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# The Petals



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# *The Petals*

News Bulletin of Khrist Jyoti Province,  
Punjab-Rajasthan

Vol. 5 No. 26 Jan. - March 2023



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St. Little Flower

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## Fraternal Musings

Dear fathers and brothers,  
Greetings and prayers of the season!

We are once again in a new year with optimism and new resolutions. I think this quote from Plato gives even more impetus to our optimistic approach to life: "The beginning is the most important part of the work". This beginning can have two aspects: a spiritual and a humanistic one. The shepherds and the Magi who saw the baby Jesus in the manger experienced a drastic and phenomenal change in their lives. So, we too witnessed the baby Jesus in the manger and in this new time of hope, the same Baby Jesus invites us to change our lives.

God dwells in pure hearts. Love binds man to man and God to man. He plants the divine nature in sinners. This realisation is Christmas - not a ritual, but reality and revelation. Jesus came to seek and save sinners, heal broken hearts, destroy demonic works and establish his kingdom of peace and joy on earth where there is hostility, turmoil and division. We can only do this if we come to the true realisation of the meaning "Enlarge the space of your tent" (Isaiah 54:2), which is the title text of the document for synodal church.

In this new season, the Church welcomes us all to have fellowship,

participation and collaboration. It enables us to move forward together, to listen to the Holy Spirit and the Word of God, to share in the mission of the Church in the fellowship that Christ establishes between us, to listen to the whole people of God, which will help us to make pastoral decisions that are as much in agreement as possible. This rediscovery of the synodal roots of the Church will involve a process of humbly learning together how God calls us to act according to his will as Church in the third millennium.

The bright star of Bethlehem led the wise men from the East to their King, the faithful star guided them for two years. They may have seemed foolish to the world, but they succeeded in their pilgrimage through life. In the midst of fun and gaiety and short-lived celebrations, many may forget the true purpose of Christmas and God's love for the disadvantaged and oppressed. The message of Christmas is that where there is hope, love, light and life, the plan and purpose of God will arrive. Let us begin our journey in fellowship, participation and mission to meet our King, our Lord Jesus Christ.



**Fr. Saju Kuthodiputhenpurayil CST**  
**Provincial Superior**



### Happy Birthday

We celebrated the birthday of Fr. Joby Palankara CST, Fr. Shan Alackaparambil CST and Fr. Benny Pulimkalayil CST on 17, 19 and 28 of October. We had Holy Mass and followed by the birthday celebration. Sisters from the neighbouring community also joined for the birthday celebration.

### Intimations:

Monthly recollection and Christmas gathering for Fathers: December 12 & 13, 2022

Ordination of Dn. Sajan Narangathottil CST: December 29, 2022

Ordination of Dn. Tinto Kollamparambil CST: December 31, 2022

Ordination of Dn. Juslin Padinjarematham CST: January 02, 2023

Ordination of Dn. Sam Vayalil CST: January 03, 2023

Ordination of Dn. Nikhil Valeputhenpurayil CST: January 05, 2023

Gathering of the Parents at Khristu Jyoti Mission Bhavan: January 08, 2023



Thank you

*Dear Fr. Dony Mullakariyil CST,  
for your selfless service to the  
Petals family as the  
chief editor.*



*We also welcome  
Fr. Shyju Chathanattu CST  
as the new chief editor  
of Petals.*





## *Lyotis from Hanumangarh*

### **Feast of St. Therese of the Child Jesus**

On the first of October, we celebrated the feast of St. Therese with much solemnity at Little Flower Church, Hanumangarh. In preparation for the feast, we had nine days of novena at our Provincial House. On the day of the feast, we began our feast celebration with the Holy Mass at 10:30 am, Rev. Fr. Saju Kuthodiputhenpurayil CST, the Provincial Superior was the main celebrant. Frs. Vincent Chittinappilly CST, Benny Valloor CST, Brijesh Urumbil CST, and Stephen Swaranjeet concelebrated with him. Fr. Brijesh Urumbil CST delivered the sermon. After the Holy Mass, we had a sumptuous meal followed by a mission gathering. This time the mission gathering was coloured with delightful programmes. During the missionary

gathering, Dr. Niramal Ousepachen IAS shared his view on the contemporary Scenario of India and the challenges faced by the missionaries in India, especially in North India. Fathers, Sisters, and teachers from Punjab-Rajasthan have partaken in the feast day celebration.

### **In remembrance of our founder Valliachen**

On October 4 we commemorated the 46th death anniversary of our founder Very Rev Fr Basilius Panat CST at our provincial house, Hanumangarh. Fr. Shijo Palakuzha CST, Provincial Econome was the main celebrant for the mass, and Fr. Augustine Pamplany CST delivered the sermon. Rev. Fathers and Sisters from Suratgarh, Sri Ganganagar, and Kesrisinghpur communities partake in the memorial mass.



### **Faith Renewal Program and Feast Celebration of Little Flower**

As part of the Golden Jubilee celebrations, we had the Faith Renewal Program and Feast celebration of Little Flower at Bikaner on October 23, 2022. It was a graceful and beautiful celebration. Rev. Fathers, Sisters, and parishioners from Rajasthan partaken in the programme. Rev. Fr. Vincent Chittinappilly CSR, Vicar Provincial and Rev. Fr. Joby Palankara CST, Provincial Councillor were also present on the occasion. Special thanks to all the organizers, parish priests who made all the arrangements to bring the faithful and for being present throughout the program.

### **Participated in the Mela**

Rev. Fr. Provincial participated in the Feast celebration of St. Therese of Lisieux at Little Flower Church, Sri Muktsar Sahib on 30 October. Msgr. Mathew Kokkandam was the main celebrant and Rev. Fr. Titus delivered

the sermon. After the holy eucharist there was little way association rally.

### **History in progress**

The history committee of the province had their meeting at Malout in the first week of October. All the committee members participated and shared their progress. The committee will be publishing the history of the Punjab-Rajasthan mission at the conclusion of the Golden Jubilee event.

