

Coming Together



Helper Sisters and Helper Family
in China-India

APRIL -2020

Dear Friends,

'PEACE be with you' (Jn 20:26).

Jesus the Anti-Virus

As the disciples were closed doors in and out, the Risen Jesus brings peace to free them from fear, anxiety, and confusion ... The world also is locked down due to COVID – 19. We too are locked down in the house not to get infected with the virus. I accept the fact of external lock-down and point to another lock-down. We are actually internally lockdown with another virus called - egoism, selfishness, anger, fear.... Soon or later we will find medication and vaccines for the corona virus. But, what about the internal virus and how do we get rid of it? I would like to propose Jesus the anti-virus during this lock-down.

The Resurrected Lord brings us PEACE to each one of us and giving us one more chance to get out of the VIRUS within us and to become more compassionate and to be connected to ourselves, with God, and with people and the entire creation. I hope and desire that this passage will pass away and people will transform and live their life in a new way.

While I was going through the writings, I found very interesting and inspiring write up by our sisters and Helpers family in Hong Kong. At the outset I wish to congratulate and thank them for their contribution to our bulletin. The writers have shared their new insights and are ready to face the new challenges. Throughout the articles I noticed that 'there are no boundaries to love (Const. 18) and God's presence'. And these are two essential things we need right now as the world especially going through the tough the time of COVID -19.

While thanking you for your contribution, support and prayer, I wish that the Risen Lord bless each of us, gives us peace and hope to overcome this passage. We will continue to pray for our brothers and sisters who are affected by the Corona Virus for their speedy recovery and for the good health and strength for all the health works.

Sr. Gouri Sardar (India)

With Lily Ko and Deacon Charles Chu (Hong Kong)

God is good –all the time!

Sr. Hemma Muschick is the Novice Mistress of the new established Helper Anglophone Noviciate in Kenya, where Novices from Rwanda and India move their first steps in religious life. She shares with us her experience as a pioneer of this new adventure.

“God is good –all the time! And all the time – God is good, for this is his nature – wow!” This is the dialogue between priest and faithful at the beginning of every mass here in Kenya..

Our experiences in building up the new English speaking international novitiate in Nairobi confirm it in manifold ways: Indeed, it is true, God is good!

Let me tell our story so far:

November 2019:

I had come to Kenya to find a house for the new English speaking international novitiate. It is not at all easy to find a house to rent that is big enough for a novitiate community and at the same time in a “simple” neighbourhood, close to the people, as we hoped! Our sisters in Kenya were already searching for some time. Now we had got an offer from another congregation: a house with 10 bedrooms and a chapel – but: in Karen. And Karen is a very well-to-do area, with nice villas in big gardens behind high walls with electric fences and security guards.... and home to many congregations: the “Vatican” of Nairobi. I would never have searched for a house in Karen...!

But now I woke up in Kibiko and looking out of my window I saw the morning sun brightly shining on the Ngong Hills. I knew that on the flanks of the hills and in the little valley that separates our house from them many new houses were coming up. If only we could find one among them for our novitiate!



In Kibiko, Helpers have already some roots through the presence of our Rwandan sisters. The parish, the neighbours, the small Christian communities...all this is already known to us and Helpers are already a widely appreciated community. But so far we had not been lucky in terms of a suitable house...

With a little sigh I sat down to read the scripture texts of the day. And what caught my eye there? - “Rejoice and be glad Jerusalem, for *I come to dwell in your midst!*”

The word struck me, consoled me and encouraged me. For, what could be more essential for our novitiate community, than that He dwelling in our midst?! Whether Kibiko or Karen was no more so important, because the promise of Him dwelling among us, wherever we would be, meant life and hope and blessing for this new venture. With renewed confidence I got ready to have a look at the offered house...



