



ADHIRIVALAI

அதர்வலை

கவுசானல் மாநில மாதச் செய்தி மடல்



"When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."
(John 8:12)

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

"Be the change you wish to see in the world." Most of us have heard this quote by Mahatma Gandhi and perhaps even been inspired by it. It's a beautiful sentiment and one that reminds us how everyone has the power to make an impact. But sometimes when we hear about so many global issues on the news, it can be difficult to believe that just one person can make a difference. Luckily, social change doesn't have to happen instantly or on your own. By working together with your community to change lives one day at a time, your actions can have a meaningful impact.

For as long as humans have been around, we've been asking ourselves questions about our purpose in life and how we can best fulfil it. These existential questions seem to be a part of human nature and often drive people to start social innovative actions so they can leave a meaningful mark on the world. But sometimes, it's hard to see what difference one person can make and how we can help our local and global communities. Even if you're not trying to solve world hunger or global warming, brainstorming ways to help your community can make a big difference. When we help others, it doesn't stop with us. Studies have found that when we help others, those around us are more likely to help too. This means that the more we give our time or resources to the issues we care about, the more others will give in return. In that way, one person's actions really can change the world for good.

Altruism is contagious and if you're figuring out how you can make a difference, take it one day at a time. You may not always see how you impact the people you're serving, but everything you do to promote change can add up over time. If every person is committed to just one act of kindness a day, think how much better our world would become.

But meaningful or effective change isn't always instant nor is it large-scale. Real impact can take months or years, and making the world a better place often means bettering it for a few people at a time. Every time you change just one person's world, you're

starting a butterfly effect with the potential to improve lives for generations to come. Asking yourself "How can I make a difference ? I'm just a single person.

Keep this poem by Edwin's good Grover in mind

**"I am only one,
But still I am one.
I cannot do everything,
But still I can do something;
And because I cannot do everything,
I will not refuse to do the something that I can do."**

Our founder **servant of God Adrian Caussannel SJ**, is one lion like giant who wished to change the world In his time, the whole community practised discrimination by Caste and religion. In the society they had traditional rules to maintain the leadership based on financial condition of the individual. Where there is majority of the particular caste they dominate the minority caste those who are living in that locality. Women were not allowed to go to school and they have treated as second class citizens. Observing all the social evils in the society, our founder **servant of God Adrian Caussannel SJ**, had decided to start a congregation that is going to be a change in the society. This particular society will be serving in the rural areas where people were under poverty and discrimination in the name of caste. His dream has come true on 6th of February 1903. later our foundation day moved to 11th February due to the change of church calendar.

I invite you dear Brothers, to think about our mission and ministries of our Pioneer Brothers. We have a rich tradition in the local church for our commitment and dedication. We must be proud of our founder and our Brothers for their efforts to keep the spirit of the congregation alive and active. Let us assure ourselves that the spirit of our congregation will be alive and active because of my presence as an individual, as a community with other Brothers. In our mission and ministry with one mindedness serve for the poor and marginalized to regain the spirit of our Pioneer Brothers.

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.

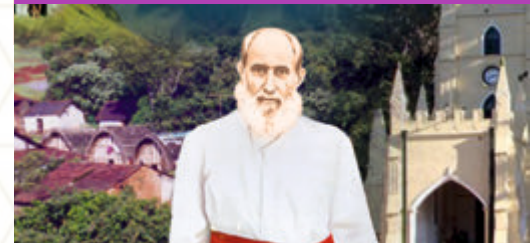
Br. A. Stephen Arockiasamy, SHJ
Provincial Superior

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Provincial's Programme February 2025

- 01 VICKRAMASINGAPURAM
Sports Day-Matric School
- 02 PALAYAMKOTTAI
FSH Meeting
- 03 PANAGUDI
- 05 KANTHALORE
Annual Day
- 08-09 DINDIGUIL
All Commission Meet
- 10 VALAIYAMPATTY
Marriage Function
- 11 SUHALAYAM
Foundation Day
- 24-26 SUHALAYAM
Refresh Course

Important Days / Events



Foundation Day
11th February

THE POPE'S Monthly Prayer Intention

For vocations to the priesthood and religious life.

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

Thought of the month

The alone can't change the world, but I can cast a stone across the waters to create many ripples. - Mother Teresa





The retreat in 14th to 19th January 2025 at Caussanel Provincialate was a meaningful experience for the 30 brothers who attended. With the presence of Rev.Br. A. Stephen Arockiasamy, Provincial and the insightful guidance of Rev. Fr. Dominic SMA as the retreat preacher, it was a great opportunity for spiritual reflection.



