

MISSIONARIES OF ST FRANCIS DE SALES

NORTHEAST INDIA PROVINCE, MSFS PROVINCIALATE

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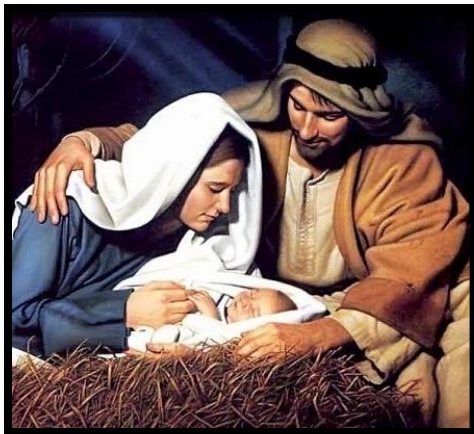
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GPA/33–Circular – December 2018

Dear Confreres,



WISH YOU ALL A VERY HAPPY CHRISTMAS AND A BRIGHT NEW YEAR!

The season of Advent reminds us that our God is very near and he comes in humility and with love. God who created the universe, now dares to be born in time, born of a virgin, born in human flesh, coming in the weakness and dependence of a new-born child. He comes as pure gift, not imposing himself upon anyone, but present to all who would receive him.

Jesus is entrusted to Mary and Joseph who are homeless, born into a family that will soon be migrants, fleeing for their lives due to an unjust persecution of a tyrant king. He is born outside a small village, a place with little or no worldly significance. The bread of life is laid in a manger, where animals feed. The light from light is born into a world of darkness to bring forth the eternal light of truth. The eternal truth is revealed to wise men that we may know where to find wisdom. The true wisdom is announced to the humble shepherds, who experience the Prince of Peace who comes with peace for all humans of good will. He is born to those with humility and wisdom to receive his love beyond all telling, as a defenceless child. As a humble and defenceless child, he is not the angry, arrogant and judgmental God, but the one who challenges us to be there for all who are wounded and alone and burdened and troubled. He calls us to be with them unconditionally, not building up within us defence mechanisms based on prestige or security or self-centeredness.

Christmas calls us to change our lives. It is not about pointing to others. We know well how much self-centredness remains in each of our hearts. We know how much we believers, just as any other, are infected with the same sense of superficiality. The way God chose to enter the world, to love the world, and to redeem the world, is the way we are to receive him — without superficiality, but with humility, love, and making a gift of our own lives to others.

WISH YOU ALL A VERY HAPPY FEAST OF IMMACULATE CONCEPTION ON DECEMBER 8!

On December 8, the Holy Mother Church commemorates and celebrates the Blessed Virgin Mary under the title of Our Lady of the Immaculate Conception. This feast celebrates the Church's dogmatic teaching that the Blessed Mother was given the gift from God of being conceived without original sin. From the moment of her conception, Mary was given the grace not only of freedom from original sin, but of being the only human being other than her Divine Son who lived a life without sin. The Church teaches that the Blessed Mother was given this very special grace of liberation from the effects of sin because she would be the Mother of God with "full of grace".



Even though the dogma of the Immaculate Conception was infallibly defined in 1854 by Blessed Pope Pius IX, the Immaculate Conception is something that has been believed as a matter of reality in our faith for many centuries. The expression “full of grace” literally means that Mary was filled with an abundance or with the fulness of sanctifying grace. The angel Gabriel did not merely address the Blessed Mother as “Mary,” but as “Full of Grace,” or the “Highly Favored One,” because she wasn’t just another woman, but one chosen to be the Mother of God, chosen to be holy. She is the one who shows us how to live lives of holiness. In the teaching of Vatican II the council fathers refer to Mary as the one who helps us to know how to live holiness.

Christ Himself gave Mary to us at the foot of the cross. “Behold your mother.” Those words were not just spoken to John at that moment in history. Those words are spoken to the Church. Those words are spoken to each and every baptized Christian, “Behold your mother.” We are told in the Gospel that from that moment John took her into his home. Every Christian, every MSFS, is called to take Mary into the home of our hearts because true devotion to Mary always leads to Jesus Christ. Just as she was open, receptive and obedient, so too are we called to live the same. We are called to receptivity, to openness, and to humility to receive the Word of God, that the Word may be made flesh within our lives.

WISH YOU ALL A VERY HAPPY FEAST OF ST FRANCIS XAVIER ON DECEMBER 3!



St Francis Xavier was born at the Castle of Xavier near Sanguesa in Navarre, near Pamplona in Spain, on April 7, 1506. He was the youngest of a large family, and he went to the University of Paris at the age of 18, in 1525. He entered the College of Saint Barbara and in 1528 obtained the degree of Licentiate. Here he met the Savoyard, Pierre Favre, and a warm personal friendship sprang up between them. It was at this same college that St Ignatius of Loyola, who was already planning the foundation of the Society of Jesus, resided for a time as a guest in 1529. Ignatius soon won the confidence of the two young men: Favre and Xavier. Four others – Lainez, Salmerón, Rodríguez and Bobadilla – having joined the Society of Jesus, the seven made vow at Montmartre on August 15, 1534.

After completing his studies in Paris and filling the post of teacher there for some time, Xavier left the city with his companions on November 15, 1536, and turned his steps to Venice, where he displayed zeal and charity in attending the sick in the hospitals. On June 24, 1537, he received Holy orders with St Ignatius. The following year he went to Rome, and after doing apostolic work there for some months, during the spring of 1539 he took part in the conferences which St Ignatius held with his companions to prepare for the definitive foundation of the Society of Jesus. The order was approved verbally on September 3, and before the written approbation was secured, which was not until a year later, Xavier was appointed, at the earnest solicitation of John III, King of Portugal, to evangelize the people of the East Indies. He left Rome on March 16, 1540, and reached Lisbon in June. Here he remained nine months, giving many admirable examples of apostolic zeal.

On April 7, 1541, he embarked in a sailing vessel for India, and after a tedious and dangerous voyage landed at Goa on May 6, 1542. The first five months he spent in preaching and ministering to the sick in the hospitals. He would go through the streets ringing a little bell and inviting the children to hear the word of God. When he had gathered a few, he would take them to a certain church and would there explain the catechism to them. He celebrated the Holy Eucharist with lepers on every Sunday, preached in public and visited families. The sweetness of his character and his charitable concern for his neighbours influenced many to embrace Christianity. So great were the multitudes he baptized that sometimes by the bare fatigue of administering the sacrament he was scarcely able to move his arms. God worked a number of miracles of healing through him. He came before the people as one of themselves. He ate simple food and slept on the ground in a hut; and the Lord visited him with interior delights.

