



ARPAN

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My dear Sisters, Associates and Friends,

After journeying through Lent, penetrating through the Paschal mystery during Paschal Triduum, we now stand at the heart of our faith: **The Resurrection of Jesus Christ.** We proclaim with conviction: **Christ is risen.**

Yet this proclamation emerges from a world deeply wounded. War, violence, and division continue to scar humanity. Even today, as nations clash and innocent lives are lost, the shadow of the Cross remains visible in history. The Risen Christ comes to us with a gentle yet powerful greeting: "Peace be with you." The peace that has the power to heal wounds, restores dignity, and rekindles hope in human hearts. The Risen Christ invites us to become bearers of this peace in our families, communities, and broken world of today.

The Resurrection is God's definitive answer to the powers of sin, death, and violence. In raising Jesus, the Father reveals that destruction does not have the final word. What appeared as defeat on Good Friday becomes victory on Easter morning. "Death has been swallowed up in victory." (1 Cor 15:54)

This mystery is not distant from us. Through Baptism, we are drawn into the Paschal Mystery-called to die to sin and rise to new life in Christ. Therefore, Easter is not only something we celebrate; it is a life we are called to live.

In a world marked by war, we are sent as witnesses of peace. In a world wounded by hatred, we are called to embody reconciliation. In a world overshadowed by death, we are called to proclaim life.

As Daughters of the Cross, our vocation is deeply Paschal: to stand in the reality of suffering while witnessing that it is not the end, for the Risen Christ is already at work within history.

May the light of the Risen Christ penetrate the darkness of war, guide nations toward peace, and awaken in every heart the dignity of human life. May this same light shine through us, making our lives a living proclamation of hope.

Christ is risen.

Let His light be seen in and through us. Alleluia.

Wishing you a Joyful Easter !!!!

Affectionately,

Sr. Flora Lakra, FC
Provincial Superior



Editor's Message



Dear friends..

As we proudly present the 30th edition of ARPAN of Rourkela Province, we do so with hearts filled with gratitude and joy. This milestone marks not just a number, but a meaningful journey of dedication, creativity, and shared mission.

Each edition of ARPAN reflects our collective voice and commitment to growth, unity, and service. It is a celebration of the talents, values, and spirit that continue to inspire our path forward.

As we celebrate Easter the feast of hope, renewal, and new life-may the Risen Lord fill our hearts with peace, joy, and renewed strength. May this sacred season remind us that even in moments of darkness, new life and light always emerge.

May our dear Mother Marie Therese continue to inspire and accompany us in our mission, guiding us with her vision of love, service, and faith.

Wishing all our readers a blessed and joyful Easter. May this season bring abundant grace, happiness, and new beginnings to you and your loved ones.

Sr. Josline Kindo, FC
Editor

Mental Health Conference

Sr. Anjlina Barla Fc, Simdega



Shantibhawan, Jharsuguda became the heart of a transformative dialogue on mental health during a significant conference organized by the Catholic Bishops' Conference of India under its Mental Health Ministry. Seeing the urgent need of society, the CCBI introduced this ministry as a timely response to the growing mental health challenges of our present era. In today's technology-driven world, many people experience stress, anxiety, and emotional imbalance, making mental health care more essential than ever before.

Recognizing this reality, the conference was held from 16th to 17th January 2026, bringing together over 120 priests and religious from across Odisha. Among them were 11 FC sisters, participated in this enriching experience at Shantiban, Jharsuguda.

This gathering was not merely a seminar; it was an awakening-a call to action and a collective commitment to address one of the most pressing challenges of our time.

The conference commenced with a solemn inaugural Mass celebrated by Most Rev. Niranjan Sual Singh, Bishop of Sambalpur Diocese. In his keynote address, he highlighted the mental strain caused by rapid technological changes and shifting social patterns. He urged participants to adopt a faith-centered approach, emphasizing that true mental peace and balance can be nurtured through spiritual practices, meaningful human connections, and trust in God's providence.

The resource persons-Fr. Santosh Dias, Fr. Sinto, Fr. Subir, Mr. Edwin Walker, and Sr. Aniamma Kurian HM. offered profound insights into the growing mental health crisis. Their talks covered:

- **Signs and symptoms of mental illness** in society
- **Holistic living** focusing on positive thinking, self-acceptance, living in the present moment, and listening to one's inner voice
- **Biblical perspectives on healing** - emphasizing God as the divine healer
- **Suicide prevention strategies** - highlighting awareness and pastoral care
- **Technology and stress**, addressing digital overload and reduced personal interaction.
- **Community support**, promoting shared responsibility for mental well-being

- **Spiritual healing**, integrating faith with psychological support
- **Preventive education**, training leaders to identify early signs of distress
- **The loss of listening and sharing time**, rediscovering empathy and presence

The sessions were engaging and lively. Moments of action songs and dance in between the sessions brought joy and energy, making the learning experience vibrant and refreshing.

The Jharsuguda Mental Health Conference was far more than an academic exercise-it was a movement of hope. By blending faith, science, and community engagement, it set a promising direction for future initiatives in Odisha and beyond.

Participants left with a renewed conviction:

- To break the stigma surrounding mental illness
- To educate clergy and laity on mental health awareness
- To promote resilience and compassion in a rapidly changing world
- To foster suicide prevention programs rooted in both pastoral care and scientific understanding

The conference emphasized that mental health is not merely a medical concern but also a spiritual, social, and cultural challenge. True healing requires the integration of mind, body, and spirit.