### **Contextual Philosophy Programme of Brothers**

The third-year philosophy students along with Fr Joy Vayalil CST and Fr Tigi Thanniyil CST from Little Flower Seminary, Aluva came to Punjab-Rajasthan mission for the contextual Philosophy Programme. They stayed back in the mission for one month. The social work department of the province arranged the programmes. Special thanks to the able guidance of Rev. Fr Salj Puravalappil CST, Director social work department and his team and





Little Flower Seminary, Malout for hosting them.

### **Pastoral visit to Europe**

Rev. Fr. Provincial went to Europe on November 2 to partake in the annual retreat and visit our province members who are studying and working in Europe. He had various meetings with the bishops and different agencies. He came back to the provincial house on December 6.

### **Fr. Felix Memorial Basketball tournament**

Fr. Felix Memorial Basketball Ball Tournament was conducted on November 4 & 5 at Little Flower Convent, Sri Muktsar Sahib, Punjab. 10 teams fought for the glory and fame of sports and their Schools, lasting for 2 days and 24 Matches came to a grand success. Bikaner Boy's School emerged as the Champions and Sacred Heart Convent School, Sri Ganganagar became the First Runner Up and Little Flower

Convent School, Guruharsahai being the 2nd Runner up. Congratulations to the winners and all the participating schools, management, and players for the spirit, vigour, and cooperation rendered to the Successful completion of the Fr Felix Memorial Basketball Tournament.

### **Annual Retreat**

To rejuvenate our lives and to stoke the missionary zeal, the annual retreat of the Khrist Jyoti Province was conducted in the Provincial House, Hanumangarh from November 6 to 11, 2022. Rev. Fr. Jojo Maripattu VC Was the retreat preacher. Fathers spent the days fruitfully in reflection and meditation. Rev. Fr. George Arrancherry CST, Vicar General and Rev. Fr. Mathew Puthenpurayil CST from Little Flower also joined for the annual retreat.

### **Inauguration of Jyoti Media Studio**

The long-awaited dream of Khrist Jyoti Province to have a media centre to promote e-evangelization actualized with the starting of the

media centre at Jyoti Missiological Centre, Hanumangarh. We inaugurated and blessed the Jyoti Media Centre at Hanumangarh on November 11 2022 by Very Rev Fr George Arancherry CST, Vicar General of Little Flower Congregation, and blessed by Rev Fr Vincent Chittinappilly CST, Vicar Provincial. On the same day a New Punjabi Christian Bhangrah Song “PyaaraYeshu” was released under the banner of Jyoti Media, the Media Department of Khrist Jyoti Province.

### Youth Fest

As part of the Golden Jubilee celebration, a Youth Fest was arranged at Malout and Faridkot on November 12 & 13 respectively. A total number of 230 youths attended the youth fest from different parishes and missions. 90 youths at Malout and 120 at Faridkot benefitted from the classes. A million thanks and appreciation to all the organizers and Fathers who worked behind this programme to be a successful one.

### Christmas gathering of woman religious

The Christmas gathering of the woman religious of CST Punjab-Rajasthan mission was conducted at Jyoti Niwas, Khrist Jyoti Provincial House, Hanumangarh on December 10, 2022, along with a half day recollection. Rev. Fr. Provincial celebrated the Holy Eucharist, Fr. Joby Palankara CST delivered the sermon and Fr. Shyju Chathanattu CST gave the orientation talk. Christmas games were organized by Fr. Shyju Chathanattu CST and Fr. Brijeesh Urumbil in collaboration with the FCC Sisters community, Hanumangarh.







### **Jingle Bells Jingle Bells**

The Christmas celebrations in the province level were organized by the members of Malout zone on December 12, 2022 at Provincial House, Hanumangarh. It was highly fun filled and exuberant. Rev. Fr. Provincial presided over the solemn Eucharistic Celebration, Fr. Sunny Charakunnathu CST delivered the sermon, Fr. Dony Mullakariyil CST gave the monthly recollection.

### **Seminars and conferences**

Fr. Shibu Menachery CST, Rector of Little Flower Seminary, Malout and Fr Benny Valloor CST, Rector Little Flower Formation House, Abohar participated a one-month formation course at Ishawani Kendra, Pune. It really helped them understand the trends in the formation. In the same way Fr Shijo Palakuzha CST, Provincial Econome attended three days course on accounting and management at Bangalore.





## Malout Bulletin

### **HAPPY FEAST**

Our Lord Jesus Christ, His Beloved Mother, Blessed Virgin Mary and St. Therese of Lisieux showered the choicest blessing upon Sacred Heart Ashram Malout on the feast day of St. Therese. Sacred heart ashram celebrated the feast of St. Therese on 24th october 2022. Fr. George Alukka CST preached the homily and celebrated the Holy Eucharist. We conducted nine days of Novena and different priests from different parishes prayed for people and celebrated the Holy Eucharist.

### **Commemoration of the 46th death anniversary of our founder**

We commemorated the 46th death anniversary of our founder Very

Rev Fr. Basilius Panat CST at Sikhwala Ashram along with the members of Malout Zone on October 4, 2022. Rev. Fr. Mathew celebrated the Holy Eucharist and Fr. Sunny Kurisummoottil made us ponder over the great works of Rev. Fr. Founder, the great missionary and visionary.

### **Youth fest**

As part of the Golden Jubilee celebration, a Youth Fest was arranged at Sacred Heart Catholic Church Malout on November 12. A total number of 90 youths attended the youth fest from different parishes and missions. It was an energising session for the youth to gather and foster their faith. Everyone who attended the camp benefited out of the classes taken.



### **Roses of Blessings.....**

“When I die, I will send down a shower of roses from the heavens, I will spend my heaven by doing good on earth.”

We celebrated the feast of our heavenly patron St. Therese of Child Jesus. We had 10 days of Novena to St. Therese and solemnly we celebrated the feast day. Fr. Shibu celebrated the Holy Mass. We believe that she will surely send the blessings from heaven.

### **Mary Queen of Rosary**

“There is no problem, I tell you, no matter how difficult it is, that we cannot solve by the prayer of the Holy Rosary.”

We all know that the month of October is known as Rosary month. So we had our Rosary devotion for 10 days. It was an occasion for us to deepen our devotion to the Holy Rosary.

### **Diwali**

We also celebrated 'Diwali', the feast of lights and colors. We decorated

the seminary with diyas and our stomach with sweets. It was an awesome experience for us. We enjoyed the day and it was a Green Diwali for us.

