the Assistant General participated in the Online meeting on "CONVERSATION ON SYNOD" organized by UISG.









Mission Councillor Visit

On 01.09.2023 Sr.S.R.Viji, the Councillor along with Sr.J.Jeny Maila, the Country Coordinator and Sr.S.Vincent Treasa visited Thiruvallur District office, Poonamallee. She also visited the tailoring center & motivated the candidates to empower their talents through skill training.



Evaluation

Sr.S.R.Viji, the Councillor conducted Evaluation for the sisters who completed the Annual Retreat at Encounter the Divine Retreat centre, Aathur.







On 23.09.2023 Sr.S.R.Viji, the Councillor had a meeting with Caritas Germany in Juba, South Sudan.



Province Council Meeting

On 28.09.2023 Sr.S.R.Viji, the Councillor conducted Province council meeting for St.Joseph's Province, Tanzania.







On 04.09.2023 Sr.A.Arockia Mary, the Councillor handled a session on Self Control for the sisters in Tezpur.





Session on Self Øiscipline

On 04.09.2023 Sr.A.Arockia Mary, the Councillor handled a session on **"SELF DISCIPLINE**" for the candidates in Tezpur.

Session on

Radical awakening

On 12.09.2023 Sr.A.Arockia Mary, the Councillor handled a session on "RADICAL AWAKENING" for the Tezpur sisters and candidates.





Meeting with Formators

On 13.09.2023 Sr.A.Arockia Mary, the Councillor along with Sr.C.Arockia Mary, the Assistant General had a meeting with our formation group selected members and discussed about the preparation of DMI History syllabus for the Formation.

Session on the

Power of Thoughts

On 23.09.2023 Sr.A.Arockia Mary, the Councillor visited Dimapur Formation house. She handled a session on "THE POWER OF THOUGHTS" for the candidates.



Session on Motivation

From 25.09.2023 to 30.09.2023 Sr.A.Arockia Mary, the Councillor handled a session on "MOTIVATION" for the student sisters from Dimapur.

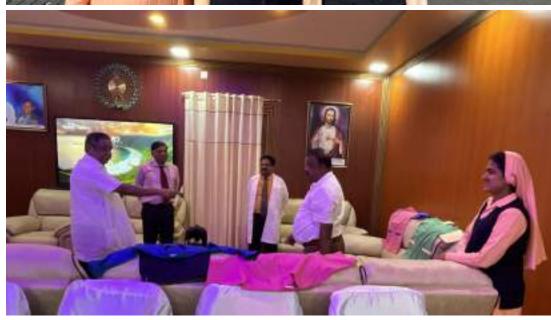






Visit to Rome

On 03.09.2023 Sr.S.Xavier Selvi, the Councillor along with our Founder Rev.Fr.J.E.Arul Raj visited Rome.



Visit to LANNC Muttom

Sr.S.Xavier Selvi, the Councillor along with our father Founder had a frequent visits to KMMC-Kanyakumari Medical Mission Research Centre & Hospital, Muttom.









Meeting with Senior Doctors in LANNC Muttom

On 22.09.2023 Sr.S.Xavier Selvi, the Councillor along with our father Founder had a Meeting with senior Doctors in KMMC-Kanyakumari Medical Mission Research Centre & Hospital, Muttom.

Meeting with Diocese of

Kottar Administrative team

On 22.09.2023 Sr.S.Xavier Selvi, the Councillor along with our father Founder had a meeting with the Administrative team from Diocese of Kottar.

Visit to St. Joseph Calasanz CRSE School

On 22.09.2023 Sr.S.Xavier Selvi, the Councillor along with our father Founder visited St.Joseph Calasanz CBSE School , Muttom.









Monthly Recollection

On 09.09.2023 our Novices had Monthly Recollection. The Recollection talk was given by Rev. Fr. Prasanth MMI.









Ashram Exposure

From 19.09.2023 to 27.09.2023 the 2nd year Novices had a Ashram Exposure in Anmodaya Ashram at Enathur. Rev.Fr.Chinnappan Mariasusai OMI was the guruji and lead the Novices to find God within through his sessions on yoga, Indian Spirituality, body, mind and soul, and practicing yoga and meditation. He offered Holy Eucharist differently and cultural Mass etc. The sessions were highly spiritual and enabled them to search God within. Rev.Fr.Chinnappan Mariasusai OMI and the community took sincere care for the Novices with delicious meal.









അതിന്റെ അന്ത്രമിന്ന്നം 2028 അന്ത്രമിന്ന കേര്ത്ത

Community Meeting

On 01.09.2023 Sr.A.Sabeenammal, the Novice Mistress organized Community meeting.

Pilgrimage to Resant Nagar

MOTHER OF HI

On 06.09.2023 our Novices had a Pilgrimage to Besant Nagar and visited Basilica of Our Lady of Good Health.



Session by Sr.S.Paschal DMJ

Sr.S.Paschal, the Founding member handled a session on "HEALTH & HYGIENE" for the Novices.





Session by Sr.J. Rosemary

Sr.J.Rosemary, the Founding member handled a session on "DMI CONSTITUTIONS".





Sr.A.Sabeenammal DMI, the Novice Mistress handled a session on "VALUES EXPECTED FOR A RELIGIOUS LIFE".



Session by Sr.J.Sahaya Jeniba

Sr.I.Sahaya Jeniba handled a session on "SYNOPTIC GOSPELS".





On 05.09.2023 & 06.09.2023 Sr.S.Susai Mary Shanthi attended the formators meet organized by TNPCRI (Tamil Nadu Pondicherry Conference of Religious India).

Religious Gathering

On 16.09.2023 we joined in Maha Religious Gathering supporting the victims of Manipur & protesting the violence against organized by Archdiocese of Madras - Mylapore.

Casual talk with the Archbishop of Pondicherry -Cuddalore

On 17.09.2023 our Novices had a casual talk with His Grace Most Rev.Dr.Francis Kalist, the Archbishop of Pondicherry - Cuddalore.









IX. News from DHI Development Hission





Country Coordinator Visit to Salem Mission

On 05.09.2023 & 06.09.2023 Sr.J.Jeny Maila, the Country Coordinator visited the mission areas in Salem District. She also had a meeting with the women SHG members.



On 20.09.2023 Kancheepurem District organized DLF meeting. We discussed about the three months achievements, Impact story, DMI membership, DMI membership claim, Economic activity, ICICI Ioan & federation activities. Totally 35 Members were participated.