In October 1542, he started for the pearl fisheries (the Pearl Fishery Coast refers to a coastal area of southern India, extending along the Coromandel Coast from Tuticorin to Comorin ruled by Paravars. The coast took its name from the presence of pearls on the coast, and the numerous fisheries that operated to exploit them) of

the extreme southern coast of the peninsula, desirous of restoring Christianity which, although introduced years before, had almost disappeared on account of the lack of priests. He devoted almost three years to the work of preaching to the people of Western India, converting many, and reaching in his journeys even to the Island of Ceylon in 1544, from there he journeyed on to Malacca, Cochin, Japan and China.

In the spring of 1545 Xavier started for Malacca. He laboured there for the last months of that year, and although he reaped an abundant spiritual harvest, he was not able to root out certain abuses, and was conscious that many sinners had resisted his efforts to bring them back to God. In January 1546, Xavier left Malacca and went to Molucca Islands, where the Portuguese had some settlements, and for a year and a half he preached the Gospel to the inhabitants of Amboyna, Ternate, Baranura, and other lesser islands which it has been difficult to identify. It is claimed by some that during this expedition he landed on the island of Mindanao.

By July 1547, he was again in Malacca. Here he met a Japanese called Anger (Han-Sir), from whom he obtained much information about Japan. His zeal was at once aroused by the idea of introducing Christianity into Japan, but for the time being the affairs of the Society demanded his presence at Goa. During the next six years of his work, other Jesuit missionaries had arrived at Goa, sent from Europe by St Ignatius. Moreover, some who had been born in the country were received into the Society. In 1548 Xavier sent these missionaries to the principal centres of India, where he had established missions, so that the work might be preserved and continued. He also established a novitiate and house of studies, and having received into the Society Father Cosme de Torres, a Spanish priest whom he had met in the Maluccas, he started with him and Brother Juan Fernández for Japan towards the end of June 1549. The Japanese Anger, who had been baptized at Goa and given the name of Pablo de Santa Fe, accompanied them.

They landed at the city of Kagoshima in Japan on August 15, 1549. The entire first year was devoted to learning the Japanese language and translating into Japanese, with the help of Pablo de Santa Fe, the principal articles of faith and short treatises which were to be employed in preaching and catechizing. When he was able to express himself, Xavier began preaching and made some converts, but these aroused the ill-will of the bonzes, who had him banished from the city. Leaving Kagoshima in August 1550, he penetrated into the centre of Japan, and preached the Gospel in some of the cities of southern Japan. Towards the end of that year he reached Meaco, then the principal city of Japan, but he was unable to make any headway here because of the dissensions then rending the country. He retraced his steps to the centre of Japan, and during 1551 preached in some important cities, forming the nucleus of several Christian communities, which in time increased with extraordinary rapidity.

After working about two years and a half in Japan he left this mission in charge of Father Cosme de Torres and Brother Juan Fernández, and returned to Goa, arriving there at the beginning of 1552. Here domestic troubles awaited him. Certain disagreements between the superior who had been left in charge of the missions, and the Rector of the college, had to be adjusted. This, however, being arranged, Xavier turned his thoughts to China, and began to plan an expedition there. During his stay in Japan he had heard much of the Celestial Empire, and though he probably had not formed a proper estimate of its extent and greatness, he nevertheless understood how wide a field it afforded for the spread of the light of the Gospel. With the help of friends he arranged a commission or embassy to the Sovereign of China, obtained from the Viceroy of India the appointment of ambassador, and in April 1552, he left Goa. At Malacca the party encountered difficulties because the influential Portuguese disapproved of the expedition, but Xavier knew how to overcome this opposition, and in the autumn he arrived in a Portuguese vessel at the small island of Sancian near the coast of China. He was not able to access the mainland because borders had been closed to foreigners. While planning the best means for reaching the mainland, a fever seized the saint on November 21, and he took shelter on the ship. But the motion of the sea was too much for him. So he requested that he might be set on the shore again. The captain of the ship left him exposed on the sands to piercing north-wind. A Portuguese merchant took pity on him and led him to his hut which afforded only a very poor shelter. He lay thus in a high fever praying ceaselessly between spasms of delirium. He got weaker and weaker till at last, in the early morning of Saturday December 3, 1552, aged 46, holding a lighted candle in his hand, with the name of Jesus on his lips, he died. His body was laid in the earth on the following day, on Sunday evening. Four people

were present for the burial: a Chinese Antony, the Portuguese merchant and two slaves. Ten weeks later the grave and coffin were opened. The face was found quite incorrupt and fresh-coloured; the rest of the body was also in like manner. The body was brought to Malacca, and from there to Goa where it still lies largely incorrupt and enshrined in the Basilica of Bom Jesus.

It is truly a matter of wonder that one man in the short span of ten years could have visited so many countries, traversed so many seas, preached the Gospel to so many nations, and converted so many to Christianity. The incomparable apostolic zeal which animated him, and the stupendous miracles which the Lord wrought through him, explain this marvel, which has no equal elsewhere. The list of the principal miracles are found in the Bull of canonization. St Francis Xavier is considered the greatest missionary since the time of the Apostles, and the zeal he displayed, the wonderful miracles he performed, and the great number of souls he brought to the light of true Faith, entitle him to this distinction. He was canonized with St Ignatius of Loyola, St Teresa of Avila, St Philip Neri and St Isidore in 1622, in the year of death of St Francis de Sales.

LIST OF CAPITULANTS TO THE GENERAL CHAPTER XX (FROM FEBRUARY 1 TO 13, 2019 AT MSFS PROVINCIALATE, NARENGI, GUWAHATI, ASSAM; Cf. FROM THE CIRCULAR OF OUR BELOVED SUPERIOR GENERAL, REV. FR ABRAHAM VETTUVELIL, DATED OCTOBER 24, 2018)

EX-OFFICIO MEMBERS

1. VETTUVELIL Abraham, Superior General
2. THUMMA Mariadas Reddy, Assistant General
3. FERNADES Agnelo, General Councillor
4. REBELLO Noel, General Councillor
5. PARAMPUKATTIL George, General Councillor
6. MANGATTU Augustine, General Bursar
7. Provincial of South West India (Correction of the clerical mistake as proposed by Superior General)
8. YVES Carron, Provincial of France-Suisse
9. JAYASEELAN Selvaraj, Provincial of Pune
10. JOHN BRITTO Muthuswamy, Provincial of Nagpur
11. K. Ignacimuthu, Provincial of South East India
12. THAZHATHUKUNNEL Mathew, Provincial of East Africa
13. PENTAREDDY Chinappa Reddy, Provincial of Visakhapatnam
14. AERATHEDATHU Tomson Michael, Provincial of Brazil
15. PANTHANMACKEL George, Provincial of North East India
16. PULIYINAMPATTAYIL Tomy, Vice-Provincial of USA

