

Dialogue

No. 113 (For private circulation only)

January – March, 2023

7 Things to abstain from, according to Pope Francis



LENT MARKS the 40 days leading up to Easter where Catholics are called to fast and abstain from certain things in preparation for the celebration of victory over sin and death. Here are 7 suggestions taken from Pope Francis' messages, addresses, and homilies:

1. Abstain from Avoiding God

"Lent is indeed the 'favourable time' to return to what is essential, to divest ourselves of all that weighs us down, to be reconciled with God, and to rekindle the fire of the Holy Spirit hidden beneath the ashes of our frail humanity," said Pope Francis during his homily of the Ash Wednesday Mass on February 22, 2023.

The Pontiff explained that "the rite of the imposition of ashes serves as the beginning of this return journey," which reminds us "who is the Creator and who is the creature." This journey leads us to "the truth about ourselves," and helps us emerge "from the fortress of our self-sufficiency." It is an opportunity to "return to God and to our brothers and sisters."

2. Abstain from Spiritual Arrogance

During his Sunday Angelus address on October 23, 2022, Pope Francis warned against "spiritual arrogance," that makes us put ourselves before others and before God. It stops us from going towards others. "Where there is too much 'I', there is too little God."

"Lent is a time of grace to the extent that we listen to Him as He speaks to us." Pope Francis

“We all run the risk of falling into this trap. It leads you to believe that one is righteous and has the right to judge others. [...] Without realizing it, you adore your own ego and obliterate your God. It revolves around oneself. This is prayer without humility,” he explained. “Let us ask the intercession of Mary the Most Holy, the humble servant of the Lord, the living image of what the Lord loves to accomplish, overthrowing the powerful from their thrones and raising the humble.”

3. Abstain from Digital Media Platforms

In his 2022 Lent message Pope Francis said this liturgical period is perfect for resisting the temptation of digital media, “which impoverishes human relationships.” He encouraged cultivating “authentic encounters face-to-face.”

This is a warning the Pontiff has given often, such as in a message in July 2022 to SIGNIS, an international Catholic association for communication. Although he acknowledged “how digital media can bring us together” by “disseminating essential information” and “uniting whole families and ecclesial communities,” it must be used wisely. “Especially social media, has raised a number of serious ethical issues” and many “media sites have become places of toxicity, hate speech, and fake news.”

4. Abstain from Polarizations and Divisions

It is easy to get caught in the debates and divisions that affect society daily. However, Pope Francis calls Catholics to be “not either-or” but “both-and, combining differences.” In an interview with Jesuit media outlet America, published in November 2022 he clearly stated “polarization is not Catholic.”

“The Catholic unites the good and the not-so-good. There is only one people of God. When there is polarization, a divisive mentality arises, which privileges some and leaves others behind. The Catholic always harmonizes differences,” he explained.

5. Abstain from Being Indifferent to Others

“Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience,” the Pontiff said during his 2015 Lent message.

Caring for the forgotten, the marginalized, and those who suffer in society is a central pillar of Francis’ pontificate. He often condemns “throwaway culture” and calls for the dignity of every human being. “Lent is a favourable time for showing this concern for others by small yet concrete signs of our belonging to the one human family,” he said.

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6. Abstain from Unnecessary Noise

Pope Francis emphasized the importance of silence in a general audience on December 15, 2021, as he was doing a catechesis on St. Joseph. “With his silence, Joseph invites us to leave room for the Presence of the Word made flesh, for Jesus,” the Pontiff said, explaining how the Gospels do not contain a single word uttered by Mary’s husband.

The Head of the Catholic Church acknowledges that silence makes many people “afraid,” as it forces one to look within. However, he highlights that “to cultivate silence” is to “give the Spirit the opportunity to regenerate us, to console us, to correct us.”

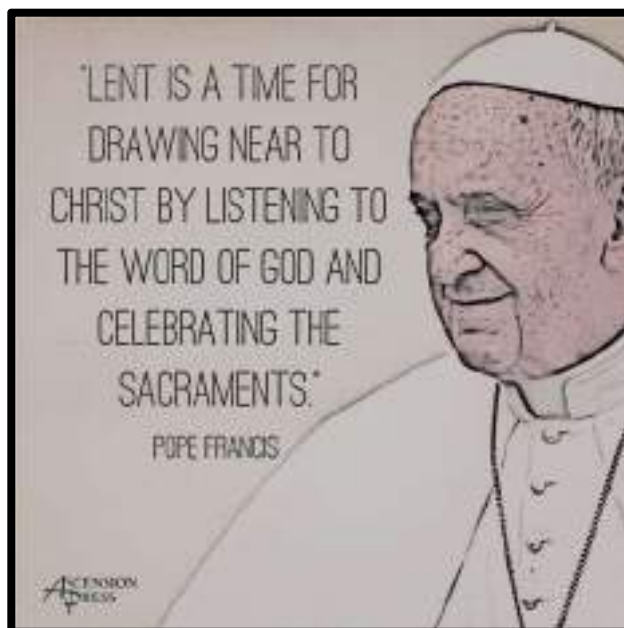
In a recent speech on January 20, 2023, to diocesan liturgical leaders, Pope Francis also explained that silence during Mass is especially important. It “enables you to prepare for the mystery” of the Eucharist. And the Pope has a devotion to Our Lady of Silence.

7. Abstain from Narcissism, Victimhood, and Pessimism

In his Pentecost homily in 2020 Pope Francis identified “three main enemies” that prevent us from receiving the gift of the Holy Spirit filling our hearts: “narcissism, victimhood, and pessimism.”

“Narcissism makes us idolize ourselves, to be concerned only with what is good for us. Victims complain every day about their neighbour. Thinking that no one understands us and experiences what we experience. The pessimist gets angry with the world, but sits back and does nothing, thinking: ‘What good is giving? That is useless,’” the Pope illustrated.

The antidote to these enemies is praying. Asking the “Holy Spirit memory of God, revive in us the memory of the gift received,” the Pontiff said.



Editor's Note

Dear readers,

DIALOGUE NO. 113, Jan-Mar 2023 is ready to be published.

In the cover page article **Pope Francis** exhorts us to abstain from the following **seven** things, in this season of Lent and even later, to lead a spiritual life:

- i) Abstain from avoiding God
- ii) Abstain from spiritual arrogance
- iii) Abstain from digital media platforms
- iv) Abstain from polarizations & divisions
- v) Abstain from being indifferent to others
- vi) Abstain from unnecessary noise
- vii) Abstain from narcissism, victimhood & pessimism

Joe Mannath, SDB, in his article, 'Lent; A Joyful Time' explains that Lent is a joyful time because it is a **time for growing in love**. One can grow in love in the following **three** ways:

- i) By praying more and better
- ii) By consciously choosing to be loving
- iii) By being disciplined.

We had **province level MGA meeting** on 11th & 12th Feb 2023. Miss Ashna Paulose, one of the members of MGA from MIC, Lucknow gives a brief account of that meeting.

Dr. Sudeep Kumar, a noted Cardiologist of SGPGI, Lucknow stated in an **International Conference** on 13th Feb 2023 that sleep disturbance has been observed in Indian youth. Getting good sleep is not only important for energy levels but also

is critical for heart health. He said a large number of Indian youth are working on fat pay packets of multi-national companies with immense pressure to meet targets. As a result they compromise on their sleep. According to him sleep is essential for good health as it helps to repair the body and to function normally during the day. Medically **seven hours of sleep** is recommended. If someone compromises on it then they develop high B.P. which was a risk factor for heart disease and stroke.

In **Hymn No.85**, 'The Enabling Grace', **Bro. PJ Emmanuel, SG** reflects on heavenly Father's love, care and mercy during this Lenten season. We do appreciate your literary creativity dear Bro. Emmanuel.

In this edition of **DIALOGUE** we have news from 15 communities of the province and from 03 National Houses of formation. The LSs and local correspondents deserve our appreciation. We miss the contribution from St. Francis', Bhopal due to the ill-health of the members of the community. I also could not get news from St. Charles Lwanga, Port Moresby, PNG, despite the reminders.

Wishing you a Happy Easter and the blessings of the Risen Lord,

Bro. T.T. Mathew, SG
Editor



Provincial's Message



Dear Brothers and Readers,

I am happy to pen down few lines for our Newsletter "Dialogue" as we are in the midst of Lent and going to celebrate the Resurrection of our Lord. First of all let me wish you all a truly blessed and hopeful Easter.

I think the way of the cross is lived by our fellow humans in the midst of violence, terrorism and poverty in many part of the world. Men and women as well as the earth are often on the cross as they are discriminated against, rejected, manipulated or destroyed to satisfy selfish

human interest. We all have our own share in them too. The agony of their daily crucifixion is captured as image and videos in the digital coffin of global network and carried by social

media for a short viral for all to see before they are buried in the private cemeteries of short term digital memory. The real danger is that, after this sense of horror human hearts may get immunized against such suffering of humanity and the planet by everyday witnessing this crucifixion happening in our neighbourhood.

Dear Brothers, there is no Easter of Resurrection without the narrow passage of suffering, the cry of abandonment and death experience on good Friday. Only in this way does Easter become the celebration of hope that does not deceive and of the explosion of new life offered to all and inaugurated by the risen Christ.

May this Easter, with its overwhelming load of light and new life lead us ever more to integrate our existence as human being and as religious into that

of the Risen Christ and allow us to communicate life in fullness through his spirit. May the Resurrection of Christ encourage us to give reason always and without fear to this faith and this hope which must animate our life as Christians and religious

everywhere and in every situation.

Wishing you all Happy and Holy Easter of Resurrection of Our Lord.

Bro. Thampy Alex, SG
Provincial Superior

The Readers Write

Dear Bro. T.T. Mathew,
Wishing you a very happy and prosperous New Year 2023. May this year continue to keep you in good health of mind and body. May cheer and creative thoughts be yours as it always had been. Love the way you dedicate yourself to any task that is put on your shoulders. Thank you for the Magazine, DIALOGUE.
Bro. Roque, SG
All Saints' High School,
Hyderabad – 1

Happy New year Brother.
Thanks a lot for the Dialogue. Hope that from now I shall be having it frequently. I have already reached Morogoro and

have started my mission as local superior and provincial bursar. Keep me in your prayers, **Bro. Sebastian Ndabunganiye, SG**
Morogoro, East Africa

Thanks for the soft copy of DIALOGUE No.112. It is a good work. Felicitations. With best wishes,
Bro. Lawrence Joseph, SG
Lake Montfort School,
Bangalore

Thank you for the soft copy of the DIALOGUE No. 112. I went through it. Truly such a splendid work you have been carrying out... Good and Congratulations!
Sr. Linda, OSB

Benedictine Convent,
Bangrasia, Bhopal

Dear Bro. T.T. Mathew,
Thank you so much for your timely magazine once in three months. I was away for my retreat and Leadership training for HM'S throughout the state. Sorry for the late reply. Very informative and powerful message to all of us. May God bless your efforts! Praying for you Brother.

With love,
Bro. Balan, SG
Headmaster & Correspondent,
St. Joseph's HSS school,
Chengalpattu, Tamilnadu -
603002.