### **Anubhava**

“The mind once enlightened cannot again become dark.”

It was a great opportunity for us to meet our major seminarians. They came here as part of their studies. They reached here in the month of October and we welcomed them to our LF family. We were lucky to experience their love and we were astonished by their knowledge and thoughts. It enlightened our hearts and minds.

### **Soul-Searching**

“Knowing yourself is the beginning of all wisdom.”

We had got an opportunity to know ourselves through a psychological output by Sr. Jessy SH. It was a three day programme. It consisted of classes and counseling. It helped us to know ourselves better.





### **Liturgical Tour**

Celebrations are there to remember the past and to be grateful for it. They are also occasions that help us relive the past and praise God through our words and deeds. We, the Benjamins of Khrist Jyoti Province in the Little Flower Formation House at Abohar, were immensely joyful to know and take part in the celebration at Hanumangarh on 1<sup>st</sup> October, and at Jalandhar Cannt on 9<sup>th</sup> October. Similarly, we got an opportunity to be part of the feast day celebrations at Sri Ganganagar on 16<sup>th</sup> October, and at Sri Muktsar Sahib on 30<sup>th</sup> October on the occasion of our famous *Muktsar Mela*. We thank the Almighty God for the rich experiences we have received through these celebrations.

### **Ave Maria**

The month of October is especially dedicated to the Blessed Virgin Mary. It was something extra

ordinary for us to experience the care and intercession of the Blessed Virgin Mary through the special devotions in the Formation House. We had 10 days of Rosary devotion from 13<sup>th</sup> October to 22<sup>nd</sup> October. The first 9 days we had Rosary in front of the grotto of Mother Mary. On the concluding day, the Rosary was recited in a procession that invoked the presence of our Holy Mother inside and outside of the Formation House.

### **Showers of Blessings**

The Feast Day celebration of our dear and loving patroness St. Therese of the Child Jesus showered plentiful blessings upon us. We all were engaged in making the feast a wonderful one. The community was filled with the fragrance of love and joy after the example of our holy patroness. As a preparation for the feast, we had the Novena Prayer for 9 days with different topics.





The feast was solemnly celebrated on 8th October. Fr. Thomas Anjilivelil CST, the Ashram Superior, was the main celebrant, and Fr. Shan Alackaparambil CST gave a wonderful message in his homily. Fr. Benny Valloor CST, the Rector, and Fr. Titus, the Parish Priest, concelebrated the Festal Mass. Rev. Fathers and Sisters from the nearby communities joined us for the celebrations.

### **Lend me your Ears**

Today is your opportunity to build the tomorrow you want. The literary and cultural activities are done for developing the inherent qualities in us. They enhance our personality, increasing and moulding our talents. With this purpose in mind, the Little Flower Formation House held the inauguration of its Literary and Cultural Academy on 17<sup>th</sup> November. Subsequently, three academies were held, giving opportunity to everyone to come forward and speak on a topic and perform various cultural events.

### **Let me help you**

Little Flower Formation House always targets a holistic development of the future CSTs. As part of it, together with other studies, we had an intensive English course by Rev. Fr. Joy Vayalil CST. Similarly, when Rev. Fr. Benny, our Rector, went for a Formation Course in Pune, Rev. Fr. Shyju Chathanattu CST came over here and stayed with us involving actively in our formation project.

Rev Sr. Jessy SH who is one of our resource persons in priestly formation spent two days of intensive spiritual counselling which was very helpful for each one of us. Likewise, Rev. Fr. Titus accompany us in our spiritual growth. We really thank you all for the help and service you have done for us.







### Time with God

We received plentiful blessings of the Almighty God to look back into our lives and to awaken our souls. We had our annual retreat from 6<sup>th</sup> to 8<sup>th</sup> December. Rev. Fr. George Alukka CST came over here to guide us in this spiritual journey. It was really a blessing to be with God and to know more about God's Love and experience it.

### Red Vs Blue

To grow in us a true sportsman spirit, Little Flower Formation House commenced the Annual Competitions 2022-23 on 20<sup>th</sup> November. We formed two groups, namely Red and Blue. The presence of Rev. Fr. Thomas Anjilivelil CST, our Ashram Superior, and Fr. Bibin Edappallimadathil on the occasion of Volley Ball match was really inspiring.



### *The Petals*



# Allahabad News

## Full of Grace...

In the month of October, specially dedicated to Mother Mary, Josem family held the hands of the mother with deep devotion to walk with her. We had solemn rosary every day of the month to show our great love for the Mother. Along with that this month made us to have re look into our souls and to regain the spirit through the annual retreat preached by Rev. Fr. Bonaventure, this was fruitful days for all of us to be healed from all our spiritual infirmities.

## One Team, One Stream, One Dream

The arts and sports competitions of this academic year 2022-2023 was inaugurated by Fr. Thomas Kumar, Principal of St. Joseph Collage, Prayagraj. This began with the inaugural ceremony followed by oath taking and march past. The community was divided into four different groups; *Josem Janitors, Josem Butlers, Josem Curators, Josem Seneschals* with the motto "one team, one stream, one dream". We all participated in the competitions with the spirit of the moto which helped the brothers to grow their creativity, community spirit and team management.

## Part...Return...Goodbye... Josem Family!

Three days different events, we Josem family shared the joy of the Christmason 8 December as seminary closes for pastoral month. In the evening with some cultural programs and Christmas games we made the day more joyous and colourful. The very next day the community bade adieu to Rev. Deacons. We prayed for them and wished them all the blessings for the days to come. Finally on 10 December, we welcomed seven newly ordained priests to their Alma matter, they offered a Solemn mass as thanksgiving for all the graces they received from the seminary. The day was made eventful by the friendly cricket match with the new priests and the sharing session in with they shared their joy of the priesthood and challenges of they are facing at this small duration.



**DELHI DARSHAN**

Delhi Darshan is a one-day exposure programme conducted to explore the cultural and historical beauty of Delhi. It is a one-day programme. We visited various historical places in Delhi. It includes the Indira Gandhi Museum which tells the stories of the life of Jawaharlal Nehru and Indira Gandhi. We also visited the monuments like Qutab Minar, Humayun's tomb, India Gate and Lodhi garden. The Delhi darshan was a wonderful experience for us. We could experience the aesthetical and architectural beauty of India when we visited the historical monuments. It also helped us to learn the history of kings and kingdoms that were existed in India.