January 2020:

After having taken over the empty house in Karen, we were four of us: Jeanne d’Arc, Philomene, Annonciata and I, to clean and prepare it. The first furniture we received from the Helpers community in Nairobi that had been closed, because sisters had completed their

studies and would go back to Rwanda or join the community in Kibiko. Some other furniture we had made by one of the carpenters along Ngong Road, who was known to one of the drivers from Kibiko. So, we had the strictly necessary things – a bed for everyone, a stove to cook, a table to eat, some chairs to sit - to receive the Postulants coming from Kibiko and Barasat, as well as Sr Luisa (India), when they all arrived on 15th January. About a week later also Sr Frances (Scotland) joined us. For the



time being the community was complete, because for Jeanne d’Arc (Rwanda) it would be possible to come and stay with us only in September...

Our formation program started. English is of course a priority in preparing for a novitiate in which all communication happens in this language and not in anybody’s (except Frances’) mother tongue. But also working and sharing on the questions “Who am I?” or “Who are the Helpers?” brought us together...

Household tasks are another component of community building and we soon came to enjoy our “cuisine internationale” that in the meantime has become a real “cuisine interculturelle” as Indian, Scottish, Rwandan, Austrian and Kenyan elements are creatively mixed into delicious meals and everyone learns from everyone.



February 2020:

A real blessing has been the growth of a circle of contacts and friends around us. These are mostly other congregations like Comboni Missionaries to whom we go for daily mass, Holy Family Sisters where Frances teaches English for their Postulants, Mill Hill Missionaries with their students from India who invited us for an “Indian mass”, students from Tangaza College, ... but also, more recently, our Estate neighbours whom we can ask about questions like garbage collection or meetings, and their children, who – together with their dogs - joined Lucie and Luisa very happily in playing ball in front of our gate....

No, Karen is not as isolated a place as I had thought! And anyway, it is a good place for formation, because our formees can meet with others in formation and because many facilities and resource persons are quite near.

As international novitiate we want to grow into a community of intercultural living. This is easily said, but not so easily done. For it is not enough, to say “We’ll come together and live together and that is it”. Interculturality doesn’t follow automatically from living side by side. There is so much to be learned, not only what concerns factual knowledge about each other’s’ culture and country, but the learning has to be deeper and wider than mere head-knowledge: it is about attitudes, values, communication, behaviours.... None of us can just go on as she has done before, or take for granted as “normal” what was normal for her in her life until now. Our living together thus becomes an ongoing adventure, fascinating, challenging, enriching, not only for the novices-to-be, but for each one of us, for none is exempt from the processes that are going on. But, thanks be to God, none also is exempt from the grace of Him, who has come to dwell in our midst! This experience, individually and shared among us, is strong and it carries us on when we realize that our own strength is not enough.

March 2020:

After about two months of building a common foundation, Angela, Donatha, Lucie, Sunita and I are now in 4 days retreat as preparation for the beginning of their novitiate on 24th March, the eve of the Feast of Annonciation.

Again a new beginning, a new step, a new journey to which we are called together, without knowing in advance exactly where it will lead us ...

And yet: in this new phase, too, we can rely on the promise “I come to live in your midst” and at every mass we will be reminded: “God is good!”



Hemma Muschick SA (Kenya)



Our novices

“You need someone who can say NO”

Sr. Luisa Kujur, from India, shares with sr. Hemma the experience of building an international Noviciate in a country which is not hers. Here she reflects upon the challenges of interculturality which she meets in her everyday life, and how she tries to deal with it.

This was the statement of an Assumption Sister who is also a foreigner here in Kenya, who visited us within the first week of our stay in Karen. An elderly Sister, who has lots of experience in life, being a Religious and living in Karen. In normal conversation, she asked us what we are doing, what are we here for? Our natural and honest answer was... we are here to start an international English-speaking novitiate for our institute. Her next question was, how many novices are there and how many from Kenya? 4 postulants who will shortly be novices (25th March 2020) In regard to there being no Kenyan novices... she said this: “You need someone who can say “NO” to something that you do which is not accepted by the culture here”.