HYMN NO. 85

The Enabling Grace

1. The enabling grace at heart
Lets take a grasp of mind's dart
To the august Father's realm
Of love, peace and intent calm.
2. The enabling grace at heart
Lets one look at Father's care
Ever vibrant to seek men fare
As His usual Passion dares.
3. The enabling grace at heart
Lets Father's mercy flow
As the mountain rapids rush
Into everlasting spurt.
4. The enabling grace at heart
Lets one know Father's plan
Through most pleasing Son Divine
In his cruel death and rising.
5. The enabling grace at heart
Ennobles men to love over cost
Of earthly pomps, glare and flair
Lay down life for purpose rare.
6. The enabling grace at heart
Turns countless true men on earth
As serving hands, heaven's heir
As light to the world so rare.

Bro. Emmanuel P.J.

LENT: A Joyful Time



If you ask a Catholic, “In the whole liturgical year, tell me which season you think of as joyful?”

You are likely to hear this answer: “Christmas.” Agree? That Christmas is a joyful feast, there is no doubt. Christmas Carols, cards, cakes and visits to the crib make it enjoyable and memorable. The feast certainly touches the heart, and most of us have wonderful memories of some Christmas celebrations.

The other day, which Catholics are very aware of is Good Friday – the day which recalls Jesus’ crucifixion and death.

This touches our hearts, but in a very different way. We recall the torture and death of a perfectly innocent man who had done only good. We believe, too, that Jesus accepted the cross and his atrociously painful death in fidelity to the Father and out of love for us.

Lent, which is the time of preparation for this central celebration, is thought of as serious and sober – not as light or joyful. And yet, the church call Lent a “joyful” season. Why? For this simple reason:

Lent is not mainly a time when we “give up” what we like, but a time when we want to get closer to our loving Lord.

It is a time for growing in love. How do we grow in love?

In **three** ways: **by praying more and better, by consciously choosing to be loving, and by being disciplined.**

Prayer, growth in love and self-discipline are not sad choices. They are **joyful**, because they are **life-giving**.

Prayer: Prayer is neither informing God of our needs, nor trying to coax God to do what we like. It is basically about listening to God’s voice and becoming what God wants me to be. The one who is changed in prayer is not God, but the person praying. Suppose during this lent I take five or ten minutes every day to pray, I will see the difference. We can do this in any way we find meaningful. I can read the Bible attentively for 5-10 minutes. I can make a visit to the Blessed Sacrament, sit quietly, and talk with God and listen to God. I can recite some of my

favourite prayers – a psalm, or the rosary, or simple ejaculatory prayers. Try this, and you will see the difference.

Growth in Love: The least we can do is to refrain from evil. Thus for instance, if I have spoiled someone’s reputation by gossiping, I can apologize to the person concerned, say an extra prayer for this person, and say something good about him or her. I can cut down my personal expenses – on food, drink, clothes, entertainment or celebrations – and devote that amount to helping a needy person. I know people who spend all their pension money to help the poor, without buying anything for themselves. There are others who do not buy a TV, but give that amount in charity. Others go to heroic lengths. Someone sent me a short video today extremely simple wedding



ceremony of a highly qualified couple. He belongs to the IPS cadre and she to the IRS. They decided to keep their wedding ceremony very, very simple and use the money thus saved to educate twenty orphan children. Their families and friends were

strongly opposed at first, but agreed with the couple finally. I am talking about a Hindu couple. Even if we do not make such heroic decisions, all of us can do something for the less fortunate.

So, too, Lent is a good time to forgive, seek forgiveness, and be reconciled. When we cling to bitterness or hatred, we fill our heart and mind with poison and damage ourselves. We can all learn from that heroically positive human being, Nelson Mandela. A successful lawyer, he was arrested as a young man, ill-treated in jail, and released only in his old age. When he came out of jail, he spoke these touching words of wisdom, “If I do not forgive, I will still be in prison.”

Lent is an excellent time to come out of such prisons – hatred, bitterness, anger, jealousy.

Discipline: To do well in any area of life, we need discipline. Think of sports, or professional studies or building a business. The small sacrifices we associate with Lent – eating vegetarian food, for instance – are a part of this discipline.

A change of diet will not make anyone holier or closer to God. Carrot and cabbage will not make us closer to God than chicken biriyani. The main fasting we need to do is to fast from doing evil. Thus, if I refrain from gossip, it is more meaningful and helpful than changing my diet. The change of diet is just a reminder to lead a life centred on love, not on pleasure.

If we give in charity the money we save by cutting down on food or anything else, then that sacrifice becomes all the more meaningful.

So let this Lent be a time of growth, inner discoveries, and resulting joy!

Prayer, loving deeds and meaningful sacrifices are the three means for doing this.

Remember: Lent is a time for a change of heart (from selfishness and fear to love), not simply a change of diet.

God looks at your heart and your deeds – not at your plate! May you and I become loving disciples eager to help and serve. Lent then will become a joyful season.

(Mannath, Joe, SDB, The New Leader, February 16-28, 2023, p 7.)



COMMUNITY NEWS

Montfort, Raipur

Bro. Dinesh Kujur, SG

School is a learning community where each one grows towards the realization of his / her highest human potential through a harmonious integration of spirit, heart, mind and body. Our teachers worked hard to identify talents and brought out the best in every student. In today's highly competitive world, brilliance in academics is not enough for a student to become a responsible citizen. A balance of academic discipline, a healthy body and a sound mind are a must.

Different inter class competitions like – drawing and painting, English-Hindi handwriting, singing, dance, skit and various other activities were organized in our school and the winners were given the prizes and the certificates. Students also exhibited their talents through school cultural programmes. To show respect to our Motherland on 26 Jan, we celebrated the Republic Day. To make this event very colourful we had the Flag hoisting ceremony and our students presented a beautiful cultural program.

On 11th Jan we celebrated the birthday of Bro. Dinesh Kujur. On this occasion we had Eucharistic celebration followed by a dinner. The religious from neighbouring communities were invited.

To commemorate our Founder, St. Louis Marie de

Montfort we celebrated 31st Jan as Montfort's Day in our school. A short cultural program was organized in the school. All our teachers and students enthusiastically participated and made it absolutely memorable one.

On 2/3/23 we celebrated the birthday of dear Bro. Sunil Ekka. On this occasion we had a prayerful Eucharistic celebration followed by a fellowship meal. The priests from our neighbouring community 'Jeevodaya' were invited to share in our joy. The students and teachers also wished him in the school on his birthday.

On 7/3/23 we celebrated the festival of colours (Holi) with the students and the teachers in the school. The Principal gave a message about Holi festival. He explained the true meaning of this festival. The students joyously applied colours on each other and made the event very colourful. Annual Examination started from 25/2/23 and it got over on 11/3/23. The results were declared during the subsequent Parent Teacher Meeting.



Montfort, Ambikapur

Bro. John Minj, SG

All the Brothers of the community had their own schedule for winter vacation. Bro. John Minj went home for his annual visit. Bro. Johnson went to Hyderabad and then to Bhopal for Junior Brothers' seminar and annual retreat. Bro. Pankaj Awaya went to Pathalgaon for his annual retreat. Bro. Shaji Joseph remained to guard the house. We all came back in the first week of January on different dates.

The school reopened on 2nd January 2023 after winter vacation. The students were busy with their studies and Board Practical examinations in January and February.

Bro. Shaji Joseph went to Roorkee for an internal inspection of Montfort school Roorkee. Bro. John Minj and Bro. Johnson Beck went to Mandla on 21st January for a sector meeting held on 22nd January. Bros. Prem Murmu and Sandeep Horo from Banea community also joined us. After the meeting stayed there one more night and the next morning left Mandla for Ambikapur.

As usual the 74th Republic Day was celebrated in the school. The presence of the students was not compulsory so only those who reside in the campus and teachers were present for the flag hoisting. Bro. Pankaj was the main person of the day, he unfurled the National flag. After the National Anthem, the newly trained band group performed March past to the tune of melodious musical band for about ten minutes.



On 28th January the Birthday of Bro. Shaji Joseph was celebrated in the school as well as in the community. Brothers from Banea too joined us for the evening celebration. On the same day the students of class 11th arranged farewell programme for the students of class 12th. The students of class 12th shared their past experiences in the school. The Principal and the teachers wished them all the best in their life and exhorted them to be the best in the field they choose and aim high in life and be good citizens.



On 4th February the Management organized a picnic for all the teaching staff. They went to Kardhana, about 20 km. from the school. They had lots of fun and activities with delicious food cooked at the spot. All of them enjoyed it and returned with full satisfaction.

On 5th February we celebrated the birthday of Bro. Pankaj Awaya together with the Brothers from Banea and the campus community.



Bros. Emmanuel P.J., Gabriel Lakra and Alex Diamond were here with us for a couple of days on their way to Jharkhand for their mission of recruitment. They have spread net and put hooks in different places with hope. They came back on 15th February and on the next morning they left for their respective communities.

On 12th February a picnic was organized for the helping staff - *Didies* and *Bhaiyas*. They went to a place called Buda Aam below Mainpat. They cooked the food together with great excitement. Bro. Emmanuel P.J., Bro. Gabriel Lakra and Bro. Alex Diamond too joined us for the lunch. After the meals they had entertainment with music and tribal dance for a few hours and returned by 5 O'clock in the evening. All of them enjoyed the picnic.

In the month of February the community was busy having community meetings daily discussing and sharing the questions on Synodality, Annual Budget and Circular Letter no. 02 from Superior General. In between Bro. Pankaj went to Raipur to write the first semester of his B. Ed. Examination,

which was held at Durg from 20th February to 28th February. He came back on 1st March.

Annual Examination for Classes IX and XI was held early before the Board Exams of Classes X and XII. The result of classes IX and XI was given on the 3rd of March and their regular class began on 13th March. Other classes had their annual exam in between the Board Exams of classes X and XII.

Bro. James Ekka made a flying visit to Ambikapur and Banea before going to Canada, to join the international community. He spent just one night with us and went to his niece's place.

Montfort, Harinagar

Bro. Vijay Minj, SG

On 6th Jan Bro. Vijay Minj arrived at Montfort School, Harinagar as a new member of the community. He was welcomed in the community as well as in the school by a welcome song sung by students. A short introduction was given by bro. Alok Minj and a flower bouquet was given by the Principal, Bro. Promod Tete.

On 14th Jan staff of the school had gone for a staff picnic. Therefore, the school was given a holiday. We proceeded to Rajasthan on picnic. The journey began with a short prayer by Bro. Promod Tete, the Principal. In a short time we reached the picnic spot and started preparing all the food items. Then we had lunch together by 2:00 pm. The mesmerizing beauty of the river was admired by everybody. Finally, we concluded the lunch with a short prayer then we had the traditional Adivasi dance, after that we started our return journey and reached back by 4:00 pm safe and sound.

On January 17th, there was annual group photo session. All the students were present for the same.

In the parish the Grotto Feast was celebrated. We, the Brothers took part in those events actively and went on a pilgrimage to Punchkoi.

