

## Sisters of Our Lady of The Missions

**Chiguru**

23/12/2024

### Mariam Nilaya Novitiate – News Letter

*“Journeying together with Hope”*

**Chiguru** (ಚಿಗುರು) is a Kannada word that refers to the tender, young shoots or sprouts that emerge from plants. It symbolizes new beginnings, growth, and vitality, representing youthfulness and freshness in both nature and life. It evokes a sense of hope, renewal, and the promise of a bright future.

A plant will grow from a tiny seed,  
Our lives in the Novitiate, indeed.  
A tiny plant we are today,  
We keep growing each passing day.

We started life as a little seed,  
Sprouting slowly into a kid.  
Later, we bloom, a flower so bright,  
Spreading fragrance, taking flight.

Growing and growing, all the time,  
Getting fresher, stronger, in our prime.  
Ever ready, ever strong,  
To face each challenge, as we go along.



**Dear Sisters,**

**A warm greeting of peace and joy!**

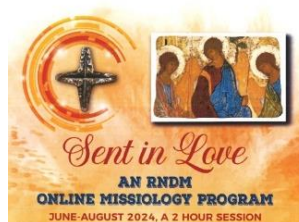
We meet each other along the way by sharing our cultures and lifestyles. Walking through life as “Friends in search of God” (Cons Art #43) is a method of life that involves traveling together with hope. Walking together, supporting one another, carrying each other’s burdens, and maintaining our focus on God’s everlasting promises are all part of this journey. We experience the fullness of God’s grace and the fortitude to face any challenge because of this shared hope.

We keep in mind that we are not alone as we stroll together. Christ is the foundation of our hope, and the assurance of eternal life gives us the strength to continue living in faith.

**“Let us hold fast the confession of our hope without wavering, for He who promised is faithful.” (Heb 10:23)**

We, the novices, are delighted to connect with you once again through this newsletter. We are excited to share with you our cherished experiences in the novitiate over the past few months. We hope that our story will inspire and enrich you.

#### *Missiology online class*



Learning is a lifelong process, and the more we learn, the more we discover. We the novices would like to express our heartfelt gratitude to you dear Sr. Josephine, Sr. Margaret, Sr. Lissy, Sr. Joicy and Sr. Lucy, for organizing the online missiology classes on various topics.

We were truly delighted to connect with the sisters and listen to their sharing. The diverse topics presented by the expertise have deepened our personal journeys, especially in strengthening our faith in God through our charism and spirituality. We have learned to embrace one another and the

realities of life, which has inspired us to remain steadfast in our vocation. Understanding the roots of our congregation and following the footsteps of Euphrasie has been truly enlightening. Furthermore, we have gained valuable insights on how to navigate and live in today’s digital world.

**Let all work together in a spirit of true obedience, remaining united  
by the bond of charity (EB 1866)**

## A Tribute to Euphrasie Barbier



Euphrasie's love reaches to the skies,  
She is the wonder in our lives.  
For her daughters, she is a loving mother,  
A precious daughter of God, like no other.

We are the daughters of Euphrasie,  
Our hearts and souls belong to Thee.  
United in God's holy love,  
To spread His mission from above.

Our call is rooted in free will,  
And never falters, nor stands still.  
Christ is our center, our guiding light,  
Showing the way, through day and night.

Courage and compassion, hand in hand,  
Guiding us through life's shifting sand.  
Daughters of Euphrasie, we rise and soar,  
To sing God's praises forevermore.

## Eco-Spirituality and the Quest for Inner and Outer Harmony

In nature's breath, we find our place,  
A sacred bond, a quiet grace.  
Through trees and streams, the Earth does speak,  
In every rustle, soft and sleek.

We walk as stewards, wise and true,  
To care for all, the old and new.  
With mindful hands and hearts that see,  
We tend the Earth with reverent plea.

Through time in nature, prayers are made,  
In quiet moments, peace is laid.  
Grateful for the wisdom shared,  
We rise as one, to show we cared.



