



அதர்வலை

ADHIRIVALAI

கவுசானல் மாநில மாதச் செய்தி மடல்

மார்ச் 2026 | வலை 09 | பின்னல் 03

"If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me..." (Luke 9:25)



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

Lent: A Time to Walk Closely with Christ

The Lenten season invites us to renew our hearts and return to the essentials of our vocation. To follow Christ is to walk with Him in humility, compassion, and obedience amid the realities of today's world. May this sacred time deepen our prayer, simplify our lives, and awaken within us a renewed commitment to serve God's people with sincerity and joy. Lent calls us not only to personal conversion but also to become visible signs of hope wherever we are sent.

St. Joseph: Model of Silent Fidelity

As we celebrate the Feast of St. Joseph, our Patron, we contemplate his quiet strength and faithful responsibility. A just man, protector, educator, and humble worker, St. Joseph teaches us to serve without seeking recognition. We entrust our elderly Brothers, our ministries of education, our labouring communities, and especially our students preparing for public examinations to his fatherly care. May his example inspire us to live our mission with patience, integrity, and trust in God's providence.

Radical Brotherhood for Humanity

Our vocation calls us beyond comfort toward radical brotherhood is welcoming, accompanying, and uplifting every person, especially the poor, the marginalized, and the forgotten. Let our communities become spaces of compassion where human dignity is protected and fraternity becomes a lived Gospel experience.

Empowering Women through Our Mission

As we celebrate international women's day in this month, in our mission and educational ministries, we are called to promote the dignity and leadership of women in society. By encouraging education, respect, and equal opportunities, we participate in God's work of restoring justice, harmony, and hope within families and communities.

Standing for Justice in the Spirit of Our Founder

As we reflect Caussanel- Dare to be Holy, following the example of our Founder, Servant of God Fr. Adrian Caussanel, we are invited to stand courageously for social justice. His life reminds us that authentic missionary discipleship defends the poor, promotes human dignity, and builds a society rooted in Gospel values. May his spirit inspire us to serve with compassion, courage, and prophetic commitment.

Choosing Life in Christ

Jesus said to His disciples: "If anyone wishes to come after me, he must deny himself, take up his cross daily, and follow me." These words bring us to the very heart of Lent. Lent teaches us that following Christ is not only about sacrifice but about transforming our hearts.

In the Book of Deuteronomy, Moses tells the people: "I have set before you life and death... choose life." This message is powerful because it reminds us that faith involves a personal choice. Every day we decide whether to live according to God's will or according to our own desires. True freedom comes when we walk with God; without Him, freedom can become another form of slavery.

Lent gives us a new opportunity and a spiritual "retake." The ashes we receive remind us of our human weakness and of the times we failed to make Christ the center of our lives. This season invites us to begin again with humility and sincerity. The Lord is not interested only in the sacrifices we perform but in the heart that is renewed through prayer, repentance, and charity. Christ Himself chose the path of humility and suffering. His kingship was not built on praise or power but on sacrifice and love. As His disciples, we are called to follow the same path but not seeking recognition, but living faithfully in daily service.

During these forty days, the Church invites us to prayer, repentance, alms giving, and penance so that we may rediscover our life in the presence of the Lord. Yet our commitment should not end with Lent. Jesus calls us to give our lives for Him every day of the year. In gratitude for His saving love, we offer ourselves as a living sacrifice to God. Like the disciples, we renew our decision today:

I have decided to follow Jesus - no turning back.

As religious Brothers, we have promised to follow Christ faithfully. Faith is a gift from God, but it must grow through our daily effort, prayer, and faithful practices. May this Lenten journey renew our faith, strengthen our commitment, and help us live as true brothers who witness the Gospel through our lives.

Dear Brothers, may this Lenten journey renew our zeal, strengthen our fraternity, and deepen our witness as disciples of Christ. Let us walk together in faith, serving humanity with generous hearts.

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 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

Once we hold a belief, it tends to stick with us for the rest of our lives, unless we challenge it. Change Your Mind, Change Your World

- Dr. Richard



Spirituality Commission



The FSH gathering was held on the evening of 17th February at the Caussanel Provincialate. The event began with a warm welcome by Br. Britto, the Province Secretary. Rev.Br. Am Stephen Arockiasamy, the Provincial, presided over the function in the presence of Fr. Packiaselvan, the Parish Priest. The gathering was also graced by Br. Rajan, Br. Simion, Br. Joe Arul Raj, Br. Lazer, Br. Albert, Br. Arulsamy, Br. Kulandai, and Br. Raphael Alex. Around 200 people participated in the gathering. As part of the program, gifts were distributed to 100 poor people. Additionally, FSH members were issued their identity cards during the event. The gathering concluded successfully with a Dinner, fostering unity and service among the members.



On 17th February 2026, a blessed Vigil Prayer Service was held at Pudhuvalzvu Retreat Centre, Mathalaparai, Tenkasi. The service was spiritually enriched by the inspiring messages delivered by Br. Rajan, Br. Jesuraj, Br. Britto, and Br. Albert. Their powerful preaching touched many hearts and strengthened the faith of all who gathered.

