



Instituto Figlie di Maria Ausiliatrice
Salesiane di Don Bosco
St. Thomas the Apostle Province - INM
Madras - India

PROVINCIAL CIRCULAR 2024 - 2025



Mazzarello Convent, Kodambakkam, Chennai - 600 024

INM FMA / Pro. Cir. 22

April 2025

My Dearest Sisters,

Viva Gesu`! Affectionate greetings to each one of you from Kodambakkam!

Being Positive Holds Transformative Power in Building a Positive Attitude in Life.

INTRODUCTION

Being positive means choosing to see the bright side of things, persons and events. It means recognizing that struggle and pain are not the only things out there, even if they are the only things one can see and experience. Being positive means, that even in the face of pain and sorrow, struggles and challenges, one can always find the good and the noble and focus one's energy on that. A positive attitude is something that goes deeper and has an effect beyond external happiness. Negative attitudes promote fear, while positive attitudes promote a more hopeful outlook on life.

Being positive and having a positive outlook on life correlates with better physical, psychological, and spiritual well-being and can even increase one's lifespan. Positive persons view their life as broad, bright and full of possibilities. That view naturally leads to living one's life in a way where one is exposed to and develops new skills to face the challenges of life with audacity, positivity, and confidence. However, staying positive in life is easier said than done. It is a conscious decision that one has to make daily.

Process of Being and Becoming Positive Persons

Positivity is a mental state that consistently directs one's focus to the brighter side to expect positive outcomes. This often involves engaging in positive self-talk, even when life gets tough. Being positive is about believing in the power of support and confidence and having faith that things will always get better. Becoming a positive person helps one see the best in other people, even if one has to search for it. A positive approach to life helps us develop a healthy pattern of conversations, which influences one's views and actions. No matter whether one is learning to be positive or trying to stay positive, adding optimism to one's daily life will help one look on the brighter side. Life is a journey of endless hurdles, but with conscious effort, if we follow some of the following practical strategies, we can train ourselves to discover better options and become more positive in life.

1. Surround Oneself with Positive Influences and Be Optimistic

One has to surround oneself with people who bring one up instead of down; Constantly and seriously needs to take stock or a look at the people one spends the majority of time with; Has to have the courage to let go of people who impact one's life negatively. It is said, "If you have a friend who is constantly negative, try to distance yourself from that person". If someone is always complaining about their life or situation, the negativity is likely to rub off on you and put

you into a similar mindset. Likewise, if you are with people who are positive about their lives, they will be able to influence you to feel the same. We need to purge toxic relationships and idle gossip from our lives. These are thieves of joy, sapping our emotional energy and clouding a potentially positive and productive atmosphere. Let us become persons who inspire and uplift, not those who drag down with negativity.

Positive people from all walks of life have long hailed it as a cornerstone of a prosperous and healthy life. This is because positivity fosters mental resilience, helping one navigate life's storms with grace and composure. It's also a catalyst for optimism and gratitude, improving the way one perceives and responds to the world around. Positive thinking is an effective tool for countering worry and approaching situations, expecting a good outcome. When we expect the best, we notice that life rewards us with it. So, let us try imagining positive scenarios and outcomes, and let this guide our actions and interactions throughout the day.

2. Practice Gratitude and Mindfully Move Through the Day Happily

Positive and happy people practice gratitude. Gratitude can have many positive effects on our overall life. When we consistently appreciate the good over the bad, we cultivate a positive mindset that attracts even more positivity into our lives. The practice of gratitude has a strong link with one's overall well-being. Gratitude increases feelings of positivity and boosts immune function. Fine-tuning our practice of gratitude profoundly impacts our emotional and physical well-being. Studies have shown that having gratitude reduces many toxic emotions, such as envy, resentment, jealousy, frustration, depression, anxiety, and other disorders. Let us try some gratitude journaling to remind ourselves of the good things we have in life. To start, we shall cultivate a daily routine where we list three things and persons we're grateful for in a gratitude journal. This simple yet powerful act will rewire our lives, training us to focus on the positive aspects of our lives. Let us also make it routine to say "Thank you", recognise everyone's effort, and share genuine compliments freely. This practice spreads good vibes while actively nurturing a positive, collaborative and educative environment.

