


# **SOUTH ASIA PROVINCE NEWSLETTER**

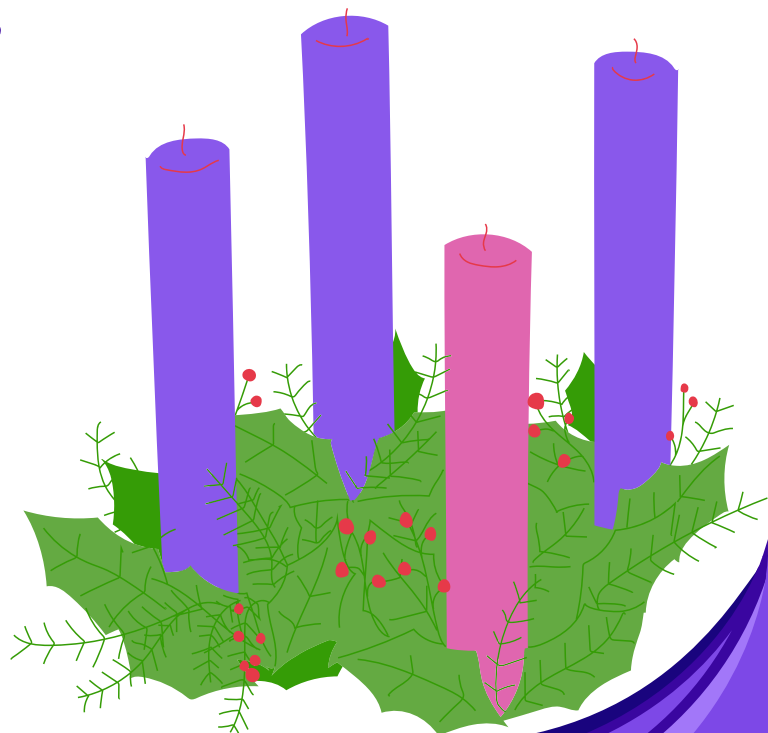


## **December 2024**



**"How beautiful  
on the mountains are the feet  
of those who bring good news,  
who proclaim peace,  
who bring good tidings,  
who proclaim  
salvation."**

**Isaiah 52:7-9:**



# From the Desk

Mary De Souza



Ignatius could find no reason why God singled him out. He was neither learned nor particularly pious and holy. Thus, he came to believe that God was calling everyone to intimacy and service. God desires closeness with everyone. The present moment is all we have so Thich Nhat Hanh says 'every breath we take, every step we make, can be filled with peace, joy and serenity'. Experiencing God in a direct and immediate way is not a special favour reserved for a few select mystics. God is willing to speak to anyone who is willing to take time to be still, listen and pray.

You are prayer. You don't have to learn how to pray. You simply have to be who you are! You are a special and sacred word of God made flesh. To pronounce your own unique word is to pray the most beautiful and holiest of prayers. Each person is an inspiration of God made flesh. To learn to pray is not to learn a method. It is to know who you are and to be who you are supposed to be. You must learn to be quiet both outside and inside. For only if you are quiet will you hear the word that resounds within you. Be true to your own special personality. This is how we 'pray always', day and night.

**My LIFE is a PRAYER that GOD is  
PRAYING,  
My THOUGHTS are WORDS that  
GOD is SAYING,  
God leads the way in my life's  
dance...  
MY LIFE IS A PRAYER.**



# What's here?

1. Wisdom Corner      Sr Agnes Bhutia
2. Ignatian Corner      Sr Abhay Ekka
3. Mary Ward Corner      Sr Madhabi R Brahma
4. My Experience      Bernadette Lepcha
5. Updates from Gyanalaya
6. News from Mukulika
7. Updates from SA Archive



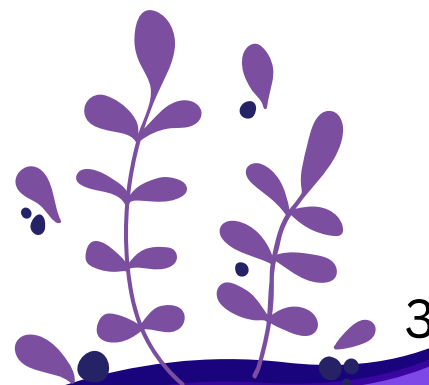
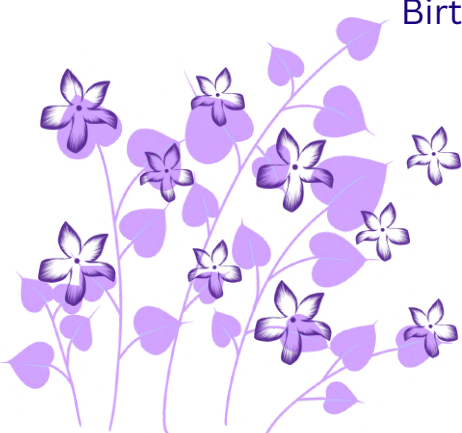
## Community News

- Delhi Community
- LH Community
- Panighatta Community
- Shillong Community
- Lucknow Community
- Entally Community
- Darjeeling Community
- 52 C Community

Mariana Bage  
Vimala Rani  
Ranjita Kerketta  
Mable P Rudum  
Amia Tete  
Ablin Tirkey  
Abhay Ekka  
Miri Phawa

## Special Corner

1. Recipes.....Molly Francis
  2. Laughter is the best medicine.....Ablin Tirkey
- Birthdays & Feastdays





# Wisdom Corner

The Lord appeared to Solomon in a dream and asked him what he wanted. He asked God to be able to discern right from wrong so that he could help the people in his land.

Seeking and asking for wisdom is a good start in learning how to be wise. We can be easily mistaken by what we think and feel because what we feel isn't always the reality.