On 25th Jan there was prize distribution for the students for their outstanding performance in 2022. The prizes given to the students were really good and appreciable. Soon after the prize distribution we had rehearsal for Republic Day.

On 26th January we celebrated 74th Republic



Day. There was a colourful and well prepared cultural program like – patriotic songs, prayer dance, skit, making pyramid, speech, and dance with patriotic songs, etc. The MC's part was taken by class 5th students under the guidance of Sr. Sneha. Fr. Vishal Mal, a Diocesan priest and Vice Principal of Pushpa High School, Doongripada was the Chief Guest of the day. On the same day prizes distributed class wise to the shining stars.

On Jan 27th we celebrated the birthday of our Principal and Local Superior, Bro. Promod Tete. The Birthday celebration began with the Holy Mass in the morning and concluded with a grand dinner. In the school he was welcomed to the stage by the students of kindergarten. A short birthday message was given to the students by the celebrant. In the evening we had a good number of priests gathered to celebrate the birthday of our beloved Brother. The Birthday celebrant thanked each and every one for participating in his joy and happiness on that special day.



The 350th birth anniversary of our Founder, St. Louis Mary Grignion de Montfort was celebrated in befitting manner. Brothers were decorated in Adivasi traditional dress for the celebration. All the events went on as per the list of programmes. The skit- on the life of St. Louis de Montfort was displayed by the students of class 7, and a few other cultural activities were done beautifully.

Farewell of outgoing students of class 10 was on 17th Feb 2023. There was a short program organized by class 9. It included prayer song, farewell song, prayer dance and disco dances. Bro. Principal wished them the very best for their new journey and new life and for the Board exams. They thanked all the teachers and students for the cooperation and collaboration. Finally, the program was concluded with a delicious meal.

On 25th Feb there was Managing Committee Meeting, where some of the main points of the last meeting were evaluated then discussed about enrichment of the students, school fees, selection of new teachers, identity card for the students, dress code for the students whenever there is PT period (track suit), teachers' uniform, etc.

Board Exams for the class 10th have already

begun and annual exams for classes 1st to 9th will be conducted from 13th to 21st March.

On 4th March PTM was held. Along with Bro. Alok two more teachers participated in MGA meeting at Montfort Villa, Bhopal. In front of the main gate NCR pipe has been laid. A new Sound System has been purchased for the school. On 11th March we had a short discussion on the Circular Letter No. 02 of the Superior General.

St. Montfort, Bhopal

Bro. Edmond Soreng, SG

Love and Greetings to all the readers who are interested to know more about the events that are taking place in our communities and schools.

“Ushering in a year comes with tons of excitement, happiness, promises & resolutions. New Year is the glittering light to brighten the dream-lined pathway of future. Every year you make a resolution to change yourself. This year, let’s make a resolution to be ourselves.” With such thoughts and intentions, non-class teachers of our school organised a special morning assembly to welcome the students to the school after the winter break on 2nd Jan 2023 in the school courtyard.

It was very well coordinated & conducted by the senior coordinator, Mrs. Jyoti Vibin Nair. It started with a special prayer followed by prayer song, motivating skit based on ‘Don’t be greedy, help the needy’; motivational song, happy new year dance, New year resolutions, creative mime based on ‘Montfortian Ethos & Ethics’ and vote of thanks.

The Principal, Bro. Monachan K.K. in his message to the students, highlighted the importance of faith in one’s life, believing in one’s innate potential and transforming oneself into responsible & disciplined citizen of our country to make oneself and our country proud.

With enlightening thoughts like accepting one’s failure and moving forward courageously, promoting peace & justice, make a difference, follow school ethos, respect everyone’s contribution and be full of gratitude, programme came to an end and students dispersed after the national anthem.

12th January was celebrated as the birthday of Swami Vivekananda who was one of the most influential leaders in Indian history. It is also observed to celebrate the youth of the country and encourage them to take up Vivekananda’s ideas and philosophies towards nation building.

To provide exposure to our talented youth, our school organized Yoga Day for the students of class 9th to 12th on 12 January, 2023 in the school courtyard In the presence of the Principal, Bro. Monachan K.K. and the teaching fraternity.

In a special session conducted by the Sports Faculty, Mr. Kailash Katarwara highlighted the

importance of yoga & meditation in one’s life and demonstrated Surya Namaskar for the students. There after students practised the same Yoga exercise together under his able guidance to make the body and mind fit to shoulder the responsibility as “*Vikasit Yuva, Vikasit Bharat*”.

“Sweet is the memory of distant friends! Like the mellow rays of the departing sun, it falls tenderly, yet sadly, on the heart.”

On 28th Jan 2023 in the premises of our school the farewell ceremony for the student of class 12 was organized as “Blessing Day Ceremony.” On this occasion, the Principal of the school, Bro. Monachan K.K, Vice Principal, Bro. Edmond Soreng, coordinators, teachers and parents were present. The school premises was beautifully decorated by the students of class 11th. The whole campus gave a glimpse of rainbow depicting the various costumes of students as different colours. The day started with great excitement and merriment, as all the class XII students dressed up to their glamorous best and arrived with their parents. The function commenced with prayer song and lighting of lamp. Mrs. Nupur Sharma, the guardian of class 12th student, Divyansh Sharma acknowledged the vital role played by the teachers in shaping the outgoing students. She also said that discipline is not possible without school and education without discipline will not do any good. Students of class 11, presented group dance and group song. Their performance entertained the audience to the fullest. Interesting and tricky games were played to pep up the environment. Principal Bro. Monachan K.K. gave the farewell speech and motivated the students to nurture the values inherited in school and do all the good in society.

We celebrated the birthday of dear Bro. Rajan Bilung along with staff in the afternoon on 20th February, 2023 in Primary wing. The Birthday core committee organised a beautiful program which was appreciated by all. All staff members wished him with a birthday song as well as greeting cards. And then there was cake cutting and vote of thanks proposed by the birthday celebrant. The Principal Bro. Monachan K.K appreciated and encouraged the birthday celebrant for his innate talents, aptitudes and ever readiness to contribute for the welfare of the school. In the evening we had invited our Brothers from Montfort Villa and St. Francis’ School to join us for the same. Birthday prayer was conducted by Bro. Edmond Soreng which was short and relevant, followed by a sumptuous dinner.

So much diversity but united by strong bonds of shared emotions. That’s the idea of India that every Indian is proud of which connects us all and makes us one.

Republic day was celebrated on 26th January 2023 with full enthusiasm & patriotism. On this occasion all the students, teachers and the entire



school staff were present. The Principal, Bro. Monachan K.K. was the Chief Guest of the occasion who hoisted the National Flag. After hoisting the flag, the students performed a beautiful march past on the tune of the band. The presentation of the patriotic songs by the students of classes 6 to 11 after the march past filled the atmosphere with patriotism.



The audience applauded cheerfully and the ambience became pleasant. The chief guest in his address wished all the students, a very bright & promising future and inspired them to maintain respect for the country. He also congratulated the students for preparing a wonderful program. As per the school tradition, every year the best class award was given in the form of a trophy to the class which performed their best throughout the year. Also, the students of Scout & Guide and other award winners of different fields who made the school proud were honoured and felicitated by the Principal. Towards the end of the program, the assistant Head Boy expressed gratitude through the vote of thanks.

"Graduation is a time to celebrate new beginnings and say goodbye to everything that has given you a reason to smile. It is warm memories of the past and big dreams for the future".

To celebrate the progression and development of kindergarteners, St. Montfort School, Bhopal proudly organised '**Graduation Ceremony**' on 28th February 2023 for students of K.G-II and applauded the young enthusiastic learners for their commendable performance in the session 2022-23. The programme began with lighting of the lamp by dignitaries followed by floral welcome of Chairman & Provincial Superior Rev. Bro. Thampy Alex and Chief Guest Mr. Ankit



Menon, ex-student of St. Montfort School and a Music Director. A welcome dance was performed by the little ones and welcome speech was given by the Principal. All the graduating students in their graduation dress and cap, received their certificates from the Chairman Rev. Bro. Thampy Alex, Chief Guest Mr. Ankit Menon, Principal Rev. Bro. Monachan and the Headmistress Sr. Greeta. It was a moment that really added charm to the atmosphere with a sense of achievement. Not only this, students of class K.G-II highlighted the activities that took place all year round and shared their experiences with the audience. The tiny tots left everybody spell bound as they danced on tunes of some vibrant music, displaying breath taking confidence with coordinated movements, setting the tone and the mood of the atmosphere at an all-time high. The programme culminated with a gratitude dance by students of KG II and vote of thanks by the Headmistress. Parents expressed their gratitude and appreciation to the Principal, Headmistress and the teachers. It was indeed a memorable experience for the little ones and may they be blessed as they continue their education in the main stream of the school!

We have been journeying with the Lord since Ash Wednesday and are gearing up ourselves abiding by certain rules and obligations to receive the Risen Lord into our hearts. Thus, let us continue to journey with the Lord who died and rose after three days. He will bless and keep us safe from all evils.

Montfort, Mandla

Bro. Sunil Aind, SG

On 21st Dec 2022, the Pre-primary section organized the fancy dress competition and also they organized the Christmas celebration. The atmosphere was full of joy and happiness.

On 22nd December 2022, the school organized Christmas tree decoration and crib decoration competition to evoke the Christmas spirit.

On 23rd December 2022, we had the Thanksgiving Day to mark the end of the year and followed by the Christmas celebration. The entry of Santa clause in a vehicle was the highlight of the programme.

The Provincial Council meeting was held in our community from 12 to 15 January 2023. It was a

time of blessing for us as our Brothers stayed with us and shared our life. The meeting culminated in an outing to Kanha Tiger reservoir.



On 21st January 2023, the school organized the Pre- primary Annual Sports meet. Bro. Emmanuel P.J. was the Chief Guest and he motivated the parents and asked them to be connected with the institution for the all-round development of the children. The program was creative and colourful.

The community was happy to host Jabalpur Sector meeting on 21st and 22nd January 2023, on the theme 'Synodal Church'. The resource person for the program was Bro. Emmanuel P. J. His inputs gave us a clear idea about the Synodality.

As a break from the routine, the students of Pre-primary to class VII had their picnics on different days in our school premises.

The Republic Day was celebrated with lots of vigour and enthusiasm. The diverse culture of our country was exhibited through various programmes.

On 4th February 2023, the school bid Farewell to the class 12 children, blessed them and wished them all success in their Board Exams and in their future life.

11th February 2023 was a relaxing day for the staff as we had organized a picnic for them to rejuvenate and re-energize themselves.

The last month was a period of added joy as we had many guests in our community. The Sisters who collaborate with us in Bhopal, and Bro. Shine Alex, the Provincial Superior of Hyderabad along with Brothers from Garratola community had visited us.

Montfort ITC, Khandwa

Bro. Suresh Ekka, SG

"During Lent, let us find concrete ways to overcome our indifference." - Pope Francis.

