

Editorial

The sufferings, death, Resurrection, the Ascension of Jesus and the Feast of Pentecost all these events invite us to see their deep connection. They show us that without going through suffering and death one cannot experience new life and joy. Actually the giving of this new life and joy was the main purpose of Jesus' mission, but in order to receive and accept this, the disciples had to be ready to walk on the way to Calvary with Jesus in times of all trials. After doing so, only could they be the means of helping others to go through the suffering, and thus enjoy the new life and the joy like our Risen Lord.

This can only become a reality for us when we experience the joy of the Risen Lord. He too went through sadness and fear when He asked His Father on the cross, "Why have You left me?" Anyhow He also said, "Father take this cup away from me not my will but Yours be done." Mt 22:39 Once Jesus was ready to go through suffering and death He was able to rise to new life and fill His disciples with joy of experiencing Him alive. This experience helped them to proclaim the Good News without any fear. They were able to prepare themselves to receive the Holy Spirit and go to the whole world to spread the Gospel. The joy which they received was not only for themselves but for the whole world.

As Pope Francis also highlights in his letter for the Year of Consecrated Life, "Sadness and Fear must give way to joy:

Rejoice, be glad, rejoice within joy."(Is66:10) It is a great invitation to joy. Every Christian, especially you and I, are called to be a bearer of this message of hope, giving serenity and joy. So I feel it is very encouraging for us as religious to be able to strengthen the people of our country who live in fear and anxiety due to the terrorist attacks now and then, as well as the political and the religious injustice. Jesus also became the victim of



such things but these things never stopped Him from bringing joy and new life to people during His life and even after His death. He was able to share these gifts to all His loved ones.

May He, through the power of the Holy Spirit, help us to rise from all fear which surrounds us and which can put us down sometimes without our knowledge. We too may be able to experience the closeness of our heavenly Father Who is always there to make us rise from our failures and be filled with the power of the Holy Spirit like the disciples.

Sr. Josephine Emanuel

Easter Message

“Easter Glory fills the sky. Darkness has been put to flight. By the living Lord of light.”

As I recall this hymn which we sing every morning during the Easter season, may I wish each one of you, that you may be filled with the radiance of the Risen Lord. Living at this time of uncertainty and facing many challenges, may we draw our strength from the Lord Jesus. As consecrated women we are called to be a sign of the Resurrection:

Pope Francis says that we are the sign of joy of Resurrection and our lives radiate joy.

Looking and reflecting on the person of Jesus Christ, it seems to me everything is very unique in Him: the Prophecies all about Him and His life, His teachings, His miracles, His sufferings, death and particularly His Resurrection.

Traditionally the meaning of the resurrection is when someone rises from the dead and becomes alive again after dying. For us, the meaning of the resurrection is victory over death. This is what had happened in the life of Jesus. He physically died for three days and then became alive and He made numerous appearances to His followers, beloved ones and many other people who were really sad and disappointed after His death. Very clearly we see after Easter how, in a miraculous way, Jesus appeared to His disciples who were once so afraid and gave assurance to them that He had been raised from the dead. That is why the Resurrection of Jesus becomes a central event of our faith and all those who believe in Him are strengthened. To believe in the Resurrection of Jesus is to believe in God who sent Him. “If Christ has not been raised, your faith is worthless; (1 Corinthians 15: 17.)

In fact, the Resurrection of Jesus is the most significant event of Salvation History, the starting point of the Good News that the disciples preached. Believing in the Resurrection of Jesus changed the lives of people. No one can fully understand the value of the resurrection unless one understands the value of the cross. His death on the cross and His victory over death made Jesus the Real Savior (hero) and his courage to face death for the truth inspires people to take a stand for the right things. That inspiration made all His disciples heroes of history too.



Whoever fixes his or her eyes on the cross and the resurrection, will have no fear of anything which

comes on the way of one's journey towards Him. This is the challenge we face in our day to day life of being a Christian in our country. May the Risen Lord help us to become strong in faith and live our Christian life to the full without any fear, believing in his power and strength and assurance of being with us always. May His spirit lead and guide us at each and every moment of life.

As we celebrate the Feast of the Holy Spirit of Jesus, let us become aware of the need to be filled with this Spirit. It is the spirit of Jesus who strengthened the apostles to be witnesses to the faith.

Jesus rose from the dead and He has the Words of eternal life. (Jn:6:68)

His words have the power to touch every heart, to conquer evil with good. St. Paul, after being imbued with the Spirit of Jesus, went to every nook and corner to carry the message of Jesus. Let us ask the Spirit to give us the same zeal, to become messengers of love, peace and harmony. May Jesus, Mary and Joseph be our protectors as we live in this challenging world.

