



St. Xavier Province



SPARKLE JULY 2026

Vol III

Mission of the father

Issue 7



Content

I. Pope Message

II. Founder Message

III. Provincial Message

IV. Provincial Program

V. Community Events

1. Annai Nagar

2. Aralvaimozhi

3. Coimbatore

4. Elupatti

5. Eraiyur

6. Karaikal

7. Kavunji

8. Kodikottai

9. Muttom

Content

10. Nagapattinam

11. Palayamkottai

12. Rajapalayam

13. R.M.Thurai

14. Salem

15. Shenbaganur

16. Tenkasi

17. Trichy

VI. Articles

**VII. Important Days to be
Observed**

VIII. Birthday Wishes

IX. Quiz Winners



Pope Message

Dear Brothers and Sisters,

In our rapidly changing world, technology, especially artificial intelligence, offers remarkable opportunities to serve humanity. Yet every technological advancement must always respect and protect the dignity of every human person. Technology should never replace our humanity but should help us grow in truth, love, and service.

I invite all people of goodwill to use every means of communication with wisdom, responsibility, and compassion. Let our words and actions build trust, encourage dialogue, and strengthen fraternity. Communication should always serve the common good, bring people together, and become a source of hope and peace.

As disciples of Christ, we are called to proclaim the Gospel through authentic witness and meaningful relationships. May our communication reflect truth, goodness, beauty, and kindness, becoming an instrument of encounter rather than division.

Entrusting each one of you to the guidance of the Holy Spirit, I pray that we may embrace the gifts of technology with discernment and ensure that every innovation remains at the service of humanity. Together, let us build a world where faith, truth, and human dignity flourish, and where every person experiences God's love through our words and actions.

May God bless you all.

**With Blessings,
Pope Leo XIV**



Founder Message

My dear Daughters,

I thank God for the gift of our vocation and mission. Every new day is an opportunity to renew our commitment to Christ and to become living witnesses of His love. Our strength does not come from our abilities alone but from our deep communion with God through prayer, the Eucharist, and faithful service.

The world today needs people who are rooted in faith, filled with hope, and inspired by charity. Let us never lose our missionary zeal. Wherever we are sent, let us become instruments of peace, compassion, and transformation. Let our lives proclaim the Gospel more through our actions than our words.

I encourage each one of you to continue your mission with humility, simplicity, and joyful dedication. Be close to the poor, accompany the suffering, educate the young, and build communities of love and unity. Never be afraid to embrace new challenges when Christ is your guide.

May our Blessed Mother intercede for us, and may the Lord bless every member of our DMI family as we journey together in faith, hope, and love.

**With Prayers and Blessings,
Rev. Fr. Dr. J. E. Arul Raj**



Provincial Message

Dear Sisters in Christ Jesus,

As I journey with each one of you through community life, apostolic ministry, joys, struggles, and countless moments of grace, one question often echoes within my heart: **What truly keeps a religious sister committed until the end?**

From my own experience, I have come to realize that the focal point of our religious life is not our ministry, our talents, our responsibilities, or even our achievements. It is our living and loving relationship with Jesus. When Jesus remains at the centre, everything else gradually finds its rightful place. *"A vocation flourishes not because we do many things for Christ, but because we allow Christ to do great things within us."*

Over the years, I have met sisters who carry enormous responsibilities with remarkable peace, and I have also seen others burdened despite having fewer duties. The difference does not lie in the workload but in the depth of one's communion with the Lord. A committed sister is first a woman who belongs to Christ before she belongs to any ministry. *"The strength of a religious sister is not measured by the weight she carries, but by the One who carries her."*

Our vocation is not sustained merely by discipline or external observances. It is nourished by daily encounters with Jesus in prayer, the Eucharist, the Word of God, and in the ordinary events of community life. Commitment is renewed every morning when we lovingly whisper, *"Lord, once again, I choose You."*

"Every dawn offers a fresh opportunity to renew our 'Yes' to the Lord who never withdraws His 'Yes' to us."

There will always be misunderstandings, disappointments,

Provincial Message

loneliness and movements when our efforts seem unnoticed. Yet these moments need not weaken our vocation. Rather, they can become sacred opportunities to deepen our surrender and strengthen our trust in God's providence. *"The deepest roots of fidelity often grow in the hidden soil of sacrifice, silence, and perseverance."*

Dear Sisters, let us never allow activism to replace intimacy with Christ. Let us not become so busy serving the Lord that we gradually lose the joy of walking with Him. Before we are teachers, nurses, administrators, social workers, or missionaries, we are consecrated women called to reflect His love.

"When prayer becomes our priority, ministry becomes our testimony." "The world admires successful people, but it is transformed by holy people."

Every day, let us return to our first love. Let us rekindle the joy of our vocation, cherish our consecration, and embrace one another with patience and charity. The world does not merely need efficient religious sisters; it longs to encounter women whose lives radiate Christ.

"A joyful religious sister is the most convincing Gospel many people will ever read."

May our Blessed Mother Mary, the first and perfect disciple, teach us to remain faithful in every season of life. *"Mary's greatness was not in doing extraordinary things, but in saying an extraordinary 'Yes' every day of her life."*

May each of us become a living witness that a heart rooted in Christ will never lose its joy, its hope, or its commitment.

"A heart anchored in Christ remains unshaken by storms, undistracted by success, and unwavering in love."

**With love, gratitude, and prayers,
Sr. A. Antoniammal, DMI**

Provincial Program

Canonical Visit

Sr. Antoniammal made a canonical visit at Coimbatore community from 22.07.2026 to 24.07.2026.



Canonical Visit

On 23.07.2026, Sr. Antoniammal gave the appointment letter to Sr. Veronica, appointing her as the Community In-Charge. Organized a one-day picnic for the sisters.



Provincial Program

On 05.07.2026, Sr. Antoniammal and Aralvaimozhi community sisters went to Kavalkinaru parish for the Holy Mass.



On 20.07.2026, Sr. Antoniammal went to Vadagaraiparai, met MMI fathers.



Provincial Program

From 07.07.2026 to 12.07.2026, Sr. Antoniammal went to Muttom and helped for the arrangement of KMMC Family day celebration along with the invited sisters.



Provincial Program

On 21.07.2026, Sr. Antoniammal visited St. Joseph International School, Kodikottai, and conducted an orientation programme for all the teaching and non-teaching staff.



Provincial Program

On 30.07.2026, Sr. Antoniammal made a casual visit at Karaikal community. She gave the appointment letter to Sr. M. Arockia Mary, appointing her as the Community In-Charge.



Provincial Program

On 30.07.2026, Sr. Antoniammal visited the St. Joseph Global School, Karaikal. She met School staff's and oriented them.



Provincial Program

On 30.07.2026, Sr. Antoniammal visited St. Joseph Global School, Karaikal and participated in Yellow Day Celebration of KG Students.



Provincial Program

On 31.07.2026, Sr. Antoniammal made a casual visit to the Nagapattinam Community. During her visit, she given the appointment letter to Sr. Jancy Philo, appointing her as the Animator of the community. She also interacted with the student candidates and encouraged them.



