



CAUSSANEL PROVINCE

ADHIRIVALAI

அதிர்வலை

Private Circulation Only

கவுசானல் மாநில மாதச் செய்தி மடல்

நவம்பர் 2022 | வலை 08 | பின்னல் 18



“Blessed are the pure in heart: they shall see God..”

Mathew 5:8

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

Prayerful greetings to one and all in the sweetest name of the Most Sacred Heart of Jesus!

Month of November is special one in many ways. It gives us lot of hope and freshness in a distinct way as we are called to remember the departed souls. The month begins with all saint's day to remind us that we are born from God and we belong to him. As saint Augustin Hippo the doctor of church says. "Thou hast created us for Thyself, and our heart is not quiet until it rests in Thee." Law of Impermanence (anitya) of Buddha states, "Everything that begins will end." so, life is a continuous process where not only every beginning end, but also every end has a new beginning. However, because the form of the new beginning is very different from the form that had ended, we fail to see the continuity. Transcending the old form into a new one is transformation. If the new form has to begin then the old form has to end. The thirteenth-century Sufi mystic Rumi poetically contemplates the existential implications of this process:

I died as mineral and became a plant, I died as plant and rose to animal, I died as animal and I was man. Why should I fear? When was I less by dying?

These is the greatest message that church teach us through these two important feast All Saint's Day and All soul's day.

Fear of death, is something that we play with the concept of 'not now but later'. These inevitable changes this death drive, plays a major part in how we live our lives. We can become selfish, arrogant, isolated or even develop risk taking behaviours to try and wrap our heads around the tragedy of lives, and our own, importance. So, what does contemplation on All soul's day teach us to do about death. Embrace it nothing more than that but it's not easy! We are on an experimental journey of discovery. This

means that we have needs that drive us, propel us, forward and upward. We are here to do, to experience, to take part-in and to contribute to this society and people around us not only to the humanity also to entire world called life. On 13th of November, we celebrate the feast of saint Stanislaus Kostka the patron of our Novices he had set an example for us to live a life for our Lord who called us to be his disciples. He certainly had in mind accomplishments like those of St. Francis Xavier and other early Jesuits. But young Stanislaus died before he could do anything. Except live for God and become a saint. Stanislaus kept a journal during his novitiate. His notes reflect both a youthful idealism and an adult commitment. Here is one of those writings: "Think of the joy that the soul will feel in its escape from the prison of this body. So long has it lived in perp

As we pondering over this three-feast let us ask ourselves, let us reflect and ask: "What have we done for Christ? What are we doing for Christ? What ought we do for Christ?". Finding the answer for such question will help us to celebrate the feast of Christ the King in a different understanding and greater meaning. If we are not part of Christ's pain and suffering, we cannot be a partaker in his kingdom.

Pope Francis, writing in "Gaudete et Exultate" ("Rejoice and Be Glad"), stated that the Lord "wants us to be saints and not to settle for a bland and mediocre existence." Following Christ, the path to holiness, is a way of life for that we all have been called. So, my dear brother let us run our race with the hope that one day we will also be celebrating with our brothers and sister who have gone before to meet our master

Let us wish and appreciate all the brothers who are celebrating their Natal day and feast day in this month.

May I appeal every one of you to remember and offer mass for our brothers who had rested in the Lord.

Bro. A. Stephen Arockiasamy, SHJ
Provincial Superior

Provincial's PROGRAMME November 2022

- 02 CAUSSANEL PURAM
All Souls Day
- 03-04 BANGALORE
CRI
- 05 DINDIGUL
Graduation Day
- 07 V.K. Puram
- 10 SUHALAYAM
Province Consult
- 12-13 Bangalore
Meeting

Important Days / Events

- 01 ALL SAINTS DAY
- 02 ALL SOULS DAY
- 13 ST. STANISLAUS KOSTKA
- 20 CHRIST THE KING
- 21 PRESENTATION OF BLESSED VIRGIN MARY



Christ the King

THE POPE'S Monthly Prayer Intention For children who suffer

We pray for children who are suffering, especially those who are homeless, orphans, and victims of war; may they be guaranteed access to education and the opportunity to experience family affection.



Thought of the month

"Holiness is not the luxury of a few people, but a simple duty for you and me."

- Saint Teresa of Calcutta





Annual Retreat 1st Batch

Annual Retreat for the first batch(2022-23) was held at Thovalai, Nagercoil from 30th September to 05th October. 32 brothers participated in this retreat. Rev. Fr. C. John Britto, MSFS was the retreat preacher and he enlightened our brothers in an electrifying way and guided them to take part in a fruitful manner.

