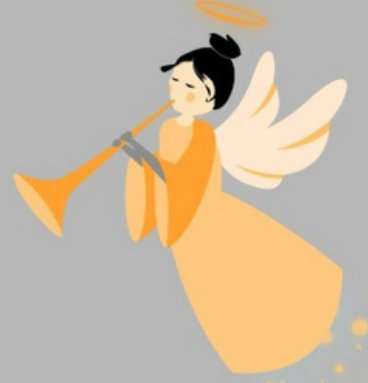




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ISSUE - JULY - OCTOBER 2025

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Habemus Papam !

POPE LEO XIV

WE THANK GOD AND PRAY FOR OUR HOLY FATHER !



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Editorial: Seasons of Grace and Silent Witness

Dear Sisters

As we step into the heart of the liturgical and natural year—from the verdant promise of July to the golden hush of October—we are once again reminded of the rhythm of grace that shapes our lives as consecrated women. These months, marked by both feasts and silence, sow in us the mystery of Christ's life, which we are called to reflect in quiet fidelity.

In July, we remember the gentle fire of St. Benedict, the quiet courage of St. Kateri Tekakwitha, and the tenderness of Our Lady of Mount Carmel. This month invites us to deepen our contemplative gaze, to see God's presence in the ordinary. In a world distracted by noise and speed, our call to prayer becomes more prophetic than ever.

August brings the glorious feast of the Assumption, a radiant sign of hope in a weary world. As Mary is lifted body and soul into heaven, we too are lifted in our vocation—not away from the world, but more deeply into its wounded heart. This is a time to renew our Marian spirituality: to magnify the Lord not only with our voices but with our very lives.

September, crowned with the Nativity of Mary and the Exaltation of the Holy Cross, reminds us that new beginnings and redemptive suffering are woven together in our call. As educators, caregivers, and spiritual mothers, we are often called to stand at the foot of the cross, accompanying those in pain with unwavering faith and tender mercy.

And as October arrives with the Feast of St. Thérèse of Lisieux and the Queen of the Rosary, we are drawn again into the beauty of the "little way." In our chapels, in our missions, and in our community life, the Gospel is preached through every hidden act of love. The world may not see us—but it is changed by our silent witness.

As your hearts stay anchored in the Eucharist and your hands in the service of Christ's Body, may these months be a time of deepening joy, simplicity, and surrender. Let us carry each other in prayer as we walk together through these seasons of grace, always listening for the quiet sound of God's presence—**Aradhana Dhwani**—in every moment.

With sisterly love and prayers,
Editorial Team

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"My soul magnifies the Lord, and my spirit rejoices in the Lord my Saviour" (Lk. 1:46)

With a heart full of joy and gratitude to the Almighty God for His wonderful works in me, I take this opportunity to share my experience of the last 2 years in the house of the Lord. It has been a long cherished dream of mine to dedicate my whole self for the salvation of the souls for which I am called by the Lord. For, He has chosen me and taken me out of the world, to be His own. As we are living in a world that is fast changing, and moving towards a life of comfort, and easy going attitude which



has intruded even in religious life in a subtle way like a cunning serpent, it is a challenge before me to live my consecrated life in its fulness, choosing the narrow way, living a life of prayer,

penance and sacrifice. The Word of God says, 'Even if we gain the whole world and lose the soul what shall it profit?.'
!! (Mk. 8:36)

Therefore, I decided after a long time of prayer, reflection, and spiritual guidance, to take a break from the routine way of life and try for sometime if it is possible to live my consecrated life radically choosing a life of simplicity, giving priority for the work of the Lord, using all my energy, time and abilities for the salvation of my soul and the souls of others; and living a life of prayer, penance and sacrifice for the renewal of consecrated people around the world in this present situation.

I am grateful to the Lord for He has brought me to the right place, where I have experienced on my skin that, it is possible to live a consecrated life radically in this way even today. I have eye-witnessed that the Word of God is alive and those who live here not only preach the Word of God, but **LIVE** the Word of God. We live here completely depending upon the **Providence of God**, without expecting any remuneration for the ministries done, doing everything for the Glory of God and the salvation of souls. The Word of God is preached here without any adulteration and with the pure intention of spreading the Gospel, and preparing people for the second coming of the Lord in His glory.