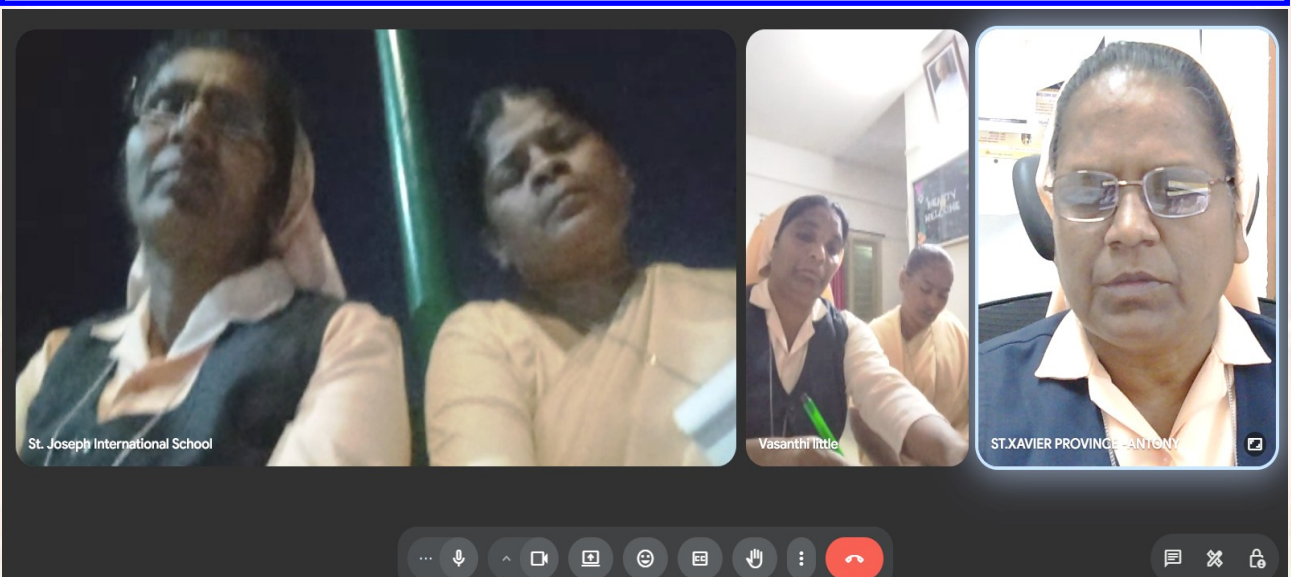
Provincial Program

On 31.07.2026, Sr. Antoniammal met the DMI sisters at Nagapattinam and oriented the sisters.



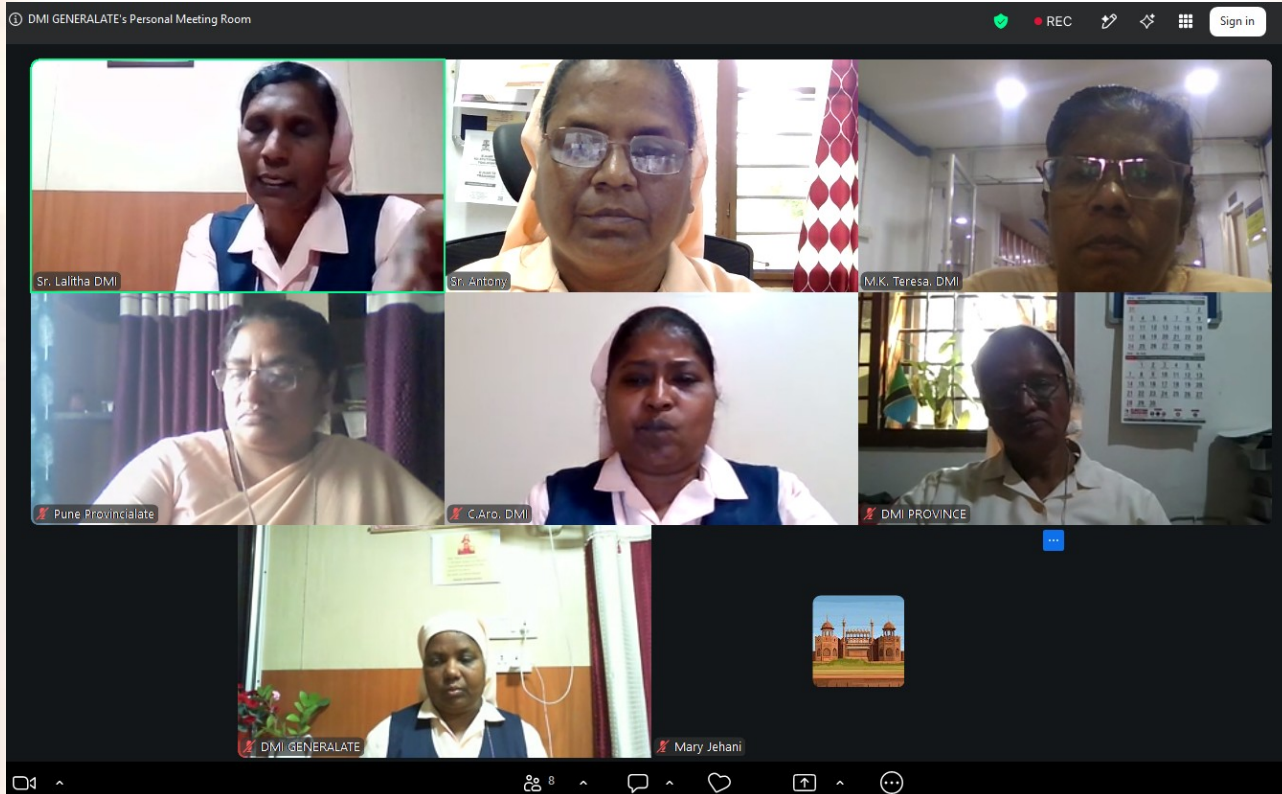
Online meetings organized by Provincial

On 13.07.2026, Sr. Antoniammal organized and conducted the online meeting with Salem community sisters.

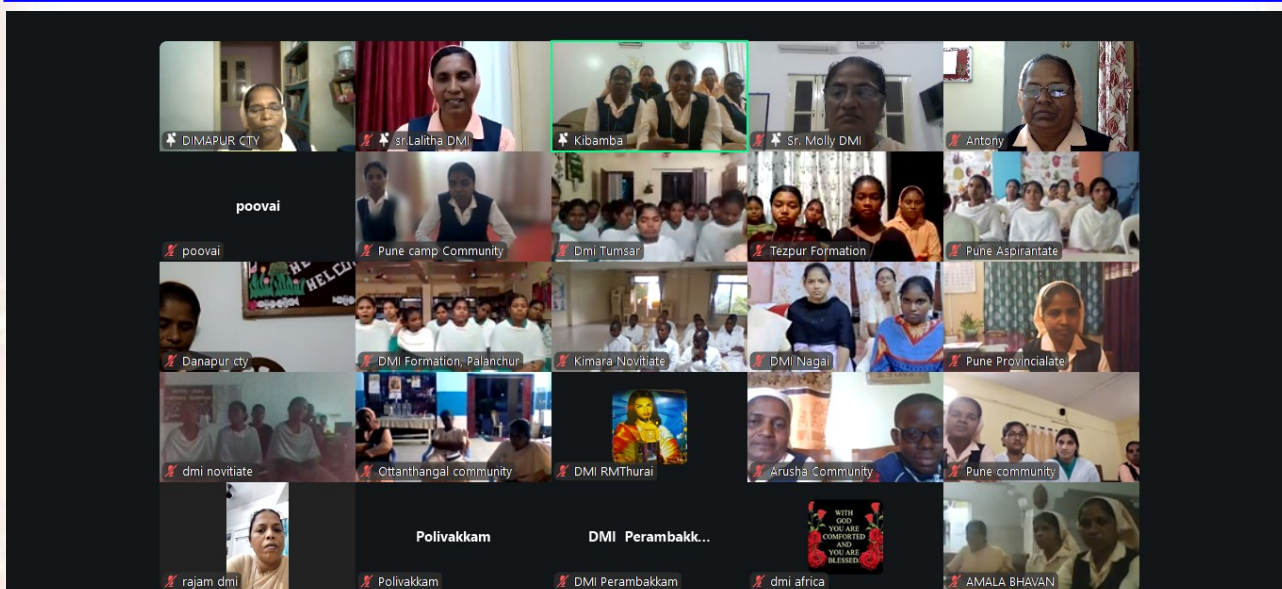


Online meetings attended by Provincial

On 13.07.2026, Sr. Antoniammal and General administration discussed about juniors program on offline in August 2026.



