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SOCIETY OF THE SACRED HEART

PROVINCE OF INDIA

>>> NEWSLETTER <<<



NEWS FROM THE PRERANA COMMUNITY



This year continued to be for me an unexpected gift, after some injuries and fractures due to a freak fall in August '24. It called me to deepen what I saw in every event of Jesus' life. It was indescribable to see His union with the Father and His total confidence in the Spirit, come whatever in the events of His life.

I had been told by the doctor, on the day of the event, in the hospital, that recovery from the foot fracture would take time and pain may persist life-long, if I failed to take proper care, since the fracture was a serious one. Further, hopping on one leg was not helpful as other pains were added to the anatomy! Subsequently another doctor known to us, on seeing the X-ray, said that the foot should have had immediate surgery and the dislocated bones wired.

Whatever all the 'physical' may have been, the isolation brought me to another dimension. It filled me with a different kind of strength, better insight into life's events, people's intervention in my life, and the assured presence of Jesus. Apart from some interesting conversations with my day helper and classes with our Seekers, I had the time to be present to and walk with Jesus, as if physically present in the 'day-to-day' of his public years. Each of his interactions showed me a person totally inseparable from the Father and the Spirit, always in communion with His Self in God. He drew his teaching from this experience and sourced his responses in the communion he lived.

He was aware he could be stoned at any time, yet nothing stopped his courage to speak strong words and act in the face of danger to himself, with genuine care for others. His sense of the right and the appropriate, his silence and the strength of his compassion; a rooted fearlessness before all accusations attempting to draw a picture of him that was totally contrary to his very Being.

The depth of his emotion, his oneness with the purpose of witnessing to his Father's will. Not the slightest complaint about the Cross. His freedom in fulfilling his mission of reconciliation and consolation to those broken and crushed, brought a Jesus who was alive and challenging. All this was gift during the months of my recovery interspersed with loving conversations on WhatsApp from concerned persons both far off and not so far. What I experienced were the freely given gifts, for which gratitude continues to be insufficient

Now, I am happy, that even though some pain and discomfort persists, I can walk. At times I am in need of a generous helping hand. God's Spirit is a never failing presence, both indescribable and true.

Sr. Thelma (Tureeya) Gonsalves Rscj

Prerana Nursery School's 10th Annual Day: Rhythms of India



Prerana Nursery School celebrated its 10th Annual Day on December 14th, 2024 with great enthusiasm and pride. The theme for the event, “Rhythms of India”, symbolized both the unity of our country and the school’s remarkable journey over the past decade. The event was held on the school premises, where a beautifully decorated mandap and stage with a backdrop featuring the theme and school logo, created a vibrant atmosphere. Thoughtfully arranged lighting and sound added to the festive mood.



The celebrations commenced with a graceful welcome dance performed by ex-students, setting a warm and nostalgic tone for the evening. This was followed by a welcome address and introduction of the esteemed guests: Sr. Marie Noronha, the Chief Guest, and Sr. Jokina D'Mello, the Guest of Honour, who were present to mark this

special milestone. Both Sr. Marie and Sr. Jokina were the founding members of Prerana, making their presence even more meaningful. The Cultural program was a colorful showcase of India's rich diversity. The audience was enthralled by traditional dances from different states highlighting the vibrant and unique rhythms of the country. Students also recited poems, stories and sang songs. A thought-provoking skit emphasized the importance of keeping the environment clean and about proper waste segregation.

Particularly heartwarming moments were when ex-students, ex-parents and former faculty members took the stage to share their experiences of being part of Prerana Nursery School. They reminisced about their formative years at the school, expressing gratitude for the strong foundation it provided. Their words were filled with fond memories, appreciation for the values instilled in them, and admiration for how the school has grown over the years. Adding to the pride of the evening, students who had excelled in various fields received Achievement Awards for their outstanding contributions and accomplishments.

One of the most memorable moments of the evening was the debut performance of the Prerana School Song. The lyrics composed by Sr. Manisha Gonsalves rscj, and the music, created by Fr. Denis Lemos msfs, beautifully captured the spirit and values of the school. Hearing the children sing it for the first time was a truly heartwarming moment.

