

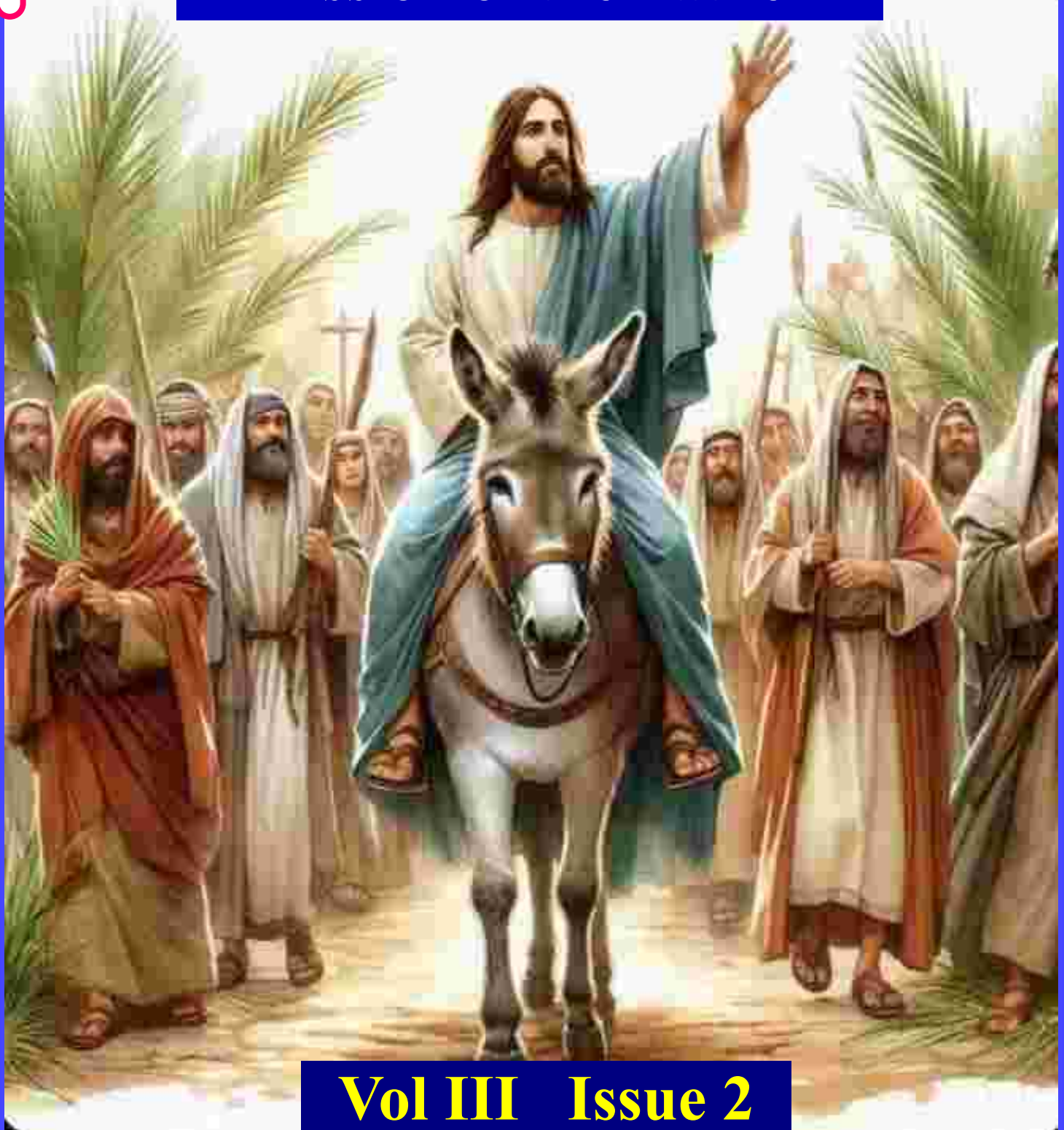
St. Xavier Province



SPARKLE FEBRUARY 2026



Mission of the Father



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Pope Message

Pope Leo reflects on three essential pillars of the Lenten season:

Listen, Fast, and Together.

His invitation is simple yet deeply challenging—an invitation not only to personal renewal but to communal transformation.

LISTEN

God listens attentively to His people, and we are called to do the same. Amid the constant noise of daily life, we are encouraged to hear the voices that are often ignored—the poor, the suffering, and the marginalized. Pope Leo reminds us that listening is not passive; it is an act of love and presence. Lent invites us to listen not only to Scripture but also to the cries of those around us. Are there voices we have silenced in our lives because they are uncomfortable or inconvenient?

FAST

Fasting is more than abstaining from food. It helps us recognize our deeper spiritual hunger and our longing for justice, mercy, and compassion. Pope Leo especially urges us to fast from harmful words—criticism, rash judgments, gossip, and speech that wounds. Our Lenten practices should make our homes, workplaces, and communities lighter with kindness rather than heavier with negativity.

TOGETHER

Lent is not a solitary journey but a shared one. Just as the people in the time of Nehemiah gathered for prayer, fasting, and renewal, we too are called to walk this path as a community. True conversion does not end with personal sacrifice; it transforms our relationships and strengthens our communal life.

This Lent, the question is not only what we are giving up, but who we are becoming—together.

Pope Leo XIV



Founder Message

Grace and the Power of Choice

Grace is the enabling force of our lives. It teaches us why we pray, what we should pray for, and how we should pray.

Life is filled with possibilities. None of us fully knows what we will become. Yet one truth remains certain: what we become is shaped by the choices we make.

This reflection is not a passing thought or mere imagination. It is grounded in lived experience and thoughtful understanding.

Today, countless possibilities lie before you. However, you cannot become everything you desire. Over time, possibilities narrow into probabilities. Your choices determine your direction.

In my own journey, I have taken on many roles — plumber, electrician, musician, cook, manager, administrator, and more. Who I am today is not the result of chance or someone else's decision; it is the fruit of my own choices. While others may guide and support us, ultimately, each of us must decide our path.