The Sister has not come back again as yet. For me this sentence of hers is like the merciful God sending her to us to make us attentive, watchful to learn about the local culture. Since then this word of hers is always before me. This sentence of hers is very alive in me. I thought it was very true. I live as free as a bird here. I go wherever I am sent. Before this Sister visited us, I felt as if I was in India, coming and going as though I was in Kolkata or Barasat, speaking to all those that I know. But here it's not like this. First of all, I do not know the language and do not know anyone around me...accept smiling at the people who pass by. Once I was going out for marketing and was a little hungry so, I picked up some sugar cane sticks from the kitchen to chew on the way. My companion said, this was not acceptable here. Then I began to take notice of the people. Yes, here people don't eat while they walk along the street. In India it is very normal and acceptable, but here it's considered poor manners. It goes against the culture. No one is likely to say anything if my behavior is counter cultural because I am a foreigner, but this might go against me when I go to work or visit the people.

As a Helper I have lived and have grown up with foreign Sisters from Central Europe. At times they had questions which seemed strange and because I was from the place and culture, I naturally knew the answer and therefore did not understand why they asked such questions. I would answer them, but in my mind, I accepted that foreigners are very open to ask very simple questions. Here I am a foreigner too and I do the same thing. I ask questions of the Rwandan novices, which might sound silly and funny to them. I ask such questions because I do not know the local practices or how to behave in public places or how the people and culture view it. Our novices can only correct me, challenge me from within an African context and not from a Kenyan context, which is our shared reality.



Since the visit of the Assumption Sister, I really began to miss the person from Kenya, who would teach me, tell me what I should or should not do. I miss the Kenyan person to whom I could ask the things I am not sure of. For example, what to plant in the garden or what the season is? None of us know what the season is right now! At present there is no one to teach us a few words of Kiswahili except one of the Security Guards at the Comboni Mission! In the near future we hope to start learning from a teacher.

When I go shopping, I notice that people are dining at the many eateries near the shopping centres, but they sit and eat and do not stand and eat. Though at times I feel hungry I am not sure what would be good or healthy to buy from one or other of the kiosks by the roadside. The only way of finding out is to try!

ON THE OTHER HAND, we are the ones who are the pioneers called to establish the International English -speaking Novitiate in Kenya. I am very happy to be part of it. It gives me a lot of energy to be creative and accepting of the differences and richness of others. All together and at times alone we take risks. For example, we all set out on foot to locate our parish and other Mass centres. We were adventurous in planting different vegetables which are growing, but the fruits are yet to be seen. We've taken risks to eat "Laou" a white pumpkin and also banana flowers, which no one eats here! There are plenty of them and so I took the risk in cooking them. It tastes exactly like "Laou" which is very normal in India as white pumpkin. Everyone advised us not to eat the fruit, but the leaves can be eaten. We have named it the "forbidden fruit", which we enjoy thoroughly!

So far it has been important for us that we get to know one another better by living and doing things together. Now slowly we are making wider connections so as to develop our apostolic mission. We have found two places for the novices, where they will go once a week, for their apostolic experiences. I went with Sr. Hemma to visit these places and to speak about our interests. Sr. Hemma did most of the talking and I accompanied her. When we set out to travel to these different locations, we did not know how long it would take us, what the places looked like, what kind of people we would meet or what would be their answer. With lots of uncertainties we made the journey, open to the outcome of the near future. If things didn't work out the way we thought, we might have to try elsewhere. That was my attitude toward the adventure, and so far, it has worked out as we had hoped!

At the beginning, being here in the novitiate community, I felt as though I was in the novitiate myself! Maybe because I had more time to pray and be at home. But I am not a novice, my role here is different now. I have to play a role as part of the community in my own way - not a big role but a silent role, which is very important for the young ones. I am very innovative in cooking things but on one occasion I was undecided and asked Angela (one of the novices) and she responded, "It's an international novitiate so, let's try!". That gave me even more courage and confirmation that all of us in the novitiate community are being born into a new experience of novitiate. I feel I am being tuned in more and more to be open to one another and to the people here. Once a Comboni brother said, "The time will come when you will get lots of Kenyan girls to join you, then you might have to say no to some of them... because there are many vocations for religious life". This is a good hope for the future, and I wish the same. But I might not be here till then. Now I am sowing the seed....and that's what I am called to do. I am giving a hundred percent to my mission.