News from DHI Development Hission



Small Rusiness Management Training

We organized Small Business Management Training at Sivakangai, Perambalur Dindugal and Pudukottai Districts. Totally 127 SHG women participated and gained knowledge about the Business management, marketing strategy, pricing and costing.

Solid and Waste Management Program

On 15.09.2023 we organized Solid & waste management program at Kancheepuram District. Mr.Jeyaseelan the Health Inspector created the awareness on Solid & waste management program. Totally 35 SHG members participated.



We organized medical camp on breast cancer, cervical cancer, Eye camp & medical checkup at Kacheepuram, Thiruvallur, Perambalur and Nagai Districts. Totally 154 members benefitted through this check up.









Review Meeting with SRM Training Members

Sr.J.Jeny Maila, the Country Coordinator organized the Review for SBM Training Members.



Skill Training

We had networking with Hindustan & the Coca-Cola Company & provided three month computer course. Totally 10 young boys &girls participated & benefited.







On 06.09.2023 we arranged meeting for sisters & staff working in service centers, Hi Abba mart & press and discussed about the software installed for billing in their respective places.



On 06.09.2023 we had discussion along with Sr.A.Mary Jehani to organize input session for the sisters working in account session.



On 07.09.2023 Mr. Rathnakumar Company Secretary had discussion with us regarding the final audit of companies 2022-23





A new staff was introduced from John Moris & Co for deals with the customers of Himachal Motor and Finance Company.



On 09.09.2023 Father went to John Moris & Co office to discuss about the financial Statement of St.Alphonsa Trust



On 12.09.2023 we had verified about our vehicle details with Sundaram Finance team.





On 14.09.2023 Union Bank Manager came to our office to collect documents for the renewal of OD.



On 22.09.2023 we had discussed regarding credit card facilities.



Sr.M.Arockia Mary, the Provincial Secretary f r o m M o t h e r Virginammal Province updated the tally for the month of July & August -2023.



St. Joseph Residential School, Sriperumbudur









Stay Connected!

Onam Celebration



St. Joseph Residential School, Sriperumbudur









Annual sports day

On 09.09.2023 we celebrated 26th Annual sports day. Mrs. Jeyashree, the world athletics level II coach was the chief guest and Dr. Mutharasan (MD in clinical biology) was the guest of honour.

St. Joseph Residential School, Sriperumbudur

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Field Visit

On 01.09.2023 students from grade XI and XII went for a field visit to Footwear Design and development Institute at Irungattukkottai.



JOSEPH'S RESIDENTIAL SCHOOL

same balan Cla

Field visit to Birla Planetarium







St. Joseph Matriculation Higher Secondary School, Poonamallee







Annual Sports Meet

On 09.09.2023 we organized the 31st Annual Sports Meet, SPINSHIP 2023 at Loyola International Residential School, Palanchur.

St. Joseph Matriculation Higher Secondary School, Poonamallee



Awards

On 12.09.2023 Sr.K.Leetha Roselin, the Administrator awarded certificates and medals to the Winners of various sports day events.





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On 13.09.2023 Srinidhi of X division G participated in the chess competition held at SA Engineering College and won the Divisional Chess Tournament and was selected for the state level chess competition.



St. Mary's Matriculation School, Pallipat

HAPPY TEACHERS DAY.







On 05.09.2023 we celebrated Teachers Day.



On 12.09.2023 we organized an Eye camp by Agarwal's Hospital for STD IX and X students.



St. Mary's Matriculation School, Pallipat



Achievements

On 01.09.2023 & 02.09.2023 our school students were participated in the Zonal Sports Athletes (Under 17) & won Gold, Silver medals.

On 02.09.2023 our school students (Boys – Under 17) won the 2nd place in State Tug of war Championship at Erode.



On 11. 09.2023 our STD X & XII students (2022- 23) batch happily donated 150 chairs to our school.



Annai Vailankanni Matric. Hr. Sec. School, Pammal



Novena to Our Lady of Good Health



POCSO Seminar

On 09.09.2023 we conducted POCSO Seminar for the children of class IX - XII. Mr. Udayakumar, the High Court Lawer was the Chief guest and he handled a session about the issues of the children. Totally 280 Students were attended the seminar.

பெரியார் அமினியல் கொழல்துட்டலையம PERIVAR SCIENCE AND TECHNOLOGY CENTRE



Field visit to Birla Planetarium



Annai Vailankanni Matric. Hr. Sec. School, Pammal









Happy Krishna Jayanthi



St. Mary's Matric Hr. Sec. School, Perambakkam



ALBORT MANDLES DATESTING STREET



Field Visit to Birla Planetarium







Tata Class Edge Training

Tata class edge training was given to the teachers by Mrs Meenakshi, trainer from the Tata Class Edge. Totally 30 teachers were attended the Training.



St. Joseph International School, Rajapalayam



On 02.09.2023 State level Yoga competition was conducted at Senthik Kumara Nadar Arts & Science college, Virudhunagar. **Totally 148 students participated** from grades KG - VIII and our the school won Over Championship Trophy. Proud to state that this the 4th consecutive year we are honored with the "CHAMPION OF CHAMPION TROPHY".





District Level Silambam Competition

On 03.09.2023 District Level Silambam Competition was conducted by the District Silambam Association held at Rajapalayam. 10 students from our school participated in the Competition, They bagged one Gold, Two Silvers and Seven Bronzes.

Awards & Achievements

Our students won the overall championship Trophy in the State Level Yoga competition held at Virudhunagar.



St. Joseph International School, Rajapalayam





HAPPY GRANDPARENTS DAY



GRANDPARENTS DAY CELEBRATION - 2023







St.Joseph Global Academy, Pune





Sr.M.K.Teresa, The Founding Member Visit On 04.09.2023 Sr.M.K.Teresa,

the Founding Member visited our school. She inspired the staff and students by her inspiring and valuable words.







St. Joseph Global School, Danapur



Kindergarten teachers attended online training programme on "How to use MAGIC MAT" conducted by DFT.







World O'zone Day Celebration



St.Joseph Play School, Jaynagar



Janmastami Celebration





Teacher's Day Celebration



St.Joseph Global School, Dimapur





On 09.09.2023 Carnell from NCC had visited our school to motivate our students to join the NCC. It was a wakening session for our students.



Our students participated in the District level children parliament election and won the Prime Minister and Health Minister Post.