Before a decision is made, all paths appear open. Once a choice is made, many options fade away. Life then takes a clearer direction.

Every decision may limit certain freedoms, but it strengthens us by giving focus and clarity. Freedom initially feels wide and expansive, yet our choices shape and channel that freedom toward meaningful goals.

Once you choose a path — especially a spiritual one — many alternatives naturally fall away. If you have chosen to follow Christ and journey toward the Kingdom of God, that calling becomes your central direction. Do not allow your mind to wander aimlessly. Instead, renew your commitment daily and let every action reflect your chosen path.

Grace strengthens your choices. And your choices shape your destiny.

Rev. Fr. Dr. J. E. Arul Raj
Founder of DMI, MMI, AMI



Provincial Message

Dear Sisters in Christ Jesus,

We are in the second week of lent it is the time that we reflect that how we closer we are to God by our communion with our community sisters and with oneself. Thus I put forth the reflections on the theme **“Building Communion: From Division to Divine Love”**.

Community life is a sacred gift. Yet, like every sacred gift, it needs nurturing, purification, and constant renewal. Each of us is called to be a bridge, never a wall.

Therefore, let us together reflect deeply:

- ♦ Let us bring **goodness where there is hurt**
- ♦ **Forgiveness where there is hatred**
- ♦ **Understanding where there is misunderstanding**
- ♦ **Open dialogue where there is biased perception**
- ♦ **Flexibility where there is stiffness**
- ♦ **Friendly presence where there is loneliness**

Our vocation is not merely to live under the same roof, but to live in communion of hearts.

1. Replacing Hatred with Forgiveness

Forgiveness is not weakness; it is spiritual strength. When we forgive, we reflect the heart of Christ. “Where there is charity and wisdom, there is neither fear nor ignorance.” – Francis of Assisi.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” – Martin Luther King Jr.
When we forgive, we free ourselves first.

2. **Replacing Misunderstanding with Understanding**

Many conflicts are not born from evil intention but from lack of listening. “Seek first to understand, then to be understood.” – Stephen Covey

A listening heart builds unity. A judging heart builds distance.

Before correcting, let us listen.

Before concluding, let us clarify.

Before reacting, let us pray.

3. **Replacing Bias with Open Dialogue**

Preconceived ideas quietly destroy communion. Open dialogue heals relationships. **“Peace begins with a smile.”** – **Mother Teresa.** When we sit together and speak with simplicity, grace flows. Dialogue transforms suspicion into trust.

4. **Replacing Stiffness with Gentle Flexibility**

Community life requires maturity — not rigidity. “A tree that does not bend with the wind will break.” – (Proverb). Flexibility is not compromise of values. It is the humility to adjust for love’s sake. A gentle word, a casual conversation, a shared laugh, these soften hearts more than strict correction.

5. **From Fault-Finding to Friendship**

When we focus on faults, we grow distant. When we focus on gifts, we grow united. “Let us love, since that is what our hearts were made for.” – Thérèse of Lisieux

A story

- ♦ A struggle
- ♦ A hidden sacrifice
- ♦ A divine calling

If we see with compassion, we will never live aloof.

6. Overcoming Loneliness in Community

Loneliness can exist even in crowded convents. It disappears when someone feels:

- ♦ Heard
- ♦ Accepted
- ♦ Valued

Let us make a conscious effort this month:

- ♦ Speak kindly
- ♦ Appreciate openly
- ♦ Correct privately
- ♦ Encourage frequently
- ♦ Pray for one another daily

7. A Small Resolution for This Month

Before speaking about a sister, ask:

- ♦ Is it true?
- ♦ Is it necessary?

- ♦ Is it kind?

Let us build a community and province where:

- ♦ Love is natural
- ♦ Dialogue is safe
- ♦ Correction is gentle
- ♦ Unity is visible
- ♦ Christ is experienced through each other

8. Final Prayerful Thought

“Above all, clothe yourselves with love, which binds everything together in perfect harmony.” – Epistle to the Colossians 3:14

May our communities become spaces of healing, not hurting.
May we choose friendship over fault-finding.
May we choose communion over isolation.
May we choose love always.

With prayerful wishes for deeper unity,

In Christ's love

Sr. A. Antoniammal DMI

Founder Visit

On 04.02.2026, Father Founder visited Kodikottai community and School.



On 04.02.2026, the Founder Father visited Annai Nagar School, inspected the school environment, and approved the construction of a new main gate to improve visibility for the public.



Founder Visit

On 05.02.2026, Founder father visited Elupatti and Karaikal Community. Visited Velankanni with Nagapattinam sisters.



Provincial Program

Canonical Visit

Sr. A. Antoniammal made a canonical visit at Kavunji community from 14.02.2026 to 16.02.2026. Sr. Antony Mary birthday was celebrated.



Provincial Canonical Visit

Shenbaganur

Sr. A. Antoniammal made a canonical visit at Shenbaganur community from 11.02.2026 to 13.02.2026.



Provincial Canonical Visit

Elupatti

Sr. A. Antoniammal made a canonical visit at Elupatti community from 22.02.2026 to 24.02.2026. She conducted community meeting and checked the files and accounts.



Spoken English class

On 22.02.2026 Sunday 5.30 to 07.00 pm
Sr. Antoniammal took spoken English class to
Gloisted sisters at Thanjavur.



Meeting with staffs

On 23.02.2026, Sr. A. Antoniammal gave an orientation and motivation speech to academic staffs at St. Joseph College of Engineering and Technology.



CRI meeting

On 01.02.2026 Sr. Antoniammal participated in CRI Meeting at Diocese Level by Bishop Nazreen Soosai where they have celebrated the world day of Consecrated Life on the theme of Dilexi Te – Renewing Kottar with love for the poor.



Online Input session organized by Provincial

On 11.02.2026. Sr. Antoniammal arranged the online input session for the sisters in the Development Mission. Sr. M. Baby and Sr. Viji gave an Orientation.



