



# ADHIRIVALAI

# அதர்வலை

கவுசானல் மாநில மாதச் செய்தி மடல்

மார்ச் 2025 | வலை 08 | பின்னல் 45

*"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid".*

(John 14:27)



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

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Month of March, we are close to the season of Lent as well we remember St. Joseph, who God has chosen as a father of our Lord Jesus. Lent starts with Ash Wednesday and it is time to make plans on how to use the gift of the season of Lent to help grow in our relationship with Christ. Month of March also honours St. Joseph. let us follow his examples in our life and practice in the season of Lent to go closer to God a step.

And insofar as March 19 always falls within the 40 days of Lent, it is important to learn how to grow in devotion to St. Joseph during the Lenten season. For those who live a rigorous fast, St. Joseph can occasionally be viewed as someone who rescues us from Lent rather than helps us to live it. His Solemnity - like the Annunciation on March 25 and the feast of St. Patrick on March 17 in those Dioceses where St. Patrick is patron -- is a day of feasting, not fasting; abstinence from meat is abrogated if it's on a Friday and, like on Sundays, Lenten fasting penances are lifted. The end result is that March 19 can be treated like an oasis rather than a day in the desert, and St. Joseph can come to seem an exception to Lent rather than a Model. But a model he is. As in other areas of Christian life, St. Joseph is a great exemplar for us of Lenten virtues that we do well to ponder and emulate.

He first teaches us about the silence needed in Lent. The state of the desert is meant to be one of exterior and interior silence, when we remove ourselves from the distractions that crowd our lives with so much noise that we can't hear God and so much clutter that we can't see Him. Silence is a form of asceticism. It's not so much an emptying but an active listening to the God who speaks in silence.

Second, St. Joseph teaches us about the obedience Lent cultivates. Lent is about learning to obey as Christ obeyed. St. Joseph shows us the way. We see his prompt obedience in his response to God who spoke to him in dreams not to be afraid to receive Mary into his home, to arise and flee with Jesus and Mary to Egypt, and to return with them to Galilee. In each of these circumstances, however, Joseph obeyed immediately.

Third, he was obedient precisely because he was faithful. He believed in what God was telling him through the angel and therefore did what God was commanding. During this season in which we are called to repent and believe in the Gospel.

Fourth, he shows us how to be a "just man" (Matt 1:19). To be just means to be "righteous" or in right relationship with God, in short, to be holy. Lent is a season of training in holiness and Joseph shows us what holiness is.

Fifth, he is a man of humility. Lent is a season in which we humble ourselves and learn "to walk humbly with [our] God" (Micah 6:8). Our penitence and penances are humble signs of our need for God and our almsgiving is meant to form us, like Christ, not to be served but to serve and give our life for others (Mt 20:28).

Sixth, he is a man of chaste love. The devil's supreme temptation is to corrupt love, since we were created in the image of God who is love, and are called to love God with all we've got and others as Christ does. One cannot be holy without chastity, which helps to keep love pure.

Seventh, he teaches us how to prepare well for death. On Ash Wednesday, we were reminded that we are dust and unto dust we shall return. As we prepare to enter liturgically into Christ's death, we are meant to prepare for our own, by losing our lives in order to save them (Mt 16:25). St. Joseph is the patron saint of a happy death because, Christian piety has always believed, he died in Jesus' and Mary's arms, entrusting them to God the Father's providence and receiving from them prayers and comfort.

Finally, St. Joseph shows us how to protect and provide for others. Lent is a time when we rediscover that we are our brothers' keepers, called to be Good Shepherds who protect others from harm and Good Samaritans who cross the road to care for those in need. St. Joseph shows us how. He guarded Mary's life and reputation against the possibility of death by stoning as a result of her having become pregnant outside of marital intimacy. He protected Jesus and Mary from Herod's henchman. He provided for them through his hard work, which was a constant almsgiving done out of love. Pope Leo XIII, commenting on why Pius IX declared St. Joseph patron of the Universal Church, said: "The reasons why St. Joseph must be considered the special patron of the Church... chiefly arise from his having been ... in his day the lawful and natural guardian, head and defender of the Holy Family. It is thus fitting and most worthy of Joseph's dignity that, in the same way that he once kept unceasing holy watch over the family of Nazareth, so now does he protect and defend with his heavenly patronage the Church of Christ."

This Lenten season, and 2025 as a whole, is a time for us to place ourselves anew under Joseph's protection and patronage, in imitation of Jesus and Mary.

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.

**Br. A. Stephen Arockiasamy, SHJ**  
Provincial Superior

**THE POPE'S Monthly Prayer Intention**  
For families in crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

*Thought of the month*  
When you give joy to other people, you get more joy in return. You should give a good thought to the happiness that you can give out.  
- Eleanor Roosevelt





## Kanthalore



The 73<sup>rd</sup> Annual Day of Sacred Heart High School, Kanthalloor, was celebrated on 5<sup>th</sup> February 2025 (Wednesday) at 2 PM. The event was inaugurated by Very Rev. Br. A.Victordass SHJ, Superior General. The keynote address was delivered by Very Rev. Br. A. Stephen Arockiasamy SHJ, Provincial Superior of the Caussanel Province. Br. Albert Xavier, General Procurator, also joined the event. Rev. Fr. Victor Georget Major, Parish Priest of Little Flower Church, blessed the function. Sri. P.T. Thankachan, President of Kanthalloor Grama Panchayat, presided over the function. Sri. Anantha Padmanabhan K.K., Assistant Wildlife Warden and alumnus of Sacred Heart High School, was honored during the event. Sri. Edwin Dhayalan M., Senior Assistant, presented the school's annual report. The Headmaster of the school, Sri. Mani P.P., extended a warm welcome to everyone present. Br. A. Michael SHJ, Manager of the school, also felicitated the gathering. Other distinguished guests who were honored included Smt. Meena Ramesh, Welfare Standing Committee Chairperson of Devikulam Sri. P.T. Mohandas, Ex-President of Kanthalloor Grama Panchayat Sri. V. Murugaiah, 6<sup>th</sup> Ward Member Sri. Manikandan R., 5<sup>th</sup> Ward Member Sir. K.R. Subramani, 4<sup>th</sup> Ward Member Sir. C. Saravanan, AEO Munnar Smt. Hepsy Christina, BPO, BRC Munnar Sri. S.P.N. Bhagavathiappan, PTA President It was a grand event that recognized the contributions of many individuals and celebrated the school's legacy.