Sr. Anglina Sohan

Pentecost and the Christians in Pakistan

The meaning of Pentecost is fifty. According to Jewish tradition, this Feast used to be celebrated after the fifty days of the Passover Feast. (Exd. 23: 14-17) According to New Testament : (Acts 2: 1-5) "When Pentecost day came around, the apostles had all met together, when suddenly they heard what sounded like a powerful wind from heavens and something appeared to them that seemed like tongues of fire. They were all filled with the Holy Spirit and began to speak foreign languages as the Spirit gave them the gift of speech."

Like the apostles and the first Christians, we, the Christians in Pakistan, are minorities. We are at risk and challenged in many ways in our own country. We are frightened to be open, to speak, to share our ideas in any sphere of life.

We are frightened as we are not secure. We can be targeted in any place at anytime, even in our own Churches. Many of our people are asylum seekers in different countries, where they have to face so many difficulties and new country. These victims of have no value to get problems, till they get the citizenship of a refugees can't even think of coming back to of terrorism and extremism. We become discrimination and our educational degrees good jobs. We are discouraged and disheartened. Sometimes we experience darkness within and around us and there is no hope at all.



May the Feast of Pentecost strengthen our faith like the disciples. May it too renew, encourage and give us new hope and new life. May we be enabled to do away with all our fears and start a new life. The gifts and fruits of the Holy Spirit are blessings for our lives, families, convents, parishes, society, work place, the Church, the world around us and above all our own country.

Filled with the Holy Spirit may we become missionaries like the apostles and use all our talents and energies to live and preach the Gospel wherever we are with a great zeal, enthusiasm and love.

Sr. Denzila James

The Heroes of our Time

In our busy life we don't have time to observe, what is happening around us. Everyone is so busy in their one's own life that we don't pay attention towards small things which matter in the life of the people. We are not conscious of how our small efforts are important and how they can make a big difference in our society. Those people who pay attention to small things make a difference in life. We come across many heroes but for the Christians, the real hero is "JESUS CHRIST," who gave His life for our redemption. For our sake, He carried the cross, suffered and sacrificed Himself for us. He loved us so much that He was ready to give up His life for our sake and restored our relationship with God. It was this power of His heavenly Father's love which attracted all the people to Him.

In our present time we have such stories of heroes who are sacrificing their lives to save the lives of others. A hero of our time is "Mr. Akash Bashir" who sacrificed his life to save many. A nineteen years old young boy, born in a Catholic family, grew in his Christian faith. He was regular to go to the church. When the recent bomb blast took place in Youhanabad, Lahore, soon after Sunday Mass, luckily it was a failure. Indeed the reaction of our people was very positive. Akash had gone to Mariamabad on pilgrimage to our Lady before this incident. He came back from there on Saturday evening and decided to go for morning Mass on Sunday.

In the morning everything was calm because no one knew what would happen after a few hours. Akash was a volunteer member of the security group work at the Catholic church in Youhannabad .

He was giving free service to the church as a security guard. So he decided to attend the morning Mass and to do his duty during the second Mass. His mother told him not to go again. But he said, "Father has given me this responsibility and I will go for it." When he was giving his duty he observed that an

unknown boy, about eleven or twelve years, wanted to enter the church compound. The boy wanted to enter in the church. Akash sensed that something was wrong and inquired from him.

When the boy noticed that he was unable to go in freely, he tried to go by force but Akash got hold of him and did not allow him to go inside the Church compound. Looking at them the people standing nearby tried to come close to them but Akash told them not to come close. Even he told the real security guard to go



away from him and save himself. At once the bomb blasted and both of them died on the spot. By sacrificing his life he saved many lives, especially the lives of those who were attending the Mass.

“Zahid Yousuf Goga” was an active member of the Church of Pakistan, the church where the first bomb blast took place that Sunday. He used to take part in social activities. He was always ready to help others. On that day when the suicide attacker wanted to go into the church, he resisted and died in the blast with the attacker, to save the other people.

Both these men have shown their true love for others by their actions. They died so that others might live. This passion for others in those who thirst for God and who have the passion for others, make their life heaven on earth. May we never lose this kind of heroes who are fearless and courageous. I pray that the souls of these heroes may always rest in peace and their families may be able to be consoled with the grace of God.