In Hindu mythology, the Himalayan Swan is believed to have the ability to separate milk from water. This metaphorical quality is attributed to the bird's discerning the difference between our true selves and the self we view through the veil of the material world.

Wisdom is gained through life experiences; knowledge is gained by reading books but wisdom is also about knowing when and how to use your knowledge.

I love reading articles on Wisdom; anything that is related with Wisdom, but life has taught me lessons of how to be wise. As you grow older it is more and more obvious, that gaining knowledge from books is not enough, but life experience is the best teacher. When we are searching for good advice we turn to an elderly wise person, who is experienced to make decisions because of what life has taught her.

The impact that pleasant and unpleasant experiences have had on my life has taught me how to be wise. Daily Examen has been the channel of grace which has helped me to become more aware that I need to respond and not to react when unpleasant situations arise. Making mistakes in life has been the stepping stones towards wisdom.

The Bible is my Book of Wisdom. Daily reflection on God's Word has helped me to grow in wisdom. Wisdom for me is nurturing a deeper understanding of God and his relationship and knowing his will in my life. By spending time in prayer and reflection I can gain Wisdom.

**'SMALL WISDOM IS LIKE WATER IN A GLASS: CLEAR, TRANSPARENT, PURE.  
GREAT WISDOM IS LIKE WATER IN THE SEA: DARK, MYSTERIOUS,  
IMPENETRABLE.'**

**(RABINDRANATH TAGORE)**



*Abhay Ekka*

# Ignatian Corner

## **Ignatius of Loyola's concept of Indifference**

Ignatius of Loyola's concept of Indifference can be explained as a call to spiritual openness and surrender. Here are the key points:

- **Definition:** Indifference for him referred to a state of being indifferent to created things, meaning that one should not be overly attached to personal desires or outcomes.
- **Spiritual Openness:** It encourages the individual to remain open to God's will, whether that aligns with their own desires or not. This openness allows for a deeper relationship with God.
- **Detachment:** Ignatius emphasizes the importance of detachment from worldly desires, which can cloud judgment and hinder spiritual growth. True indifference is not apathy but a freedom that allows one to respond to God's calling.
- **Discernment:** Practicing Indifference aids in discernment, helping individuals to choose paths that are in line with God's intentions rather than their own selfish interests.
- **Peace and Trust:** This concept fosters a sense of peace, as trusting in God's plan alleviates anxiety over personal outcomes. It encourages believers to find contentment in God's greater purpose.

Indifference for Ignatius is about aligning one's heart and mind with God's will, cultivating trust and fostering a deeper spiritual journey.

As I reflect, I feel that Ignatius' concept of Indifference refers to a state of being where one is open to whatever God desires, without clinging to personal preferences or attachments. It emphasizes the importance of surrendering one's will to God, allowing for a deeper spiritual connection and greater discernment. This idea invites individuals to seek God's will above their own, fostering a sense of trust and peace in the divine plan.

Through reflection, I feel that often I am attached to outcomes and personal preferences, particularly in my relationships. I tend to cling to success and approval, which can sometimes cloud my judgment and prevent me from fully discerning God's will.

Reflecting on Ignatius' call to Indifference, I realize that if I could let go of my need and embrace a deeper trust in God's plan, I would be more open to serve Him in whatever way He desires.

Ultimately, living with Indifference means having the freedom to follow God's will, whether it aligns with my desires or not. It invites me to detach from the things of this world and focus on what truly matters, loving God and serving others. Although the process is difficult, I am committed to grow in this spirit of indifference, trusting that it will lead me to a deeper and more authentic relationship with God.



*Madhabi Brahma*

## Mary Ward Corner

### **MARY WARD'S IMPACT ON MY LIFE**

What I like about Mary Ward is her deep faith and love of Jesus. Her first and last word was Jesus. This is significant, because her whole life was centered on Jesus. Even from an early age she was connected with Jesus deeply and it was He who guided her right through her life. She recognized who Jesus was for her and found Him in everything, even in the most difficult situations. Nothing could shake her faith and trust in Jesus. No matter what obstacles and trials came across in her life, they did not stop her from moving ahead in great confidence. She had a deep prayer life where she communicated with God and responded totally in self-surrender to His will. She did not doubt that God would help her to accomplish His will in her life.

Her maxim "Be Merry and doubt not your Master" was something she lived by. Her calmness of spirit and her serenity were sure signs of her inner freedom. This is her legacy to us: something we need to imbibe in our lives as companions of Mary Ward.

# My Experience

Bernadette Lepcha

My experience in Timor-Leste was full of joyful surprises for which I am grateful to the PLTs of our Province and the Australian Province for giving me this opportunity. Arriving at the airport of Dili, the Capital, it was obvious how small, yet beautiful the country of Timor-Leste is. It got its Independence in just 2002 from Indonesia. It is surrounded by sea on all sides so the attraction are the beaches and reachable/visible mountains or hills. I was astounded by the very polite and simple people all around me who smiled and wished any stranger or foreigner (male) (Bondia=good morning, Botardi=good afternoon, Bonoite=good night)

On arrival while waiting to get the visa, somebody approached us and asked for our passports to get the visa for us. But we, being Indian, were so scared to give our passports in case he disappeared with our passports. Somehow, we finally gave them to him and our work was done very smoothly.