Online Input session organized by Provincial

On 13.02.2026, Sr. Antoniammal organized Online Input session for 1st to 19th batch sisters and Animators. The resource person was Br. Victordass SHJ. Theme was “Through Quantum to Immanuel Spirituality: Empowerment of a leader in the context of AI.”



Interior Conversion



- Ezekiel 36:26 – A new heart
- Where is anxiety guiding me?
- Where is God inviting deeper trust?

Animators meeting

On 13.02.2026, Sr. Antoniammal conducted online Animators meeting. Animators presented their community evaluation and future focus report. Sr. Antoniammal gave an input to the Animators.



Province Council Meeting

On 07.02.2026, Sr. Antoniammal attended the 2nd Province Council meeting.



Online Input session organized by General

On 17.02.2026, Sr. Antoniammal and province sisters attended an online input session for the Lenten season. The resource person was Rev. Fr. Charles, MMI.



Online Input session organized by General

On 11.02.2026, Sr. Antoniammal and province sisters attended the online Vocation Promotion meeting organized by the General Administration



On 10.02.2026 Sr. Antoniammal and province sisters went to the Funeral of the mother of Sr. Inigo, the Missionary at Karankadu.



Handing Over of Vadagaraiparai Community

On 25.02.2026, Sr. Antoniammal and Kodaikanal sisters handed over the full inventory of Vadagaraparai community to Rev. Fr. Antony Jerald MMI as per the guidance of Rev. Fr. J. E. Arulraj the Founder.



Women's Day Celebration

On 14.02.2026, Sr. Antoniammal attended women's day celebration at Kavunji in the theme "பகிர்வோம் ஒன்றாக உயர்வோம்".



Women's Day Celebration

On 21.02.2026, Sr. Antoniammal attended women's day celebration at Shenbaganur in the theme "பகிர்வோம் ஒன்றாக உயர்வோம்".



Women's Day Celebration

On 28.02.2026, Sr. Antoniammal attended Women's day celebration at Perambalur District. Totally 350 women participated.





Annai Nagar

On 07.02.2026, Sr. Soosai, the District Coordinator, conducted a District Level Federation meeting at the DMI Office, Annai Nagar. A total of 66 women participated.



Through the DMI Social Security Scheme, 16 of our women's children received educational assistance amounting to ₹32,000.



New Children Group

On 23.02.2026, Sr. Soosai and staff member Jothimani formed a new children's group at Thirunatanpatti village with 13 children.



Distributed cloths

On 10.02.2026, Sr. Soosai distributed new clothes to Narikuravar children and women from Perumanadu Sudar Self Help Group. .A total of 71 new sets were distributed.



St. Joseph Global School

On 4th February 2026, school students achieved excellent results in the district-level Silamabam competition conducted at the South Indian Martial Arts Sports Academy.



On 6th February 2026, Vegetable Day was celebrated joyfully in Kindergarten. The children came dressed as different vegetables and brought fresh vegetables from home.



St. Joseph Global School

On 09.02.2026, Grade X students prayerfully visited the church carrying their hall tickets to receive blessings from the Almighty and to gain confidence for their upcoming public examinations.



Aralvaimozhi

From 1st February to 7th February 2026, Sr. Lilly, Sr. Shiny and Sr. Regina went for the Annual retreat to St.Thomas International Center. Chennai.



**On 17.02.2026,
the General
Administration
arranged the class
for the preparation
for Lent by Fr.
Charles. MMI. Sr.
Lilly and Sr. Regina
attended the session.**

On 18.02.2026, community sisters had Ash Wednesday mass with College students, evening listen the Founder Father talk about Season of Lent.



On 21.02.2026, community sisters had Pilgrimage visit to Malayankulam, Our Lady of sorrows the famous shrine, and everyone prayed well.



St. Joseph International School

On 20.02.2026, three students from Classes III, IV, and V participated in the Interschool Offline Coding Competition conducted by BNSS at Don Bosco Matriculation School, Tirunelveli.



On 13.02.2026, students presented their innovative projects at Project Expo 2026 held at DMI Engineering College, showcasing their creativity and technical skills.



DMI Engineering College

On 5th February 2026, laptops were distributed to eligible final-year students of DMI Engineering College. The ceremony was graced by the Chief Guest, Honorable Mayor of Nagercoil, Mr. Mahesh.



CSE 2nd Year students of DMI Engineering College have secured the First Prize in the Paper Presentation at the National Level Technical Symposium, C-ELECTRA' 26, held on 13/02/2026 at PET Engineering College.



Chettiapatti

On 09.02.2026, Mrs. Suguna the Nurse came from Ezlumalai Hospital and conducted medical camp to the home children



On 17.02.2026, Home management committee meeting was organized. Mr. Arunkumer from DCPU and staff participated and checked all the records.



Chettiapatti

Sr. Jancy Philo visited the sick people and distributed the Holy Communion regularly.



On 22.02.2026, community sisters had way of the cross from chinnakattalai to Chettiapatti and attended the mass



Coimbatore

On 06.02.2026, Sr. M.K.Treash DMI, Director of Colleges came to karamadai and verified all the documents in college.



Pastoral Ministry

On 01.02.2026, community sisters attended the first Holy Communion celebration at parish.



Christ the King Engineering College

On 07.02.2026, community sisters had Vallikummi program in Christ the King Engineering collage.



On 22.02.2026, the sisters conducted competition for the girls.



Elupatti

On 08.02.2026, community sisters went for the vocation and found one candidate with the help of MMI father.



St. Joseph College of Engineering and Technology

On 13.02.2026, the on-campus hiring conducted by Asahi Glass India Limited was completed and a total of 10 students have been placed.



On 23.02.2026, I MBA students who won prizes at PMU were blessed and appreciated by the Administrator Sister and Principal in recognition of their achievements.



