



அதர்வலை

ADHIRIVALAI
கவுசானல் மாநில மாதச் செய்தி மடல்

பிப்ரவரி 2026 | வலை 09 | பின்னல் 02

“Even as he chose us in him before the foundation of the world, that we should be holy and blameless before him in love” (Ephesians 1:4)

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

The Lenten journey is one of prayer, sacrifice, and charity. Throughout

the season, we are asked to intentionally break away from our normal routine of daily life, to strip away life's trivialities, and to focus on our spiritual journey. In other words, Lent is a pilgrimage - a spiritual pilgrimage to the Cross.

Understanding the Lenten season as a spiritual pilgrimage is not new. We certainly do not claim this to be an original idea. However, our insights about the thematic components of a physical pilgrimage can shed light on the principles of a spiritual pilgrimage. Two simple questions guide both a physical pilgrimage and the Lenten journey: Where am I going, and how will I get there?

Where am I going?

At first glance, the destination of a physical pilgrimage is easy to understand. We travel to a specific place where God has revealed himself in a unique way. When a pilgrim visits the Holy Land he or she explores the land of Jesus, visiting places like Nazareth, Bethlehem, and Jerusalem. However, there is a distinct difference between a pilgrimage and a tour of religious sites.

A pilgrim and a tourist might visit the same places, but the ultimate goal is very different. For the pilgrim, the physical journey provides a means to understand one's spiritual journey to God in heaven. For the tourist, the goals vary. The journey could be one of enlightenment or enrichment. Often, it serves as an escape from the realities of life back at home.

During Lent, we must keep our spiritual destination in focus. If we are not intentional about our pilgrimage to the Cross, we might reduce Lenten observances to the spiritual equivalent of New Year's resolutions: spiritually empty practices that might lead us to enlightenment or enrichment but, in the end, might not help us become good humans.

St. Ignatius talked about the spiritual life in very simple terms: one is either walking

towards God or away from God. There is no such thing as remaining stagnant in the spiritual life. This dichotomy offers a reality check for our movement during both a physical pilgrimage and during the season of Lent. Are we moving towards God or away from God? Where am I going?

How do I get there?

Of course, understanding how to literally get somewhere is key to a successful physical pilgrimage, but more important is the attitude with which you travel. A better way to phrase this question may be, "With what disposition do I get there?"

The journey of a pilgrim involves prayer, sacrifice, and charity. This is how one travels as a pilgrim. While a typical tourist expects smooth travel with exceptional service along the way, the pilgrim travels with an open mind and a generous heart, ready to encounter whatever twists and turns may arise. A tourist expects convenience and comfort, while the pilgrim appreciates those things if they happen to come.

As Lenten pilgrims, we cannot foresee all the roadblocks we will encounter along our journey, but we can control "how" we travel. We all place certain expectations on our Lenten practices. Do I journey with an open mind? A generous heart? What happens if my journey is interrupted or taken for a detour? The Lenten journey is a pilgrimage to the Cross - how will I get there?

These two simple questions - where am I going and how do I get there - serve as guideposts along any physical or spiritual journey. As we navigate a world of business oriented, the analogy between physical and spiritual pilgrimage is all the more poignant. How does my journey through the world - my actions, movements, feelings, and dispositions - illuminate my Lenten journey to the Cross?

These two simple questions, help us to believe in the Son of Man and making us to have strong faith in the Cross and the resurrection of our Lord. We may feel that after the Lent, I am good and I have revived my faith in God.