**CULTURAL TOUR**

Vidya Jyoti as a part of its contextual theology, conducts cultural tour every year. It is conducted at the end of first semester break. It aims at studying the various cultures in different parts of India. It is a 5 days programme. We are informed to choose the nearest states for our cultural tour. We opted to explore Himachal Pradesh and we set out the journey on 20<sup>th</sup> of November. We visited Manali and Shimla. The hills and mountains of Manali and Shimla is clothed in snow. The people of Manali mainly depend upon agriculture and tourism. Some of the cultivations of that region are apples, oranges and other winter cultivations. In Shimla we visited defence museum, Indian Institute of Advanced Studies (IIAS), Mall Road which was a place of entertainment of British people. The culture tour was a wonderful opportunity and a memorable one for us to explore India. It will help us to experience the beauty of diversities of India.

**BALAMELA 2K22**

Balamela was held on 11<sup>th</sup> December in Vidya Jyoti college. Many children in and around Delhi participated in this programme. These are the children coming from our ministry places. The aim of this programme is to nourish the hidden talents of the children through various games, cultural programmes and other entertainments. A complete day is given for the children to make this day a memorable day for them. This programme enables the children to face the crowd without fear and shyness. It is surely a fruitful programme for these children who have no one to support and cherish their hidden talents.

**KARAM CELEBRATION**

Karam is a celebration of the tribes of Jharkhand. This festival celebrated for good harvest. It is celebrated in the States like Jharkhand, Bihar, Andhra Pradesh, etc. Its a kind of tribal puja performed in front of a tree called Karam. People will dance around this tree with its branches and sprouted seeds of various grains. It is celebrated in the month of October. In Vidya Jyoti we celebrated Karam festival on 15 of October. It was an opportunity to know about a different culture.

**MINISTRY**

In Vidya Jyoti we are following the contextual theology. Here we have many chances to learn different life situations of people. The ministry helps us to think and experience the life of poor in raw and to contemplate and compare to our lives. It also gives us a chance to help them according to our ability and also to uplift them in the society.



# Christmas: Word Becoming Flesh

## BIRTH OF JESUS

Once, a crib competition was organized by a parish. Because of the persistence of their daughter, a poor family in the parish decided to participate in the crib competition. There was soaring competition spirit as it involved their prestige among the parishioners. When the parish priest came to judge their crib of the poor family, the father and mother became Joseph and Mary and made their new born baby infant Jesus. They enacted the real scene of birth of Jesus in their byre. The people who accompanied the parish priest were mocking at the crib of the poor family. On the day of result, to everyone's surprise the poor family secured the prize. In the addressing, the parish priest announced that the poor family bring to light the real essence and nature of Christmas and enacted the spoken word clothed with blood and flesh uncommonness of other cribs in the name of prestige, competition, and creativity.

Often, we too have failed to depict the real nature of the birth of Jesus. When we think of Christmas, what comes to our mind is the external preparation which includes new clothing, distributing of sweets, exchanging of gifts and wishes etc... This aspect is the way to express how much we are happy and joyful to celebrate the particular event. However, our priority must be our internal preparation that looks for cultivating the proper understanding of the celebration, inclusive celebration etc...

Christmas is such a celebration that demands the internal preparation more than the external preparation. Christmas is the alpha point of entire salvific history of God that is 'the Word became flesh'. In the salvation history, God has chosen prophets like Isaiah, Jeremiah and others, to save His people from the bondages of legal, social, or political restraints. Finally, He sent His Son Jesus, the Prophet of the prophets, to liberate His people contextually and eschatologically. Therefore, birth of Jesus is a historical event which has to be realized, experienced and celebrated internally irrespective of caste, creed, religion etc...



## GIFTS OF JESUS

Whenever a child is born, it brings three important gifts to this world. Jesus who is born amidst us is not an exception to this phenomenon. Happiness is the first gift that a child brings to the family to which it is born. *"I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord"* (Lk 2: 10-11). So, the birth of Jesus brought great Joy and exuberance for all people irrespective of any differences.

The second gift is the assurance of God's love to the family and to the entire creation. The Gospel of St. John says. *"For God so loved the world that he gave his only Son"* (Jn 3: 16a). So, Jesus is the sign and assurance of God's love to the entire creation. The third gift is the mission which has been entrusted upon a new born child by God. The mission of Jesus on this earth is explicitly announced by Jesus himself, *"to bring good news to the poor, to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour"* (Lk 4: 18-19).

## MESSAGE OF GOD

After having realized the birth and gifts of Jesus, let us unearth the message that God communicates to us through the Infant Jesus. The message is as Jn 1: 14a says, *"The Word became flesh and lived among us."* Becoming flesh indicates something or somebody existing in the reality clothed with body and blood who could be felt and experienced. Correspondingly, Martin Heidegger who was a renowned German philosopher spoke of Dasein which means being in the world. According to him, Human beings are actors, engaged actively in the world. God though physically far accompanied people through the Kings and the Prophets took the form of flesh and continued to be part of the creation history. Our response towards this creation history is to transform our words and lives into flesh for the underprivileged, marginalized, hungry, sick, imprisoned, abandoned, who are under our care, fighting for the justice, peace and harmony etc.

As we are journeying together in the path of Synodality, let us try to realize and experience the real nature and the gifts (happiness, God's love and mission) of Jesus. Thus, imbibing the message of history in daily life. Wishing you the joy of Word Becoming Flesh.





# The Joy of Priesthood:

## Fruit of the Holy Spirit

Rev. Dr. Rogi Thomas Narithookkil CST,  
Spiritual Director,  
The Pontifical Scots College, Rome

It can be very difficult to remain unmoved by the Scripture Readings of the Holy Mass in this time of Advent. We can almost feel the sense of joy and gladness in each of these readings; and Christmas is all about this joy. Finding the real joy of Christmas comes not in the hurrying and the scurrying to get more done. We find the real joy of Christmas when we make the Saviour the focus of the season. For priests, religious, and faithful, this joy is all about the gift of the Holy Spirit.