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The retreats conducted here is totally based on the Word of God and the documents of the Holy Catholic Church. It is a challenging ministry in the present scenario where the world is running behind power, prestige, wealth and popularity, sad to say, even the religious. The world around may consider it is foolish to live like this, but the glory to be revealed on the last day gives us hope and courage to march forward like soldiers of Christ.



It gives me joy to live my consecrated life in its original spirit. Even though it is painful to be away from the ASC community, where I was formed, it is for a greater cause. Every month hundreds of people from different walks of life attend the retreat, free of cost; and they go back with truly converted and renewed spirit. It is mainly aimed at the renewal of consecrated people. Many bishops, priests and religious attend the retreat here and witnessed that it is a special Ministry of the Word of God which has to be continued for a renewed life.

From my personal experience, I feel that it is really worth that all of us attend this retreat for a renewed consecrated life as an urgent need of this time.



"For the time is coming when people will not put up with sound teaching, but, having their ears tickled, they will accumulate for themselves teachers to suit their own desires." (2 Timothy 4:3)

Also from the sharing of many consecrated people, priests and laity, I am convinced that the Lord has raised up this center to reveal that He still loves the humanity even in this present situation of the world where the evil spirit is highly active in order to put trap on the way of even the chosen people. I thank God and my Superiors for giving me this opportunity to deepen my faith and to grow in the spirituality of a true disciple of Christ.

Sr. Mercy Thadathimackal, asc



Holy Year or Jubilee Year

The **Great Jubilee** is a term used within the Catholic Church to refer to a special **Holy Year or Jubilee Year**, a period of grace and reconciliation that is celebrated every 25 years, though extraordinary Jubilees can be proclaimed at other times for special occasions.



History and Importance:

The **Jubilee Year** dates back to the **Old Testament** (Leviticus 25), where every 50th year was to be a year of **freedom**, during which debts were forgiven, land was returned to its original owners, and slaves were set free. This concept of the **Jubilee** was later integrated into Christian theology as a period of spiritual renewal and reconciliation.

Key Elements of the Great Jubilee:

1. **Year of Jubilee:** A Jubilee Year in the Catholic Church is a time of special significance, during which Catholics are called to renewal, repentance, and reconciliation with God. It's traditionally marked by a focus on **forgiveness**, **pilgrimages**, **spiritual reflection**, and acts of charity.

2. **Holy Doors:** One of the most visible symbols during a Jubilee Year is the opening of the **Holy Doors** at **major Basilicas** (like St. Peter's in Rome). When the Holy Door is opened, it symbolically marks the entry into a time of grace and mercy. Pilgrims who pass through the Holy Door during a Jubilee Year receive special spiritual benefits, often in the form of **indulgences**.

3. **Indulgences:** A central feature of the Jubilee is the granting of **indulgences**—the Church's remission of temporal punishment due to sin. By participating in certain acts, like visiting a pilgrimage site, making confession, and receiving communion, the faithful can obtain a plenary indulgence during the Jubilee Year.



4. **Pilgrimages:** Traditionally, people make pilgrimages to holy sites during the Jubilee. These can include the **Vatican**, **Jerusalem**, and other places of major religious significance.



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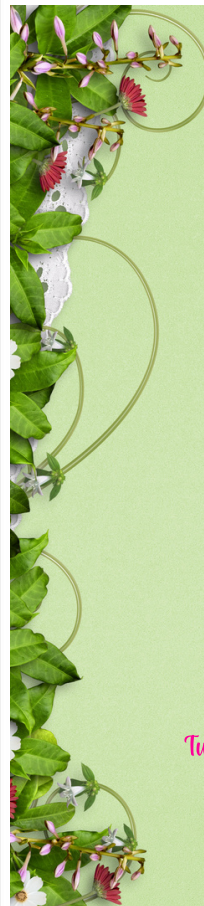
Modern Implications:

In the **modern Church**, the Jubilee Year remains a powerful call to Catholics worldwide to deepen their faith, engage in works of mercy, and reflect on their spiritual journey. Special programs, services, and initiatives are often organized by dioceses and parishes around the world to mark the occasion.

In short, the Great Jubilee is a **momentous event** in the Catholic Church, a time to reflect on God's mercy, seek reconciliation, and renew one's faith, often through special acts like pilgrimage, confession, and acts of charity.