On 22.07.2026, Sr. Antoniammal and our province sisters attended the Global Presentation organized by Mother Teresa Province.



Superior General Visit

On 16.07.2026, Superior General Sr. Lalitha visited the Aralvaimozhi Community and the Provincial Office. During her visit, she discussed with the Provincial the administration and functioning of the Provincial Office.



Superior General Visit

On 17.07.2026, Sr. Lalitha, Superior General along with Sr. Antoniammal made a casual visit at Palayamkottai community.



Superior General Visit

On 17.07.2026, Sr. Lalitha and Sr. Antoniammal went to the Rajapalayam Community and visited the school. They met the staff and gave an orientation to them.



Superior General Visit

On 18.07.2026, Sr. Lalitha, Superior General and Sr. Antoniammal, the Provincial made a casual visit at Kodikottai.



Issuance of Appointment Order

On 18.07.2026, during the prayer Sr. Antoniammal gave an appointment letter to Sr. A. Ramya, appointing her as the Animator of the Kodikottai Community.



Superior General Visit

On 18.07.2026, Superior General along with the Provincial went to Annai Nagar community and spoke with the sisters.



Superior General Visit

On 19.07.2026, Sr. Lalitha, Superior General & Sr. Antoniammal visited Kodaikanal Communities. They met Kavunji and Shenbaganur separately at Shenbaganur.



Annai Nagar

On 11.07.2026, Sr. Punitha Roseline and Sr. Sofia Mary attended Pastoral ministry meeting at Tanjore diocese conducted by Rev. Fr. John Britto.



On 19th July Sr, Punitha Roseline attended Anbiam meeting in the parish church and given a wishes to newly elected leaders.



Development Work

From 14.07.2026 to 16.07.2026 carpentering work was done in Punitha Arockia Annai School at Annai Nagar and finishing work on the Terrace of the same school.



Social Work

On 01.07.2026 & 21.07.2026, SHG members received Rs. 21,00,000 Loan amount. 48 SHG members benefited. On 07.07.2026, Rs. 7,00,000 received from ICICI bank. 11 SHG members were benefited.



St. Joseph Global School

On 1st July 2026, SJGS Annai nagar students celebrated Doctors day.



On 15th July 2026, Annai Nagar school Celebrated Educational Development Day with great enthusiasm.



Aralvaimozhi

On 05.07.2026, community sisters attended the input session organized by Fr. Joseph.



On 20.07.2026, the community sisters reviewed and discussed the quiz answers together. .



Development Work

Room partition work and the construction of new toilets are being carried out at the Aralvaimozhi Community.



St. Joseph International School

On 13th July 2026, Aralvaimozhi school celebrated the Investiture Ceremony. The event was graced by Chief Guest Mr. Essaki Muthu, Parent Guest Mrs. Swathi Bala, the Principal, and the Campus Superior.



On 10th July 2026, Rev. Sr. Teresa, DMI, Director Administrator of all DMI Colleges, visited St. Joseph International school. She met students and staffs, oriented them.



DMI Engineering College

Fresher's Day was celebrated at DMI Engineering College on 17th July 2026 with great enthusiasm and joy.



Coimbatore

On 12.07.2026, Sr. Helen Mary & Sr. Sahaya Rani attended the silver Jubilee Thanksgiving Mass of Sr. Merina, FSJ convent.



Sr. Helen Mary conducted the First Holy communion and confirmation classes for the children



Eraiyrur

On 26th June 2026, Eraiyur Community sisters went to Elakurichi Shrine and Keeladi along with Trichy community sisters.



Awareness Program

On 09.07.2026, Sr. Arputham, along with staff Mrs. Ezhil organized an awareness program on cancer at Vayalur village. Totally 32 women are participated and benefited.



On 14.07.2026, Sr. Arputham, Sr. Mono along with staff Mrs. Chitra organized awareness on right to education at Keelakudikadu village. Totally 47 women are participated.



St. Joseph Global School

On 09.07.2026, anti drug awareness program was organized for the students.



On 04.07.2026, SJGS, Eraiur organized Parents' Orientation on IIT foundation course for Grade VI to IX parents.





St. JOSEPH GLOBAL SCHOOL-CBSE

36-ERAIYUR, PERAMBALUR - 621133

AFFILIATION.NO:1931260

KAMARAJAR BIRTH ANNIVERSARY DAY CELEBRATIONS

DATA:15.07.2026



*"Education is the most powerful weapon
which you can use to change the world."*

- K. Kamarajar

Elupatti

On 28.07.2026, tobacco awareness program was conducted. The chief guest was Dr. M.R. Abirami, Dental Surgeon, PHC, Tanjore.



Certificates were awarded to the participants who successfully completed the MSME Skill Development Course.



The Besant Technologies Placement Drive was successfully organized for the benefit of the Artificial Intelligence & Data Science (AI&DS) and Computer Science & Engineering (CSE) students.



Karaikal

On 13.07.2026, Sr. Michael Rani and staff member visited the Sudaroli Self-Help Group (SHG) to conduct the ICICI loan rating assessment.



On 17.07.2026, Sr. Michael Rani conducted a Block Level Federation (BLF) meeting. Totally 15 members are participated.



St. Joseph Global School

On 15.07.2026, Kamarajar birthday was observed and celebrated. Students participated in many competitions and received prizes.



Kavunji

Community Activities

Gardening



Recreation



Development Work



Picnic

On 11.07.2026, community sisters and novices went to picnic. They visited silver falls and museum at Jesuit Campus.



On 16.07.2026, the Kodaikanal Community sisters organized a protest at Pondi Village against the sale of liquor in the upper hill villages.



கொடைக்கானலில்

மதுக்கடையை அகற்றக்கோரி ஆர்ப்பாட்டம்



► கொடைக்கானல் மலைப்பகுதியில் உள்ள பூண்டியில், மதுக்கடையை அகற்றக்கோரி ஆர்ப்பாட்டம் நடத்திய கிராம மக்கள்.

கொடைக்கானல், ஜூலை 20: கொடைக்கானல் பூண்டி மற்றும் மேல்மலை கிராமங்களில் மதுக்கடைகளை அகற்றக்கோரி ஆர்ப்பாட்டம் நடந்தது. கொடைக்கானல் டிஎம்ஐ அமைப்பு சார்பில் பூண்டியில் நடந்த இந்த ஆர்ப்பாட்டத்தில் மகளிர் குழுவினர், கிராம மக்கள் கலந்துகொண்டனர். ஆர்ப்பாட்டத்தில், மேல்மலை, பூண்டி கிராமங்களில் இயங்கிவரும் மதுக்கடைகளால் பலர் பாதிக்கப்பட்டு வருவதையும், போதை பழக்கத் தால் பலர் இளம் வயதில் இறப்பதால் இளம் வயதில் பெண்கள் விதவை ஆகும் நிலை ஏற்படுவதாகவும், இதனால் ஏற்படும் வறுமை காரணமாக பிள்ளைகளை சரிவர படிக்க வைக்க முடியவில்லை எனவும் கிராம மக்கள் வேதனை தெரிவித்தனர்.

