

REFLECT



Ursuline Sisters
Generalate
Rue Musin 1
1210 Brussels

December 2017

Dear Sisters and Associates,

Christmas Greetings to one and all!

Christmas is the commemoration of the birth of Jesus. The Church helps us contemplate the newborn Child Jesus, the Saviour laid in a manger.

We are the Church and let us recall consciously during this Christmas season the prophetic words of Isaiah 9:6 - *"For to us a child is born, to us a son is given. And the government will be upon his shoulder; and his name will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace."*

Prince of Peace! Wow, sounds very good! Yes. It was He, by his birth who brought people back to a time of Peace and Shalom to the world! The Feast of the Nativity is the reconciliation of heaven and earth. The birth of Christ has united those on high and those below. Today God has come down to earth, and man ascends to heaven. Today the invisible God, manifests Himself in flesh for the sake of His creation. Today the Creator has come down into the full reality of His creation. Let our souls and lips cry out - Christ is Born, Glorify Him!

Humanity and divinity were united by his birth and the divine and human rejoiced

along with the Angels singing - *"Glory to God in the highest, and peace on earth for those he favours!"*(Lk 2:14). Because of this, we have reason to forever thank the Father for sending His only Son to us, fallen humanity, to experience mercy and peace and to move forward in hope as earthly pilgrims to the eternal heavenly home.

As we look at the crisis we may ask if it is possible today to move forward. When we become aware of the serious social conditions many people live in every day, we see that the biggest problems in the world are lack of education, safety and security, poverty, religious conflicts, wars, climate change and destruction of natural resources. It is in this context, the world is searching for an answer, a ray of hope in what to some seems like a hopeless world!

Who can we turn to? Who can rescue us? There is someone. He's the answer. He is the light and He will light the way. His name is Jesus and He came to save us. He is the Light of the world and He shines brightly all over the earth.

He is the Prince of Peace! Let us go to adore him in Bethlehem and in these marginable regions!



We are invited to contemplate the mystery of the Incarnation because He is born again and again bringing the gift of Peace, Joy and Love to the confused and suffering world. Only a contemplative heart will help to experience the true gift of Christmas.

Living a Christian life entails a commitment to love and to give birth to God in one's own life and to become midwives of divinity in this world. Fr. John Lambertz expresses his dream in words: "Give birth to Jesus." This is our mission. Do we give birth to Jesus in our own life and bring peace, joy and happiness to others?

The incarnation of Jesus is a grace we get to experience over and over. Here is the hope that we need to be able to overcome the many challenges life throws at us. That hope is ours through Christ. Jesus comes into our world with every prayer we breathe.

The celebrations do end, and the decorations get put away, but the life of the party remains.



May the light of Jesus shine within us and illumine the lives of those around us.

May we experience the goodness of God's grace reborn in every kind word and every helping hand, not just today, but every day. May the light, the hope, the joy of Christmas remain with us always.

Sr. Nirmala Kujur, OSU

Formation of Formators

Formation programs should provide the members with an adequate awareness of the ever-changing human conditions and needs of the church. Each sister must be provided with appropriate preparation for her participation in the mission of the Congregation of Tildonk.

Fullness in the Life of Christ (104)

A seminar sponsored by the National CRI (Conference of Religious India) was held in Guwahati from October 23 to 29. It was organized for formators of the North East Region. The principle resource persons were National Secretary of CRI, Fr. Joe Mannath SDB and Archbishop Thomas Menampambil.

The seminar was well organized with many topics to enrich the formators in their teaching methods and to guide the young formees in self-development.

Tips were given on how to deal with the young, how to create an atmosphere of love, setting an example to the young and bringing a variety of methods to their teaching. Formators as well as the sisters



in the community both have equal responsibility to create an atmosphere where the young formee feels at home, accepted, appreciated and welcomed.

Developing the skills of contemplation leading to spiritual growth must be given care in the initial stages of formation.

Many topics on self-development of the formators were covered including learning from experience, creating a healthy atmosphere and cultural factors.