By embracing both scientific knowledge and spiritual wisdom, the Church in Odisha has taken a bold and meaningful step toward becoming a beacon of hope in its apostolate.

We feel privileged and blessed, as leaders of different departments, to have participated in this conference. It has enriched us deeply and equipped us to guide others with greater understanding, compassion, and care.

A Journey of Hearts Where We Found More Than We Gave

Sr. Magdali Ekka Fc, Murkia



After completing the correction of the final examination papers, we felt a new call within us—a call to go beyond the walls of the classroom and reach the hearts of our students through their families. Under the loving guidance of our Principal, Sr. Josline, we began this beautiful mission.

We the Sisters and Staff of St. Joseph’s Convent School, Murkia, came together for this meaningful venture. The entire staff was divided into four groups, with one sister accompanying each group. On 14th March 2026, we gathered at the school at 9:00 a.m., not just as teachers and sisters, but as messengers of care and concern. Our hearts were filled

with excitement, as this was something new, something deeper—a journey not of distance, but of relationships.

A vehicle was arranged, and we set out to different villages. Some of us went to Bandega, where many of our students come from, while others visited Lulkidih and Sarajangha. Before we began, our Principal gently guided us with instructions and asked us to return by 1:00 p.m. But the day had something more in store for us.

As we stepped into the homes, we were not treated as outsiders. Instead, we were welcomed with smiles, warmth, and open hearts. Many families expressed with deep emotion, “We are unable to come to the school, but today you have come to us.” Their words were simple, yet filled with gratitude and longing. In that moment, we realized how much this visit meant to them. We sat with them, listened to them, and spoke about the value of education in today’s world. We encouraged them to continue educating their children, not just for a better future, but for a better life. In return, the families shared their gratitude. They spoke about the discipline of the school, the dedication of the teachers, and the transformation they see in their children.

One moment, however, pierced our hearts deeply.

We entered a small, humble house where an elderly grandmother slowly came towards us. Her hands were trembling, yet she held ours tightly, as if she had been waiting for someone to come. With tears in her eyes, she said, “My grandson studies in your school... he listens to you. Please guide him well... we are old now... he is our only hope.”

For a moment, we were speechless.

In her fragile voice, we heard not just a request, but a trust so deep that it humbled us. It was no longer about teaching subjects or completing the syllabus—it was about carrying someone’s hope, someone’s future. That moment stayed with us long after we left her home.

In every house, we experienced genuine love. They offered us tea, snacks, and even meals prepared with care. Though we could not accept everything due to time limitations, their generosity left a deep mark on our hearts.

We spent 30 to 40 minutes in each home, but those moments were rich with meaning. We listened to their struggles, their dreams, and their concerns. One concern echoed in almost every home—the growing use of mobile phones among children. Parents and grandparents shared their helplessness, saying, “They don’t listen to us, but they listen to you.” Their trust in us felt like a responsibility placed gently into our hands. Their words were not complaints, but cries for help, filled with trust in us.

As the day went on, something beautiful happened. One family led us to another, and then to another. We forgot about time. We forgot about tiredness. We were simply present—walking, listening, sharing, and connecting. What was meant to end at 1:00 p.m. stretched until 5:00 p.m., yet we returned not with exhaustion, but with hearts full of joy.

We continued this mission on the 17th and 18th of March, visiting more villages and more families. Slowly, we reached almost every home of our students, and even those nearby who are not yet part of our school.

This journey was not just about visiting homes-it was about discovering lives. It helped us understand our students beyond the classroom-their backgrounds, their struggles, and their realities. It opened our eyes and softened our hearts.

This new venture has left a lasting impact on us. It strengthened the bond between the school and the families. It reminded us that education is not only about books, but about relationships, trust, and love. Indeed, we, the sisters and teachers, did not just complete a task—we lived an experience. An experience of togetherness, compassion, and joy.

This was not just a programme. It was a grace-filled experience.

We went thinking we would guide them, support them, and give something to them. But in reality, they gave us something far greater—their trust, their love, and a deeper understanding of our mission. And as we look back, one truth echoes within us.

we went to visit families, but we returned with hearts broken, blessed, and beautifully transformed.

A Journey That Became a Memory of the Heart

Sr. Sukanti Tirkey FC, Sundergarh



A long-awaited dream finally blossomed into reality when the three St. Joseph's Convent Schools of Sundergarh, Gaibira, and Murkia came together for an educational study tour to Kolkata. What began as a simple plan soon turned into a journey filled with emotions, learning, and unforgettable moments.

Five sisters, six teachers, and forty-six students set out together with hearts full of excitement. As it was the first time such a tour had been organized, every face reflected joy, curiosity, and wonder. On the morning of 8th March, the journey began. A bus brought the students from Gaibira, and at Sundergarh, others joined. Soon, we boarded the train in Jharsuguda, where an entire bogie was reserved just for us.

That train journey became a small world of happiness. The children laughed freely, shared whatever they had, sang songs, and cared for one another like a family. Even when the train was delayed for eight long hours, there was no complaint—only smiles and togetherness. In those moments, we realized that true joy does not depend on time or comfort, but on being with one another.