Birthday Celebration



October 25: The Birthday of Rev. Bro. Stephen Arockiasamy, the Provincial was celebrated at our Suhalyam Community in the morning and the evening celebration was held at Palayamkottai in a grand manner. Bro. Britto, Province Secretary welcomed the gathering. Br.K.P.Arul Joseph and Br. I. Pancras felicitated in the birthday get-together. The cultural programme of our candidacy and the participation of Fathers and Brothers added beauty to the function. The programme came to a close with a vote of thanks by Br. Lawrence, the Vice-Provincial.



Suhalayam



October 28: The holy mass was celebrated with the special intentions of increasing new vocations for the institute of brothers of the sacred heart of Jesus. Brothers from Suhalayam and Irudayakulam communities along with FSH members, Members of Saint Vincent de Paul society and school teachers together prayed for all the sacred heart brothers and their mission and for the new vocations to our congregation. Finally this event was completed successfully with a fellowship meal.





SMILE celebrated certification Vermont for the Tailoring and Aari work learning students on 21st October 2022. Tailoring Machines were sponsored to the needy.



The forming day of Tuticorin District was celebrated by a tree plantation at St. Mary's Nursery and Primary School, and St. Mary's Home for Destitute Children.

Kanthalore



Our Sacred Heart High School Boys and Girls team won the 1st Place in kho kho in the district level and entered for State level Competition. Let us congratulate to the headmaster and the teachers who worked hard to attain this triumph and reputation for our institution.

Palayamkottai



The students of Christuraja Hr. Sec. School, Palayamkottai took part in various sports competitions conducted in District level and they were awarded Gold and Silver medals. Selven. K. Selvaraj won the 1st Prize in 80m hurdles and he qualifies for national level competitions.

NOVEMBER



- 08 Bro. S. Arockianathan
- 11 Bro. D. Gaspar
- 21 Bro. A. Britto
- 28 Bro. A. James Antony



- 01 Bro. K. Chinna Moses
- 01 Bro. Praveen
- 14 Bro. M. Albert
- 15 Bro. V. Akash Albert Sulya
- 20 Bro. C.M. Felix
- 20 Bro. S. Jesuraj
- 20 Bro. M. Sengole
- 20 Bro. S. Jesuraj @ Jesan
- 20 Bro. U. Jesuraj
- 20 Bro. A. Jegadish
- 20 Bro. R. Chaini Chakravarthy
- 20 Bro. A. Solomon Raja
- 20 Bro. A. Christhu Raj
- 30 Bro. M. Paul Androse



- 03 Bro. G. Maria Rethinam
- 04 Bro. M. Royappan
- 14 Bro. S. Joseph Raj
- 16 Bro. M. Vincent
- 17 Bro. V. Joseph Xavier
- 25 Bro. A. Thomas
- 26 Bro. R. Kanikkairaj
- 26 Bro. K. S. Dhavamani
- 27 Bro. A. Arputham
- 28 Bro. S. Xavier

Obituary

Mr. Vijay
Aged 51,
Cousin of Br. Arul Gnanaprakasam,
rested in the Lord
on 04th October 2022.

Mrs. Selvi,
Aged 58,
Aunty of Br. Antony Christopher,
rested in the Lord
on 29th October 2022.

May God in His eternal
mercy grant their souls
peace and rest.

Health is Wealth

5 REASONS TO ADD COLOR
Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

- 1. Lots of the Good**
Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.
- 2. Less of the Bad**
Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!
- 3. Won't Weigh You Down**
Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.
- 4. Super Flexible Super Foods**
All forms of fruits and vegetables -- fresh, frozen, canned and dried -- can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.
- 5. A Whole Body Health Boost**
A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



All Souls Prayer

Loving God, we remember now in prayer our dearly departed. May they rest in peace with you and experience the eternal joy of heaven. Heal our grief, merciful Lord, strengthen our hope that we, too, will one day share in the resurrection of your Son who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

Rest in Peace

To the Earth : 06-05-1938
To the Heaven : 29-10-2022
First Vows : 16-05-1990
Final Vows : 28-04-1996



Bro. C. Marladas SHJ

He was a real Sacred Heart Brother with simplicity, humility and meekness. He completed 32 years of religious life in a fruitful ministry.

May God give him the eternal reward. I have fought the good fight, I have finished the race, I have kept the faith.

2Tim 4:7.



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



CAUSSANEL PROVINCIALATE

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