St. Joseph College of Engineering and Technology

On 28.02.2026, sports day and cultural day was celebrated at SJCT, Thanjavur.



Eraiyyur

On 02.02.2026, community sisters had the privilege to meet Bishop of kumbakonam diocese. He came to parish sub station for inaugurating the church .



Gardening & Cultivation



Skill Training

From 01.02.2026 to 07.02.2026 in Keelapuliur village Mrs. Annammal IOB perambalur conducted masala making and pickle making training. 35 women were participated.



Awareness Program

On 03.02.2026 Sr.Arputham organized awareness on Dengue at Keelaperamblur village, about 56 women participated.



St. Joseph Global School

Interschool Coding Competition was organized by DFT & BNSS on 18.02.2026 to promote logical thinking and digital skills among students.



On 11.02.2026, SJG School organized Grade X Admit Card Distribution for the forthcoming Board Examinations.



Parents Orientation Program

On 07.02.2026, Parent Orientation Program was organized. The topic “Mindfulness in Parenting” to guide parents in nurturing emotionally strong and confident children. The session was led by Mrs. G. Rajalakshmi, Psychologist & Counsellor.



Karaikal

On 26th January 2026, SJG school proudly won the First Prize in the Republic Day Cultural Events held at Karaikal.



School students, S. Anuja and Angeline, participated in the Academic Excellence Competition held at EGS Pillay College.



Medical Camp

The Primary Health Centre (PHC) team visited the school and administered vaccinations to the students of Grades I and V to ensure their health and well-being.



PHC Nurse distributed Albendazole tablets to the students as part of the deworming initiative to promote better health and hygiene.



Kavunji

During this month of February 2026 Sr. Antony Sr. Josna conducted self help group meeting for Poondi, Mannavanur, Kannapuram, Kumpoor, Keelavarai, keelanavayal ,Polur Nattampatty, and spoke about international women's day. Totally 489 women participated.



On 16.02.2026 Srs. Antoniammal DMI Provincial, Jaya, Vincent Teresa, Antony, Josna had given the food items to munkillpallam Tribal people.



Women's Day Celebration

மகளிர் தின விழா

கொடைக்கானல், பிப். 17:

கொடைக்கானல் மேல்மலை கவுச்சியில் உலக மகளிர் தின விழா பசீர் வோம் ஒன்றாக உயர்வோம் என்ற தலைப்பில் நடைபெற்றது. இதில் 450 பெண்கள் கலந்து கொண்டனர்.



கொடைக்கானல் திமுக மேல்நிலை ஒன்றிய செயலாளர் சுரேஷ்பாண்டி விழாவில் கலந்து கொண்டு பெண்களுக்கு பரிசுகள் வழங்கினார். அருட்சகோதரி அந்தோணி விழாவுக்கான ஏற்பாடுகளையும் செய்திருந்தார்.

விழாவிற்கு தென் மாவட்ட தலைவர் அருட்சகோதரி அந்தோணியம்மாள் தலைமை தாங்கினார். அன்னை தெரசா மகளிர் பல்கலைக்கழக பேராசிரியர் முனைவர் பரிமளா தேவி, கொடைக்கானல் போலீஸ் இன்ஸ்பெக்டர் வசந்தா ஆகியோர் கலந்து கொண்டு சிறப்புரை யாற்றினர்.



Awareness Program

On 04.02.2026 Sr. Antony Sr. Josan conducted cancer awareness program at Poondi village. Totally 23 women participated.



Kodikottai

On 05.02.2026, Sr. Arul Mary conducted an SHG meeting at Pulikulam and Manapuvayal villages. A total of 25 women participated in the meeting.



On 22.02.2026, a training program on violence against women conducted at Pannaranthal village. A total of 25 women participated in the session.



On 23.02.2026, Sr. Arulmary conducted a BLCC meeting at Seiyananthal village. A total of 25 women participated in the meeting.



On 24.02.2026, Sr. Arulmary conducted an SBM (Small Business Management) training at Variyanvayal village. A total of 15 women participated in the session.



Sr. L. Susai Mary, Sr. Sahaya Rani and Sr. Arul Mary went for the Vocation to Devipattinam, Chitharkottai, and Aattangkarai, Norbert School, Sivagangai District, etc.



St. Joseph International School

Taekwondo Association Sivagangai District conducted on color belt certificate on 07.02.2026



Inter-school online Robotic competition by BNSS in associated with DFT conducted on 23.02.2026.



Muttom

On 28.01.2026, the Founding Day was celebrated, Fathers and Sisters planted 100 saplings.



Free Lunch Distribution

On 28.01.2026, Free Meal Service was inaugurated and blessed by Rev. Fr. Jesudass, and free lunch distribution for the public commenced.



Birthday Celebration



On 05.02.2026, the Clinicopathological Meeting was held with a guest from Italy Mr. Norbert Vittorio



On 19.02.2026, two faculty members from Tanzania arrived to teach MBBS students.



Medical Camp

On 03.02.2026, medical camp was organized at Monday market, Nagercoil. Totally 50 patients were screened.



On 09.02.2026, medical camp was conducted at Enayam St.Helen Church. Screening done for 75 people.



Nagapattinam

On 5th February 2026, Eucharistic celebration celebrated by our Father in Velankanni. It was truly a joyful moment.



Recruitment Report

Sr. M. Sophia went for recruitment from 18th to 22nd February in Dharmapuri Diocese. She visited the places Houser and Dharmapuri.



On 15.02.2026, Sr. M. Sophia conducted a catechism class for parish children. A total of 7 children participated.



On 03.02.2026, Sr. M. Sophia visited Solvidyapuram and met with the school children. A total of 43 children actively participated.



Palayamkottai

On 08.02.2026 Rev. Fr. Dr. Thomas Aquinas the bishop of Coimbatore and Rev. Fr. Madhalai Muthu offered holy mass in the community.



On 21.02.2026, Palayamkottai and Aralvaimozhi community sisters had a monthly recollection on the topic of " Immanuel in the depth of the soul" . Rev. Fr. Arputham HGN was the preacher on the day.