I was also surprised at the great regard that they have for all missionaries. On arrival, my luggage was marked to be checked. They opened the luggage and checked it thoroughly. Suddenly somebody noticed my cross and asked me where I was going and why I had an Indian passport etc. So, I told them that I am an Indian and I am going to Loreto Madre Ostico, Baucau. When they heard Loreto Madre, immediately they took their hands off my luggage and asked me if I was a Madre, to which I said yes. They were so sorry for going through my stuff. They went on apologizing even though I said that it was fine with me because I understood that they were just doing their duty. At that time I couldn't understand why they were apologizing so much. After staying and getting to know the people, I understood that all priests and nuns receive this great respect because, at the time of their struggle for Independence from Indonesia, the Church stood with them and for them, and became their support and shield and some even died with the people.

My ministry there was to accompany a candidate, which I did with my whole heart and soul and for which I am so happy and satisfied. I was also asked to move the candidate house and to settle in there, which we finally accomplished on the 1st of June. We moved to Gariwai where we have a pre-nursery school. Timor being a Catholic country, I was so happy to see almost all the cars/vehicles having big pictures of Jesus on them. I also really enjoyed their melodious voices in the Church. I loved the ministry of visiting the sick and giving Communion every Sunday. I felt sometimes challenged with their culture and their belief system but I always saw and felt God leading me all the time.



# UPDATES FROM GYANALAYA

**Mariam Ekka, Nirmala Toppo, Madhuri Lakra and Maxima Toppo**

We, the four sisters—Madhuri, Mariam, Maxima, and Nirmala—are delighted to share our experiences from the six-month final vow preparation course we attended. We were privileged to attend sessions held in three locations, each led by a religious priest. We are deeply grateful to all the sisters for supporting us through your prayer. These courses, not only prepared us for the path ahead but also provided us with deeply enriching and transformative experiences.

With open hearts, minds, and hands, we entered this journey. One of the most rewarding aspects was meeting Sisters and Brothers from various congregations. We learned to embrace each other's cultures, food, languages, opinions, and unique ways of praying. This broadened our perspectives and deepened our sense of community.

A significant learning experience emerged within our group, where we discovered a new sense of freedom and openness to challenges and opportunities. A memorable moment was delivering a book review presentation—something entirely new to us. This experience was not only fulfilling but also a beautiful opportunity for personal growth.

The course included numerous group activities designed to foster personal development. Through these activities, each of us uncovered parts of ourselves we had yet to explore, revealing that we could indeed overcome difficulties. We felt empowered and renewed with a stronger sense of willpower to bring positive change into our lives.

At one of the locations, we created a drawing of a cave, naming it the “Transformative Cave.” Initially, the cave was dark, but over time, light began to fill it, symbolizing our own transformative journey. This image gave us strength, confidence, and courage to face life's challenges. It reminded us that when confronted with uncertainty, we should not turn back but move forward with faith and trust. This was a golden opportunity to experience God's unconditional love and deepen our spiritual growth.

This journey has been one of profound self-discovery and transformation, and we are incredibly grateful for it.



# NEWS FROM MUKULIKA

**Sunday Ministry:** In August, we initiated our Sunday ministry and divided ourselves into three teams. The first group heads out to Amgachia. The second team heads to Raspunji, while the third group remains to prepare meals. We are blessed to go around to people's homes and be connected with them. We attend Mass here twice a month. We like the interaction that takes place at the substation. We truly enjoy our Sunday ministry. **By Christi Minj**



**Debate:** On 23rd September, there was a debate on whether examinations are necessary. There were two groups of three members each: one in favor of the motion and the other against it. Sister Beatrice helped with the preparations, and both groups worked hard to gather their points. In short, we gained confidence in public speaking through the debate, learned more about the topic, and thoroughly enjoyed the experience.

**By Shreya Kiro**

**Sr. Beatrice's Birthday:** On 18th September, the Abhilasha and Mukulika communities celebrated Sister Beatrice's birthday. We started with the Holy Eucharist, celebrated by Father Marcilamani. After the service, we enjoyed a festive lunch, and the candidates and pre-candidates put on a small program in honor of Sister Beatrice. It was a joyful occasion for the entire community, and we concluded the celebration with a fun puchka party. **By Manjusha**



**Pilgrimage:** On 3rd October we went on a pilgrimage to Our Lady of Bandel. We took our bus at 8 am. The bus was crowded with people. In an hour, we were at Howrah Station admiring the beauty of Howrah Bridge and the river. We were amazed to find the crowd at the station very busy and in a hurry. We went by local train to Bandel, passing through diverse crowds of people. It took us an hour to reach Bandel Station and from there, two autos took us to Bandel Basilica.

Finally, after all that journey by various transportations, we reached Our Lady of Bandel. As we entered the gate, we felt at peace and saw a beautiful garden full of statues of saints. We felt so blessed and fortunate to attend Mass in Bandel Basilica. Climbing the stairs, my heart was racing with eagerness to meet Mother Mary. It felt like Jesus climbing the mountains to pray and converse with His Father.

We lit candles and offered our letters before Mother Mary while praying in front of her. We chanted the rosary in the prayer house, silently praying and experiencing God's grace. It was profoundly peaceful and brought a lot of inner peace within me.



We also read about the history of Our Lady of Bandel and how Mary appeared to Father John Arc, who heard her voice in the Hooghly River. After our prayers, we had lunch, and with grateful hearts, we returned to Mukulika. **By Angel Tamang**



# UPDATES FROM SA ARCHIVE

Sr Marilla D'Souza, Ms Nilina Deb Lal and Matilda Lakra



**Portrait of Miss Usha Acharjee, Loreto House, Calcutta, 1913.**

Placed 1st in the Matriculation Examination of March 1913, and winner of the Keshub Chunder Sen Prize, with a scholarship of Rs. 20 a month, for 2 years. This portrait of Miss Acharjee, seemingly the daughter of a wealthy Hindu family, epitomizes the high regard contemporary Calcutta society accorded to the secular and well-rounded education being offered by the Loreto nuns – “to give young ladies a first-class education, together with every accomplishment suited to their sex while devoting special attention to their moral culture” [Loreto House prospectus of 1913].