St Joseph International Science School Buruburu, Kenya









Partnership-Play Sandball

Nature

study



DHI College of Engineering, Palanchur



Orientation for MBA Students





Field Visit

On 26.09.23 our AI & DS second year students visited CSIR Madras Complex, Tharamani.



Orientation program

On 26.09.2023 we organized Orientation program on "INNOVATION THROUGH GAMES" for MBA Students.



DHIT College of Engineering, Palanchur



HACATHAN 2023

On 22.09.2023 Internal HACATHAN 2023 was conducted at our campus.

Field Visit

On 23.09.2023 Mechanical Engineering students visited CSIR- National Aerospace Laboratories(NAL), Bengaluru.





Loyola Institute of Technology, Palanchur







Fresher's Day



Loyola Institute of Technology, Palanchur





What's on Watson IBM Workshop on AI

Higher Education and Collaboration activities Discussion with Thai German University Bangkok.



UHV Program conducted by AICTE

St. Joseph's Arts & Science College, Kovur



MASTERING THE THOUGHTS

On 01.09.2023 the Department of Commerce in association with IQAC organized a Meditation Activity on "MASTERING THE THOUGHTS". The Resource Person was Mr.AT.Rajkumar, Master of Mind.







Faculty Development Programme

09.09.2023 Faculty On <u>Development</u> Programme Committee in association with organized a IQAC Faculty **Development** Programme "EDUCATORS AS ACTIVE **LEARNERS**". The Resource Person was Rev.Fr. Anto Vijayan, Arch Diocese of Southwark, London.

St. Joseph's Arts & Science College, Kovur





On 07.09.2023 Event Management committee organized Thiruonam celebration and they conducted various competitions like Flower Kolam competition by Event Management Committee, Poster Making by Creative Arts Club, Food Stall and Exhibition by Entrepreneur Development Cell.





On 20.09.2023 our college I year students from Department of Visual Communication went for the Educational field Visit to Government Museum, Egmore, Chennai and Government Fine Arts College, Egmore.

JP College of Arts and Science College, & JP College of Engineering, Tenkasi



Rank holders at JP College of Arts and Science for 2019 to 2022 Batch

Anti Drug cell ,YRC and NSS Jointly organized an Anti drug awareness rally which was held at Surandai Market. Thiru.Palani Nadar, the MLA of the Tenkasi assembly Constituency and Mr. Valli Murugan, Chairman of Municipal Corporation Surandi were the chief guest.

Tree plantation

JP College of Arts and Science College, & JP College of Engineering, Tenkasi







Department of Visual Communication conducted "BIOSCOPE 2K23". Totally 160 students from various colleges participated in our cultural fest. Totally 10 short films were contested. Lockers movie Director, Actor and Producer with their team were the special guest.





Achievements



Motivational Training

Sr.K.Sandiya, the Provincial handled Motivational Training for the students.



JP College of Arts and Science College, & JP College of Engineering, Tenkasi



International conference organized by English Department





Symposium





Sports Day





St. Joseph's College of Engineering and Tech, Janjore



Achievements

On 04.09.2023 our MBA Students won II prize in Business Quiz & HR Games conducted by Bonsecours college, Thanjavur.





Fresher's Day 2023



DHI Engineering College, Aralvoimozhi



Placement Training And Campus Drive

On 19.09.2023 Logskim one of the MNC held Campus drive at our college premises and selected 18 students also offer letters were distributed to them.



Fresher's day

Sr.K.Sandiya, the Provincial participated in the fresher's day celebration at DMI College, Aralvaimozhi.



St. Joseph University, Dimapur



On 18.09.2023 SJU and SCERT Nagaland signed a memorandum of understanding for collaboration on enhancing the quality of training on School Counselling at SCERT, Kohima Nagaland- an initiative by the department of Psychology and Counselling, St Joseph University.



On 09.09.2023 NCC Orientation for the 60 newly enrolled Cadets was held on at University Seminar Hall.



On 21.09.2023 the Department of Political Science celebrated the International Day of Peace on the theme "ACTION FOR PEACE".



St. Joseph University, Tanzania







On 14.09.2023 & 15.09.2023 Engineering Registration Board (ERB) celebrated Annual Engineers Day (AED) & hosted an exhibition from at Mlimani City conference hall, Dar es Salaam. The AED was one of the big and *important* events in the Engineering & Construction Industry in Tanzania. More than 4.000 stakeholders, most of them movers and shakers from th e government, public as well organizations as private were participated. "Taking Engineering Practitioners to the Next Level" was the slogan of the AED 2023.

DHI St.Eugene University, Lusaka - Zambia





DMISEU-ICOF partnership

On 01.09.2023 MoU signing ceremony between ICOF and DMI-St. Eugene University was conducted. The MoU will have a mutual benefit between the two institutions as the ICOF will be able to send students under different fields to study as the will sponsor the students.



HEA Institutional Audit

On 04.09.2023 the University hosted officials from HEA for an institutional Audit and the audit was conducted successfully as the University Scored 99%.

DHI St. Eugene University, Lusaka - Zambia



The University Conducted a meeting that was Chaired by the DVC and the Secretary to the University Council and discussed about the recent trends in Humanities, Management, Health, Science and Technology.