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

THE POPE'S Monthly Prayer Intention

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



Provincial's Programme February 2026

- 01 PROVINCIALATE
- 02-04 PONDICHERRY
Orientation programme
- 06 VICKRAMSINGAPURAM
Contact Visit
- 07 IRUDAYAKULAM
Contact Visit
- 09 SINGAMPATTY
Contact Visit
- 10 KURICHY
Contact Visit
- 12 TUTICORIN
Contact Visit
- 13 PANAGUDI
Contact Visit
- 17 PROVINCIALATE
FSH Meet
- 24-26 BANGALORE
Policy Meet
- 27-28 PROVINCIALATE

Important Days / Events

11 - FOUNDATION DAY

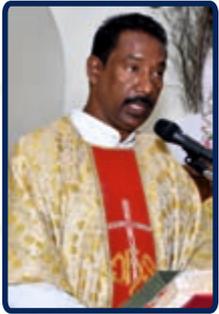


Thought of the month

Start each day with a positive thought and a grateful heart

- Roy T. Bennett

Inaugural Ceremony of the 25th Silver Jubilee of Caussanel Province





The inaugural ceremony of the 25th Silver Jubilee of the Caussanel Province was held on 25th January 2026 at the Provincialate. The celebrations began with a Holy Mass at the Jesuits' Chapel, centered on the theme "Commitment in Action."

The Holy Mass was celebrated with deep devotion, during which Rev. Br. D. Gaspar gave the introductory address. The Eucharistic celebration was attended by 4 priests, 41 brothers, FSH members, teachers, aspirants, and students, making it a spiritually enriching beginning to the Jubilee celebrations.

Following the Holy Mass, the Inaugural Ceremony was held at the Provincialate. Rev.Br. A. Britto, the Province Secretary, warmly welcomed the gathering. The function was presided over by Very Rev. Br. A. Victor Dass, the Superior General.

Very Rev. Br. A. Stephen Arockiasamy, the Provincial Superior Caussanel Province, delivered the inaugural address and formally announced the inauguration of the Silver Jubilee. On this occasion, the Jubilee Logo, Jubilee Prayer, themes of monthly recollection and the Resolutions of the 8th Provincial Chapter and the scholarship format for 25 college students were officially released.

A significant moment of the ceremony was the inauguration of the foundation stone for the Caussanel Shopping Complex, which was inaugurated by Very Rev.Br.A. Stephen Arockia Samy, the Provincial Superior, and blessed by Very Rev.Br. A.Victor Dass, the Superior General.

Very Rev. Br. A. Stephen Savariraj, the Provincial Superior of Angelo Province, offered felicitations on the occasion.

Br. R. Joe Antony presented a detailed note highlighting the 25 years of journey and mission of the Caussanel Province. This was followed by vibrant cultural performances presented by the students of St. Mary's Matriculation School and St. Mary's Higher Secondary School, Vickramasingapuram, which added color and joy to the celebration.

The Presidential Address was delivered by Very Rev. Br. A. Victor Dass, inspiring the gathering with his vision and guidance. The programme concluded with a vote of thanks proposed by Rev. Br. A. Jegadish, the Vice Provincial.

-Br. A. Britto SHJ.,
Provincial Secretary



Jubilee Preparatory Committee and the History Writing Committee Meeting :-

The Jubilee inauguration came to a joyful close with a grand lunch, marking a memorable beginning to the Silver Jubilee celebrations of the Caussanel Province. At 3:30 p.m., the Jubilee Preparatory Committee and the History Writing Committee of the Caussanel Province, as announced by the Provincial, held a meeting and discussed further actions.



Education Commission meeting

The Education Commission meeting of the Caussanel Province was held on 26 January 2026 at 9.30 p.m. at the Caussanel Provincialate. For the first time in the history of the Caussanel Province, lay teachers and office clerks from our schools were included in the Education Commission as collaborators, with the aim of assisting the Commission more effectively in carrying out its mission. A total of twelve members participated in the meeting: Br. A. Britto (Coordinator), Br. J. Casmir (Member of the Generalate Education Commission), Br.R.Chaini (Secretary), Br. A. Solomon Raja, Mr. Y.S. Rajendhiran, Mr. Wilson, Mr. Rex, Mr. Jenner, Mr. Raj Mohan, Mr. Mohan, Mr. Patchi, and Mr. Mathew. Various matters related to our educational ministry were discussed, and planning for the next three years was undertaken.