எனவே மேற்கண்ட இடங்களில் செயல்படும் மதுக்கடைகளை உடனடியாக அகற்ற வேண்டும் என்றும், இதற்கான நடவடிக்கையை தமிழக அரசு மேற்கொள்ளும் வரை தங்களது போராட்டம் தொடரும் என்றும் அவர்கள் தெரிவித்தனர். போராட்ட குழுவினரிடம் கொடைக்கானல் காவல் ஆய்வாளர் புகழேந்தி மற்றும் போலீசார் பேச்சு வார்த்தை நடத்தினர்.

இதையடுத்து அவர்கள் அனைவரும் கலைந்து சென்றனர். இந்த ஆர்ப்பாட்டத்தில் ஏராளமான பொதுமக்கள் கலந்து கொண்டனர்.

இதையடுத்து அவர்கள் அனைவரும் கலைந்து சென்றனர். இந்த ஆர்ப்பாட்டத்தில் ஏராளமான பொதுமக்கள் கலந்து கொண்டனர்.

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On 04.07.2026, Sr. Antony & Sr. Sheela conducted cancer awareness for women at Kauvnji. Total participants were 37 women.



On 15.07.2026, Pondi School observed Education Development Day, honoring Shri K. Kamarajar, the Father of Education in Tamil Nadu. A total of 85 children participated in the programme.



On 14.06.2026, Sr. Sheela conducted a National Flag Day awareness programme for the students of Pondi School. A total of 37 children participated.



Kodikottai

Community building renovation and painting works were done at Kodikottai. Plumbing and electrical works completed in students room.



On 15th July 2026, Right to Food awareness program was conducted at Nallakudi village. Nearly 25 women participated in the session.



On 18th July 2026, DMI sisters conducted an Adolescent Girls' Group Meeting at Maviduthikottai Village. A total of 30 adolescent girls participated.



St. Joseph International School

On 03.07.2026, INVESTITURE CEREMONY was celebrated. The chief guest was Mr. Muthu Kumar the Inspector of Police Devekottai.



On 15.07.2026, Educational Development Day was observed at SJIS, Kodikottai, to commemorate the birth anniversary of Shri K. Kamaraj.



Muttom

KMMC Family Day

On 11.07.2026, DMI sisters celebrated KMMC family day, in the presence of Father founder, Most Rev.Dr.George Antonisamy Mylapore, Most Rev.Dr.NazreneSoosai, Advocate Gnana Sekar.



On 15.07.2026, the Memorandum of Understanding (MoU) Signing Ceremony was successfully organized by KMMC. The event marked a significant milestone in strengthening academic collaboration, clinical training, research, and professional development through a strategic partnership with **MoU signing ceremony with Parma University Italy.**



முட்டம் கே.எம்.எம்.சி. மருத்துவக்கல்லூரியில் புரிந்துணர்வு ஒப்பந்தம் கையெழுத்து

நாகர்கோவில், ஜூலை.16-
கன்னியாகுமரி மாவட்டத்
தில் உள்ள முட்டம் கே.எம்.
எம்.சி.மருத்துவக்கல்லூரியில்
செயின்ட் ஜோசப் பல்கலைக்
கழகமும், ஆயிரம் ஆண்டு
பழமை வாய்ந்த இத்தாலிய
பார்மா பல்கலைக்கழகமும்
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வர்கள் செயின்ட் ஜோசப்
பல்கலைக்கழகத்தில் படிக்க

வும், இங்குள்ள மாணவர்கள்
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வும்.

இத்தாலியில் மருத்துவத்
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ஸ்காலர்ஷிப்பும், படிப்பு
முடிந்த பின்பு இந்தியாவில்
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சம்பளமும் வழங்கப்படுவ
தால், செயின்ட் ஜோசப்
பல்கலைக்கழகத்தில் படிக்கப்

போகும் மாணவர்கள் இந்த
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கொள்ளலாம்.

இந்தநிகழ்ச்சியில்செயின்ட்
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டீன் டாக்டர் மோகன்,
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சார்பில் அதன் துணைவேந்
தர் பாலோ மார்டெல்லி,
துறை தலைவர்கள் மார்கோ
மசாடிரி, நாடியா மோனா
சிலி ஆகியோர் கலந்து
கொண்டனர்.

Nagapattinam

On 10.07.2026, the community sisters and the novices made a pilgrimage to Velankanni. They prayed to Our Lady of Velankanni and spent a joyful day together.



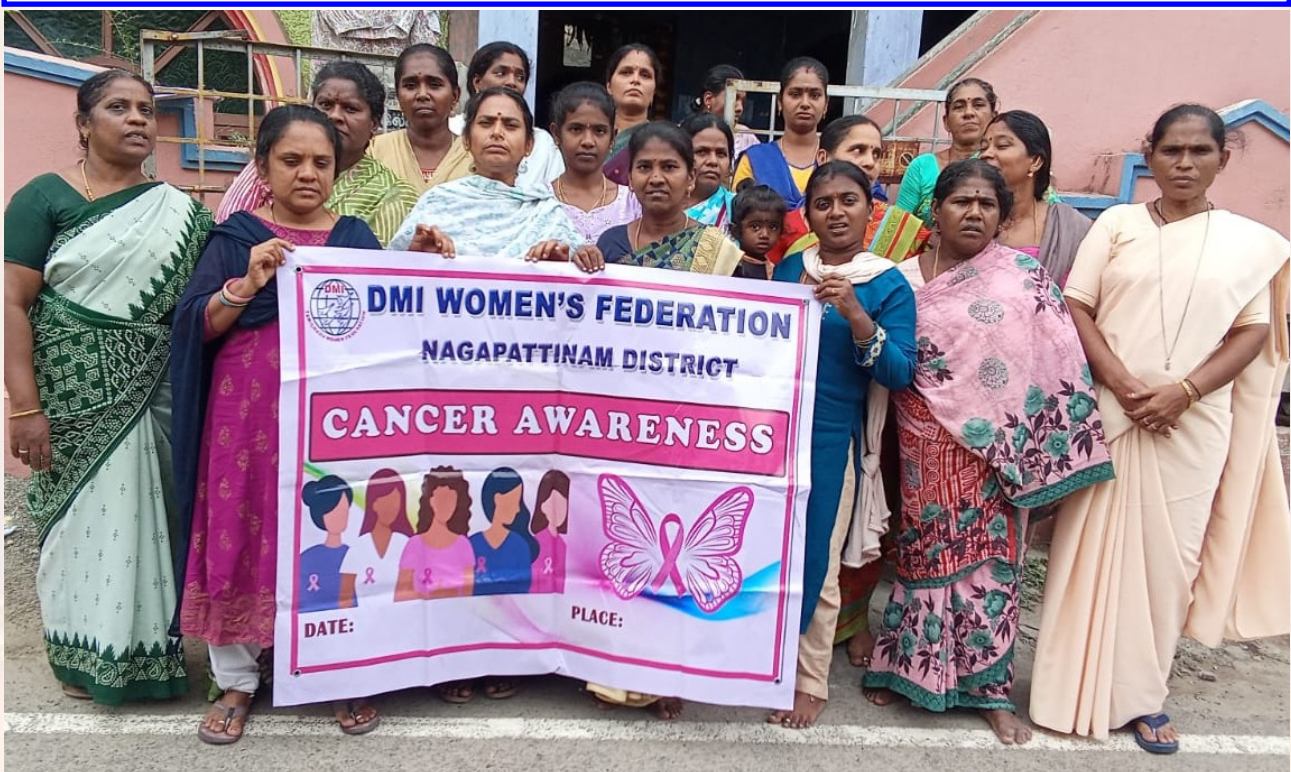
On 14.07.2026, sponsor girl Baranika came collected letter and distributed money to her



On 16.07.2026, J. Susai Mary and the staff organized a Right to Education Awareness Programme at Solavithiyapuram Panchayat. Totally 20 members participated and benefited.