Sr. Jyoti Vorugonda, asc



Oh! Breath
You are my only wealth
Right from birth to death
Though I most often forget
You are my prime subject
You are with me always
Telling me in several ways
That life is not to be squandered
But lived in peace unhindered
Life is but a golden chance
And might go away perchance
So, make the most of it
So that it becomes a hit
The only goal worth lived
Is that which is called splendid
When Ego bows low before God
Turning life as an oblation to the Lord text

.....SOU MYA, Kannur School



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Our Foundress, St. Maria De Mattias in her letters highlighted the importance of compassion, particularly towards those who are suffering or marginalized. She encouraged young people to make the wounds of others their own and to serve them with love and tenderness.

“For the triumph of His mercy and to show His infinite love for us, our divine Redeemer, Jesus Christ shed all His Precious Blood with great suffering and humiliation, as price of salvation and of glory. He gave it all, He gave it for all and He does not stop giving it.....”

As a student of B.Sc. Nursing and a devoted member of the Adored Precious Blood Sisters, I find deep meaning not only in academics but also in being present for others—especially the young girls who need someone to walk beside them during life’s challenges. My journey is more than just books, classes, and clinical rounds; it’s about being a source of strength, comfort, and guidance to my co-students and companions.

In today’s world, many young girls face silent battles. Some struggle academically—they feel lost, discouraged, or unable to focus. Others are emotionally burdened, especially when they fall into relationships that distract them or even hurt them. They don’t always need solutions—they need someone who listens without judgment, understands their pain, and gently guides them back to their true path.

This is where I step in, not because I’m perfect, but because I care. As an Adorer Sister, I try to reflect Christ’s compassion and understanding. I approach these girls with love, patience, and prayer. Sometimes it’s just a conversation under a tree, a quiet prayer in the chapel, or helping them schedule their study time. Other times, it’s encouraging them to remember their goals, their families, and their dreams.

I remind them that their worth is not defined by academic marks or romantic feelings, but by the love God has for them. I share with them that we all fall, but we can rise again—with courage, with God, and with the support of sisters and friends who truly care.

Through this mission, I am also transformed. I grow in responsibility, empathy, and spiritual depth. I realize that my vocation is not only about becoming a good nurse but about healing hearts as well.

My hope is to continue this humble service, one soul at a time, and to be a shining light wherever God sends me.



Sr. Maya O, asc



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A Pilgrimage to the Holy Land: Walking in the Footsteps of Jesus

This trip was prayerfully organized by Joffy travelers under the spiritual guidance of Fr. Raju Akkara from Thrissur diocese Kerala, whose insights and presence enriched every step of our journey. We began our journey as we departed from Cochin International Airport, arriving in Amman, Jordan. Our 10 days of pilgrimage occurred



from June 16 -26th. This was a group of 40 pilgrims, including 8 Adorers and one religious sister was from St. Charles Borromeo of Tab.

Embarking on a journey to the Holy Land was a deeply spiritual and transformative experience—one that brought the Bible to life and left an indelible mark on our hearts. Our pilgrimage led us through the sacred lands of Jordan, Israel, Jerusalem and Egypt, each place echoing the divine presence and history of Jesus Christ.

Our journey began in Jordan, where we were blessed to receive the Sacrament of Baptism at the traditional site on the River Jordan, the very



place where Jesus Himself was baptized by John the Baptist. Standing in that holy River, we renewed our baptismal vows, reaffirming our faith with profound reverence and joy.

From there, we crossed into Israel, where our hearts were stirred by the visit to Cana, the site of Jesus' first miracle—turning water into wine at the wedding feast. This stop was especially touching for married couples who had the opportunity to renew their wedding vows.

We continued to Nazareth, the hometown of Jesus, where the Annunciation took place. Praying at the Basilica of the Annunciation, we felt the deep humility and faith of Mary, who said "yes" to God's call.



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Our journey then brought us to Jerusalem, the heart of Christian faith. We walked the **Via Dolorosa**, retracing the steps Jesus took on His way to Calvary. At the Church of the Holy Sepulchre, we celebrated Holy Mass, united in faith and prayer at the site of His Crucifixion and Resurrection. This was the spiritual pinnacle of our pilgrimage, filling us with awe and grace.



