

19th August 2026

>>> NEWSLETTER <<<
SOCIETY OF THE SACRED
HEART
PROVINCE OF INDIA



**NEWS FROM THE COLLEGE
COMMUNITY**

Coming together for bonding and renewed energy

This was a tradition initiated by Sr. Ananda for the workgroup, some years ago, and we have continued with it. Each year, the workgroup (all the RSCJ working at Sophia College) meet around the beginning of the academic year for an *in-depth* reflection and sharing on some aspect of our spirituality. We also share something of where we are personally – our hopes and expectations for the coming year. Generally, the seniormost in the ministry initiates the points for reflection, which are circulated a while before, so all can prepare for the meeting.

This year we invited Venezia (the only one on the campus from the *below 60's group* who was not included), as well as, Deodita and Victoria, to join us. So, seven of us met on the evening of 3rd July, in the Gurukul community, which, very graciously, offered to host our meeting.

This meeting normally starts with high tea. Having fortified ourselves with bhaji prepared by the hostel kitchen and some Kerala snacks provided by the Gurukul community it being the Feast of St Thomas, we began our meeting before the image of the Sacred Heart with a short prayer on *Hope*.



This year for our reflection we shared a symbol to represent where we were, at present, in terms of our inner movement, and what gives us life and energy as we journey into the new academic year. Clare's letter for the Feast of the Sacred Heart was also a focal point of inspiration, which we felt called to

emulate in our lives.

We had a beautiful sharing by each one which was marked by vulnerability, openness and trust. It has been a tangible experience of standing on *Holy Ground* and made us all feel a powerful sense of *One Body* and lifegiving energy.

Sr. Patricia D'Souza rscj

Interpersonal relationships and a sense of inclusion within a group

For someone who has been independent throughout her life, often refusing help from others, accepting the changes that come with growing older—becoming more vulnerable and more dependent on others—is not easy.

I realize that, having a loving and caring family that remains in constant touch and also living within a Community as a Religious, is not just a *Blessing*, but a *Gift*. When I was younger with a lot more energy and a mind constantly in a creative and active mode, slowing down was a difficult adjustment. Recently, I was struck by a viral infection and had a fever of 102°F for several days. It completely drained my strength and left me feeling weak and exhausted. During that time, I experienced the loving care and support of every member of my community. Their kindness and compassion can never be taken for granted, and I remain deeply grateful to each one of them.



It is important in our lives to cultivate strong bonds of authentic friendships, because loneliness is a painful space to be in, while a sense of belonging brings strength, hope, and healing.

“The three core needs of every human being are to be seen, heard and connected.”

Sr. Charlotte, rscj

Experience of students seeking admission to Professional Colleges

Their scoring may be high yet to make a choice of the courses becomes a problem. Quite often they have to move out of familiar grounds into the unknown. They have to travel to distant Institutions.

It is their opportunity to make new friends helping them to widen their horizons and making life interesting. Their conversations also become more mature.

A grandparent was sharing his joy with his grandson with whom he can now carry on a healthy and mature conversation. Thus, his life, too, has become more lively. May this relationship grow to be enriching and healthy.

Sr. Teresa Pereira rscj