Dialogue, Jan. – Mar., 2023

We have already entered into the Lenten season. It is a time for change of heart and repentance. We all need to come to terms with our brokenness, selfishness, small mindedness and diminishing relationships. Lent is a time to reach out to the deprived people and to discover that God is reaching out to us.

Fraternal greetings from Montfort ITI, Khandwa to all the readers. We are happy to share with you some of the events that took place in our community.

On 31st December Bro. Suresh Ekka went to Bhopal for the Annual retreat. It was a five days program, and all the junior Brothers and some senior Brothers had participated in that retreat. The retreat preacher was Fr. Mathew, SJ, who guided us to experience God's love and mercy throughout the retreat. On 6th January Bro. Suresh Ekka returned to the community.

Visit of Provincial Superior: On 19th January we were delighted to welcome Rev. Bro. Thampy Alex, the Provincial Superior and Bro. Simon to our community. The presence of these

Brothers brought great joy to our community.

Visit of the Brothers from Hyderabad Province:

On 15th February Bro. Jose Kallely and Bro. Punna Praveen of Kusumkot community had paid an informal visit to our community. We were delighted to welcome them to our midst. They shared their joys and experiences with us.

St. Charles', Sardhana

Bro. Binod Kerketta, SG

Seasonal Greetings from St. Charles' Inter College, Sardhana!

Pariksha pe Charcha: Under the events of 'Pariksha pe Charcha' a drawing competition was organized at Jain Inter College Sardhana in which students of our school enthusiastically participated in a big number. **Miss Muskan** from our school won the **first prize** in the competition. Our students bagged many more prizes under various categories.

Voter Awareness Campaign: St. Charles' Inter College organized an election awareness activity to urge the voters to exercise their right to vote. As a part of this campaign a poster making competition under the theme of 'Power of One Vote' was organized. Bro Sevak Gabriel along with other faculty members appreciated the effort of the students.

Uttar Pradesh Diwas: On the occasion of "UTTAR PRADESH DIWAS" a drawing completion was organized at St. Charles' auditorium. Students actively participated in it. **Faizan Faridee** won the **first prize** whereas **Vinay** and **Sneha** won the

second and third prizes respectively. Students' creativity was well appreciated by the Brothers and the teachers.

Republic Day: Republic Day was celebrated with pomp and show, zeal and spirit throughout the country. The day was celebrated in our school with great éclat. Mr. G. A. Kumar, the senior most teacher and Mr. James Anthony, the senior most support staff were the guests of honour who unfurled the national flag. Teachers and students beautifully showcased the true essence of Republic Day. The performance conveyed how much importance our Constitution holds in our democracy. The foot tapping dances and the melodious songs rejoiced everyone and reminded them of their duties towards their nation. Bro. Sevak Gabriel thanked and appreciated the students on this occasion and motivated them to live a peaceful and happy life. The prizes for various competitions were given to the winners.



Montfort's Day: The birthday of St. Louis Marie de Montfort was celebrated with great enthusiasm in the premises of St Charles' Inter College. The program started with the traditional lighting of the lamp followed by floral tribute. On this occasion, a special prayer meeting was organized by the students and staff. The message given by St. Montfort, the great missionary of love and his selfless service to humanity was the highlight of the program. A drawing competition on the theme 'Image of St. Montfort' was organized in which students actively participated. Bro. Sevak Gabriel in his speech recalled the life of St. Montfort and the service done by him and inspired everyone to follow his path. The program culminated in a friendly basketball match played between the staff and students.

Board Examinations: The Board Exams started on 16th February and got over on 4th March, 2023. Our school was a big center for large number of students writing 10th and 12th Board Exams. After the Board exams we started home annual exams from 13th March.

Birthday Celebration: On 25th February, 2023 we anticipated the birthday celebration of Bro. James K.C. Bro. Binod Kerketta, Bro. Gabriel Lakra

and Bro. William Kerketta. Brothers from Roorkee and Delhi communities joined the celebration. The community celebrated the Birthday of Bro. James K.C. on 1st March and of Bro. Binod Kerketta on 5th March. Both the birthdays were celebrated with great joy and enthusiasm. On both the days of celebration we shared our love and concern through our prayers and wishes. A birthday prayer service was conducted by Bro. Alex Diamond & Bro. Rocky; thereafter we had an appetizing fellowship meal. The presence of the I. M. S. Fathers added more joy and deepened our bond of love.

Farewell: On 6th March 2023 St. Francis' Primary School gave farewell to the senior most and very dedicated teachers Mrs. Promila, Mrs. Pushpa and Mr. Gangaram, our senior most support staff. In order to acknowledge and appreciate their services a short function was organized by the students and the teachers of St. Francis' Primary School. On behalf of the Provincial Superior and the entire province of Delhi Bro. Sevak Gabriel appreciated and thanked Mrs. Promila, Mrs. Pushpa and Mr. Gangaram for their long years of selfless and dedicated service to the institution. The program was appreciated by all. After the program a sumptuous lunch was served to the teachers and the support staff of the Primary school. The outgoing teachers expressed their gratitude to the Brothers for giving them an opportunity to be a part of this great institution.



On 11th March 2023 the students and the teachers of St. Charles' Inter College gave farewell to Mr. G. A. Kumar, the senior most teacher and Mr. James Anthony, the senior most support staff after their prolonged years of dedicated service to the institution. In his farewell speech Bro. Sevak



Gabriel appreciated and thanked them for being part of this great institution for the past many years. He wished them good health and happy retired life.

Visit of Bro. Michel Diouf Ndoffe: We appreciate the visit of Bro. Michel from the province of Senegal on 10th March 2023. He was warmly welcomed by the Brothers and the candidates. He spent some time with the candidates motivating them to become good Montfortians.

Provincial's Visit: On 15th March 2023 our Provincial Superior Rev. Bro. Thampy Alex visited our community. He was given a simple but warm welcome by the Brothers and the candidates. He spent the day interacting with the candidates and Brothers. We appreciate his love and concern for the Brothers and our mission here at Sardhana.

St. Gabriel's, Jabalpur

Bro. Raju Lakra, SG

I am very happy to share with you some of the happenings of our school and community here.

The school reopened after the winter holidays on 2nd Jan 2023.

On 8th Jan we, the Brothers attended the CRI Christmas gathering at XIDAS, Jabalpur.

On 21st January, St. Gabriel's teachers and non-teaching staff had a picnic at the banks of Narmada River at Bedaghaat.

Staff Picnic



On 22nd January the Brothers of the community had attended the Sector meeting at St. Montfort School, Mandla.

On 23rd and 24th January JSSC Interschool skating competition was held at Jabalpur, in which St. Gabriel's bagged the championship trophy in both boys as well as girls' section. Hearty congratulations to Mr. Ajay Patel and the skating team!

On 26th January, the Chief Minister of MP had come to Jabalpur for Republic Day celebration and students of St. Gabriel's were invited to go there to witness the events.

On 28th January all Catholic students of our school had their Annual Diocesan Catechism exams.

On 2nd and 3rd February under 15 football team of St. Gabriel's qualified for the Zonal level competition in Delhi.

On 4th February Annual Exhibition (Art & Craft, Computer, Music, Yoga, Dance, English, Hindi, Math, Science and S. Science) was held at St. Gabriel's. It was magnificent to see the students showing their talents and parents were highly impressed by the skills they had exhibited.

On 4th February *Nrityashree* competition was held at Sahids' Marg, Jabalpur, in which Manvi Lodhi of class 4th F stood first; she was honoured by the dignitaries with a pure silver *Mukut* and Dhruvita Giri of class 6th D got 2nd prize which contained a cash prize of Rs. 3,100 and 10 students received consolation prizes. Congratulations to Mr. Rakesh Giri (dance teacher) for making St. Gabriel's proud.

On 11th February Pre-primary UKG (D, E, F, G) had their Annual Cultural Function.

On 11th February Annual Exam began for 5th to 9th and 11th classes.

On 11th February, Br. Emmanuel P.J. had gone to Ambikapur and Jharkhand for recruitment.

On the same day the rest of the UKG children had their Annual cultural programme.

On 11th February St. Gabriel's Senior Secondary School gave Farewell to all the students of class 12 and wished them for their bright future.

On 15th February, CBSE Board Exam commenced in our centre. It will get over on 31st March. Three Centre School's students come to write their exams at St. Gabriel's School.

On 22nd February Pre-primary LKG (A, B, C, D) had their Annual Cultural function.

On 25th February the remaining LKG sections had their Annual Cultural function.

On 4th March Pre-primary Nursery (A, B, C, D) had their Annual Cultural Function. All the functions of Pre-primary were breath-taking as children performed well whatever had been taught and parents were happy to see their kids on the stage.

On 10th March we had a staff meeting before starting the new academic session. Principal congratulated all the teachers for their hard work and commitment to their duties and briefed them about the new academic session.

On 14th March the new academic session began for classes 5th to 12th. A Special assembly was conducted by teachers and students were given instructions. Principal addressed the students and asked them to work hard and imbibe knowledge for life. Students were seen very cheerful and full of vigour and enthusiasm at the school campus.

On 15th March the new academic session began for classes 1st to 4th. During the assembly the Headmistress welcomed all the students as well as the parents who came along with their children to drop them at school. She introduced the teachers to the students who will be their class teachers as well as all subject teachers. Then Principal Bro. Joy Joseph addressed the students, teachers as well as parents and gave them guidelines about school timings and when they are supposed bring them to school and pick them up after the school. At last, he wished all the students a pleasant learning experience at St. Gabriel's.

Montfort, Roorkee

Mrs. Lizy Philip

The Quest... A Montfort Communique: The third edition of our renamed video magazine, called Quest... A Montfort communique was launched on 1st January 2023 by the Principal Bro. Albert Abraham. The video magazine celebrates the achievements of our youngsters and the creative expression of children's talents. This edition received a lot of appreciation from everyone.

Once-in-a-life time Opportunity: The 18th National Jamboree of the Bharat Scout and Guides was held at Pali-Rajasthan from 4th -10th January 2023. A team of 8 guides and 3 scouts accompanied by the Guide Captain Mrs. Savita Prasad was privileged to be among 38 thousand participants. As our scouts and guides interacted with their counterparts of different states, they learnt about the various rich customs and traditions, food habits, religious practices etc. They were engaged in different exciting activities from which they have picked up values for life. Our students showed exemplary courage and interest throughout their stay which enabled them to acclimatize to the difficult situations. It indeed was a rich experience for our young Scouts and Guides which will definitely enhance their lives in countless ways.

Republic Day: The 74th Republic Day celebration at Montfort School was a memorable event that highlighted the patriotic spirit and cultural diversity of our mother land. The celebration started with the unfurling of the national flag by the Principal Bro. Albert Abraham followed by the mesmerizing performances by students including dances, singing, mime etc. Principal in his speech highlighted the efforts made by our freedom fighters because of whom we enjoy the rights laid out by the Constitution today. This celebration helped everyone to instil a sense of belonging to the country and our responsibility in upholding its principles.