Practice mindfulness throughout the day and learn to appreciate life more by staying in the present. If we learn how to live mindfully, we will be able to ward off feelings of anxiety or rumination that often make us feel negative. By practising mindfulness, we can change the way our thoughts affect our lives and take charge of things. We can choose to be positive each passing moment to get ourselves out of negative thought loops and enhance our gratitude for the present. Having someone listen mindfully to our problems can be therapeutic if done right. Bottling up our emotions can harm us in the long run. We need to make sure that we share our worries and issues with a trusted person whom we consider a great listener. This may help us identify the root cause of our problem or think about a solution that we had not considered before. We can also air out our frustrations with mindful journaling.

3. Seek Positive Relationships, Set Realistic Goals and Spark Creativity

Seeking and building positive relationships with the Sisters in the community makes one kind, positive and happy. Even the simple desire to do something positive can increase positive relationships. If we make being good and positive in building relationships with other people an attitude, it'll become a cycle of generosity and happiness that makes everyone feel good and causes those around us to feel happy as well. Finding a positive attitude about life and the mission in the community is a challenge today. Our language limits or delineates how positive we are. The language we use every day, both in thought and spoken word, has a cumulative effect on how we think about ourselves, our work, and those around us. Let us be kind and optimistic to the people around us, and let that be an effective substitute for the negativity of life. Let's use words that are kind and positive.

Having goals to work towards can make us more positive. It's also better to set process goals instead of outcome goals because they focus on things we can control and help us in the long term. Set small attainable goals, and they will add up over time to a larger goal that we may not even have realized was within reach. Achieving our goals is a clear path toward a positive mindset because it boosts our confidence and often improves our lives. But we must set **SMART** goals - **Specific, Measurable, Attainable, Relevant, and Timely** - to increase our chance of accomplishing them. After setting, we need to take responsibility for our actions and our situation with a positive attitude. When the workload ramps up and tension surfaces, let us pause and repeat to ourselves, "I've handled challenges before, and I'll handle this one, too." This mantra doesn't just comfort but acts as an instant booster and diffuser of positivity and creativity. Let us find a positive way to view everything and everyone. Let us allocate positive time for ourselves and for the collaborators that will fuel our spirit and spark our creativity in our life and mission.

4. Create a positive environment and build healthy relationships.

Staying positive is easier when we live in a positive environment. We need to make our community a positive environment. If we live in a positive environment, we are likely to be able to carry that attitude over to our everyday lives. How we live and what we do in our community shapes our mood, has an impact on our productivity, and affects our outlook on life. Studies have shown that we can increase our positivity by adjusting the small habits and routines that make up our daily lives. Creating a positive atmosphere in the community and mission field goes a long way toward building better relationships, encouraging creativity, and boosting productivity. Our work environment has a great impact on our lifestyle.

Positive attitudes in a positive life foster well-being, encouraging the individual to participate in life's opportunities. The positive relationships act as "catalysts" by encouraging the person to explore, engage in new activities and take further initiatives. Positive relationships aid in identifying opportunities for growth and flourishing and preparing for action. Within the realms of this relationship, we can design actions and strategies, manage obstacles and, eventually, become more involved in the new situation and new reality.

We can build happy and healthy relationships by taking every opportunity to show love, kindness and compassion to others. Working becomes easier, more comfortable, and happier when we have good relationships with the Sisters in the community, our coworkers and collaborators in our mission. Let us encourage people so they know their worth to the institute and feel positive about their presence while they are at work. Having good and healthy relationships in life will make us happier and more productive. It not only makes ministry more enjoyable, but people are more likely to go out of their way to help us if we find ourselves in need. Good relationships with people help us not only to accomplish our mission effectively but also to make our lives meaningful. It also helps us stay physically, mentally and spiritually healthy and happy.

CONCLUSION

Positive attitude, positive relationships and positive life are widely considered to be pillars of well-being. They boost positive effects on emotional, physical and spiritual well-being. Positive life situations act as a "safe harbour" where a person can withdraw, protect oneself, and at the same time regroup to face the difficulty. They help to highlight our strengths and the challenge to act and often help to redefine adversity as a means of positive personal development. They are not just shields against negativity but a place where the individual recovers and evolves to be better. Learning how to stay positive is as simple as incorporating a positive attitude into our

daily lives. This strategy is a potent power to build a positive life. In positivity, we don't have to ignore or deny life's darker aspects — just commit to focusing more on the potential for good in every situation.

