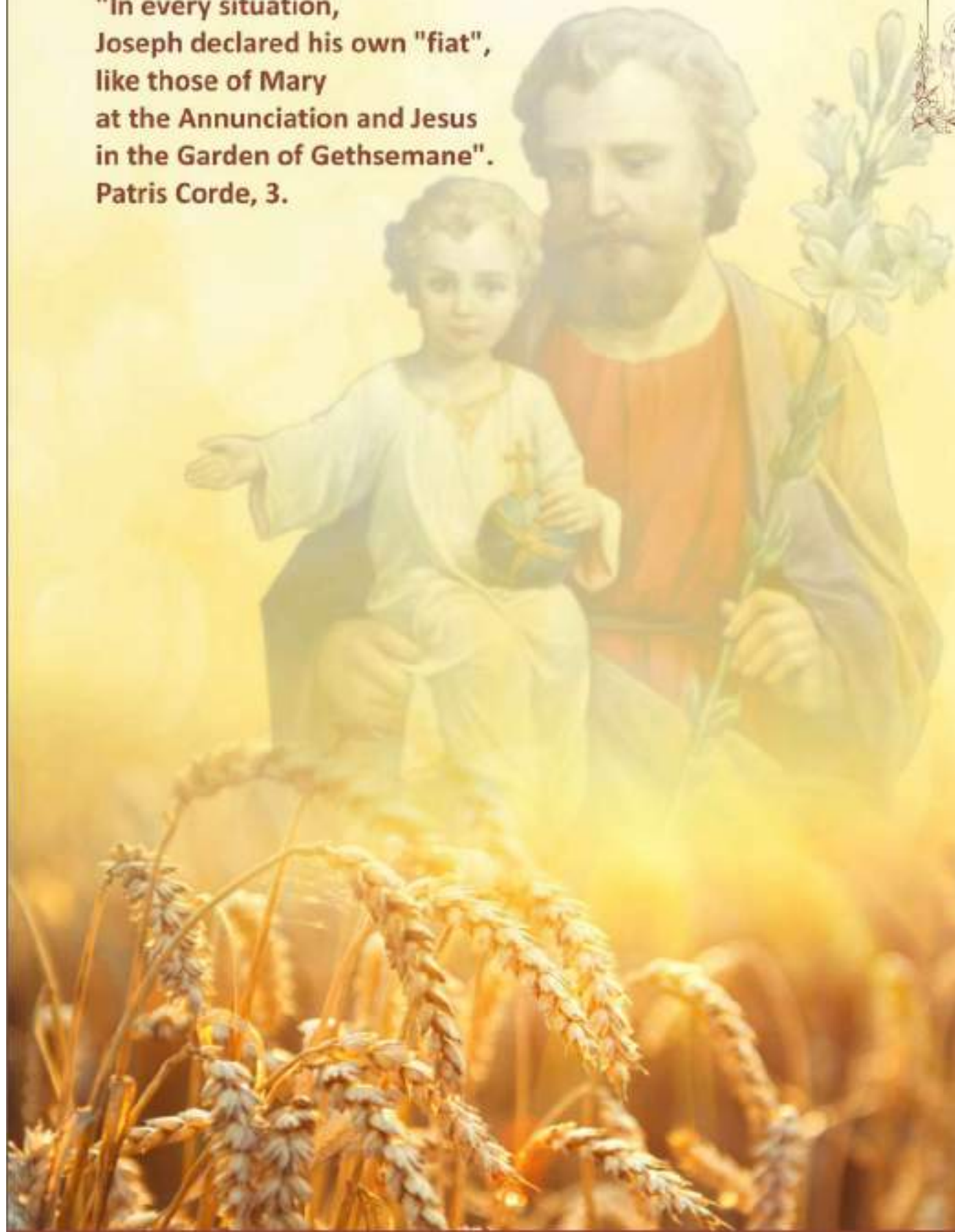


YEAR OF ST. JOSEPH 2021

"In every situation,
Joseph declared his own "fiat",
like those of Mary
at the Annunciation and Jesus
in the Garden of Gethsemane".
Patris Corde, 3.



CARMEL DIGEST

A Spiritual Quarterly from OCD Delhi Province



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Rev. Fr. Abraham E.



Rev. Fr. George C.



From Provincial's Desk



Rev. Fr. Thomas Marottipparayil OCD

All humans are my sisters and brothers

We are living during the cross-roads of time in which the new normal means hunkering down at home, scrolling through the web sites, being deprived of our gregarious needs. It all happens curiously at a juncture, when there isn't any visible threat limiting us than a self-mutating unseen virus. Today, fanning the fire of social and communal unrest we are surrounded by regimes world over interested in infusing germs of hatred in the laws they enact. It fractures the age-old communal fabric cemented on fraternity. It causes to forget it's shared past to sharpen their racial, cultural and religious hegemony, promoting their exclusive identity and annihilating the voiceless.

Amidst this gloomy culture and narrow-minded world view, Pope Francis, symbolizing the moral conscience of the world, penned his latest encyclical titled "Fratelli Tutti": i.e., All my Brothers - emphasising social friendship and dialogue. These are his own words of prayer: 'May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all'.

The pandemic with its universal implication discloses the roots of human inter-dependence and connectedness as sisters and brothers of one another. The idea of fraternity envisaged by Pope Francis crosses every hue and shade of boundaries created by the dark clouds hovering over closed communities.

Hence, it's time to broaden our hearts to accept open societies and reject radical individualism, wherein justice reigns, fundamental rights are ensured, and every person is valued than provenience. *Let our creative and literary outputs in this CARMEL DIGEST be a harbinger of peace, harmony and catalyst for wisdom which leads everyone out from their world of ignorance.* Thus, to the true sense of Vasudhaiva Kutumbakam - into that heaven of freedom, let the humanity awake.

A handwritten signature in black ink, appearing to read 'T.M.' or similar initials.

Rev. Fr. Thomas M.
(Provincial)

Editorial



Rev. Fr. Abraham Eranattu

Spiritual maturity is neither instant nor automatic; it is gradual and progressive development that will take the rest of your life (Rick Warren). If we wish to achieve a proper spiritual life and establish a proper relationship with God, we must first give our heart to Him and quiet our heart before Him.

We were created to be in a relationship with God. We like to journey because God imprinted us with a desire to find Him. Instead of being on a journey for what we desire, I believe we are all on a spiritual journey, a journey that should culminate with knowing God and being known by Him. Carmel Digest is a spiritual magazine known for its spiritual inspiration, wisdom and light of consciousness.



Rev. Fr. George C.

The world is going through a great time of sufferings and anxiety due to Covid - 19, even though we have problems and sufferings, yet there is hope for the future. Let's join our sufferings to the sufferings of Jesus on the cross and offer it up for the salvation of the world. Each one of us is called to be saints; so, let's aspire to live on. This herculean task of editing Carmel Digest would not have been Possible without the sincere support of the Editorial Board and our enthusiastic and inquisitive writers and their cooperation. I take this opportunity to thank all the dignitaries for sparing their valuable time to send their fabulous hard work in the parishes and other informative articles for the magazine. I heartily wish all the readers my best wishes and hope this 'carmel Digest' will enjoy your critical acclaim and prove itself to play a vital role in the all-round development of the province.



St. Joseph, the Obedient Father

(A reflection on the Virtue of Obedience in the Year of St. Joseph)

Fr. Augustine Mangalathil OCD

The year 2021 has been declared by the Holy Father as the Year dedicated to St. Joseph. Pope Francis made this declaration through his apostolic letter, *Patris Corde*. *Patris Corde* means 'with a father's heart'. What a beautiful way of entitling an apostolic letter in honor of a great father, St. Joseph. The Holy Father announces with clarity the purpose of "the year of St. Joseph" in these words: "The aim of this Apostolic Letter is to increase our love for this great saint, to encourage us to implore his intercession and to imitate his virtues and his zeal" (*Patris Corde* No. 7). In this letter the Holy Father presents St. Joseph as a 'Father' and qualifies him with a number characteristics that are predominant in St. Joseph as a 'father'. He calls him, a beloved father, a tender and loving father, Obedient Father, an accepting father, a creatively courageous father, a working father and a father in the shadows. Pope Francis beautifully elucidates these attributes beautifully well in simple terms. It is not my intention to repeat them here. I intend to share the result of my own personal reflection on just one of these attributes, i.e. the "obedient father".

1. St. Joseph - less speech and more obedience

"Joseph did as the angel of the Lord commanded him and took his wife" (cf. Mt 1 :24). Obedience is key to the strength of the edifice of the Church. Obedience has been the thread that keeps the Church united and strong. The story of the fall of humanity begins with the disobedience of Adam and Eve. The story of salvation begins with obedience of Jesus, St. Joseph and Mary. And there followed a series of acts in obedience by the apostles, first disciples martyrs, saints and those innumerable number of believers who were all made to participate in the writing of the history of salvation. St. Joseph is a key figure in this story, though often, a neglected character. We don't have any word in the Sacred Scripture as pronounced by St. Joseph. He is silent. But his actions spoke louder than words - acts of obedience. St. Joseph was a true man. He did exactly what the Lord asked of him every time and without delay. He lived the fourth commandment to the letter. He is a model of obedience that we should all aspire to follow more closely. Let us look at the various dimensions of his obedience in the following few paragraphs.