Novices with Sr. Francis

Luisa Kujur SA (Kenya)



What will happen to Hong Kong?

Deacon Charles Chu shares with us some deep theological reflection of his, following the difficult time Hong Kong is facing since June 2019, first because of the clashes between people and Government due to the controversial Extradition bill. While the protests were still on, the spreading of corona virus came to add new fears among people. How to understand all this in the light of Christian faith?

One Sunday morning, November 2019, we stood in waiting for the Mass to begin at Rosary Church. We were anxious of what is happening outside the Church. We seemed to hear some gunshots and smell of tear gas. When we came out of the Church we found that Hong Kong is in a state of chaos, a revolution of the times as they called it, that policeman with heavy armor and protesters can be seen fighting in the streets. There are talks about increasing violence. We know that trains and buses can stop anytime anywhere. Strikes are indeed possible. Hong Kong has changed into a nightmare. But we are in God's hands. What will happen to Hong Kong? No one seems to know. Rumors are so popular but none of them seem to calm us. There are unrests among the clergy and the religious as well. In short, only God knows, God alone. These are difficult times. Here in HK, we can see the acute inter-ecclesial divisions between “progressive” and “conservative” groups within the Church.

Pope Francis has rightly observed that “we live at a time in which polarization and exclusion are burgeoning and considered the only way to resolve conflicts.” In his latest message for World Communications Day, he said, “In the social network, identity is too often based on opposition to the other, the person outside the group: we define ourselves starting with what divides us rather than with what unites us, giving rise to suspicion and to the venting of every kind of prejudice (ethnic, sexual, religious and other).” While we are wondering how long it will take to settle the rallies for freedom and democracy in Hong Kong, another evil is at the door. While we were celebrating the Chinese New year in 2020, the Coronavirus outbreak began and all things come to a standstill. The protest has suddenly stopped for a reason beyond our imagination.

Now is the run for masks, toilet rolls and groceries. Is Coronavirus a curse from God? Whether it strikes suddenly or progressively, serious illness or disease is often perceived as a divine trial or punishment. But is it really? In and of itself, illness is an evil. And this evil seems to us particularly outrageous and insupportable when it strikes our family. As a parent, we would give anything to take on our child's illness, to suffer in their place, and

yet we remain powerless spectators, often eaten up with despair, anger, and guilt. But, just as health is not an absolute good, neither is illness an absolute evil. "Good health," wrote

St. Basil of Caesarea, "inasmuch as it does not make its possessor good, is not among the things which are good by nature." Another Father of the Church, St. Gregory of Nazianzen, prompted to say, "Let us not admire all forms of health, nor abominate all illness." In other words, it all depends on what use we make of health or illness. It depends on the way we view it, the way we approach it.

Illness is not a curse. Even if it be a consequence of original sin, or even of poor hygiene or habits on our part, it's not a personal chastisement sent by God. Recall the disciples' question regarding the man born blind: "Rabbi, who sinned, this man or his parents that he was born blind?" To which Jesus replied, "Neither he nor his parents sinned" (see Jn 9:1-2). Over and over, Jesus tells us the same thing. But when faced with illness, we wonder, "What have I done to deserve this?" And he tells us the same thing. "When I am weak, then I am strong" (2 Cor 12:10). Jesus, too, suffered, and he suffers along with us. Illness becomes an occasion to get closer to God, to enter more deeply into the mystery of His love. Of course, that's easy to say, but infinitely more difficult to live through, as much for the sufferer as for their loved ones.