State-Level Kabaddi Tournament Celebrates Silver Jubilee of the Caussanel Province





The International Association for Religious Freedom (IARF), in collaboration with St. Mary's Institute, Millerpuram, jointly organized a State-Level Kabaddi Tournament for boys and girls on the 31st, as part of the Silver Jubilee celebrations of the Province. The tournament was graced by the esteemed presence of the Chief Guest, Honorable Ms. Geetha Jeevan, Minister of Tamil Nadu. The programme was further honored by several distinguished special invitees, including Rev.Br.A.Victordass, Superior General, Rev.Br.A.Stephen Arockiasamy, Mr. Haji P. Meerasa Marakayar, Thiru Velmurugan Swamy, Br.M.Sengole, Br. I. Joseph, Br. R.Arockiam Peter, Br. Savarmuthu, Br.U.Jesuraja, Fr. Arulanadu, Br.R.Joe Antony, Br. J.Casmir, Br.L.Joseph Lazer, Br.R.Chine, Br. Rosariyo, Br. Fredi, Br. John Paul, Br.C.Gnana Sekar, Mr. Ponnapan and Mr. Jhone among others.

Players from across the state participated with great enthusiasm, making the tournament a resounding success. Rev. Bro.A.Britto, Secretary of IARF, delivered the welcome address and warmly greeted the gathering. The brothers, well-wishers, and alumni of St. Mary's Hr. Sec. School extended immense support towards the successful conduct of the event.





Girl's Kabaddi Tournament (Day One)

A total of 12 girls' teams participated in the competition.

First Prize: 20,000 with a shield, presented by Mr.Haji P.Meerasa Marakayar and Mr. Kulandai.

Second Prize: 10,000 with a shield, presented by Mr. Ponnapan and Mr. Jhone, DMK leaders.

Third and Fourth Prizes: 5,000 each with shields, presented by Rev.Br.A.Stephen Arockiasamy, Br.L.Joseph Lazer, Br.R.Arockiam Peter, and Br. R.Chine.

The first day of the tournament concluded successfully with vibrant participation and sportsmanship.



Boy's Kabaddi Tournament (Day Two)

The second day of the Kabaddi competition was inaugurated by Br.J.Casmir, Br.R.Joe Antony, Br.A.Joe Arulraj, Br.R.Chine, Br.A.Sahaya Lourduraj and Br.A.Joseph Sundar Raj and Mr.Ponnapan. A total of 15 teams competed.

First Prize: 30,000 with a shield, presented by Br.R.Arockiam Peter and Br. J.Casmir.

Second Prize: 15,000 with a shield, presented by Br.R.Chine and Br.A.Britto

Third and Fourth Prizes: 5,000 each, presented by Br.A.Joe Arulraj, Mr. Kulandai, Mr. Ponnapan, and Mr. Arockiasamy

The second day concluded in grand success, marked by enthusiastic participation, fair play, and celebration.

Overall, the tournament effectively promoted sportsmanship, teamwork, and healthy competition, creating memorable moments for all participants and adding great significance to the Silver Jubilee celebrations of the Province.