**Source:** Palm Leaves from Loreto in India, Autumn 1913  
(plate facing page 59, and pp. 59, i, vii).



*Mariana Bage*

# DELHI COMMUNITY

On August 4, 2024, we had the pleasure of celebrating the gift of Adrina's life specially, surrounded by the beauty of nature in an open field to mark this joyous occasion. The day was filled with laughter, love, and the soothing sounds of nature with heavy rain, creating a perfect backdrop for a memorable celebration.

On August 15th our Jeevan Rekha children organized a patriotic evening programme, which included, patriotic songs, dances and poems. They were treated to delicious refreshments.

Our sisters Greta and Adrina actively engaged with the youth of the parish. On August 18th, a Summer Camp was organized in our school premises. Two Brothers from Vidya Jyoti and Sr. Greta, one of the resource persons, inspired our youth with their thought provoking talks. It was a fruitful program, and the mothers from our parish prepared a delicious lunch for the youth.



As we are all aware of the protests happening across India for justice for the doctor who was raped and murdered in Kolkata, our community also joined the protest at Jantar Mantar on August 19th.

September was a month of vibrant movements and heartfelt connections within the community. On the 10th, Sr. Antoinette graced Delhi with her presence during a brief yet joyful visit, bringing warmth to all.

Just a day later, on the 11th, Sr. Prabina embarked on her journey from Delhi to Rome, leaving behind fond memories of her cherished time with the community.

Mid-month, on the 14th, the return of Sr. Arockia Mary after her enriching 3-month course infused the community with renewed energy and joy.

Shortly after, on the 16th, Sr. Adrina bid farewell as she set out for Bangalore to pursue her LLB studies, accompanied by the community's blessings and prayers for her success.

Later, on the 23rd, Sr. Leena and Sr. Goretti made a fleeting visit to Delhi for work before continuing to Shimla by evening. Each moment was a testament to the community's enduring spirit of togetherness, prayer, and celebration amidst the ever-turning wheel of life.

Our junior school conducted its Annual Sports Day on 5th October. The chief guest of the day was Maj. Gen. Sumit Mehta and other guests included the Parish Priest, Brothers from MSM, Christian Brothers, CJ sisters from all the communities of Delhi and Jhajjar, and parents. Their gracious presence encouraged our students, and everyone enjoyed the event immensely.



Later that day, after the program, we invited our CJ sisters for lunch. We spent some quality time with them. One member of the Jhajjar community, Sr. Anusha stayed back with us to make her 8-day retreat with the guidance of Sr. Igora. Her presence in the community brought much joy to all.

On 11th October Sr. Aruna joined the Delhi community. We gave her a warm welcome and were happy to have her as a new member of the Delhi community.

On 17th October the General of the Patrician Brothers Congregation, Br. Paul, along with Br. Immanuel, Br Rajesh and Br. Tomy paid a friendly visit over a cup of coffee. It was a warm and casual sharing of the joy of being neighbours.

From 8th October to 16th October Sr. Mariana attended her Juniors' gathering in Kolkata at Gyanalaya, Entally. The theme of the gathering was "Inner Journey," guided by Sr. Prisca CJ. After returning to the community, she shared her beautiful and deep experience with everyone.



**Jeevan Rekha:** On 9th October we had the joy of having a Sports and Drawing Competition for the students. Their free-spirited expression and enthusiasm filled the atmosphere.



From 24th October to 26th October, the Diamond Jubilee Concert was organized in the school on the theme of "**Tatvam Asi.**" Each day, different chief guests were invited, also our Province Leader, Sr. Sabrina, and consultant, Sr. Monica Suchiang, Sr. Amia, and Sr. Balika from the Lucknow community came for the concert. Our talented students conveyed a powerful message to the audience. This three-day concert was remarkable, thanks to the hard work of our teachers and students.

On the evening of October 26th we had pre-birthday celebrations for Sr. Sabrina. A beautiful prayer service with the theme '**The dance of life**' was organized for her, followed by dancing and a delicious dinner. We were overjoyed to share in Sr. Sabrina's gift of life.

On 30th October we went on a community outing to Rishikesh. It was such a wonderful experience to know the rich history and cultural heritage of the place. We visited some prominent places in Rishkesh and Haridwar. We learnt a lot through this one day trip and came back feeling grateful for the whole experience and opportunity.

On 31st October the community celebrated the Festival of lights in a very meaningful way. On Diwali morning we celebrated green Diwali by planting saplings with our support staff. The community spent the entire afternoon making candles and diyas.



In the evening we had an enriching experience with a beautiful evening prayer as a community, followed by a prayer service for the guards on duty. They joined us in illuminating the place with beautiful homemade candles. Sr. Monica Suchiang joined us that evening and we had a mouthwatering homemade chat party for dinner.





Vimala Rani

# LH COMMUNITY

## 8th - 17th October: Annual Retreat

On 8th October Fr. Gogulapati Avinash SJ, a tertian from Andhra Pradesh, arrived to lead the sisters in their Annual Retreat. This spiritually enriching retreat saw the participation of 11 sisters, including Sr. Regina from Bangladesh.

The retreat concluded on 17th October, leaving the sisters spiritually refreshed and renewed, filled with abundant blessings.

Fr. Avinash departed in the evening of 18th October for his ministry with the MC Sisters at Prem Dan. His guidance during the retreat was deeply appreciated by all.

## 12th October: Transition of Sr. Christine

During the retreat period, Sr. Christine transitioned to her new community, 52C, and continued her preparation for tertianship.

## Passing of Ms. Rita Murray

The community mourned the passing of Ms. Rita Murray, Sr. Shalini's beloved aunt, on 21st October.

