



Adhirivalai

அதிர்வலை

கவுசானல் மாநில மாதச் செய்தி மட்டம்

ஜனவரி 2022 | வகை 08 | பின்னல் 09

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**“TAKE A LEAP OF FAITH AND BEGIN
THIS WONDEROUS NEW YEAR BY BELIEVING”**

Dear Brothers,
Prayerful Greetings to you
all in the sweet name of the
Most Sacred Heart of Jesus!

2021 is gone and the lord has blessed us with the new hope by providing another year 2022, which we are going to feel in experience and live. Let us remember the providence of God in the last year and be a grateful leper who came back to thank our lord Jesus Christ. Personally, I feel that God has blessed our congregation and he loves our brothers by safe guarding each and every member of our society during the pandemic times. We all had gone through the experience of medication but at the end we all came out with the graceful hearts. Many institutions have gone to next levels and a few have been undergoing renovations. It is all God's plan, I believe. Our mind can plan all that we want, but time comes from God. Many of our brothers have lots of skill in various departments for which as a member of the society we have to praise God and thank the lord for the gift of such a wonderful Brothers as companions of our time.

Be Grateful to God by your action not in social media. Take a resolution in the New Year that you are going to show your **Gratitude to God...**

God is our creator and He has given us all the various things in our life .Every day we wake up in the morning to live another day due to His grace. This life on Earth is precious as it is the only region where spiritual practice can be done to attain the ultimate purpose of life. When any person does something for us, we feel gratitude. However most of us are not used to express gratitude to God for all the things He has given us. Expressing gratefulness to God for all the various things He does for us is called gratitude in spiritual practice. The ability to live in this feeling of gratitude is an important and intrinsic part of a spiritual journey of the brothers.

The reality is that while most people accept God as their Creator, they do not feel the need to express gratitude to God. This is mainly because they think that all the things that happen in their lives, or at least most of the mundane things in their lives – good or bad, happen of their own volition. It is only in extraordinary turnarounds after intense prayer like a miraculous cure of a very sick child suffering from an incurable illness that one would think of paying

gratitude to God. However even here memories of being helped by God in such a dramatic way are short-lived and as time goes by a person goes back to his same old ways until the next big issue strikes him where he begins to pray for divine intervention.

At a lower stage in our spiritual evolvment, in current times, on an average 65% of events happen as per destiny and 35% happen as per our wilful action. As we evolve spiritually, we begin to feel God's presence in our lives. As we experience His presence in our lives, we experience His grace and that everything happening in our lives is happening as per His wish. It is only after the 60% of spiritual level that one begins to really appreciate and experience this fact. Along with the experience comes the gratitude in the true spiritual sense of the word.

At this initial stage, paying of gratitude comes from the heart mainly when we can very clearly see divine intervention in our lives. As we immerse ourselves more and more into spiritual practice we open up a whole new world that was up to now veiled from us. We get spiritual experiences and these spiritual experiences are God's way of talking to us. Gratitude begins to build for even the smaller events in our life and the constant divine help and encouragement we are receiving in our spiritual practice. When we feel gratitude and express gratitude repeatedly throughout the course of the day, one gradually develops the **spiritual emotion of gratitude**. When we are aware, there is continuous realization before, during and after the action that 'everything happens as per God's wish, He does everything'. This higher stage of evolvment is activated when ego has reduced and once one attains this state, the ego remains low. **Let us show gratitude to God by our way of life as a community and as an individual.**

Let us wish and appreciate all the Brothers who are celebrating their Birthdays and Feast days in this month.

May I also request you to remember in your daily prayers all the Brothers who had rested in the Lord in this month.