A positive attitude holds potent, transformative power. An optimistic outlook is the secret sauce that makes everything in one's life taste better. It does more than lift a person's spirits; it's a crucial ally to overall well-being and enriching the quality of life. Building positive attitudes and embracing optimism are active steps toward planting the seeds of a brighter perspective in life. It's establishing a path that leads to a more joyful and fulfilled life. Being a positive person isn't a fixed trait — it's a choice we make every day. It's like turning on a light in a dark room. When it comes to the building of a positive life, our mental attitude plays a role not just in how others perceive us but also in how we find satisfaction and peace. Let us make the conscious choice to embrace positivity for a brighter, healthier, and more fulfilling life for us and others.

POINTS TO PONDER, SHARE AND LIVE:

1. How does being positive hold transformative power in building a positive attitude in life?
2. What is the process of being and becoming a positive person?
3. Why should you surround yourself with positive influences and be optimistic?
4. How can you practice gratitude and mindfully move through the day happily?
5. How will you seek positive relationships, set realistic goals and spark creativity?
6. Why should you create a positive environment and build healthy relationships?

CELEBRATIONS OF THE MONTH

06 Sun	-	Fifth Sunday in Lent
11 Fri	-	St Stanislaus, Bishop
13 Sun	-	Palm Sunday
17 Thu	-	Maundy Thursday
18 Fri	-	Good Friday
19 Sat	-	Holy Saturday
20 Sun	-	Easter Sunday
25 Thu	-	St Mark, the Evangelist
26 Fri	-	World Feast of Gratitude
27 Sun	-	Divine Mercy Sunday
29 Tue	-	St Catherine of Siena Virgin, Doctor of the Church
30 Wed	-	St Pius V, Pope

ALL IN THE FAMILY

FMA-PCI 2025 Meeting: The FMA-PCI 2025 meeting took place at Auxilium Provincial House, Dum Dum, Kolkata, from 29 to 31 March 2025. Sr Anthony Raj Mary Josephine and Sr Alphonse J. Isabella participated along with me. The Provincial Conference India 2025 set the tone with reflections on generative leadership, emphasizing humility and service as the essence of true leadership. The gathering included sessions on leadership, financial transparency, and apostolic mission, along with discussions on challenges in contemporary religious leadership.

Key note address of Sr Celine Jacob highlighted leadership rooted in Marian spirituality, co-responsibility, and life-giving communities. Environmental stewardship was reinforced through presentations on the Green Audit, leaving participants motivated to move forward with a shared vision and commitment. The second day of the PCI Conference on 30 March 2025 focused on key discussions regarding the governance and organization of PCI. Deliberations addressed the status of PCI as a governing body, the need for statute amendments, and financial management for donor agency compliance. Emphasis was placed on evolving PCI's structure, creating a systematic organogram, reorganizing sectors under the Youth Ministry, appointing competent national coordinators, and strengthening education and documentation. Group discussions focused on restructuring PCI, amending statutes, and clarifying national coordinators' roles, leading to the appointment of a PCI Secretary and other key positions. Financial contributions for sustaining the PCI office were agreed upon, and future plans, including the formation of a national core team and securing funding for national programs, were outlined.

Summer Vocation Camp 2025: The Summer Vocation Camp 2025 will take place in two phases for Group I, welcoming students from Class VIII and above. Group I: First Phase in Sacred Heart Convent, Polur from 1 to 12 April and the Second Phase in Auxilium Home, Gandhi Nagar, Katpadi from 22 April to 11 May 2025; Group II: in Auxilium Home from 25 – 30 April 2025. The camp will be coordinated by Sr Sebastian Vimala, Province Vocation Promoter, and Sr Maria Prakash Kanimozhi, ensuring a deeply enriching and transformative experience for all participants. The third group will be at Kingsford from 21 to 26 April 2025, coordinated by Sr Selvam Maria. Let us pray earnestly and work hard for the increase of vocations in our Province.

Annual Retreats: A Sacred Time for Renewal: The Annual Retreat for Superiors and Councillors is scheduled to be held from 3 to 10 April 2025 in Yercaud. Following the retreat, a two-day animation programme will be held, including sessions on the Transmission of the Triennial Evaluation 2025, the Apostolic Plan for 2025-2026, the Annual Programme of the Province, and Guidance on Health Care.