One of the most moving moments was our time in the **Garden of Gethsemane**, where Jesus prayed before His arrest. Surrounded by ancient olive trees, we reflected on His agony and surrendered ourselves more fully to God's will.

After our time in Israel, we journeyed into Egypt, where we visited a host village, experiencing the warmth and hospitality of local Christians. Their faith, often lived amid hardship, was a testimony to the enduring power of Christ's love.

We also had a lot of fun and laughter as we enjoyed the boat trips. Sailing the Nile River was a joyful and unforgettable experience. Cruising past ancient sights, we felt history come alive making this Nile adventure a truly delightful part of our pilgrimage. There were also occasions for Shopping which was very exciting to all of us.



This pilgrimage was not just a trip; it was a sacred encounter with Christ. Each site, each prayer, and each shared moment brought us closer to God, to one another, and to the living history of our faith. We came back not only as travellers but as witnesses, renewed in our mission as Adorers of the Blood of Christ and followers of Jesus.



Sr. Rani Padayattil , asc



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A RIVER OF SELF DISCOVERY: A JOURNEY TOWARDS DIVINE DESTINY

A sabbatical is indeed a sacred time, an opportunity to step away from the busyness of daily life and immerse oneself in moments of solitude and communion with God. Reflecting on the passages from **Matthew 14:13 and Luke 9:10**, we see Jesus modeling the essence of sabbatical spirituality. He often withdrew to quiet, deserted places to pray, reflect, and renew His spirit, teaching us the importance of solitude for spiritual rejuvenation.

For a religious sister undertaking a sabbatical, it is not merely a physical rest but a time to reconnect deeply with her inner self and with God. This sacred pause allows her to:

"The journey of self discovery is not always an easy path... Understanding the light that you are & also being able to acknowledge your shadow self... You will begin to understand that both are crucial in experiencing this physical world"

- **Encounter Solitude:** Like Jesus, stepping into the quiet can reveal the voice of God more clearly. It's an invitation to listen, discern, and grow spiritually.
- **Renew Strength:** Rest from routine is essential for healing and regaining energy to return to her mission with renewed vigor.
- **Deepen Prayer:** A sabbatical offers the time to immerse oneself in contemplative prayer, Scripture study, and other spiritual practices.
- **Experience God's Presence:** In stillness, one becomes more attuned to God's grace and movements within the heart.

This time of rest and retreat mirrors the rhythms of creation —work followed by rest, activity followed by restoration. It is a holy journey of letting go, receiving, and being transformed for the journey ahead.

In this inward journey, I recognized my condition: mentally confused, physically exhausted, emotionally disturbed, and spiritually dried. This realization marks the starting point of transformation. Thus, a sabbatical is a time for rest, renewal, refreshment, and rekindling. It allows one to lay down the burdens of life, to be restored in God's presence, and to rediscover the joy and purpose of one's vocation.

Looking back into my life, I was overwhelmed with gratitude to God for the countless blessings and graces I received. Despite moments of struggle, the faithful hand of God has always guided and sustained me. This time of sabbatical becomes not only a season of healing but also a celebration of His enduring love and mercy.

The inward journey is a profound journey toward the discovery of self-worth or the true self. It invites one to consciously enter the depths of the interior self to uncover the real self, which is inherently endowed with immense value and dignity.

Much like mining for precious pearls hidden beneath tons of mud and stones, this journey demands effort and perseverance. It requires a deliberate excavation of unwanted and useless layers —burdens of past history, unresolved wounds, and the false self- shaped by ego and illusions. These layers, often groaning for liberation, must be gently and courageously removed to reveal the precious treasure within.



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This inward journey of self-discovery is not without its challenges. It is a painful process, requiring honesty, humility, and vulnerability. For this reason, only a few dare to risk this extraordinary adventure of uncovering their true essence. Yet, those who undertake this journey find themselves renewed and transformed, encountering not only their authentic selves but also the divine presence of God that dwells within.

Through this process, a sabbatical becomes not just a time of rest and refreshment but also a sacred pilgrimage toward wholeness and the rediscovery of one's God-given worth.

The inward journey not only reveals our self-worth but also builds self-image and self-esteem upon this foundation. When anchored in self-worth, our self-image becomes like a house built on rock, capable of withstanding storms, criticisms, failures, and challenges with inner resilience and grace. This realization brought clarity to where I had failed in my life.