EXPO-2023



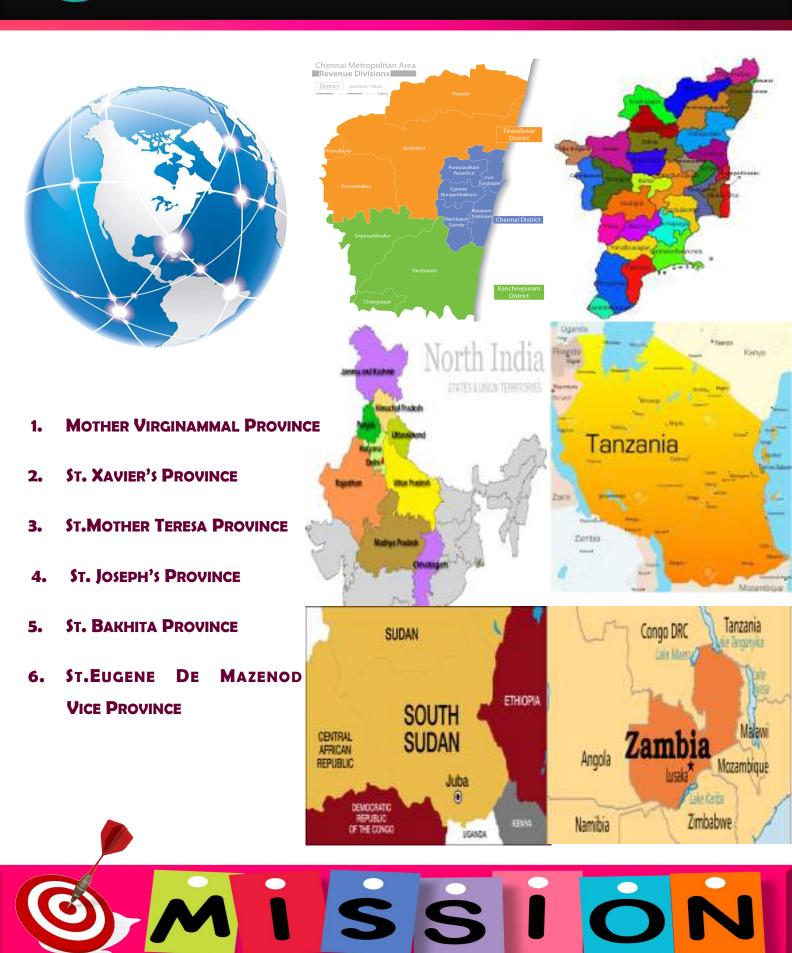




Graduation Ceremony

On 13.09.2023 we had Graduation Ceremony at Lilongwe. Over 317 students graduated. We thank our Father Founder for his constant support and blessings. Moreover, Guest of Honour, Hon Moses, the Minister of Information & Digitalisation, and His Lordship Rt. Rev.Montfort Stima, the Pro Chancellor, attended graduation.

MISSION XII. News from Provinces







Juniors sisters interactive session

On 01.09.2023 Sr.L.Arul Seeli, the Provincial organized the interactive session for the Juniors sisters. Totally 12 Junior sisters were participated in the session.



Yows Renewal

On 06.09.2023 Sr.L.Arul Seeli, the Provincial participated in the Vows Renewal of 3 of our sisters namely Sr.Olenciya, Sr. Shanthi, and Sr. Mary.





Meeting With Mission Councillor

On 04.09.2023 Sr.L.Arul Seeli, the Provincial along with Sr.J.Jeny Maila, the Country Coordinator participated in the Planning Meeting with Sr.S.R.Vijili Dali, the Mission Councillor at Provincialate.



On 09.09.2023 Sr.L.Arul Seeli, the Provincial participated in the 31st Annual Sports Meet, SPINSHIP 2023 of St. Joseph Matriculation Hr.Sec. School at Palanchur. Totally 4700 people were participated including students and parents.







Personal Talk

On 09.09.2023 Sr.L.Arul Seeli, the Provincial had a Personal talk with Sr.I.Margaret Delphi at Palanchur.

Meeting with S7JC Community Sisters

On 11.09.32023 Sr.L.Arul Seeli, the Provincial had a meeting with STIC Community Sisters.



On 15.09.2023 Sr.L.Arul Seeli, the Provincial participated in the 3rd Death Anniversary of Rev. Sr. P. Elizabeth Rani DMI at Perumanal.









On 15.09.2023 Sr.L.Arul Seeli, the Provincial met the mother of Sr.S.Vincent Treasa.



Peace Rally of Manipur

On 16.09.2023 totally 56 DMI Sisters, Novices and Candidates Participated in the Peace Rally of Manipur organised by TNCRI at Santhome, Chennai



On 17.09.2023 Sr.L.Arul Seeli, the Provincial participated in the Diaconate Ordination of our MMI's & Founding Members day of our DMI at Joe Beach.







Priestly Ordination

On 18.09.2023 Sr.L.Arul Seeli, the Provincial participated in the Priestly Ordination of OMI's at Poonamallee.

Sr.L.Arul Seeli, the Provincial along with other DMI Sisters Participated in the Wedding Ceremony of Miss. Jenisha the daughter of Mr. T.X.A. Ananth.





12 of our Province sisters were attended their Annual Retreat at Encounter the Divine, Aathur Retreat Centre.





On 04.09.2023 Sr.K.Sandiya, the Provincial visited Elupatti community and participated in the fresher's day program at St.Joseph College, Tanjure.



Visit to Aralvaimozhi

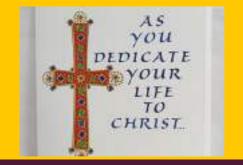
Sr.K.Sandiya, the Provincial participated in the Fresher's day at DMI Engineering College, Aralvaimozhi.





Yows Renewal

Sr.K.Sandiya, the Provincial participated in the Vows Renewal of our 34th Batch sisters at Thanjure.





On 15.09.2023 Sr.K.Sandiya the Provincial along with Aralvaimozhi, Muttom and R.M.Thurai community sisters participated in the Death Anniversary Mass of Sr.P.Elizabeth DMI.

Founding Members visit to Muttom & R.M.Thurai

On 12.09.203 and 13.09.2023 our founding sisters visited Muttom and R.M.Thurai Communities.









Animators Meeting

From 02.09.2023 to 04.09.2023 Sr.M.Amala Jyothi, the Provincial organized Animators meeting in the Pune Provincialate house. Fr.Anil Paul SVD handled a session on "Cyber world & Cyber Crime", and the moderator was Sr. M. K. Teresa, DMI.





Province day

On 04.09.2023 we celebrated Province Day. Superiors from various communities, sponsored children, women & neighboring religious have participated in the Holy Mass. The main celebrant was Fr. Jayaseelan The former Provincial of MSFS, Fr. Anil Paul, SVD & MMI fathers offered Holy Eucharistic & graced the program.



Councillors Meeting

On 05.09.2023 we had Councillors meeting discussed about the development programme of the Province.







On 05.09.2023 all the Superiors went for the for the picnic and every one enjoyed well.





Contemplative Annual Retreat

On 09.09.2023 we arranged Contemplative Annual Retreat for four of our Province sisters. The Preacher was Fr.Clement, SJ.

Sr.M.Amala Jyothi, the Provincial conducted Evaluation for the Retreatants.



Casual meeting with Saswad Candidates

On 21.09.2023 Sr.M.Amala Jyothi, the Provincial had a casual meeting with Saswad Candidates.