World Feast of Gratitude: As we prepare for the World Feast of Gratitude on 26 April 2025, let us intensify our prayers for our beloved Mother General, uniting ourselves spiritually with the Vietnamese Province, "Mary Help of Christians" (VTN). This celebration is a special opportunity to honour Mother Chiara Cazzuola for her devoted leadership. The theme: "Light the Gospel of Hope," deeply resonates with the Jubilee Year and the 150th anniversary of the first FMA missionary departure, emphasizing the enduring spirit of mission, hope, and gratitude as Pope Francis reminds us: *"Hope does not disappoint" (Rom 5:5). Everyone knows what it is to hope. In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring. (Spes non confundit, 1).*

Spiritual Journey Towards the World Feast of Gratitude 2025

As we prepare for the World Feast of Gratitude, we embark on a four-stage spiritual journey, deepening our reflection on hope, mission, and gratitude.

First Stage: 26 March to 5 April

Christ Jesus, Source of Hope. *"Christ Jesus, our hope" (1 Tm 1:1).* During this stage, we pray fervently for world peace and the integrity of Creation. As Pope Francis reminds us: *"The Jubilee Year must remind us that those who 'make peace' will be 'called children of God' (Mt 5:9). The demand for peace challenges everyone and requires the pursuit of concrete plans." (Spes non confundit, 8).*

Second Stage: 6 to 12 April

Hope Does Not Disappoint. *"Hope does not disappoint" (Rom 5:5).* This week, our prayers focus on young people and migrants, who embody the future of the Church and society. *"Let us be close to young people, the joy and hope of the Church and the world!" (Spes non confundit, 12).*

Third Stage: 13 to 19 April

Witnesses of Hope for the World. *"Always be prepared to answer to anyone who asks you to give a reason for the hope that is in you" (1 Pt 3:15).* We pray for all FMAs, that they may remain enthusiastic witnesses of the Gospel, carrying Christ's message to the world. *"Jesus is the door of salvation (cf. Jn 10:7,9), the One whom the Church has to proclaim always, everywhere, and to everyone" (Spes non confundit, 1).*

Fourth Stage: 20 to 25 April

Lighting Up the Gospel of Hope. *"Did not our hearts burn within us?" (Lk 24:32).* In this final stage, we express gratitude through prayer for Mother General and the Congregation. With hearts full of joy, we give thanks: To Mary, our model of hope and faith; To the Congregation, for the gift of consecrated life; To Mother General, for her dedicated leadership and service; This journey prepares us to joyfully celebrate the World Feast of Gratitude, uniting our hearts in prayer, thanksgiving, and renewed commitment to our mission.

The Second Novitiate II Phase: Sr Arulnesan M. Jenatnayaki (SL), Sr Emmanuvel Camalin Riyalini (SL), Sr Charles Lowra Nambikkai Mary, and Sr Joseph Karmel Mary will be making their II Phase of the Second Novitiate from 15 April to 15 May 2025 along with their three companions of INT Province – Sr Devadoss Susanna Soniya, Sr Paralagaraj Jeya and Paralagaraj Sutha, in Mazzarello Convent, Kodambakkam. The Sisters are expected to be present at the venue by 6.00 p.m. on 14 April 2025. They will have sessions and reflections on FMA Constitutions, Religious life in the Church, Religious life in the Virtual World, Living the Preventive System in today's Context, Women Discipleship, Social Teachings of the Church, Newer Challenges of Consecrated life, Pedagogical Perspective of a Person, Administration Skills and Consecrated life to the Position of Jesus. They will make their Annual Spiritual Retreat along with the novices from 16 to 23 May 2025. We wish them a profound experience of the journey toward a binding decision and assure them of our prayers and support. We are grateful to Sr Yettukuri Alphonsa Maria for graciously accepting to be the Facilitator, and we sincerely appreciate her availability.

Request for Prayers:

- Let us implore our Heavenly Father for the speedy and complete recovery of our Holy Father Pope Francis, offering our fervent prayers and sacrifices.
- Let us keep in our prayers all those who are sick, especially our Sisters, Parents, and the dear ones of our Sisters.
- Let us offer our prayers for the people affected by the earthquake in Myanmar, particularly for the FMAs and SDBs, whose properties are badly damaged.
- Let us also remember in prayer the students of classes X, XI, and XII who are doing their public exams. May God bless them with wisdom and help them come out in flying colours.