Areas of growth like, handling jealousy, fear, anger, low-self-image, learning to be happy and satisfied, realizing the beauty of religious life, were some of the important subjects of learning. Some other topics were formation and mission, inner freedom and finding your true self, psycho-sexual integration, handling negative emotions and fear vs love.

The Sisters added concluding thoughts: "The seminar was very enriching and helped us to upgrade ourselves with the new way of looking at things and in bringing up the young to a holistic religious way of life.

We feel grateful to God and to the Congregation for giving us such an opportunity to better ourselves so that we can be effective missionaries as formators in bringing up the young formees according to the Ursuline way of life."

Adapted from article written by Srs. Mridula Tirkey and Cicilia Murmu, OSU



Sisters follow a relaxation programme after 30 years of religious life

It was an adventurous journey to Pathalgaon (C.G) since none of us knew where the place was. Four of us got into the bus at Ratu Road Ranchi and two sisters joined us in Gumla.

We were brought by bus to the Asha Deep, Spirituality Centre managed by Jesuits of Madhya Pradesh Province. As we entered the campus, the place seemed to be very quiet and calm. Serenity prevailed everywhere. No one was seen anywhere. We managed to find the receptionist and got our rooms. Then our three companions from Ambikapur arrived.

In the evening we met the Director, Fr. Oscar Tirkey S.J., a good experienced priest. We were welcomed and wished Happy Feast of St. Ursula with a cake.



Then we were told about our programme. At the outset we had a three day workshop - a kind of self-evaluation of 30 years of religious life based on our personal values, social values, moral and spiritual values. SWOT (strength, weakness, opportunity, threat). This analysis of religious life infused us with a positive attitude towards future.



Thereafter we had a seven day retreat focused on Contemplation. The peak experience of the retreat was a Transformational Experience for all of us.

This retreat affirmed each of us:

- I'm the image of God.
 - I'm the beloved daughter of God.
 - I'm precious in the eyes of God.
 - I'm chosen by God.
- And hence to be God's favourite.

I -

- Obey God.
- Seek God's will in every situation.
- Keep relationship with God.

On October 31st we had a chance to visit our sisters in Dharamjaigarh and had lunch there. Thanks to Sr. Melani and the community and Sr. Josepha Ekka and the community for their warm welcome.

Our heartfelt thanks to the PLT of the four Provinces for their thoughtfulness and generosity for giving us this opportunity for relaxation. We feel renewed. Our thanks go to the superiors and sisters of our communities who made it possible for us. Thanks to each and every one for your love, concern & prayerful support.

Sr. Bela Lakra osu

Remembering Our Venerated Founder

Excerpt from the English Translation:
Henri Saintrain Jean-Corneille Martin Lambertz Parish Priest of Tildonk in Brabant Founder of the Congregation of the Ursulines of Tildonk 1892



At the feast of Christmas, Fr. Lambertz felt a tenderness of heart which betrayed himself by gentle tears. He had a small cave as in Bethlehem set up in the parish church, and during the whole of the forty years from the Nativity of Jesus to the Purification of the Blessed Virgin he frequently went to kneel before the manger where the Child of the Saviour rested.



His devotion touched his flock, many of whom followed his example. The Midnight Mass was sung in the chapel of the convent; not being able to celebrate it himself, because he owed his three Masses to the parish, the Curé wanted to attend at least.

After the consecration he took the statuette of the Infant Jesus in the sacristy, and with admirable piety and the great edification of the sisters and their pupils, he carried it to the prepared manger. He could not read the Gospel of this Mass without watering the sacred text with his tears.



An Inspirational Tale

How the Poor Live

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people live?" The father asked.

"Oh yeah," said the son.

So tell me, what did you learn from the trip?" asked the father.

The son answered, "I saw that we have one

dog and they had four. We have a pool that reaches to the middle of our garden, and they have a creek that has no end. We have imported lanterns in our garden, and they have the stars at night. Our patio reached to the front yard, and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The boy's father was speechless. Then his son added, "Thanks, Dad for showing me how poor we are."
Anonymous



May we all have a Blessed Christmas and New Year filled with Happiness.