We reached Howrah in the night, where Sr. Sukanti FC and Sr. Josline FC warmly welcomed us. Tired from the journey, we rested—but our hearts were already full.

The next morning, we stepped into Science City. For the children, it was like entering a new world. Their eyes sparkled with wonder as they explored, discovered, and experienced science in a way they had never imagined. It was learning beyond books—learning that touched their curiosity and imagination.

At Nicco Park, joy overflowed. The children ran from one ride to another, their laughter echoing all around. Even the sisters and teachers joined them. Some of us were afraid of the thrilling rides, but the children held our hands and encouraged us, saying, “Sister, don’t be afraid.” In that moment, we felt something beautiful—the bond between us had grown deeper. We were no longer just teachers and students; we were one family.

The evening brought a simple yet unforgettable joy—pizza and drinks. For many children, it was their first time tasting pizza. The happiness on their faces was priceless. It reminded us that even small moments can bring great joy.

The next day, we visited the tomb of Mother Teresa. The atmosphere was calm and sacred. As we stood there in silence, something within us grew still. We prayed—not with many words, but with grateful hearts. Her life of love and service spoke to us deeply.

Our journey continued to the convent and Provincialate at Kidderpore, St. Teresa's School, Victoria Memorial, and St. Paul's Cathedral. Each place added something new to our experience—beauty, history, peace, and reflection.

At ECO Park, the children once again found their joy. They walked around with excitement, looking at the replicas of the Seven Wonders of the World, proudly recalling their names. They rode bicycles, watched the musical fountain, and laughed without worry. In those moments, they were simply children—free, happy, and alive.

At the end of our journey, one more experience added a special joy to our hearts. The Metro ride. For many of us, it was something new and exciting. As the train moved swiftly through the city, the children looked around with wonder and delight. Laughter filled the coach, and that simple ride became a moment of pure happiness. We all enjoyed it deeply.

Then came the return journey. At Howrah station, we had to wait for long hours again. Yet, even in waiting, there was no frustration. The children turned the platform into a place of joy—talking, laughing, and being together. When we finally boarded the train, songs and dancing filled the compartments.

We reached Sundergarh early in the morning, tired in body but deeply refreshed in spirit. This was not just a study tour. It was a journey of the heart.

A journey where we discovered not only new places, but also the beauty of togetherness, sharing, and love.

We went thinking we would guide the children and help them learn.

But in truth, they taught us something far greater—how to find joy in little things, how to care without expecting, and how to live each moment fully.

And as we look back, one gentle truth remains—

this journey may have ended, but the memories will live in our hearts forever.

Journey of Hope and Encounter

Sr. Asha Toppo Fc, Murkia



It was a hot and tiring afternoon when Sr. Roshni and I, Sr. Asha, set out for visiting—beginning our journey to an unknown place we had never seen before. Yet, within us burned a quiet desire to meet people, to listen, and to share love in the simplest way.

Our steps led us to a small house where a woman named Ramada was busy behind a locked gate. We greeted her softly, “Namaskar,” but she stood still, looking at us with surprise and hesitation. It seemed we were strangers not only to her home, but also to her world. Still, we did not turn away. We gently spoke in her local language, trying to bridge the silence.

Hearing us, she called her husband, who was about to leave for work. As he came forward and began to speak, something slowly changed. The distance between us faded. Ramada, too, left her work and came closer. What began with silence slowly turned into a moment of connection. Soon, they welcomed us, offering us a place to sit.

Then came the moment that touched our hearts deeply. They began to share their story—the pain, the struggles, the silent tears they had carried for so long. A life marked by loneliness, living without children, holding on to memories and sorrow. As we listened, our hearts grew heavy. Words seemed too small, yet our presence spoke.

Though they were not Christians, we did not feel the need to pray aloud. In that moment, our listening became our prayer. Our silence became compassion. Our presence became God’s love.

As they spoke, we could see a change. Their burden seemed lighter. Their faces softened. It was as if they had been waiting for someone—not to solve their problems, but simply to listen. Before leaving, we gently encouraged them to hold on to hope, to move forward beyond their pain.

We left their home quietly, carrying their story in our hearts.

As we continued our journey, we visited many more families. In each home, we encountered both joy and sorrow. Yet one thing remained constant—the warmth of the people. Though poor in material things, they were rich in love. Whatever little they had, they offered with open hearts.

We, the sisters of Murkia Convent, have made it our priority to visit families. We take this mission seriously, giving our time and attention to each household. For us, visiting families is not just a duty—it is a commitment of love and care. We strive to reach every family, to be present with them, and to walk with them in their joys and struggles.

Apart from visiting families, whenever we get the opportunity to attend Mass or any gathering in the villages, we make it a point to be present. These moments of coming together in faith and fellowship strengthen our bond with the people and deepen our shared spiritual journey.

We realized something profound—people do not look for great things; they long for someone who will sit with them, listen to them, and understand them. They leave aside their work just to spend a few moments in sharing and togetherness.

These days, our routine has become a mission of love. We attend our morning classes until 12:00 pm, and every afternoon, we go out to visit families. We have decided to reach every family in our outstation areas, and slowly, this mission is unfolding beautifully. Each visit is not just a meeting—it is an encounter of hearts.

In some homes, we pray together, especially with Catholic families, strengthening faith and unity. In others, we simply sit and listen.

