



**Ripples of exuberance and gratitude**

The dawn of 10<sup>th</sup> April 2016 marked the historical day for SHM as we stepped into the platinum year-of the birth of the Helpers of Mary. It's a year dedicated to recount the immense and incredible ways of God intervening throughout these 75 years of love and service. The procession with 75 sisters carrying lit lamps from motherhouse chapel to the stage was a symbolic expression of self-giving. Sr. Indumati in her introductory message, recalled the incredible love of God poured on the Marys and we in turn reaching out to transform lives. Sr. Stella Devassy made a solemn declaration of the opening of the jubilee year.

Bishop Thomas Dabre of Pune Diocese celebrated the Holy Eucharist together with Fr. Michael an eminent canonist besides Fr. Blaise from Amboli parish. Bishop in his homily captivated the audience as he appreciated the Charism of the Helpers Mary. He said that the vocation to be a Helper of Mary is unique; we are reaching out not only to serve, but also to give Jesus as Mother Mary did in the visitation episode. On this special day a number of policies were released

**Children's policy:** In order to help the children and the care givers to administer the home effectively, policies and guidelines for our Children's homes has been released. Srs. Regina, Bridget, Priya, Smruti and Seema have inventively and creatively planned the policy for our Residential Care Homes.

**Finance and human resource policy** will guide us to manage the finances and personnel of the Congregation efficiently. We are grateful to Srs. Reshmi, Amrita, Smita and Barbara for their hard work in bringing out this document.

**Policies for the home for the Elderly-** With the growing number of homes for the elderly coming up and challenging demands on the institutions, it is relevant to have a number of guidelines for a better management of our home for the elderly.



As I stand before you on the threshold of the Platinum Jubilee year, of the foundation of the Society of the Helpers of Mary, I remember with joy and gratitude our founder Mother Anna Huberta whose spiritual heirs we are, our pioneer sisters whom the Lord has called specially Srs. Imelda, Zita and Monica, our friends and benefactors who stood by us, and all the Marys for their valuable contribution that brought us to this memorable moment of 75<sup>th</sup> year. As I carry the baton and mantle of leading the congregation as Superior General, I feel privileged to day to make this solemn declaration of the inauguration of the Platinum Jubilee year of our Congregation 2016-2017.



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## Anna Homes



To mark the 75<sup>th</sup> anniversary of the founding of the Congregation, we have launched Anna Home project by which 75 homeless families will be helped with a house. Sr. Leela inaugurated this project by giving the first home to Mr. Shaji.

The evening was colored with a cultural program during which we had a glimpse into the past years depicting the great mile stones of the SHM. The beautiful choreographed dances of the children enhanced the grace of the occasion.

- Sparks Team

## TRAINING FOR EMPOWERMENT

When a Woman is educated, the entire family, village and society is educated and enlightened.

On April 7th 2016, women 202 to receive the certificates in the courses they have attended from Brihanmumbai Municipal Corporation, conducted by Sisters of Snehanjali community, Jerimeri.

The women were trained for cooking, catering, beauty culture, and sewing and were awarded them with Government certificate. These trainings are conducted in 24 wards in Mumbai with the aim of poverty alleviation for the women and adolescent girls.

Sr. Seema, Jerimeri.



## To My 'ALMA-MATER'

My journey as a writer began right from my teenage days. Nevertheless, the tunnel took a bend when I joined the school of Nursing. As the editor of our Congregation's News Bulletin in the initial stage, I faced inadequacy in this field but all paths and encounters gave me directions and I could accomplish my responsibility.

My song of gratitude is to the Almighty God who has graced me to make my stumbling blocks as stepping stones. I thank all my colleagues who were at the editorial board. Srs. Sulochana, Veena and Annie were the first batch; soon to join was Sr. Stella our present Superior General followed by Srs. Joanita, Meena Jose, Carmina, Anegha and Rachana. To all those who stood by me, you have done more than words can express. I am humbled at the honor and grateful to Sr. Stella & the General team who paid me a tribute on the occasion of the inaugural function of the platinum jubilee year of the Society.



My best wishes to my successors who have already taken up the torch for retelling the Gospel values through your writings with an awareness of what happens in our Global village.

I salute my Institute, the Helpers of Mary, and my "ALMA-MATER" who is the source of my certitude and confidence in the field of journalism. Thanks-a-million

Sr. Sulochana P SHM

## Nurture Vocations

On 9th of April there were a number of ordinations to priesthood in the Archdiocese of Mumbai. It was amazing to learn how much their parents, specially 'mother' responsible for their call to priesthood.

We are losing our precious youth, because a parent, specially the mother has no time to sow the seed and give their sons and daughters a taste of Jesus and a dedicated life in His company and service.