2. Obedience of Joseph finding expression in being merciful justice

Like any other Jew Joseph vowed obedience to the Law but this obedience was, unlike that of the Pharisees, not devoid of mercy and justice towards other humans. But Joseph, her husband, being a righteous man, and unwilling to expose her publicly, purposed to have put her away secretly; (Mat 1, 19). Joseph was careful, while following the law, not to hurt the sentiments of another person. He was concerned about the possible nightmare into which Mary, his betrothed woman, would have fallen. He wants to save her from that ordeal. How often has a person's compulsive extremity to follow the dictates of the law, caused pain, humiliation and even destruction another person's life and purpose? How can we justify such a destructive rigidity which earns nothing in the end? An act of obedience, to be interpreted as a virtue, should be associated with merciful justice in the example of St. Joseph.

3. Obedience of Joseph is accompanied by a sense of responsibility

St. Joseph was a just man and when he was acting according to the will of God revealed through the angel, he was teaching us how to practice a responsible obedience. By undertaking to obey the authority of God man cannot be irresponsible for his acts. Because a person choose to obey in freedom and responsibility. I cannot escape the responsibility of the fruits of my action because I was asked to do so. I cannot transfer the whole responsibility to the one

whom I have chosen to obey. I wholeheartedly participate in the whole project grasping in as much as I can the intention and motive of the act. Joseph obeyed with responsibility. That is why he didn't need to be guided moment by moment in what has to be done to protect and care for the divine child and His Mother. Pope Francis writes about this quality of St. Joseph in these words and counsels the believer: Joseph is certainly not passively resigned, but courageously and firmly proactive. In our own lives, acceptance and welcome can be an expression of the Holy Spirit's gift of fortitude. Only the Lord can give us the strength needed to accept life as it is, with all its contradictions, frustrations and disappointments. (Patris Corde, No. 4)

4. Obedience of Joseph was marked with a caring love

The virtue of obedience is made visible in his acts of care and protection of the Holy family of Nazareth. Pope Leo XIII wrote: The special motives for which St. Joseph has been proclaimed Patron of the Church and from which the Church looks for singular benefit from his patronage and protection, are that Joseph was the spouse of Mary and that he was reputed the Father of Jesus Christ. From these sources have sprung his dignity, his holiness, his glory. (Quamquam Pluries, Encyclical of Pope Leo XIII on Devotion to St. Joseph, No. 3) The Pope continues to explain how this two-fold dignity finds demonstration in how he enacted this responsibility in obedience. From this two-fold dignity flowed the obligation which nature lays upon the head of families, so that Joseph became the guardian, the administrator, and the legal defender of the divine house whose chief he was. And during the whole course of his life he fulfilled those charges and those duties. He set himself to protect with a mighty love and a daily solicitude his spouse and the Divine Infant; regularly by his work he earned what was necessary for the one and the other for nourishment and clothing, he guarded from death the Child threatened by a monarch's jealousy, and found for Him a refuge; in the miseries of the journey and in the bitternesses of exile he was ever the companion, the assistance, and the upholder of the Virgin and of Jesus. (Quamquam Pluries, Encyclical of Pope Leo XIII on Devotion to St. Joseph, No. 3)

5. Obedience of Joseph was marked with trust in the authority (of God)

Another characteristic of the virtue of Josephine Obedience was trust in the authority he was obeying. Joseph obeyed God. He knew that God cannot go wrong. He knows that the struggles in following his orders are short-lived and that finally the purpose will be served. God is a faithful authority and it is easy to obey Him because we can trust him. The trustworthiness and faithfulness of the authority in question is of primary importance in inducing a subject to obey. Every act of obedience is founded on the basis of mutual trust: Trustworthiness from the part of the person in authority and loyalty from the part of the subject who obeys.

6. The Obedience of Joseph was characterized by consistency

In every situation, Joseph declared his own "fiat", like those of Mary at the Annunciation and Jesus in the Garden of Gethsemane, writes Pope Francis. (Patris Corde No. 3) For Joseph, Obedience was a fundamental option, an option that he made for the entire life, a lifelong commitment. The journey in obedience was not an easy one. He knew that he would and he in fact he faced struggles and hardships. In all these moments of darkness, obedience to the Word of God was the guiding light. Pope Francis continues, Often in life, things happen whose meaning we do not understand. Our first reaction is frequently one of disappointment and rebellion. Joseph set aside his own ideas in order to accept the course of events and, mysterious as they seemed, to embrace them, take responsibility for them and make them part of his own history. Unless we are reconciled with our own history, we will be unable to take a single step forward, for we will always remain hostage to our expectations and the disappointments that follow. (Patris Corde, No. 4)

7. Obedience of Joseph was marked with sacrifice

We have read in the Sacred Scripture, "Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to listen than the fat of rams. For rebellion is as the sin of divination, and presumption is as iniquity and idolatry". (1 Samuel 15:22-23). But for St. Joseph Obedience was not better than sacrifice, but it was sacrifice. There's is no obedience without sacrifice. We sacrifice the desires of our own ego, we sacrifice our cravings after power, fame, comfort and personal satisfaction. St. Joseph sacrificed, in obedience, his own dreams and plans, his comforts and conveniences, his own security and life. As Soren Kierkegaard writes,

The proverb says: He laughs best who laughs last; but truly he also conquers best who conquers last, therefore not the one who conquers by putting to death-uncertain victory!-but he who conquers by being put to death-O eternal, certain victory! And this sacrifice, the sacrifice of obedience-wherefore God looks, well pleased, upon the obedient one who brings himself as a sacrifice, while he heaps wrath upon the disobedience that puts the sacrifice to death-this sacrifice, this victor, is the martyr, for truly not everyone who is put to death is a martyr. (SOREN KIERKEGAARD, The Book on Adler, Princeton University Press, New Jersey, 2009, p. 234).

Conclusion

Speaking about plan to declare the Year of St. Joseph Pope Francis thanks all those who have in one or other way made sacrifices during this time of the pandemic and I cannot resist myself from the temptation of quoting those words from Patris Corde: My desire to do so increased during these months of pandemic, when we experienced, amid the crisis, how "our lives are woven together and sustained by ordinary people, people often overlooked. People who do not appear in newspaper and magazine headlines, or on the latest television show, yet in these very days are surely shaping the decisive events of our history. Doctors, nurses, storekeepers and supermarket workers, cleaning personnel, caregivers, transport workers, men and women working to provide essential services and public safety, volunteers, priests, men and women religious and so very many others. They understood that no one is saved alone... How many people daily exercise patience and offer hope, taking care to spread not panic, but shared responsibility. How many fathers, mothers, grandparents and teachers are showing our children, in small everyday ways, how to accept and deal with a crisis by adjusting their routines, looking ahead and encouraging the practice of prayer. How many are praying, making sacrifices and interceding for the good of all". Each of us can discover in Joseph - the man who goes unnoticed, a daily, discreet and hidden presence - an intercessor, a support and a guide in times of trouble. Saint Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. A word of recognition and of gratitude is due to them all. (Patris Corde, Introduction)

Obedience is no longer a fashionable virtue. In The Book on Adler, Soren Kierkegaard observed that "the misfortune of our age - in the political as well as in the religious sphere, and in all things - is disobedience, unwillingness to obey." Its cause is not "doubt...but insubordination," which can assume two forms: "wishing to cast down the ruler [or authority] or wishing to be the ruler [or authority]." "The question is" really "quite simple," however: "Will you obey? Or will you not obey? Will you bow in faith before divine authority? Or will you be offended?" (SOREN KIERKEGAARD, The Book on Adler, Princeton University Press, New Jersey, 2009, p. 5) What Kierkegaard found to be true in the middle of the nineteenth century remains true today. And St. Joseph stands tall as an example and inspiration.

Christmas & New Year 2021



*The
supreme love of
the heavenly Father
for the humanity
is fully manifested
in the person of
Jesus*

The birth of the Lord;
the event of God who became man in order to save us;
the manifestation of the love of God who does not just give us something, but gives us himself;
the mystery of God who took upon himself our humanity and our sins in order to reveal his divine life, his immense grace and his freely-given forgiveness;
our encounter with God who is born in the poverty of the stable of Bethlehem in order to teach us the power of humility;
the feast of the light which is not received by the "chosen, but by the poor and simple who awaited the salvation of the Lord
Christmas is the most wonderful and graceful time of the year. In Christmas we celebrate God's Love.
It gives me immense pleasure to share with you the Christmas and new year celebrations we had in our parishes during this pandemic. I sincerely thank all the parish priests, Sisters, Catechist and the faithful for the cooperation and support you are giving for the spiritual development of our Mount Carmel Deanery. The christmas and new year celebrations of the various parishes are given below:

MOUNT CARMEL DEANERY CHURCH (Fr. Thomas Vazhakala)

The Christmas and New Year was celebrated in our parish and substations (JCT and Hariana). Taking into consideration the Covid-19 protocol we had limited our celebration unlike the previous years.

Spiritual Preparation

As a preparation for the Christmas the faithful were encouraged to participate in the daily holy mass which was offered in Punjabi language. A good number of people attended for the holy mass. In collaboration with the community members conducted one-day adoration and confession for the faithful for their spiritual renewal. I Sincerely thank the fathers who rendered their service to the Church.

Christmas Carol

In view of the Covid-19 protocol, to avoid huge gathering, the families were divided into two groups and the fathers along with a team of six members visited the families and Christmas blessing was given through carol song and short prayer. The families made beautiful crib at their homes.