Tahaira (Novice)

The Plight of Christians in Pakistan

The suicide attack against the two churches in Youhannabad, Lahore, was just another gruesome incident which killed almost twenty two people and injured many more. The incident took place on the sixteenth of March. It was a Sunday; the two churches, both Catholic and Protestant were packed to their full. Usually on Sundays policemen are deployed outside the church. Inside the church, the youth voluntarily guard the church compound. On this particular day, eleven youth were guarding the compound. Akash a young man was at the gate and he told the other boys to get behind and not to come near the gate.

At ten o'clock Masses were going on in both the churches. At about eleven o'clock two strangers, both in their teens, tried to enter the church. Akash, who was standing at the gate, sensed some strange behavior and tried to stop one boy but the boy was struggling to get in by force. Akash was tightly holding the suicide bomber when the bomb got blasted, Akash died on the spot. His hand and arm, which tightly held the bomber, were blown off and his lifeless body lay on the ground.

His own mother was in the church and when she came out she saw the lifeless body of her son. The church ground was strewn with human flesh and limbs. If the bomber had got into the church, the death toll would have been much more. It was really a miracle that the bombers could not fulfil their mission of killing as many as possible.

At Christ Church a young couple, coming out of the church, had seen the bomber and prevented him from getting in. Both the husband and wife died on the spot when the bomb blasted. Here too the church was intact. But many who were on the road died. The funeral of eleven people who lost their lives took place amidst tight security.

The wounded were immediately rushed to the hospital and many were breathing their last breath. I visited the families who lost their loved ones. Akash who prevented the suicide bomber was the eldest son in the family and he was waiting to be employed, after having gone for an interview in a factory. Akash's mother was very brave. She told me that she was proud of her son who had saved many lives. Tears were rolling down her cheeks as she told me that her faith had been increased after this incident and her son was a martyr who had the courage to give his life to save many.

After this incident, a lot of youth from Youhannabad took to the streets in protest and finally it turned into mob violence. They killed two persons whom they suspected to be part of the attack. The mob

burnt them alive. These two were Muslims. The mob then proceeded to the Metro bus station at Youhannabad and violently destroyed the windows and machinery installed there. They also attacked cars that were on that section of the road.

The police, the Elite Force and the army were deployed to guard Youhannabad. The after effects of all these incidents were very sad. Many youth, who had been recognized by the police through mobile cameras, were taken into custody. They were tortured in



the jail. Some were released through the intervention of church leaders but many are still in the jail. There is need of a lot of effort to bring about inter- religious harmony.

Sr. Jenet Perera

Wake up the World

You did not choose me, I chose you.” Today Pope Francis is calling us to wake up the world. We, Holy Family sisters, and members of our Institute, need to be present in the midst of so much tension, if we are to bring COMMUNION and to wake up the world. This is not so easy.



It has been barely 6 weeks since the two churches in Yohannabad, Lahore, were bombed, resulting in the death of many people. It so happened that a great number of people were saved as one boy gave his life for the others in the Catholic Church. He held the bomber in such a way that he could not enter both the compounds.

In one case, the only boy in the family with 4 sisters says he felt as if he had been thrown out by someone. It was really a grace of God that saved him. When I listen to these stories I can feel the pain the people have gone through .We have the ability to listen to people who are going through tremendous experiences. They are suffering because of threats, isolation, no sense of belonging to the society. The experience of seeing blood and flesh all over, losing their dear ones without hand or leg, seeing only parts of the body, the echo of the sound, taking young people by force .What is the future? They were consecrated by Baptism. And so are we! Where are we in all of this terror and anxiety?

Sr. Elaine

A Vision for the Mission

When I was in the novitiate, Wennappuwa, a new sister came to the Novitiate. I was so happy to see this young sister and thought, “I would like to be a missionary and go out to work with the poor”. I went to the Chapel and prayed. When we had our day of reflection again this thought came to my mind. I was disturbed the whole day. Anyway I tried my best to overcome my roaming imagination..

After my Novitiate, I did my teacher training and started the teaching apostolate in a poor village, Mattakouwa, with Class two children. Three months I was there and then I was asked to go to Wennappuwa, Holy Family English Medium School. I was in this school from 1956 – 1975. I was happy with my teaching apostolate. At the same time I felt a call to be a missionary and I applied for this.

Srs. Benedicta Pathinather, Tharsilla Bastien Pillai from Jaffna Province, Murine Fernando and myself from Colombo Province came together to Katunayeka airport on February 4th, 1975. When we entered there, the nonstop greeting voices of our sisters came to our ears like an echo.