DELEGATES

1. MAPPILAPARAMBIL Emmanuel, Delegate North East India
2. PUTHIYAKULANGARA Saji George, Delegate North East India
3. MUNDACKAL Baiju Kurian, Delegate North East India
4. PANTHALANICKAL James, Delegate from East Africa
5. KALLIDUKIL Johnson, Delegate from East Africa
6. DAIY Sebastian, Delegate from Pune
7. GONSALVES Johnson, Delegate from Pune
8. KULANGARATH Sunny, Delegate from Pune
9. TIRKEY Manoj, Delegate from Nagpur
10. KARAMAKUZHYIL Jacob, Delegate from Nagpur
11. KURICKAL George, Delegate from Nagpur
12. SURESH BABU Bavri Delegate, from Visakhapatnam

13. VELANGANI RAO Dola, Delegate from Visakhapatnam
14. CHAKKALAKKAL Jolly, Delegate from Visakhapatnam
15. ARUL Francis, Delegate from South East India
16. J. STEPHEN, Delegate from South East India
17. D. KANIKKAI NATHAN, Delegate from South East India
18. ANTHONYSAMY Benedict, Delegate from Brazil
19. KANNEZHATH Scaria, Delegate from Franco-Swiss
20. JP COULON, Delegate from England
21. KALARIPARAMBIL Thomas, Delegate from South West India
22. CHERUKAT Thomas, Delegate from South West India
23. EDATHUMPARAMBIL Binu, Delegate from South West India
24. THARAPEL Augustine, Delegate from USA

SPECIAL INVITEES TO THE GENERAL CHAPTER

With the consent of the General Council, I am glad to invite the special invitees who will participate in the General Chapter during the second phase of the General Chapter from February 04 – February 08, 2019. These invitees are confreres working at the grass root level in the missions and also confreres representing the international and intercultural character of the Congregation. The special invitees to the General Chapter are:

1. ARACKAL Manoj, Delegation Superior, Chad-Cameroon
2. KUMBLOLICKAL Jose, Delegation Superior, the Philippines
3. JOSEPH Amalraj A, Coordinator, GAH Delegation
4. KULLU Petrus, Delegation Superior, Mozambique
5. JUDE Thadeus Zambia, Mission Superior
6. BURROFERO Zachariah, East Africa Province
7. KERKETTA Bijay, Nagpur Province
8. VETTUKATTIL Abraham, Vishakhapatnam Province
9. AROKIANATHAN A.C, South West India Province
10. PATTIMACKEL Kurian, North East India Province
11. THAIKHO Simon, North East India Province
12. CHRISTOPHE Bertrand A, Chad-Cameroon Mission
13. SUMAGAYSAY Jundie, The Philippine Delegation

WE SHALL HELP THE CYCLONE AFFECTED PEOPLE IN TAMIL NADU

Rev. Fr Abraham Vettuvellil, Our beloved Superior General, through his letter dated November 24, 2018, reminded all confreres of the need to help the cyclone affected people in Tamil Nadu in the following words: “The past week has shocked us once again with the furious cyclone GAJA, damaging houses and buildings (including some of our MSFS properties and institutions), uprooting trees, taking away the lives of people, disconnecting transportation and communication system, having no access to drinking water, destroying fishing boats and nets, and worst of all depriving people of agricultural crops. We are all pained and saddened by the natural catastrophe. Fr Ignacimuthu, the Provincial of Southeast India Province, has given me a gloomy picture of the real situation from his survey, though he himself had no means of communication for few days. A good number of our confreres come from these cyclone-affected areas. The parents, relatives and villages of our confreres from these areas have also been badly affected. We express our solidarity with our confreres and their families, and also with all our brothers and sisters in this most difficult time. We hold them up in prayer and beg for the mercy and comfort of the Lord upon them. Our brothers and sisters should not lack our compassion and solidarity with them.”

May I request all confreres of Northeast India Province to send your generous contributions, individually/institutionally, to Fr Saji Puthiyakulangara at the earliest so that FAsCE India can help the most needy persons at the earliest. Let us be sure if we are generous to the needy, God will also be generous with us.

Bank Account to which you can send your contributions:

Name of the Account: FASCE India Relief Fund

Account No: 0473053000005853

Bank: The South India Bank Ltd

Branch: Guwahati

IFSC: SIBL0000473

(for India only)

NB: Those who are abroad will contact Provincial Bursar on how to make the contribution.

Two Annual Retreats in 2019

A religious ceases to be a religious, in the real sense, if one loses one's spiritual depth and spiritual strength. Engaged as we are in a variety of activities, when all our spiritual energies have been sapped, where is the strength to go on? Where is the driving force going to come from? Where will we find the much needed inspiration? The annual retreat is meant to enable us to recoup, re-charge and get energized. It is meant to help us to replenish the diminished vitality, to recapture the initial fervor. If you let off such an opportunity, decline sets in, dissipation takes over, disinterestedness rules the roost and destruction ensues. What a tragic situation! No work, howsoever important it may be and no duty whereat you are indispensable should deter you from attending your annual retreat.

The next obligatory annual retreats of the Province will be on the following dates: 1. From July 22nd evening to 27th evening at MSFS Study House, Shillong; 2. From October 4th evens to 9th evening at MSFS Provincial House, Guwahati. Kindly register for one of these retreats at the earliest and do not organize any personal or community programme that prevents you from full participation in annual retreat. You may avoid coming late and leaving the venue early before the conclusion of the retreat. Please bring with you the Mass-Register, the Bible, the Breviary, the Constitutions, the Province Statutes and the Action Plan.

Ordination to Priesthood



Dn Vemballykunnel Sibin Antony was born on October 7, 1991 as the second child of Antony V.V. and Mercy U. J. He hails from St Elias Parish, Mattilayam, Diocese of Mananthavady, Kerala. After completing his SSLC in 2007, he joined Vinaya Bhavan Seminary, Thamaraserry. He made his first religious profession on June 07, 2011 at MSFS Novitiate, Chabua, Assam. After the completion of Philosophy at Suvidya College and Bachelor of Arts from the University of Bangalore, he was sent for Regency to SFS Seminary, Medziphema. In 2014, he was promoted to pursue theological formation at MSFS Study House, Shillong. He completed his theological studies at Oriens Theological College, Shillong, and was ordained a deacon on June 23, 2018. Having successfully completed his theological formation and diaconate ministry, Dn Vemballykunnel Sibin will be ordained a priest on January 2, 2019 by Most Rev. Jose Porunnedam, the Bishop of Mananthavady.