## The various disciplines or teachings that deepen one's understanding of God, oneself, nature, and other people.

### Personality Integration for Holiness and Wholeness in Consecrated Life



*"Faith is the bird that feels the light and sings when the dawn is still dark."*

Consecrated life means going to the very root of the love of Jesus Christ with a personal heart and putting nothing ahead of this love. We were privileged to have an inter-



novitiate class with Fr. Joseph Benedict Matthias, SJ. It invited us to reflect on consecrated life, which means living a life of joyful witness. Through the workshop, we were reminded that religious life must show, through our actions, that we are an evangelizing community - one that is service-oriented, not power-oriented. The class was held over the course of a week, and each day's activity helped us to learn from one another through group presentations on various topics. At the end of the class, we

were delighted to present a skit on the parable of the pencil. We were happy to present it in a creative way, reflecting the challenges we encounter in our daily lives.

As we conclude this time of reflection and learning, we are left with a renewed sense of the sacredness of our vocation, and a deeper commitment to living it out with joy and authenticity in the service of God's people.

### ***Mariology***



Our knowledge of Mary, the mother of Jesus, and her significance in Christian theology has grown as a result of the Mariology class. It investigates the connections between her teachings and major Christian ideas like Jesus, grace, redemption, and intercession. In addition to teaching us that Mary was filled with the Holy Spirit, the class encouraged us to put into practice Mary's virtues and life lessons to our own. Mary serves as an example for our congregation of how to better follow Christ by comprehending His mission. The four catholic Marian Dogmas Divine

Motherhood, Perpetual Virginity, Immaculate Conception, and the Assumption were also covered in our study.

### ***Choices and Discernment***

Choice is essential for personal growth, as it signifies commitment and the fullness of life. Through prayer and contemplation, we are invited to continually say "Yes," allowing us to decide freely. Inner freedom requires maturity, attentiveness to our inner self, and a journey of self-discovery. It involves becoming aware of our current reality—ourselves, others, and God. The most significant call is to be present to the Holy Spirit, who is not distant but intimately involved in our lives. A genuine desire to seek, find, and fulfil God's will is the key, as is building a loving relationship with the Lord and becoming familiar with His Gospel values. A crucial aspect of discernment is our image of God.



### ***RNDM Honouring Earth Community***

On this special day, we set aside time to spend with Mother Earth. Whether it was planting, cleaning, weeding, cultivating, repotting, or painting, we did it with joy and enthusiasm. In the community, we practice plastic – free style.



## ***Social Analysis***



The session on Social Analysis was conducted by Sr. Oliva Saldana RNDM to help us understand the reality of life in families, societies, and communities. We are called to bring the reign of God, to see everyone through God's eyes, and to promote justice and equality in the workplace. People's participation is essential; we should not differentiate people, but rather respect their beliefs and cultures.



Our goal should be to create a harmonious and lasting impact on people's hearts. It is important to remember that success is not always guaranteed, because failure also may occur, but we must remain firm in our mission. Social work empowers people, communities, and societies. As Martin Luther King Jr. said, "Everyone can be great, because everyone can serve." Social work can contribute goodness and light, helping people to see hope rather than despair. We are grateful to our sister for her availability in sharing her wisdom, as well as for sharing the reality of her life experience with us.

### ***Communication and Conflict resolution Skills***

The session on communication and conflict resolution has taught us that both are vital in our everyday lives. The ability to communicate clearly—knowing when to speak and when to listen—is essential. But it goes beyond words: empathy is the key. We've learned the importance of understanding the emotions behind what others are saying. Listening with patience, even when it's difficult, is just as important. Allowing others to speak first is a simple yet powerful way to show respect. As John Maxwell wisely puts it, "To handle myself, I use my head; to handle others, I use my heart." In communication, balancing both heart and head choosing our words thoughtfully can make a profound impact on those around us.



### ***Child Protection Policy***

The safety and well-being of children are of utmost importance in our world today. As Jesus said (Mt 19:14), "Let the children come to me," reminding us of our responsibility to care for them. We had the privilege of attending a class with Sr. Mary Anna, where we gained valuable insights on child protection. This class deepened our understanding of how we can support children in our ministry, especially those who have been rejected by their families and society. Through various activities and research, we explored different issues that shed light on the harsh realities many children face. While the challenges are significant, the key is to awaken our hearts and take action to help these vulnerable children. This is one of the mission priorities of our congregation.