But with faith it is possible because God makes it possible. Indeed, when we think deeply, that does not matter; he or she who has God lacks nothing, and no matter what the virus could do to us, the most they can do is to take our lives ...and for Christians, we know the life of an ordinary person has little value in itself. Here, it is better said, not much at all. Of course, we know our value rests in God's hands and while we have it we will use it fully in God's service. When He takes it from us in one way or the other, very well, it is His, and He has the right to dispose of it as His created being. I don't understand how a real Christian can be afraid of death. Oh! What a great honor and joy it would be if we could give our lives for Jesus! Surely we would not likely to be so fortunate. But, if the Lord should will that my day's end in ... The best thing is to be content with all that God sends, be it times of revolution or of peace. Our faith tells us nothing happens in the world that in his infinite goodness has not foreseen, and we, as creatures will not pass beyond the limits marked by God. As a matter of fact, we now begin to see different nations willingly come together to share resources to combat the epidemic. We are all part of the global human family. We are no longer strangers but brothers and sisters. We are interrelated and we share the same home, the Earth and a common destiny.

Dear brothers and sisters, God asks nothing more of us than to make the effort to say “yes” to what is happening to us, moment by moment, without regretting the past nor fearing the future. A “yes” that draws its strength from Christ: “When I am weak, then I am strong”.



In the face of illness, especially when it's serious, we beg God for a miracle. And, more often than not, God seems deaf to our pleas. But is it He who doesn't hear us, or we who don't know how to listen? For, despite appearances, He does wish to give us what is best for our souls. May we ask Our Mother to pray for us. She is always pondering in her heart, the mystery of life in Christ and resolved to listen and say 'YES' to God and be transformed into a new life. May we all rest comfortably and prayerfully in the hands of our Mother, Virgin Mary. #

Deacon Charles Chu (Friends of Hope , Hong Kong)

My faith journey with my students in Hong Kong protests

Dr. Teresa Choi shares some aspect of her experience as a University professor, in the time of the protest's movement for freedom in Hong Kong. She shows us that a dark time might become an occasion to deepen faith and trust in God, by helping young people to find a meaning in the events shaking their lives.

Ever since I joined the teaching profession, my mission is to be the servant of God to preach 'Love' in school. I feel my students need me more in these critical periods. The 2019-20 Hong Kong protests started with peaceful rallies. The movement's anthem, 'Sing Hallelujah to the Lord' had touched many hearts and made my students burst into tears. We could really feel the joy for the presence of God with us in our faith journey.

When Carrie Lam decided to suppress the movement with excessive police force, the social unrest has run out of control. The police's inaction when suspected triad members assaulted protesters and commuters in Yuen Long, the police storming of Prince Edward Station, alleged sexual harassment cases in police stations, the seizure of universities, unknown death and suicide cases of many protestors and the police slogan of killing all cockroaches

(demonstrators) have aggravated the student hatred towards the police and there is a cry for revenge.

It is so painful to see many students seriously affected by the trauma of teargases, plastic bullets, water cannon vehicles and the unknown deaths of their brothers/sisters in the movement. They started to query about the existence of God. Worrying that persistent despairs will lead these frustrated students into temptations of Satan, I hold regular meetings for them to share their pains and sorrows. We pray God to give us wisdom and calmness to face the difficulties. We agree that we should not vent out our anger by scolding the police face to face which would only foolishly expose us to the danger of bodily injury. To love each other we must avoid impulsive behaviors to make any one of us hurt, arrested or prosecuted. We should take a break and stop watching any movement news if we found that we could not cope with the mental stresses. We believe every person will be judged by God with perfect justice in the last judgment. We do our best, God do the rest. We must have faith to continue praying for God's mercy and place our future in the hands of God.

Faith has already made me see God's two Miracles: the withdrawal of Anti-Extradition Bill and the breakout of corona virus to stop the mass demonstration. Thank God that I do not need to visit any of my students in the hospital or the prison.

Dr. Theresa Choi (Friends of Hope, Hong Kong)



My best teacher is my last mistake”

Sr. Kakali Majhi is now studying Psychology Counselling in Don Bosco Assam University (Gwahati). In her article, she recalls the inner process which helped her to discover her particular vocation and motivated her to choose this professional field.