Christmas Vigil

The Christmas vigil service in the church started at 6:00 pm with carol singing represented by each unit. The Solemn Eucharistic Christmas Vigil Mass at 7:00 pm was presided over by Fr. Abraham Eranattu. Christmas Vigil service was attended by good number of faithful. A small refreshment was given to the people after the Christmas wishing song and cake cutting.

Christmas Day Mass

The Christmas day Solemn Eucharistic Celebration was presided over by Very. Rev. Fr. Thomas Marottipparayil, Provincial, OCD Delhi Province and Rev. Fr. George Chittupambil. The main celebrant and the other fathers were given a warm welcome to our parish. The Provincial gave an inspiring homily with emphasis on how to make Christmas



reality in our day today life. The Christmas day was attended by a good number of people. On the solemn occasion of the Christmas, prizes were given to the regular participants in the holy mass and for the lucky family of the year. The youth who participated in the deanery level and diocesan level carol singing competition were awarded with certificates. A beautiful crib was made by Brothers under the leadership of Fr. George.

The Feast of Holy Family

On the occasion of the feast of Holy Family special mass was arranged for the families. The feast was a golden opportunity for us to celebrate the patron's day of Holy Family Sisters. The parish community congratulated and appreciated the selfless service the Holy Family Sisters are doing for the parish apostolate.

New Year Celebration

This year, considering the prevailing Covid-19 situation the thanksgiving adoration of year end 2020 and new year mass was celebrated at 7:00 pm in our church. A good number of faithful were present for the celebration. The New Year Day, the Holy Mass was presided over by Fr. Abraham and the Homily was given by Fr. Thomas.



ST. JOSEPH CHURCH, JCT (Fr. Abraham Ernattu)

St. Joseph Church (JCT) had its Christmas Celebration on 25th morning at 10:00 am. Holy Mass was presided over by Fr. Abraham Eranattu followed by Cultural Programme, Carmel Youth Club Carol Singing and Winter Dress Distribution to Slum Children of Chohal, Hoshiarpur. JCT Church have 17 Practicing Families. Mr. Paramjit Singh Sachdeva (Co-Founder of Ashakiran Special School), Mrs. Nalanda (Counsellor) and Panch (Mr. Kulvinder) were present for the Christmas Celebration.



Christ King Church, Hariyana

(Fr. George Chittuparambil)

The Christmas celebration was conducted on 24th evening at 5:30 pm. The celebrations began with Rosary, Carol singing followed by the Holy Eucharist. The celebration concluded with the cultural programme and Langar.

On 25th the parishioners joined for the Christmas celebration at Mount Carmel Deanery Church, Kakkon.

The New Year was celebrated on 1st January 2021 at 8:30 am with Holy Mass and few competition were conducted for the Parishners.



ST. THOMAS CHURCH, BASSI BAHYAN (Fr. George Vayalil)

The Christmas celebration in the parish began with Carol singing from 16th to 22nd December. Youth, CMC sisters, Babuji and parish priest visited 78 catholic families in seven days of carol. A beautiful crib was prepared by the youth and the church was beautifully decorated. Thanks to the CMC sisters and the youth for their whole hearted support and good will.

Christmas Vigil & Day we had evening Mass at 5:00 pm in Basibahian old church and at 6:30 pm at Qilla Baroon Church. Fr. Joseph Vellanal also joined for the mass. Mass was attended by good number of faithful. A small team party was prepared after the mass. There was Christmas Mass in the Morning on 25th December. Carol singing began at 9:30 am followed by Holy Mass. Fr. George Vayalil celebrated Mass and Fr. Joseph Vellanal gave a beautiful homily. There was langar after the Mass. The celebration was concluded by 4:00 pm.



New Year Celebration

We had Adoration from 6:30 pm to 7:30 pm followed by Holy Mass and New year wishing and cake cutting.



SACRED HEART CHURCH

KHNAURA - MEHTIANA

(Fr. Jose Maniyattu)

The parish community had the Christmas celebrations in varied ways. The Carol Singing: Starting from December 16, Carol singing was held in the parish. Considering the COVID-19 protocol, only Fr. Sebastian, Sisters, Babuji and 6 children joined the parish priest in visiting houses. Despite restrictions, every

family had seriously prepared their homes to welcome the visiting Baby Jesus. In preparation to Christmas, a day was set apart for confession. This has certainly added to the spiritual preparations for Christmas in the parish. Similarly, beautiful Cribs were put up by the youth both at Mehtiana and Khanaura. Churches in both places also had festive look with beautiful decoration and illumination works.

Christmas Night Mass: Christmas Night Mass was offered at Mehtiana and Khanaura at 7:45 pm and at 9:45 pm respectively. After the Night Mass, there was Christmas tree lucky draws in both the places. Mehtiana station had its common 'Langar' for the people after the night Mass.

Christmas Day: The entire parish came together for the Christmas Day Mass at Khanaura. The solemn Mass was followed by Prabhu Da Langar. Towards the end of the Mass, prizes were given away to those who were regular for Mass during advent season both at Mehtiana and Khanaura. There were also prizes for the best Cribs and prizes to the toppers in the catechism examinations of last year. Likewise, Appreciation Certificates were also given away to those who had taken part in the Diocesan level Carol Singing Competition.

Visit to Other Parishes: Despite dense fog, rain and chilling cold, youth of the parish were given opportunities to see the Christmas preparations of Bhunga and Kakkon.

ST. THOMAS CHURCH, JALLOWAL

(Fr. Mathew Vengaloor)

The Jallowal parish had more of a spiritual oriented Christmas celebration, cutting most of the external vibrant celebrations to maintain the covid protocol. We had a satsang in preparation for Christmas led by Fr. Paul Roy, the parish priest from Ludhiyana Parish. We had the Carol visiting all the houses of the parish and for the first time we also had a crib making competition at home.

Good number of parishioners made beautiful cribs at home and the winners were given prizes during the Christmas day Mass.

Almost for a month, the youth were engaged in making the crib and decorating the Church and surrounding areas. We had awarded the prizes to various groups on Christmas day, like the catechism toppers, best Crib, altar boys and the youth for their outstanding performances etc. There was a spiritual awakening and re-joining experience for the parish as the Covid had diminished the spiritual practices for a long time. Thank God, we had a safe and Blessed Christmas!



LITTLE FLOWER CHURCH, Nandachaur

Fr. James Kulathumkal

The Christmas program began with prayer program in houses with singing, praying and proclaiming of the Word of God, led by the youth, Christmas was celebrated at Village participated in it. On 24th evening Parish. On 25th at 11:30 am Christmas all. On 27th Christmas was celebrated in building. On 30th children were taken for Mass was at 7:00 pm attended by good On New Year Holy Mass was at Begampur Jandiala, with a good participation of people followed by langar.



INFANT JESUS PARISH, GARHSHANKAR

Fr. Jacob Puthettukalam



Christmas was celebrated in the Church, following the Covid-19 protocol. Carol Singing program was conducted in an unusually simple manner, keeping in view the Covid-19 pandemic. In preparation for the Christmas celebration, the church was well decorated and illuminated. A beautiful Crib was made by the youth members of the Parish. As a part of spiritual preparation, a day was set apart for Confession and most of the parishioners made use of this opportunity and made spiritual preparations. Christmas Night Mass was celebrated in the Church on 24th December at 6:00 pm to 9:00 pm. The Holy Mass was followed by refreshments to all the participants. Christmas Day Holy Mass was celebrated on December 25 at 11:00 am. After the Holy Mass all people were provided langar. Besides Catholics, many people belonging to other religions came to visit the Church and see the Crib.

ST. TERESA CHURCH BALLACHOR

Fr. Martin

The Christmas was celebrated by taking into consideration the Covid-19 protocol. We had the Christmas Vigil Mass followed by the cake cutting. On the Christmas day the solemn Eucharistic celebration was at 10:00 am. A good number of faithful attended the Holy Mass. Langar was distributed for all the faithful. Our youth had the opportunity to visit other parishes along with the parish priest.

MOUNT CARMEL CHURCH NANGAL

Fr. Prem

Christmas is one of the most important days of the Church year. It is the celebration of Christ coming among us.

CHRISTMAS VIGIL MASS

The celebration of Christmas Vigil Mass was on 24th evening at 6:00 pm. A good number of faithful participated in it. We had cutting of the Christmas cake and langar.

CHRISTMAS DAY

On Christmas day we had the Holy Mass at 11:00 am. We had also celebrated the feast of Fr. Prem OCD, our parish priest. The Youth of our parish wished Fr. Prem with a bouquet. We had Prabhu ka langar thereafter.



ST. JOHN OF THE CROSS CHURCH UNA

Fr. Paul Manickathari

In preparation for the Christmas celebration we had arranged one-day confession for the faithful. All most all the members made use of this opportunity for their spiritual preparation. We had only a limited celebration. The Christmas Vigil Mass attended by the sisters, faithful and our community members.

Christmas Day

On the Christmas day solemn Eucharistic Celebration was presided over by Fr. Paul, the parish priest. A small refreshment was served to the people. A beautiful Christmas crib was made by Brothers. The community welcomed the parishioners from other parishes as they made their visit to our church.



Spiritual Preparation: As a preparation for Christmas, the faithful were encouraged to come and participate in the daily Holy Mass from 1st December onwards. On 22nd December Fr. Johnson K. from Garhshankar administered the sacrament of Confession.

Christmas Vigil : Prior to Christmas Vigil Mass, we had carol singing for half an hour followed by Holy Mass at 7:00 pm.