350th Birth Anniversary of Our Founder: The 350th anniversary of the Birth of our Founder St. Louis Marie Grignon de Montfort was celebrated



on 31st January 2023. The celebration commenced with the lighting of the lamp by Bro. Albert Abraham and Bro. Prashant Kullu followed by a floral tribute to St. Montfort. Students beautifully enacted the life of St. Montfort depicting the values practiced by him in his life. Special emphasis was laid on the virtues such as concern for the poor and sick, spirit of courage and sacrifice, devotion to Mother Mary etc. Bro. Albert Abraham while addressing the students exhorted them to develop and practice humanistic values of the Founder.

Science Exhibition: "Science begins with wonder, scientific temperament and rational thinking".

February 4th, 2023 was an innovative and experimental day for all the students at Montfort School Roorkee as the Middle section organized the Science Exhibition titled '**Discover the wonders: A Science Odyssey**' for classes 6th to 8th in the Silver Jubilee Block. The exhibition was inaugurated by the Principal Brother Albert Abraham in the presence of the Vice Principal, Coordinators and the teaching fraternity of the school. Inspired, encouraged and motivated by the teachers and the parents, the budding scientists displayed different models and experiments with great enthusiasm. Bro. Albert Abraham encouraged and appreciated all the participants with his words of motivation.

The exhibition was open from 8:00 am to 1:30 pm and the parents were also provided an opportunity to explore it. The exhibition was divided into **six** main themes. The main attractions of the exhibition were projects on **Sustainable development** and **Environmental concerns** like light pollution, generating electricity from waste water and rain water harvesting. The students exhibited innovative solutions to environmental issues which created awareness amongst visitors for sustainability. **Physics category** included Digital lock, Motion and light detecting automatic light (MAL-DAL), Burglar alarm for theft protection, Generation of electricity by speed breakers, Water level detecting alarm, etc. All these projects captivated the interest of the audience. **In Biology category**, Respiratory system, working model of

human heart, Food pyramid and Balanced diet wheel sensitized the audience and gave them insights for adoption of organic and clean food habits. Drip and sprinkler irrigation methods, herbal garden, soil profile etc., highlighted the modern **agricultural practices** and provided ways and means for ecological conservation. **Astronomy corner** was the

spell bound. Students of class XI came up with a beautiful rendition of song apt to the occasion.

The Head girl and Head boy expressed their heartfelt gratitude towards their Alma mater which has been a source of great opportunities and has been instrumental in shaping their personalities.

Mrs. Chitra Kamboj delivered the farewell oration on behalf of the entire teaching fraternity. Mrs. Debrupa Lahiri, parent representative in her speech appreciated the school management and staff for their child centric approach and their tireless efforts in shaping the lives of the students.

Speaking on the occasion, Bro. Albert Abraham, the Principal beautifully compared the student's life ahead to a train journey, wherein many will board the train at different stations and get off the train too who will leave a permanent vacuum in our lives. Therefore, one needs to live in the best way, adjust, forget, forgive and offer the best one has. He reminded the students that while enjoying a great journey with the fellow passengers, the destination should never be out of your sight and their mind. He wished the success for all their future endeavours and particularly for the Board examinations.

The splendid event concluded with the management and the teaching fraternity wishing the outgoing batch good luck. It was an evening to remember, filled with laughter and memories that will last a life time.

Birthday of Bro. Gabriel Lakra: March 7th, 2023 was a special day as we celebrated the birthday of Bro. Gabriel Lakra. Wishes and prayers were sent to him in the form of messages and videos which expressed appreciation and love for Bro. Gabriel.



Scouts & Guides – Dwitiya Sapan Camp:

The much-awaited two-day scouts and guides camp (Dwitiya Sapan) was organized in the school premises for the students of class VIII on 9th and 10th March 2023. A total number of 202 students participated in the same. All the activities during the

main attraction of the event which included projects on satellite communication, GSLV, PSLV, Day and night model, Space debris, Solar system, Solar and lunar eclipse, etc. **Science toys** corner attracted the attention of the visitors wherein the students demonstrated working of Periscope and Kaleidoscope, spinning carnival, Balloon powered car and Cotton candy machine. This corner added the fun element to the exhibition and highlighted the need to initiate scientific thinking and its applications. The event provided a platform for scientific explorations and innovations for the future scientists. The visitors gave their valuable feedback and appreciated the efforts of the students.

Blessing Day (Adieu ... Class XII students): “Great is the art of beginning, but greater is the art of ending.”

– H. W. Longfellow.

As customary, the blessing day was organized on 11th February 2023 to bid a fond farewell to the outgoing batch of class XII students.

The programme commenced with the outgoing batch of students making a grand entry in a professional march, each holding a lit candle, escorted by the school band. The candle lighting ceremony was solemnized as a symbolic gesture of spreading the light of knowledge and the values acquired by the students in school life. The students were seated amidst their parents.

In order to invoke God’s blessings, a prayer song was rendered by the students of class XI. The highlight of the programme was the dance drama performed by the students of class XI which emphasized the importance of loving and respecting the parents who give their everything for the welfare of their children. It also gave a loud message to the students as to how they should take care of their parents in their old age. The act left the audience

camp promoted team spirit, unity and leadership. The camp offered an opportunity for everyone to develop various skills, adaptability and self-reliance. It also enabled them to build up self-confidence and self-esteem which was obvious during the campfire wherein they came up with colourful cultural performance. Principal Bro. Albert Abraham stressed in his address that the scouts and guides should be always ready to face any challenge. He urged everyone to imbibe the spirit of humanity and service in their life. Students enjoyed these fulfilled days. The presence of the Vice Principal Bro. Prashant Kullu encouraged and motivated the scouts and guides.

KAMP (Knowledge and Awareness Mapping Platform) aims to develop and map the scientific temperament of children and help to nurture innovation and creativity from an early age. A total of 246 students from home or school attempted the examination organized by KAMP and six of them secured the school topper's position. This examination has helped them to be aware of the latest developments in emerging technologies and to exhibit their skills and aptitude.

Montfort I.C., Lucknow

Bro. Suraj Xalxo, SG

In the first week of January Lucknow shivered in freezing cold as mercury fell to 4.5 degrees Celsius. As frosty winds from the Himalayas swept through the Indo-Gangetic plains, the cold wave intensified its grip on much of North and Central India. Normal life was hit in large parts of U.P. due to the continued severe cold conditions. The DM had extended the winter vacation from 9th to 14th Jan. for classes up to 8th in Lucknow. However, the teachers had to report to school from 9th Jan. 2023. Bro. T.T. Mathew made use of this week to introduce the Pre-primary and Primary teachers into Yoga and Meditation. Most of them were very keen to learn it as many have some health issues or the other. At the end of one week of regular practice they felt rejuvenated and were extremely grateful to their guru. At the end of his training sessions, Bro. T.T. Mathew told them that the benefit of it would depend on their perseverance in it.

We celebrated the birthday of Bro. Jinu Abraham on 12th Jan. Despite the bone-chilling cold climate our prayers and greetings made it warm for Bro. Jinu. We had multi-layer celebration. At first, we had it in the community with a well-prepared Eucharistic celebration followed by a delicious break-fast. Then we had the teaching & non-teaching staff of senior section praying for him and greeting him in his office. Then he was invited to the Pre-primary section to be greeted by the Headmistress and the teachers. Finally, he was welcomed to the

Primary section and wished by the Headmistress and teachers. We missed the students as the school was closed that week as per the instruction of the DM of Lucknow. At 4.00 pm we had the company of the religious and priests of our Parish to greet him. The culmination was half-an-hour prayer service organized by Bro. Suraj at 7.30 pm followed by a yummy dinner to which the Benedictine Sisters also were invited.

The 2nd Pre-board exams for the classes X & XII were conducted from 2-13th Jan from 10.00 am to 1.00 pm. On 13th Jan early morning Bro. Jinu left for Montfort School, Mandla to attend the Provincial council meeting. The same evening Bro. Suraj left for Meerut to solve some issues pertaining to the mark list of his Graduation. He returned on 18th.

On 2nd & 4th Feb we had community meetings from 6.00 - 8.00 pm to discuss the Circular letter No. 02 (Oct 2022) of the Superior General and to answer the questions given at the end of each chapter. We also made use of the latter day's meeting to discuss on 'Synodality: Communion, Participation and Mission' based on the input given by Bro. T.T. Mathew during our last Sector meeting.

Bro. CM Simon, the Provincial Bursar and two auditors audited our accounts on 8th and 9th Feb. They were quite satisfied with the way the accounts are maintained here.



On 11th Feb the school bid adieu to the outgoing students of Class XII. The whole program was organized beautifully by the class teachers and students of class XI under the guidance of the coordinators. The music & dance performance of the XI class students, the presence of the parents of the outgoing students, their grateful gestures and the speeches of the outgoing Head-boy and Head-girl were highly emotional and heart-rending. They profusely thanked MIC, the Principal, the teachers and the support staff. The Principal in his farewell message exhorted the outgoing students to continue to be respectful and obedient to their parents, elders, teachers. As they move out into a world of greater freedom, he advised them to discern between good and evil and always choose the good. He also told them to be rooted in their religious traditions and values as the kite has to be linked to a string if it has

to soar high. He also expressed his appreciation for the well-prepared program by the students of class XI, the decoration, the computer presentations, the role of the MCs, the teachers who taught the outgoing batch right from Nursery to class XII, the services rendered by the office staff and the assistance given by the entire support staff.

The CBSE Board Exams commenced on 16th Feb. Ours is an examination centre. In our centre we have 530 students appearing in class X and 581 students appearing in class XII Board Exams. The Final exam for classes VI to VIII also began on the same day. For classes IX and XI it started on 20th Feb. The Board Exams will continue till 3rd April 2023.

On 19th Feb our Primary School football team (under 12 years) played the Final of the 1st Lucknow 7-A Side Football tournament organized by District Football Association, Lucknow and were RUNNER UP. Both **Bro. Suraj Xalxo** and **Miss Nidhi Mishra**, the PTI deserve appreciation as they were the ones who prepared the team.

On 24th Feb the Primary Section of our school had gone for a picnic to Ram Manohar Lohia Park, Lucknow. It was probably the most exciting day of the academic year for them. They thoroughly enjoyed in the open, clean and beautiful environment, various games conducted by the teachers, the food and the company of their friends.

We had the Annual Day of the Nursery kids on 4th March. It was another enthralling program by the junior most students of our school, who have completed just one year in the school. Sr. Pushpa, the Headmistress, the teachers and the support staff deserve our appreciation for having trained those kids so meticulously.

On 7th March we, the Brothers and the Benedictine Sisters had gone for an outing to Agra. We started from here at 5.00 am and returned by 7.45 pm. We visited the Taj Mahal, the Red Fort and St. Conrad's Inter College, Agra run by the Capuchin Fathers. We had a safe and enjoyable trip.

On 8th March Bro. Jinu Abraham left for Delhi to attend the Provincial council meeting and reached back on 10th evening.

Bro. Thomas Kalathilkottil, SG from Bangalore province paid a visit to us on 9th March. He spent two days with us and went to Roorkee from here. We enjoyed his lively, humorous company.

We had the school Managing Committee meeting on 11th March at 4.30 pm. Rev. Bro. Provincial also was present for this meeting.