On 20.07.2026, Sr. Soosai and staff member Suguna conducted a Cancer and Dengue Awareness Programme for women. Totally 18 women participated and benefited through the program.



On 13.07.2026, Mrs. Nithiya from Kamali SHG, Nagai Township, visited the Collector's Office to sell the coconut burfi that she newly prepared with the guidance of DMI. She spent Rs. 475 for preparation and earned an income of Rs. 625 from the sales.



On 04.07.2026, Sr. Susai and the staff organized a Leadership Training Programme for the women of the Self-Help Groups.



Palayamkottai

On 03.07.2026, community sisters celebrated the Holy Eucharistic Celebration in the community, marking the First Friday of the month. The Holy Mass was celebrated along with the Parish Priest.



Recreation



On 18 July 2026, community sisters visited the land located at Pathamadaai. The visit helped them inspect the property and review its current condition and maintenance



On 20.07.2026, the neighboring SABS sisters visited Palayamkottai community. Their visit strengthened bond of friendship, unity, and mutual support in our religious mission.



Don Bosco Matric School

On 24.07.2026, the Investiture Ceremony was held with great dignity and enthusiasm. The event was graced by Mrs. Chandra, Sub-Inspector of Police, Mrs. Manjula, Head Constable, and Mrs. Theresh Ancy, Head Constable.



R.M.Thurai

On 07.07.2026, 09.07.2026 and 22.07.2026 founder father came to R.M.Thurai community and celebrated the Holy mass.



On 10.07.2026, sisters participated in adoration and offered prayers for the intentions of our founder, as well as for the missions of DMI and MMI.



Recreation



On 11.07.2026, the Medical College and Hospital commemorated the Journey of the KMMC Family. Student, Sr. Lawra, received a memento and a certificate for achieving second place in her studies.

Achievements



On 4th July 2026, Sr. Christy distributed holy communion to the ill parishioners and offered prayers for them within the parish community.



On 05.07.2026, Sr. Christy organized an event for foster children to write letters to their foster parents. Consequently, twenty foster children participated in writing letters, and they also received educational support.



Rajapalayam

St. Joseph International School

On 29.06.2026, M.R. Lithisa of Grade – VIII won first place in the District Level Blitz Chess Competition.



On 01.07.2026, School students celebrated the Doctor's Day. The chief guest was Dr. Sekar.



On 08.07.2026, Mr. Sebastine Robert Clive, Director of DFT Schools, and Dr. KavithaThiyagarajan, Academic Coordinator of DFT Schools, visited SJIS, Rajapalayam campus.



Angel College of Education

On 10th July 2026, Angel College of Education was honored with the GRT Jewelers Golden Guru Award in recognition of its excellence as the Best Institute.



On 24 July 2026. 15th graduation ceremony held successfully at Rajapalayam campus. The chief guest was the controller of examination of Tamil nadu teacher's Education, Chennai.



Salem

On 19th July 2026, community sisters attended the CRI meeting. The inspiring talk was given by Most Rev. Dr. Singarayer, former Bishop of Salem.



On 9th & 22nd July 2026, a leadership training program was conducted for six women's groups from Valakapattu, Kuruthalpattu village group people. A total of 119 women participated in the training and benefited from the sessions.



On 2nd July 2026, mushroom cultivation training program was conducted in Karumanthurai in collaboration with Arakatalai. A total of 110 women participated in the training and benefited.



On 18th July 2026, Sr. Little and Mrs. Jyothi conducted a Child Rights Awareness Program for the children of Echangkadu. A total of 20 children actively participated in the program



On 9th July 2026, Sr. Little and Mr. Chinnapayan conducted an awareness program on Health and Nutrition. A total of 14 children participated in the session.



St. Joseph International School

On 15th July 2026, Kamarajar birthday was celebrated. Mr. Elangovan from the Karumanthurai Fire and Rescue Services Station graced the occasion as the special guest.



Shenbaganur

On 08.07.2026, community sisters organized a BLF meeting in Kodaikanal DMI office. A total of 12 members participated.



During this month one Self Help Group got ICICI loan the amount is 8, 25,000. Totally 12 members were benefitted.



Awareness Program

On 08.07.2026 & 22.07.2026, Dengue awareness program was organized for the women and Children. Totally 26 members benefited.



On 15th July 2026, birthday of K. Kamaraj was celebrated with enthusiasm at Karmelpuram primary school. Sr. Jeya gave the speech to the students. Totally 78 children participated.



On 07.08.2026, Sr. Anna Mary organized a Value Education Program at Attuvampatti. A total of 10 children participated in the program.



Tenkasi

JP College of Engineering

On 29.07.2026, the Entrepreneurship Development and Innovation Institute (EDII-TN), under the Tamil Nadu Youth Innovation and Entrepreneurship Development Programme (TNYIEDP), conducted the "Nimirndhu Nil" Tenkasi District-Level Ideation Camp at J.P. College of Engineering.



On 15.07.2026, Horizon 2026 was organized by JPCOE in association with the Rotary Club of Tirunelveli Central. A total of 316 students participated in the event.



JP College of Arts and Science

The Department of Visual Communication organized a 3-Day Basic Documentary Filmmaking Workshop from 7th to 9th July 2026. The workshop was conducted by Mr. R. R. Srinivasan, Filmmaker and Photographer.



On 29.07.2026, Mr. Kanagaraj, a II B.A. English student of JP College of Arts & Science, won a prize in the Inter-Collegiate Elocution Competition organized by Kamaraj College, Thoothukudi.



JP College of Education

On 09.07.2026, Mr. P. Abdul Razak, Assistant Professor, Department of Education, Tenkasi, served as the resource person for a seminar on "English for Employment Skills for the 21st Century."



From 06.07.2026 onwards, the faculty of JP College of Education, Tenkasi, initiated TNPSC, TET, TRB, CTET, and OST coaching classes for the PG students of JP Arts and Science College, Tenkasi.



DMI St. Joseph Global School

On 06.07.2026, Singapen team gave a motivational speech to the Students . The session focused on confidence, discipline, and positive thinking.



On 09.07.2026, the Investiture Ceremony was conducted in a grand and disciplined manner.



Trichy

On 12th July 2026, the catechism classes reopened at Jagan Matha Parish with a Eucharistic celebration and prayer. Sr. Amutha conducted the catechism classes.



On 25.7.2026, the Director and Academic coordinator visited Shrine Vailankanni Matric HSS. Conducted the meeting with teaching staff and checked the note book.



Investiture Ceremony was organized and celebrated at Shrine Vailankanni Matric School. The students were actively participated in various Programs.



Articles

The Focal Point of a Committed Religious Sister

"Remain in Me, as I remain in you... apart from Me you can do nothing." (John 15:4–5)

As I journey with many of you through community life, apostolic commitments, moments of joy, and seasons of struggle, one question continues to echo in my heart:

Introduction: Returning to the Heart of Our Call

Every vocation begins with a mystery of love. Before we wore the religious habit entered into apostolic ministry, there was a sacred moment when Jesus looked upon each one of us with love and gently whispered, **"Come, follow Me."** That invitation was not merely to perform a ministry but to enter into a lifelong communion with Him.

As I journey with many of you through community life, apostolic commitments, moments of joy, and seasons of struggle, one question continues to echo in my heart:

What keeps a religious sister joyful, faithful, and committed throughout her life?

After years of accompanying sisters in different stages of religious life, I have discovered that the answer is beautifully simple yet profoundly demanding. **The focal point of a committed religious sister is not her ministry, her position, her achievements, or even her sacrifices. It is her living relationship with Jesus Christ.**

"When Christ ceases to be the centre, everything else slowly competes for the centre."