Twice in a week community sisters had community evaluation for the Sisters and the Student Candidates.



On 22.02.2026, Sr. Mariam Topno renewed her vows, she completed one year in the religious life.



On 11.02.2026, Sr. Merlin Dayana attended the CRI meeting and participated in Debate.



Don Bosco Matric School

On 20.02.2026, Inter - School Coding competition was organized. Rev. Sr. B. Mourin Subha, the Correspondent inaugurated the session.



On 13.02.2026, SCAD Engineering College conducted the online exam for XII std out of 53 schools our Students namely Ms. Alvina Judith K, Ms. Tanesha Angel J, and Master. Ahamed Mahin S.R won the 1st place.



R.M.Thurai

On 18.02.2026, community sisters held a reconciliation prayer and reflect on this month's recollection theme, which is Immanuel in the Depths of the Soul.



On 13.02.2026, the founder father provided a laptop to the AI student Sr. A. Medilda Mary, along with Sr. G. Sageetha, Sr. M. Arockia Sasi, and Sr. C. Periyanyagi.



Pastoral Ministry

On 7th February 2026, Sr. Christy distributed holy communion to the ill parishioners and offered prayers for them



On 17th February 2026, Sr Christy attended mass and administered Holy Communion to the congregants at Periyakadu Church.



On 16.02.2026, community sisters along with parish priest celebrated a thanksgiving mass for Sr. Victoria as she prepares for her Silver Jubilee.



Rajapalayam

Sr. Shanthi, along with the staff, met Rani Srikumar and invited her to the Women's Day world record program.



Sr. T. Vinnarasi went to Thiruvannamalai for the vocation promotion, she met school girls



Salem

On 06.02.2026 Sr. Little conducted a Leadership Training session for women in Valakkapattu village. A total of 15 women actively participated



During the month of February 2026, Sr. Little conducted an awareness program on mental health at Kuruthalpattu and Perunjattanvalivu. A total of 45 members participated.



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Longitude: 78.655598
Elevation: 837.9±4.2 m
Accuracy: 7.053 m
Time: 02-23-2026 09:53
Note: குருதல்பட்டு கிராம்

On 05.02.2026, Sr. Little and Sr. Malar conducted a session for the children's groups on developing leadership qualities. 68 Children participated.



On 21.02.2026, Sr. Little and Mr. Chinnapayan formed a new Adolescent Group in Thekkampattu village with 12 girls.



St. Joseph International School

On 11th February 2026, conducted parents meeting about CBSE board exam instruction and distributed hall ticket to students.



On 10th February 2026, Salem school students participated SCOUT camp at attur.



Salem school received CBSE Board exam 100 % Result award and certificate from DEO Private School, Salem for the academic year 2024-2025.



Shenbaganur

On 05.02.2026, Sr.Anna Mary, Mrs.Alice and Swathisah went Seven Road to get ICIC Loan for SHG.



Women's Day Celebration



Tenkasi

On 21.02.2026, recollection was conducted. The preacher was Fr. Dominic, theme was Immanuel in the deaths of soul.



JP Marathon 2026

On 14.02.2026, JP Group of Institution organized “JP Marathon 2026” to promote 100% voter participation, encourage the selection of good leaders, and create awareness about a green and drug-free at Tenkasi district.



Symposium

On 13.02.2026, 8th National Level Technical Symposium was organized by the Civil Department. 46 students from other colleges participated.



JP College of Arts and Science

On 18.02.2026, JPCAS conducted the inauguration, award ceremony, and induction of Manjabai for Angadiwala 5.0



JP College of Arts and Science

Under the Tamil Nadu Government Laptop Distribution Scheme, 398 laptops were issued to eligible final year Undergraduate students on 5th February 2026.



The 3rd International Conference on Emerging Trends in Intelligent Computing (ICoETIC-2026) commenced on 20th February 2026.



JP College of Education

On 12.02.2026, JP College of education conducted an intercollegiate competition. Quiz, Rangoli, Singing, dancing competition were conducted, students were participated and won prizes.



DMI St. Joseph Global School

On 13.02.2026, a very special and meaningful Holy Mass was celebrated for 10th grade students. The church was filled with devotion and hope as the parents also joined us for the Mass.



On 13.02.2026 Orange Day was celebrated with great enthusiasm and excitement. Students came dressed in orange-colour outfits.



DMI St. Joseph Global School

On 09.02.2026, JP school had the great honour of welcoming the Director from DFT, along with the newly appointed Principal.



Trichy

On 08.02.2026, community sisters went Pilgrimage to Arungkodai illam in Trichy.



Every Sunday Catechism class handled by Sr. S Amutha.



Vadagaraiparai

On 06.02.2026, Sr. Flora organized leadership training in Poolathur village, 31 members participated.



On 04.02.2026, Entrepreneur training was given to PLF leaders and five women participated. Mr. Kumar from Magalir thittm given the training.



On 05.02.2026, Sr. Flora conducted mental health awareness program at Poolathur village. Totally 37 members participated.



On 12.02.2026, new economic activity training was given by Mr. Murugesan magalir thittam. Totally 25 members participated.



Articles

A Journey from Interconnection to Divine Presence

INTRODUCTION

In today's rapidly changing world, science and spirituality are no longer seen as opposing forces. Instead, they are increasingly understood as complementary paths that lead us toward deeper truth. Quantum Spirituality arises from this dialogue between modern scientific insights and timeless spiritual wisdom. While quantum physics explores the invisible and mysterious dimensions of reality, spirituality invites us to encounter the unseen yet deeply experienced presence of God.

Quantum Spirituality helps us recognize that creation is not made of isolated parts but exists as a profound web of relationships. It gently challenges the image of a distant God and instead reveals God as intimately present within life itself. God is encountered not only in explicitly sacred spaces, but also in the ordinary flow of daily existence.