Christmas Day : On Christmas day, Holy Mass was at 11:00 am. After the Holy Mass we distributed cakes to all who were present and also distributed prizes for the best cribs and those who came to the Church 25 days regularly. Many people from surroundings came to see the crib and Christmas decorations.



Holy Family Feast : The following Sunday after the Christmas, the Holy Family feast was celebrated. Fr. Abraham Eranattu was the main celebrant and he gave a beautiful homily on 'how to make our human families like "Holy Family"'. On this day we had "Christmas Langar".

New Year: On 31 December at 7:00 to 8:00 pm we had Adoration and the New Year Mass was celebrated at 10:30 am, starting with Holy Rosary. A good number of faithful participated in it.

ST. JOSEPH CHURCH GAGGAL

Fr. John Arackal OCD



CHRISTU JAYANTI CHRUCH

JINDAWARI

Christmas Vigil Mass

We had very humble celebration of Christmas without having clanging of bells and flickering light. Jesus who was born in the manger in the stillness of night and chilling cold, was remembered in the solemn mass in the silence of night at 7:30 pm. After the solemn Eucharistic celebration, we had Christmas wishing and cutting Christmas cake.

Christmas Mass During the Day

We had solemn Eucharistic celebration at 10:00 am. After mass we had small Christmas celebration by cutting Christmas cake, followed by tea party.

Fr. Thomas Chakkungal



IMMACULATE HEART CHURCH

BAJNATH

The Christmas celebrations of the Immaculate Heart Church Bajnath commenced with the carol singing in all the houses of parishioners in 22nd and 23rd December in a very humble way in accordance with corona protocol prescribed by government of Himachal Pradesh.

Christmas Vigil

On 24th evening 6:00 pm we began the Christmas Mass. After the Holy Mass there was carol singing, Christmas wishing followed by sweets and snacks distributions.

Christmas Day

On 25th morning the Christmas celebrations began with Holy Mass at 10:30 am. A good number of faithful participated in it.

New Year 2021

The New Year celebrations began with Holy Mass at 11:00 am presided over by Parish Priest Fr. George Thakidipuram OCD. There was langar distribution arranged with the collaboration of parishioners.

Fr. George Thakidipuram

Conclusion...

I sincerely thank once again all the Fathers, Sisters, Brothers, Catechists and the faithful for all their support and cooperation. Let us all pray that may the good lord continue bless all of us in this new year. Let us pray that may our Church be holier and humble, loving God by serving the poor, the lonely and the sick. Let our Church always be a place of mercy and hope, where everyone is welcomed, loved and forgiven.

Fr. Thomas Vazhakala

Dean



A fond Adieu dear Rev. Fr. Martin

I've always believed that the power of a person's life is the legacy they leave behind. Today, he is undoubtedly acclaimed as one of the greatest missionaries whose strenuous efforts, self-effacing services and undaunted spirit of determination laid a solid foundation for the Missionary zeal of Malabar Province, actualized into Malabar Carmelite mission which grew to OCD Delhi Province.

Rev. Fr. Martin was born of Mathai and Anna Panamthanam on 14th May 1934 and was raised at Nellimattom in the diocese of Kothamangalam. In 1952, shortly after his matriculation he entered the Discalced Carmelite's Malabar Province as an aspirant. Completing his postulancy years in 1954, he was admitted to the Novitiate at St. Elias Monastery at Thakkalai, and under Rev. Fr. Eliseus Malamackal, he made his simple profession on 01 May 1955.



A distinguished and charismatic Discalced Carmelite of enormous talent & remarkable ideals, Rev. Fr Martin P (1934-2021) was a beacon of light and inspiration to all around him throughout his life.

His academic qualifications attest to his intellectual calibre. Fr. Martin completed his scholastic studies at Ghent, Belgium, and theological studies at Haasroeb faculty for Theology and he was conferred priestly ordination on 30 June 1962 at Courtrai. Prior to his doctoral studies in Rome, he served his Mother Province - Malabar, as procurator and as faculty member of Theology college, till he was sent for the pastoral Course at Pune. He successfully completed his doctorate in Canon law in 1976 from the Pontifical Gregorian University, Rome.

He diligently fulfilled all the duties and responsibilities entrusted to him with great passion for the Church and devotion to our blessed Mother. He was Asst. Director as well as the Director of AVP (1976-78), Provincial councillor (1978), Rector of CTC - Bengaluru (1981), and the Provincial of Malabar Province (1996-98). In his tenure as Provincial of Malabar he furthered the Orientalization of Malabar Province. In tune with the spirit of the General chapter at Lisieux - 1997, in which he participated, he updated the Ratio Institutionis. During his years in the office, he conceived and realized the Lisieux Center at Muvattupuzha along with the Common Cemetery, new land and foundation at Mandapam.

The commencement of the Malabar Carmelite Mission (1979) in the diocese of Jalandhar was propelled by the resources of Rev Fr. Martin as Mission Superior from 1984-87; 1992-93 and as the Regional Vicar from 1994 to 96, and as Commissariat Councillor from 2005 to 2008. He laudably carried out all the duties entrusted to him. He served the mission as the Superior of our monasteries at Hoshiarpur, Una and Muradnagar, and as the Director of Mount Carmel Schools at the aforesaid places as well as at Garhshankar.



*Rest in Peace
Rev Fr. Martin P*



In its essential growth, OCD Delhi Province is indebted to none other than the efficacious leadership, timely guidance and generous resources of Rev Fr. Martin. In the words of Rev Fr. Benjamin Kokkat OCD, "A committed and exemplary life is seen in him. A commitment to the Carmelite Order and its prayer life are manifested in his apostolate – contemplandis aliis tradere".

As an accomplished retreat preacher, he guided many congregations and had been once the CRI president in the Jalandhar Diocese. He selflessly assisted a new religious congregation (Little Sisters of Jesus Christ) which was founded in 1984 by his younger Sister Nirmala in the diocese of Eluru, Andhra Pradesh. Sr. Mariananda, the Present Superior General acknowledges his service in these words. "Fr. Martin was a great support to her (Sr. Nirmala) in her life's Journey as a religious sister and as a whole he was guiding star for our First Sisters in the initial years when Mother Nirmala started our congregation" (Sr. Mariananda LSJC, Letter Dated 8th March, 2021).

We, the members of Delhi Province would like to place on record just in two words all that you have been to us: THANK YOU Dear REV FR. MARTIN. We are reminded that the life, legacy and the irreplaceable traces of influence that you have left behind would resound as those of Paul, the Apostle: "If we live, we live for the Lord, and if we die, we die for the Lord. Therefore, whether we live or die, we belong to God" (Rm 14:8).

In the year 2008, Fr. Martin underwent an unsuccessful brain surgery at Christian Medical College, Ludhiana. Unimaginable patience and calmness could be seen as he gracefully faced 12 years of continued suffering even as his memory was fading. Although death is not the opposite of life but a part of it, it can be particularly painful when a loved one, who commendably contributed to the transformation of every area of the society, dies. While we, the members of the Delhi province grieve Rev. Fr. Martin's physical loss, we are equally reassured by the fact that he is in a far better place from now on.

I wish all friends, relatives and con-friars consolation and strength at this juncture.

Rest in Peace Rev Fr. Martin.

From All the Members of OCD Delhi Province,

Fraternally in Christ

Fr. Thomas T. Maroitipparayil



Fr. Ambrose (Joseph) was born of Joseph and Aley in the family of Panackal on 4th November 1928 at Pathathala, Pala. He belonged to Meenechil Parish also known as Champakala in the Diocese of Pala. After his schooling he taught for some time in a primary school in Meenechil. He joined the Carmelite Order in 1948 at Trivandrum. He did his Latin course for one year and entered the novitiate at St. Elias Monastery 1949. Fr. Andrew Fernandez was his Novice Master.

He made his first commitment on August 15, 1950 and his Solemn Profession was on August 15, 1953. His Philosophical studies were at Carmel Hill, Trivandrum and the first year of theology also he did at this same college.

At the end of 1956 he was sent to Ghent Belgium to complete his theology course. **He was ordained priest at Ghent on August 18, 1957.** After his priestly studies he was sent to Rome for Diploma Course in the institute of spirituality of the Carmelite Order. He was in the first batch. After the spirituality course he went to the desert house (hermitage) at Roquebrune in France to put into practice what he had learned in the Institute of Spirituality.

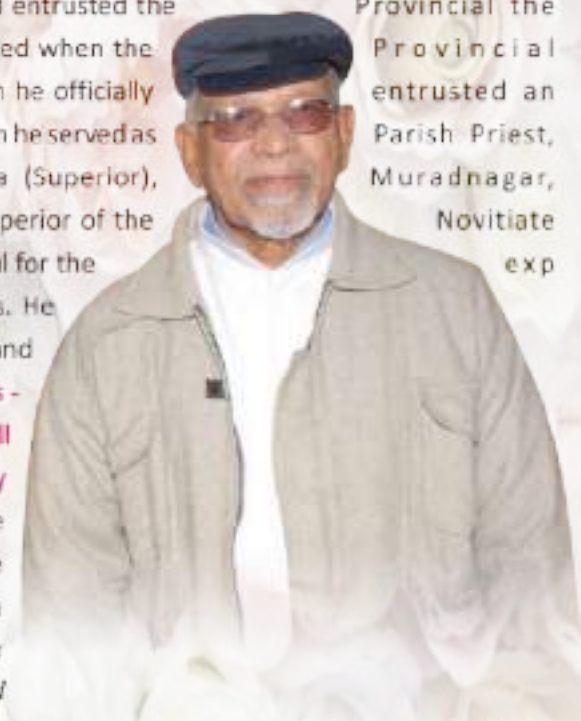
In 1960 he returned from Europe and had his First Mass sung in his parish in 1960. He started a committed and dedicated service in the vineyard of the Lord for 52 years, until his last breath.