His Excellency, Most Rev. Leopoldo Girelli, the Apostolic Nuncio in India and Nepal paid a visit to the Diocese of Lucknow on 11th & 12th March. On the first day he visited St. Paul's Minor Seminary at Dilkusha and Clergy Home at Hazaratganj. On 12th he was the Main Celebrant of the Solemn High Mass in St. Joseph's Cathedral at 8.00 am and was given a

warm reception by the faithful. At 11.30 am he addressed the priests and religious of the Diocese at Navintha Pastoral Centre at Rendua Palhari, Chinhat. At the end of meeting Bro. T.T. Mathew, SG proposed vote of thanks on behalf of the CRI, Lucknow Unit and of the Diocesan priests. It was very much appreciated by all.



On the same day evening we celebrated the birthday of Bro. Sural Xalxo with an appropriate prayer service and tastefully prepared dinner. The OSB Sisters also were invited to the same.

St. Montfort, Banea

Bro. Sandeep Horo, SG

Bros. Prem and Sandeep attended the retreat conducted for the junior Brothers in Provincial House from 1st Jan. 2023. Fr. Mathew, SJ, was the retreat animator. He emphasized more on prayer life as it is very crucial for consecrated life. It's a link between God and us. We can approach Him all the time. By praying we feel His constant presence in our lives. He told us how we can pray to Him and experience Him in an intense way. He taught us how to pray even in our busy schedule wherever we are. He made us realise the cosmic energy within us and guided us how we can explore and utilise it in order to be a person of Jesus himself.

On 22nd January Bros. Prem and Sandeep participated in the Sector meeting held at Montfort School, Mandla. The theme was Synodality. Bro. P. J. Emmanuel was the resource person he made a beautiful power point presentation and explained nicely so we have been acquainted with the purpose synodality.

Synodality means a way of life, where all the members of the Church journey together, gather in quality and take an active part in her mission, the mission of spreading the light of Jesus. It indicates a way of listening to each individual person, a member of the Church to understand how God might be speaking to all of us through her/him. It is a call to conversion for all the sections of the Church. We know that the gifts of the Holy Spirit is one and the

same for all who have been baptized though it's manifested in different forms. The expression of synodality in the Church is ordinary way of living and working.

Bro. Emmanuel told us how we can implement the message of Synodality in our day today life. As we Brothers teach the charism of Jesus and of our Founder first and foremost we have to be among the laity as to know more about them and their lives. Secondly, we have to put ourselves into their shoes.

We thanked Bro. P J. Emmanuel for his enlightening sharing and insights. We also thanked Bro. Binu and community for hosting it in their community and taking care of our needs.

On 26 January Dr. Niraj Khuswaha, an ex-student of our school, came to our school and shared his experiences and insights. He told how he put his efforts to come up in spite of all the problems and challenges. By his message students are encouraged and motivated further. He is now an example for our students. He has assured us of his continued support. We immensely thanked him for his motivational sharing.



On 31st January we celebrated our Founder's 350th Birthday. There was a cultural program in honour of the day. The students and teachers put up a beautiful program. Thus, they showed their love towards Brothers. A meaningful message was delivered by Bro. Jeet Francis, the Principal based on the life of St. Louis de Montfort and of the Brothers. He organised a quiz competition from the life history of Founder. Prizes were given to the winners. The programme ended with a fellowship meal for all.

On 23 February the Principal called for a staff meeting to discuss about Board exams. Principal told the staff how we have to present ourselves during the

exams following the norms of CG government and maintain a conducive atmosphere in the campus. We gave holidays to 9th & 11th students till the Board exams get over.

On 25th February we held the Managing Committee meeting. During the meeting we discussed how we can work effectively for the welfare of the students, teachers and how we can improve further the standard of the school. We also discussed how the weak Adivasi students could be helped, how we can motivate them. We have decided to visit the houses of poor, weak Christian students and give fee concession to the deserving students. Bro. Jeet Francis and Fr. Rajmani encouraged all of us to be service minded and to make extra efforts in teaching the weak students.

1st March was our community's turn to present the budget. Bro. Prem Murmu, the Bursar had gone to Provincial House for this. We have planned to change few things like putting tin sheets on the terrace, starting of English medium Nursery section, etc.

From 1st March CG State Board Exams have started. Our school is an exam centre. This school is also the centre for our students as well as for the students of Guturma School. Fifty percent of invigilators are from our school and the remaining fifty percent are from outside. We wish each and every examinee best of luck.

Eachinkadu Novitiate

Atish, Neeraj & Om Prakash (2nd Year Novices)

Fraternal greetings to all the readers from Eachinkadu Novitiate!

"A reader lives a thousand lives before he dies. The one who never reads lives only once."

Preparation for Marian Consecration:

On 1st January we celebrated the feast of Motherhood of Mary. It was an important day for us as we started our 33 days of preparation for Marian Consecration. These 33 days have helped us to prepare ourselves for the religious life that we are going to choose canonically.

Birthday Celebration and Cooking Picnic: On 4th January, we had cooking picnic in our campus on the day of Bro. Patric Alvin's (Administrator) birthday. We were divided into 4 groups and each group prepared different food items. We enjoyed our day with lots of fun games, cooking and dancing.

Zoom Meeting: On 13th of January, we had an opportunity to have the zoom meeting with the Novices of Mekise Novitiate (Tanzania). It was conducted by Bro. Paul Raj. This meeting

enabled us to interact with them and know more about their Novitiate life.

Pongal Celebration: On 14th we were privileged to celebrate Pongal, the festival of harvest. On that day various games were conducted by our companions from T.N. and they cooked Pongal for us. In the evening we had a fitting prayer service.

Presentation of the History of the Institute

“When you educate one person you can change a life, when you educate many, you can change the world.”

From 16th January onwards we started presentation of history of the institute. We were divided into 4 groups with different chapters allotted to us. Through this presentation we came to know more about our Congregation and our institutions. We are very much inspired by the life style of our Brothers and their dedication in the mission work.

Republic Day Celebration: On 26th Jan, we celebrated the **74th Republic Day** in a splendid manner. The Chief Guest who hoisted the flag was **Fr. Selva, SDB**. All of us marched to pay homage to the yester Heroes of our country and to show our patriotic spirit. An awe-inspiring Republic Day message was delivered, and patriotic songs were sung to mark the occasion.



Provincials' Visit: **Rev. Bro. Thampy Alex**, the Provincial Superior of Delhi and **Rev. Bro Herman Bijay Lakra** the Provincial Superior of Ranchi paid a short visit to our community on 26th Jan. Their visit brought us lots of exuberance and jubilation. They shared with us their knowledge and wisdom in two rewarding sessions on **“Effective Teaching”**. It was adequately explicated to us and we have begun to improve in those realms. We staged a

short cultural programme to express our love and gratitude towards them.



Sessions on POCSO Act: On 10th of Feb. 2023, we had sessions on **POCSO Act**. It was given by Bro. P.J. George, SG It was one day programme but Brother had put in much effort to make us understand all about this Act. These sessions enabled us to be aware of POCSO Act, physical abuse, emotional abuse, etc.

Monthly Recollection: On 13th Feb we had gone to Carmelite (OCD) Fathers' place to have our monthly recollection. The theme of the recollection was 'The Religious Life'. Fr. Lawrence, OCD shared his ideas on the topic very efficiently. We also had the Sacrament of Reconciliation followed by Eucharistic celebration. We expressed our love and gratitude to the Fathers at the end of delicious lunch. It was a good opportunity to have a glance at their surroundings.

Birthday of Novice Master: We were all fortunate to celebrate the 59th birthday of our Novice Master on 16th Feb 2023. We had Holy Eucharistic celebration in the morning. We wished him and prayed for his good health and for his family members. In the evening we had a special birthday prayer and cultural programme. The Brothers of neighbouring communities also took part in this celebration and doubled our joy.

Visit of Members of the Council of the Institute and Rev. Bro. Rene Delorme: On 26th Feb. we were privileged to have our former Superior General Rev. Bro. Rene Delorme and Brothers from African continent. Brothers were given a warm welcome through traditional dance of Jharkhand and honoured with bouquets and shawls. Bro. Jonson and Bro. George Padikara the Provincial Superiors of Yercaud and Bengaluru had accompanied them. Indeed, we were blessed with the presence of many dynamic Brothers from different Provinces of African Continent. Rev. Bro. Rene Delorme (former Superior General) and Bro. Jimmy



Kalappurayil, the Provincial Superior of East Africa inspired us with their deep insights on religious life.

Desert Experience: On 3rd March, we had an opportunity to have the desert experience in our estate. Bro. Rajashekar, the Socius enabled us to understand the concept of desert experience with the help of the topic “**Silence and Solitude**” and gave some instructions and questions to reflect during the day. It enabled us to have a rich experience and to know better about ourselves.

St. Gabriel's, Sitagarha

Shivbaran Tigga (1st Year Novice)

Dear Brothers, warm and prayerful greetings from 12 novices and 3 staff of St. Gabriel's novitiate, Sitagarha. We would like to share with you some of the important occurrences of the novitiate. Wish you a happy reading.

Picnic to Canari Hills: We went on a picnic to Canari Hills and lakes in Hazaribagh on 1st Jan. 2023 and on our way back we went to MTC to have lunch. It was nice to celebrate the New Year with the people and the Brothers of Montfort School community, Hazaribagh.

Visit of Pune Provincial: The Provincials of Pune and Ranchi came for a 2-day visit to the novitiate on 2nd Jan. 2023. Rev. Bro. Herman Bijay Lakra, the Provincial of Ranchi addressed the novices and Rev. Bro. Jaico Gervasis, the Provincial of Pune met all the novices and the Brothers individually. Both of them left the novitiate for MTC in the evening of 3rd January.

Visit of Singaporeans: Br. Dominic, SG and Fr. Ambrose, OP from Singapore came and stayed in the novitiate from 6th - 9th Jan. 2023. They were given traditional

welcome on their arrival. Both of them addressed the novices and shared their lived experiences with us. They also visited all the neighbouring communities of Brothers, Sisters and Fathers. They left for Ranchi on 9th January. We were all happy to share our life with the two foreigners.

2nd Book Review: The 12 Novices successfully completed their 2nd book review presentations on 11th January. All of them presented quite creatively the brief summary of the book in PPT format. All of them invariably explained the concepts well like trained teachers.

Pongal Festivity: St. Gabriel's House and novices and sisters of CIC celebrated together Pongal in our basketball court. We celebrated the harvest festival in the traditional ways by making rangoli, preparing Pongal, praying together as a community, sharing and distributing the Pongal with the neighbouring communities, playing good old traditional games and relishing the prepared meal in a typical Tamil style. All of us had a wonderful time.

73rd Republic Day: We celebrated the Republic Day on 26th January in a grand way. Fr. Kamal, SJ was the Chief Guest. We had the marchpast, mime, dance and a speech. The novices played a friendly basketball match and watched a patriotic movie in the evening.