- Br.A.Britto, SHJ

National Secretary - IARF, India Chapter

மாத ஒடுக்கச் சிந்தனைகள் Monthly Recollection THOUGHTS

Month	சிந்தனை	Thought
February 2026	கவுசானல் - இறை உறவே முதன்மை	Caussanel - Putting God First
March 2026	கவுசானல் - தூய வாழ்வின் துணிவு	Caussanel - Dare to be Holy
April 2026	கவுசானல் - துன்பத்தில் தளராத்தவர்	Caussanel - Embracet Suffering
May 2026	கவுசானல் - தாழ்ச்சியின் தடாகம்	Caussanel - Humble to the Core
June 2026	கவுசானல் - அன்பின் அனல்	Caussanel - Flame of Love
July 2026	கவுசானல் - ஏழ்மைத் துறவி	Caussanel - Joy to be Poor
August 2026	கவுசானல் - இறைபராமரிப்பின் இயக்கம்	Caussanel - Providence at Play
September 2026	கவுசானல் - கீழ்படிந்தார்	Caussanel - Obeyed
October 2026	கவுசானல் - ஓய்வறியாச் சூரியன்	Caussanel - Never Tired
November 2026	கவுசானல் - ஆன்மாவை தேடும் ஆயன்	Caussanel - Soul searching Shepherd
December 2026	கவுசானல் - விளிம்புகளின் வலிமை	Caussanel - Strength of the Periphery
January 2027	கவுசானல் - புதுப்படைப்பின் அடையாளம்	Caussanel - Icon of Transformation

REASONS FOR FASTING

- 1 TO GROW IN SELF-MASTERY**
It helps us learn to say "no" to our appetites and be free from what we don't need.
- 2 OBEDIENCE AND DISCERNMENT**
It opens us up and allows us to let God and the Church tell us what is best for us.
- 3 WORSHIP AND SACRIFICE**
Fasting is a sacrifice oriented towards worship of God and not ourselves.
- 4 TO BE CO-REDEEMERS WITH JESUS**
As it is a sacrifice, we participate in the Cross of Jesus for the salvation of the world.



Panagudi

Champions at National Level

Our Sacred Heart Public School CBSE students participated in 5th National Youth Games 2026 held at Peddem Sports Complex, Mapusa - Goa in Athletics and Kho Kho (Boys & Girls) events from 20.01.2026 to 23.01.2026 and they have come up with flying colours by achieving the following.

- | | |
|--|--|
| I. 1 st Prize - 200 Mts Running Race | IV. 1 st Prize - Kho Kho (Under 14 Girls) |
| II. 1 st Prize - Long Jump (Under 14 Girls) | V. 2 nd Prize - 100 Mts Running Race |
| III. 1 st Prize - Kho Kho (Under 14 Boys) | VI. 3 rd Prize - 100 Mts Running Race. |



Vickramasingapuram

We are proud to share that our Brother R. Joe Antony, Headmaster of St. Mary's Higher Secondary School, Vickramasingapuram, was honoured by the Tirunelveli District Collector on the occasion of Republic Day, in recognition of his committed and outstanding service to the field of education.

Suhalayam



The FSH Thanksgiving Prayer Service was held on 30 January 2026 at Suhalayam from 6.30 p.m. to 7.30 p.m. About 158 FSH members actively participated in this end-of-the-month thanksgiving prayer. The prayer service was conducted by Br. S. Rajan, Br. M. Albert, Br. Arockia Dass and Br. T. John, and was well organised by Br. A. Arulsamy under the guidance of Rev. Br. A. Stephen Arockiasamy, Provincial Superior. Through this prayerful worship, all the FSH members experienced the love, grace, and blessings of the Most Sacred Heart of Jesus. The service strengthened their faith and renewed their spiritual commitment to the FSH movement.



Thoothukudi

It was a momentous occasion for St Mary's Home for Destitute Children, Millerpuram, as the ground breaking ceremony took place on 07.01.2026. We are grateful to Bro. R. Arockiam Peter, Correspondent of the institute, for gracing the event with a special prayer. The new building will undoubtedly enhance the comfort and well-being of the children and staff.