Sacred Heart Friends Movement The monthly thanksgiving adoration of the Sacred Heart Friends Movement was held on Sunday, 22 February 2026, from 6:30 PM to 7:45 PM at the Caussanel Provincialate Campus, Suhalayam. Centred on the theme "Devotion to the Sacred Heart of Jesus and Conversion," the service inspired spiritual renewal and deeper prayer. Around 175 members participated in a prayerful and grace-filled atmosphere. The service was led by Bro. Rajan, Bro. Irudayam Fernandez, Bro. Albert, Bro. Arul Samy, and Brother Albert highlighted that conversion is a continuous spiritual journey. The event concluded with a blessing, a vote of thanks, and refreshments, fostering fellowship and joy among the members.





It's wonderful that Bro. Britto met Fr. Dencil SJ, who is associated with peace and harmony initiatives at Indian Social Institute (ISI Bangalore), and discussed collaboration with Caussanel province and International Association for Religious Freedom (IARF). Planning workshops for teachers, professors, students, and the wider public is a powerful step toward promoting interfaith understanding and social harmony.



Thoothukudi



On 22 and 23 February our St Mary's Home for Destitute Children took part in Tamilnadu state level sports and cultural events held at Jawaharlal Nehru Stadium, Chennai. Our children brought laurels by winning state-level prizes in:- Volleyball- Kabadi- Group Dance- Speech competition I'm particularly proud to share that Thoothukudi secured the overall champion award in cultural events! OUR heartfelt thanks to all the community Brothers and staff for their tireless efforts in making this achievement possible.



On the evening of 26th, St Mary's Home for Destitute Children celebrated its Farewell Day. The event was graced by Rev. Bro. Correspondent as the Chief Guest. He extended his warm congratulations and blessings to the Plus Two students, sharing words of wisdom to inspire them. The occasion was also marked by the distribution of prizes to winners of various events.

March



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

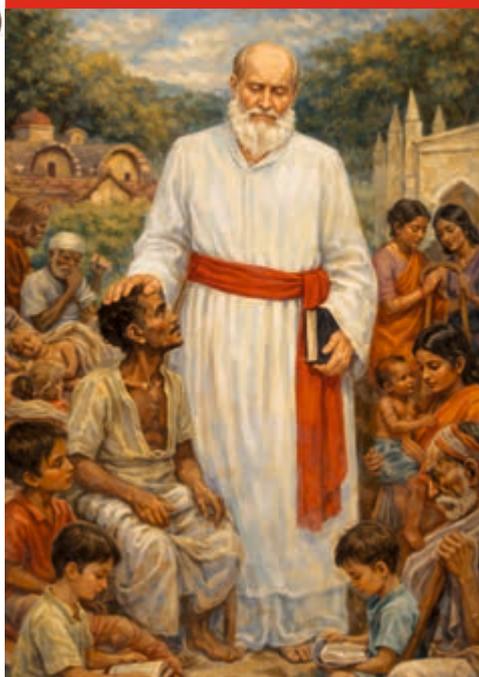


- 04 Bro. J. Casmir
- 09 Bro. P. Prakash
- 19 Bro. K. P. Arul Joseph
- 19 Bro. I. Joseph
- 19 Bro. S. Maria Soosai Adaikalam
- 19 Bro. A. Maria Joseph Antony
- 19 Bro. J.J.J. Dhiraviam
- 19 Bro. L. Joseph Lazer
- 19 Bro. A. Joseph Arulraj
- 19 Bro. A. Joseph Sundarraj
- 19 Bro. V. Soosairaj
- 19 Bro.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



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

Adrian Caussanel: The Fast of Love



Lent is not only ashes on the brow, nor footsteps counted toward Calvary's hill; it is the quiet turning of the heart toward the wounds still living among us.

Not every cross is made of wood some are hunger waiting at the doorstep, some are tears hidden behind brave smiles, some are voices no one stops to hear.

The fast God desires is bread shared before prayers are finished, a hand extended before judgment rises, a chair offered to the forgotten.

Walk where hope walks barefoot. Sit beside the sick whose nights are long. Speak dignity into broken spirits. Become family to the orphaned child, strength to the weary woman, and shelter to those abandoned by the world.

For Lent is love made visible justice wrapped in compassion, mercy spoken through action, faith wearing the clothes of service.

So lived the Servant of God, Adrian Caussanel, who saw Christ not far away in suffering alone, but alive in the poor and the oppressed; who built altars not only of stone, but of education, dignity, and hope.

He taught that prayer must walk the streets, that devotion must lift the fallen, that loving God means refusing to pass by human pain.

Let our fasting become generosity, our silence become listening, our sacrifice become solidarity.

Prayer to St. Joseph



BLESS ME, O dearly beloved Father, St. Joseph; bless my body and my soul; bless my resolutions, my words and deeds, all my actions and omissions, my every step; bless all that I possess, all my interior and exterior goods, that all may redound to the greater honor of God. Bless me for time and eternity, and preserve me from every sin.

Obtain for me the grace to make atonement for all my sins by love and contrition here on earth, so that after my last breath I may, without delay, prostrate at thy feet, return thee thanks in Heaven for all the love and goodness thou, O dearest father, hast shown me here below. Amen.

Then Lent will bloom not in sorrow alone, but in hands that heal, hearts that include, and lives poured out in service.

For every act of love writes a new Gospel page, and every life restored becomes Easter before its time.

-Br. A. Arulsamy SHJ.,

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



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