At last we came to Karachi and went to (Lyallpur) Faisalabad airport from where we collected our



luggage and waited, because there was no one to welcome us. A few minutes later a gentle man came and asked us “Are you from Sri Lanka? I came to take you.” So we came to Bishop’s house, had our lunch with the Bishop and stayed in St. Raphael’s Hospital (FMM Sisters) that day. Next day we were taken to Renala Khurd to the Franciscan Convent as our house was not ready. Every week we went to Chak 6/ 4- L by bus to Okara and from there sometimes we walked to Chak 6

as there was no regular bus service that time.

In Chak 6/ 4 -L our house was a mud house. Three congregations had previously worked there but they could not stay. Unfortunately one priest was poisoned and no priest wanted to stay there. Priests would come to offer Mass on Sundays from close by parishes. This type of



mission was our first foundation. We too had difficulties at the start. Even we did not have a wall around our house. When we came out of the house, the people sent dogs after us. Anyway the Providence of God helped us in every way, to be strong in faith and to have love for the mission. Our Founder’s words, “Go forward” urged us on.

Over the past forty years, our Holy Family Sisters in Pakistan have spread to all the Dioceses, so we are very happy to praise and thank our God for His loving care and protection. The people now welcome us with hope and love. We thank God for our sisters who have served these people and have now gone back to their own countries or have been called to eternal life.

Sr. Stephanie Ranasinghe

Meeting of the Priest Associates

A meeting with the Priest Associates was held on Monday, 13th April, 2015, in the Centre for Peace and Harmony, Faisalabad, graciously hosted by Fr. Nisar Barkat. Although six of the priests had promised to attend, only four were able to make it on the day. Present were Fr. Augustine Iffat, Fr. Sammy George, Fr. Kamran Taj and Fr. Shafique Bashir.

Our meeting began with a presentation of a powerpoint on the “Everything Seed”, which led us into a discussion on the call we have received, as Holy Family Priest Associates, to be builders of COMMUNION in a divided world.

After a welcome break for tea, Sr. Sheila led the group into a reflection on our relationships. Taking passages from the book, “Radical Amazement”, by Judy Cannato, we took time to reflect personally on our involvement in building a new world of relationships in our specific areas of work, where we are, and to see by which values we are guided and wish to re-affirm, in our ministry.

The group sharing was very enriching and helpful to help us see where the Lord is guiding us in these days of violence, especially in Pakistan at present. It was felt that the group needs to be more in connection with each other and with the other groups of the Holy Family.

As “Family on Mission of Communion,” we need to be:

- Committed to our call
- Convinced of our mission

Towards the end of the sharing, they themselves suggested that they need to take the responsibility to meet every two or three months to strengthen the ties they have with one another and to experience more and more the sense of belonging. Regular meetings will facilitate this.

Fr. Augustine Iffat, a committed Priest Associate, was asked to take up this responsibility and he accepted.

Fr. Sammy George expressed his heartfelt desire to commit himself as a Priest Associate. Sr. Sheila will enable him to start the process within the next two months. The next meeting will be held in the first week of June.

Sr. Sheila Griffiths

Our Founder's Dream

Often when we refer to our Founder's dream, we think of it only as a big tree with flowers and fruits of all seasons and birds of every color singing in harmony "Glory to God Alone However that is only a small part of it. Our Founder's dream was far wider and much more practical than that and shows how he foresaw and planned the development and growth of Martillac over the years. Not all of his dream was realized but quite a bit of it. Among other things it is interesting to see how concerned he was that sisters would have a formation suited to their ministry.

*Without a vision,
the people perish... Proverbs 29,18*



The tree,

is the symbol of the Holy Family. It is a song to life, verdant, full, deep, rooted firmly in the source which gives it life, its branches supporting flowers of every colour, fruits of every season, birds of every kind, united in singing one single song: Glory to God Alone,

A song to life, to creation, to communion, welcoming diversity, inclusiveness, and the inter-relatedness of everything that exists, thus achieving a harmony that we can imagine only in God.

Today from all over the world, Holy Family Sisters are coming for different sessions to Martillac. I also got a chance to go to this hallowed place to deepen our Holy Family spirituality. It was a very exciting and enriching experience as we had two English speaking groups and one Spanish speaking group. Though there were language barriers still we communicated with signs and gestures.

Every day we had to reflect and pray and at the evening session we had to share our reflection. It was a relaxing time for prayer and silence. Every day I walked alone through the fields just reflecting and being in touch with the spirit in solitude and silence, thinking that our Good Father must have walked in these places. Today his dream is fulfilled. I thank the Lord for this great opportunity. I thank my Delegation leader and her team members who gave me this great chance to experience God's wonder.

I have increased my love for our Institute and for our Founder.