Dn Pullattuvaliyaparambil Rojin Joseph was born on April 5, 1989 as the first child of Joseph P. T. and Rosamma. He hails from St George Church, Mavumchal, Diocese of Thalassery, Kerala. After completing his SSLC in 2005, he joined Vinaya bhavan Seminary, Thamaraserry, Kerala. He made his first religious profession on June 07, 2009 at MSFS Novitiate, Chabua, Assam. After the completion of Philosophy at Suvidya College and Bachelor of Arts from the University of Bangalore, he was sent for Regency to Vinaya Bhavan Seminary, Thamaraserry. In 2013, he was promoted to pursue theological formation at MSFS Study House, Shillong. He completed his theological studies at Oriens Theological College, Shillong, and was ordained a deacon on June 23, 2018.



Having successfully completed his theological formation and diaconate ministry, Dn Thomas / Rojin Joseph Pullattuvaliyaparambil will be ordained a priest on January 3, 2019, by Most Rev. George Njaralakatt, Archbishop of Tellicherry..



Dn Tigga Alock was born on January 12, 1987, as the first child of Zacharius Tigga and Silina Tigga. He hails from Chiranjeevi Parish, Chiraiya, in the diocese of Diocese of Gumla, Jharkhand. After completing his HSLC from K. O. College Gumla, he joined SFS Seminary, Medziphema, in 2007. He made his first religious profession on June 07, 2011 at MSFS Novitiate, Chabua, Assam. After the completion of Philosophy at Suvidya College and Bachelor of Arts from the University of Bangalore, he was sent for Regency to SFS Church, Kangpokpi. In 2014, he was promoted to pursue theological formation at MSFS Study House, Shillong. He completed his theological studies at Oriens Theological College, Shillong, and was ordained a deacon on June 23, 2018. Having successfully completed his theological formation and diaconate ministry, Dn Alock Tigga will be ordained a priest

on January 5, 2019 by Most Rev. Paul Alois Lakra, Bishop of Gumla.

Transfers and Appointments

- Fr Joseph Illickal is appointed Associate Director of Constant Lievens Hospital and Research Centre and to be on the project-team of Society for Medical Education, North India, Ranchi (CBCI-SME-NI), with effect from November 25, 2018.

Information of / Thanks / Congrats /Appreciation To:

HEARTY CONGRATS AND PRAYERFUL WISHES TO REV. FR EMMANUEL MAPPILAPARAMBIL, RE-APPOINTED REGIONAL SUPERIOR OF DIBRUGARH REGION FOR A SECOND TERM OF THREE YEARS FROM JANUARY 20, 2019.

HEARTY CONGRATS AND PRAYERFUL WISHES TO THE NEW PROVINCIAL COUNCILLORS AND PROVINCIAL BURSAR OF VISAKHAPATNAM PROVINCE: FR SESETTI MARIA DAS, FR DOLA VELANGANI RAO, FR MANOJ PATHUPPALIL, FR G. SANDEEP REDDY, AND FR BELLAMKONDA ANIL BOSCO, PROVINCIAL BURSAR.

- Fr Firstar Shylla and Fr Francis Peethuruthel for organizing Parish Youth Sports and Games at St Francis de Sales Church, Umwahlang, on September 22, 2018. Mr Kimfa Marbaniang, the Local MLA, inaugurated the events. And also for conducting a three-day retreat for the mothers of SFS Church, Umwahlang, animated by the Women Members of Family Commission of the Diocese of Nongstoin from September 28 to 30, 2018, Youth Retreat animated by Fr Priyor Khongsit MSFS from October 6 to 8, 2018, Parish Day on October 14, 2018, and a two-day family cell programme for the faithful of Ktiehthawiar village conducted in collaboration with the Family Commission of Nongstoin Diocese on October 21, 2018.
- Fr Genes Shangpliang, Fr Joby Kurukilamkattu and Fr Lijo Thakadiyel for arranging the Convocational Programme of Musical Band at Don Bosco Sec. School, Mawkhlam, on September 24, 2018. Fr Kurian Pattimackel MSFS distributed the certificates to students during the Convocational Programme.
- Fr Albert Sahayaraj and Fr Biju Kanicherry for conducting retreat for the Garo community at Salkocha under St Jude's Parish, Bahalpur, on September 30, 2018.
- Fr Joby Kurikilamkattu, Fr Genes Shangpliang, Fr Lijo Thakadiyel and SABS Sisters at Holy Redeemer Renewal Centre, Mawkhlam, for organizing the first inner healing residential retreat from October 5 to 8, 2018. There were 34 participants from different parts of the diocese. All the Fathers and sisters and lay people were involved in preaching and animating the sessions. The participants experienced the powerful movements of the Spirit and many of them had concrete physical healings and spiritual Renewal. And

also for conducting the 3rd Bible Convention on November 10 and 11, 2018 at Holy Redeemer Renewal Centre, Mawkhlam. Rev. Fr George Panthanmackel, Provincial, was the Chief Celebrant of the Annual Convention on 10th and Most Rev. Victor Lyngdoh, Bishop of Jowai, on 11th.