The truth of my being is that I am created by God in His own image. However, this divine truth has often been obscured and distorted by a false image shaped by external influences and inner fears. Rediscovering this truth calls me to recognize that I am not merely shaped by circumstances or expectations—I am the creator and source of my life in collaboration with God's grace.

This realization urges me to grow in the fullness of Christ, rekindling the fire within my heart—the spirit of power, love, and self-discipline. It invites me to approach every task not as a performance but as a mission. Performance is rooted in talents and skills, while mission flows from values and purpose. I am here not to fulfill the expectations of

others but to realize my vocation by aligning my actions with God's plan for me.

As Pope Francis wisely teaches: ***Look into the past with gratitude and repentance, acknowledging blessings and learning from mistakes. Look into the present with satisfaction and contentment, embracing the gift of now. Look into the future with enthusiasm and hope, trusting in the possibilities that lie ahead.***

This has been the fruit of my journey: a deeper awareness of my God-given worth, a clearer sense of purpose, and a renewed commitment to live a life rooted in faith, love, and mission. Becoming aware of my true self has empowered me to cultivate a positive self-image and embrace my physical, mental, and emotional self with acceptance and gratitude. This awareness allows me to recognize my uniqueness, acknowledge my strengths, and humbly accept my limitations.

I have come to realize that while I cannot always change a situation or a person, I can choose to change my attitude toward them. This shift in perspective brings freedom and peace, enabling me to respond with compassion, understanding, and grace.

Through self-affirmation, I remind myself of a profound truth: I am part of the divine. I am filled with divine energy. I am created in God's image and am called to reflect His love and light in the world. This affirmation renews my spirit, strengthens my resolve, and anchors me in the awareness that my life is a sacred gift.



The discovery of our authentic selves doesn't happen in one great leap but is rather a journey filled with small revelations.

—Quentin Tarantino



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This journey has taught me that my worth is not measured by external achievements or validations but by the divine spark within me. By aligning my attitude with this truth, I can approach every challenge with resilience, every relationship with love, and every task with a sense of mission, knowing I am deeply connected to the divine.

The story of the river helps me look into my origin, where I came from, and where I return—my destiny. My river has its origin. Even a great, mighty river begins with a small, tiny stream. It has to flow until it reaches its destiny. Before entering the sea, the river trembles with fear. It looks back at the path it has traveled, but the river cannot go back. The river needs to take the risk of entering the ocean because that's where the river will know. We are moving toward the great ocean, God. Whether we are aware of it or not, whether we make it or not, we are on this journey.



When I travel with awareness of my destiny, my life becomes more meaningful and enjoyable. God invites me to live my life in holiness and wholeness. For this, I create an attitude of let go, let come, let be. Let go of positive and negative experiences. Let come whatever God plans for me, but surrender to God.

My identity should reflect my co-identity. Co-identity is a value of the gospel. Role identity is the performance of duty. Every changing color of a leaf is beautiful, and every changing situation of a person is beautiful. And every changing situation of life is meaningful. Both need a very clear vision. Remember that suffering is a sign that we are alive. Problems are a sign that we are strong, and prayer is a sign that we are not alone.

If we can acknowledge these truths and conditions, then we can have a fresh beginning. Continue with enthusiasm. Start with a positive attitude. It is a new chapter in my life journey. Today is the first day of the rest of my life.

I conclude with a beautiful message from the Holy Father Pope Francis:

"Rivers do not drink their own water. Trees do not eat their own fruit. The sun does not shine on itself, and flowers do not spread their fragrance for themselves. Living for others is the rule of nature. We are all born to help each other. No matter how difficult it is, life is good when you are happy, but much better when others are happy because of you."

I am grateful to God for this opportunity to discover myself first. I ask God's blessing to travel faithfully until I reach the destiny God has planned for me.



Sr Jaisy Karukuttikaran, asc



BE A PILGRIM OF HOPE - WHETHER WERE GOING TO ROME OR NOT?

