



அதர்வலை

ADHIRIVALAI

கவுசானல் மாநில மாதச் செய்தி மடல்

ஆகஸ்ட் 2026 | வலை 09 | பின்னல் 08

"Behold, how good and pleasant it is when brothers dwell in unity."

(Psalm 133:1)

Dear Brothers, Prayerful greetings in the Sweet Name of the Most Sacred Heart of Jesus.

In this month, we remember the Feast of the Transfiguration of our Lord and St. Maximilian Kolbe. We also celebrate many other feasts such as St. John Mary Vianney, St. Dominic, St. Lawrence, St. Clare, the Assumption and Queenship of Our Mother Mary, St. Monica and St. Augustine...

These feasts remind us how ordinary individuals can become extraordinary saints.

1. Sainthood is a Universal Call

Sainthood is not reserved for a few, but is a universal call rooted in Baptism and a life of virtue. The Catholic Church teaches that saints are not born perfect; they grow in faith through grace and daily effort. Scripture and history show us that many saints began as everyday people with flaws and struggles.

Becoming a saint means living the Gospel in a heroic way, often quietly and unnoticed by the world. The Second Vatican Council in Lumen Gentium firmly stated that all the faithful, in every state of life, are called to the fullness of Christian life. Therefore, saints are not an elite class. They are ordinary people who respond generously to God's invitation.

2. Holiness in Ordinary Life

This response requires a daily commitment to prayer, charity, and obedience to God's will. Holiness is found in daily duties: A parent raising children with love, a teacher forming young minds, a worker fulfilling responsibilities with honesty, a brother serving in community and mission. The Church teaches that small acts, done with great love, are the foundation of a saintly life. Grace transforms these efforts into something extraordinary, even if the world does not recognize it.

3. Grace: The Power to Become Saints

Grace is the key that elevates ordinary lives to extraordinary heights. Human effort alone cannot achieve holiness; we need God's freely given help.

This grace is received first in Baptism and sustained through the Sacraments, especially the Eucharist and Reconciliation. Saints are not superhuman. They are people who cooperate with divine assistance.

For example, St. Thérèse of Lisieux lived a simple life but became a Doctor of the Church through her "Little Way" of trust and love. CCC 1996-2005 reminds us that every Catholic can access this same grace.

4. Witness of Martyrs and Hidden Saints

Martyrdom shows how ordinary people achieve extraordinary sainthood. Many martyrs were simple believers who refused to deny Christ. St. Agnes, a young Roman girl, chose death rather than abandon her faith - courage beyond her years. The Church calls martyrs the "seed of the Church." Not all saints are formally canonized. Many live and die in obscurity, known only to God. The Church calls them "anonymous saints" who fill heaven. Their holiness is measured by God alone.

THE POPE'S Monthly Prayer Intention

FOR EVANGELIZATION IN THE CITY

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

Provincial's Programme August 2026

- 02-03 YERCARD**
Major Superior's Meet
- 08 KALAIYARKOVIL**
Silver Jubilee
- 11 PALAYAMKOTTAI**
Cause of the sainthood
- 12 CAUSSANELPURAM**
Annul day
- 15-16 PONDICHERRY**
All Commission Meet
- 20-21 KANTHALORE**
Contact Visit
- 23 SARUGANI**
Marriage Function
- 25 TIRUVANDRUM**
Contact Visit
- 30 DASAVAPALLI**
Marriage Function

Important Days / Events

- 05 - FEAST OF OUR LADY OF SNOW**
- 15 - INDEPENDENCE DAY OF OUR NATION & FEAST OF ASSUMPTION OF OUR LADY**



Thought of the month

Life isn't about finding yourself. Life is about creating yourself.

- George Bernard Shaw

5. Our Call as Brothers of the Sacred Heart

You and I are called to be Religious in the Congregation of the Brothers of the Sacred Heart of Jesus. That means we are called to be saints. A simple act of a Brother - teaching, praying, serving, forgiving - becomes holy when done with love and spreads the Kingdom of God through His grace. We are ordinary human beings, but called by God for His extraordinary mission. The Catechism sums this up as the universal vocation to love CCC 826.

Saints are proof that God works wonders in the ordinary. So, as Religious Brothers, we too can become saints - not by doing

great things, but by doing ordinary things with extraordinary love. May the Sacred Heart of Jesus make us saints.

I gently invite all the Brothers to remember in our prayers those who are celebrating their birthdays and feast days during this month. Let us also offer our heartfelt prayers for our dear Brothers who have entered into eternal joy in this month. May the Lord bless them abundantly and grant eternal rest to the departed.