Sr. Sumble

New Life

Sanford Sarfaraz is a twelve year old boy. One afternoon I met him in the hospital corridor with his mother. One could see from his face that he was having severe abdominal pain. With treatment he got better and returned home. One week later at 1.30 am he was brought to the hospital in a very serious condition with fits. After the instant treatment, he was shifted to the cardiac hospital. There the investigations revealed that he had suffered from a massive heart attack and only 20% of his heart was functioning. The doctors asked the parents to take the child to another hospital with better facilities but they could not afford the expenses.

Sanford's mother, Rukhsana, is a nurse working in St. Elizabeth Hospital, Hyderabad. We all started praying asking our dear Good Father to plead before the Lord for his recovery. The family and the nurses never gave up hope and clung to Jesus for his healing touch. All the family and friends suffered with the child with sleepless nights, empty stomachs day and night and eyes filled with tears. They



were able to go through all the suffering because of their love for their beloved son. Their unshakeable trust in the healing touch of Jesus, and hope of new life was touching.

It was Palm Sunday; the Gospel reveals the great love of God to His people by giving the precious gift, His only Son in the person of Jesus to redeem us from sin and to give us new life as children of the Father. Jesus showed His great love through His obedience to the Father, and through His suffering and death on the cross He proved it as He said, "There is no greater love than to lay down his life for his friends".

Suffering is a reality that one must have to go through in life before experiencing resurrection. Suffering is possible when there is a reason. The only reason is love. Throughout the life of Jesus, we see his great love revealed in His actions, his love, and compassion towards suffering humanity. This highest form of love led him to embrace joyfully the suffering and death on the cross. Three days later God raised Jesus from death to life. The stone in the tomb is rolled away and there is the joy of Resurrection; New Life.

Two weeks later Sanford was discharged from the hospital; 60% of his heart functioning. Although weak, his face looks joyful because he has risen from death to new life. The whole family joined together with the nurses to give praise to God for the gift of new life Sanford has received. We continue to pray to our Good Father, that through his intercession, he will be 100% healed and live a normal life.

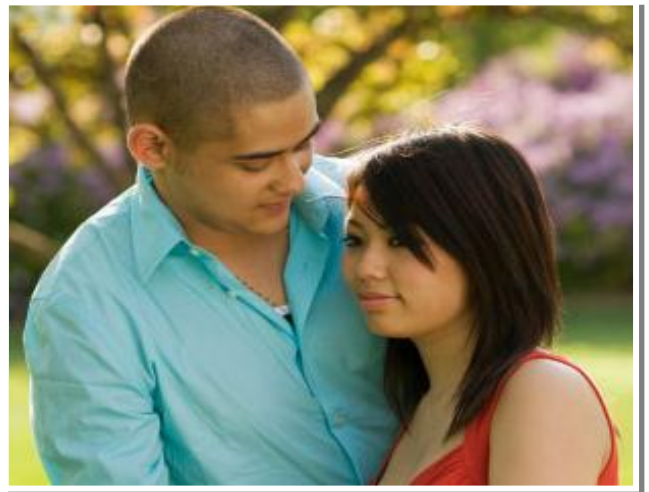
Sr. Yvonne

True Faithfulness

When I met Celia she was a well mannered pretty lady of twenty years. While studying in college, she fell in love with one of her class-mates named Harrison. On the following year both were selected to study in the University. One evening while talking to her parents, Celia told them that she was interested in one of her class-mates named Harrison. She also told them that both of them would complete their studies and after they were employed, would settle down in life. Her parents were pleased with the idea and they were proud of the maturity of their beloved daughter.

Once during their vacation both the families went for an outing to a Water Park and enjoyed the whole day with singing, reading and sharing jokes. They sat on the grass under a tree and after their lunch, they decided to walk around under the shady trees. All got up and to their surprise and horror Celia could not move or lift herself up. Her parents, together with Harrison, tried their best to make her stand up and walk but it was all in vain. They rushed her to a hospital and after many blood tests and x-rays she was confirmed a Polio case.

Celia and Harrison embraced each other and cried. Harrison whispered to Celia “I will never leave you.” Doctors gave her the best treatment but the result was negative. Celia was not discouraged but instead learnt to fix the leather straps to both her legs and started walking with the help of crutches.



Celia continued her studies with the help of Harrison. They completed their studies and came out with flying colours. Later both were employed as lecturers in the same university. After lecturing for about six months, Harrison told Celia that the time had come for them to settle down in life.

Celia with tears in her eyes asked how it was possible when she was not able to walk properly. Harrison put his arms round her and said, “Everything is possible with God, and He will bless our new life with all the possibilities.” Within a month the parents of both prepared a grand celebration for them. The guests were surprised to see the courage of this young couple.