- Fr Cornelius Bara and Tomy Thekkel, for organizing convention for Small Christian Communities from the parishes of Dhemaji, Gogamukh, Jonai, Silapathar and Telam of Tezpur Diocese on October 6-7, 2018 at Christ King Church, Gohamukh. The convention was attended by 1500 Catholics. Resource persons were Rev. Fr Hippolitus Toppo, SCC Director of Tezpur Diocese, Rev. Sr Margert Barla, Miss Daya Basumatary and Mr Rajesh Tudu.
- Fr Kurian Ovelil and Fr Tom Pazhayapurackal for organizing Tiny Tot's day cum science and arts exhibition at SFS School, Kangpokpi, on October 7, 2018. Dr Rangitabali Waikhomm IAS, Deputy Commissioner, Kangpokpi, graced the occasion as Chief Guest while Fr George Panthanmackel, the Provincial, as Guest of Honour.
- Fr Mathew Muriyankiriril, Fr Clean Areng, staff and students of St Joseph's school, Manikbond, for the achievement of six prizes at the block level science exhibition, drawing competition and speech competition conducted on October 13, 2018 at Makunda, also for organizing a three-day Children's convention at Dosdeva village of St Joseph's Church, Manikbond, from October 19 to 21, 2018. Around 328 children participated in the event.
- Fr James Adani and Fr Sudhir Hasda for facilitating the construction and organizing the blessing and inauguration of presbytery at St Mary's Church, Aalo. The newly constructed presbytery was blessed by Most Rev. John Thomas, Bishop of Itanagar, and inaugurated by Rev. Fr Emmanuel Mappilaparambil, Regional Superior of Dibrugarh Region, on November 18, 2018 in the presence of fathers, sisters and the lay faithful. The confreres also successfully organized the Aalo Deanery Eucharistic Procession in the Parish.
- Fr Emmanuel Uppamthadathil, Fr Babu Kudakkachirakunnel, Fr George Thayilkuzhithottu, Fr Joseph Kizhakeeveed, Fr Francis Peethuruthel, Fr Avilhou Metha Stephen and students of St Clement College, Nagaon, for facilitating the construction and blessing of chapel dedicated to St John Paul II on October 22, 2018. Most Rev. John Moolachira, Archbishop of Guwahati, together with the other Bishops of Assam and Kohima, blessed and dedicated the newly built chapel.
- Fr John Barman, Director of Fransalian youth Mission, in collaboration with FAsCE India, Guwahati, organized all Siang District Fransalian Youth Convention 2018 at SFS College, Aalo, from November 16 to 18, 2018. Mr Romin, Advocate, Aalo, graced the occasion as Chief Guest who appealed the young people to be leaders who lead by example found in God's Word. The Resource persons were Fr John Barman MSFS and Fr Francis Belo MSFS. Most Rev. John Thomas, Bishop of Itanagar, and Fr Emmanuel Mappilaparambil, Regional Superior, were also present on the second day of the Programme.
- Fr Andrew Ashihe, Fr Melvin Parambukattil, staff and students of St Francis de Sales Secondary School, Bakur Dawki, for celebrating its Silver Jubilee on October 26, 2018 at Dawki. Honourable Minister of Education Mr Lahkmen Rymbui was the chief guest of the function while Most Rev. Victor Lyngdoh, Bishop of Jowai, and Mr Hat Mukhim MDC were the guests of honour.
- Fr Abraham Ponvelil and Fr John Kelamkuzhakkal for organizing second Circle Sobha 2018 of SFS Church, Somonpara, at Rakmanpara Village from October 26 to 28, 2018.
- Fr Genes Shangpliang, Fr Joby Kurikilamkattu and Fr Lijo Thakidiyil for organizing the Marian Procession at Mother of Compassion Parish, Mawkhlam, on October 28, 2018. Most Rev. Dominic Jala, Archbishop of Shillong, was the chief celebrant. 120 children received the 1st Communion and 84 youth received the Sacrament of Confirmation.
- Fr Varghese Chakkalmuriyil and Fr Nicholas Maiong for conducting Teachers Training Programme at SFS School, Sindukpathar, on November 2, 2018. Mrs Cynthia Maiong animated the programme for the teachers.
- Fr Jose Thekkel for organizing Garo Charismatic Retreat at Ekrabari village of SFS Church, Narengi, on November 9, 10 and 11, 2018. Fr John Kelamkuzhakkal MSFS & Mr Mita Momin preached the retreat. It was attended by the people of other Garo villages of the Parish too, and also for organizing Rosary procession and Holy Mass on October 31, 2018, at S F S Shrine, Narengi. Fr. Vincent Carmel was the main celebrant for the Mass.

- Fr Lijeesh Kaduthanathu and Fr Jaimon Thadathil for organizing the Annual youth convention at the substation, South Sabual, of Mother of Compassion Parish, Sateek, from November 23 to 25, 2018, with good participation of many youngsters from 6 villages of the Parish, and also for conducting study camp for the students of Class ten for the whole month of November.
- Fr Thomas Edakazhy, Fr Shiji Poonthuruthil, staff and students of SFS College, Aalo, for organizing National Seminar for Research by Department of English, SFS College, Aalo, in collaboration with FAsCE India, Guwahati, on October 26 and 27, 2018 on the topic “Voice and Silence in Indian English Literature”. The Chief Guest for the inaugural function was Sahitya Akademi Awardee Shri Yeshi Dorjee Tongchi. Key note address was given by Dr Rama Prasad Biswas, Assam University, Silchar. They also for organized Youth Festival cum Food Festival on November 3, 2018. It was part of the extension programme that SFS College organises every year. The main objective of the Youth festival was to bring together the students of all the high schools and Hr. Sec. Schools of all the Siang districts and give them opportunities to display their talents through various literary, cultural and sports competitions.
- Fr Lukose Kavunkal and Fr Stephen Pou for organizing the Science and Craft Exhibition at SFS School, Basar, on November 15, 2018.
- Fr George Poovathunkal, Councillor Incharge of Education, Fr Jose Karipadam, Fr Biju Kanicherry, Fr Antony Avittappallil, Fr John Barman and Fr Carlus Barowa for planning and organizing the Desalite Fiesta – 2018 on November 9, 2018 at SFS School, Narengi. Congratulations to all the principals, sisters, teachers and students for actively participating in the events and Provincialate Community for the active cooperation to make the events successful.
- Fr Cornelius Bara and the faithful of Christ King Church, Gogamukh, for organizing the silver jubilee celebration of ordination of Fr Tomy Thekkel, the Local Superior of MSFS Community, Gogamukh, on November 18, 2018.
- Fr Jose Thekkel and Fr Thomas Nirappel for organizing the Fifth Annual Marian Sodality Day at SFS Church, Narengi, on November 18, 2018. Sr Simky Momin SMMI animated the members and Fr Singarayan OFM was the main celebrant of the Holy Mass.
- Fr James Adani and Fr Sudhir Hasda for facilitating the construction and organizing the inauguration and blessing of presbytery at Aalo. The newly built presbytery was blessed by Most Rev. John Thomas, Bishop of Itanagar and Fr Emmanuel Mappilaparambil, Regional Superior of Dibrugarh Region, inaugurated the building on November 18, 2018. They also for organized Aalo Deanery Eucharistic Procession on the same day.
- Fr Simon Thaikho and Fr Antony Eattikattil for organizing the retreats at various villages under Holy Rosary Parish, Purul. Fr Milkius Tirkey MSFS preached the retreats for the faithful at different villages from November 15 to 23, 2018.
- MSFS fathers and benefactors for the contribution made to Kerala flood relief fund. The Province, in collaboration with FAsCE India, built a house in Muthappanpuzha Parish in Kozhikode district. The house was blessed by Most Rev. Remigius Inchananiyil, Bishop of Thamarassery, in the presence of MSFS fathers and the lay faithful on November 18, 2018. Sincere appreciation to Fr Joseph Kannamangalath, Rector, and staff of Vinaya Bhavan Seminary, Thamaraserry, for organizing and supervising the construction.
- Fr Joseph Chakkalackall and Fr Ajit Daimari for organizing the Parish Day and Eucharistic Procession on September 22, 2018 at Holy Angels Parish, Tato, and on the same day 25 children received the Sacrament of First Holy Communion. They also made necessary arrangements for the two bifurcations from Holy Angels Parish, Tato. The newly erected parishes are St Francis of Assisi Parish at Manigong and St Thomas Parish at Mechukha. Manigong was erected and declared a parish on September 23, 2018 and Mechukha on September 25, 2018. Most Rev. John Thomas, Bishop of Itanagar, declared the erection of these two parishes in the presence of Fr Emmanuel Mappilaparambil, Regional Superior of Dibrugarh Region, fathers, sisters and the lay faithful.
- Fr Milkius Tirkey and Fr D. Britto for conducting charismatic retreat for the people of Chabua Parish from October 25 to 28, 2018. Bro. Kishore and his team from Orissa were the preachers. More than 300 people attended the retreat.