This journey has changed us. It has taught us that true mission is not in big actions, but in small acts of love—in listening, in being present, and in walking with people in their joys and sorrows.

Every step we take, every home we enter, becomes a sacred space.
And in these unknown places, we discover a deep truth—
God lives in the hearts of the people.

A Day of Joy, Faith and Togetherness with youth

Sr. Roshni Kujur FC, Murkia



On 7th February 2026, the long-awaited Youth Picnic finally came to life. The youth of our parish had chosen a beautiful place—Ranidah—for this special outing. It was not just a picnic, but a day filled with joy, togetherness, and unforgettable memories.

Sr. Josline FC, the youth animator of the parish, and I, Sr. Roshni, joined the enthusiastic group. Around 8:00 a.m., we began our journey in two vehicles. The excitement among the youth was clearly visible. With energetic hearts and cheerful spirits, the journey began with a prayer, placing the day in God's hands.

Laughter, songs, and friendly conversations filled the air as we travelled together. On the way, we stopped at Kunkuri Cathedral. With the help of Fr. Sunil, the parish priest, we were able to enter and spend some time in prayer. He also shared with us the history of the church. One interesting detail touched us deeply—the stones used for building the church were once not permitted, but after examination, it was found that they contained a small portion of granite, and permission was finally granted. It reminded us that even small strength within can make something great possible.

After spending meaningful moments in the church campus, we continued our journey and reached a tea garden. For many of the youth, it was their first time seeing such a place. Their joy knew no bounds. They ran around, took photographs and videos, and enjoyed the beauty of nature. We also had jhal muri prepared by them, which added a special flavour to the moment.

Finally, we reached our destination—Ranidah. The sight of the waterfall captured everyone's attention. It was a truly beautiful and refreshing place. The surroundings were peaceful and well-developed, inviting us to relax and enjoy. We explored the area, laughed, played, and spent time in joyful togetherness.

After some time, we all gathered in one place. Sr. Josline the youth animator, warmly welcomed everyone and shared a few encouraging words. We then offered a short prayer, thanking God for bringing us together. Soon after, we enjoyed a delicious lunch prepared with love. Every item was shared with joy, and the spirit of unity was felt deeply.

The highlight of the day was the traditional Sailo dance. The youth danced with energy and enthusiasm. Their faces were filled with pure happiness—it was a joy to witness. In those moments, we saw not just fun, but a deep sense of belonging and freedom.

As the day came to an end, we thanked God for this beautiful outing. With hearts full of joy and memories to cherish, we returned happily.

This picnic was more than just a day of enjoyment—it was a wonderful opportunity to walk closely with the youth, to understand them, to share in their joy, and to build stronger bonds. Indeed, it was a day that reminded us—true happiness lies in togetherness, simplicity, and shared moments of joy.

A Joyful Day of Togetherness at Basantpur

Sr. Pritilata Kullu Fc, Simdega



With deep joy and heartfelt gratitude, I take this opportunity to share my enriching experience of a community picnic at Basantpur. Located in the serene district of Simdega, Jharkhand, Basantpur is known for its breathtaking natural beauty and peaceful environment. It is a popular picnic destination, especially during the New Year season, attracting visitors from different parts of the state.

On 23rd January 2026, our long-awaited plan finally came true. We hired two vehicles and set out on our journey with great excitement. All of us were eager and joyful as we made our way toward the destination, filled with anticipation for the beautiful day ahead. The journey, which took about an hour, was lively and cheerful, marking the beginning of a memorable experience.

What made the day even more special was the presence of the Fathers from the Jesuit community, whose participation doubled our happiness. It was truly a memorable occasion for all of us—sisters, fathers, and postulants—filled with laughter, joy, and meaningful moments of togetherness.

As we arrived, we were warmly welcomed by the beauty of nature. Surrounded by gentle hills, flowing rivers, massive rocks, and lush greenery, the place offered a deep sense of peace and relaxation. It felt like a gentle invitation to pause, breathe, and reconnect—with nature and with one another.

We began our day by enjoying simple yet delightful snacks—Jhalmuri and Pakoda—prepared lovingly by our postulants, along with hot tea. Soon after, we set out to explore the surroundings, immersing ourselves in the beauty of the place.

One of the most meaningful parts of the day was the sense of unity we experienced. Sitting together on the large stones, we shared a delicious meal prepared by the postulants. The variety and taste of the food reflected their love and effort. Sharing the meal as one family—sisters, fathers, and postulants—was truly a joyful and bonding experience.

No celebration is complete without dance, and this was one of the most awaited moments of the day. After lunch, we all joined in joyful dancing, forgetting our worries and simply celebrating the gift of togetherness. It was a moment of pure happiness and unity, especially felt within our Sogra community.

These precious moments reminded me of the importance of unity, sharing, laughter, and mutual care. The picnic was not just a time of enjoyment, but a meaningful opportunity to grow closer, understand one another better, and strengthen our bonds as a community.

As the day came to an end, I felt deeply refreshed—both physically and spiritually. My heart was filled with gratitude to Almighty God for this beautiful experience and the gift of such joyful companionship.

The memories of Basantpur will always remain special to me, reminding me of the beauty of togetherness, love, and gratitude.