Her funeral Mass was held on 22nd October in the Chapel of the Little Sisters of the Poor. Many sisters supported the bereaved family with their prayers and presence.

## Farewell to Sr. Angela Rodrigues

On 30 October, the community gathered in the Entally Chapel for Sr. Angela's funeral mass, bidding her a heartfelt farewell.



**Diwali Celebration:** The liturgical group organized a Diwali prayer service with the theme "**Go Light Your Candle**". Lamps were placed around the house, symbolizing the spreading of light and joy. The celebration brought together friends and neighbors, fostering warmth and togetherness in the spirit of the festival.



**Welcome to Srs. Mann Veronica and Binita**

The community joyfully welcomed Srs. Mann Veronica and Binita, who joined as student sisters, marking a new and exciting chapter for the community.

**7th November: Sr. Sabrina's Birthday Celebration**

The PLT organized a vibrant celebration for Sr. Sabrina's birthday. The day began with a Thanksgiving Holy Eucharist, where gratitude was expressed for Sr. Sabrina's life and her contribution to the Province.

In the evening, sisters from all the Loreto communities of Calcutta gathered for a joyful celebration. Following a Thanksgiving prayer service, there were games, fellowship, and laughter. The occasion was made special with contributions of delicious dishes from each community.

The highlight of the evening was the pre-candidates lively dance performance, "Dancing Queen", which delighted everyone. The celebration concluded with hearts filled with joy and gratitude for a truly memorable day.





*Ranjeta Kerketta*

# PANIGHATTA COMMUNITY

Every new day is a new experience and a new beginning and some people and events create memories which we remember for a long time. In Panighatta community we were blessed to have the visit of Bishop Anthony Bara on 20th August who offered the Holy Eucharist with us in the convent and prayed for us.

On 25th August Monica Diwas was celebrated in the parish with great joy and a meaningful Eucharist. Mothers were appreciated with garlands and khadas for who they were and for what they did for their families and society at large.

The parishioners in Belgachi celebrated the Karam festival with great enthusiasm on September 6th, carrying forward the culture of their ancestors.

On 10th of September around 200 faithful of Panighatta went on a pilgrimage to the shrine of Our Lady.

From 21st to 24th September Srs. Sabrina and Sr. Monica came for Visitation and their visit was a time of grace.





Mable Rudum

# SHILLONG COMMUNITY

**SILVER BELLS: “He who calls you is faithful; He will surely do it.” – 1 Thessalonians 5:24**

On 7th October 2024, the Loreto Shillong community gathered with joy and gratitude to celebrate God’s faithfulness towards Sr. Madhabi Brahma these past 25 years of her religious life. Sister’s family members, friends, priests and hostel girls were present.

The event commenced with a solemn Eucharistic celebration, during which Sister renewed her vows, reaffirming her dedication to God and the Loreto mission. The presiding priest, Fr. Gerald Khonjee, Rector of Christ King College delivered a heartfelt homily highlighting Sister’s journey of faith, her unwavering dedication, and the positive impact she has made in the lives of countless individuals through her ministry.



Following the Mass, all gathered for a celebratory dinner, where speeches and resounding songs of joy and cultural dances filled the room with love and gratitude.

We continue to pray for Sr. Madhabi for strength and grace to carry forward her mission and may the same faithful God be with her always.

**VOCATION CAMP: *“To nurture God's call is to listen with an open heart, to trust in the gentle whispers of His voice, and to allow His love to guide each step of our journey.”***

The general vocation camp organized by the Vocation Commission and Promoters Association, Archdiocese of Shillong was held at Loreto Convent Shillong. It was a remarkable success, bringing together 412 girls from different parishes of the Archdiocese. The camp took place from 8th to 10th October 2024, and it offered participants a rich and immersive experience filled with meaningful prayer, workshops, and opportunities for personal reflection.

Sisters Lily and Madhabi were actively involved in assisting the organizers. Several classrooms were used to accommodate the participants. The camp provided a safe and nurturing space where participants could listen to their inner calling, inspired by the joy and commitment of sisters from different congregations who shared about their respective congregations and their journeys.

The vocation camp proved to be an inspiring event that rekindled faith and offered clarity to those discerning a religious path.



## PASTORAL MINISTRY

We belong to the Cathedral Mary Help of Christians, Block A. The Sisters of Shillong Community participate in 'Jingiasang', a prayer meeting where people gather together in a family in unity, reflection and faith every Sunday. The Sisters take the hostel girls along with them.

The Sisters also help with the liturgy preparation in a meaningful way once a month for the Khasi Sunday evening Holy Eucharist.



Sr. Mable is actively involved in ministering to the Nepali Catholic faithful along with four Brothers from Sacred Heart Theological College and Oriens Theological College. The Pastoral ministry is at the heart of religious life, as it calls for sharing the compassion, teachings and service of Christ with the community. We, the members of Shillong community try to live this call by contributing to the pastoral ministry depending on the needs of the parish and local community.



*Amia Tete*

## LUCKNOW COMMUNITY

On 25th October Srs. Balika and Amia were delighted to be a part of the Diamond Jubilee celebrations of Loreto Delhi therefore both reached Delhi for the Concert, Tatsum Asi. Through the concert, the students presented the elements of one's being. They also portrayed the lives of ecological social activists who fought to save Mother Earth.

On the 1st of November, the community came together in love and remembrance, adorning the graves of our dear sisters with vibrant flowers and glowing diyas, a heartfelt tribute to their enduring presence among us.



The following day, on the 2nd of November, the solemnity deepened as we celebrated the Holy Eucharist at the graveyard. Our Rev. Bishop J. Mathias presided over the Mass, joined by three concelebrating priests, creating a profound atmosphere of prayer and unity.