As Prerana Nursery School marked this significant milestone, there was a deep sense of gratitude for God's blessings and graces over the past ten years. The journey so far has been one of learning, growth and perseverance, made possible through God's guidance and wisdom to lead and nurture many more generations of young minds. The 10th Annual Day celebration was not just an event but a reflection of Prerana Nursery School's incredible growth, strong values and commitment to holistic education. As the evening concluded, it left students, parents, ex-students and guests with a deep sense of pride and a renewed commitment to the school's journey ahead. Here's to many more years of learning, growth and celebration at Prerana Nursery School, with God's grace lighting the way forward!

Sr. Fatima Azavedo Rscj

"A Day for Consecrated Life"



On February 1st, 2025, I attended a recollection as part of the celebration of "A Day for Consecrated Life," organized by the CRI at Fatima Convent, Pune. The day was filled with

reflection, prayer, and spiritual growth as we focused on the importance of our vocation to consecrated life.

The recollection was led by two resource persons: Fr. Francis Puducherry SJ from De Nobili College and Sr. Maria Goretti from Fatima Convent. They spoke about the importance of community life in religious congregations. They explained that community life is not just about living together, but about growing in faith, supporting one another, and showing love and unity. The session encouraged all the participants to deepen their commitment to their vocation, build a spirit of fraternity, and render service to others.

As I thought about consecrated life, I was reminded of ‘mother octopus’—an image of total self-giving. In her final days, she devotes herself to protecting and nurturing her eggs, sacrificing her own needs to ensure new life which can thrive. This mirrors consecrated life. Like the ‘mother octopus,’ we give ourselves in loving service to God and others. Our prayers, dedication, and sacrifices help nourish the Church, even though they often go unseen.

“A Day for Consecrated Life” reminded us of our call to live in community, give ourselves fully to our vocation, and nurture the Church through our service and devotion.

Sr. Kiran Kumrawat Rscj

Jnana Deepa Vidyapeeth

I am happy to share my experience in JNANA DEEPA VIDYAPEETH, PUNE. I began my class on 12th of June 2024. I have nine sisters in my class; our class was full of joy and sometimes we laughed much whenever our professors said a joke or sometimes when they asked questions. I experienced joy, love, support, and I also received help from professors and my companions. I found that Jnana Deepa as a



place was very peaceful and comfortable. During the one year course I really enjoyed all the input sessions given to me; they enriched my knowledge of theology and there was an atmosphere of study. I am proud to be part of this Jnana Deepa campus that celebrates

women's strength, and more than just education I discovered a home that empowered, and inspired me, where women break barriers and create their own narratives.

During the year we had different events:

The **Annual Day celebration** 2024 of Jnana Deepa Institute of Philosophy and Theology was held on Friday, 15th November 2024. The theme for the celebration was **Pilgrims of Hope**. The day began with a solemn Holy mass at 8.30 a.m. which was celebrated in the Syro Malabar rite.

The second part of the celebration continued in the evening in the form of a cultural programme. In the evening for the cultural programme our sisters from Prerana and our seekers also came to attend the programme. A prominent heart transplant surgeon from Pune was the Chief Guest. The programme began with the grand entry of the Chief Guest and other dignitaries accompanied by Indian musical instruments. This was followed by a prayer dance by the C.W.S. sisters. The students of Jnana Deepa performed different kinds of drama, mime, street play and fusion dance.

Jnana Deepa provided many different programmes.: We had a beautiful women's day programme, we enjoyed different kind of games, sharing, reflection, getting to know each other sessions and also a football match, a basketball match, an outing of our diploma course sisters and a get together with the papal seminary brothers etc.

Sr. Mukta Bhengra Rscj

Yoga Experience



I am very happy to be here and to have the opportunity to learn yoga. We practice yoga every morning for half an hour, performing different yoga exercises each day. This practice helps me in my prayers because whenever I do yoga, I can meditate more effectively. When I remain silent, I feel a stronger connection to Jesus.