## Kerichy



St Thomas High school kurichy got over all secondplace in Scad polytechnic college - Talent Hunt.



The Muslim Higher Secondary School in Kurichi, Melapalam recently held its Annual Sports Day. Our students of St. Thomas primary school, Kurichy took part in the events. Congratulations to the students from the 3rd, 4th, and 5th standards who did an excellent job! First prize went to one student. Second prize was awarded to four students. Third prize was also given to four students. Well done to all the winners and participants

## Thoothukudi



St. Mary's Institution Marks a New Milestone On February 27, we embarked on an exciting new chapter in our institution's history with the stone-breaking ceremony, marking the commencement of our new construction project. We are grateful to Rev. Fr. Arumai, our parish priest, for blessing the ceremony, and to our Causanel Provincial Superior for gracing the occasion with their presence. We extend our heartfelt appreciation to our community brothers and the staff of our institution for their unwavering support. As we begin this new journey, we pray for the speedy completion of our new house and look forward to the opportunities it will bring.



We are thrilled to announce that the students of St. Mary's Home for Children, Millerpuram, Thoothukudi, have made history by securing top honors at the state-level competition organized by the Tamilnadu Government at Nehru Stadium, Chennai. Our talented students emerged as state-level winners in Volleyball and Kabaddi. They also secured runner-up positions in Ball Badminton, 200-meter running and in Long jump. Furthermore, our students claimed the first prize in the speech competition, showcasing their exceptional oratory skills. We extend our heartfelt gratitude to our dedicated staff and students for their tireless efforts, commitment, and teamwork, which have made this remarkable achievement possible.

# March

## HAPPY BIRTHDAY

- 05 Br. S. Jeyaseelan
- 06 Br. S. Rajan
- 06 Br. M. Paul Anrose
- 18 Br. M. Williams
- 21 Br. Albert Xaviour
- 23 Br. J.J.J. Dhiraviam
- 24 Br. V. Innasi

## Happy Feast

- 04 Br. J. Casmir
- 09 Br. P. Prakash
- 19 Br. K. P. Arul Joseph
- 19 Br. I. Joseph
- 19 Br. S. Maria Soosai Adaikalam
- 19 Br. A. Maria Joseph Antony
- 19 Br. J.J.J. Dhiraviam
- 19 Br. L. Joseph Lazer
- 19 Br. A. Joseph Arulraj
- 19 Br. A. Joseph Sundarraj
- 19 Br. V. Soosairaj
- 19 Br. I. Soosai Manickam

## Departed

- 02 Br. S. Francis
- 02 Br. G. Antony Viyagappan
- 02 Br. A. Maria Soosai Raj
- 05 Br. Leonard D. Couth
- 07 Br. A. Maria Santhanam
- 09 Br. M. Soosai Michael
- 09 Br. S. Sebastian
- 10 Br. P. Alwin Jesu
- 12 Br. Robin A Lam
- 12 Br. Leo Prabhakar
- 14 Br. B. Soosai Marian
- 17 Br. G. Louis
- 18 Br. G. Mudiappan
- 18 Br. G. Arockiasamy
- 18 Br. Pragasam
- 21 Br. O. Joseph Kalachirayil
- 26 Br. M. Antony Cruz
- 28 Br. S. Regis Vedamuthu
- 28 Br. R.A. Lourdusamy
- 30 Br. P. John Stephen

## Obituary

Mrs. Michael Anthonyammal,

Aged 78,  
Mother of  
**Br. C. Jeyakumar,**  
rested in the Lord  
on  
03<sup>rd</sup> February 2025.

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

## Prayer to St. Joseph



**Saint Joseph,** you are the faithful protector and intercessor of all who love and venerate you. You know that I have confidence in you and that, after Jesus and Mary, I come to you as an example for holiness, for you are especially close with God. Therefore, I humbly commend myself, with all who are dear to me and all that belong to me, to your intercession.

I beg of you, by your love for Jesus and Mary, not to abandon me during life and to assist me at the hour of my death. Glorious Saint Joseph, spouse of the Immaculate Virgin, pray for me to have a pure, humble, charitable mind, and perfect resignation to the divine Will. Be my guide, my father, and my model through life that I may die as you did in the arms of Jesus and Mary.

Loving Saint Joseph, faithful follower of Jesus Christ, I raise my heart to you to implore your powerful intercession in obtaining from the Divine Heart of Jesus all the graces necessary for my spiritual and temporal welfare, particularly the grace of a happy death, and the special grace I now implore:

### (Mention your request)

Guardian of the Word Incarnate, I feel confident that your prayers on my behalf will be graciously heard before the throne of God. St. Joseph Most Just, Pray for us! Amen. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end.

Amen.

## Note

The meeting for  
**Superiors and Procurators**  
will be held  
at 9:00 AM  
on **16<sup>th</sup> March 2025**  
at  
**Caussanel Provincialate.**

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



### CAUSSANEL PROVINCIALATE

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