Yours in Christ,

Br. A. Stephen Arockiasamy, SHJ
Provincial Superior - Caussanel Province

Suhalayam



Friends of the Sacred Heart (FSH) gathered at Suhalayam Provincialate on 31st July 2026 for a Thanksgiving Prayer and Eucharistic Adoration with 165 members. Led by Mr. Jaya Mani, they thanked God for His blessings and shared testimonies of miracles and providence through the Sacred Heart of Jesus, strengthening their faith and trust in God. The programme was ended with renewed hope as participants returned as witnesses of God's love, inspired by Psalm 136:1.

Drug-Free Society Cricket Tournament, July 20th: To promote a drug-free society, We the Leaders organization conducted an inter-school cricket tournament among ten local schools at St. Mary's Hr. Sec. School ground. The event aimed to create awareness among students about the harmful effects of drugs and encourage healthy lifestyles through sports. In the final match, St. Mary's Higher Secondary School defeated Cambridge School and won the championship trophy. The tournament successfully conveyed the message of building a drug-free and healthy society.

Vickramasingapuram



Students Attend Mind and Body Wellness Training, July 25th: A special Mind and Body Wellness Training Programme was organized for the students in collaboration with the Pothigai Manavalakalai Centre to promote the integration of mental and physical well-being for effective learning and holistic personal development. During the session, students were introduced to practical techniques for improving concentration, developing effective study habits, managing stress, maintaining emotional balance, and cultivating disciplined behaviour. The trainer also shared valuable strategies to help students overcome anxiety and remain focussed on their academic goals. As part of the programme, students actively participated in yoga exercises designed to improve physical fitness, mental relaxation, flexibility, and overall well-being. The interactive session encouraged students to adopt healthy habits for a balanced and productive life.



Drug Awareness Puppet Show, July 19th. St. Mary's Hostel, V.K.Puram, organized a special Drug Awareness Programme in collaboration with the Bethel Group. The highlight of the programme was an engaging puppet show that effectively communicated the dangers of drug abuse. The programme also emphasized healthy relationships, moral values, repentance, prayer, and spiritual renewal. The interactive presentation was well received by the students and encouraged them to embrace positive values and make responsible life choices.



St. Mary's Higher Secondary School, Vickramasingapuram Shines in Ambai Zonal Sports Meet 31st July. St. Mary's Higher Secondary School, Vickramasingapuram, once again proved its sporting excellence by delivering an outstanding performance in the Ambai Zonal Sports Competitions.

The school emerged as Champion in the following events: Kabaddi – Boys & Girls Football – Girls Badminton – Girls Throwball – Boys & Girls Taekwondo – Boys Chess – Boys the school also secured Runner-up positions in: Handball – Boys & Girls Football – Boys Volleyball – Boys Beach Volleyball – Boys In the Athletics Championship, Rajesh was declared the Individual Champion, bringing great pride to the school. With an impressive 117 points, **St. Mary's Higher Secondary School won the Ambai Zonal Overall Championship.**

This remarkable victory marks the 35th consecutive year that the school has retained the prestigious overall championship title, a truly historic achievement. The management extends its heartfelt congratulations to all the winners, participants, coaches, and the Physical Education staff for their dedication, hard work, and commitment.



15th July: We are happy to share our joy on the success of our school student A. Adharva, VI-A is the winner of **State Level Silambam Competition.** We congratulate Adarva and his Silambam master.

Irudayakulam



July 30th: Sacred Heart High School won the First Prize in the Ambasamudram Zonal level Kabadi under 14 and carrom single and double winner under 17.

Singampatti



The students of St. Michael's High School, the girls' team emerged as Winners in the Throwball Tournament, and the boys' team secured the Runner-up in the Volleyball Tournament at the Ambai Zonal Level. Heartiest congratulations to all the winning students and their coaches.



Thoothukudi



July 16th: Karmaveerar Kamaraj's Birthday, Kamaraj College, Thoothukudi conducted a District Level Kabaddi Tournament. Our school Senior Boys Team proudly participated in the tournament. We are very happy to share that our team won the District Championship Title along with the Winner's Shield and a Cash Award of Rs.10,000. The students displayed excellent teamwork, discipline, and sportsmanship throughout the matches. This victory is a great honor to our school and a tribute to Karmaveerar Kamaraj, who was a strong supporter of sports and youth development



We had the Inauguration Ceremony of the New Children's Parliament for this academic year at St. Marys Home for Destitute Children. The newly elected student leaders were introduced to the whole home. During the program, the importance of leadership, responsibility, discipline, and service was explained to the children. They were motivated to be role models in cleanliness, punctuality, unity, and helping others. The duty of each cabinet member was clearly explained so that they may work for the welfare of their friends. This event gave the children confidence, public speaking skills, and decision-making ability. It will help them to grow in leadership qualities and become responsible citizens of tomorrow. We congratulate all the newly elected members and wish them success in serving the home.