Additionally, yoga enhances my daily activities, such as studying and working, by bringing in me joy and focus. I do not feel stressed or worried because I have learned proper breathing techniques. When I breathe in I absorb positive thoughts and



energy, and when I breathe out I release negative thoughts. This practice has helped me to become more comfortable within the community, where we share joy and love. I also experience a special sense of confidence in myself.

Practicing yoga regularly allows us to live a healthy, happy, and peaceful life. Yoga also helps improve our concentration and mental clarity. It is a very nice practice that brings balance between the body and mind. By incorporating yoga into our daily routine, we can cultivate inner peace, strengthen our spiritual connection, and maintain overall well-being.

Kusum Barla
First-year Seeker

My Journey with God

I arrived at the Prerana community on August 28th, 2024. I am very happy to be a part of this community, and I thank the Lord for bringing me here. We have four sisters and three seekers living together.

Every morning, we wake up at 5:00 a.m. and do yoga. We enjoy practicing yoga because it keeps us healthy and helps us in our morning meditation. Yoga keeps me awake and allows me to be still and be present with our dear Lord. Before, I used to feel sleepy during my morning meditation, but now my life has changed. I feel aware of the Lord's presence and His blessings, which give me the energy to carry out my daily activities. I feel that Prerana is my best family, where we always help one another and grow together in God's love.

I am learning many things here. We have three English classes daily, and a half-day English class on Thursdays in 'Pragnyalay', with different activities conducted by our sisters. We have a weekly English class on Zoom which meets three times a week. Now, I feel more confident in communicating in English. Here, I have learned to live together, work together, and connect with Jesus. Earlier, I didn't know much about myself, but now, I am slowly discovering 'who I am'. Through morning meditation, I am learning to think positively about myself and others. Now, I feel like a candle burning with love for Jesus and for others. I believe that the Sacred Heart of Jesus has changed my life.

Previously, I didn't have a desire to visit the chapel, but now I have become aware of an inner voice calling me to be with the Lord. Now, I often go to the chapel and feel that the Lord is helping, supporting, and filling me with love, joy, and patience. I am offering my time and heart to the Lord more fully. I now experience God more deeply in my life by staying



with our sisters and my companions. We share joy, laughter, and fun together as a community.

Sanjna Kumari
First-Year Seeker

Karma Feast Experience

I would like to share about my Karma Feast experience in Pune. I was so happy and excited to attend the Karma festival and Mass. It was my first experience of attending a Karma festival Mass, and the experience was truly precious to me. During the Mass, I felt an immense sense of serenity. I was deeply inspired by the father's sermon and touched by this beautiful tribal festival celebrated by the Chota-Nagpuri people.



The Chota-Nagpuri community celebrates the Karma festival with great joy and happiness. When the crops ripen in the fields, everyone rejoices. The entire village gathers together to celebrate the occasion. In this moment of happiness, all the villagers come together to sing songs and to dance. I was particularly inspired by the way they celebrate it as a united

family. Through the Chota-Nagpuri dance, they express their love and unity. This dance is very special in which everyone forms a line holding hands, and dance with synchronized steps. Their unity is beautifully reflected in this dance. As they dance in perfect harmony, an incredible positive energy spreads among them, emphasizing their deep bond.

From this experience, I learned an important lesson: whenever there is a problem, we should come together to face it. We should help one another; take care of each other, and spread love and peace so that everyone can be happy. In this celebration, I felt God's love, peace, and joy in a special way. There was love and unity between Jesus and his apostles, just as there is among the Chota-Nagpuri people during the Karma festival.

I am so grateful to the Chota-Nagpuri people who are in Pune for this experience and for the opportunity. They gave me to learn about a new culture in our society. This festival has taught me the true sense of unity, love,



togetherness, and values that we should all cherish and uphold in our daily lives.