- Fr Philip Thomas Kizhakumpurath for conducting course on Counselling and communication skills for MSFS Priests from 1 to 10 years of priesthood from November 13 to 16, 2018 at MSFS Provincialate, Narengi. The programme was attended by 24 priests. They had input and practical sessions on counseling skills.
- Fr Antony Kattathara for successfully completing MA with first class from IGNOU.
- Fr Tomy Thekkel and Fr Cornelius Bara for organising the Parents' Day 2018 on October 30, 2018 and inauguration of a new school block with new ten additional class rooms by Mr Utpal Norah, additional Deputy Commissioner of Dhemaji District in-charge of Gogamukh Circle Office.
- Fr Biju Kanicherry and Fr Albert Sahayaraj, staff and students of SFS School, Bahalpur, for organizing Parents' Day on October 29, 2018. Mr Ashok Kumar Singhi, MLA of East Bilasipara, was the chief Guest to the programme.
- Fr George Poovathunkal, Fr Varghese Chettupuzhakaren, Fr Praveen Kumbattu, Fr John Barman, members of MSFS Provincialate Community, Staff and students of SFS Higher Secondary School, Narengi, for organizing Parents' Day on November 24, 2018. Mr K. K. Choudhury, Director and Regional Officer, CBSE Guwahati, was the Chief Guest and Most Rev. John Moolachira, Archbishop of Guwahati, Most Rev. Stephen Athipozhiyil, Bishop of Alappy, and Rev. Fr George Panthanmackel, were the guests of honour. Rev. Fr George Parampukattil, General Secretary for Education, was a Special Invitee.
- Fr Antony Avittapallil, Fr Philip Mhonchumo, staff and students of SFS School and Jr. College, Dhemaji, for organizing Parents' Day Celebration on November 5, 2018. Most Rev. Michael Akasius, Bishop of Tezpur, was the Chief Guest and Mrs Roshni Aparanji Korati, IAS, Deputy Commissioner of Dhemaji, and Shri Nilesh Tryambak Sawakare, IPS, the Superintendent of Police, Dhemaji, were the guests of honour.
- Fr George Vadakkeperincherimannil, Fr Thomas Kollathuvayalil, Fr Joseph Bamhingbe, staff and students of SFS School, Medziphema, for organizing Parents' Day Celebration on October 13, 2018. Mrs Asano Sekhose, Chairman of Nagaland board of Secondary Education, was the chief guest and Rev. Fr George Panthanmackel, Provincial, was the guest of honour at the function.
- Fr Shiji Poonthuruthil and Fr Thomas Edakazhickal for organizing the blessing and laying the foundation stone for college canteen and fitness centre at SFS College, Aalo, on November 17, 2018. Rev. Fr Emmanuel Mappilaparambil, Regional Superior of Dibrugarh Region, blessed the site and laid the foundation stone in the presence of staff and students of the college.
- Fr Thomas Kochuparathanathu and Fr Jacob Raising for organizing the blessing and laying the foundation stone for the extension building of the Fransalian High School, Jonai, on November 15, 2018. Rev. Fr Emmanuel Mappilaparambil, Regional Superior of Dibrugarh Region, blessed the site and laid the foundation for the new building. Fr Peter Parankimalil, the Regional Bursar, sisters, hostlers and some faithful were present on the occasion.
- Fr Peter Marak, Priyor Khongsit, staff and students of St Paul's School, Panisali, for organizing Parents' Day cum School Day on October 26, 2018. Mr Madhuram Rabha was the chief guest and Rev. Fr Joseph Olickal, Administrator of Archdiocese of Guwahati, was the guest of honour.
- Fr Jose Mundoly, Fr Philip Purayidathil, staff and students of SFS High School, Telam, for organizing Parents' Day Celebration on October 27, 2018. Mr Nisarg Hivare, IAS, SDO (Civil), Jonai, was the chief guest and Rev. Fr Emmanuel Mappilaparambil, Regional Superior of Dibrugarh Region, was the guest of honor.
- Fr Saji George Puthiyakulangara, FAsCE India Team, staff and students of FAsCE India Supplementary School at Narengi, Hatishila and Borgaon, Venerini Sisters and students of Jyothinikethan School for visually challenged children, for organizing the Children's Day cum World Disability Day at Mermier Hall in MSFS Provincialate Campus, Narengi, on December 1, 2018. Rev. Fr George Panthanmackel, Provincial of MSFS Northeast India Province and President of FAsCE India, was the chief guest at the programme.
- Fr Varghese Paul Manickathan, Fr Libin Vattekkattukandam and Fr Belo Francis for organizing the Desalite Interschool Volleyball Competition at St Joseph's School, Kaying, on December 1, 2018. SFS School, Basar, was the champion of the tournament.

- Fr Donsuk Lyngdoh, staff and students of SFS School, Lengpui, for organizing Parents' Day on December 1, 2018.

Forthcoming Events

- The 2nd Regional Fransalian Youth Conference will be held from December 7 to 9, 2018 at MSFS Provincialate, Narengi. Kindly depute 2 to 4 Youth representatives from all MSFS missions across Northeast India to this Annual Fransalian Youth Conference.
- Mid-year evaluation of Regents will be held from January 7 to 9, 2019. Local Superiors with Regents under their care may make sure the participation of the Regents for this meeting.
- The update programme on Accountancy and Local Bursars meet is scheduled to be on 10th (Monday) and 11th (Tuesday) of December 2018. The programme will begin at 9.00 am on Monday 10th and will be over at 4 p.m. on Tuesday 11th 2018.
- **Please note the change of date: The counselling programme for priests from 21 years and above in priesthood is as scheduled from May 6 to 9, 2019; and the counselling Programme for priests from 11 to 20 years is re-scheduled to be from August 27 to 30, 2019. Please be present for the respective programme without fail.**

Updates from Southern African Region by Regional Superior Rev. Fr Baiju Mundackal

Visit to the Province of East Africa

Fr Jijesh and I visited East Africa Province from October 17 to 29, 2018. We visited missions in Nairobi, Kenya and all the centres in Tanzania. We gratefully remember Fr Mathew Thazathukunnel, Provincial Superior, and all the confreres of the Province who welcomed us warmly. We had a wonderful time in the Province. We thank each of them for their concern, love and the great Fransalian hospitality. It was wonderful to see the great work done by our confreres. We also had the privilege to witness the diaconate ordination of Bro. Ventino Mutume (Northeast Province) and Bro. Kenneth Maina (East Africa Province) along with few of their companions. His Lordship Most Rev. Telesphor Mkude, the Bishop of Morogoro, Tanzania, ordained them as deacons at the Chapel of the Jordan University College. Lunch and felicitation was held at the Fransalian Study House, Kola. Thanks to Fr Thomas Kochuparambil MSFS, Rector, and the scholastics for organising it well.