The first meeting of the Sacred Heart Friends Movement was an important and well-organized event. With Rev. Br. A. Stephen Arockiasamy, the Provincial of Caussanel Province presiding over the meeting and other key figures like Rev. Br. Sunil Benjamine in attendance, it must have set a solid foundation for the movement.



Panagudi

That's fantastic! Congratulations to the students of Panagudi Sacred Heart Higher Secondary School for their achievement. Winning first place in the district-level football tournament is a huge accomplishment and a great representation of their hard work and team spirit.



The Retirement Ceremony on January 25th, 2025, was a significant and heartfelt occasion at St. Marys Hr. Sec School, V.K. Puram. Mrs. Mary Rajam and Mr. Nirmal must have had a lasting impact on their students and the school community. It's always meaningful when teachers are recognized for their years of dedicated service. Rev. Br. A. Stephen Arockiasamy, the Provincial Superior and Br. Joe Antony, Headmaster felicitated and honoured them.

Vickramasingapuram



Congratulations to all the participants and winners of the Student Innovative Development Program (SIDP) at St. Mary's VKP! Your hard work and dedication are truly commendable. A big thank you to our science department and staff for their support and effort in making this event a success.

Our students had the privilege of being felicitated by the Honorable Education Minister. This remarkable achievement brings immense pride to our school community. We extend our heartfelt congratulations to our talented students for their dedication and success!



Pongal Celebration



Panagudi



Thoothukudi



Singampatty



Keurichy



Palayamkottai



Vickramasingapuram



Irudayakulam



February

HAPPY BIRTHDAY

- 02 Br. L. Joseph Lazar
- 03 Br. R. Abraham
- 14 Br. A. Alexis Antony
- 15 Br. Ravindar Kumar
- 26 Br. K. Chinna Moses
- 28 Br. C. Gnana Sekar

Obituary

Mrs. Sharmily,
Aged 78,
Niece of Br. Iridayam Fernandez
rested in the Lord
on 04th January 2025.

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

Prayer to Mother Mary



O ever-Immaculate Virgin, Mother of Mercy, health of the sick, refuge of sinners, comforter of the afflicted, you know my wants, my troubles, my sufferings; look with mercy on me. By appearing in the Grotto of Lourdes, you were pleased to make it a privileged sanctuary, whence you dispense your favours; and already many sufferers have obtained the cure of their infirmities, both spiritual and corporal. I come, therefore, with complete confidence to implore your maternal intercession. Obtain, O loving Mother, the grant of my requests. (Mention your petition) Through gratitude for your favours, I will endeavour to imitate your virtues, that I may one day share your glory, and bless you in eternity.

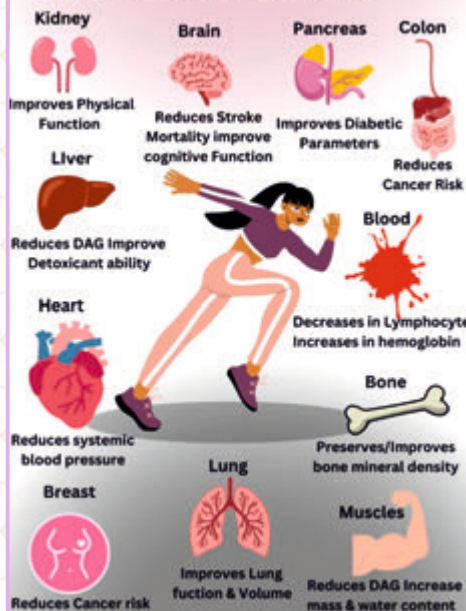
Amen.

Happy Feast

- 04 Br. M. Jesu Arulanandam
- 04 Br. A. Britto
- 04 Br. T. Arulraj
- 04 Br. A. Arulsamy
- 11 Br. S. Lourduraj
- 11 Br. Lourduraju. D. Joy
- 11 Br. A. Sahaya Lourduraj
- 11 Br. K. Lourduraj
- 11 Br. I. Lourdu Kulandai



BENEFITS OF EXERCISE



Departed



- 04 Br. V.A. Soosai Muthu
- 04 Br. M.A. Emmanuvel
- 11 Br. I. Chinnappan
- 11 Br. V. Swaminathan
- 13 Br. C.T. John Cheruvankalayil
- 13 Br. L. John Antony
- 26 Br. F. Andrew
- 28 Br. N.F. Soosai Marian
- 28 Br. R. Antony Xavier

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



CAUSSANEL PROVINCIALATE

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