Annual Day Celebration

Sr. Prativa Ekka FC, Siadih



With a heart full of joy and gratitude, I lovingly share the beautiful memories of our Annual Day celebration. It was not just a day of performances, but a day filled with emotions, togetherness, and thanksgiving. It reminded us that our school is not just a place of learning, but a family where every child is cherished and encouraged to grow.

On 10th January 2026, Vidya Jyoti Middle School, Siadih, came alive with happiness and excitement. The entire campus echoed with laughter, music, and applause as students eagerly waited to showcase their talents. It was truly a grace-filled moment to thank God for His endless blessings upon our school.

What made the day so special was the participation of every child—from the senior students to the tiny little ones. Each performance spoke of hard work, dedication, and courage. The dances, songs, and dramas were not just acts on the stage, but expressions of the children's hearts. The innocent smiles and confident steps of the little ones touched everyone deeply and filled the atmosphere with warmth and love.

As we watched the children perform, our hearts were filled with pride and emotion. Their joy became our joy, their success became our celebration. It was a reminder that true education is not only about books, but about building confidence, values, and character.

This beautiful celebration also made us pause and reflect. Every step our school has taken forward is because of unity, faith, and teamwork. The lessons of discipline, respect, service, and love that we share here will remain with us forever.

Behind this wonderful event were the silent efforts of our dedicated teachers, who guided the students with patience and care. The students, too, worked tirelessly to give their best. The loving support of our parents added strength to this celebration, making it even more meaningful.

This Annual Day will always remain a precious memory in our hearts—a memory of togetherness, happiness, and shared dreams. It truly reflected the spirit of our school family, bound together in love and unity.

We were deeply honoured by the presence of our Chief Guest, Dusmanta (Dusarath) Gagrai, MLA, and our Guest of Honour, Fr. Putumai Raj. Their inspiring words encouraged our children and made the day even more special.

With grateful hearts, we cherish this unforgettable celebration.

Tirth Yatra Gathering of Birmitrapur Deanery Catholic Abha Sangh

Sr. Magaret Xess Fc, Tangrain



With hearts filled with devotion and joy, the Birmitrapur Deanery Catholic Abha Sangh came together on 1st March 2026 for a deeply spiritual Tirth Yatra at Kuwarmunda Parish. It was not just a gathering, but a sacred journey of faith, where Abhas from different parishes united as one family in prayer, love, and fellowship.

The day began in the gentle morning light with a grand procession from Ranibandh Pase Maidan. As the faithful walked together, holding the flags of their parishes, it was a beautiful sight of unity in diversity. The air was filled with the prayerful recitation of the Holy Rosary, and every step taken felt like a step closer to God. The procession was not merely a walk, but a living expression of faith, devotion, and surrender.

After the procession, the faithful entered into moments of deep spiritual encounter through Adoration, Confession, and the Holy Eucharist. In the silent presence of the Blessed Sacrament, hearts spoke to God in their own quiet way. Hymns of praise rose gently, creating an atmosphere filled with peace, grace, and divine presence.

The Holy Eucharist, the heart of the celebration, was solemnly offered by Rt. Rev. Bishop Kishor Kumar Kujur. The liturgy, beautifully prepared by Kuwarmunda Parish, reflected reverence and devotion. The choir's melodious singing uplifted every soul, drawing all present into a deeper experience of prayer and joy.

One of the most touching moments of the celebration was the entrance dance performed by the Abhas of Kuwarmunda and Tangarpali Parish. Their graceful movements were not just a performance, but a prayer in action—an offering of love and devotion to God. The prayer dance during the Mass further deepened the spiritual atmosphere, leaving many hearts moved and inspired.

In his homily, Bishop Kishor Kumar Kujur gently reminded the faithful of the significance of the Lenten season. His words invited everyone to walk the path of prayer, fasting, and sincere reflection. He emphasized the beauty of family prayer, encouraging each home to become a place where faith is lived and nurtured daily.

This Tirth Yatra was more than an event—it was a moment of grace, a renewal of faith, and a celebration of unity. It strengthened the spiritual bond among all present and left behind a deep sense of peace, joy, and belonging.

With grateful hearts, we cherish this blessed day—a day that brought us closer to God and to one another.

A Pilgrimage of the Heart, Journey to Kochang

Sr. Nirmala Tirkey Fc, Phalsa



The 31st of January 2026 dawned with a quiet excitement in our hearts. For us, the Sisters of Phalsa Community, it was not just another day—it was the long-awaited moment to set out on a pilgrimage to our beloved mission, Dolda. A journey we had been cherishing within us for a long time was finally becoming a reality.

At 6:30 in the morning, we gathered and began our journey with a simple prayer, placing every mile ahead into God's hands. As our vehicle moved forward, so did our hearts—filled with joy, gratitude, and a deep sense of togetherness. The path led us through forests and hills, where nature revealed its untouched beauty. The tall trees, the winding roads, and the gentle silence spoke to us in a language only the soul can understand. In that serenity, we felt close to God.

Our first stop was Konbir Nawatoli Parish, one of the oldest parishes of Jharkhand. Meeting the Fathers and sharing a cup of tea felt like meeting family. There was warmth, simplicity, and a deep sense of belonging. We continued our journey and briefly stopped at Kemtatoli Parish, where once again we were welcomed with kindness that touched our hearts.