In different capacities he served the Malabar Province and proclaimed the Word of the Lord:

- * Procurator in St. Elias Monastery Thuckaly
- * Superior and Parish Priest at St. Joseph's Monastery, Varapoly
- * Procurator at Carmel Ashram, Thachavur
- * Director of the aspirants at St. Teresa's Monastery, Ernakulam
- * Procurator at Carmelaram Theology College, Bangalore

In the Mission: Fr. Ambrose had listened to the call of God for the Missions in 1976 as a pioneer for the opening of the mission door to the Malabar Province which had a long-cherished urge inherited from its Founding Fathers, for radiating the Spirit of Carmel from Kanniyakumari to the Himalayas. Accordingly, Fr. Ambrose was sent as a pioneer missionary to Jalandhar together with Fr. Bernard in 1976. They got mission experience at different Stations in the Jalandhar Diocese.

After spending some time at Prem Ashram, Una for learning language he was sent to Ferezopur as Assistant Parish Priest. In the Provincial Chapter of 1978, Fr. Ambrose presented a good report of their mission experience and the possibilities of mission work in Punjab. And the Chapter welcomed it wholeheartedly and entrusted the task to do the needful. Accordingly, the door to the mission land got opened when the entered into an Agreement with the Bishop of Jalandhar Diocese by which he officially Area of the Diocese to us for our Mission work and development, in 1979. Then he served as In-charge directors, Chaplains: Yol Camp, Hoshiarpur (Superior), Una (Superior), Mehtiana and Khanaura, Baijanath, Palampur and Nangal and finally as superior of the House at St. Therese's Monastery, Dehradun. Fr. Ambrose was always helpful for the ansion of our mission activities especially for the opening of New Stations. He being a Senior Priest with impressive personality, was helpful in negotiations and dealings in the purchase of properties. **He was the founder of many stations - Mehtiana, Baijnath, Palmpur and Muradnagar. His impact was in almost all the stations except two or three in our Delhi Province. He was actively involved for the growth and development of the Carmelite Mission.** In the Diocese he was the regular confessor of the Major Seminary and many of the religious Houses. He strived to be one with all types of people - Omnia omnibus. *Fr. Ambrose remained strongly committed to his duties and was always joyful and happy, working in the Malabar Carmelite Mission and eventually in the Delhi Province OCD.*



Frs. Peter & Benjamin



FR. FRANCIS KILIYAMPURACKAL

Fr. Francis was born on 11th March 1948. His parents were Mr. Lukas and Elokutty Kiliampurackal from Athirampuzha in the diocese of Changanassery. He had five brothers and three sisters and he was the fifth one of his parents. In 1967 he joined the Carmelite Order at Cherupushpa Ashram, Ettumanoor. In 1969 he entered novitiate St. Elias Monastery, at Thuckalay and made his simple profession on 20th April, 1970 and his solemn profession on 20th April 1975.

He was ordained priest on 18th May 1980 at St. Theresa's Monastery Ernakulam

Fr. Francis did his M.Th. in the Papal Seminary, Pune and his doctorate from the Lateran University, Rome. His doctrinal thesis was 'the Pastoral Vision of Arch Bishop Aloysius Maria Benziger'. He had his post-graduation from Kerala University and B.Ed. from Annamala University.

Fr. Francis had a brilliant career throughout his life. He was vocation promoter, Rector of the Regional Major Seminary at Jalandhar, Principal at Una (1992-1993) and at Hoshiarpur (1993-1996), Novice Master (1996-1999), twice Regional Vicar (1999-2002, 2003-2004) and finally the first Commissary General, bringing our Regional Vicariate to the status of General Commissariate, an independent unit of the Order. During his tenure as Regional Vicar, the Novitiate House was built at Dehradun, land was purchased for Philosophy College at Faridabad, aspirancy house was built at Ollur and old age home was constructed at Nandachaur.

But he had to return to India because of his ill health. However, his desire to be a missionary was fulfilled in the Carmelite Mission of Jalandhar Diocese when he worked as a zealous missionary from 1988 till his death on January 27th, 2005, except for his two years he spent in Rome for his doctorate in Sacred Theology.

On January 2, 2005 he left for Bangalore College to give lectures on Grace. From Monastery, Ollur where he had arranged a who would be Ordained priests in the Easter Hoshiarpur he visited his aged mother at supposed to return to Hoshiarpur on January so he postponed his journey and took a flight not to disappoint the invitees for his Sacerdotal 25th January at Hoshiarpur.

'Zelo zelatus sum pro Domino Deo exercituum' is the motto of Prophet Elias was literally fulfilled in his life. As a young priest he volunteered to go to African Mission and he was one of the four friars chosen from different Provinces to be sent to Tanzania, a mission started under the General Definitory

ill health. However, his desire to be a missionary was fulfilled in the Carmelite Mission of Jalandhar Diocese when he worked as a zealous missionary from 1988 till his death on January 27th, 2005, except for his two years he spent in Rome for his doctorate in Sacred Theology.

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Fr. Bernard Thataparambil was at Delhi Airport to receive him. He was very tired and worn out and was taken to Jeevodhaya Hospital. On examining Fr. Francis, doctors found him critically ill, and therefore, he was admitted in St. Stephen's Hospital on 23rd January 2005. He had acute respiratory distress syndrome and was supported by ventilator until his death. His diagnoses showed that he was suffering from diabetics with septicaemia. On 27th January at 5:45 pm the Lord called him to his eternal rest.

His body was brought to Hoshiarpur on 28th and Holy Mass was offered for the repose of his soul by Rt. Rev. Dr. Peter Celestine, Bishop of Jammu Kashmir and then it was taken to the mortuary of the Sacred Heart Hospital, Maqsudan. On 2nd February his funeral services began with Holy Mass officiated by Rt. Rev. Dr. Symporian Keeprath OFM, Cap, Bishop of Jalandhar and Rt. Rev. Dr. Peter Celestine, Bishop of Jammu Kashmir, Rev. Fr. Patrick Mootheril Provincial of Malabar Province and many priests and religious and a good number of faithful from the diocese of Jalandhar and the neighbouring dioceses.

'May the Lord in His mercy grant him Eternal rest.'

Fr. Benjamin



Fr. Joseph Nedumpurath was born at Arikuzha in the diocese of Kothamangalam on 23rd June 1948. After his school education and after serving as school teacher for some time he joined the Carmelite order and made his first profession on 24th April 1971 and solemn profession on 6th June 1976. After completing his philosophical and theological formation he was ordained priest on 18th May 1980. After his ordination he was assigned with various responsibilities in the province such as Director of postulants, Master of students at Philosophy College, Supervisor of Carmel Nivas, Ranchi and Regional Vicar of St. Theresa's Regional vicariate, Punjab.

Because of his knowledge of Hindi language and aptitude for mission he was the first choice when the expansion of Carmelite life in Bihar was thought of. As a pioneer missionary he was the founder of our presence in Ranchi and for many years he continued to be in charge of the House in Ranchi. Later he was transferred to St. Theresa's Regional Vicariate. In 2002 he was elected as the Regional Vicar of St. Theresa Regional Vicariate.

I met Fr. Joseph Nedumpurath on 12th January 1989 for the first time, when I reached Ranchi to begin my regency. I spend only six months there as a regent. During my regency time Fr. Joseph Nedumpurath instructed me more by his life example than by words. Both in summer and winter he used to get up early in the morning and spent at least one hour in the Chapel to make the mental prayer. Sometimes he used to reach very late in the night (Due to the paper work of the Land purchase), still he used to make the meditation before going to bed. Really I found a joyful Carmelite in Fr. Joseph Nedumpurath.

Fr. Joseph Nedumpurath was an ordinary, but exemplary religious with extra-ordinary quality of simplicity and availability. Unassuming, undemanding, he was happy and content with minimum. A man of prayer and deep spiritually he was very heroic and exemplary in his prayer life combined with missionary zeal. He lived with a pure and clean conscience, always ready to meet the Lord. Now he is enjoying the heavenly bliss with our lady the Queen of Carmel, Angels and Saints.

Fr. Joseph Mattam



LOOSE LIPS SINK SHIPS

Fr. Mathew Vengaloor OCD

The phrase "loose lips sink ships" was a slogan during World War-II as part of the US office of war information's attempt to limit the possibility of people inadvertently giving useful information to enemy spies. Though this catchphrase was a wartime expression, we know and experience that loose or unguarded lips can sink more than sea going naval ships. They can sink friendships, relationships, companionship, partnership, leadership, kinship, fellowship and even our worship.

The fastest spreading six letter word in modern times is gossip. It's a spark that starts countless relational fires every day. Everyone battles with gossip. It's everywhere. It flows from our mouths. It's on Facebook. One finds it on Twitter. One sees it on the magazine covers. Movies and TV shows celebrate it. One may say that it's near impossible to live a life resisting gossip! A gossiping mouth is much like spatter-barrel shotguns. When used as weapons, they can successfully hit multiple targets at a great distance. That's why Pope Francis warns of the 'terror of gossip'. "When the temptation to gossip arises, bite your tongue. You might harm your tongue, but you won't harm your brother or sister", said Pope to the religious brothers and sisters on his visit to Bangladesh on 2nd December 2017.