This particular statement has a lot to say “about me”, who am I today. Some mistakes are memorable, because I discovered myself through them - big mistakes in life, when I am reluctant to make an experience, or to expose myself in new situations, or also to break down my comfort zone. There was one phase in my life that led me in total confusion, in tensions, frustrations and a strong feeling of insecurity. I could not cope with the situation any more by myself. At this point of my life “counselling” sessions played a vital role and helped me to discover my own potential, strength, and weakness, and how to confront it. Indeed, life taught me a lot through different situations, events, and facts. All these experiences helped me to choose this stream of study I am doing now: “*Psychology and Counselling*”.

In my apostolic life I had the opportunity to work with children and adolescents, as well as with women. I discovered the pain, the stress and the many problems they undergo. They are more vulnerable to develop mental illnesses and to end up in life with tragedy. In order to help, to better able to listen, empathize and enter into their reality and thus to better understand their world, I wanted to obtain these skills and knowledge. Learning has no end. Academic life always opens a new avenue and opportunity for gathering knowledge, learning, discovering and so on. It opens up the door to learn and to experience, to practice creativity. It provides a broad range of interests, and increases curiosity about the life and the world. This new discipline of learning lays a foundation for my future mission.

At present, I am working in a center “Rehabilitation Home for Women with Mental Illness”. I was taken aback after learning the pathetic situations they went through; especially issues concerning their socio- economic situation, poverty, social status, cultural ignorance and so on ... life in total despair! They were not able to realize what was wrong, and then they land up in the mental asylum.



The world is full of fear-provoking new challenges, some way or the other causing havoc in the life of the poor, the marginalized, unprivileged and voiceless ones. I desire to work with these people and journey with them with love and trust, so that mistakes will not lead us into isolation, but can give us new hope to live.

Kakali Majhi SA
(INDIA, Gwahati)



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To be a Voice for the Voiceless

Now it is the turn of sr. Lucy Besra to share her experience in discovering a new horizon for her mission. Growing as a Helper made her more sensitive to the pain of underprivileged categories in the society, challenging her to find her way to reach them.

The society where we live is very vulnerable. Every day and night we see and hear the cry of the people who are exploited or wounded or destroyed in their human dignity in many ways. I always felt in my heart that I could do something for the people who are struggling to get their rights in many ways. This is how the desire for law study took birth in my heart. Being a treasurer many years helped me to reflect that I could be warrior to fight for people who have no voice to raise against the injustice done to them. The people struggle for everything in life whether they are rich or poor. I have come across many poor young girls who are just got married in their young age and later abandoned with one or two children by their husbands. Each time I hear



their stories I feel pain in my heart. These young girls do not know whom to approach or how to get any remedies from in-laws' family and their husband. There are some sections of people who are not aware of their benefits and remedies. And these sections are mostly exploited. This is how I felt the need to study LLB (legislative law of Bachelor), so that I could be the channel of our Lord to bring justice and uplift the downtrodden from the exploitation.



God's mercy and love encourages me to deal with this study. There are lot of possibility to reach out the forgotten ones. Being a student of law I received lots of knowledge about the fact that the world needs to be treated justly with care. Each time I reflect on the issue of the social justice, I feel that our Helper Charism has taken roots in Indian soil. Being in the Bolpur community we meet many poor people who are longing to be heard their cry.

We as Helpers could bring the good news of our Lord who is our redeemer to the most forgotten ones.

The challenges that I have come across were to find the suitable place for practical part of the study. During studies senior advocates do not like to accompany the young advocates.

I am longing to be involved myself in practical field so that I could learn more details about the social reality. It will be challenging in coming future once the study will be completed. I hope in God that he will guide me to find right and good senior advocates who could help me to do the practical.



Lucy Besra SA (India, Bolpur Community)

Care for the Sick and Poor

Sr. Sasmita Ekka is a young GM Nurse who found several experiences to live her Helper vocation in very concrete way, discovering that there are not boundaries to love, as our Constitutions say.