We, as SHM have many chances in our pastoral ministry to guide families; specially mothers so that many will be touched and join God's special army while we strive to evangelize, let us not forget our future priests and the sisters.

All of us pray for vocations, but that is not enough. Vocations must be explained and promoted. We have the responsibility to encourage young men and women to at least think about the possibility that God might be calling some of them to give their lives to Christ and to make Him known to the world.

Sr. Shalini Kamath



## CHERISHED MOMENTS OF BEING TOGETHER



The 3rd batch of renewal program was an enriching and exciting experience for 43 of us (Group No. 21 – 26). We owe our sincere gratitude to our Superior General Sr. Stella who made it possible for us to be present in the great event of the opening of platinum jubilee.

On 11th April we began our renewal program where there was learning, sharing, recapping the past years, re-energizing which filled the atmosphere with joy and laughter. The resource persons Rev Fr. Henry SVD and Sr. David CSSJ guided us in this process through their expertise. Every evening we were rejuvenated through recreation which recalled the past memories and gave us inner strength revealing our inner beauty, capacity and talents. We realized that we have still more to contribute to the congregation through

our creativities. It was a time of spiritual renewal enabling us to reach our core and to experience the Divine.

Every day there were surprises waiting for us which reminded us of our founder Mother Anna Huberta who loved giving surprises. Day of outing refreshed us and enjoyed freshness of the nature.

We, extend our sincere gratitude to Sr. Stella and councilors, the spiritual commission Srs. Indumati, Sulochana and Naveena, the sisters of Generalate community, Sr. Flory and sisters, formation and all those who were involved to make this program successful. Renewal days were truly blissful days learning to give joyfully and grow gracefully.

Sr. Ajita participant of the renewal program

## Platinum Jubilee Year Activity

Sisters of Jerimeri community organized a program for 120 Senior Citizens and Widows to mark the celebration of the Platinum Jubilee year of the Congregation of the Helpers of Mary. The program was jointly organized with "Help Age India". An awareness program was arranged on 'Legal right to Pension' for the senior citizens. Ms. Anita Kakde of "Family Welfare Agency" spoke on this topic. Fr. Lancy Pinto, the Parish Priest Congratulated the sisters and spoke about the commendable work of the Congregation. As a token of his appreciation he offered bouquet of flowers to the sisters and wished for the Jubilee year.

Sr. Seema & Sisters



## MAKE A DIFFERENCE



Jesus made a difference by becoming a human. So also He brought about transformation in the life of every participant at Ryshivana who attended renewal program in the academic year 2015-2016.

It was God's plan for me to be away from my responsibilities and to spend some quality time with the Lord at Ryshivana. As I entered Ryshivana, the scenic beauty of the place captured my attention. It's a place of inner silence and contemplation, an abode of the Ryshi, that became a home for me for the last 9 months. The stillness and quietness whispered in my ears, "Be still and know that I am God". It was certainly an invitation to silence, solitude and contemplation. My sole aim to be here was to spend more time with the Lord and to relax one self, to renew and revitalize my spiritual life which will enable me to rejuvenate and strengthen me for a better mission. The program emphasized on inner silence, scripture, spirituality, psycho-spiritual maturity, holistic integration and personal guidance that ended with one month contemplative prayer

I am deeply grateful to my Congregation for generously giving me this golden opportunity to renew myself. During this year of Mercy I am called to make a difference in my life and in the lives of others.

By Sr. Reena Paulose



207 districts in 9 states of India have been hit by draught. Marathwada and Bundelkhand are the worst affected regions. Summer has only started, but dams in Marathwada have less than 5% water. Everyday nine farmers commit suicide and the number will only go up as the heat rises. Water tankers come only once a week in Latur district of Marathwada and are guarded by the police. Next time when you are wasting water, think about your brothers and sisters. Let us make this holiday season meaningful by saving every drop of water.

## GENERAL MEDICAL CAMP

With the increasing cost of living and especially healthcare, it is going to be even harder for the common people to afford effective medicine.

Keeping this in mind a free medical general camp was organized by Shraddha Vihar hospital for the surrounding area of Amboli parish on April 24<sup>th</sup> 2016 from 10am to 12 pm. It was organized to commemorate the platinum jubilee year of the congregation. The six team members of the hospital that is physician, pediatrician, a gynecologist, a skin specialist, an orthopedic and an ENT specialist rendered their service to the people. Free physical examination along with blood sugar, blood pressure, ECG and BMD tests were done and free medicines were given to the patient. The beneficiaries of medical camp were happy and satisfied with doctors and their services. We are grateful to our Parish priest Fr. Franklin and his team for co-operating with us.



## Our Sympathies

We extend our heartfelt condolence to our dear sisters who have lost their dear ones;



Srs. Sudha, Kanta & Thaira who lost their brother

May the souls of the departed rest in bliss.