Kandhalore

75th PLATINUM JUBILEE

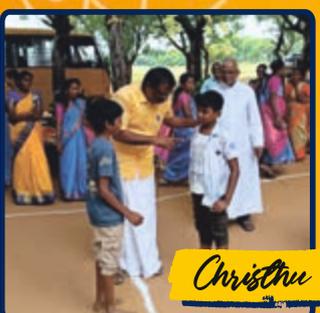


Sacred Heart High School, Kanthalore, Celebrates 74th Anniversary and Inaugurates 75th Platinum Jubilee Sacred Heart High School, Kanthalore, witnessed a historic moment on 30 January with the celebration of its 74th school anniversary. The occasion also marked the inauguration of the 75th Platinum Jubilee celebrations, symbolically launched by lighting the Jubilee Torch. The function was inaugurated by Rev. Br. A. Stephen Arockiasamy SHJ, Provincial Superior of the Caussanel Province. The newly elected President of the Kanthalloor Grama Panchayat, Sri. S. Sivanraj, presided over the function. The programme began with an invocation seeking God's blessings by Rev. Fr. Jithin Fernandez, Parish Priest of Kottamedu and Little Flower Church, Kanthalloor. Rev. Br.A. Michael SHJ, School Manager, delivered the welcome address, and Sri. P. P. Mani, Headmaster of the school, presented the annual school report. Sri. R. Eswaran, Member of the Idukki District Panchayat (Devikulam Division), graced the function with his presence. A special moment of the celebration was the retirement felicitation of Smt. P. G. Mercy, UPST, who completed 29 years of dedicated teaching service. The programme was supported by Sri. S.P.N. Bhagavathiappan, PTA President, along with staff, students, and well-wishers, making the celebration a memorable and meaningful event in the school's history.

Pongal Celebration



Vickramasingapuram



Christine Jyothis

Panagudi



Keerichy



Singampatty



Irudayakulam

February

HAPPY BIRTHDAY

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

Obituary

Mrs. Victoria,

Aged 75,
Mother of

Br. J.J.J. Dhiraviam
rested in the Lord
on 19th January 2026.

**May the Lord Grant
eternal reward to
her soul in heaven.**

Putting God First

In February's gentle, consecrated light,
The Child is offered God's own delight,
The Temple echoes a vow made new,
Faith lived in love, in service true.

Here we examine our hearts once more,
Our brotherhood life, its hidden core,
For faith grows strong, and zeal takes breath,
When prayer is chosen above all else.

Our Founder spoke with wisdom clear,
Without God known, the work is mere,
No arm so strong, no force so sure,
As prayer that makes the spirit endure.

Prayer is the life of the soul's deep flame,
The silent ground where vocations claim
Their source, their strength, their daily call,
To place God first, before all.

God is our song, our guiding star,
Our Shepherd near, not distant or far,
He walks with us in justice's way,
By night of doubt and dawn of day.

We thank this day, with grateful heart,
For Adrian Caussanel's chosen part,
A Servant of God, by love made wise,
Who saw Christ's face in the poor's tired eyes.

The weak, the lost, the cast aside
None were forgotten in his wide vineyard
His cry was simple, strong, and true
Love for love, that is what we must do.

"If all you cannot help," he said,
"At least let some be clothed and fed"
Thus mercy flowed where wounds were deep,
And Sacred Heart its promise kept.

Now Brothers walk where once he trod,
Bearing the name and love of God,
In humble deeds, in service plain,
They preach the Heart by love's refrain.

O Adrian, guide us still today,
To put God first in work and prayer,
That faith made flesh, and vows sincere,
May draw the Kingdom ever near.

That faith made flesh, and vows sincere,
May draw the Kingdom ever near.

-Br. A. Arulsamy SHJ.,



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

**123rd Foundation Day of
Institute of Brothers of
the Sacred Heart of Jesus**



Dear Brothers,

Warm greetings to all. As we are aware, our Institute will be commemorating the 123rd FOUNDATION DAY of the Institute of the Brothers of the Sacred Heart of Jesus on 11th February. On this auspicious occasion, all the brothers are kindly requested to offer a special prayer, thanking God for His abundant blessings and praying earnestly for the continued growth, mission, and well-being of our Institute. Let us unite ourselves in prayer and gratitude as we celebrate this significant milestone in our congregation's journey.

-Br. A. Britto SHJ.,
Provincial Secretary

Departed



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

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



CAUSSANEL PROVINCIALATE

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