Bro. A. Stephen Arockiasamy SHJ
Provincial Superior

PROVINCIAL'S PROGRAMME

ஜனவரி 2022

SUN	MON	TUE	WED	THE	FRI	SAT
30	31					01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- 08 Province Consult
- 10 Canonical Visitation
Vallanadu
- 11-12 Canonical Visitation
Kurichy
- 13-18 Jubilee Retreat
Madurai
- 20 Canonical Visitation
Mukkavar
- 21-22 Canonical Visitation
Singampatty
- 25-26 Founders Day
Palayamkottai
- 27-31 Provinciate



IMPORTANT DAYS/ EVENTS

- 01 HAPPY NEW YEAR
- 02 MONTHLY RECOLLECTION
- 15 PONGAL FESTIVAL
- 25 92nd ANNIVERSARY OF OUR FOUNDER

“Positivity is the state of mind that helps you to imagine and see the possibility of what you can learn, earn and achieve today”
— Mojo

Thought of the Month

THE POPE'S Monthly Prayer Intention

FOR TRUE HUMAN FRATERNITY: We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.



PROVINCE LEVEL MONTHLY RECOLLECTION AND CHRISTMAS DAY CELEBRATION



05th December

We had Christmas celebration and monthly recollection in province level. Fr. Rudof was the preacher. Br. Savariar, the senior most cut the Christmas cake in the presence of Rev.Br.Provincial. 44 Brothers took part in the event.

SOCIAL ACTION COMMISSION



10th December



ORIENTATION FOR ST. MARY'S CHILDREN'S HOME

Social Action Commission of the Caussanel Province visited St. Mary's Children's Home and organised a half-day orientation program for the children. The program was on "Conflict Resolution and Inclusive Relationships". It was a participatory-oriented training with a number of energizing activities based on the subject. The winners were encouraged with gifts.

Interfaith Christmas Function International Human Rights Day Celebration

The Social Action Commission of our Caussanel Province in collaboration with the Interfaith Commission of the Diocese of Tuticorin organised an Inter-Religious Christmas function and International Human Rights Day on 10th, December 2021 at St. Mary's Hr. Sec. School, Millarpuram, Tuticorin. Representatives from various religions and the leaders of different organizations took part in the program. The conference was very successful with the great number participants and the brothers were appreciated by the gathering for organizing the great event.



GREEN DAY CELEBRATION

Green Day was celebrated on 08th, December at Sacred Heart CBSE School, Panagudi. Fancy Dress and Speech competitions on green vegetables and fruits were conducted for the students. The day was completely an entertainment and enhanced the knowledge of our students. Bro. Jesu Arulanandam, the Correspondent and Bro. Antonysamay, the head Master of Sacred Heart Hr. Sec. School presided over the function.

CHRISTMAS CELEBRATION AT OUR INSTITUTIONS



IRUDAYAKULAM



SINGAMPATTY



KURICHY



NARANAMMALPURAM

Rev. Bro. Provincial Superior's Canonical Visitation & Christmas Celebration



PANAGUDI



Congratulations

02nd December



SACRED HEART PUBLIC SCHOOL

Our "Sacred Heart Public School - CBSE, Panagudi got its approval as Senior Secondary School on 02nd, December 2021. Now our school has been facilitated to admit the students from LKG to Grade XII.

REV. BRO. PROVINCIAL'S FEASTDAY @ SUHALAYAM



26th December



The Feast of Rev. Bro. Stephen Arockiasamy, the Provincial Superior was celebrated at Suhalayam on 26th, December 2021. Bro. Provincial extended his hands to the people that were in need on his feast day.

CHRISTMAS CELEBRATION



PALAYAMKOTTAI



FREE EYE CAMP @ SINGAMPATTY



We conducted free eye camp at St. Michael's High school, Singampatti in collaboration with Bejensing Eye Hospital and IDFC first bharat, Nagercoil

15th December



NEW BEGINNING & STARTING FRESH



A year with fear has passed another year of hope has begun. I am sure at the present time there has been plenty in the news to make anyone depressed. As one of famous editorial writer recently wrote in a local newspaper: “Reality seems to crush hope at every turn: the covid epidemic, the ruthless terror of the several National, crushing economic disparities in this country, the pernicious scourge of religionism, the increase of global warming, homelessness in our own ‘backyard’ and also the plague of illicit drugs, rampant medio violence, etc., etc.