We also had the privilege to meet the scholastics of the Region. We have two scholastics, Bro. Patro Pio and Bro. Fabian, in Theology and four scholastics in Philosophy, Bro. Ivan, Bro. Abraham, Bro. Antony and Bro. Joseph. It was very encouraging to meet them and to know that they are doing well, and looking forward to work in the Region.

Annual Retreat 2019

As we agreed at our general meeting, after the retreat in June this year, our annual retreat for 2019 will be from May 1 to 5, 2019. Arrival is on April 30, 2019. Retreat will begin on 1st May and end with lunch on 5th May. On 5th afternoon, there will be the General meeting. May 6th is reserved for community outing/picnic and all are free to return to their own parishes on 7th morning. The venue for the retreat will be Pastoral Centre at Walvis Bay, NAMIBIA. We thank Fr Saju Joseph Thalayinakandathil for arranging venue and booking the place for us. Fr Devasia Manalel and Fr Augustine Parampuzha will be the animators of the retreat.

Congratulations

1. **Deacon Ventino Mutume:** Hearty CONGRATULATIONS and best wishes to Deacon Ventino (*our very first one*) for his ordination to diaconate.
2. **Fr Jijesh Palatty:** CONGRATULATIONS and prayerful good wishes to Fr Jijesh for his appointment to the Liturgical Committee of the Namibian Catholic Bishop's Conference. All the best Fr Jijesh.
3. **Fr Joseph Kunjaparambil:** CONGRATULATIONS to Fr Joseph Kunjaparambil for his designation to be re-appointed Vicar General of the diocese of Keetmanshoop, NAMIBIA.

4. **Fr Noble Nakathingal:** CONGRATULATIONS to Fr Noble for his appointment as the animator of Cape Town Fransalian Assocites for a term of three years. He will take charge as animator of the group (members from Grassy Park, Steenberg and Matroosfontein parishes) from January 2019. We wish him all the best.
5. **Fr Job Karikkampally:** CONGRATULATIONS to Fr Job for his appointment as the new Local Superior of Cape Town Local Community with immediate effect. All the best Fr Job.
6. **Fr Emmanuel Mappilaparambil:** Our CONGRATULATIONS and prayerful support to Fr Emmanuel for his appointment as the Regional Superior of Dibrugarh Region for a second term. Hearty Congratulations and prayerful good wishes, dear Fr Emmanuel.

Holiday

The following confreres will be on holiday. We wish them an enjoyable time with their family and friends.

1. **Fr Thomas Vanderkunnel** is away from 08th November 2018 to 08th January 2019.
2. **Fr Saju Thalayinakandathil** will be away from 16 November 2018 to 17 January 2019.
3. **Fr Francis Huwn** will be away from 5th December 2018 to 5th January 2019.
4. **Fr Salu Thattaparambil** will be away from 7th January 2019 to 7th February 2019.
5. **Fr Libin Chiraparambil** will be away from 19th January 2019 to 20th February 2019.
6. **Fr Noble Nakathingal** will be away from 26th December 2018 to 25th January 2019.

Change of Address and Contact Number

Fr Thadathil Francis, msfs
 Immaculate Conception parish
 1712, Highland Ave
 Eau Claire, WI 54701
 USA
 Land: 715-514-1022.
 Mobile: 715-579-4462

Special Communications

INSTITUTION	PROGRAMME	DATE	CONTACT
Satyodayam, Jesuit Centre, Secunderabad	Spiritual Direction Course for 40 days	April 9 to May 18, 2019	Fr. M. Kulandai Raj, SJ Programme Director. Satyodayam, Vijaypuri Nagar, Secunderabad 500017, TS Mobile: 9133255690 mkrajsjap@gmail.com mkrajsj@rediffmail.com
	Diploma in Counselling Psychology	July 1 to Sept 28, 2019	
Sehion Retreat Centre	Priests English Retreat	May 12 to 17, 2019 July 28 to Aug 2, 2019 Sept 29 to Oct 4, 2019	Thavalam PO. Palakkad-678582 Ph: 8086624482, 9645123726 sehionpriestscentre@gmail.com

Let us Pray for the Departed:

- Mrs Thressiamma George (75), mother of Fr Gracious Chirattolickal, who passed away on October 1, 2018.
- Mr Abin Thomas Thekkel (26), nephew of Fr Jose Thekkel, who passed away on November 18, 2018.
- Sr Sabina Chilampikunnel SccG (78), a cousin of Fr Joseph Thazhathukunnel, who passed away on November 28, 2018.

Provincial's Programme

December

- Dec. 3: FAsCE India Meeting (9 am)
- Dec. 4: Canonical Visitation to Tura
- Dec. 5: Canonical Visitation to Somonpara
- Dec. 6: Canonical Visitation to Nongalbibra
- Dec. 10-11: Financial Management Guidelines
- Dec. 11: PIF-GB Meeting at Suvidya College
- Dec. 12: Gabriel Memorial Lectures, Suvidya College
- Dec. 13: Archdiocesan Recollection
- Dec. 15: Canonical Visitation to Galsi
- Dec. 17: Provincial Council Meeting
- Dec. 21: Canonical Visitation to Novitiate

2019

January

- Jan. 2: Ordination of Dn. Sibin Vemballykunnel
- Jan. 3: Ordination of Dn. Rojin Pullattuvaliyaparambil
- Jan. 5: Ordination of Dn. Alock Tigga
- Jan. 7: Provincial Council Meeting
- Jan. 8-9: Mid-year evaluation of Regents
- Jan. 18: Panbari
- Jan. 20: Installation of the Regional Superior of Dibrugarh Region
- Jan. 22: Somonpara
- Jan. 24: Feast of St Francis de Sales
- Jan. 28-29: CRI-CBCI Meeting

February

- Feb. 1-13: MSFS General Chapter at MSFS Provincial House, Narengi, Guwahati
- Feb. 18-Mar. 15: Classes at St Clement College, Nagaon
- Feb. 24: Provincial Council Meeting