The occasion was further graced by the presence of many Catholic neighbors, students, teachers, and their families, all gathering in faith to honor the departed souls. It was a moving celebration of life, memory, and community.

After weeks of tireless dedication to the school's various activities, the community took a well-deserved retreat to rejuvenate both body and spirit. The journey led to the serene Eco Awareness Centre in Kartenia, Uttar Pradesh, a haven of tranquility and environmental mindfulness. Immersing themselves further in nature, they explored the enchanting Dudhwa National Park, where the Wildlife Sanctuary offered breathtaking encounters with the majesty of flora and fauna, deepening their sense of unity with creation.



The journey also included visits to the mission station parishes of Palia and Mailani, strengthening bonds with the Diocese and reaffirming the spirit of service and fellowship.



Abhin Turkey

# ENTALLY COMMUNITY

Engaging with entertainment that nourishes our spiritual, moral, and cognitive well-being is essential for a balanced life. As sisters of the Entally community, we recently watched thought-provoking films such as "Life of a Goat," "Vada Raha," and "Lapata Ladies," which are based on true stories.

These films broadened our understanding of societal issues and deepened our appreciation for the diverse experiences within our communities. By reflecting on these narratives, we strengthened our values and enhanced our collective wisdom.

On October 3rd, the community attended the Vibrant Hues 2024 program at Loreto Convent Entally School, which was organized by the junior section and centered around the theme **“Aikiyam: Togetherness.”** All Loreto schools in Kolkata participated, creating a strong sense of unity and camaraderie. The event was both informative and entertaining, emphasizing the importance of collaboration and community spirit.

Sisters Josephine and Ponnamma made their retreat from 9th - 17th Oct. in the Residence.

We enhanced Sister Sudha's joy as she celebrated her birthday by offering a special Mass to seek God's blessings upon her. This meaningful service allowed us to express our gratitude for her presence in our lives. Following the Mass, we gathered together to share a delicious meal, filled with laughter and warmth which further deepened our bonds as a community. It was a heartfelt celebration that truly honored Sister Sudha and the love we share.

Sister Monica's farewell prayer service was a heartfelt occasion filled with love and gratitude. As a community, we gathered to honor her contribution and the positive impact she has had on our lives. The service included beautiful prayers, reflections, and moments of shared memories, allowing us to express our appreciation for her dedication and guidance. We came together in a spirit of unity, offering our best wishes for her next journey. It was a touching tribute that celebrated her time with us and the lasting legacy she leaves behind.

This year, as in years past, the community celebrated the festival of Diwali

with the Entally boarders who were unable to return home for the holidays, ensuring they felt embraced by the warmth and love of the season.

The celebrations began with heartfelt prayers, invoking blessings for joy and prosperity, setting a serene and meaningful tone. The atmosphere was alive as diyas were lit, their gentle glow symbolizing the triumph of light over darkness, hope over despair. Laughter and cheer echoed through the evening as crackers illuminated the night sky, spreading delight and excitement. The radiant smiles and joy of the girls as they reveled in these moments together were a testament to the spirit of togetherness and the essence of Diwali, leaving hearts full and memories cherished.

The Juniors' Gathering 2024 was held at Loreto Convent Entally, where our community came together to support the Juniors. We worked to create a warm and graceful atmosphere, ensuring that everyone felt welcomed. Our efforts helped foster an environment conducive to a meaningful and fruitful workshop. By accommodating their needs and providing encouragement, we aimed to enhance their experience and contribute to their personal and spiritual growth during this important gathering.

As winter approaches, the sisters of the Entally community have come together to support the children of the brickfields in Kalyani and Aroa by providing them with warm blankets. Recognizing the challenges these children face during the colder months, we felt it was essential to offer our assistance and show them that they are cared for.





*Abhay Ekka*

# DARJEELING COMMUNITY

**Welcome and Farwell:** On the 17th of August, the Darjeeling community joyfully welcomed Sr. Flora as their new community leader. She was greeted with a traditional khada, symbolizing honor and blessings.

The warmth of the welcome reflected the happiness of having her join the community. Two days later, on the 19th of August, a heartfelt thanksgiving Mass was held in honor of Sr. Sunila. The Holy Eucharist, celebrated by Fr. Donatus and Fr. Pragashan, was a touching tribute to Sr. Sunila's selfless service and good deeds. The evening concluded with a shared dinner, during which both priests expressed their deep gratitude for her contributions, making it a memorable occasion for all.

The community enjoyed a series of joyful birthday celebrations, each filled with warmth and togetherness. On the 10th of September, Sr. Shanta's birthday was marked with a Holy Mass celebrated by Fr. Donatus, followed by a delicious dinner. A few days later, on the 13th of September, Sr. Barbara's birthday began with a cheerful cake-cutting during breakfast and culminated in a delightful dinner at Park Hotel with the entire community. Moving into October, Sr. Punitha's birthday on the 6th was a joyous occasion, highlighted by a Holy Eucharist celebrated by Fr. Stanley at 11:30 a.m. and followed by a lovely lunch that brought happiness to everyone. Finally, on the 5th of November, Sr. Flora's birthday was celebrated with a morning Mass by Fr. Amar Rai. The day concluded with evening entertainment for Sr. Flora and a celebratory dinner party, making it a truly special event for the community.



**Visitation:** On the 8th of November, Srs. Sabrina and Monica came for Visitation and the installation of Sr. Flora as the Community Leader. The event commenced with an opening prayer, beautifully led by Sr. Monica, setting a reflective and spiritual tone for the occasion. This significant moment was marked with joy and reverence, strengthening the bonds within the community.