I have completed my nursing training in August 2018. During my study, as a nursing student, I had to stay in the Hostel for 3 years. I am happy to be back to our Oikatan community. I had a good rest for a month and able to resettled down in the community. Then I was looking for a place in a hospital, or non-government organization (NGO) where I could practice my professional skills.



After some months on 3rd of December for the 1st time I started taking care of a cancer patient in my locality. He was in his advanced stage. I was cleaning and dressing his wounds with my medical skills. This experience reminded me of our 1st mission was done by our sisters in Paris for the sick and the poor. This experience was challenging for me because it was the last stage of cancer for that sick man. I could feel his pain and suffering and also I felt the whole family members were having this bitter experience. I tried to bring hope and help them to trust in Jesus and offer our sorrow and prayed to God. Sometimes, I had to give psychological and moral support to his mother and his wife. I used to spend some times with them to pray together to hold their faith.

I experienced God was helping me and giving me strength to do this mission. God works or helps through people, and in my community I got much support and sisterly encouragement to be with this family, especially with that sick man, so I could care for him. For me it was a journey towards the kingdom of God. Yes, I knew that one day this man would leave us. God is so merciful. This experience made me more patient and strong to face the reality of this world and life: it worked for me as Providence of God.

After that, I got a place to practice my nursing skills in a Health clinic which is run by one NGO. I worked there for six months. I was so happy to do my new mission to care for the sick and poor. In this health clinic many poor people came with their health problems and they received good medical care. I was touched by this NGO. I enjoyed working there. This experience I had from 2018 to 2019.

Apart from this I would like to share another adventurous mission experience I had in Tchad (Africa) in our community in Bitkine. I went there for my international experience.

Sr. Leonor LOPEZ is a Helper nurse and she is working in the Health Centre which is close to our community. I was accompanied by her twice a week to that Health Centre. I have practiced there for 5 months. We both worked in the prenatal department. I used to make a prenatal examination (check up to hear FHS fetal heart sound, gestational age of fetus, and position of the baby) to the pregnant women. I gave many injections to many pregnant women (TT

tetanus toxoid). I

checked their blood pressure

and their weight (routine check-up for a pregnant woman). Even I got opportunity to help in a normal delivery. It was an amazing experience to see a new life and to see the joyful family members.#



Although in the beginning I was not speaking much with the people there because of the language problem, nevertheless I could manage to communicate with them by the help of Sister Leo and another nurse. Sometimes I used sign language and

gestures to explain to the women. Beside that I was going around with our sisters for family visits in different occasions, expressing our Charism in solidarity with the people.

My international experience was very rich and gave me inspiration and courage to live my religious life happily. I thank God for such adventurous experience and I ask His grace to do my future mission faithfully as a Helper.

Sasmita Ekka SA (Indian, Oikatan Community)

Bitkine Community



Be an Instrument of Light

Sr. Anjana Tirkey is a young Helper who spent the last year in some meaningful exposure, which confirmed her vocation as a Social Worker, specially committed to marginalized women. Here she shares something about her recent experiences.

I am Anjana, as I belong to the Kolkata community; I have been enjoying my Helpers life. I am called to live the challenges, to serve and to love all those who are entrusted to me and I am happy for my life that God has given to me. This is my second year of my Temporary Vows. Being a Helper Sister, I really have loved my mission as a Social Worker. As our const. no-18 echoing in my heart again and again as it says “There are no boundaries to love”. In my mission field I have been experiencing the same bond of love with the women those who are neglected and rejected in the society and in their own families because of their profession of being a prostitute.



They are not well treated because they are uneducated; they are disregarded because they are poor and simple. I was really touched by the fact that young girls are forced to go for early marriage. By visiting all these women, a question raised in my heart ‘how can I as a

young professed Helper, be an instrument of light,

hope and love in the lives of these women’?