Recollection

On 30.09.2023 Candidates from Saswad Formation had an Recollection. Sr.M.Amala Jyothi, the Provincial gave a Recollection talk on "Discernment an Authentic tool in Religious Formation".







On 06.09.2023 Sr.K.Michealammal, the Provincial visited Kibamba.



Visitors from Germany

On 23.09.2023 Catholic Workers Movement - Germany visited our rehabilitation centre in Kibamba for future collaboration.











We conducted safeguarding training to the women group in Ma lamba Mawili village at Dar es salaam. Totally 65 members were participated.



Life Skill Training

We conducted LIFE SKILL TRAINING ON SAFEGUARDING to the survivors of human trafficking.





Jnput session for Junior sisters

On 16.09.2023 we had a Input session for Junior sisters. Rev.Fr.Jenjith CMF handled a session on "RELIGIOUS MATURITY".













Inauguration of the Formation

On 08.09.2023 we had inauguration of the formation in our province. With the blessings of our father Founder and the strong motivation of General Administration we have started our Formation with 5 candidates from different Parishes in Bangui.





Unput session

On 06.09.2023 Sr.F.Amala Pushpam, the Provincial had a introduction session about our society to the new Candidates.

Orientation for the girls

On 06.09.2023 we had orientation programme for the formation girls. Nearly 5 young girls participated. Fr.Franciso SMA motivated them on "Call of God".





On 18.09.2023 Sr.F.Amala Pushpam, the Provincial distributed the loan to 53 women from different zone for the income generation.

Central African Republic



Federation meeting

We had federation meeting to finalize the loan list and the verification of the savings from each zones along with the national federation leaders and the representative of the sub federations.



Group meeting

We conducted Group meeting with the women & motivated them to income generation activity.



Visiting of the orphan children

Sr.A.Sureka and Staff visited the 21 Orphan children at Mukasa and Cattin also motivated them towards education. We are planning to support for the Sponsor Children by giving the Free Education for them.



South Sudan Juba





Safe Guarding 7raining

On 05.09.2023 SDMIC organized safeguarding training for all its staff. The Donor organization facilitated the training.



International Peace day Celebration

On 22.09.2023 SDMIC in Juba celebrated International Peace Day. Totally 500 people were attended. The chief guest was Reverend Father Mathew Pagan, the Chancellor of the Catholic University of South Sudan.





South Sudan Juba





Training on Group Management

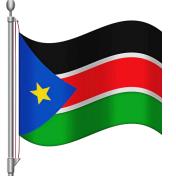
On 19.09.2023 we trained the Federation Leaders on Group Management Training.





On 23.09.2023 members from Caritas Germany visited the trainees and visited the demo garden at SDMIC.





South Sudan Juba





Monitoring Visit

On 18.09.2023 Education team monitored St.Bakhita Nursery and Primary School, Mauna. During their visit, the school children were good at learning their subject and good at discipline.

Distribution of **Tables** to the school

On 19.09.2023 the education team monitored DMI Nursery and Primary School, IDP camp-3. SDMIC distributed 14 tables for the teachers to use in the classrooms and other three tables for office usage.



On 21.09.2023 the Education team (SDMIC) organized PTA training. The invitation was given to three schools (MMI Nursery and Primary School, Kapuri, St. Bakhita Nursery and Primary School, Mauna and St. Joseph Academic Nursery and Primary School, Joppa) 15 of them participated in this training.