By 11:00 a.m., we reached the home of Sr. Elizabeth. It was a moment of rest, but more than that, it was a moment of love. Sharing a meal together felt like sharing life itself—simple, joyful, and filled with grace. Soon, we resumed our journey towards Dolda.

As we moved ahead, the roads became narrower and the forests thicker. The beauty around us became even more intense—almost overwhelming. I found myself completely lost in nature, as if God was revealing His presence through every leaf, every breeze, and every silent moment. It was not just a journey through land, but a journey into the depth of creation.

Reaching Dolda Convent filled our hearts with joy. Meeting our Sisters, even for a short while, was like embracing a part of our own soul. There was laughter, love, and a silent understanding that words could not fully express. After a simple cup of tea, we moved forward towards Kochang.

Kochang stood before us like a living testimony of mission and sacrifice. Situated high on the mountains, it demanded effort to reach, yet it gifted us with something far greater—an experience of history, dedication, and faith. Our FC Sisters, along with the Jesuit Fathers, had once been pioneers in this very land. As we walked through the campus and visited the church, a deep emotion filled our hearts. We felt humbled and privileged to stand on the same soil where our missionaries had poured out their lives in service.

Time passed quietly, and soon it was time to return. The journey back was calm, yet filled with unspoken reflections. We reached Phalsa at around 11:30 p.m.—tired in body, but deeply fulfilled in spirit.

This pilgrimage was not just about travelling from one place to another. It was a journey of the heart—a journey of remembering, reconnecting, and rediscovering. It filled us with a quiet joy, a deep satisfaction, and a renewed pride in our mission. Above all, it reminded us that God is present everywhere—in nature, in community, in history, and in every step we take with faith.

“The Wider the Vision, the Greater the Wisdom”

Sr. Sabita Kandulna Fc, Ambikapur



There are lessons that books cannot teach—and then there are lessons that the world whispers only to those who step out and seek them. Keeping this in mind, St. Xavier’s English Medium School, Ambikapur, organized an educational tour to Chennai, Kanyakumari, Velankanni, Rameswaram, and St. Thomas Mount. This tour truly proved the saying, “The wider your vision, the greater your wisdom.”

Our journey was not just a travel across miles—it was a journey into wonder, wisdom, and self-discovery. It gave us exposure beyond classrooms and transformed ordinary moments into unforgettable memories.

Kanyakumari – Where the Sun Paints the Sea

At the southernmost tip of India, where three mighty seas meet, we stood in awe as the first rays of sunlight touched the horizon. The sky turned into a canvas of gold and crimson, and for a moment, time seemed to stand still.

The serene Vivekananda Rock Memorial echoed the spirit of Swami Vivekananda, reminding us that greatness begins with a single thought. Here, geography turned into poetry, and learning became an emotion.

Rameswaram – Echoes of Faith and Timeless Stories

Rameswaram felt like stepping into a sacred story that has lived for centuries. The long corridors of the Ramanathaswamy Temple seemed endless, each pillar whispering tales of devotion.

As we crossed the breathtaking Pamban Bridge, the vast ocean below reminded us of human courage and engineering marvels. In the silent ruins of Dhanushkodi, we felt the powerful presence of history—fragile, yet unforgettable.

Velankanni – Where Faith Glows Like a Flame

Velankanni welcomed us with a quiet, divine peace.

At the Basilica of Our Lady of Good Health, faith was not just seen—it was deeply felt. People from different walks of life stood together, united by hope and belief. In that sacred silence, we learned that true strength lies not in our differences, but in our unity.

Chennai – A Symphony of Past and Present

Chennai was like a living story where tradition and modern life walk hand in hand.

The waves of Marina Beach sang songs of freedom, while the historic walls of Fort St. George stood as silent witnesses to history.

Here, we realized that growth does not mean leaving the past behind—it means carrying it forward with pride.

St. Thomas Mount – A Whisper of Peace Above the City

High above the bustling city, St. Thomas Mount offered more than just a scenic view—it offered silence, reflection, and peace.

As the cool breeze touched our faces and the city stretched below us, we understood the beauty of stillness in a fast-moving world. This sacred place connected us deeply to faith and simplicity.

The Silent Power of Exposure

This journey taught us something no classroom ever could—exposure is power.

It has the power to open our eyes, awaken our souls, and transform the way we see the world.

We did not just visit places—we felt them. We did not just learn—we experienced.

And in those moments of awe, silence, and joy, we discovered a new version of ourselves.

A Memorable Picnic to Badalgiri

Sr. Suchita Kindo Fc, Tangrain



On 5th January 2026, the communities of St. Xavier's and Crus Putri Niwas, Tangrain, organized a picnic to a beautiful place called Badalgiri. It was planned as a Banbhoj, and we had been eagerly looking forward to this day for a long time.

Early in the morning, we got ready with great excitement and began our journey. The route from Boneikela to Badalgiri was unfamiliar to us and quite long. After traveling for three to four hours, we thought we had reached our destination. However, after asking some local people, we realized that we had already crossed it and had to turn back.

The journey itself was adventurous and full of beauty. As our vehicle climbed the hills, we encountered many steep and sharp turns. Though the road was challenging, the surrounding scenery was breath-taking. The place was covered with dense forest on top of a high mountain. The atmosphere was calm and peaceful. We could hear the sweet chirping of birds all around us, and from a distance, we could even hear the sound of a waterfall, though it was too high and difficult for us to reach.