The "fruit of the Spirit" is what happens when the Holy Spirit indwells a believer. The "fruit" is the product of the Holy Spirit's cultivation of character in our heart. Galatians 5:22-23 describes what that fruit looks like. They are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." The second characteristic listed is joy. The Greek word for joy is chara. Chara is closely related to charis, which means "grace" or "a gift." Chara is the normal response to charis, means 'we have joy because of God's grace'. The next step in the progression is to allow our joy to become an action as we express it, although sometimes joy can be so great it is inexpressible (1 Peter 1:8). Thus, Joy is the natural reaction to the work of God, whether promised or fulfilled. Joy expresses God's kingdom—His influence on earth (Romans 14:17).

Possessing joy is a choice. We choose whether to value God's presence, promises, and work in our lives. When we yield to the Spirit, He opens our eyes to God's grace around us and fills us with joy (Romans 15:13).

We often confuse joy with happiness, but they are not interchangeable. Joy is from within, regardless of what is going on around you. Happiness can be a blurred emotion, dependent on a situation. Joyful people make a commitment to gratitude regardless of the circumstances. If I describe someone as a joyful person, that doesn't mean to say that they are happy all of the time; it means that there is joy that flows out of them and reveals its face in the form of happiness.

How do we define Joy? Rick Warren defines Joy as "the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright and the determined choice to praise

God in every situation.”The two parts of this definition are “quiet confidence” and “determined choice.”We feel a sense of joy when we praise God and know that He is in control is a daily, minute-by-minute choice. When we rest in joy, we are truly able to acknowledge the one who is in control of it all. “So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.” (John 16:22) This passage in John says how no one can take away our joy. It talks of joy like it is an actual object, something of eternal value and everlasting ownership.

How Is Joy a Fruit of the Spirit? (Randy DeVaul, July, 2022) 'Joy' becomes a fruit of the Holy Spirit, when we rejoice in the Lord by focusing and seeing things about the Lord that cause joy to rise up in our hearts. That is the work of the Holy Spirit and the forming characteristic of joy in His fruit that grows within us. To be more precise about what we said so far, let us ask the question: "What is the joy of the Lord?" The joy of the Lord is the gladness of heart that comes from knowing God, abiding in Christ, and being filled with the Spirit. Just as a believer is commanded to love, a believer is commanded to rejoice always. We can choose to rejoice in who God is and in what He has done for us, regardless of our circumstances. Doing so changes our focus toward God rather than on us.

In Nehemiah 8:10, he declared, “The joy of the Lord is my strength.” Joy comes from God. Through the work of the Holy Spirit, every believer is to grow the fruit of the Spirit, giving us God's joy. James, the brother of Jesus, writes that every good gift is from God (James 1:17), administered through the Holy Spirit's indwelling. The Spirit grows the fruit that makes us more like Christ, which manifests joy that flows out of our hearts and souls.

The Joy of the Lord as Displayed by Jesus: Jesus exemplified joy in His ministry. His enemies accused Him of being too joyful on occasion (Luke 7:34). Jesus described Himself as a bridegroom enjoying a wedding feast (Mark 2:18-20), He “rejoiced in the Holy Spirit” (Luke 10:21), He spoke of “my joy” (John 15:11), and promised to give His disciples a lifetime supply of it (John 16:24). Joy is reflected in many of Jesus' parables, including the three stories in Luke 15, which mention “rejoicing in the presence of the angels” and end with a joyful shepherd, a joyful woman, and a joyful father. God the Father provided Jesus with joy before His suffering on the cross so He could endure it (Hebrews 12:2). It is that very joy of God given through the Holy Spirit, that prepares us, allows us to experience, and carries us through trials that, without Him, could destroy our emotional and physical bodies.

Growing Joy Through Hardship and Endurance : James 1:2 tells us to count it all joy when we experience diverse trials, as it tests our faith and produces steadfastness in God so we can be made perfect and complete in Him. Exhibiting joy during trials showcases our faith and trust in God's faithfulness to us and keeps us centred on the “hope that is within us” as we can witness to others God's working in our lives (1 Peter 3:15).

How Can We Rejoice Always During Times of Affliction?

Focus on God. Renew our mind daily (Romans 12:2). Focusing on God keeps our minds stayed on Him, like Peter when he walked on water (Matthew 14:28-29). That focus gives us peace in the storm; it prepares us for what is coming to strengthen our faith, our confidence (hope), and our endurance to complete our course (Hebrews 12:1). Focus on others. Suffering trials and troubles may be for the purpose of ministering to others when they go through similar trials (2 Corinthians 1:4). Jesus



experienced suffering so He could identify with us when we are suffering (Hebrews 2:18). We can witness God's faithfulness and help others rejoice (find joy) in God's goodness and faithfulness to them. God uses us to encourage and build up others (Hebrews 10:24-25). When we focus on helping others, we serve as God's ministers, placing others above our interests (Romans 12:10; 1 Corinthians 12:25).

Getting to joy. Actively focusing on God, His Word, and His goodness followed by focusing on the needs of others changes our perspective, over time. The Apostle Paul reminded the Philippians (4:4-7) to rejoice always, regardless of circumstances. And Paul certainly experienced his times of suffering (2 Corinthians 11:24-27) and yet he understood what it all meant (Romans 8:18).

Pope Francis speaks about "the joy of being a priest" in a particularly striking homily on Holy Thursday, 2014. The Pope reminded the world's 400,000 Catholic priests that "joy" should be their hallmark of their life (17 April 2014 in *ULTIMA MODIFICA* 12 Luglio 2019). "There are three significant features of our priestly joy. It is a joy which anoints us (not one which "greases" us, making us greasy, sumptuous and presumptuous), it is a joy which is imperishable and it is a missionary joy which spreads and attracts, starting backwards – with those farthest away from us", he said. When we are ordained priests, "The Lord anoints us in Christ with the oil of gladness" and that anointing "invites us to accept and appreciate this great gift: the gladness, the joy of being a priest."