The theme of the Jubilee year 2025 is “Pilgrims of Hope.” How can we live this theme? As hundreds of thousands travel to Rome for the Jubilee year, they go forward in hope, trusting that the Lord is ready to work miracles in their lives. Even those who don’t go on pilgrimage to Rome for the Holy Year are called to be Pilgrims of Hope. How can you be a pilgrim of hope? Below are some suggestions, but take some time to think of your own ideas, too.



own country! You can even make a trip to your own cathedral a pilgrimage, as long as you embark with the proper disposition and intention.

Choose an Act of Penance:

How does doing penance show hope? Well, we don’t embrace penance and acts of mortification because we like suffering. The Church calls us to do penance for several reasons, including to make reparation for our sins, but it’s also a reminder to us that we are living for the next world, not this world. I have to keep my perspective focused on the much better things of heaven. When I get discouraged by this life, I can remember to have hope: heaven is much better than this.

Pray to the Holy Spirit:

Sometimes it seems that the Third Person of the Holy Trinity is the most forgotten! When was the last time you prayed to the Holy Spirit, asking him to increase his gifts in you? We

can’t have hope without his help. We can’t pray without his help! (Romans 8:26-27)



Go to Confession:

In the face of our own sin, how can we possibly have hope? God gives us his incredible gift of mercy through the sacrament of confession. Whether it’s been a month or twenty years, Christ is waiting for you in the confessional! There, we allow the Lord to erase our sins, to heal our hearts, to raise us up, to embrace us and to reveal to us his tender and compassionate countenance. Let us not neglect Confession, but rediscover the beauty of this sacrament of healing and joy, the beauty of God’s forgiveness of our sins!”

Strive to be a person of hope:

How can we give hope to someone we encounter today? It might be as easy as a smile to a stranger. Perhaps it’s a kind word to the cashier at the store. Maybe it’s helping a coworker with a task without complaining. The more we spread joy instead of angst, charity instead of hate, unity instead of divisiveness, the more we can sow hope.



Sr.Jyoti Vorugonda, asc



1 Corinthians 16:14 - "Let all that you do be done in love." - Simple, but powerful this could be the heart of your mission.

Living and serving in Bhopal community was not just a mission; it was a gift of grace. I came with a heart full of intention, but I left with a soul filled with transformation.

My mission was simple: to serve with love, to be present, and to help build a nurturing environment for the girls and the wider community. I was called to walk alongside them, to uplift, to guide, and to be a witness of God's care. I never set out to be a role model - I only came to serve, to love, and to walk alongside. But in the process of caring, listening, and being present, something special grew between me and the girls I looked after. They began to see in me a source of guidance, strength, and comfort. My time in Bhopal wasn't just about what I gave; it was about what I received - A deeper faith; A greater love; And a heart that continues to beat for others. I carry those moments with me - each girl's story, each prayer whispered, each shared meal as part of the story God is writing in my life.

I believe I inspired them most not by big words, but through consistent love, daily presence, and faith in action.



Sr. Bimla Lakra, asc

Glimpses of events celebrated at Bhopal:



Freshers' Day was celebrated with joy, laughter and a spirit of togetherness

Hostel day is more than a celebration .It is a reminder that our hostel is not just a building it is a family. Places where we learn, grow, and create lifelong friendships.



Independence Day was celebrated with patriotic spirit.



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A Pilgrimage to Holy Land - A memorable journey for a life time:

A deeper quest of the Scripture in surged in me a profound desire to explore those places where our Christian faith was formed from the beginning, where God sojourned in this world to be one among us and the whole of salvation history accomplished in Jesus Christ.

The group of pilgrims consisted around 45 persons among which eight of us were Adorers and there was a Sister from St. Joseph of Tabs. For all of us it was a journey to rediscover the origins of our faith in the Father, son and the Holy Spirit, the Blessed Virgin Mary, Holy men and women who responded heroically to the invitation of God from the early centuries.

The first day visit of our visit was towards the Mt. Nebo, the memorial location of the great prophet Moses, the presumed site of his death and burial place. He was granted a view of the promised land from mount Nebo...

Nazareth always fascinated us as it was an unimportant place where the mystery of incarnation

was unfolded into reality through the person of the Blessed Virgin Mary whose presence was tangible in Nazareth, the beautiful Basilica of annunciation, Bethlehem and St. Joseph's workshop.