*Miri Phawa*

## 52 C COMMUNITY

On the 11th of August 2024, the community came together to celebrate the joyous feast day of Sr. Claire. The evening was made memorable with a heartfelt greeting song, filling the atmosphere with warmth, love, and camaraderie. The celebration continued with a delightful dinner, making it a truly special occasion.

A few days later, on August 15th, 2024, the community marked Independence Day with a solemn and meaningful ceremony. Gathered in front of the convent, the national flag was proudly hoisted, followed by a reflective prayer service shared with the dedicated support staff. The celebration concluded with a delicious breakfast, fostering a spirit of unity, gratitude, and patriotism throughout the day.

On September 5th, 2024, Teacher's Day was celebrated with immense joy and enthusiasm as the talented students from Sealdah, under the guidance of the wonderful Sr. Baishakhi, brought a vibrant program to our community.



Their heartfelt song and dance performances infused the day with life and laughter, creating an uplifting and unforgettable experience for everyone present. The event was flawlessly organized, blending entertainment with deep gratitude, leaving behind cherished memories of this delightful celebration.

On the 8th September, 2024, the community came together to celebrate the installation of Sr. Sushila as the Superior of Loreto Residence 52C. The solemn ceremony was presided over by Sr. Sabrina and her team, imbued with a deep sense of devotion and reverence. The prayer service, beautifully led by Srs. Antoinette and Baishakhi, set a spiritual tone that touched everyone present. Adding to the joy of the occasion was the presence of extended community members, whose warmth and camaraderie enriched the gathering. The celebration reached its peak with a delightful program showcasing the talents of our young sisters, culminating in a heartfelt song composed by Sr. Antoinette and sung joyously by the entire community. It was a truly memorable event, overflowing with gratitude, unity, and blessings.



On the 13th September 2024, the community at Loreto Residence 52C was graced with a delightful visit from Sophie and Arman of the Irish Embassy. Their warm presence filled the residence with joy, as we gathered for a delightful tea, accompanied by lively conversations and infectious laughter.



Later in the month, on the 26th of September, Sister Maeve experienced a heartwarming surprise as her beloved nephews, Barry and Sean, visited her during her twilight years. Their presence revitalized her spirit, bringing immense joy to the entire community. Their stay was a cherished time of togetherness, and when they departed on the evening of October 1st, a deep sense of gratitude lingered, a testament to the precious moments and lasting memories they left behind.



On the 2nd of October, 2024, the community gathered in Sr. Angela's room to joyfully celebrate her feast day. Singing her favorite songs and hymns, with Sr. Angela joining in, filled the room with warmth and delight. The occasion was made even more special



by the presence of her beloved family members and cherished former pupils, whose participation added a sense of nostalgia and deep affection to the festivities.



From the evening of the 9th to the 17th of October, the Loreto Residence was graced with the annual retreat, directed by Fr. Doni SJ. This sacred time provided profound spiritual nourishment, as the retreatants experienced joy, inspiration, and meaningful guidance. It was a deeply rejuvenating week, uplifting spirits and renewing hearts within the community.

However, the month ended on a sober note, as the community mournfully bade farewell to Sr. Angela, who peacefully ascended to the Lord on the 28th of October. Her funeral, held on the 30th, was a poignant and heartfelt occasion attended by her nieces Sheila and Sandra, nephew Michael, and numerous past pupils whose lives she had touched so profoundly. The tributes shared celebrated her remarkable legacy, offering a deep sense of gratitude for her extraordinary life. While she is missed dearly, the community takes comfort in knowing that she is now enjoying the fullness of life with the Lord.



On the special occasion of Sr. Cecily's birthday, the community came together to celebrate with heartfelt joy. She was greeted with a touching song, accompanied by warm wishes and love, creating a beautiful moment of togetherness and celebration. It was a truly delightful day, filled with happiness and gratitude for Sr. Cecily's presence among us.





Molly Francis

# Recipes

## Brinjal Pickle

### Ingredients:

- 2 large brinjals 20 cloves of garlic (small to medium-sized cloves)
- 3 inches of ginger 1 tablespoon kasoori methi
- 1 teaspoon cumin seeds 12 cloves
- 4 teaspoons Kashmiri (mild) red chilly powder 1/2 cup sugar
- 3/4 cup sunflower oil 1 1/2 teaspoons mustard seeds
- 2 sprigs of curry leaves 4 1/4 teaspoons salt
- 1 1/2 teaspoons turmeric powder 3/4 cup apple cider vinegar.

### Preparation:

1. Cut the eggplant into cubes. Sprinkle the eggplant with 4 tsp of salt and mix well. Set this aside for 1 hour.

2. Peel and roughly chop the ginger and garlic. Using a mixer grind the ginger, garlic, fenugreek leaves, cumin seeds, cloves, red chilly powder, and turmeric powder with vinegar to a paste.



3. After 1 hour, you will notice that the eggplant has released a lot of moisture. Drain all the liquid from the eggplants and gently squeeze the eggplant to get rid of any liquid.

4. Heat the oil in a large pan. Lower the heat to a medium low. Add the mustard seeds and let them sputter. When they are sputtering, carefully add the curry leaves.

5. Add the spice paste and cook on a low to medium heat for 10 minutes. Stir frequently.

6. Add the eggplant cubes and cook for another 10 minutes. Stir gently now and then to mix well, but be careful to not break down the eggplant pieces.

After cooking for 10 minutes, the eggplant cubes should be tender but will still somewhat retain their shape and not be too mushy.