***"Prayer leads us forward in Hope"***

**Pope Francis**

## *St. John's Gospel*

The prologue of the Gospel of Gospels. It introduces the community, emphasizing the reflects an openness to the mission. It calls for faithfulness, often forgetting that it is, in fact, identify with God's mission,



John stands in stark contrast to the Synoptic foundational experience of the Johannine theme of being “children of God.” This Divine unity and a life committed to God's where we give our best to the work at hand, God's work. This realization helps us to fostering hope and dedication in our hearts.

## *The Acts of the Apostles*

Studying the Acts of the Apostles deepens our connection with the Holy Spirit. Through the inspiring life stories of St. Paul, we find courage and insight. Paul's unwavering commitment to Jesus' mission, leaving everything behind to spread the Gospel, offers a powerful example. His journey reminds us that following Christ is not merely about doing good or avoiding evil but striving to seek out what is most pleasing to God and choosing the most loving path in all situations. Ultimately, this journey is about tuning into our inner experiences, allowing them to guide us toward our true direction. We are grateful to Sr. Shiji Varghese for imparting this knowledge to us.



### ***Human Formation***

The longer journey in life is the journey within. We were privileged to have Sr. Lovely Mary teach us about human formation, a process of developing into well-rounded individuals, essential for all we do and how we interact with others. Human formation helps us to develop our talents, acknowledge our limitations, improve ourselves, and open our hearts to the corrections, guiding us to become our best selves. It involves:

- **Self-knowledge:** Understanding and accepting ourselves, fostering self-esteem.
- **Relationships:** Learning to relate to others maturely
- **Service:** Embracing sacrifices and self-denial for a life of service.

### **Benefits of Learning Languages**

According to a Chinese saying, learning a language is like having an additional window through which to view the world. Sr. Mary Anna taught us Hindi and Kannada every afternoon. It was challenging at first to learn the alphabet and pronunciation, but now we enjoy it and practice frequently. We are now able to read, write, and study new things every day to get better. Learning the local language is crucial for all the missionaries. Dr. APJ Abdul Kalam inspire us to dream before our dreams can come true.



## *Maintaining media up-to-date for improved participation and efficient communication*



Updating media has broadened our vision for the congregation, its missions, and members in the digital world. Information spreads quickly, enabling communication across the provinces and regions, aligning with the times to proclaim the gospel. Media has made it easier to update essential work and engage with other countries and sisters in the mission. It helps us connect with sisters in different regions, share our lives, understand their customs, and strengthen our faith journey.

## *Lessons Learned from the Pilgrimage and Mission Sharing*

Pilgrimage is a profound journey in search of God, seeking peace and solace in our hearts. We are truly privileged to have the opportunity to hear from Sister Cecilia Turkey, whose sharing was both inspiring and enriching. As we listened to sister, we could feel as though we were journeying alongside our Mother Euphrasie. It was a great privilege to see photographs of her hometown and the many churches where she participated in the Holy Eucharist, received her First Holy Communion, and received her call to the religious life.



Equally inspiring was the life-giving sharing of Sister Silvy Kodiyan about the mission in Senegal. We were deeply moved by the way the community lives in harmony, despite the diverse cultures and languages. Through her words, we were reminded that when we have a true desire to learn and grow, we can accomplish great things for the mission.

## *Intergenerational sharing with the sisters from United Kingdom and Ireland Province*



Sr. Pauline, Sr. Kathleen, Sr. Celestine, Sr. Winfred, Sr. Maria, Sr. Barbara, Sr. Yvonne, Sr. Eileen and Sr. Joyce.

Encountering the sisters beyond our culture and country was truly a unique and unforgettable experience. When we opened the Google Meet and saw their faces for the first time, it was a moment of pure wonder. We couldn't stop smiling, and our hearts raced with excitement. The sisters, full of life and energy, were equally thrilled to see us, young women eager to learn. In fact, they seemed younger than us, radiating a vibrant energy that was inspiring. Listening to their rich experiences of vocation and mission touched us deeply. Their stories of dedication and perseverance, despite the many challenges they faced, have motivated us in our own formation journey. They have never wavered

in their commitment to the One who called them, serving with wholehearted devotion and deep faith. Their prayer life and dedication to their mission are a testament to their unwavering faith.