The genealogy of gossip can be traced within the human brain. As it is said, we are all "meaning making machines". We have a natural tendency to assign meaning, whether good or bad, to every experience we come across. Our fantasy has the capacity to paint beautiful or ugly pictures in our minds and give an emotional surge according to what we see from within.

What a lot of folks do is they take all that is brewed in their imaginations, tie it up with a bow and shoot it at the ears of someone else. Now the victim has no idea how you took and made distorted meanings and how you have coloured and tainted his perceptions and electrified his emotions. Now both are partners in this madness.

Loose lips often have demoralizing, debilitating and paralyzing effects upon the listener. For example, we find in the Book of Job, four friends with unguarded lips, nearly sinking the ship of Job's life which seems to have lost God's favour. They have shot reproves and rebukes with condemning words, where strengthening grace could have been ministered. God's perspective was missing in their world view. In their imaginations, the excruciating pain and horrible calamities of Job were the curse of God. By trying to convince Job that he lost God's favour, they were in fact wounding and shattering his soul. Job becomes an imitable example for us by taking a different view point strengthened by a heightened spiritual awareness. "Then Job answered and said, how long will you vex my soul? And break me in pieces with words?"

(Job 19:1-2).

Switching the perspective or commonly known as 'reframing' is an art. If one develops the capacity to go inside occasionally, i.e., zoom in to see every detailed distortion and then zoom out far and wide to get a grip of the whole picture of reality from a higher perspective, we can save ourselves from much of the bullshit that sinks our ships. It's like switching on a 'common sense detector' from within the brain that alarms the sinking of the ship.





Notes on the Teresian Escapades

Fr. Sebastian M.

Whenever we think of St. Teresa of Avila, the normal and immediate thought that comes to our mind is of her enchanting figure, holding a quill-pen, glancing far above in a pensive mood. This sight still leads to spontaneous inquisitiveness especially in the lovers and admirers of St. Teresa of Avila. What must have been her appearance? In the book of her Life, at the introduction part, we find a fascinating yet detailed depiction on this by herself. She was of medium stature and not so thin; she had rosy cheeks and fair complexion. Her royal-broad forehead, thick eyebrows, black eyes and hair, along with the three tiny moles on her face supplemented her beauty. From this description it is understood that St. Teresa of Avila was indeed a beautiful and enchanting woman of her times. St. Teresa of Avila wrote four major works which have been highly influencing spiritual seekers of all the times without religious borders. The deep influence and high value of her writings are evidenced in the availability and presence of her writings in most of the libraries of the world. **Her major works are: The Life, The Way of Perfection, The Interior Castle, and The Foundations.**

When we read through the book of Life, we find that St. Teresa of Avila made two daring and courageous escapades in her real life. The first adventure was at the age of seven with her brother - Roderigo towards Africa where they might be beheaded by the infidel moors. However, this first escapade is foiled by her uncle who brought them back home, there naturally arises a curious question - what made them to do so? The answer to this we find in the book of Life (Chapter- 1:1): "To have had virtuous and God-fearing parents along with the graces the Lord granted".

The parents of St. Teresa of Avila were highly virtuous which resulted in her pious and virtuous upbringing. Added to this, she had access to a good number of inspiring books as her father was a ferocious reader. She writes, "My father was fond of reading good books, and thus he also had books in Spanish for his children to read." Teresa as a young girl, gradually became completely fascinated by the stories of the saints and martyrs. Those stories made her to have an ardent love to become a martyr for Christ although her taste of reading books switched from the stories of saints to that of romantic ones later. She writes, "when I considered the martyrdoms, the saints suffered for God, it seemed to me that the price they paid for going to enjoy God was very cheap, and I greatly desired to die in the same way. I did not want this on the account of the love of God but to get to enjoy very quickly the wonderful things I read there were in heaven" Thus, St. Teresa of Avila was highly driven by a great desire to enjoy heaven which epitomised in her first escapade. **She was confident that the only means to heaven is martyrdom, which she tried to realise through her first adventurous escapade along with her little brother.**

To be continued.....

Carmelite Social Services (CSS)

Empowering the Marginalized: An Undertaking of Carmelite Charitable Society



Carmelite Social Services (CSS), An undertaking of Carmelite Charitable Society, Reg. No. 337/1980-81 is headquartered at Hoshiarpur, Punjab, dedicated to rebuilding the lives of the mis-fortune and disadvantaged sections of the society. Propelled by the exhortation of Jesus Christ, "Whatever you did to the least of these brothers of mine, you did it to me" (Mathew 25:40), the Carmelite Missionaries are endeavouring to serve, uplift and transform the

marginalised sections of the society. Around three decades ago, visionaries planted the seeds of these humanitarian activities and ever since it has been steadily growing and achieving greater heights.

Today a team of efficient, far sighted and skilled management and a dedicated, well trained and dextrous staff, are working together to kindle the light of infinite possibilities in the lives of many, so that they may pursue and achieve their goals and dreams in life.

Slum Education Centres

Part of our Childhood-Enhancement Programme is ensuring educational excellence for the disadvantaged children, through the free tuition classes conducted in various centres. Though these centres had a humble beginning, it has brought laurels to the participants, making them out perform the classmates and achieving the envious first positions in their respective classes. Now the classes are flooded beyond its capacities and gradually carving a brighter future for the less fortunate children of the society.

Data: CSS have 17 Slum Education Centres and 4 Anganwadi Centres at different Slum areas of District Hoshiarpur.

Family Counselling

Our objectives are to offer regular counselling for those in dire needs of it - the socially impoverished, psychologically affected, morally weakened and those suffering from broken relationships etc. An expert team of well trained and academically qualified personal would be supporting those in need of family counselling, psychological integration and spiritual up- liftment. Having a shattered moment in relationship doesn't mean everything has come to an end, rather it's a sign that one needs some expert's help. Our family counselling team is well equipped to guide, support and rectify relations and enable the



couples to meet all challenges in their family life with ease. The experienced and well qualified psychologists and counsellors help to solve the issues related to separation, divorce etc affecting the parties and their children; mental health issues, addiction, obesity and so on.

Data: CSS on 2 days of every month conducts family counselling/student counselling at CSS' office, so far 25 families and 140 students are given counselling. Professional Counsellors are CSS' resource persons, namely: Rev. Fr. George Vayalil, Fr. Abraham Eranattu, Sr. Laisa Thomas and Mrs. Nalanda Saroya.

Home for the Homeless

Other than enabling people to address their own problems and uplift them from their multi-faceted social, economic and health issues, we also focus on those who are totally helpless and help to rehabilitate themselves under the safety and security of a thatched roof, called their own home. The deserved ones are chosen on priority basis without any distinction or discrimination of cast, religious or political affiliation or of their background.



Data: CSS have so far constructed/repared 42 Houses at Punjab, Kerala and Himachal with the help of Carmelite Charitable Society and other Benefactors

Women Empowerment through SHG

We care about the growth and development of women in the communities we serve. Women being the backbone of the family and in an extended sense, the backbone of the society, it is of utmost importance that they be provided with necessary skills to be self-sufficient and entrepreneurial in this overly patriarchal society. Self-employment and economic freedom can bring the marginalised women to the forefront of the society. We facilitate them to go forward with the Governmental initiative of self-help groups.

A "Self Help Group" for women is a small volunteer association of disadvantaged, mostly from the similar socio-economic background. An initial capital is given to start the enterprise. Further guidelines and directives are given to go forward, followed by supervision at each stage of growth, giving flesh and blood to their dreams and aspirations.



Data: Stitching, Detergent, Candle, & Jute Bag making are few Undertakings of Carmel SGH

Technical Courses

We have education and skill development centres with an aim to provide secure knowledge and livelihood for the youth. Our mission in this area focuses on rebuilding the lives and helping the young people to become self-sufficient by learning a trade that will help them ensure employment. There are job oriented courses with nominal fees, offered at our computer centres, tuition centres, under the guidance of experts. These centres are equipped with best facilities.

Data: CSS have Computer Certificate Course at Mehtiana, Hoshiarpur. 300 Youth have passed out from Carmel Computer Centre.

Youth Guidance and Career Building Programmes



These programmes aim at moulding the youth in to change-makers of the society. It focuses to help the youth, who are wandering, disengaged and are non-contributors to the society or to their family. Through Carmel Youth Club (CYC) seminars, counselling and career oriented programmes and reinstating them to their lost educational path, they are groomed and carved to be contributors and productive members to the society.

Data:

CSS have conducted 120 Youth Guidance & Carrier Building Programmes at different Colleges, Schools, Villages & Slum Areas.

Student Counselling

To address all the challenges faced by the students of this modern era from their multiple pressure centres, family and school and to enable them to have a brighter future, they will be availed educational experts and counsellors who will support, guide and direct them in the right path. The experts will help in the all-round development of the children especially to their academic excellence.



Data: CSS conducts Student Counselling on 1st and 3rd Thursday of every month at CSS' Office.

Activities During COVID-19

COVID-19 is an infectious disease caused by a newly discovered Corona Virus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect oneself and others from infection by washing hands, social distancing and wearing mask.

During this pandemic Carmelite Social Services, like many health and behavioral health professionals, is concerned about the impact of coronavirus, the people/children whom we provide services, their families and others in the community, especially in District Hoshiarpur.

कॉरोनावायरस से बचने के लिए हमें क्या करना चाहिए?