Rohini Kasbe
First-year Seeker

A Transformative Experience

We went to Bhokar for fifteen days along with Sister Kiran. On the morning of October 5th, 2024 we traveled from Prerana to Bhokar. When we arrived there, the Bhokar community warmly welcomed us. The next morning, Sister Prisca started our class with the theme "Flourish." The word "flourish" means blooming, and through this session, I reflected on my identity. I always knew I was a girl, but now I have a deeper understanding of my life.

I am happy with myself because God has made me beautiful and unique. I have learned about both inner beauty and outer beauty. Dressing nicely makes us look beautiful, but true beauty comes from within. When we think positively, treat others with joy and respect, and act with kindness, that gave us the inner beauty.

I have also learned how to take care of my body. To maintain a healthy body, I need to do yoga, exercise, eat healthy food, and keep a positive mindset. These practices will help me stay strong and energetic.

Another important lesson I learned is about setting boundaries in life. I need to establish limits and have someone to guide me when I go astray so that I can choose the right path and grow in God's love. We are all different and unique, and embracing our individuality is essential. One of the most powerful lessons was about the gift of forgiveness. It is not always easy to forgive others, but when I do, I receive more blessings from God. Forgiving others brings peace and helps us grow spiritually. This experience at Bhokar was truly transformative. It helped me understand myself better, develop a positive outlook, and grow in faith.



Manjusha Horo
Pre-candidate
(At present she is in Mumbai)

My Village Experience

I would like to share about one of my village experiences at Bhokar. We went to Bhokar in mid-October 2024. One day we went to visit a village called Suragana. We left at 7:00 in morning to go to Suragana village. We were happy because on the way we saw the Godavari River which we have only seen in the map or read about in a

book. When we reached the village Suragana we saw all villagers were patiently waiting to receive the holy Eucharist.

They were so eager to receive Jesus because they have mass only once a month. I was touched by their simple faith. I felt so fortunate they we can receive Jesus every day through the Eucharistic celebration. The people there participated in the mass with great devotion. I felt very happy see the people's enthusiasm, they were clapping and singing and lost in prayer. The people were very kind and cheerful and friendly as if they knew us from long time. After the mass, we had fellowship meal with them and they had prepared delicious food for us.

After the meal we went around the fields and saw different crops and tomatoes that were growing so beautifully. I was touched by the beauty of nature and felt God's deep presence through nature and though these simple people. I am very grateful to God for giving us this beautiful experience to experience God more closely.



Nilima Hemrom
Pre-candidate
(At present she is in Mumbai)

First Experience of a Retreat

My first experience of a three-day retreat at SVD House was truly memorable one. From November 18th to 20th, 2024, I attended the retreat along with Manjusha and Nilima. On the first day, I wondered how I would pray the whole day since I had never spent an entire day in prayer before. Our spiritual director, Fr. George Beck SJ, guided us through meditation every morning at 6:00 a.m. Over the next three days, he gave us talks on different biblical themes, but the one that touched my heart the most was about the Good Shepherd.

I have always loved the Psalm of the Good Shepherd, and this talk made me feel that God had brought me a lost sheep back to his fold. When He finds a lost sheep, He carries it on His shoulders and tells His neighbors, "Rejoice with me, for I have found my lost sheep." Now, I truly feel that I am in Jesus' hands. He protects me from danger, loves me, and cares for me.

After meditation, we attended Mass every day. Following the Mass, Fr. George gave talks based on the Old Testament, the New Testament, and the Gospel. On the first day, he spoke about God's love, on the second day about sin, and on the third day about forgiveness and repentance. We



spent the whole day in the chapel reflecting on these topics. I also realized how small sins can grow into bigger ones, just like in the story of our first parents. Despite praying whole day, I never felt tired. I talked a lot with Jesus and Mother Mary, and Jesus gave me signs of His heart, grace, blessings, and joy.

During the retreat, I felt immense peace. No worries or distractions entered my mind—I was fully present with the Lord. In the evenings, I walked around the garden, admiring nature and talking to God through His creation. After the retreat, I felt like I had received a new life. I was filled with happiness and gratitude.

Lakshya Hemrom
Pre-candidate
(At present she is in Mumbai)