When we feel this way, the temptation is to stay with the familiar and the comfortable, to crawl back into bed and pull up the covers, or to sneak into the manger with Jesus, where it’s warm, safe, and secure. The temptation is to stay where we are – in the dark crevices of depression or defeat, of fear or foreboding, in the deep ruts of sameness, boredom, or lethargy.

But Epiphany with its emphasis on a light shining in the darkness, reminds us that life continues on, that revelation and growth and new beginnings loom on the horizon, that new roads appear up ahead, new roads that will take us, if we choose to let them, into new adventures, new challenges, new opportunities to be the persons God wants us

to be. Epiphany reminds us that life continues on, even as one year ends and another begins, as we embark on this new year, embodied so well in the spirit of Epiphany and the reality of life moving on, a fair question for us to ask is, “how can we move on?” The answer may be found in the refrain from an old church camp song I’ll bet many of you remember: “Rise and Shine.” Isaiah tells the people of Israel to “Arise, shine; for your light has come...” They no longer have to live in darkness – nor do we. Rise and shine, get up, begin again – there is more to come! There are new roads to travel upon in this new year.

Each of us has a new road ahead of us in the new year. It’s another road, a different road than any we’ve travelled on before. As we step off down that road, not knowing what we may find, not knowing exactly where we’re going, we can be comforted in knowing that for sure, the light goes with us, leading us, guiding us, showing us the way. God will be with us on our journeys down that new road ahead. Even now God is calling to each of us, whoever we are, whatever our circumstance, calling us to get up off our hands and knees, to stop creeping, and rise and shine, and continue on the journey, giving God our praise, and sharing the Good News with others along the way.

PRAYER FOR A VICTORIOUS NEW YEAR

Lord Jesus, I come to you in this brand new year with a desire to move forward, not backward. Last year is gone and with it all the foolish mistakes I made. I’m eager to put the past behind and to press on toward the mark of knowing you, loving you, serving you, and making Your name known in this coming year.

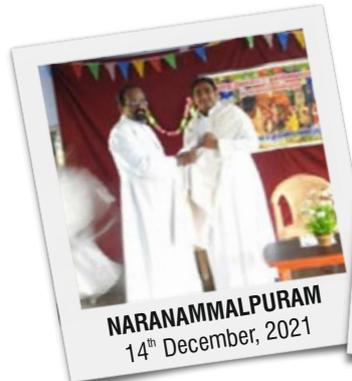
I need You, Lord. Without You, I can’t meet the heavy demands of life or the unrelenting pressures that I’ll face this coming year. I am making a new commitment today—not a New Year’s resolution—but a new desire to place You where You always belong, first place in my life. Make the “I will’s” of Scripture become my affirmations: “I will trust You; I will praise You; I will follow You.” I will replace fear with faith, knowing You are always with me. And with You on my side, it will be a victorious New Year.

Health is Wealth

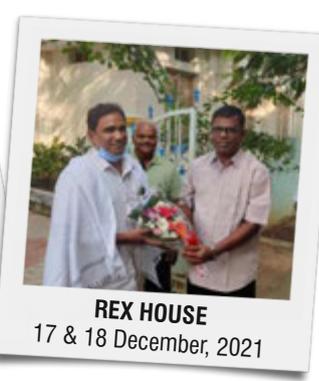


- The most important element to Lead and practice for a healthy life is
- Staying healthy is not just being physical y f it, but also includes emotional, social, mental well being
- Unwanted stress can cause detrimental to
- Activities such as playing an instrument, games, or reading give the brain necessary exercise to improve health
- Healthy habits like brushing teeth twice a day and washing hands before meals will keep you healthy.