5 Days Retreat: We attended the 5 days of psycho-spiritual retreat preached by Rev. Br. Varghese Mandapathil the Provincial of North East India. The retreat was held from 28th January to 1st February. Bro. Varghese also met all the novices 2 times personally. We have received lots of practical tips to live as good and prayerful novices.

Hazaribagh Sector Recollection: Our Socius and Administrator participated in the Hazaribagh sector recollection held on 28th January in Dhawaiya preached by Fr. Abraham. Most of the Brothers took part in the recollection.



Sacrament of Confirmation: Suresh, one of the novices of Hyderabad province received the Sacrament of Confirmation in our chapel on 31st January. Rev. Fr. Avinash, the Parish Priest of Sitagarha was authorized by the Local Bishop to administer this sacrament on Suresh.

Beginning the Canonical Year: We the 12 novices entered the Canonical year of the novitiate on 2nd February. We began the ceremony with a half an hour of adoration followed by the ceremony proper in which Br. Varghese Mandapathil, the Provincial of North East admitted us in the canonical year of the novitiate. We had the Holy Eucharist celebrated by many priests who came from nearby communities. There were many Brothers and Sisters who took part in it. The novices were given a light blue kurta, a black pant, NRSV Bible and a neck chain each to mark the importance of the canonical year. All the guests who came prayed for us and congratulated us for our willingness to live as full-fledged novices.

Visit of Rev. Br. T.K. James: Rev. Br. T.K. James, the General Assistant came on a 2-day visit to the novitiate and was given a typical Jharkhand



traditional welcome on 8th February. He gave a talk to the novices and met all the staff personally. We presented a well-organized welcome programme to our guest in the evening in which many Fathers, Brothers, Sisters from nearby communities and our helpers took part. We really appreciated his talk and his way of dealing and relating with us.

First Semester Exams: Our Socius successfully appeared for his First Semester B.PEd. (Bachelor of Physical Education) exam in Ramgarh. His exams were held from 6th to 11th February. He is quite happy about his performance.

Room for the Kitchen Staff: Our kitchen staff inaugurated a newly modified and furnished living room for their use on 14th February, 2023

10th Staff Meet: Staff attended 10th staff meet on 16th February, 2023 to discuss about the life in the novitiate and the projects to be realized.

7th Community Dialogue: We had the 7th community dialogue animated by Br. Fuldeep Jojo

and Mathias on 20th February, 2023 to discuss about our life in the community.

Holy Season of Lent: We began the holy season of Lent with a short recollection on the Ash Wednesday. We have decided to fast, pray and to help the needy of the locality through various means. We would like experiment something new as well.



Inauguration of MGA Bhavan: The inauguration of MGA Bhavan took place on 26th February, 2023. Br. Superior General inaugurated the building, Br. Vicar General unveiled the plaque, Fr. Anil, SJ, Rector of SSC blessed the house and celebrated the Holy Mass, the dignitaries and the associates lit the lamp, the members of the Central Administration gave speeches during the felicitation program. The neighbouring Montfort Schools and Montfort ITI gave dance programs, novices made all the arrangements and sang for the Mass. Almost 150 invitees took part in the function and all of them enjoyed a sumptuous meal at the end. Thanks to all the members of the Central Administration for supporting this project.

We wish you all a blessed, holy, prayerful and grace-filled Lent. Stay blessed by our Master to travel with Him during this sacred and holy season.

Montfort Aruludhayam

Sailesh & Sandeep (Pre-novices)

“Challenges make life interesting; overcoming them makes life meaningful.”

Classes in January 2023: In January, our first subjects were Basic Computer Knowledge (PowerPoint & Word Documents) and Montfort Spirituality taught by Bro. Yesu Dass, SG. It was an enriching experience for us. Then we had regular English sessions in English language given by Mr. Shoban. During his sessions we had practice of speaking, reading, writing, and phonetic. He is a

friendly teacher and helped us to improve our English language. We have benefited much from these sessions.

Pongal Celebrations: On 16th January, we celebrated the festival of “Pongal”. The day was filled with great joy and excitement, as we offered ourselves and part of our cultivations to God. The festival of Pongal is very significant for the people of Tamilnadu. On that day we had some fun games organized by the Staff. We had a lot of healthy enjoyment during the Pongal time. It was totally a new experience for those of us from North India. We enjoyed ourselves with our



friends and Brothers.

Visit of the Provincials of Delhi and Ranchi: “If you are happy, you can make others also happy.”

On 24th January Provincial Superiors of Delhi and Ranchi visited us. It was a joyous occasion for every one of us. We welcomed them with beautiful flower bouquets and a song. On that day we had a fitting prayer service followed by a short cultural programme to express our love and gratitude. Rev. Bro. Thampy Alex taught us about Motivation.

Republic Day Celebrations: On 26th Jan, we celebrated the 74th Republic Day in a splendid manner. On this special occasion, we recalled the heroes who sacrificed their lives to give us freedom and a Constitution of our own.

3rd Book Review Presentation: “Never say all that you know but always know all that you say.”



On 23th January we had the 3rd book review presentation. It had taken three days to complete the presentation of all. Apart enhancing our abilities and knowledge, this book review presentation taught us novel pedagogies and gave us new insights. Those had been graceful days for us as we came to know our companions a little more from the way they had presented their book reviews.

The Birthday of Montfort: “Where there is a vision, there people will flourish.”

On 31st Jan, we celebrated the 350th birthday of our Founder St. Louis de Montfort. On this especial occasion, we gratefully remembered him and prayed for all the members of the three congregations. We started the celebration with a relevant prayer followed by a short and sweet cultural program. Many religious and priests had joined us for the celebration. At the same time our companions also celebrated their birthdays. All the programmes went smoothly without any snag.

Classes by Bro. Lambert: On 26th Feb, Bro. Lambert came here to give us classes. On behalf of Montfort Aruludhayam community, we welcomed him with a melodious welcome song. He was with us for one week. Many things he has taught us during those days. We all have learnt much from his vast experience. He had given us classes on Silence, Personal growth, Prayer Life, etc. The sessions were very interesting to attend.

M. Bhawan, Sardhana

Bro. Alex Diamond, SG

“Pain and suffering have come into your life, but remember pain, sorrow, suffering are but the kiss of Jesus – a sign that you have come so close to Him that He can kiss you.”- St. Mother Teresa

Retreat for Junior Brothers: The retreat was a God given opportunity. It was organized at Montfort Villa, Bhopal from 1st to 6th of January 2023. It helped all the Junior Brothers to understand the need for God in their lives and grow closer to Him. The fervent prayers paved the way for them to say “Yes” to God and reflect a positive response to life by witnessing to the Gospel. During the course of the



retreat, they understood vows as life- enhancing “covenants” that seek to incarnate the beatitudes of Jesus here and now. We make Christ visible in us and in the world. Living the evangelical counsels in consecrated life is to experience the very root of the love of Jesus Christ with an undivided heart and put nothing ahead of His love. Fr. Mathew, SJ, the resource person who accompanied all the juniors to have fruitful inner journey and helped them to experience God’s love and affection.

Birthday of Bro. Alex Diamond: On 11th January 2023, the presence of Fathers from neighbouring Communities and Brothers from Montfort School, Delhi and Montfort School, Roorkee spotted a sparkling glow on this occasion. The Brothers and Candidates celebrated the day with boundless joy invoking God’s ceaseless blessings on the Birthday Celebrant.

Visit of Bro. Lucianus Lakra, SG and Bro. Parag, SG: Bro. Lucianus Lakra, our missionary in PNG visited Montfort Bhawan on 18th January, 2023. He addressed the candidates and shared his varied experiences in PNG. He also taught them action songs and the importance of being healthy. Our candidates were surprised to see his high energy level which is a sign of real motivation for doing better in life. Bro. Parag too shared his experience as a Montfort Brother.

Montfest-’23: To mark the 350th Birth Anniversary of our dear Founder, St. Louis De Montfort, we have been organizing under the name

of Montfest-’23 some cultural, literary, and track and field events for our candidates to develop their talents in various fields. The candidates are taking part in all the events with vim and vigour. All these competitions have been conducted last three months without disturbing the normal routine programmes of Montfort Bhawan. The culmination of Montfest-’23 will be on our feast day (28th April).

Birthday of our Founder: St. Louis Grignion de Montfort, our Founder is known for his love for the poor, devotion to the Blessed Virgin Mary and the practice of praying the Rosary. Montfort’s birthday was celebrated on 31st January.

Birthday of Bro. Rockey: The Birthday of Bro. Rockey was celebrated with vigour and energy. The Brothers of Montfort School, Delhi, Montfort School, Roorkee and candidates celebrated the day with extraordinary joy seeking God’s ceaseless blessings on the Birthday celebrant. On this occasion, Greeting Cards making competition was held and the candidates exhibited their hidden potential.

Vocation Promotion: The three days’ Contact Trip covered over 18 Mission Stations and Senior Secondary Schools of the states of Chhattisgarh and Jharkhand. The Schools and Mission stations are all nestled in forest-like and mountainous regions. They are so beautiful and would mesmerize anyone who is conscious of the gifts in nature. The three Brothers Gabriel Lakra, Emmanuel P.J, and Alex Diamond gratefully acknowledged the hospitality of the Brothers of St. Joseph’s, Noatoli and the Sisters of CMC Hospital Community, Mahuadanr for providing lodging at nights. It was striking to note that all the schools and Degree College run by the Jesuits at Mahuadanr have attached Hostels to provide quality education to students coming from far flung areas of those interior regions. It’s a popular system of universalization of education to the most deserving. On an enquiry it was clear that a Priest is just the Nominal Head and the actual management of the Hostel is by those specialized in Personnel Administration. Credible systems and structures are in place for the smooth management of the hostels. It was a matter of satisfaction that all without an exception were not only appreciative of our efforts but were extremely cooperative starting with the new Bishop, Rev. Antonis Bara of Ambikapur Diocese graciously blessing us. All the School heads and Parish Priests advised us to visit again in the month of November when direct interactions will be made possible. We are also grateful to Bro. Shaji Joseph and the community for making all arrangements for our stay and the trip outside.

Visit of Bro. Mitchel Bradford (Senegal): Bro. Mitchel Bradford of Senegal Province visited

us on 10th March, 2023. He motivated our candidates and helped them to know about the importance of the languages, self-awareness, evangelical counsels, taking care of oneself, etc. It was a wonderful time for the candidates as they experienced the true Montfortian in the person of Bro. Mitchel.

Visit of Rev. Bro. Thampy Alex, Provincial Superior: Rev. Bro. Thampy Alex, the Provincial Superior visited us on 15th March, 2023. We welcomed him with a floral bouquet. While addressing the candidates, Brother congratulated them for their active learning and their eagerness to learn many things for the betterment of their future religious life. He appreciated the staff for being with the candidates and grooming them well to be future pillars of our Congregation.

Montfort Villa, Bhopal

Bro. V. J. Mani, SG

The New Year brought in a flurry of activity and visit by dignitaries. The junior Brothers retreat was followed by a seminar.

The MGA meeting was held on Feb. 11 and 12. Participants were from Ambikapur, Banea, St.