"Priestly joy is a priceless treasure, not only for the priest himself but for the entire faithful people of God". This joy "has its source in the Father's love", and "the Lord wishes the joy of this love to be 'ours' and to be 'complete.' We are given this "joy" when we anointed "down to our very bones" at our ordination. He described it as an "imperishable joy", which Jesus promised and which "no one can take from us". This joy "can lie dormant, or be clogged by sin or by life's troubles", "yet deep down it remains intact, like the embers of a burnt log beneath the ashes, and it can always be renewed."

He called it "a missionary joy" because it is "deeply bound up with God's holy and faithful people", because "our anointing" is meant for "baptizing and confirming them, healing and sanctifying them, blessing, comforting and evangelizing them." "This joy is one which only springs up when the shepherd is in the midst of his flock." This joy is a "guarded joy" because it is "watched over by the flock itself." "Even in those gloomy moments when everything looks dark and a feeling of isolation takes hold of us, in those moments of listlessness and boredom which at times overcome us in our priestly life (and which I too have experienced), even in those moments God's people are able to "guard" that joy; they are able to protect us, to embrace us and to help us open our heart to find renewed joy." This "joy" of being a priest is "guarded" in another way too: "It is guarded by three sisters who surround it, tend it and defend it: sister poverty, sister fidelity and sister obedience."

"Poverty" is a sister to priestly joy, the Pope stated. He explained it this way: "The priest is poor in terms of human joy. He has given up so much!", and yet "because he is poor, he, who gives so much to others, has to seek his joy from the Lord and from God's faithful people. He doesn't need to try to create it for himself. We know that our people are very generous in thanking priests for their slightest blessing and especially for the sacraments."

"Many people, in speaking of the crisis of priestly identity, fail to realize that identity presupposes belonging." In actual fact, "there is no identity – and consequently joy of life – without an active and unwavering sense of belonging to God's faithful people." Indeed, "the priest who tries to find his priestly identity by soul-searching and introspection may well encounter nothing more than 'exit' signs." Those signs tell us "exit from ourself, exit to seek God in adoration, go out and give our people what was entrusted to us, for our people will make us feel and taste who we are, what my name is, what my identity is, and they will make us rejoice in that hundredfold which the Lord has promised to those who serve him." But "Going out from ourselves presupposes self-denial; it means poverty."

"Fidelity" too is a sister to priestly joy, Pope Francis said. Priests are not "immaculate", he admitted, but he explained that what is called for here is "an ever renewed fidelity to the one Bride, to the Church." Here "fruitfulness is key." "The spiritual children which the Lord gives each priest, the children he has baptized, the families he has blessed and helped on their way, the sick he has comforted, the young people he catechizes and helps to grow, the poor he assists... all these are the "Bride" whom he rejoices to treat as his only love and to whom he is constantly faithful. It is the living Church which the priest shepherds in his parish or in the mission entrusted to him. That mission brings him joy whenever he is faithful to it."

"Obedience" is the third sister to priestly joy, the Pope declared. This is "an obedience to the Church in the hierarchy which gives us not simply the external framework for our obedience: the parish to which I am sent, my ministerial assignments, my particular work ... but also union with God the Father, the source of all fatherhood." It is also "obedience to the Church in service: in availability and readiness to serve everyone, always and as best I can." "The availability of her priests makes the Church a house with open doors, a refuge for sinners, a home for people living on the streets, a place of loving care for the sick, a camp for the young, a classroom for catechizing children about to make their First Communion... Wherever God's people have desires or needs, there is the priest, who knows how to listen and feels a loving mandate from Christ who sends him to relieve that need with mercy or to encourage those good desires with resourceful charity."

"All who are called should know that genuine and complete joy does exist in this world: it is the joy of being taken from the people we love and then being sent back to them as dispensers of the gifts and counsels of Jesus, the one Good Shepherd, who with deep compassion for all the little ones and the outcasts of this earth, wearied and oppressed like sheep without a shepherd, wants to associate many others to his ministry, so as himself to remain with us and to work, in the person of his priests, for the good of his people." I conclude praying with Pope Francis that Jesus would enable me and you to discover the joy that comes from responding to his call, and would "preserve" the joy of "going forth" and "spending our lives for him." Pray that Jesus would give us the joy of "a second wind" to serve as priests for many years, and "to make better known the joy of elderly priests, whether healthy or infirm. It is the joy of the Cross, which springs from the knowledge that we possess an imperishable treasure in perishable earthen vessels."

May the Joy of priesthood engulfed in us though sometimes rudimentary, make us tabernacles for the Word to incarnate in us through the ministry of priesthood and religious life. Joy of Christmas!



The logo for AAVEG, consisting of the letters 'AAVEG' in a bold, blue, sans-serif font.

# Report of Contextual Philosophy Programme



## Aluva to Punjab

Third year philosophy students of little flower major seminary had one month of contextual philosophical programme at Punjab. 34 brothers along with Fr. Tigi, and Fr. Joy started our journey from Aluva Railway station on 3<sup>rd</sup> October 2022 in Kerala express. On 5<sup>th</sup> of October brothers reached at the capital of India, New Delhi. We were received by senior brothers who are pursuing theological studies at Delhi. Brothers along with theologians made a visit to Akshardam temple. Afterwards by 10.0 'o'clock brothers started travelling to Punjab in Bikaner Express. We reached at Little Flower Minor Seminary Malout by 6.0 a.m. on 6<sup>th</sup> October. Fr. Superior and community gave a warm welcome to us. Brothers stayed at Malout from 6<sup>th</sup> to 15<sup>th</sup> of October.

## Inauguration of AAVEG 2K22

The official inauguration of AAVEG was conducted on 7<sup>th</sup> November 2022. Rev. Fr. Saju Koothodiputhenpurayil CST, the Provincial Superior of Khrist Jyothi Province inaugurated the programme and enlightened our minds with his motivational words. Fr. Salj, in-charge of Social work department, Fr. Deepak, the local guardian, and Fr. Bibn Naripara were present for the inaugural section. Fr. Salj briefed the brothers the schedule of the entire programme.





### Lectures

We had the following lectures by various resource persons.