Two months later both got jobs in a leading University in Bahrain as lecturers. They were given quarters with all the facilities free of cost. They were blest with a baby boy after one year. They enjoy their new life with all the marvels that the Good Lord has done in their lives.

Sr. Victorine

A Journey Down Memory Lane

April 19th saw me set out on a journey which brought me in contact with a place where I had worked 45 years ago –namely Lesotho. I had been invited to join in the 150th Jubilee Celebrations of the presence of our sisters in that country.

Landing in Johannesburg airport I was met by Sisters Kathy O’ Gorman and Kathleen Mitchell. They took me to the provincial house and later that day I met Sr. Shelagh Waspe, the Leader of the network. I was able to visit Coronation Ville and meet the sisters there. The grave situation of Xenophobia was prevalent at that time, and the papers were full of the recent attacks on foreign workers. On the morning of 23rd, we had been invited to participate in a School Mass in our former school, Parktown. The celebrant was one of our priest associates so I was very anxious to be there.

It was really great to experience that, although our sisters are no longer teaching in this school, the ethos of the Holy Family spirit still continues and one can feel the presence of the Holy Family alive and active in the administration and the atmosphere of this institution.

Unknown to any member of staff, except one who was responsible for the preparation of the Mass, father. had arranged a re-enactment of the attacks on these foreigners - Xenophobia. As we were gathered in the Hall for the Eucharistic service, suddenly, from out of nowhere, a rumble was heard and then a crowd of boys came chasing two other boys through the hall. They ran towards the stage, up the steps and caught hold of the two. The fear and tension within the hall was electrifying, and two male teachers actually ran to catch hold of the boys. Suddenly Fr. called for order and the unrest died down. The whole Eucharistic service was focused on this issue to help the students understand what was going on in the country. It was a very good method of teaching them how to handle the situation and to try to bring about peaceful relationships among the ethnic groups.

My arrival in Lesotho brought back memories of my first arrival in 1970 when, with Sr. Frances Darragh and Sr. Elizabeth Murphy, we three Sisters came to help out in the Holy Family schools for a period of 3 years, in order to release our Basotho sisters so that they could finish their degrees in the University and then be able to take over the schools. Maseru, at that time was a very small place; actually it consisted of one main street with a few shops, one of which was the prominent Basotho Hat, educational offices, cultural centres, as well as the Holiday Inn, now renamed “The Maseru Sun”. I was amazed at the change that had taken place; it has grown beyond my imagination. I was happy to experience this as we drove to Roma on the following day, for the celebrations.

The Jubilee celebrations were wonderfully organized. It was not only the work of the sisters but the whole Family of P.B.N, past pupils and contacts of the Sisters. For the previous 5 months before the celebrations, the sisters had visited most of the parishes, especially where they had formerly been working, but had now left, due to lack of personnel. They invited all to come and share in these festivities.



The grounds of the Seminary were beautifully decorated and tents had been erected for the visiting guests. Nine busloads of children from our Holy Family Schools gathered in the open space along with the different women's groups from Roma Parish. Their contribution to the singing and dancing during the Eucharistic celebration brought joy and jubilation to the day's festivities. At the end of the Mass, different floats, portraying the arrival of the first French sisters in 1845, as also the situation of the people at that time, especially the young girls, and the subsequent impact of the Sisters in their apostolic endeavours to uplift the women, was forcibly re-enacted. After the long ceremonies and speeches, lunch was served in the School hall.

The province of Britain and Ireland was represented by Srs. Sile McGowan and Elizabeth Meagher: South Africa by Shelagh Waspe, Kathy O'Gorman, Melanie O' Connor, Colleen Moore, Breda Grehan, Meryl Foley, Priscilla, Cidra, Clementine, Evelyne and Esther(a Secular): Pakistan by yours truly. It was good to be re-united with those who had worked as Missionaries in Lesotho.

I was able to stay in Lesotho for a week after the celebrations. One of the most emotional visits for me was to Holy Family High School, Leribe, where I had spent my time, as a missionary, teaching Form C students over a period of 3 years. Sr. Baptistina showed me around the convent and school. The school is now very ably run by a lay person and has really changed since my days. There are more classrooms, a well-equipped Home Economics Department and computer section. I looked lovingly at the new tar-macadamed tennis / netball court where I taught the students. In my days we had to water the court and then roll it over before applying the markings of the court each week. I also visited the famous pig-sty, which was there in my days. Once when teaching the "Lord of the Flies" by William Golding, we came to the section where the boys on the island were killing a pig they had found in the jungle.