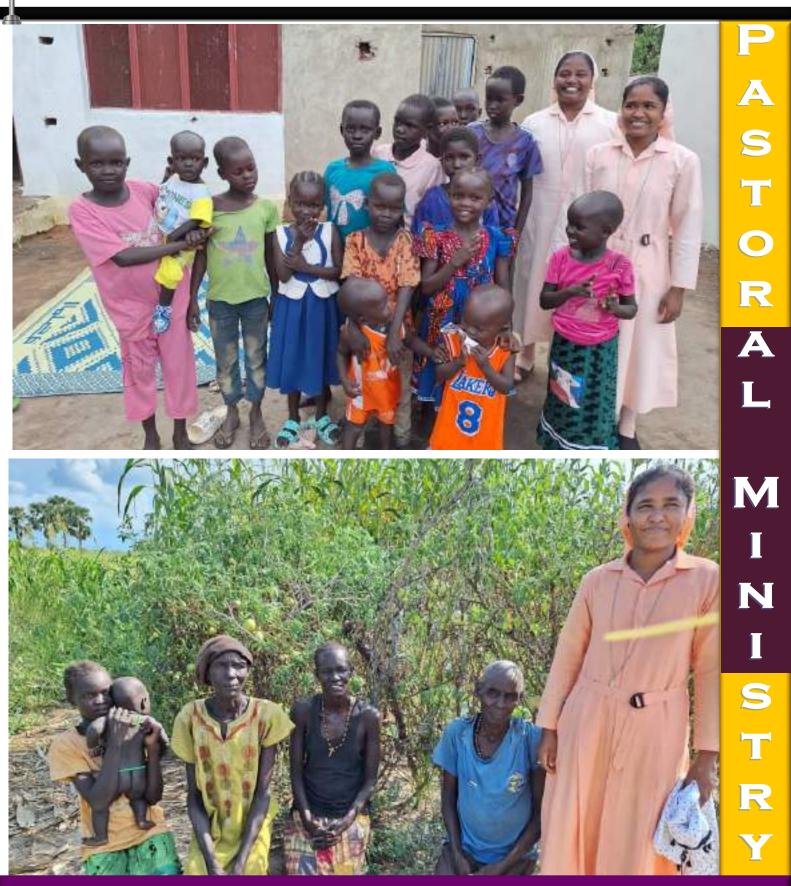








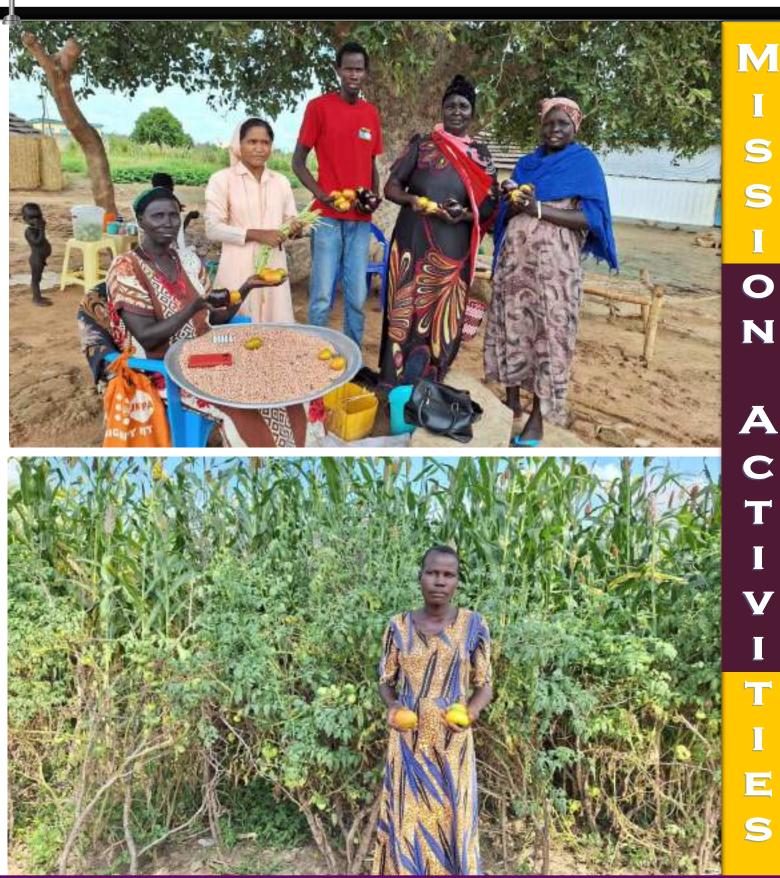
























Pastoral

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Consoling SharingLoving

Praying

Loving Giving Clergy

Sharing



South Sudan Malakal

CAP





Malakl Zishop's Visit

On 13.09.2023 His Lordship Most.Rev.Stephen Nyodho Ador, the Bishop of Malakal Diocese visited the sisters in Kodok and shared the background existence of Catholic Church in kodok.



Pastoral visit with our

Rishop to Detwok

On 17.09.2023 His Lordship Most. Rev. Stephen Nyodho Ador, the Bishop of Malakal Diocese visited the Detwok pastoral mission along with our DMI sisters.



South Sudan Malakal





Meeting with SEED Group Leaders

On 12.09.2023 we organized the meeting with SEED group leaders and discussed about the programs for peace rally.







SDMJC Country Director Visit 70 Malakal

On 13.09.2023 Sr.S.Rengis Mary, the Country Director visited the Kodok mission. She also conducted meeting with our existing staff.

Workshop by Caritas

The New project team had participated in the workshop on monitoring, Evaluation and Learning.



On 25.09.2023 Mr.Dominic facilitated oriented session on GFFO project and the nature of work.













Peace Rally

DM

On 14.09.2023 we organized Peace rally at Kodok. Totally 944 people were participated. The theme of the celebration was "PEACE BIGINS WITH ME". Most Rev.Stephen Nyodho Ador, the Bishop of Malakal Diocese & Sr.S.Rengis Mary, the Country Director were the chief guest. 24 masonry graduates were awarded with the certificate and startup kit during the celebration.



6. News from St.Eugene De Hazenod Vice Province



Meeting with Junior sisters

On 02.09.2023 Sr.W.Viyagammal, the Vice Provincial had a meeting with Junior sisters in the province.





Canonical visit to Lusaka, Sambia

From 11.09.2023 to 13.09.2023 Sr.W.Viyagammal, the Vice Provincial visited Lusaka community and had a meeting with the sisters.

Meeting with Bishop of Chipata

Sr.W.Viyagammal, the Vice Porvincial had a meeting with His Lordship Most Rev. George Cosmas Zumaire Lungu , the Bishop of Chipata Diocese.









Welcoming the Apostolic Nuncio in Sambia

On 12.09.2023 our Vice– Provincial Sr.W.Viyagammal, welcomed the Apostolic Nuncio in Lusaka, Zambia along with all the Bishops, <u>Priests, Sisters, and people.</u>



On 21.09.2023 Sr.W.Viyagammal, the Vice Provincial handled a session on "COGNITIVE TEST".









Vice Provincial visit to Skill Training centre

On 13.09.2023 Sr.W.Viyagammal, the Vice Provincial visited the skill Training centres like Tailoring. Computer and Catering.







Soap Training

During this month we gave soap training to 6 groups including 25 to 40 women. The people verv happy were to develop there group business through this training.



Visiting demo plots and meeting host farmers







XIII. Communities Under General Administration

EVERY TRIBE EVERY NATION









feast of Our Lady of Good Health On 08.09.2023 we celebrated our Church Feast in a grand

manner.





We participated in the Youth Retreat in our Parish level.









On 13.09.2023 we visited Basilica-Shrine of Our Lady of Graces along with our Parish priest.





On 13.09.2023 we visited Seva Samai Center in Meerut Diocese and discussed about social work.



On 15.09.2023 we visited the Government school and met the Head Masters in Makkan pure. We asked admission for the slum children and for the grownup student to write 10th Standard in Open University. They have given the details for us, according to that we are preparing the student to write the exam.







Children Parliament Meeting in Sophia Apartment



NFE center in the park

We take class for the slum children. We visited the slum insisting the parents to send the children for the study, so this month 18 new children started to come.





The Feast of Nativity of the Blessed Virgin Mary

On 08.09.2023 we celebrated Nativity of our Lady Feast in our Parish.



Bishops Visit

On 10.09.2023 Rt.Rev. Arul selvam Rayappan, the Bishop of Salem Diocese and Rt.Rev. Savarimuthu Arokiaraj, the Bishop of Trichy Diocese visited our community.

feast of Holy cross

On the feast of Holy cross, we visited the Holy Cross Church. We also met many other Congregation sisters and we shared about our charism.







We are very happy to share that we launched the Fund for European Aid to the most deprived distributing Food for the poor and needy to fulfill their basic needs. We are serving for 25 Families in this food distributing program. People are very happy to receive the food and they identify our service. We serve for different country people namelv Morocco. Italy, Srilanka. India. and Dominican Republic etc. We promulgate our service to the poor people for the holistic development. Not only we distribute food rather we listen them and we introduce people to find iob for the better future.









6

Visit to Old age Home





Visit of Bishop of Port Blair

On 11.09.2022 Sr.S.Lalitha, the Superior General had a casual talk with Most.Rev. Visuvasam Selvaraj, the Bishop of Port Blair.