The Silent Drift of the Heart

Our world is changing at an extraordinary pace. Technology connects us instantly, yet hearts often become isolated. Social media constantly demands attention. Success is measured by productivity, efficiency, recognition, and visibility. Even within religious life, we can unconsciously begin to evaluate ourselves by what we accomplish rather than by who we are before God.

Without realizing it, ministry can become more important than mission, activity can replace contemplation, and efficiency can quietly overshadow intimacy with Christ.

The greatest danger to religious life is not persecution from outside but distraction from within. We may remain physically present in our convents while our hearts slowly drift away from the One who first called us.

"The first step away from our vocation is rarely a dramatic fall; it is often a gradual loss of wonder before the presence of Christ."

Every sister should courageously ask herself:

Has my ministry become more important than my Master?

Do I spend more time planning my work than listening to God's voice?

Am I still in love with Jesus as I was on the day of my first profession?

These are not questions of guilt but invitations to grace.

Prayer: The Breath of Consecrated Life

Prayer is not simply one duty among many. It is the very heartbeat of our vocation.

Without prayer, religious life gradually becomes a profession. With prayer, every ordinary task becomes a sacred mission.

The Eucharist is not merely part of our daily schedule; it is where Christ continually forms us into His Body. The Word of God is not simply for preaching; it is meant first to transform the preacher. Silence is not emptiness but the workshop where the Holy Spirit patiently reshapes our hearts.

"A sister who kneels before the Eucharistic Lord will stand with courage before every challenge."

When our prayer becomes superficial, our relationships become fragile. When prayer deepens, charity blossoms naturally.

The Evangelical Vows: Pathways to Interior Freedom

Sometimes we mistakenly see the vows as obligations to preserve. In reality, they are gifts that continually liberate us.

Poverty teaches us that God alone is our true security.

Chastity enlarges our hearts so that we may love without possessing.

Obedience frees us from the prison of self-will and opens us to the joyful discovery of God's plan.

These vows are not burdens carried with clenched fists but treasures embraced with grateful hearts.

"The vows are not walls that imprison us; they are windows through which Christ shines into the world."

Community Life: The Daily School of Holiness

Community life is where our vocation is purified every day.

It is easy to love humanity in general; it is more demanding to love the sister who misunderstands us, corrects us, disagrees with us, or thinks differently.

Every misunderstanding invites humility.

Every forgiveness deepens charity.

Every sacrifice strengthens communion.

Every hidden act of kindness becomes a silent proclamation of the Gospel.

A flourishing community is not one without differences but one where every sister chooses love over ego.

"Holiness is often hidden in ordinary acts of patience that no one applauds except God."

Rediscovering Our First Love

The Book of Revelation gently reminds the Church:

"You have abandoned the love you had at first." (Revelation 2:4)

Perhaps these words are also addressed to each of us from time to time.

Not because we have stopped serving, but because we have become so occupied with serving that we have forgotten to simply remain with Him.

Every morning offers a fresh opportunity to whisper:

"Jesus, today I choose You again."

That daily renewal is the secret of lifelong fidelity.

"Commitment is not preserved by extraordinary moments but by ordinary faithfulness repeated every day."

What Our Congregation Needs Today

Our congregation does not merely need sisters who are academically qualified, professionally competent, or administratively efficient.

It needs women whose hearts are deeply rooted in Christ.

Women who radiate peace.

Women who forgive quickly.

Women who listen before speaking.

Women who choose communion over competition.

Women whose joy springs not from appreciation but from belonging completely to Christ.

Our beloved Founder, **Rev. Fr. J. E. Arulraj**, continually reminded us that we are called to become **"Fully Human and Fully Alive."** This vision is fulfilled only when Jesus remains the centre of every thought, every decision, every relationship, and every ministry.

"The greatest contribution a religious sister can offer the Church is not merely her work but her transformed heart."

A Time for Interior Renewal

The future of our congregation will never be secured solely by beautiful buildings, flourishing institutions, strategic planning, or impressive achievements.

Its future will be shaped by sisters whose hearts burn with love for Christ.

Renewal begins neither in structures nor in policies.

It begins in prayer.

It begins in silence.

It begins before the Blessed Sacrament.

It begins when one sister sincerely says,

"Lord, create in me a new heart."

Whenever one heart is renewed, a community is renewed.

When communities are renewed, the congregation flourishes.

When the congregation flourishes, the Church becomes more radiant.

"Every authentic renewal in religious life begins on our knees before it is seen in our ministries."

Conclusion: Let Christ Be Enough

Dear Sisters, Let us return once again to the wellspring of our vocation.

Let us rediscover the joy of belonging entirely to Christ.

Let us protect our prayer, cherish our community life, love our vows, and embrace our mission with renewed enthusiasm.

May we never become sisters who merely do God's work.

May we become women in whom God Himself continues His work.

When our hearts remain anchored in Christ, no disappointment can destroy our hope, no success can distract our humility, no suffering can extinguish our joy, and no challenge can weaken our commitment.

"A committed religious sister is remembered not because she accomplished extraordinary things, but because she allowed Christ to accomplish extraordinary love through her ordinary life."

May our Blessed Mother Mary, the first disciple and perfect woman of consecration, teach us to treasure Christ at the centre of our hearts and to renew our generous 'Yes' every day.

May Jesus Christ remain forever the focal point of our consecrated lives.



Sr. A. Antoniammal
9th Batch
Aralvaimozhi community

Walking Together in Faith, Hope, and Service

"Let your light shine before others, that they may see your good works and glorify your Father in heaven." — Matthew 5:16

Introduction

Consecrated life is a beautiful gift to the Church and to the world. Through our vocation, we are called to witness God's love by living the Gospel with joy, simplicity, and generosity. Every day, God invites us to deepen our relationship with Him through prayer, community life, and selfless service. Our journey is not merely about fulfilling responsibilities but about becoming living signs of Christ's presence among His people.

As members of our province, we experience God's faithfulness in countless ways. Through every mission, every challenge, and every moment of grace, the Lord continues to shape us into instruments of His peace. The newsletter becomes an opportunity to pause, reflect, and thank God for His abundant blessings while encouraging one another to remain faithful to our common mission.

Growing in Faith through Daily Encounters with Christ:

"I am the vine; you are the branches. Whoever remains in me and I in him will bear much fruit." — John 15:5

The strength of every consecrated person comes from a deep relationship with Jesus. Our ministries become fruitful only when they are rooted in prayer. In today's fast-moving world, we can easily become busy with activities and responsibilities. Yet Jesus gently reminds us that apart from Him we can do nothing. Every Eucharist every moment of adoration, every meditation on God's Word renews our hearts and strengthens our commitment.

As sisters, we are called not only to work for Christ but to walk with Christ. Our community life becomes a witness when it is filled with forgiveness, mutual respect, and genuine love. Through our unity, people encounter the living Gospel. Even our hidden sacrifices become seeds of hope that God uses to transform lives.

Serving with Compassion and Hope:

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me." — Matthew 25:40

Our mission reaches schools, parishes, villages, hospitals, and homes where people long for God's love. Every smile we offer, every child we educate, every patient we comfort, and every family we support reflects Christ's compassionate heart. Service is not measured by the greatness of our achievements but by the love with which we carry them out.

There are moments when our mission becomes difficult. We may experience tiredness, misunderstandings, or uncertainty. Yet these moments become opportunities to trust God more deeply. The Cross always leads to the Resurrection. When we remain faithful in small acts of love, God accomplishes extraordinary things through us.

Let us continue to be women of hope who bring light into places of darkness, healing where there is pain, and encouragement where people have lost courage. Our joyful witness speaks louder than words and becomes a silent proclamation of the Gospel.