1. Social Upliftment of Downtrodden and Planning the Projects - Mr. Sanjeev (7-10-2022)
2. Punjab History and Culture - Ms. Awal Joson (8-10-2022)
3. Punjab Cultural Diversity - Mr. Jaspal Singh (8-10-2022)
4. Social Work and It's Concerns in the context of North India - Sr. Stella D'Souza (10-10-2022)
5. Concept of Sikhism - Mr. Tharandeep Singh (11-10-2022)
6. Concept of Jainism - Mrs. Sradha Jain (12-10-2022)
7. The Challenges of the Mission - Fr. George Alukka CST (13-10-2022)
8. Pastoral life and its challenges and implications With special Reference to the mission in Punjab - Fr. Cyriac Kochalumkal CST (14-10-2022)

### Activities and Visits

- \* During their stay at Malout brothers participated in the Jyoti Catechetical Fest and had Holy mass with the people. Brothers performed a dance during the inaugural section.
- \* On 7<sup>th</sup> brothers participated in holy mass at Abul Kurana village, near Malout. After mass we visited some of the houses.



- \* On 10<sup>th</sup> Brothers made visit to the Leper Colony at Malout. Fr. Varghese Chittinappally CST explained the historical background and the functioning of the Colony. Brothers played a dance for them, interacted with them, and then distributed food and medicines.
- \* On 11<sup>th</sup> Brothers went to Mukstar along with Mr. Tharandeep Singh, the resource person on Sikhism. We visited the Gurudwara and understood the functioning of it. Afterwards they made visit to Little Flower Ashram, Mukstar.
- \* On 12<sup>th</sup> there was a basketball match with the students of SHCS in which brothers had a wonderful victory.
- \* On 13<sup>th</sup> Afternoon we travelled to Rajasthan. Visited Kallibhanga Museum, Sand dunes at Surathgrah and KhristJyoti Provincial House. Fr. Provincial and all the members of the Asharm welcomed us wholeheartedly.
- \* On 14<sup>th</sup> evening brothers had an opportunity to have an outing at Malout.
- \* On 15<sup>th</sup> Morning they started travel to Amritsar, Visited Golden temple, Jallianwala bagh and Wagha Border.

### Departure to Stations

On 16<sup>th</sup> of November brothers departed to different stations. 17 brothers went to Sikhwala ashram for one week stay. Rest of them went to different stations. From 16<sup>th</sup> to 22<sup>nd</sup> brothers; Abel Jacob, George Manoj, John Thomas, Alby Sebastian, Justin Mathew, Anto Immanuel, Arun Devasia, Cyriac Joy, Johnson John, Shino Shibu, Jins Joseph, Sharon Antony, Shejin C Scaria, Jose Prakash, Jaimon Xavier, Tijomon Shaji and Albert V stayed at Sikhwala Ashram. We had village visits, prayer meetings and manuallabours along with Fr. Bijo Kalayakattil, superior and Bro. Febin, regent. We gratefully acknowledge the generosity and hospitality of Fr. Bijo and the entire Sikhwala community.

### Brothers at different stations 16<sup>th</sup> to 22<sup>nd</sup>

Muktsar	:	Joseph Joji, Jils Jospeh, Sonu S.
Danewala	:	Jestin Sibi, Tomin G
Fazilka	:	Jithin Jacob, Denin, Justin Sabu
Jalalabad	:	Joel James, Abin, Savio Joseph
Guruharshai	:	Arun P Thomas, Alan Jose

Ferozpur : Arun Thomas, Jithin Joy  
Kotshamir : Alvin Varghese, Alan Poly.

On 22<sup>nd</sup> of October brothers from different stations arrived and had their stay at Sikhwala Ashram till 29<sup>th</sup>.

### Brothers at different stations from 22<sup>nd</sup> to 29<sup>th</sup>

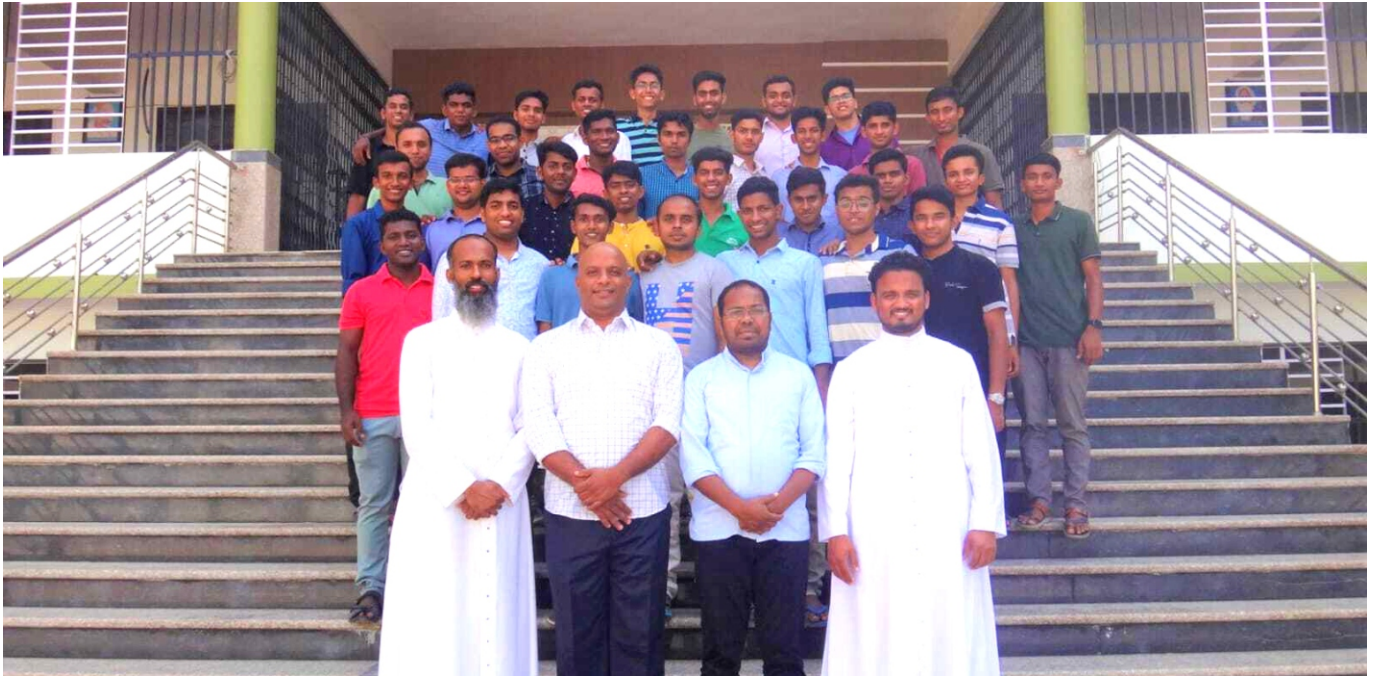
Muktsar : George Manoj, Cyriac J, Jaimon Xavier  
Danewala : Abel Jacob, Albert  
Fazilka : John Thomas, Shino Shibu, Tijomon  
Jalalabad : Alby Sebastian, Jins Joseph, Jose Prakash  
Guruharshai : Justin Mathew, Sharon Antony  
Ferozpur : Shejin C Scaria, Johnson  
Kotshamir : Arun Devasia, Anto Immanuel.