We spent some quiet and joyful moments there. We had our lunch together, prayed, and thanked God for the safe journey and the beauty of nature around us. Later, we returned home safely with grateful hearts. This picnic was not just a visit to a beautiful place; it was also a valuable lesson in life. At every step of our journey, there was something to learn. Even when we lost our way, it taught us patience and teamwork. Every moment speaks to us and connects deeply with our lives. Life itself is like a journey—sometimes the road is unknown, sometimes we take wrong turns, but with faith, unity, and perseverance, we always find our way.

A Joyful Day with Krusveer Children

Sr. Elizabeth Fc, Phalsa



The 8th of February 2026 was not just a day of picnic for the Krusveer children of Phalsa Parish—it was a day filled with laughter, love, and unforgettable memories. Nearly 90 children gathered in the parish campus, accompanied by Fathers, Sisters, and teachers, bringing life and joy to every corner of the place.

The day began in the most beautiful way—with the celebration of the Holy Eucharist. As the children sat in prayer, their innocent faces reflected a deep connection with God. In that sacred moment, it felt as though heaven itself had come down to bless these little hearts.

After the Mass, the children shared a simple breakfast of laddu and tea. Yet, it was not the food that made the moment special, but the joy of being together—laughing, talking, and feeling a sense of belonging.

Soon, the playground turned into a world of excitement. Games were organized, and the children ran, played, and laughed with pure happiness. Their smiles spoke louder than words, and their laughter echoed like music in the air. For a moment, all worries seemed to disappear, leaving behind only joy.

One of the most touching moments of the day was the Saila dance. As the music began, the children gathered together—some dancing with ease, others shyly trying to follow the steps. Yet, no one held back. Even those who did not know how to dance joined in, learning, laughing, and enjoying every step. It was a beautiful reminder that joy does not need perfection—it simply needs a willing heart.

Later, everyone gathered as Rev. Fr. Albinus Kiro, the Parish Priest, spoke a few heartfelt words. His message of love and encouragement touched the children, making them feel valued and cherished.

At around 2:00 p.m., all shared a meal together, strengthening the bond of community. The presence of the Sisters from Phalsa and Murkia added warmth and completeness to the gathering—it truly felt like one big family.

As the day slowly came to an end, the children returned home by 3:00 p.m., carrying with them not just memories, but a heart full of happiness.

This picnic was more than just a gathering it was a celebration of innocence, unity, and love. It reminded everyone present that in the laughter of children, we can truly experience the presence of God.

Gujarat Diaries, A Journey Beyond Classrooms

Sr.Pricilla Kindo Fc, Hamirpur



At **St. Joseph's Convent School, Rourkela**, every initiative is guided by a deep commitment to the holistic development, confidence-building, and empowerment of the girl child. We believe that true education goes beyond classrooms—it is discovered through experiences that shape character, deepen understanding, and build confidence.

With this vision, 110 students and 10 teachers along with Sr. Mukta Kerketta fc and Sr. Pricilla Kindo Fc embarked on an educational tour to Gujarat on 22nd February 2026. More than a journey, it became a living classroom where learning, joy, and togetherness blended beautifully. After an enthusiastic departure from Rourkela Railway Station, we reached Gujarat at 7:30 PM on 23rd February and soon stepped into our first experience.

A Joyful Beginning – Atal Bridge & Biodiversity Park

Our journey began at the beautifully illuminated **Atal Bridge**, a modern engineering marvel built over the Sabarmati River. Opened in 2022, it reflects India's progress and vision for smart urban spaces. As we walked across the bridge, laughter, excitement, and endless photographs filled the evening. Students enjoyed the cool breeze and scenic beauty, bonding with one another.

At the **Biodiversity Park**, surrounded by over 5,000 trees, students experienced the calmness of nature. Learning about endangered species made them more aware of environmental responsibility. It was a quiet yet powerful lesson: to respect and care for creation.

Ahmedabad – Learning Through Heritage (24th February)

The next day unfolded with rich cultural experiences. At the **Sidi Saiyyed Mosque**, students admired the intricate “Tree of Life” stone carving, a masterpiece of Indo-Islamic architecture. It helped them appreciate the artistic excellence of the past.

The **Hutheesing Jain Temple**, built in white marble, offered a peaceful atmosphere. Here, students learned about values of non-violence, simplicity, and spiritual discipline.

At the **Sardar Patel National Memorial**, history came alive. Students learned how Sardar Vallabhbhai Patel united India, inspiring them with lessons of leadership, courage, and unity.

The visit to **Sabarmati Ashram** was deeply reflective. Walking through the simple living space of Mahatma Gandhi, students learned the power of truth, simplicity, and non-violence. It was not just a visit, but an experience that touched hearts.

The evening at **Kankaria Lake** brought pure joy. Students laughed, explored, and relaxed in the lively atmosphere. Fun activities at Balvatika, the Wax Museum, Snow Park, and the Mirror Maze created unforgettable moments. Along with enjoyment, they also discovered scientific concepts like optical illusions and experienced different environments like artificial snow.

A Day of Inspiration – Statue of Unity (25th February)

An early morning journey led us to the grand **Statue of Unity**, the tallest statue in the world. Standing before it filled everyone with pride. It symbolises unity, determination, and the vision of a strong nation.