For me, as a consecrated person living in community and engaged in mission, this perspective becomes deeply meaningful. It calls me to rediscover God's presence not only in prayer and sacraments, but also in relationships, responsibilities, struggles, and even moments of silence.

“In him we live and move and have our being.” (Acts 17:28)

UNDERSTANDING QUANTUM SPIRITUALITY

Quantum physics suggests that reality at its most fundamental level is dynamic, relational, and interconnected. Matter is not merely solid and separate; everything exists in subtle

relationship with everything else. Though science speaks in its own language, this insight resonates deeply with spiritual experience.

Quantum Spirituality does not attempt to replace faith or theology. Rather, it provides a contemplative lens through which we may perceive God's immanence — God dwelling within creation. God is not only above or beyond the world, but mysteriously present within it.

This awareness invites a more responsible way of living. My thoughts, attitudes, and inner dispositions are not purely private. They influence my interactions, my community, and my mission. When I carry peace, I contribute to harmony. When I carry anxiety or negativity, I sense how easily that unrest spreads.

“The earth is the Lord's and all that is in it.” (Psalm 24:1)

QUANTUM SPIRITUALITY AND THE BIBLICAL VISION

Although the language of quantum theory is modern, the Scriptures have always spoken of unity, relationship, and divine indwelling. The teachings of Jesus consistently reveal a God who is near, relational, and actively present.

“The kingdom of God is among you.” (Luke 17:21)

This statement becomes profoundly alive when seen through the lens of Quantum Spirituality. God's Kingdom is not merely a distant hope, but a present reality waiting to be recognized. Whenever I live with awareness, compassion, and openness, I participate in this Kingdom here and now.

St. Paul's words further illuminate this vision:

“He is before all things, and in him all things hold together.” (Colossians 1:17)

faith recognizes as Christ.

MY PERSONAL REFLECTION: LIVING QUANTUM SPIRITUALITY

In my personal spiritual journey, Quantum Spirituality becomes less an intellectual idea and more an invitation to awareness. It reminds me that prayer is not only an activity, but a way of being. True prayer gradually shapes my inner posture toward life.

I have come to realize that my inner world deeply affects my outer world. When I am rooted in silence and trust, my presence becomes gentle and life-giving. When I am restless, impatient, or internally distracted, I notice how this subtly disturbs relationships and community life.

In community, this spirituality calls me to a deeper sensitivity. Each sister is not simply another individual, but someone whose life and energy are intertwined with mine. Harmony in community is not created merely by rules, but by interior attitudes — patience, forgiveness, understanding, and compassion.

“If one member suffers, all suffer together with it.” (1 Corinthians 12:26)

In mission, especially among the poor and village women, Quantum Spirituality deepens my reverence for every encounter. Each person carries dignity, mystery, and divine presence. I am reminded that transformation often happens not through grand actions, but through attentive presence, listening, and authentic care.

QUANTUM SPIRITUALITY AND INNER TRANSFORMATION

Quantum Spirituality continually points toward transformation from within. It emphasizes that lasting change begins in the depths of the heart. This echoes the teaching of Jesus:

“The good person out of the good treasure of the heart produces good.” (Luke 6:45)

This insight invites me to cultivate silence, mindfulness, and interior balance. Gradually, fear yields to trust. Control softens into surrender. Separation gives way to communion.

This spirituality also expands my ecological awareness. If all creation is interconnected, then care for the earth is not optional. It becomes an expression of spiritual responsibility and gratitude.

“God saw everything that he had made, and indeed, it was very good.” (Genesis 1:31)

CONCLUSION:

Quantum Spirituality invites us into a deeper, more integrated vision of life, faith, and reality. It encourages us to move beyond a fragmented way of seeing the world and rediscover the sacred unity that underlies all existence. In this perspective, God is no longer perceived as distant or abstract, but encountered as ever-present — sustaining, guiding, and lovingly indwelling creation.

For me, Quantum Spirituality is not merely an idea to be understood, but a way of living to be embraced. It calls me to cultivate inner stillness, attentiveness, and reverence for the mystery present in every person and every moment. It reminds me that holiness is not confined to extraordinary experiences, but unfolds quietly within ordinary life — in community interactions, in mission, in struggles, and even in silence.

This awareness gradually transforms my outlook. I begin to see that nothing is insignificant, no encounter is accidental, and no moment is empty of grace. Every thought shaped by love contributes to harmony; every act rooted in compassion participates in God’s ongoing work of healing and renewal.

Ultimately, Quantum Spirituality leads toward a spirituality of communion — communion with God, with others, and with the whole of creation. It deepens trust in the divine presence that holds all things together and invites a life lived with greater humility, responsibility, and love. In the stillness of prayer and the movement of daily life, I am continually drawn back to this simple yet profound invitation:

“Be still, and know that I am God.” (Psalm 46:10)



Sr. L. Susai Mary
7th Batch
Kodikottai Community

Emmanuel Spirituality: A Psycho-Spiritual Journey of Belonging and Identity

Introduction

The human heart longs for two fundamental experiences: to belong and to know who we are. Psychologically, belonging gives security; spiritually, identity gives meaning. Emmanuel Spirituality — rooted in the promise “God with us” Matthew 1:23— offers a profound integration of these two dimensions. When we truly believe that God is with us, we begin to experience healing in our sense of isolation and confusion. Emmanuel Spirituality becomes not merely a theological idea but a psycho-spiritual journey toward wholeness.

1. The Human Need for Belonging

From infancy, a person develops identity through relationships. Acceptance, affirmation, and secure attachment shape emotional stability. When belonging is wounded — through rejection, misunderstanding, or loneliness — the person struggles with insecurity and self-doubt.

Emmanuel Spirituality responds to this deep psychological need. The Incarnation reveals a God who enters human history and shares human experience. The prophecy of Emmanuel in the Book of Isaiah 7:14 assures us that divine presence is not temporary but covenantal.

To internalize “God is with me” is to develop a secure spiritual attachment.