July 21st: Inauguration of MoU with V.O.C. College of Arts and Science The St. Mary's Boys Hr. Sec. School, Millerpuram has taken a new initiative today. We had the Inaugural Ceremony of the MoU with V.O.C. College of Arts and Science, Thoothukudi. This new initiative will provide a valuable platform for both faculty members and students to enhance their academic knowledge, research skills, and creativity. Key Benefits of this MoU: 1. Academic Collaboration - Guest lectures, workshops, and seminars by college professors. 2.Student Development - Career guidance, exposure to higher education, and skill-building programs. 3.Faculty Enrichment - Training programs and knowledge sharing for teachers. 4.Use of Resources - Access to college library, labs, and other academic facilities. 5. Creativity & Innovation - Joint competitions, projects, and cultural exchange programs. We believe this collaboration will bridge the gap between school and college education and help our students excel in their studies and prepare for future opportunities. We thank the management of V.O.C. College for this wonderful partnership.





The St. Mary's family is delighted to share that our boys have emerged victorious in the Zonal Level Kabaddi Matches held in Thoothukudi. It is yet another milestone for our school as our teams in the Junior, Senior, and Super Senior categories have won at all levels and have been selected for the District Level Matches. Hearty congratulations to all the teachers, coaches, and students for their hard work, dedication, and team spirit in making this achievement possible. We wish our boys the very best for the upcoming district matches.

Christhu Jyothi



July 31st: Mrs. Selvi Andrew Paul has been served as a good teacher for 25 years at Christhu Jyothi Primary School. Her retirement function was celebrated in a grand manner.

Kurichy



In the Tirunelveli Zonal level Athletics and kho kho Competition, our St. Thomas High School - Kurichy students have brought pride to the school by receiving the below prizes.

In Under 14 Category - Boys: 100 metre run - I prize – Prabhakaran 8th Std, II prize – Venkatesh - 8th Std | 600 Metre run: I prize – Mugil Raj - 9th Std | Shot Put Competition: I prize – Balasubramanian - 9th Std, II prize – Abinash - 8th Std. | Discus Throwing Competition: III prize – Balasubramanian - 9th Std | Relay : 400 Metre, III prize. **In Under 17 Category - Boys:** 800 metre run: I prize – Jeevaprakash - 10th Std, III prize – Velraj - 10th Std. **In Under 14 Category -Girls** 200 metre run: I prize – Dhanalakshmi - 9th Std | 400 metre run: I prize - Thanalakshmi - 9th Std | 600 metre Run: I prize – Thanalakshmi - 9th Std.

Kho kho In Under 14 Category -Girls: I prize | **In Under 14 Category - Boys:** I prize. **In Under 17 Category - Boys:** I prize

We sincerely congratulate and appreciate the students and the teacher Mr. Sahaya Thangadurai who trained the students and guided them along the way. We too thank Bro. U. Jesuraja the Correspondent for guiding and encouraging us.

Palaymkottai

July 10th District-Level Speech Competition Achievement; We are proud to announce that Selvan Gogul, a student of Class XI at Christhura Higher Secondary School, Palaymkottai, secured Third Prize in the District-Level Speech Competition. He received the award Rs 5000 and certificate from the District Collector in recognition of his excellent oratory skills and outstanding performance. The school management, staff, and students congratulate Gogul on this remarkable achievement and wish him continued success in all his future endeavours.





Kabaddi Tournament Achievement in zonal level: We are proud to announce the outstanding performance of the Christhuraja Higher Secondary School Kabaddi teams. Under-19 Boys – kabaddi Champions (Winners). Under-14 Boys –kabaddi Champions (Winners). Under-19 Boys –Hand ball (winners). Heartiest congratulations to all the players, coaches, and the Physical Education staff for their hard work, dedication, and excellent teamwork. We wish them continued success in the upcoming competitions and are proud of bringing laurels to our school.



National Independence to Interior Freedom:

Pilgrims of Hope and Ambassadors of Peace

"For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery." (Galatians 5:1)

National Independence reminds us of the precious gift of external freedom, but Christ calls us to an even greater freedom. The interior freedom of the heart. Consecrated life is a lifelong pilgrimage towards this freedom through the faithful living of poverty, chastity, and obedience. In today's world, wounded by wars, violence, consumerism, digital dependence, artificial intelligence, moral confusion, and the erosion of human values, consecrated persons are called to be prophetic witnesses of the Gospel. The world may change, but the true spirit of consecrated life must remain unchanged. An authentic consecrated life is a personal offering to God, where our daily lives become a living witness to Christ through prayer, love, service, and faithful commitment.