This sharing has enriched our hearts, encouraging us to follow in the footsteps of Euphrasie Barbier with joy and enthusiasm, especially in our work for the glory of God. As we reflect on Article 38 of the Constitutions, we are reminded that we are



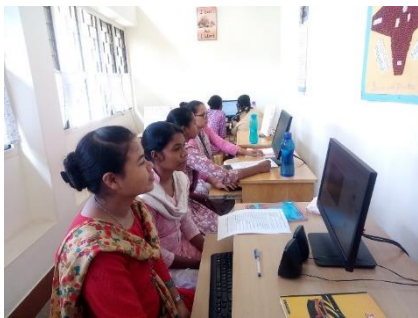
called to live with mutual respect, reverence, and cultural sensitivity. We understand that the Holy Spirit dwells in the heart of all people and cultures, and we are called to embrace the grace of diversity with simplicity, joy, and unity.

### ***Monthly Recollection***

In the novitiate, one of our key spiritual practices is the monthly recollection. During this time, we reflect on the past month's experiences and choose a theme that helps us deepen our charism of *contemplation in action*. We spend time recalling how the month has unfolded, recognizing moments of growth and challenges. Our reflection ends with a group sharing, where we exchange insights and lessons learned. From this, we set a collective resolution for the coming month and elect new leaders. We feel blessed by the constant encouragement of our sisters, which strengthens our passion to live our vocation faithfully. The recollection concludes with Euphrasie's chant, uniting us in prayer and commitment.



### ***Research and Presentation: A Learning Experience***



In addition to classroom learning, we conducted self-directed research on topics like our favourite saints, Indigenous spirituality, and world religions. This journey deepened our understanding of diverse cultures and practices.

Our research on Indigenous peoples highlighted their rich cultural traditions, ecological wisdom, and sustainable practices passed down through generations. We learned valuable lessons on how to protect and preserve our planet.



### ***Exploring World Religions***

Our research on Islam, Hinduism, Buddhism, Judaism, Sikhism, and Jainism helped us appreciate the uniqueness of each belief system. It emphasized the importance of respecting and understanding different religions, especially in our role as religious missionaries. We gained confidence by presenting our findings creatively, through PowerPoint and storytelling, and enjoyed learning from each other in the process.



### *A Vacation with the Lord*

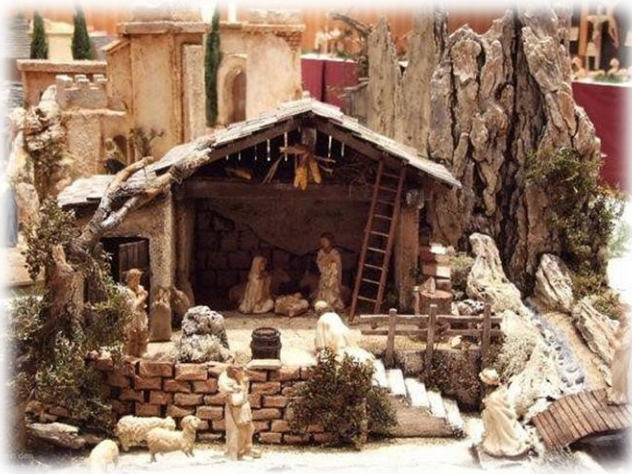
We are grateful to share that we had a blessed eight-day retreat with the Lord at Mount St. Joseph Retreat Centre, run by the Jesuits. The theme of the retreat was “Listen! I am standing at the door, knocking” (Rev. 3:20). Directed by Fr. James Gonsalves SJ, each day brought a new topic that deepened our reflection on this central message. Throughout the retreat, we were blessed to experience God’s profound love for us, encountering Him in the stillness of our hearts and in the beauty of creation. As the retreat came to a closer, we were filled with a renewed mind and heart, and we resolved to always be attentive to the voice of God, seeking to do His will as Mary did and following Him closely.



## GRATITUDE

As we come to the close of our sharing, we would like to express our heartfelt gratitude to each of you, dear sisters, for taking the time to read our newsletter. Your constant prayerful support means the world to us. Because of your prayers, we are strengthened and flourishing in our formative journey. We assure you of our prayers and humbly ask that you continue praying for us. Thank you once again for your love and encouragement.

Thank you



**Your loving sisters  
Mariam Nilaya Novitiate**