The answer of this question I find in ‘Him’ who died on the cross for the sake of love for me and for the people those who are suffering. I find deep meaning and deep union with them when I am present in their midst. It is me in the picture, a gesture of love, you can see! How I am helping to make pickle for them. As I have been committed myself entirely for such service I am continuing to pray for them and I feel to have a special place in my heart not only



in my heart but also I try to find a respectful place for them in the society, they too need a place to live happy life which is without any boundaries and limitations. They are women like you and me therefore, may their human dignity be respected in our society. As Jesus is washing the feet of His disciples having no boundaries of anything, there is no exclusion of anybody so I am learning from Him to love those who are most forgotten and unloved.

“JESUS IS RISEN FROM THE DEAD ALLELUIA”#



**Anjana Tirkey SA
(India, Oikatan
Community)**

Conclusion

As a conclusion of this issue, in the light of Easter, Sr. Lucia Cima (China-India Group superior) shares an inspiring and encouraging text to get a positive glimpse out of the darkness covid19 brought to our world.

Dear friends,

In this time when our lives – our “normal lives” – are so shaken by the spreading of covid -19 pandemic, there are people who can see a meaning emerging from it, beyond pain and troubles which are affecting so many people among us and around us.

All of us suffer from the consequences of the pandemic, and there are people who suffer more deeply. It is our duty to stand by them, in different ways, and through different means.

And yet, all is not non-sense. There is a new point of view we can notice and embrace, when our securities collapse because an invisible thing eats up the giant’s feet.

It is what Moustapha Daleb tries to communicate to us...

WHAT A LITTLE THING CAN DO TO HUMANITY AND SOCIETY

By Moustapha Dahleb (Tchadian writer)

A small microscopic thing called “coronavirus” is turning the planet upside down. Something invisible has come to rule. It challenges everything and upsets the established order. It's putting everything back in place, differently.

What the great Western powers couldn't obtain in Syria, Libya, Yemen, ...this little thing could get (cease-fire, truce...).

What the Algerian army couldn't get, this little thing could get (the Hirak ended).

What the political opponents could not get, this little thing got (postponement of elections...).

What companies could not get, this little thing got (tax rebates, exemptions, zero rate credits, investment funds, lower prices of strategic raw materials...).

What the “yellow jackets” in France and the trade unions could not get, this little thing got (lower prices at the pump, reinforced social protection...).

Suddenly in the western world fuel went down, pollution went down, people started to have time, so much time that they don't even know what to do with it. Parents are getting to know their children, children are learning to stay with their families, work is no longer a priority, travel and leisure are no longer the norm for a successful life.

Suddenly, in silence, we turn to ourselves and understand the value of the words “solidarity” and “vulnerability”.

Suddenly we realize that we are all in the same boat, rich and poor. We realize that we had robbed the store shelves together and together we realize that the hospitals are full and # that money doesn't matter. That we all have the same human identity in the face of coronavirus.

We realize that in garages, high-end cars are stopped just because no one can get out.

Only a few days were enough for the universe to establish a social equality that was impossible to imagine.

Fear invaded everyone. It changed sides. It left the poor and went to live with the rich and powerful. It reminded them of their humanity and revealed their humanism.

May this help to realize the vulnerability of human beings who seek to live on planet Mars and who believe they are strong enough to clone human beings in the hope of living forever.

May this help to realize the limit of human intelligence in the face of the power of heaven.

It took only a few days for certainty to become uncertainty, for strength to become weakness, for power to become solidarity and cooperation.

It took only a few days for Africa to become a safe continent.

It took only a few days for humanity to become aware that it is nothing but breath and dust.

Who are we? What are we worth? What can we do about this coronavirus?

Let's face the facts and wait for Providence.

Let us question our "humanity" in this coronavirus-proof "globalism".

Let us stay at home and meditate on this pandemic.

Let us love each other alive!

May this Easter find us loving each other alive, because we depend on each other.



Sr. Lucia Cima
China-India Group superior

HAPPY EASTER

**The Risen Lord
brings Peace, Hope,
Healing and Strength.**



ALLELUIA