Rather than allowing ourselves to be shaped by the culture of the world, we are invited to remain deeply rooted in prayer, discernment, and communion with God. Our religious communities must become schools of fraternity, reconciliation, mercy, and joyful service, where Christ's peace is experienced and shared. As Pilgrims of Hope, we confidently trust in God's providence even amid uncertainty, suffering, and the many challenges of our times. As Ambassadors of Peace, we foster forgiveness, dialogue, justice, and compassionate love wherever we serve.

Our witness becomes truly credible when our lives reflect simplicity, integrity, humility, and authentic charity. Young people today are searching not for perfect religious, but for joyful and genuine disciples whose lives radiate the presence of Christ. Interior freedom enables us to love selflessly, serve generously, and remain faithful to our consecrated vocation with renewed zeal.

As the Servant of God Fr. Adrian Caussanel beautifully reminded us, "Adore the Providence of God in every detail." Trusting completely in God's loving providence, may our consecrated lives become living signs of His Kingdom, inspiring hope in a broken world and proclaiming that only hearts truly free in Christ can become authentic Pilgrims of Hope and Ambassadors of Peace. Let us remember that we are wounded healers, healed by Christ and called to bring His healing, hope, and peace to a wounded world.

"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9

Br. A. Arulsamy SHJ



All the schools under the Caussanel Province celebrated the birth anniversary of Perunthalaivar Kamarajar as
Kalvi Valarchi Naal
(Education Development Day)
with great enthusiasm.



Vickramasingapuram



Panagudi



Palayamkottai



Thoothukudi



Kurichy



Irudayakulam



August



- 01 Bro. I. Joseph
- 10 Bro. S. Lawrence
- 20 Bro. A. Arockiam Abinash
- 28 Bro. M.V. Cherian Manikathan

Happy Feast



- 10 Bro. S. Lawrence
- 15 Bro. A. Mariadas
- 15 Bro. S. Rajan
- 15 Bro. A. Mariaselvam



- 01 Bro. Varghees
- 02 Bro. A. Lawrence
- 04 Bro. M. Gnanasamy
- 12 Bro. P.M. Asirvatham
- 14 Bro. A.M. Masilamani
- 14 Bro. T. Gabriel
- 16 Bro. M. Antony Adimai
- 18 Bro. Y. Devasagayam
- 20 Bro. K. Zacarias
- 21 Bro. Maria Irudayam
- 22 Bro. G. John Stanislaus
- 23 Bro. A. Gnana Athisayam
- 25 Bro. G. Gerome
- 31 Bro. A. Gnanathickam

Obituary

It is with deep sorrow that we inform you of the passing of

Mr. Kulandai Samy,

Aged 88, the beloved Father of

Br. K. Selvaraj.

who rested in the Lord

on 12th July 2026

May God in His eternal mercy grant his soul peace and rest.

Health is Wealth



Stay Hydrated

Drink at least 7-8 glasses of water daily



Eat Balanced Meals

Include fruits, vegetables, proteins, and whole grains



Stay Active

Aim for 30 minutes of walking, yoga, or exercise every day



Sleep Well

Get 7-8 hours of quality sleep to recharge your body



Manage Stress

Practice deep breathing, meditation, or spend time in nature

Prayer



Immaculate Virgin, Mother of Jesus and our Mother, we believe in your triumphant assumption into heaven where the angels and saints acclaim you as Queen of Heaven and earth.

We join them in praising you and bless the Lord who raised you above all creatures. With them we honor you.

We are confident that you watch over our daily lives and we ask that you intercede for us now.

(Mention your request)

We are comforted by our faith in the coming Resurrection and we look to you for prayers and comfort.

After this earthly life, show us Jesus, the blessed fruit of your womb, O kind, O loving, O sweet Virgin Mary.

O Queen Assumed into Heaven, pray for us. Amen

ANNUAL RETREAT

27th September – 02nd October 2026

26th – 31st December 2026

VENUE :

Valam Retreat Centre, Provincialate, Suhalayam

Dear Brothers,

You are all kindly requested to inform the Provincialate of the batch in which you would like to participate in the retreat at your earliest convenience.

- Provincial Secretary

to Caussanel Province e-mail ID on or before **25 of every month.**



CAUSSANEL PROVINCIALATE

Suhalayam, Irudayakulam, Tirunelveli District

Phone : 04634 221448 / Mobile : 8754346175

Email : caussanelprovince@gmail.com

Website : www.caussanelprovince.com