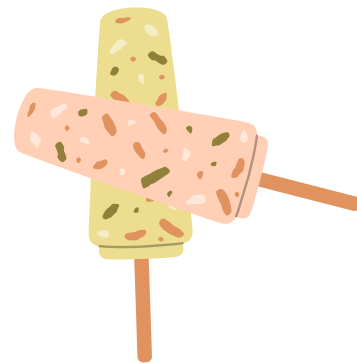
7. Add vinegar and sugar into the pan and cook for another 10 minutes and now you will see the oil separating at the sides of the pan. Taste and add the remaining 1/4 tsp salt, if needed, and stir through.

8. Take off the heat and spoon the hot pickle into the prepared glass bottles. Cover the bottles and leave them on your counter to cool.

## Kulfi

### ***Ingredients required:***

- 1 tin condensed milk
- 1-litre milk
- 100 gms chopped cashew nuts
- a teaspoon of rosewater
- 6 pods of crushed cardamom.



### ***Here's a simplified summary of the kulfi preparation process:***

- ***Heat milk:*** Light the stove and combine condensed milk with regular milk in a pan.
- ***Boil and stir:*** Bring the mixture to a boil, stirring continuously to prevent it from sticking to the bottom.
- ***Add flavors:*** Once it boils, turn off the heat and mix in crushed cashews, rosewater, and crushed cardamom for a rich, aromatic flavor.
- ***Cool and set:*** Let the mixture cool, then pour it into kulfi molds or ice-cream cups.
- ***Freeze:*** Refrigerate for 6-7 hours until fully set.

***Your creamy, homemade kulfi is now ready to be enjoyed!***

# Pork Vindaloo (for 1 kg, of pork meat)

## **Ingredients required:**

- garlic 8 to 9 pieces
- 3 big size onions
- 3/4 inch ginger
- red chillies- 7 to 8 ( according to your preference)
- 2 teaspoons jeera
- 1 1/2 teaspoon of saffron
- 1 1/2 teaspoon mustard



## **Here's a concise step-by-step guide to preparing the vindaloo:**

- **Prepare the meat:** Cut the meat into medium-sized pieces.
- **Make the Marinade:** Grind onions, chillies, ginger, garlic, saffron, mustard seeds, and cumin seeds into a paste using vinegar.
- **Marinate:** Coat the meat with the ground paste, add mustard oil, and let it marinate for 30 minutes.
- **Cook the meat:** Heat the marinated meat on the stove, cooking it in its masala for 20 minutes.
- **Add Water:** Pour in two cups of water and cook on medium heat.
- **Season:** Once the meat is nearly done, add salt and vinegar to taste.
- **Finish Cooking:** Let it simmer until the meat is tender and well-cooked.

**Serve this flavorful vindaloo with hot steamed rice for a delicious meal!**

# LAUGHTER IS THE BEST MEDICINE

## ABLIN TIRKEY

*There is always a right way and a wrong way to proceed:*

Two Jesuit novices both wanted a cigarette while they prayed.

They decided to ask their superior for permission.

The first asked, but was told no. A little while later he spotted his friend smoking. "Why did the superior allow you to smoke, but not me?" he asked.

His friend replied, "Because you asked if you could smoke while you prayed, and I asked if I could pray while I smoked!"



A Franciscan gets a haircut, and then asks how much he owes. The barber says he never charges clergy. The Franciscan thanks the barber and goes home.

The next morning the barber finds a big basket of fresh bread from the Franciscans' kitchens.

An Augustinian gets his hair cut by the same barber. The barber also tells him that he never charges clergy.

So, the next day the barber receives a nice bottle of wine from the Augustinians' wine cellar.

A Jesuit gets his haircut, and the barber again says that he never charges clergy.

The next day, when the barber gets to work, there are twelve other Jesuits already waiting for him.



An old man had 8 hairs on his head.

He went to a barber shop.

Barber in anger asked: shall I cut or count?

Old man smiled and said: "color it"!

Life is to enjoy with whatever you have with you.



# BIRTHDAYS & FEASTDAYS



## December Birthdays

Sr. Edelin Pompa Kujur	1st Dec
Sr. Edline Toppo	1st Dec
Sr. Priyanka Dungdung	12th Dec
Sr. Rina Ekka	19th Dec
Sr. Anjuman Gidh	21th Dec
Sr. Stephanie Rodrigues	26th Dec
Sr. Benedicta Gomes	26th Dec

## Feastdays

8th Dec Sr. Phyllis Morris



## January Birthdays

Sr. Jency. V	2nd Jan
Sr. Agnes Bhutia	5th Jan
Sr. Banisha Sohklet	8th Jan
Sr. Molly Francis	9th Jan
Sr. Phyllis Morris	12th Jan
Sr. Preety Pratima Minj	12th Jan
Sr. Yvonne Gomes	14th Jan
Sr. Rani Regina Hembram	15th Jan
Sr. Maeve Hughes	15th Jan
Sr. Miri Phawa	15th Jan
Sr. Sunila Toppo	19th Jan
Sr. Monica Suchiang	23rd Jan
Sr. Anita Nayak	23rd Jan
Sr. Helen Borneo	25th Jan
Sr. Shalini Rozario	26th Jan
Sr. Priyanka Topno	27th Jan
Sr. Ganga Jyoti Bardewa	28th Jan

## Feastdays

21st Jan Sr. Agnes Bhutia



## February Birthdays

Sr. Leena lakra	5th Feb
Sr. Puspa Rai	5th Feb
Sr. Carmella Coelho	11th Feb
Sr. Mariam Ekka	16th Feb
Sr. Maria Bastian	19th Feb
Sr. Igora Pinto	22nd Feb
Sr. Maxima Toppo	26th Feb
Sr. Josephine Burh	28th Feb
Sr. Swati Lakra	28th Feb
Sr. Manjula Lomga	28th Feb
Sr. Dipika Mrong	28th Feb



## Feastdays

11th Feb Sr. Lourdes Noronha