2. Identity: From Role to Relationship

Often, identity is built on roles:

- ♦ I am a sister
- ♦ I am a teacher

- ♦ I am a leader
- ♦ I am successful or unsuccessful

These identities are fragile because they depend on performance. Psycho-spiritual maturity invites a shift from role-based identity to relationship-based identity.

In Emmanuel Spirituality, identity is rooted in being a beloved child of God. Before ministry, before mission, before achievement — we are persons accompanied by God. This awareness frees us from anxiety and comparison.

3. Healing the Wounds of Non-Belonging

Many carry silent wounds:

Fear of rejection

Need for constant approval

Emotional withdrawal

Over-attachment or isolation

When Emmanuel becomes an inner lived experience, healing begins. Prayer becomes a space where one experiences God's steady presence. Silence becomes companionship rather than emptiness.

Psychologically, this nurtures emotional resilience. Spiritually, it deepens trust and surrender.

4. Community as a Mirror of Emmanuel

In religious life especially, community becomes the visible expression of Emmanuel. When members create an atmosphere of acceptance, they mediate God's presence to one another.

Belonging is strengthened when:

- ♦ Each person feels heard
- ♦ Differences are respected
- ♦ Forgiveness is practiced
- ♦ Mission is shared

Community then becomes a healing space where identity is affirmed and dignity restored.

5. From Inner Security to Mission

A person secure in belonging and identity is free to love generously. Emmanuel Spirituality does not keep us inward-focused; it propels us outward.

When we know God is with us:

We are less defensive

We are less fearful

We are more compassionate

The journey of belonging leads to the mission of becoming “Emmanuel” for others — especially the lonely, marginalized, and forgotten.

Conclusion

Emmanuel Spirituality is a sacred journey where psychology and spirituality meet. It assures the human heart that it is never alone and reminds the soul that its identity is rooted in divine love.

To live Emmanuel is to move from insecurity to confidence, from isolation to communion, and from fragmented identity to integrated wholeness.

In discovering that God is truly with us, we rediscover who we truly are.



Sr. I. Lilly Pushpam
19th Batch
Aralvaimozhi Community

THE FATHERS OF THE CHURCH AND THE POOR

“St. Mother Teresa's words, "We see Christ in the poor, and the poor see Christ in us.”

The Fathers of the Church and the Poor the early Church Fathers played a key role in shaping the Church's standpoint on poverty and care for the poor. Their writings and teachings emphasized God's privileged opportunity for the marginalized, a theme deeply rooted in Scripture the Fathers saw serving the poor as a fundamental aspect of Christian life, not merely an optional charity. In the early Church, believers recognized Christ in the poor and served them with generosity In Today, this call remains relevant, urging us to see Christ in those who suffer. The Church's social teaching emphasizes the love for the poor, highlighting God's special care for the marginalized. St. Francis of Assisi: Embodying poverty and service. The early Church Fathers' teachings on the poor invite us to encounter Christ in the marginalized. Their emphasis on charity, compassion, and justice challenges us to live the Gospel authentically. As we reflect on their writings, we're called to serve Christ in the poor with humility and love.

The Fathers saw the poor not as problems, but as brothers and sisters in Christ. They remind us that serving the marginalized is serving Christ himself (Matthew 25:40). This outlook transforms our approach to poverty and service. How do we respond to the Fathers' call? Do we recognize Christ in the poor? Do we serve with compassion and justice? From the Bible - Jesus identified with the poor (2 Corinthians 8:9). Jesus showed solidarity with the marginalized. In serving the poor, we serve Christ (Matthew 25:31-46). And our own charism significant us the value of the God the father towards the poor. DMI's efforts likely echo the

early Church's commitment to serving the marginalized. By working with the poor, we are building a culture of compassion, justice, and love for the people who are in need. We feel that our society work with poor. From the very beginning our father founder, Rev. Fr. J.E. Arul Raj, his life has been cantered completely on God and the Poor, His people, and especially the poor. Inspired deeply by Abba Father and Mary, he has modelled his life on their unconditional love and selfless service. Through countless trials, untiring labour, and prayerful discernment, he has given more importance to the poor in everything; he has uplifted the marginalized in many ways, and brings people closer to God. He is not only a priest; he is a prophet of love, a servant leader, and a missionary of hope. Under his visionary guidance, DMI (Daughters of Mary Immaculate), MMI (Missionaries of Mary Immaculate), and AMI (Associates of Mary Immaculate) have blossomed into vibrant missionary reaching out to the poorest of the poor across the globe.

St. Teresa of Calcutta: Serving Christ in the poorest.

St. Mother Teresa urged Christians to care for the poor, emphasizing that love for God is established through love for the needy. She saw Christ in the marginalized, serving them with unwavering compassion. Her work with the Missionaries of Charity reflects her deep faith and commitment to serving the poorest of the poor. Seeing Christ in them. Mother Teresa believed serving the poor was serving Christ directly. She served without expecting anything in return. Her work transformed lives and inspired millions. **St. John Chrysostom**, known for his eloquence, preached extensively on serving Christ in the poor. He emphasized that giving to the poor is the same to giving to Christ himself, a theme echoed in his homilies.

St. Augustine viewed poverty as an opportunity for spiritual growth and humility. He encouraged Christians to serve the poor with compassion, seeing Christ in them. Augustine's own life reflected his teachings, as he cared for the poor and promoted their dignity. The Fathers agreed on serving the poor as a way to serve Christ, emphasizing compassion, justice, and generosity. They saw the poor as brothers and sisters in Christ, deserving of dignity and respect. Their teachings were not theoretical but practical, calling for concrete actions.

Finally we need to follow the early Church Fathers' teachings on the poor call us to action, serving Christ in the marginalized with love and compassion. Respond with faith and action, recognizing Christ in every person where we live. The Fathers' inheritance is a call to live the Gospel practically, loving God through loving the poor. Christ's presence in the poor calls us to love and serve them with humility and compassion. As we serve, we encounter Christ himself. May our love for Christ manifest in our love for the poor. The Fathers' teachings highlight the importance of caring for the poor as a way to serve Christ. Their emphasis on compassion, justice, and generosity challenges us to live the Gospel virtually.