Visit to Benefactor House















School Activities

We are happy that by the grace of God this year we have received 10 children to our baby school.













On 23.09.2023 we participated in the farewell day for our Assistant Parish Priest. We had solemn Mass followed by we had get- together along with our Parish people.



Pastoral Care Ministry



Papua New Guinea 🔀



Arrival of our Superior General

On 14.09.2023 Sr.S.Lalitha, the Superior General visited our Community.



Cardinal Visit to our Community

On 14.09.2023 His Eminence Sir John Ribat MSC KBE, the Cardinal, Archbishop of Port Moresby visited our community and we had a casual meeting with him.



Visit to District Administrative Officer

On 20.09.2023 we met Mr. Davis Kia, the District Administrative officer and discussed about our skill training project especially the status of the project.



Papua New Guinea



Promotion of New Group

On 08.09.2023 along with Sr.S.Lalitha, the Superior General our sisters attended the new group formation meetings at eight mail settlement. Totally 18 mothers participated in that meeting.





Field $\mathcal V$ isit

From 14.09.2023 to 23.09.2023 aong with Sr.S.Lalitha DMI, the Superior General we visited the settlements and villages which is under the care of DMI Sisters in PNG Country. We visited all 15 areas and interacted with the mothers and children also discussed about the progress and the successful growth of the women in the settlement.

Providing Second hand pails to settlement

In the presence of Superior General we provided 10 second hand pails (cloths) to the affected area of Wanama settlement & other settlements too.









Substation γ isit

On 26.09.2023 we visited Kuppiyano Sub-Station along with Sr.S.Lalitha, the Superior General.







Contemplative Annual Retreat 2023

From 23.08.2023 to 03.09.2023 the General Administration arranged the Contemplative Annual Retreat for the Sixth Batch Retreatants at Encounter the Divine, Aathur. The Retreat Preacher was Rev.Fr.Chinnappan Mariasusai OMI.









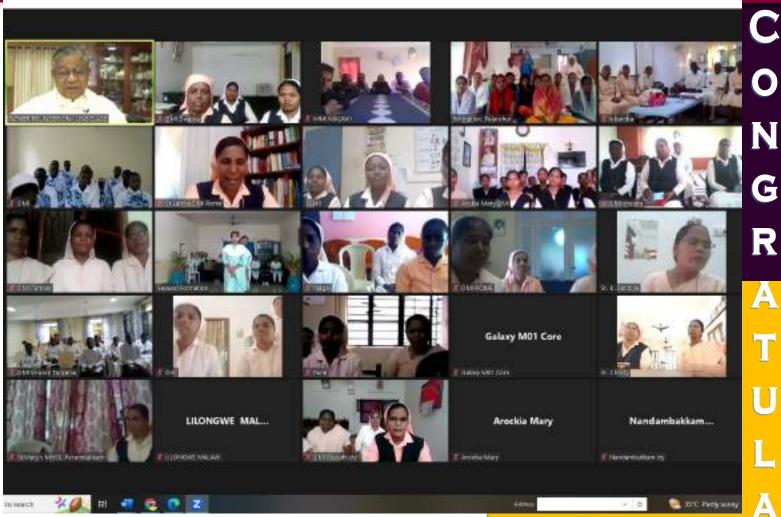


Perpetual Commitment Day of our Lather

On 08.09.2023 we celebrated the Perpetual Commitment Day of our Founder Rev.Fr.J.E.Arul Raj.



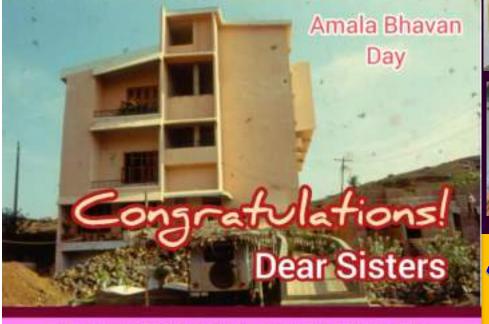








September 17,1990.



DAUGHTERS OF MARY IMMACULATE



FOUNDING MEMBERS

Lounding Members day celebration

On 17.09.2023 we celebrated Founding Members day and Amala Bhavan day. Our Founder Rev.Fr.J.E.Arul Raj along with His Grace, The Most Reverend Francis Kalist Archbishop of Pondicherry & Cuddalore graced the occasion.





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XV. Fleetings organized by General Administration



Christmas Gathering Preparatory Meeting

On 09.09.2023 the General Adminsration organized the Christmas Gathering Preparatory Meeting.

International Online Sessions On Religious Leadership

The DMI sisters attended the "INTERNATIONAL ONLINE SESSIONS ON RELIGIOUS LEADERSHIP" Organized by C a p u c h i n O n l i n e Ministries.



Missiology course

The General Administration scheduled the Missiology course for our sisters. Rev.Fr.M.David Mathalai Muthu MMI handled a session for the sisters.





Extended Council Meeting

On 02.09.2023 the General Administration organized Extended Council Meeting.

Working Committee Meeting

The General Administration organizes the Working Committee Meeting regularly.



Working Committee Meeting

From 18.09.2023 onwards the General Administration organized the Working Committee Meeting with Provincials and with CC Team.





Council Meeting

On 19.09.2023 the General Administartion organized Council Meeting.





Seminar

On 23.09.202 DMI **Sisters** attended an International Zoom based seminar on **"THE SEVEN AREAS IN WHICH** THE YOUNG NEED HELP AND GUIDANCE" and " SOCIAL MEDIA" organized by the Religious order of Salesian Sisters (FMA). The persons Resource were Rev.Fr.Joe Mannath SDB & Rev.Fr.Selva Kumar SDB.

Review Meeting for the Provincials & Vice Provincial

On 30.09.2023 the General Administration arranged the Review Meeting for the Provincials and Vice Provincial.





Wabi-Sabi is a Japanese concept that encourages us to find beauty in imperfections and embrace the natural cycle of life. It reminds us that everything including us and life in itself is impermanent, incomplete, and imperfect. Wisdom shot is all about accepting and appreciating the imperfections in ourselves and others. Let's delve into the three core principles of wabi-sabi and see how they can bring a positive change to the lives.