Cana, the place of Jesus' commencement of His public ministry reminded us of the delight of sweet wine. We all had the possibility of purchasing wine from Cana. yet other important places where we perceived the presence of Jesus was Capernaum where took place the miracle of the multiplication of 5 loaves and two fish. We had a Galilean boat experience remembering Jesus and his numerous journeys with his disciples around the sea of Galilee. It is interesting to know that 11 of his disciples were from surrounding places of Gallian territory.

Similar way the mount of beatitudes, the itinerary of our Christian life and the Mount of transfiguration; tabor sparked the radiance of Christ's glory accompanied by the charismatic prophets Moses



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and Elijah, representing the law and the prophecy. It was indeed wonderful to be in the Basilica recalling the radiance of the event of transfiguration. We then proceeded to the place where Jesus taught his disciples the prayer "our Father" which is being written in many languages.

Days were running ahead and on the 5th day we had a wonderful much awaited visit to the old city of Jerusalem, Golgotha, wailing wall, Jericho and Bethany. There was a deep longing and profound joy to visit these places where the core of our faith was paved in Jesus. We began our visit to the birthplace of John the Baptist, St. Ann Church then the pool of Bethesda where Jesus healed the crippled man.

The **Via Dolorosa** was our next destination. The way of the Cross on the which Jesus carried His cross and walked was an important highlight of this pilgrimage. Wholeheartedly we participated the memory of Jesus' painful journey with prayers and singing at each station then followed the places where Jesus was sentenced, Pilate's judgement hall, the chapel of flagellation and crowing with thorns. The last stations of the Cross were concluded inside the Church of Holy Sepulchre. It was a moment of great emotion and overwhelming sorrow for all the suffering our redeemer endured for our sake.

As we proceeded we had a visit to the famous wailing wall of the Jews and a panoramic view of Jericho, the house of Zacchaeus. It was indeed a moment of tremendous emotion and a marvellous experience to be in river Jordan, the river in which Jesus was baptized where we all of us renewed our baptismal vows. We went through Bethany having in heart the dear friends of Jesus; Lazarus, Mary and Martha. On the eve of His passion Jesus went to their home to be with them and experienced the warmth of their friendship.



We stayed back in Bethlehem and on 21st of May and next morning we proceeded to Mount of olives- Gethsemane- mount of Sion and Bethlehem. The sanctuary of Ascension followed and as we went down we sang hosanna to the king of kings. We had a visit to the garden of Gethsemane and celebrated the Holy Eucharist with an intense communion with



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Jesus in His passion. We visited the cenacle where the Holy Eucharist was Instituted which unfortunately is conquered by Muslims. It was a curious sight to see the cock with St. Peter at the place of his denial of the master with the title of "Gallicantu".

We proceeded to Caiaphas palace, where Jesus was imprisoned and confined overnight in a deep, dark well in chains. It was an unforgettable view. We went next to the much-awaited Basilica of Nativity where we had the possibility to kiss the sacred star and bless our religious objects. We all remained in awe at the historical site of Jesus' birth.

Next we proceeded to Sinai mountains and then to Egypt for the last days of our pilgrimage to see the places where Moses received the ten commandments, the tomb of Aron, the monastery of St. Catherine of Alexandria.

Cairo, the capital of Egypt was our next destination to be explored. With lot of excitement we saw the remnants of Egyptian civilization evolved on the banks of river Nile and the Pharaohic village and then of course world wonder Egyptian pyramids. It was a nice stay and it really refreshed our minds with cultural and culinary explorations. We had some moments of entertainment and shopping possibilities.

Thus, came the end of our long-cherished pilgrimage to Holy land. It was a faith itinerary that deepened our passion for scripture and gave us new thrust in our consecrated life. Jesus of Nazareth, the historical man and his presence was tangible to each of us all through the journey as God and Man. Unforgettable memories remain engraved in our hearts as this pilgrimage ends. Indeed, this journey and the persons with whom we walked along remain as companions of our faith journey.

We remember gratefully the guides and Organisers of this journey especially Fr. Raju, who with the Scripture in hand explained with lot of vibe, the significance of each location connecting to the life of Jesus and the salvation history.

A word of thanks to the Regional administration for fulfilling our dreams and a deep appreciation to all the sisters of the Region for the prayerful accompaniment of our travel.