NOTE OF THANKS

- ❖ Sincere thanks to Sr Antony Raj Christina and the community of Fatima Convent, Kodambakkam, for hosting the Provincial Council on 15 and 16 March 2025.
- ❖ Hearty thanks to Sr Chinnappan Philomena Rani and the community of Mornese, Yercaud, for making all arrangements to create a prayerful atmosphere for the Sisters of Annual Retreat - II from 20-27 March 2025.
- ❖ I express my sincere gratitude to Sr Alphonse Mary J Isabella and Sr Mahimainadhan Sathiyavani, the Social Development Coordinators, for making arrangements for the celebration of International Women's Day on 8 March 2025 in Kodambakkam and on 14 March 2025 in Anmarudai.
- ❖ Thanks to Sr Susai Raj Mary Sheila, and the community of Kingsford; Sr Samuel Gloria Navaneetham and the community of Pallikonda; Sr Sebastian Elizabeth and the community of Mazzarello Home; Sr Stanislaus Mary Dora and the community of Avvai Nagar for arranging a Retreat for the workers on 23 March 2025.

CONGRATULATIONS

- ❖ We extend our heartfelt congratulations to Rev. Fr Fabio Attard, the newly elected Rector Major of the Salesian Congregation. Fr Fabio Attard is the 11th successor of St John Bosco. His six-year tenure commenced with the ongoing deliberations of the General Chapter. Born in Gozo, Malta, he made his profession in 1980 in Dublin, Ireland, and was ordained a priest in Rome in 1987. He has since led various apostolates and founded the Institute for Pastoral Formation in Malta in 2005. We assure him of our prayers and support, invoking the grace of the Holy Spirit and the protection of Mary, Mother and Teacher, as we continue our synodal journey for the salvation of young people.

COURSES AND SEMINARS

- **Silver Jubilee Renewal Course:** Sr Arokiasamy Rackel Mary will participate in the Renewal Programme along with her Profession Companions of INT and INM Provinces in Holy Child, Auxilium School, Vasant Vihar, New Delhi, from 6 -11 April 2025.
- **On-going Missionary Formation, Rome:** Sr Pazhayattil Annie and Sr Fernando Metilda will be participating in the Missionary Course in Rome from 3 – 29 May 2025.

HEARTFELT SYMPATHIES

Our loving prayers and condolences to all those who lost their dear ones in March 2025:

- Sr D' Silva Meenakshi, Provincial of Mumbai Province and her family members at the demise of her beloved Father, Mr Gregory D' Silva, on 6 March 2025, in Mumbai.
- Sr Ambrose Emelda Mary and her family at the demise of her younger brother, Mr Sebastian Joseph Sartho (66), who passed away on 9 March 2025.

- Sr Madalaimuthu Lidwin Mary and her family on the loss of her beloved brother-in-law, Mr Paul Raj (56), who passed away on 9 March 2025, at Tiruppur.
- Sr Amalados Victoria Selvi and her family on the loss of her uncle Mr Fathinathan (69), who passed away on 14 March 2025, in Bangalore
- Sr Peddineeni Mary Philomena and her family were at the demise of her cousin, Sr Amirtha (68), who passed away on 19 March 2025, at Nellore.
- Sr Rosa Pyngrope, Provincial and the Sisters of Shillong Province, at the demise of Sr Sylvestra Khonglah (77), on 20 March 2025, at Bellefonte, Shillong.
- Sr Fernando Mary Ann and her family on the loss of her maternal aunt, Mrs Emaline Machado (88), who passed away on 21 March 2025.
- Sr Arockia Samy Ancy Jenifer and the family at the passing away of her beloved aunt, Mrs Madalai Mary (42), on 26 March 2025, in Mysore.