Conclusion

"Be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain." — 1 Corinthians 15:58

As we continue our journey together, let us thank God for the gift of our vocation and for the countless blessings He has poured upon our province. May we renew our commitment to live faithfully, love generously, and serve joyfully. Let every community become a home of prayer, every ministry a place of hope, and every sister a living reflection of Christ's love.

May the Blessed Virgin Mary, our Mother and model of discipleship, accompany us in every step of our mission. With hearts filled with gratitude and hope, let us continue to proclaim the Good News through our lives, confident that the Lord who has called us will continue to guide and strengthen us always.

"The one who calls you is faithful, and He will do it." — 1 Thessa: 5:24



Sr. L. Susai Mary
7th Batch
Kodikottai Community

The Benefits of Daily Devotion and Mindfulness

Introduction

In today's fast-paced and demanding world, many people experience stress, anxiety, and emotional exhaustion. Daily devotion and mindfulness provide a meaningful way to restore balance, strengthen faith, and cultivate inner peace. Devotion helps individuals connect with God or a higher purpose through prayer, worship, and reflection, while mindfulness encourages living in the present moment with awareness and gratitude. Together, these practices support spiritual, emotional, and mental well-being.

Understanding Daily Devotion and Mindfulness

Daily devotion is the practice of dedicating time each day to spiritual activities such as prayer, reading sacred scriptures, meditation, or worship. It deepens one's faith and strengthens the relationship with God. Mindfulness is the practice of paying full attention to the present moment without judgment. When combined, these practices help individuals become more focused, peaceful, and spiritually grounded.

Strengthening Faith and Spiritual Growth

Regular devotion nurtures faith by encouraging trust in God's guidance and wisdom. It provides an opportunity to reflect on spiritual teachings and apply them in daily life. Mindfulness enhances this experience by allowing individuals to engage fully in prayer and meditation, leading to a deeper sense of connection and purpose.

Promoting Mental and Emotional Well-being

One of the greatest benefits of daily devotion and mindfulness is their positive impact on mental health. These practices help reduce stress, calm the mind, and improve emotional resilience. Spending a few quiet moments in prayer or meditation each day enables individuals to face life's challenges with patience, confidence, and hope.

Developing Positive Values and Relationships

Daily spiritual practice encourages qualities such as compassion, forgiveness, humility, honesty, and self-discipline. These values improve relationships with

family, friends, and the wider community. Mindfulness also promotes empathy and thoughtful communication, helping people respond to others with kindness and understanding.

Cultivating Gratitude and Inner Peace

Devotion and mindfulness encourage people to appreciate life's blessings and remain grateful even during difficult times. Gratitude shifts attention away from negativity and fosters contentment. As a result, individuals experience greater inner peace, emotional stability, and a more positive outlook on life.

Conclusion

Daily devotion and mindfulness are powerful practices that enrich both spiritual and personal life. They strengthen faith, reduce stress, promote positive values, and inspire gratitude. By dedicating a small part of each day to prayer, reflection, and mindful awareness, individuals can develop lasting inner peace, stronger character, and a deeper sense of purpose. These simple yet meaningful habits contribute not only to personal growth but also to creating a more compassionate and harmonious society.



Sr. I. Lilly Pushpam
19th Batch
Tenkasi Community

Keeping Humanity at the Heart of Technology

Technology: A Gift with Responsibility

Artificial Intelligence (AI) is transforming the way we live, work, and communicate. It supports education, healthcare, administration, and many other fields by making tasks faster and more efficient. While AI offers many benefits, it also challenges us to ensure that technology always serves humanity and never replaces human values.

Religious Life Is About Relationships

Consecrated life is built on prayer, love, compassion, and community. AI can assist us in administrative work, research, communication, and planning, but it cannot replace the warmth of human relationships or the spiritual bonds that unite religious communities.

Every Sister Is a Unique Gift

Each sister has unique talents, experiences, and spiritual gifts. Some are called to teach, others to heal, lead, pray, or serve the poor. Our differences are not weaknesses but blessings that enrich our community and strengthen our common mission. We should never expect anyone to perform like a machine or compare one another unfairly.

Collaboration Over Competition

Healthy community life grows through cooperation, mutual respect, and shared responsibility. By appreciating one another's gifts and supporting each other with patience and understanding, we build stronger communities that reflect Christ's love.

Using AI Wisely

AI can become a valuable tool when used responsibly. It can save time by helping with documentation, translations, educational materials, and communication, allowing us to devote more time to prayer, pastoral ministry, and personal accompaniment. However, AI must always remain a servant—not a substitute—for human compassion.

Our Prophetic Mission

Religious communities are called to promote the ethical use of technology by protecting human dignity, respecting privacy, and encouraging digital responsibility. As followers of Christ, we are called to witness that people are always more important than performance and relationships are more valuable than results.

Conclusion

Artificial Intelligence may shape the future of technology, but love, compassion, and respect for human dignity will shape the future of humanity. Let us embrace AI as a useful tool while keeping Christ at the center of our lives. By valuing every sister as a unique gift of God, our communities will continue to be places where faith, fraternity, and human dignity flourish.



Sr. S. Roselin Mary
23rd Batch
Aralvaimozhi Community

Awakening to Interconnectedness and Encountering Immanuel

Introduction

Human life is a journey of discovering meaning, purpose, and relationship. In today's rapidly changing world, marked by technological advancement, ecological crises, social inequalities, and spiritual searching, there is an increasing awareness that nothing exists in isolation. Every person, every creature, and every element of creation is interconnected. This awakening to interconnectedness invites humanity to move beyond individualism and recognize the profound unity that binds all life together.

For Christians, this realization is not merely a philosophical or scientific insight but a deeply theological truth. At the heart of this interconnected reality stands **Immanuel "God with us"** (Matthew 1:23). Encountering Immanuel means recognizing God's loving presence within ourselves, in our relationships, in creation, and especially among the poor and marginalized. It calls believers to live in communion, justice, compassion, and hope.

Understanding Interconnectedness

"That they may all be one, as You, Father, are in me and I in You." (John 17:21)

Interconnectedness is the profound truth that nothing and no one exists in complete isolation. Every person, every living creature, and every part of creation is connected in a beautiful web of relationships. Our lives are shaped by those around us, and our choices influence others in ways we often do not realize. This interconnectedness is not merely a scientific or social reality; it is a spiritual truth rooted in God's own nature.

The Bible begins with the story of creation, where God lovingly creates a harmonious universe. Everything is interconnected under God's providence. Human beings are created in the image and likeness of God and entrusted with the responsibility of caring for one another and for creation. We are not owners of creation but stewards of God's gifts.

The Biblical Vision of Interconnectedness

The Bible presents creation as a harmonious community rather than a collection of isolated individuals.

Creation

In Genesis, God creates the universe and repeatedly declares it "good." Humanity is created in God's image and entrusted with caring for the earth rather than exploiting it.

Covenant

God's covenant embraces individuals, families, nations, and ultimately all creation. Relationships are central to God's plan of salvation.

The Body of Christ

St. Paul describes the Church as one body with many members (1 Corinthians 12). Every member is unique, yet each depends on the others.

Cosmic Reconciliation

Christ reconciles "all things" to Himself (Colossians 1:15–20). Redemption extends beyond humanity to the whole of creation.

The Poor as the Face of Immanuel

Jesus identifies Himself with the least among us:

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40) The poor are not objects of charity but subjects of dignity. Encountering Immanuel among the poor transforms both the giver and the receiver. This understanding lies at the heart of Catholic Social Teaching, especially the **Preferential Option for the Poor**.

Organizations engaged in social transformation witness this reality daily. Every effort toward education, healthcare, women's empowerment, child protection, sustainable development, and community organization becomes a sacred encounter with God's presence.