1. Acknowlge Jmperfections

Embrace your imperfections instead of hiding or rejecting them. Wabi-sabi encourages us to own and celebrate our imperfections we bombarded by societal pressure by perfect, to look in a certain way. Be in reality, imperfections make us unique and beautiful. Accept ourselves just the way we are and extend that compassion to others as well. Whether it's a physical attribute you are conscious about or a personal trait you wish was different, just acknowledge it own it and embrace it. It is a part of what makes you "YOU". Wabi-sabi teaches us that everyone and everything has flaws by acknowledging this we can develop deeper understanding and compassion towards ourselves and others.

2. Accept Change

Acceptance of changes, as they say, nothing lasts forever. Life is ever changing. Everything around us including ourselves, goes through cycles of growth and transformation rather than resisting this impermanence, accept it. Life is constantly evolving and that's the way it's meant to be. Embracing impermanence, it frees us from unnecessary attachment and fears. So instead of resisting change, Let's flaw with it and view it as an opportunity for growth and transformation.

3. Appreciate Uniqueness

Appreciate your uniqueness. Celebrate your true self and celebrate your uniqueness. We are living in a world where we have tools and resources to hide all our imperfections both online and offline. We are living in a world of filters where appearances often overshadow authenticity. Social media never shows the whole picture. Perfection is an illusion.



People are showing only their best self, one side, there is one more side. In a world where we can manipulate anything and everything. It's takes courage to be unapologetically ourselves. It takes strength to resist the lure of artificial perfection because at the end of the day it's not about how perfectly we present ourselves to the world, but how authentically we feel about ourselves inside because it is stressful to impress others all the time by putting a mask or by being different person. It is stressful. Let's embrace our beautifully imperfect selves and celebrate the courage to be ourselves. Now, just remember this, this is my favourite. People are loved because they are real. We are loved because we are real, because we are authentic, because are beautifully imperfect. So to wrap it, let's strive to appreciate the simple things in life. Embrace our flaws and those of others and understand that everything around us is in a state of constant change. Let's celebrate the raw and unfiltered version of ourselves, embracing our beautiful imperfections with pride. Let's celebrate the wabi-sabi together.



Sr. C. Arockia Mary 09th Batch

When Walking Recomes Meditative And Miraculous

Mindfulness, a timeless practice rooted in Indian philosophical wisdom, is about embracing the here and now. It is an untangling of the unchangeability of the past and the unknowability of the future. Mindful walking, an embodiment of this philosophy, transforms our footsteps into acts of existential awareness. Each step becomes a conscious choice. Each step affords an opportunity to know yourself as you are now. This known ability of the Self allows mindful walking to become a step towards enlightenment, a tactile, rhythmic meditation in motion.

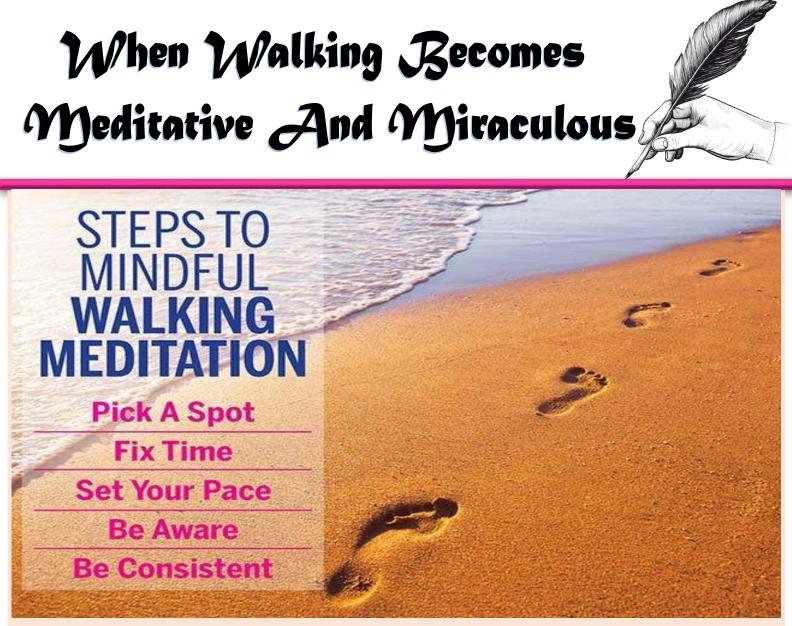
Mindful walking involves the following aspects grounding steps, intentional pacing, rhythmic breathing, body awareness sequence, and the five senses scan.

Before you start walking, take a moment to ground yourself. Stand still and feel the connection between your feet and the earth. Imagine roots extending from the soles of your feet, anchoring you to the ground. This grounding not only helps you establish a sense of stability but also serves as a reminder to stay present as you begin your mindful walk.

The next core principle is intentional pacing. Rather than walking automatically, consciously vary your pace as you move. Begin with a slow, deliberate pace that allows you to feel each step. Notice the shifting of your weight from one foot to the other and the subtle sensations in your feet as they make contact with the ground. As you feel more attuned to your movements, gradually increase your pace while maintaining the same level of mindful awareness. This intentional variation in pacing keeps your mind engaged.

Next, consciously synchronize your breath with your steps. Inhale deeply as you lift one foot, and exhale as you place it down. If you need to, count to three with each inhalation and count to six with each exhalation. Continue this pattern with each step, allowing your breath to guide your movements. This rhythmic synchronization has a calming effect on the mind, helping you stay focused.

Now pay attention to the sensations and movements of your body as you walk. Start by focusing on your feet and the way they lift, move through the air, and make contact with the ground. Gradually shift your attention to other parts of your body involved in walking: your calves, thighs, hips, arms, and shoulders. Notice any tension or areas of discomfort and consciously release them. This body awareness sequence fosters a deeper connection between your body and mind.



If your mind wanders away from the present moment, use the five senses sight, hearing, touch, smell, and taste to anchor your awareness in the present moment. Observe your surroundings. Feel the texture of the ground beneath your feet and the sensations of the air on your skin. If there are scents in the air, take note of them. You can be mindful of any taste sensations if you're eating or drinking during your walk.

Find a quiet and safe place for your mindful walk, ideally in a natural setting. Start with shorter walks and gradually extend your practice. Through mindful walking, we awaken more wholly and deeply to the world around us, reveling in its textures, colors, sounds, scents, and experiences. Mindful walking creates the miraculous in the mundane, as it opens for us a profound doorway to the eternal present.



Sr.P.Maria Alangaram 12th Batch



The Synodal Pathway

The Pope's Monthly Intentions OCTOBER 2023

For the Synod

"We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world".