Sr. Beena Thoombalan , asc



ध्वनि



JULY



2nd --- Sr. Elsie Kariyattil



1st --- Sr. Elsy Velayappali



26th --- Sr. Jiya Elappunkal



25th --- Sr. Padma Vaddeswarapu



3rd --- Sr. Sheela Mary



18th --- Sr. Lourdu Mary Savarimuthu



8th --- Sr. Kanthamani Abburi



8th --- Sr. Shiny Kayyaniyil



10th --- Sr. Jaisy Karukuttikaran

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AUGUST



7th - Sr. Lourdu Mary Susai



15th - Sr. Manjusha Pulickal



15th - Sr. Moly Pullan



19th - Sr. Jessica D'Souza



14th - Sr. Jyothi Nallamothu



29th - Sr. Jancy Pallicka



ध्वनि



1st -- Sr. Lila Akkanath



8th - Sr. Chinnammal. A



15th - Sr. Jancy Rani



3rd -- Sr. Mary Malieckal



14th - Sr. Renita Norolma



18th - Sr. Lalitha Varakukalayil



24th - Sr. Gracy Vadakumcherry



29th - Sr. Joji Chirakandathil

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October



1st - Sr. Mariamma Muttel



4th - Sr. Chitra Pulichakunnel



4th - Sr. Mini Vadakumpadan



15th - Sr. Christina Imnasappa



30th - Sr. Jyothi Vorugonda



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July



5.07.2017
Mr. Rajarao
Father of
Sr. Jyoti Vorugonda

12.07.1997
Mr. MC Augustine
Father of
Sr. Leena Puthuparambil

15.07.1995
Mrs. Thresia
Mother of
Sr. Rosamma Vithayathil

21.07.2008
Mr. Ishakkiy
Father of
Sr. Catherine Isthaki

27.07.2014
Mr. Thomas
Father of
Sr. Elsy Palatty

28th July
Mrs. Thresyamma
Mother of
Sr. Mercy Thadathimackal

28th July
Mrs. Mary
Mother of
Sr. Salomie Vazhayil

30.07.2013
Mr. Sebastain
Father of
Sr. Lalitha Varakulalayil

12.07.2017
Mr. Anthony
Father of
Sr. Mini Pallipadan

14.07.2022
Mrs. Nallamuthu
Martha
Mother of
Sr. Jyothi Nallamothu

17.07.2000
Mrs. Thresiamma
Mother of
Sr. Elsy Velayappallil



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August

09.08.1997
Mrs. Kochu Mariam
Mother of
Sr. Leena Puthuparambil



12.08.2021
Mrs. Annakutty
Mother of
Sr. Laly Thengumpallil

23.08.2011
Mrs. Annamma
Mother of
Sr. Bridget Pulickakunnel

27.08.2004
Mr. Chakkunny
Father of
Sr. Jaisy Karukuttikaran



ध्वनि



September & October



1.09.2006

Mr. Lourdu Swamy
Father of Srs. Moksha & Regina
Mary



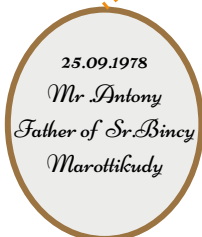
4.09.2011

Mr. Mani Jacob
Father of
Father of Sr. Shiny Karippot



6.9.2021

Mrs. Rosa
Mother of
Sr. Rosy Karippai



25.09.1978

Mr. Antony
Father of Sr. Bincy
Marottikudy



11.10.2023

Mrs. Palatty Annamkutti
Mother of
Sr. Elsy Palatty



29.10.2013

Mr. M.V. Joseph
Father of
Sr. Mary Malieckal



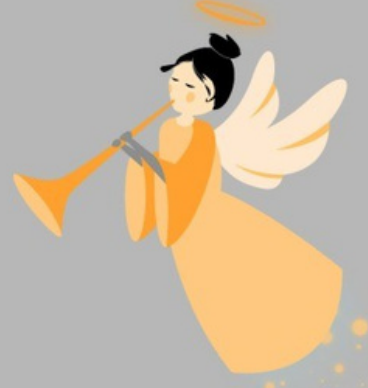
14.09.

Mr. Mathew
Father of
Sr. Salomie Vazhayil

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OUR LADY OF THE ROSARY

PRAY FOR US !!