### Conclusion

On 29<sup>th</sup> of October all brothers reached back to Little Flower Minor Seminary, Malout. In the presence of Fr. George Aranchery the Vicar general of CST congregation, there was an evaluation and official conclusion of AAVEG 2K22. Fr. Tigi thanked all for the meticulous organization of the entire programme. Fr. Salj, Fr. Deepak, Fr. Bibin, Fr. Rector and community of Sacred Heart ashram were also present for the function.







### **Muktsar Mela**

On 30<sup>th</sup> we left for Muktsar for participating the Little Way Rally at Mukstar. On the same day after the rally there was an interaction section with the minor seminarians of Abohar and Malout. Fr. Provincial Superior and Fr. Vicar Provincial were also present for the gathering. From there they reached at Bathinda railway station and started traveling back to Delhi.

### **Delhi Picnic**

Brothers spent two full days at Delhi visiting all the important places. We gratefully remember the generosity and the hospitality of Progress Publishers during our sojourn in New Delhi. After the picnic on 2<sup>nd</sup> of November brothers along with Fr. Tigi and Fr. Joy started travelling back to Kerala in Kerala Express. Brothers reached back at Aluva on 5<sup>th</sup> November 2022.

### **Conclusion**

Each and every one of us cherishes the experience we had during our stay at Punjab. It was an experience of a life time. Many of our experiences helped us to cement our religious convictions, missionary commitment and priestly motivation. We gratefully remember the generosity and the hospitality of the entire Khrist Jyoti Province in General and Rev. Fr. Saju Koothodiputhenpurayil CST, the Provincial Superior, all the Provincial Councillors, Rev. Fr. Salj the co-ordinator of the AAVEG, Fr. Deepak, Fr. Bibin, entire members of the Malout Ashram, the seminary Rector, Staff and Students, Fr. Bijo and the entire Sikhwala community, and the various Ashram and Station Superiors who helped us during our stay in different stations, social work animators, all others who contributed in their own way to help us to make AAVEG, this year's Contextual Philosophy Project a memorable one.

# Priestly Ordination



*Congratulations & Prayerful*



*Greetings*



Fr. Padinjarematom Juslin



Fr. Narangathottil Sajan



Fr. Vayalil Sam



Fr. Kollamparambil Tinto



Fr. Valeputhenpurayil Nikhil



# Silver Jubilarians



**Fr. Saji**  
**Nellikunnel CST**  
**Ordained : 30 Dec. 1998**



**Fr. Sunny**  
**Cheruthanickal CST**  
**Ordained : 01 Feb. 1999**



**Fr. Vincent**  
**Chittinappilly CST**  
**Ordained : 15 Apr. 1999**



**Fr. Benny**  
**Pulinkalayil CST**  
**Ordained : 17 Apr. 1999**



**Fr. Sabeenose**  
**Alilakuzhiyil CST**  
**Ordained : 21 Apr. 1999**



**Fr. Silvinose**  
**Alilakuzhiyil CST**  
**Ordained : 21 Apr. 1999**

# Birthday Greetings

## January



Fr. Puthussery Mejo  
3<sup>rd</sup> Tuesday



Fr. Padijarekutt Joseph  
7<sup>th</sup> Saturday



Fr. Thottamattom Saju  
12<sup>th</sup> Thursday



Fr. Poonolil Abraham  
13<sup>th</sup> Friday



Fr. Urulel Andrews  
13<sup>th</sup> Friday



Fr. Pazhooparambil Bruno  
17<sup>th</sup> Tuesday



Fr. Kapiyaramalayil John  
18<sup>th</sup> Wednesday



Fr. Charakunnath Sunny  
21<sup>st</sup> Saturday



Fr. Thachoor Shibin  
22<sup>nd</sup> Sunday



Fr. Kurisinkal Jidhin  
22<sup>nd</sup> Sunday



Fr. Varakil Augustine  
31<sup>st</sup> Tuesday

## February



Fr. Moonjely Antony  
2<sup>nd</sup> Thursday



Fr. Chittinappilly Vincent  
10<sup>th</sup> Friday



Fr. Padijaremmattom Juslin  
21<sup>st</sup> Tuesday



Fr. Thattaparambil Akhil  
22<sup>nd</sup> Wednesday



Fr. Narangathottil Sajan  
23<sup>rd</sup> Thursday



Fr. Vayalil Sam  
24<sup>th</sup> Friday



Fr. Thekkemalil Melbin  
27<sup>th</sup> Monday



Fr. Chathanattu Stephen  
28<sup>th</sup> Tuesday

## March



Fr. Urumbil Brijeeesh  
11<sup>th</sup> Saturday



Fr. Thekkel Sandeep  
13<sup>th</sup> Monday



Fr. Neeriankal Mathew  
20<sup>th</sup> Monday



Fr. Puravalappil Salj  
22<sup>nd</sup> Wednesday



Fr. Ayalookunnel Shoby  
24<sup>th</sup> Friday



Fr. Kollamparambil Tinto  
25<sup>th</sup> Saturday



Fr. Anjilivelil Thomas  
26<sup>th</sup> Sunday



Fr. Padijarayil Tom  
31<sup>st</sup> Friday



# Festal Greetings

3<sup>rd</sup> January



20<sup>th</sup> January



19<sup>th</sup> March