At that moment our men on the farm were also killing a pig. The screams of the pig reached the classroom and at once the whole class got up and did a dance around the room, crying, "Kill the pig! Spill his blood!" If my Principal, Sr. Sile McGowan, had entered the classroom at that point, I could have been the one to be killed!!!

I truly thank God for the faith and progress of our Basotho sisters. They are really spreading the message of the Holy Family throughout the length and breadth of Lesotho and working for change and the betterment of the people. May the Lord, who has been with our sisters over the past 150 years, continue to bless and encourage them, so that they may continue to see the needs of the present day and find ways and means of answering them.

I am grateful to Sr. Angelina and her Leadership team for granting my request to attend the Jubilee celebrations.

Sr. Sheila Griffiths

"I Was Sick and You Visited Me"

This I experienced tremendously during and after my surgery. When I came to know there are stones in my gallbladder for more than 10-12 years, I was very worried. I could not go for the surgery immediately due to various reasons.

The day dawned on the 19th April for the surgery. With full of prayerful wishes from all my dear ones, near and far I left for the hospital. The surgeon was from our own school but not during the period of the Holy Family Sisters. He was with full of gratitude and made himself available for the surgery which was successful. I cannot fathom the way the crowd was coming to visit me one after the other, Muslims, Hindus and Christians, parents and those who heard about my sickness It was wonderful.

I thank my God, the one who is always with me, for giving me the good health. I thank the doctors, nurses, teaching and non-teaching staff, parents and friends for their love and care.

I thank my dear sisters for their prayers, visits, phone calls and get well cards and inquiring about my health often. I thank Srs. Angelina, Annastasia and Elaine who came to visit me.

I thank my community for taking care of me day and night in spite of their busy schedule.

A BIG THANK YOU TO EACH ONE OF YOU.

*WHAT THANKS CAN I RENDER THEE FOR THE GIFT THOU HAS SHOWERED ON ME,
EVERY DAY I WILL SING THY PRAISE AND GLORY. Alleluia*

Sr. Rosita Kurusumuthu

THE SAD TREE

“ The farmer felt anger against the tree that had not borne fruit to expectation and he cursed it. On his way back home the farmer felt sad and did not know why. The farmer does not realize that in being angry at the tree he was being angry at himself. The tree is not to blame. No one in fact is to blame. It is the course of nature and its cycles and its seasons and the mood of the land and the pranks of the heavens. But the farmer misses his crop, claims it and, on not getting it, vents his anger on the tree in word and gesture. Then he feels sad on his way back home, and he does not know why. They tell us it is good to unburden ourselves when we feel frustration, failure, anger against someone.



There is wisdom in that. We only harm ourselves if we keep down the poison of anger and let it infect our organism and hurt our soul. We have to clean corners and ventilate cellars. Let not the unpleasantness rot in our hearts. Cleanliness in our feelings is as important as on our skins. Hygiene prevents sickness.

Yes, but with caution. Unburdening ourselves does not mean insulting the neighbour's need to clean up my recesses does not give me the right to empty out my own dustbin on the victim of fury. Seeking my own health does not justify me in damaging my neighbours' health. But there is more to it, and this is the lesson of the barren tree and the angry farmer; when I hit the other person, I hit myself. When I get angry at the friend who disappoints me, I get angry at myself. When I release pent-up feelings against a reparative, I feel a momentary relief in the sudden outburst; but soon a dark sadness invades my soul and makes it heavier with regret, even more so than it was with the previous hurt. What happened? What has happened is that I have hurt myself. When I angrily scolded a dear friend under the excuse of cleaning up my feelings, I caused him or her pain, and that pain will turn against me with the remorse of having caused it, thus making me feel a greater pain than the one I wanted to avoid.”

“ The farmer that cursed the tree, invited sadness. Now the tree, too, is sad.”

This story is taken from the book of ‘And the butterfly said’ written by Carlos G. Valles, S.J.
As humans, Christians and as religious we can reflect on this story based on our daily lives.

We encounter many circumstances and dealings throughout the course of each day. Are we aware how we deal with each day? Do we know who invites sadness, pain and misunderstanding? Taking the example of Jesus, we see how he lived and daily came across a various range of people such as Scribes, Pharisees, lawyers, Kings, disciples, women, common people, sinners, Jews, outcaste and thieves etc..... The Gospel indicates that Jesus dealt with these people according to the circumstances.