LIVING IN OUR MEMORY

06 † Sr Aloysius Antoinette (2014) and Sr David Elizabeth (2021)
 11 † Sr Ward Annie (1976)
 15 † Sr Opezzo Caterina (2004)
 16 † Sr Sindhuraj Regina (2021) and Sr Mercy Thekkethala (2016)
 18 † Sr Albuquerque Alzira (2002)
 20 † Sr Tarricone Consiglia (1990), Sr Hilda Felix (2024) and Sr Alice Pears (2024)
 23 † Sr Arokiasami Philomena (2022)
 26 † Sr D'Souza Margaret (1954) and Sr Bossi Aurelia (1985)
 28 † Sr Solomon Philomena (2020)
 29 † Sr Mariadass Philomena (2023)

FORTHCOMING EVENTS

03-10	Thu-Thu	Superiors Annual Retreat, Yercaud
10-11	Thu-Fri	Animation for Retreatants, Yercaud
12-13	Sat-Sun	Provincial Council, Yercaud
15 April to 15 May 2025	Tue - Thu	Second Novitiate, II Phase, Mazzarello Convent, Kodambakkam
15-25	Tue-Fri	Summer Meet for Juniors, Negombo, SL
21 April - 18 May	Mon-Sun	Summer Vocation Camp: Group I for XII completed and III Year College Students, Auxilium Home, Katpadi
23 April	Wed	Submission of Society Accounts, Kodambakkam

Holy Week begins on Palm Sunday, 13 April 2025, marking Jesus Christ's triumphant entry into Jerusalem, where crowds welcomed Him with palm branches, proclaiming Him as their King. This day sets the stage for the solemn journey toward His Passion, inviting the faithful to reflect on Christ's humility, sacrifice, and the call to true discipleship. The blessing of palms and the reading of the Passion Gospel remind us of the fleeting nature of worldly acclaim and the deeper call to faithfulness in following Christ.

On 20 April 2025, we celebrate the Resurrection of the Lord: Easter Sunday, the pinnacle of the Christian faith, rejoices in the glorious Resurrection of Jesus Christ, conquering sin and death. The empty tomb stands as a testament to the triumph of divine love and the promise of eternal life. It is a day of profound joy, renewal, and hope, as believers around the world proclaim, "Christ is risen! Alleluia!" The Resurrection not only confirms Christ's divinity but also calls each of us to live as witnesses of His victory, embracing the new life He offers.

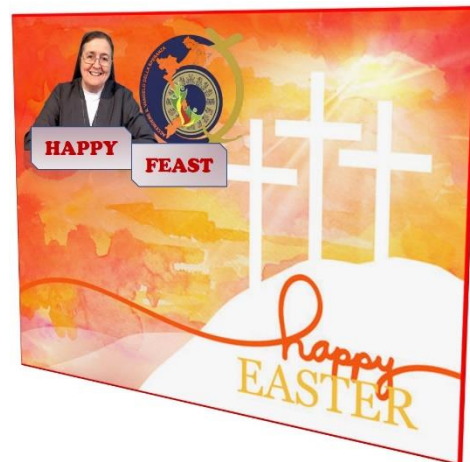
On 27 April 2025, Divine Mercy Sunday: The Sunday following Easter is observed as Divine Mercy Sunday, a feast instituted by St John Paul II in response to Christ's revelations to St Faustina Kowalska. This day emphasizes the boundless mercy of God, inviting all to trust in His infinite love and seek forgiveness. Through the Divine Mercy devotion, particularly the Chaplet and the image of Jesus with rays of red and white, we are reminded that God's mercy is greater than any sin. It is a time to embrace His compassion, extend mercy to others, and deepen our commitment to a life of grace.

Happy Easter!
Happy World Gratitude Day!

Yours affectionately,

Sr. Devadoss Margaret

Sr Devadoss Margaret
INM FMA Provincial



ITINERARY OF THE PROVINCIAL

April 2025

01	Tue	Visit to the Novices, Bellefonte, Shillong
02	Wed	Visit to the Juniors, Nongthymmai, Shillong
03	Thu	Journey to Yercaud
03-10	Thu-Thu	Superiors' Retreat, Yercaud
10-11	Thu-Fri	Animation for Retreatants
12-13	Sat-Sun	Provincial Council, Yercaud
14	Mon	Journey to Chennai
15	Tue	Inauguration of the Second Novitiate II Phase, Kodambakkam
16 - 25	Tue-Fri	Provincial office, Kodambakkam
26	Sat	Golden Jubilee of Mrs Susan Victor, Salesian Cooperator, Kodambakkam Unit
27-30	Sun-Wed	Provincial office, Kodambakkam
May 2025		
01	Tue	Departure to Yercaud
02-09	Fri-Fri	Annual Retreat - IV, Yercaud