कॉरोनावायरस (COVID-19) एक नया वायरस है जो श्वसनिक रोगों का कारण बन सकता है। यह वायरस मुख्य रूप से संक्रमित व्यक्ति से व्यक्ति तक फैलता है।

कॉरोनावायरस से बचने के लिए हमें क्या करना चाहिए?

1. अपने हाथों को साबुन से धोना।
2. सार्वजनिक स्थानों पर मास्क पहनना।
3. दूसरों से दूरी बनाए रखना।
4. अस्पताल या अन्य संक्रमित लोगों के साथ संपर्क न बनाना।




'स्लम बस्ती के बच्चों को भीख न मांगने के लिए किया प्रेरित'

कॉरोनावायरस (COVID-19) एक नया वायरस है जो श्वसनिक रोगों का कारण बन सकता है। यह वायरस मुख्य रूप से संक्रमित व्यक्ति से व्यक्ति तक फैलता है।

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DROP OF WATER

Bro. Jamal Shaju
San Juan Ashram, Una

BEHOLD THE RAIN IS COMING
THE SUN IS GETTING COVERED
THE SMALL BREEZE IS FLOWING
TREES ARE DANCING

DROP OF WATER IS SPIKING
A FEW DROP OF WATER
FALLING ON THE LEAF
LEAVES ARE LAUGHING

IT IS RAINING IN MY HEART
MY HEART IS WITHIN COOL
MY LIFE BECAME PEACEFUL

FLOWERS ARE BLOOMING
BIRDS ALL ARE SINGING
CHILDREN ARE PLAYING
THE RAIN IS LAUGHING

WHAT A BEAUTY...WHAT A WONDERFUL



NATURE

Br. Joseph Thomas
San Juan Ashram, Una

*Nature is a magnet
It is attracting us
And it is loving us
And she is caring like a mother
And she is giving us oxygen
Water and daily food
But are we grateful*

*It is giving cool
It melts my heart
And I feel heaven on earth*

*Have you said thanks for God created nature?
Nature is standing for every one's good
Nature is like our mother
But we are misusing too much*

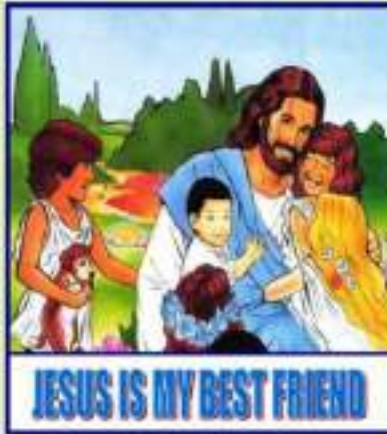
*Have you hurt nature
We drop plastics and cut trees
Can you forget nature and live?
You cannot do it
Because Nature is a magnet.*



MY BEST FRIEND

Br. Amardeep
San Juan Ashram, Una

Friendship is one of the most important, valuable and necessary aspect in our lives. Good friendship is always appreciated by all. There is both good friendship as consider as real or good friends? Do we relationship of two persons? Real friends They are ready to sacrifice for each other, and they never think ill of the other. In our we consider as friends. Some of them enough prudence to choose the good help us, to encourage us and to share our friend in need. A real friend is always other. He is the one who tries to bring joys



well as bad friendship. Whom shall we consider them on the basis of mere or true friends always stand for the truth. True friends are ready to help each other lives, we may come across many whom may be good or bad. We need to have friends who are there to support us, to joys and sorrows equally. A real friend is a ready to sacrifice his life for the sake of the and happiness into the life of his friend.



LIVING WITH MARGIN

Br. Sachin
San Juan Ashram, Una

Looking at the margin of a page carefully means looking at one's own life and it's different possibilities. Everything needs time and space even in life. All things should be balanced in life. Yes, in theory, everyone knows that life should be balanced as pages of a book which has balanced margins. Only when proper margins are set on a page, it has its beauty and meaning so also in life. One easy way to increase the quality of our humble living and productivity is to build a margin in our lives. When life has its proper margin everything becomes fine and meaningful.

CONSCIOUSNESS IS THE VOICE OF THE SOUL

Br. Bijo Mavelparambil, Trivandrum
Carmel Monastery Trivandrum

Consciousness is every thing we experience. Whenever we think and act contrary to God's Commandments, our consciousness will be disabled.

Once, a man thought of building a boundary wall around his land. While constructing the wall, he, without the knowledge of person who owes the land next to his land, tried to remove the boundary line and annexed that area into his land. When he was constructing the wall, he heard laughter from nearby place. He looked around but saw none. He continued his work. Again he heard the same laughter and looked around being fearful that someone is watching it. The laughter was being repeated for few more times. He stopped the work and began to go home. While going home, he heard a voice within himself telling "Fool, you yourself are going to become one with the mud. The days are not far from you. Why should you try to possess the things of others which are fleeting?" In fact, he heard the voice of his own consciousness. (Sir.37:13)



Nobody can flee from God's admonition which originates from the consciousness. There are people who are defying God neglecting His voice within. Some become depressed by doing what is not supposed to be done. Actually they lose their peace of mind. This is called the 'remorse'. Pope Paul VI says "the innocent deeds can never exclude the voice of the consciousness. For the better progression of the human dignity, we all must revere the consciousness that is God's decision. Therefore consciousness requires the ordinances and statutes otherwise certain misdeeds can prevail over consciousness." George Bernard Shaw says "the modern man has no time to think about his own sins and listen to his own conscious voice". The greatest problem people face today is not the sins but losing the sense of sins. This is something pitiable and this causes the brokenness in the relation with God. Due to this brokenness, we lose the ability of hearing and doing the right thing. Only when we will be able to listen to the consciousness and hearken the voice of God within, we will be able to succeed in our life.

In order to realize God's voice through our own consciousness, firstly, we must enter into a personal relationship with God. It means that we should keep the laws and commandments of God in our heart and mind. Then we will progress and become successful in everything. This is what God wants from us and that is what God tells us through the book of Joshua (Joshua 1:8). If we have God in all things while they are ours, we shall have all things in God when they are taken away.

LOVE OF BAMBOO TREE

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Once upon a time there was a man who had a beautiful garden of bamboo trees. One day he was wandering through his garden, he asked a question to a bamboo tree "Do you love me or not?" Bamboo tree said to him, "I love you so much" then the man uprooted one of the bamboo tree and went away. After few days, he came there again and asked the same question "Do you love me or not?" the bamboo tree's answer was the same "I love you so much" then the man cut some of the branches of a bamboo tree and went away. The man came third time and did the same thing. Some of the branches of the bamboo trees were cut off. After few weeks, when the man came to the bamboo tree bamboo told the man "whenever I told you that I love you, you cut away my branches. I was very beautiful with my branches but now I don't look good and became ugly. Then the man told bamboo, "Have a look around you" then the bamboo looked and found the land very greenery everywhere. The man told the bamboo, it is because of you, I could make this land fertile.



everywhere, the land did not receive enough sunlight and therefore it couldn't produce fruit but now it began to produce fruits as soon as it began to receive the sunlight. We are also like the ungroomed bamboo trees. Sometimes our presence makes no effect on others. On the contrary, it becomes an obstacle for the growth of other people. We should let our lives to be pruned by our Master, Jesus Christ. It may be painful for us at times but we should not be wounded by the pruning of Jesus nor be sad.

A BLUE PRINT FOR ACHIEVEMENT

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Believe, while others are doubting
Plan, while others are playing
Study, while others are sleeping
Decide, while others are delaying
Prepare, while others are day dreaming
Begin, while others are procrastinating
Work, while others are lazy
Save, while others are wasting
Listen, while others are talking
Smile, while others are annoying
Accept, while others are criticizing
Persist, while others are quitting



NEW YEAR

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The appetite and eagerness of human beings often lead or tend to find newness in everything. The mind of human being is like a flowing river where new ideas always flow. Everybody in the world feels pleasant and happy when they listen to the term 'New Year'. It fetches with it not only joy, happiness, love, hope, courage, confidence, expectation and pleasures of the world, but also it fetches with it God's blessings, graces and His very presence into the lives of every human being boundlessly. We know that everyone in the world expects or desires that his/her life span may be lengthened with one more 'New Year' but it occurs according to the will and desire of God, who is omnipresent, omnipotent and omniscient.

Blessings of New Year: Especially we, Christians are most fortunate when we see and experience a New Year because we enter into New Year with thanks giving adoration, Vigil Mass and with proper preparation so that we may live this New Year with an enthusiastic heart and with great zeal. This gift of New Year that we received from God is not only an opportunity to live a life of happiness rather it is also an occasion to resolve to live a life that may be inspiring and motivating for others.

Expectation: One of the important qualities we need to have in this New Year is the expectation. As a human being, we must have the quality of expectation. If we don't have this quality in us then we certainly feel something lacking in us and then our life too may become lifeless though we are living. Only expectation can energize us to live God-willing life. Actually I would say that our life is being molded and guided through expectation. Why I say it so, is that ever from childhood, we are being shaped and molded by our own parents, brothers and sisters that we would expect and experience good. When we ask something from our parents, brothers and sisters, we expect and await eagerly that whatever we have asked, would be given to us especially we all expect more from God through the assistance of prayer because God alone knows our thoughts, minds, sentiments, desires and even the very fact and secrets of our heart's chambers. Expectation means not only achievement and success of what we desire or intend from God but also God's blessings, graces, assistance, love and His very presence in our lives. New Year should instill into our hearts the quality of expectation to live a better life.