March

- Mar. 1: Local Superiors Forum Meeting
- Mar. 2: Stewardship Forum Meeting
- Mar. 3-6: Budget scrutiny by Finance Committee
- Mar. 6: Ash Wednesday
- Mar. 8: Social Apostolate and Innovative Ministries Forum Meeting
- Mar. 12: Ranchi
- Mar. 19: Formation Forum Meeting
- Mar. 21-22: MSFS Principals' Training Programme
- Mar. 23: Education Forum Meeting
- Mar. 24-26: Provincial Council Meeting (Budget Approvals and Promotion of Candidates)
- Mar. 29: Mission Forum Meeting

April

- Apr. 21: Easter
- Apr. 24: Provincial Council Meeting

May

May 6-9: Counselling/ Communication Skills (for priests from 21 years and above)

May 10-11: CRI-CBCI Meeting, Bangalore

May 14: EACM of Mizoram and Pastoral meeting with Diocesan Authorities

May 17: EACM of Tripura and Pastoral meeting with Diocesan Authorities

May 20: EACM of Galsi-Ranchi and Pastoral meeting with Diocesan Authorities

May 24: Provincial Council Meeting

May 25: EACM of Nagaland and Pastoral meeting with Diocesan Authorities

May 26: EACM of Manipur and Pastoral meeting with Archdiocesan Authorities

May 28: EACM of Khasi Hills and Pastoral meeting with Archdiocesan and Diocesan Authorities

June

June 1: EACM of Upper Assam and Pastoral meeting with Diocesan Authorities

June 3: EACM of Arunachal Pradesh and Pastoral meeting with Diocesan Authorities

June 6: EACM of Guwahati and Pastoral meeting with Archdiocesan and Diocesan Authorities

June 7: EACM of Lower Assam and Pastoral meeting with Archdiocesan and Diocesan Authorities

June 8: EACM of Garo Hills and Pastoral meeting with Diocesan Authorities

June 11: EACM of Thamaraserry and Pastoral meeting with Diocesan Authorities

June 12-18: Suvidya College

June 19: Oriens Theological College

June 29: Provincial Council Meeting

July

July 22-27: Province Annual Retreat I (From 22nd evening to 27th evening)

July 28: Provincial Council Meeting

August

Aug. 23: Provincial Council Meeting

Aug. 27-30: Counselling Programme for priests from 11 to 20 years

Aug. 28-Sept. 2: CRI-Northeastern Pastoral Conference, Guwahati

September

Sept. 30: Perpetual Profession at MSFS Study House, Shillong

Sept 20: Provincial Council Meeting

October

Oct. 4-9: Province Annual Retreat II (From 4th evening to 9th evening)

Oct. 23-25: Annual ACPI Meeting, Goa

Oct. 30: Provincial Council Meeting

November

Nov. 4-6: Annual Salesian Seminar at MSFS Provincialate, Guwahati (4th 9 a.m to 6th 4 p.m)

Nov. 30: Provincial Council Meeting

December

Dec. 20: Provincial Council Meeting

A Concluding Thought

Resilience refers to how well we can deal with and bounce back from the difficulties of life. It can mean the difference between handling pressure and losing our cool. Resilient people tend to maintain a more positive outlook and cope with stress more effectively. While some people seem to come by resilience naturally, these behaviours can also be learned. The factors that contribute to resilience are the following: self-esteem, self-confidence, flexibility, positive thinking, working through problems, setting goals and unshakable faith in God / Jesus Christ.

Self-esteem plays an important role in coping with stress and recovering from difficult events. Remind ourselves of our strengths and accomplishments. When we hear negative comments, practice immediately replacing them with positive ones, such as, "I can do this."

Becoming more confident in our own abilities, including our ability to respond to and deal with a crisis is a great way to build resilience for the future. It's important to have people we can confide in. Having supportive people around us act as a protective factor during times of crisis. While simply talking about a situation with a friend or loved one won't make our troubles go away; it allows us to share our feelings, get support, receive positive feedback, and come up with possible solutions to our problems.

Flexibility is an essential part of resilience. By learning how to be more adaptable, we will be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive. Staying optimistic during dark periods can be difficult, but maintaining a hopeful outlook is an important part of resilience.

Positive thinking does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are temporary and that we have the skills and abilities to combat the challenges we face. What we are dealing with may be difficult, but it's important to remain hopeful and positive about a brighter future. When we are stressed, it can be all too easy to neglect our own needs. Losing appetite, ignoring exercise, and not getting enough sleep are all common reactions to a crisis situation. Focus on building our self-nurturing skills, even when we are troubled. Make time for activities that we enjoy. By taking care of our own needs, we can boost our overall health and resilience and be fully ready to face life's challenges.

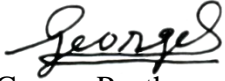
The people who are able to come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever we encounter a new challenge, make a quick list of some of the potential ways we could solve the problem. Experiment with different strategies and focus on developing a logical way to **work through common problems**. By practicing our problem-solving skills on a regular basis, we will be better prepared to cope with when a serious challenge emerges.

Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way and then **set reasonable goals** to deal with the problem. When we find ourselves becoming overwhelmed by a situation, take a step back to simply assess what is before us. Brainstorm possible solutions, and then break them down into manageable steps. Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, we can take steps toward making our situation better and less stressful. Focus on the progress that we have made thus far and planning our next steps, rather than becoming discouraged by the amount of work that still needs to be accomplished. Being active in working on solutions will also help us feel more in control, rather than sitting back and letting things happen to us.

Everyone can learn to be resilient and it doesn't involve any specific set of behaviours or actions. Resilience can vary dramatically from one person to the next. Focus on practicing these skills, as well as the common

characteristics of resilient people, but also remember to build on our existing strengths. What makes a religious or priest most resilient is **unshakable faith in Jesus Christ**. The saints are the best examples of the same. The **“I want missions”** attitude of Fr Peter Mermier and **“Live Jesus”** conviction of St Francis de Sales are instances of highest type of resilience learnt in the school of Jesus who uttered from the Cross, **“Father, forgive them, they know not what they do.”**

Fraternally
Yours in the Lord,



Fr George Panthanmackel MSFS
Provincial of Northeast India Province

WALKING ON THE PATH OF THE PATRON

“Just as the doors of the house of the Hebrews were marked by blood of the Lamb to drive away the forces of evil, so are Christians marked with the sign of the Cross to preserve them from evil and lead them to Heaven”, SFS



**WISH YOU A VERY MERRY CHRISTMAS
AND
A BRIGHT AND PROSPEROUS NEW YEAR 2019**