CANONICAL VISITATION OF THE REV. BRO. PROVINCIAL SUPERIOR



NARANAMMALPURAM
14th December, 2021



REX HOUSE
17 & 18 December, 2021



SUHALAYAM
29th December, 2021

JANUARY



- 01 Bro. K.P. Arul Joseph
- 01 Bro. A. Christhuraaja
- 24 Bro. T. Praveen
- 25 Bro. V. Raphael Alex



- 03 Bro. D. Gasper
- 20 Bro. M.D. Sebastian
- 25 Bro. D. Hari Babu



- 01 Bro. A. Visuwasam
- 07 Bro. J. Alexis
- 08 Bro. A. David
- 14 Bro. P.M. Asirvatham
- 15 Bro. S.M. Gabriel
- 15 Bro. S. Adrian Arockiasamy
- 17 Bro. Savarimuthu
- 20 Bro. G. Swaminathan
- 20 Bro. M. Arulanandam
- 20 Bro. S. Siluvaunathan
- 23 Bro. L. Savarimuthu
- 25 Bro. M. Marianus Peter
- 25 Bro. T.P. Francis Thatchil
- 26 Bro. A. Alangaram
- 30 Bro. M. Arulappan

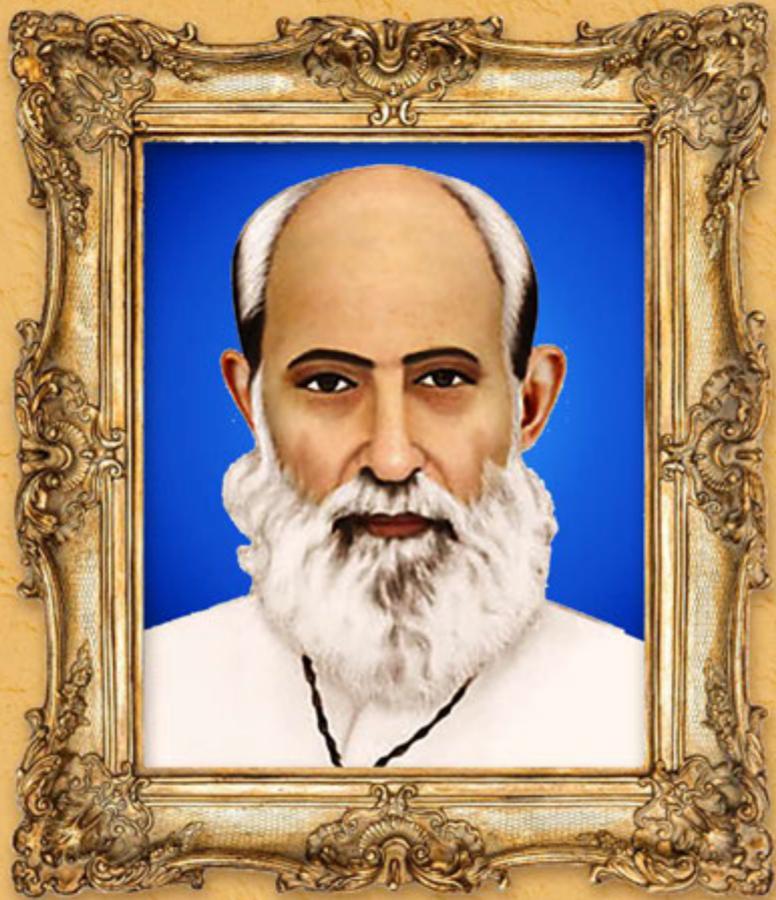
NOTE

Annual Retreat for the
2nd batch
will be held from
13 to 17 January 2022
at Provincialate,
Suhalayam.

-Bro. Secretary



**CAUSSANEL
PROVINCIALATE**
Suhalayam, Irudayakulam

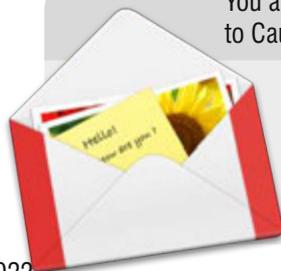


Since we celebrate
92nd Death Anniversary
of our founder

Rev. Fr. Adrian Caussanel,

the servant of God,
let us offer our prayers and petitions
to God to make our founder a saint.

You are requested to send your house and institutional news with photos
to Caussanel Province e-mail ID on or before **25th of every month.**



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