On the way, the **Miyawaki Forest** introduced students to modern environmental techniques. They learned how small efforts can create big ecological changes.

The **Jungle Safari** was thrilling, as students observed animals from around the world. It created awareness about wildlife conservation and respect for all living beings.

At the Valley of Flowers, students enjoyed the beauty of colorful landscapes, learning how nature and creativity can coexist harmoniously.

The visit to the **Sardar Sarovar Dam** helped students understand its importance for irrigation, electricity, and water supply—connecting textbook knowledge with real-life application.

In the evening, the **Laser Show** beautifully narrated the life of Sardar Patel. Students watched in awe as history came alive through light and sound. The glowing lights of the **Unity Glow Garden** added fun, wonder, and a magical end to the day.

Gandhinagar – Culture, Faith, and Discovery (26th February)

At the **Adalaj Stepwell**, students were fascinated by its intricate carvings and unique architecture. They learned how ancient structures were designed to conserve water and serve communities.

The **Akshardham Temple** offered a peaceful spiritual experience. Students felt a sense of calm and learned about devotion, discipline, and harmony.

The **Auto World Vintage Car Museum** added excitement, as students explored classic cars and learned about the evolution of transport. It sparked curiosity and appreciation for history and technology.

A Meaningful Farewell (27th February)

The visit to **Science City** made learning interactive and exciting. Students explored scientific concepts through practical exhibits, making education enjoyable and memorable. At **Law Garden**, the vibrant market atmosphere brought joy and cultural exposure. Students enjoyed shopping, tasting local food, and experiencing the colorful lifestyle of Gujarat.

With hearts full of happiness and minds enriched with knowledge, we boarded the **ADI-HWH Express (12833) at 12:25 AM**, carrying countless memories.

A Journey that Taught and Transformed

Throughout the journey, safety remained our highest priority, with every detail thoughtfully planned and carefully monitored.

We are proud to share that our students displayed admirable discipline, cooperation, and responsibility. They supported one another, adapted to new situations, and grew in confidence and independence with each passing day.

Beyond the joy of sightseeing, this journey became a life lesson—teaching them the value of time, the beauty of living together, respect for diversity, and the importance of being responsible not only for oneself but also for others.

At times, we as teachers had to be firm to ensure safety and smooth coordination. Every decision was taken with sincere care, keeping the well-being of each child at heart.

The success of this tour was truly a result of teamwork. The Teachers-in-Charge worked tirelessly, the Sisters accompanied with constant guidance and care.

The smiles, confidence, and cherished memories that the girls carry back will remain with them for years to come. For us, every child is not just a student, but a beloved member of our family. The school continues to be their second home—a place where they are nurtured with love, grow with confidence, and learn to become strong individuals.

As they step forward into the future, may the lessons of this journey guide their paths, strengthen their hearts, and inspire them to dream bigger.

Together, as parents and school, we walk hand in hand—committed to shaping confident, compassionate, and empowered young women, ready to face the world with courage, faith, and grace.

A Touch of God's Love, A Pilgrimage to Remember

Sr. Tarcicia FC, Phalsa



The 8th of March 2026 became a day of grace and blessings for the mothers of Phalsa Parish. Around 250 mothers, along with a few fathers, set out on a pilgrimage to Mundagao Retreat Center, accompanied by Fr. Albinus Ekka and Sr. Tarcicia FC. It was not just a journey of distance, but a journey of hearts seeking God.

Early in the morning, at 7:30 a.m., the parish campus was filled with excitement and devotion. With a simple prayer, the pilgrimage began—placing every step of the journey into God's loving hands. Vehicles arranged village-wise carried the faithful, but what truly carried them forward was their deep faith and longing for God.

As the journey unfolded, the atmosphere became alive with hymns and prayers. The mothers sang with joy, their voices rising like offerings to heaven. It felt as though God Himself was travelling with them, listening to every word and every silent prayer.

Upon reaching Mundagao at around 9:30 a.m., they were welcomed with great warmth and love. The fathers and the retreat team received them with smiling faces, a beautiful welcome song, and a simple yet meaningful gesture—a sunflower stem for each one.

That small flower seemed to reflect the radiance of God's love shining upon everyone present.

The prayer then led them into a deeper encounter with God. The talk on God's love and compassion gently touched every heart, reminding them that they are never alone in their struggles. During the adoration and the Holy Mass, a deep silence filled the place—a silence that spoke of surrender, trust, and faith. The creative prayers helped each person to open their heart more freely before God.

The most powerful moment of the day was witnessing the mothers at prayer. With folded hands and tearful eyes, they prayed from the depths of their hearts—for their children, their families, and their lives. Their faith was pure, their love selfless, and their trust in God unshaken. It was a deeply moving sight, one that touched the soul and left a lasting impression.

After sharing a simple meal together around 2:00 p.m., the group slowly prepared to return. Yet their hearts were full—full of peace, gratitude, and a renewed sense of hope. As they travelled back, songs of praise once again filled the air, echoing their thanksgiving to God for such a blessed experience.

This pilgrimage was more than an event; it was a sacred encounter. It was a moment where heaven seemed close, where prayers felt heard, and where hearts were transformed. Truly, it was a living experience of God's presence—a memory that will remain alive in every heart forever.