He neither judged nor punished them, but He challenged and made them to become aware of their wrong doings. “The one who is sinless, cast the first stone.” John 8:7 is a challenge. He did not attack the group who brought the woman in adultery. Was the group sad? No .Jesus made them realize they were wrong. Who is my neighbour? The story of the Good Samaritan was an eye opener to all those who were present. No one dared to ask any questions from Jesus. The Gospel is of events how Jesus was able to meet situations. Every event has a lesson for us. Let us look at our Community Life. Though we know it is not easy, we have opted to live this way of life.

Senior and Junior, missionaries and local, and also family back grounds, vary. In our ministries we come across different people. Am I aware of my language and am I aware of my dealings with the members of my community? Indeed Jesus is Risen. Alleluia! He has brought life through passion and death. We are the people of Easter. Sing Alleluia. Let’s make our community to sing Alleluia, because Jesus has brought life for us to live to the full. Let us ask ourselves every day, in the Examination of conscience, who has invited sadness into my life?

Sr. Rosita Kurusumuthu

“True success in this life comes in consecrating our lives—that is, our time and choices—to God’s purposes.”

“Men are what their mothers made them.” – Ralph Waldo Emerson, American essayist, lecturer, and poet, who led the Transcendentalist movement of the mid-19th century

Our Degree Students of Future

Friday, 27th February, was the Annual Result Day in Holy Family Convent School, Okara. All the Staff, teaching and domestic had worked hard to make this day a day of joy. The previous day, the teachers and helpers worked together to make degree caps for 150 children out of coloured cardboard, maroon and black. There was a real spirit of happiness and



co-operation as they all pooled their talents, doing everything, not as a duty, but as a service. They had also decorated the stage, using material that had previously been bought, thus showing their creativity and resourcefulness.

All the children were very happy as they sat in the open playground on either side of their parents, who were seated in the centre of the ground. All were extremely happy to see the beautifully decorated stage, as this added a festive note to the occasion. The programme started at 10 am with prayer and Word of God, using the passage, *“Let the little children come unto Me.”* Miss Fouzia Yohanna and Miss Rubina Boota were the announcers for the programme and they did this in a very active and pleasant way. All stood to attention for the National Anthem, giving solemnity and grace to the opening.

After welcoming everyone, the results were announced. Each child was called up to the stage to be presented with his result by Sisters Sheila, Khalida, Mariam, Rehana and Thahira, who were with us Class I, who were given positions, were presented with trophies, caps and medals. The result was rolled up in the form of a scroll and tied with a coloured ribbon.

After this, Sr. Khalida Hadayat, Principal of the School, gave the annual report, presenting all the activities undertaken during the past school year. Parents expressed their delight on the progress of their children, not only academically, but in the areas of love and concern for nature, politeness, as also in the attempts to speak English. In-service training for teachers and parents were a hallmark of this year: non-violent communication, teaching methodology, and psychology. The parent-teacher monthly meetings were very effective.

The students of Prep, Nursery and Playgroup were then duly called in turn to the stage to be presented with their results, caps and medals. Some of the children from playgroup became struck with stage-fright, but were duly consoled by their teachers. Miss Hina gave the vote of thanks, praising the children and appreciating the co-operation of the parents. This was an occasion to look towards the future with hope – may be these children become will be our future B.A, B.C.S, B.Sc, and even M.A or M. Phil students. Who knows? Only God.

Rubina and Tehmina Irum (Candidates on work experience)

The month of May ([Overview](#) - [Calendar](#)) is the "month which the piety of the faithful has especially dedicated to Our Blessed Lady," and it is the occasion for a "moving tribute of faith and love which Catholics in every part of the world [pay] to the Queen of Heaven. During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts an especially fervent and loving homage of prayer and veneration. In this month, too, the benefits of God's mercy come down to us from her throne in greater abundance" (Paul VI: Encyclical on the [Month of May](#), no. 1).

A Time to Thank

I thank each and every one of you on behalf of Srs. Sheila and Victorine for all the efforts you have made to make this Salam a success.

Your suggestions and comments are most welcomed for the improvement of our work.

Please send the articles for the next Salam by the end of October 2015.

Email

Josephien99@gmail.com

Birthday Wishes

May

26th Sr. Lubna

June

15th Srs. Murine and Khalida

19th Sr. Denzila

28th Sr. Jenet

July

15th Sr. Rehana

August

13th Sr. Stephanei

25th Sr. Angelina

September

15th Sr. Parveen

25th Sr. Saira

27th Sr. Sheila



October

8th Sr. Merlyn

13th Srs. Threasa and Tahira

19th Sr. Josephine Khushi

24th Sr. Shagufta

27th Sr. Anastasia

November

15th Sr. Miriam

December

12th Sr. Sumble

19th Sr. Elaine

Holy Family Sisters Catholic Church Gojra