Sr. Maya Pathare
21st Batch
Karaikal Community

Immanuel in the Depths of the Soul

Introduction

The human soul is a vast interior landscape filled with memories, wounds, dreams, and silent questions. Often, people seek God in extraordinary signs or external achievements, yet the Christian revelation speaks of a God who chooses intimacy over distance. The name Immanuel, meaning “God with us,” expresses not merely a historical event but an enduring spiritual reality. It proclaims that God dwells within the hidden depths of the human soul, accompanying every thought, struggle, and aspiration.

This article reflects on how Immanuel becomes an interior presence quiet, transformative, and deeply personal.

The Promise of Divine Nearness

The prophetic announcement in the Book of Isaiah (Isaiah 7:14) introduced the name Immanuel during a time of fear and uncertainty. It was a reassurance that God had not abandoned His people. Centuries later, the Gospel of Matthew (Matthew 1:23) presents Jesus Christ as the fulfilment of that promise. In Him, divine nearness takes human form.

This fulfilment is not limited to a single historical moment. The Incarnation signifies that God has permanently entered the human condition. Immanuel is not only with humanity collectively; He is present within each individual soul.

The Soul as Sacred Space

The soul is more than intellect or emotion. It is the deepest centre of a person’s identity the place where freedom, conscience, and longing converge. When we speak of “Immanuel in the depths of the soul,” we recognize that God’s

presence is not superficial. It reaches beneath appearances and social roles into the authentic self.

In silence, many discover that beneath anxiety and distraction there is a quiet awareness of divine companionship. This presence is subtle rather than overwhelming. It does not force itself upon the human will but invites response. The indwelling of God means that the soul becomes a living sanctuary. Every act of love, forgiveness, and truthfulness becomes an echo of that divine presence.

Encountering Immanuel in Inner Struggles

The depths of the soul are not always peaceful. They may contain doubt, guilt, loneliness, or fear. Yet these very experiences can become places of encounter. When a person faces weakness honestly, the awareness of Immanuel transforms shame into hope.

The life of Jesus reveals that divine presence does not eliminate suffering. Instead, it enters it. From the manger to the cross, Christ shares in human vulnerability. His solidarity assures believers that no inner darkness is beyond God's reach. Even when prayer feels dry or distant, faith affirms that Immanuel remains. The absence one feels may actually be an invitation to deeper trust.

Transformation from Within

When the soul recognizes God's indwelling presence, transformation begins internally before it appears externally.

This transformation unfolds gradually:

Fear gives way to trust.

Restlessness becomes peace.

Self-centeredness matures into compassion.

Despair is replaced by resilient hope.

communion rather than performance.

Living the Reality of Immanuel

Awareness of God's presence in the soul influences daily life in practical ways:

In decision-making: Conscience becomes clearer when one listens inwardly.

In relationships: Experiencing divine love fosters patience and forgiveness.

In suffering: Trials are endured with deeper meaning and courage.

In service: One becomes a bearer of God's presence to others. To live consciously with Immanuel is to carry an inner sanctuary into every environment family, workplace, ministry, and society.

Conclusion

"Immanuel in the Depths of the Soul" speaks of a God who is profoundly intimate. He is not confined to sacred buildings or extraordinary events. He dwells in silence, in longing, in repentance, and in hope. The deepest part of the human soul is not empty; it is inhabited. There, beyond noise and distraction, Immanuel abides faithful, gentle, and transformative. Recognizing this presence invites a life of trust, courage, and interior peace.



Sr. S. Mono Chinnammal
28th Batch
Eraiyr Community

Important Days to be observed



International Women's Day

Happy International Women's Day



devotion
equal rights kind
sensitive
protection mother strength
emotional
generous
warm
friend
wife
beauty
worker
elegance
grumpy
respect
fun
solidary
balance family
love
sweet
women's
day
march



MARCH

19

*Feast of St. Joseph, Husband of Mary
(Our Patron and Protector)*



MARCH

25

Solemnity of the Annunciation of the Lord

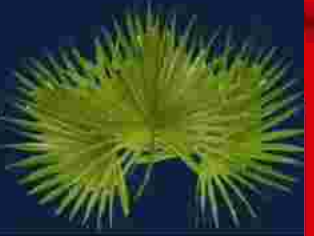


MARCH

29

Palm Sunday

Hosanna In The Highest



S.No	Name of the Sister	Batch No	DOB	Community
1	Sr.G.Selva Mary	16	1	Eraiyur
2	Sr.S.Merlin Dayana	28	2	Palayamkottai
3	Sr.S.Arockia Malar	13	2	Salem
4	Sr.V.AnanthaJothi	19	4	Nagapattinam
5	Sr.S.Merinas	13	5	Muttom
6	Sr. S. Arockia Mary	6	5	Nagapattinam
7	Sr.Amrita Babra	37	5	R.M.Thurai
8	Sr.M.Rita Mary	3	10	Nagapattinam
9	Sr.I.Arockia Mary	13	17	Tenkasi
10	Sr.A.Mercy Vasantha	12	17	Salem
11	Sr. J. Victoria	23	19	Kavunji
12	Sr.K.Anna Mary	21	20	Shenbaganur
13	Sr. M. Mariya Viyakula Kani	36	22	Elupatti
14	Sr. Mary Auxillia	28	25	R.M. Thurai student
15	Sr. Binita Dang	35	31	R.M. Thurai student

Birthday wishes-March 2026

Quiz Winners

First - Tenkasi, Kavunji, Aralvaimozhi, Muttom, Eraiyur.

Second- Shenbaganur, Nagapattinam, Annai Nagar, Chettiapatti, Coimbatore.

Third- R.M.Thurai, Salem, Trichy, Karaikal, Palayamkottai

Thank You!