Resolutions for the betterment of life: Growth is the sign of life. If we don't keep on growing each year, we will keep on weakening ourselves. Resolutions help us to live a better life because they are unavoidable facts of our growth. Resolutions should be executed. New Year is a time to take new resolutions and live a better life. Let me note few resolutions that are both practical and helpful for one's own growth: (a) Try to read daily a passage from the Bible preferably from the New Testament and live out the message in our lives, (b) Always begin our day by thanking God for the gift of new day (c) Resolve to have a positive vision towards everything (d) Try to do everything with delightful heart (e) Decide to help someone before ending the day. If we practice these steps, certainly we will be able to live this New Year in a fruitful and joyful manner.

Do unto others as you would have them do unto you



Love Gives Birth to Love

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What is Love? How is Love? Can the Love be seen? These are the Question very often we ask ourselves. The oxford dictionary gives the meaning of love as a strong feeling of deep affection for somebody or something especially a member of family or a friend. But the Dictionary of Jesus (Bible) gives the Meaning of love as affection for everyone irrespective of cast, color, creed, religion etc. The ability to love everyone conditionally was a virtue that Jesus had in his life, and it is the same virtue that Jesus asks us to foster in our lives. The image of Jesus' cross that was erected on Calvary itself shares love towards humanity. And also his willingness to give his mother Mary as the mother of us all at the point of his death also shows the profoundness of his love.

Christ was a man as well a God with much greater personality; had taught us to love our enemies and those who persecute us. himself showed us an example for it by forgiving and praying for who crucified him and loving them all unconditionally, while going on the cross. The parable of the Good Samaritan shows us picture of a compassionate and loving man who renders ces and help to an alien man who was molested and was robbed by a group of its. Moreover, it emphasizes on the point 'love your enemy'.

This parable is quite a straight forward one, especially because during the time of Jesus, Samaritans and Jews apparently were not on good terms. And it is precisely this that puts the Samaritan on a good standing, because the one who was beaten, bloody injured and lying on the side of the road was his enemy and yet he helped him. But do we, who are called and chosen to be the second Christ follow these teachings of Christ. In this materialistic and worldly pleasures; as other ignorant people do. We despise our brothers and become self oriented, and pays no heed to the words of our role master. So seldom do we love our brothers and that too under some certain conditions.

The remembrance of the word 'Love Begets Love' and when we hate someone let us try to recall these words "In the evening do to others as you would have them do to you (Mathew 7: 12).



CONVERSION OF ST. PAUL

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The feast of the conversion of St. Paul is also known as the Pauline conversion, Damascene conversion, Damascus Christophany and the road to Damascus event. This event eventually led him to cease persecuting early Christians and to become an extraordinary follower of Jesus according to the New Testament.

Paul's conversion is something we must rejoice over, proud off and be thankful to God. For with his conversion to the Christianity, his preaching the Good News of Jesus to the whole humanity and zealous travel is a big landmark, not only to Christianity but also to the whole humanity. That is the great significance of the conversion of St. Paul that we would still be ignorant about Jesus Christ, for his letters



constitute the half of the books of the New Testament. It is from there, we come to know more about Jesus and the early Church and most of our Catholic teachings come from the letters of St. Paul.

St. Paul was a man of great faith, a great missionary by his virtuous life. He himself said that he was from Tarsus in the province of Cilicia. He was born of Jewish parents and according to St. Jerome he was from Galilee belonging the tribe of Benjamin. On the occasion of his circumcision, he was given the name Saul and got an additional name Paul, as part of Roman citizenship.

He studied law from school of Gamaliel. As he was a learned man and was well versed in Aramaic & Greek. This proficiency was very useful for his missionary journeys.

St. Paul had a very good & compelling reason for making a U- turn in his life. A dramatic interruption happened to him on the way to Damascus. He was at first struck down & then was raised up. That was turning point for his conversion. Saul was led into Christian community, where he regained his sights & earned new insights that led him to discern his mission. Isn't this also an essential direction in the process of repentance? One is initiated into the Body of Christ and then begins, fulfilling one's responsibilities within it.

It is clear from what happened to this extraordinary Apostle that his transformation was not the result of long inner reflection nor even the fruit of personal effort. It was first and foremost a work of the grace of God who acted in His own inscrutable ways. St. Paul affirms of the gift of the Divine grace in 1 Cor 15:10

"by the grace of God I am what I am and his grace toward me was not in vain". The Damascus event is a single, solid, coherent scheme that formed the framework of his mature theology. It caused him to rethink from the ground of everything, he had ever believed in Judaism and who God really was.

The transforming effect of Paul's conversion influenced the clear antithesis that he saw between righteousness based on the law, which he had sought in his former life and the righteousness based on the death of Christ. The light of Christ blinded his external eyes but opened the inner sight to see the truth, the resurrected Jesus. So the conversion is to be struck by the love of God and get the inner eyes illumined.

His journey to Damascus signifies the true spiritual journey that produces the experience of all, who are set free from the illusion and fantasies that influence them to achieve their own authenticity. Paul knew that his transformation was not the result of an evolution in his thinking or personal reflections but rather the fruit of an invisible Divine grace. That transformed him from Murderer into Minister of the Christ.

His journey to Damascus signifies the true spiritual journey that produces the experience of all, who are set free from the illusion and fantasies that influence them to achieve their own authenticity.

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The road to Damascus is also a place of meeting with Jesus who approaches those who until that moment do not know Him and recognize Him. The same thing happened to those travelers to Emmaus. The circumstances are always the same. It is always Jesus who comes to meet, those who are preoccupied or incredulous like Paul. Hence, after such an encounter with the Divine grace our lives are bound to be transformed by it. There begins the mission, for those who really have met Christ and come into contact with Christ cannot keep Him for themselves. Think of Mother Mary's joyful journey to Elizabeth after the Divine Conception. Likewise, in our lives we are also reminded to ponder such experiences of Jesus. And begin our mission to share, to communicate the experience of love, of God's grace and Christ's joy that have been revealed to us with others.

Pope emeritus Benedict XVI once said "in fact, the Lord's call to Paul on the road to Damascus brought him to this: to making Christ the Centre of his life, leaving all things for the sublimity of knowing Him and the mystery of His love, and subsequently, striving to proclaim him to all, especially the pagans, that we may spread his name".

May the feast of the conversion of this great pillar of Christianity, the converted Saul help us through his intercessions, to recognize God's action in our lives and to transform ourselves genuinely for the greater glory of Jesus.





Mystical Musings

with

Rev. Fr. Martin Panamthanam

Rev. Fr. Thomas M.

One of the leading questions that is re-echoed repeatedly in everyone's meditative moment is nothing else than apropos the very meaning and mystery of his/her inner spiritual religious life. What will be my personal answer to this question will determine the quality of life and joy that I live and transmit to others. My religious vocation can only be understood as a visible sign of God's immense love and concern for me. In it, He has invited me to take part in His love and essence. In the book of Genesis, we read about this limitless love of God as He promises man a new world order (Gen. 9) though man had explicitly disobeyed Him. Remarkably, the other side of the essence of God's love is forgiveness and mercy. If we can reflect deeply, we shall encounter this same disloyalty from our personal side and God's redeeming intervention on the other side. In fact, the whole of NT is a tangible expression of God the father's immense and borderless love. In St. Luke, ch: 15 we get a close connection with the generous love of God the father, as pictured by Jesus in worlds most short and vibrant story of all time- the Parable of the Prodigal Son. In essence, God's immense love (Rom, 5:5) can be encountered in two ways. a. As in the case of Prodigal son; this model stands for those who are influential, capable and talented. Here the active initiative is from creatures. The prodigal son takes the initiative and the father rushes to meet him on his return. b. The second model pertains to those in case of the lost sheep (Lk. 15: 1-7). It represents those simple, uneducated and humble people. God is merciful and kind towards these as he searches for them until they are found and redeemed.

There are few signs which can be present in these categories of people who are intimate to God

1. They easily recognize the presence of God in each and every moment of their life in various and manifold experiences of life. These are not like Mary Magdalene who could not recognize Jesus (Jn, 20: 15) easily although she was considered one of the favourite disciples of Jesus.
2. They are people who react positively even to the negative experiences of their lives. In Mt. 5: 11 we read 'Blessed are you, when people insult you and persecute you and speak all kinds of evil against you because you are my followers. Be happy are glad, for a great reward is kept for you in heaven'.
3. They totally trust and submit themselves to God. Often, we hear of people who spreads columnies about others. One person who is not content and happy with himself will never be content and happy with others. Because they did not get what they want. On the other hand, one who is trusting in God surrenders oneself completely and expects everything from God. He resorts often to the providence and care of God, who is concerned even of the lilies of the field.
4. Fourthly, these types of people are those who sold everything to own the field where the precious pearl of the Kingdom (Mt, 13:44) could be found. They constantly ask to themselves this question like the rich young man in St. Lk 18: 18-30, what shall I do to possess eternal life? They are the sort of people who constantly ask themselves: what more shall I sell to own eternal life?
5. Lastly, the perfection of consecration is reached as one shows in his/her life responsibility, sensitivity and equanimity towards everything in this world in an attitude of Spiritual Motherhood. St. Therese of Lisieux explains this sort of motherhood in her *The Story of a Soul* after the conversion of Henri Pranzini, through her intercession: 'mon premier enfant'; this is my first Child. (to be continued...)

These thoughts are compiled by Fr. Thomas Marattipparayil from his personal retreat notes preached by Fr. Martin from June 13th to 17th, 2003 at Lisieux Spirituality Center, Maradragor, U.P.