Francis' Bhopal, Harinagar, Lucknow, Roorkee and Sardhana. They found it extremely useful and requested that similar programmes be organised regularly.

The budget presentation and approval was completed between 1st and 7th of March.

The dignitaries who visited us were Bro. K.K. Thomas from Bangalore Province, Bro. Michael Mendy from Pontchâteau and the Superior General of the Visitation Sisters.

The winter garden has been in full bloom from December onwards and is expected to last till the end of March. The garden attracted a lot of visitors, especially the local communities, besides the parents, teachers and students. Bro. Bosco has been busy filming the variety of flowers and uploading them in various WhatsApp groups. I am presenting some more for your visual delight.

We are upgrading the Villa facilities in view of the forthcoming seminar for the senior administrators of our schools in May and the Provincial Chapter in September.

Wishing you all readers a grace filled Lent and blessed Easter.

Beautiful flowers from the Montfort Villa Garden



PNG MISSION

St. Gabriel's Technical Sec. School, Kiunga

Bro. Joji Joseph, SG

Greetings from St. Gabriel's Technical Secondary School, Kiunga! After the closing of the academic year 2022, Bro. Lucianus, SG went to India for home visit and medical check-up and came back safely on March 10th 2023. Bro. Johnson, SG, Bro. Joji, SG and the SMSM Sisters stayed back this year during holidays supervising repair and maintenance of the school.

Most of the classrooms, Staff houses, Boarding houses, Science labs and furniture were repaired and painted. Three new staff houses are currently under construction to accommodate teachers.

St. Gabriel's Technical Secondary School, Western Province, PNG achieved excellent exam result in Grade 12 National Examination – 2022 and secured the **2nd Top position in the country**. Lots of warm wishes and congratulations to the Governing Board Members, Principal, Deputy Principals, Teachers, Parents and Students of St. Gabriel's on this great achievement in the National Examinations.

Most of our students come from the remote part of Western Province, some walk for a week to come to school and stay on until the end of the academic year or till the completion of their studies. Some students paddle to and fro to school every day to cross the Fly River to reach the school. English isn't their first language so you can imagine the struggle they have to endure to fit into the school system within the four years they spent in the school. Despite the difficulties the students have done very well and we appreciate their efforts.

Bro. Thampy Alex, SG, the Provincial Superior of Delhi Province has awarded Kina 10,000.00 to the teachers for the excellent results of Grade 12 in the National Examination of 2022.

The academic year 2023 started for the teaching staff on 23rd January, resumption week incorporated with in-service training organized by Bro. Johnson, SG the Principal and Mr. Samia Wamu, Deputy Principal Academic. The topic was the Reformed Education Structure in PNG - Introduction of Standard Based Education (SBE) and

the Standard Based Curriculum (SBC) in PNG.

The last day of teachers' Resumption Week was a fun-filled day. The teachers went out for a picnic along the Kokonda Highway. Teachers spent the day swimming, playing volleyball, barbecuing and sharing food which they cooked at the site.

The school has 6 new teachers as replacement for some of the transferred ones. At present we have 35 teaching staff and 15 ancillary staff.

The school reopened for the students on 30th January 2023. The total students enrolled in 2023 are 620. There are 440 day-students and 180 boarding students (90 boys and 90 girls).

The following day the school celebrated 350th birthday of St. Louis Marie Grignon de Montfort, our Founder. To give due respect and honour to our Founder, special assembly presentation was done by Grade 12 students. The theme for the week was 'Montfort, the Educator'. The Assembly stage was decorated with the display of photographs connected with the life of St. Montfort. Bro. Johnson, SG shared a brief biography of St. Louis de Montfort followed by a prayer and an inspirational song dedicated to glorious St. Montfort, our dearest Founder.

St. Gabriel's Technical Secondary School had its opening school Mass for the 2023 academic year on Friday 4th of February at St. Gerard Cathedral celebrated by Fr. Aloysius Bangur, SMM the Parish Priest. The entire academic year was committed into God's hands. The singing was well led by the SGTSS liturgy group.

Commissioning of Teachers was also done during the Mass which was witnessed by Mr. Kevin Joseph, Catholic Education Secretary of Daru – Kiunga Diocese and Fr. Aloysius Bangur, SMM.





On February 27, 2023, the school held the Oath Taking Ceremony with great enthusiasm for SRC which consists of Head Boy, Head Girl, Vice Head Boy and Vice Head Girl, Sports Captains, Prefects, and Well-being Champions. This marked the dawn of a new era. It was a solemn occasion where the young students were all prepared to “don the mantle” of leadership and discharge the responsibilities entrusted upon them by the school. The Chief Guest for this occasion was Mr. James Assan, The Deputy Chairman - BOG, who gave an inspiring speech to the students. The main message that he communicated was, “A leader is the person who influences a group of students towards the achievement of goal.”

24th Feb 2023, was the National Remembrance Day. St. Gabriel's students and staff paid tribute to the great leader, an icon in the rich history of Papua New Guinea- Late Grand Chief Sir Michael Thomas Somare, the First Prime Minister of PNG.

The school has been blessed with the PNG-AUS Partnership program with various types of educational activities and training program organized in Port Moresby from the 3rd to 7th March, 2023 in which five of our teachers and four students participated. Another teacher Mr. Absolom Datmans is attending 8 weeks of training program in Australia.

The SDP and KTF teams gathered in Kiunga on 27th March at Kiunga Guest House for the graduation of 21 Grade 10 and 12 students from the SDP and KTF St Gabriel's FODE Centre. They commenced the day with a visit to St. Gabriel's Technical Secondary School, speaking with students at the assembly, and then held a special graduation ceremony for our FODE students. FODE is a critical second chance education pathway for people who have dropped out of school early or who need to upgrade their marks to gain entry into further studies or employment. SDP/KTF FODE College supports its graduates and helps to study further to become teachers and nurses. We are so proud of all our St Gabriel's 2022 graduates!



Province Level

MGA Meeting

Miss Ashna Poulse

“The wisdom I proclaim is God’s secret wisdom, which is hidden from mankind....” (1Cor2:7).

The Province of Delhi organized a province level MGA Meeting at Montfort Villa, Bhopal on 11th & 12th Feb 2023. The main aim of the meeting was to develop awareness among the new members of the association. The meeting started with a prayer service conducted by Bro. Alok Minj which was followed by introduction of the members. The resource person for the meeting was Bro. Paulose Mekunnel, SG who explicitly explained the Montfortian Spirituality and charism.

The meeting involved group discussions and sharing of the experiences regarding the MGA meetings of various schools in their respective places. Various challenges faced by the members were also put forward.

The MGA Charter was also explained properly. The mission and vision of MGA was elucidated. It was followed by interpretation of the membership.



The MGA members were made aware of the structure of Governance at various levels. A lot of emphasis was laid on the topic of family as a “Domestic Church” and through the witness of families, the Gospel can reach every place and every section of the society.

The meeting ended with a few decisions taken regarding the growth and development of MGA movement and some steps were discussed to make it a successful initiative.

A group photo was taken at the end of the meeting with the MGA members of different Montfort Schools.▲

HYMN No. 84 The Power of the Mind

Chorus:

Help me Lord to serenely mind my mind.

Verses:

1. The mind of God prompted the Word
The Word of God prompted the World
Everything in the world prospered
All created things, God found good
The mind of God keenly pondered
In reflective lustre made man
Endowed him with a free, keen mind
That was “after his own image”...
2. The image of God meant a keen mind
That men enjoy closeness with Him
Shedding pride, sloth, self, sin and slump
Such to attain wings to the mind
To own a lusturous flair and power
Like the anchor that stalls the squall
Like the seas that run deep and still
To capture the impossible...
3. However my mind runs amok
Among a million forms and shapes

At times it’s stuck with fancy stocks
It’s often run by guilt and fear
It’s hit too by anxious doldrums
It has no time to stand and stare
It’s unable to forgive self
Help my mind Lord retrieve its power...

4. The minds propelled and led by Word
Shall surge and soar high in the sky
To capture the impossible nigh
In the war-torn chaotic world
In knowledge, wisdom and in grace
To purge ways to a purer mind
And declare its strength and poise

“Father forgive them”... as Jesus did.

or

“My Soul glorifies the Lord”...Blessed Virgin Mary....

or

“No cross..., what a cross”... St. Louis Montfort.

Bro. Emmanuel P.J.

'SLEEP Highly Essential for Good Health'



NOTED cardiologist of Sanjay Gandhi Postgraduate Institute, Lucknow, Dr. Sudeep Kumar while speaking on 'Disturbed Sleep Cycle' during the international conference 'Cardicon-2023' on 13th Feb 2023 at GSVM Medical College auditorium, Kanpur said sleep disturbance has been observed in Indian youth. He said ironically it was taken with a pinch of salt but the fact is getting good sleep is not only important for energy levels but also is critical for heart health. He said a large number of Indian youth are working on fat pay packets of multinational companies and there was immense pressure to meet targets, as a result they compromise on their sleep. He said sleep was highly essential for good health as it helps to repair the body and to function normally during the day. He said disturbed sleep cycle was highly dangerous for heart health. He said **medically seven hours of sleep** is highly essential

but if someone compromises on it then they develop high blood pressure which was a leading risk factor for heart disease and stroke. He said apart from this they develop type 2 diabetes. He said besides it leads to unhealthy weight gain and not getting good sleep can affect part of the brain. Dr. Kumar said during normal sleep blood pressure goes down. Having sleep problems means blood pressure stays higher for a longer period of time. High blood pressure is one of the leading risks for heart disease and stroke. He said during normal sleep blood pressure goes down and having sleep problems means that blood pressure stays higher for a longer period of time. He said research suggested that sleep played an important role in development, progression and maintenance of mood disorder symptoms among youth. While most of the research focused on relationship between insomnia

and mood disorders, other sleep disorders such as delayed sleep phase, inadequate total sleep duration and bedtime resistance can play important role in mood episodes.

Dr. Kumar said everyone needed sleep and it affected almost every type of tissue and system in the body starting from brain, heart and lungs to metabolism, immune function, mood and disease resistance. He said sleep was a complex and dynamic process that affected how one functioned in ways scientists were now beginning to understand. He **advised youth** to ensure that they get at least **seven hours of sound sleep** that too **at night**. He said naps cannot substitute for a full night's sleep.

(The Pioneer, Lucknow, Tuesday, FEBRUARY 14, 2023, p.04)

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The next issue is to appear by 30th June. All the items received upto 15th June, 2023 will be included in it.	
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April

03 Bro. Prasant Kullu
19 Bro. John Bosco

May

14 Bro. Bala Joseph
15 Bro. Monachan K.K.

June

04 Bro. Rakesh Sharma T
10 Bro. Mathias Minj
19 Bro. Albert Abraham

July

01 Bro. Mathew TT
01 Bro. Antonysamay
04 Bro. Johnson Beck
05 Bro. Philip Thadathil
05 Bro. Pradeep Xalxo
07 Bro. Alok Minj
13 Bro. Simon CM
13 Bro. Raju Lakra

HAPPY BIRTHDAY