Immanuel: God's Living Presence

The Gospel of Matthew introduces Jesus with the prophetic title, **Immanuel**, meaning "God with us." This name is more than a description; it expresses God's enduring commitment to humanity. In Jesus, God enters human history, sharing our joys and sorrows, hopes and struggles.

Jesus demonstrates God's presence by walking with ordinary people. He heals the sick, welcomes sinners, comforts the brokenhearted, and restores the dignity of those pushed to the margins of society. His ministry reveals that God is encountered not only in sacred places but also in everyday life in villages, homes, work places, and among those who suffer.

Today, Immanuel continues to be present wherever love overcomes hatred, justice confronts oppression, forgiveness heals wounds, and communities unite in service. God's presence is dynamic, inviting each person into deeper communion with Him and with one another.

Living the Presence of Immanuel

Encountering Immanuel is not a single spiritual experience but a lifelong journey. It requires daily openness to God's presence through prayer, Scripture, worship, service, silence, and reflection.

Every morning offers a new invitation to recognize Christ in those we meet. Every conversation becomes an opportunity to build bridges of understanding. Every act of kindness becomes a testimony that God continues to dwell among His people.

The spirituality of Immanuel teaches us that holiness is found not by escaping the world but by loving it as God loves it.

Conclusion

Awakening to interconnectedness is an invitation to rediscover the sacred unity that binds. Awakening to interconnectedness is ultimately an awakening to God's presence. It is the realization that life is woven together in a divine communion where every person, every creature, and every moment participates in God's sustaining love.

Encountering Immanuel transforms how we see ourselves, our neighbors, and creation. We discover that God is not confined to sacred places alone but is present wherever love is lived, justice is pursued, wounds are healed, and hope is renewed.

As followers of Christ, we are invited to become living signs of Immanuel—people who embody compassion, foster unity, and work for the flourishing of all creation. In recognizing our interconnectedness, we discover not only our dependence on one another but also the enduring promise that **God is truly with us**, guiding humanity toward a future of reconciliation, peace, and abundant life.



Sr. S. Mono Chinnammal
28th Batch
Eraiyrur Community

Important Days to be Observed



Feast of the Transfiguration of the Lord



"THE LORD IS KING, THE MOST HIGH OVER ALL THE EARTH"



Feast of St. Lawrence, Deacon and Martyr



**"SHELTERED UNDER THE NAME OF JESUS CHRIST, I DO NOT FEAR
THESE PAINS, FOR THEY DO NOT LAST LONG." - ST. LAWRENCE**



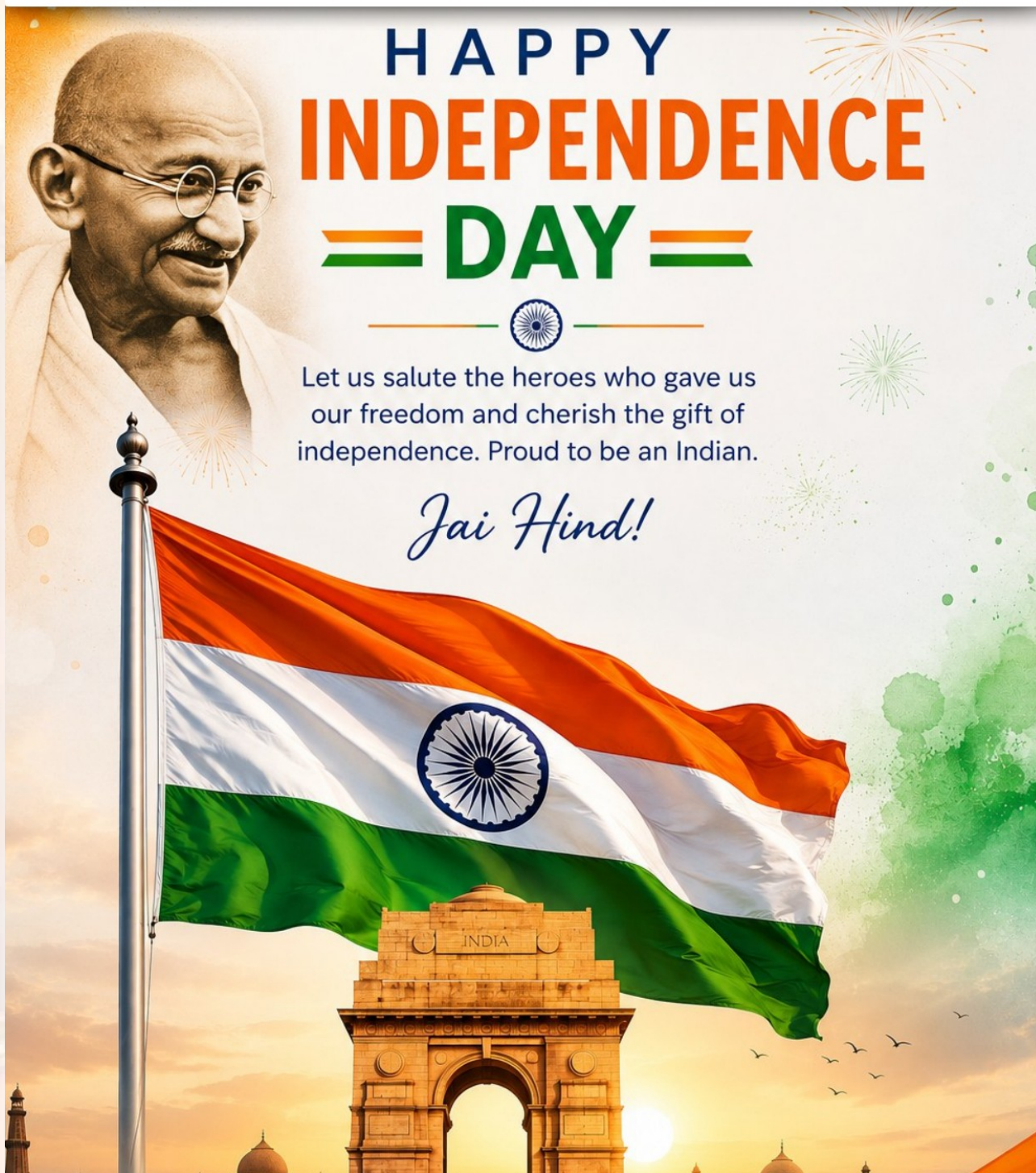
The Solemnity of the Assumption of the Blessed Virgin Mary



"BLESSED ARE YOU AMONG WOMEN, AND BLESSED IS THE FRUIT OF YOUR WOMB."



Independence Day





Fellowship day with the Poor



**BIRTHDAY OF MRS. MARY CECILY,
MOTHER OF OUR BELOVED FATHER FOUNDER**



Co-Foundress Day



*Kindly have special prayers,
offer Holy Eucharist and
give special meal for the poor people
in order to make this day meaningful and fruitful.*

AUGUST

22

Queenship of Blessed Virgin Mary



"Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope!"

AUGUST

24

Feast of St. Bartholomew, the Apostle



HERE IS A TRUE ISRAELITE, IN WHOM THERE IS NO GUILDE,"

Happy Birthday

Dear Sisters

August 2026

S.No	Name of the Sister	Batch No	DOB	Community
1	Sr. L.J.Annie	22	12	Muttom
2	Sr. K. Klara Marak	39	16	Shenbaganur
3	Sr.J.Soosai Mary	12	22	Nagapattinam
4	Sr. I. Fatima Jecintha Rani	12	28	Muttom

With Love and Prayers
Sr. A. Antoniammal DMI

Wishing you all the best

Quiz Winners

**First –Aralvaimozhi, Karaikal, R.M.Thurai,
Trichy**

Second –Shenbaganur

Third– Kodikottai, Palayamkottai, Kavunji





Thank
you