

## *In Active Contemplation*

# WE COMMUNICATE

PROVINCE OF INDIA  
a Quarterly Bulletin

VOLUME XIII

ISSUE 3

JUNE 2021

## Justice and Peace Commission - Special Issue



### Provincial's Message



Pope Francis' encyclical  
*Laudato Si'*  
(Praise be to You)  
ON THE CARE OF  
OUR COMMON HOME

'Laudato si', the second encyclical of Pope Francis on Care for Our Common Home is an appeal addressed to "every person living on this planet" for an inclusive dialogue about how we are shaping the future of our planet. Pope Francis calls the Church and the world to acknowledge the urgency of our environmental challenges and to join him in embarking on a new path.

We, in the Province responded to this invitation of our Holy Father in different ways. All the communities studied and reflected on the encyclical, participated in workshops, had sharing on practical living of 'Loudato si' and held competitions to encourage everyone to make gardens.



This issue of 'we communicate' on 'Loudato si' is materialized by the collaborative efforts of the Commission for Justice and Peace and the Commission for Social Means of Communication. I congratulate both the teams and all those who have shared their reflections very creatively. This will surely once again draw our attention to live the essence of this encyclical in our day to day lives.

I want to share with you my reflections on one of the points that Pope Francis has mentioned, that is 'Less is More.'





According to the Pope, in a “technocratic” mindset, technology is seen as the key to human existence. The technological advancements are welcomed by the market before evaluating how it will affect our world today. Christian spirituality, by contrast, offers a growth marked by “moderation and the capacity to be happy with little.” (222)

I am reminded of the story of a woman who wanted to live the ideal that ‘Less is More.’ She threw out all her belongings: her apartment and everything that it contained, her books, all her collections such as original drawings, her diploma, everything that she could say “this is Mine.” She wanted to be like a new born baby again. Though it sounds like a very crazy and stupid idea, she got rid of everything only to realize that she had many more things to give up.

Someone insulted her and she got angry. Now she had to give up anger. Every morning she had bad memories of hurts and failures. Now she had to give up those memories. Another time she was thinking about money. How much money will I make in my life time? Now she had to give up thinking about money and investments. She thought to herself: ‘I might die tomorrow and then what can I do about my life today?’ She will argue with anyone who she thinks, is opposing her. When she wanted to argue with someone, she thought of her father who had a stroke while arguing and remained lifeless in bed for two more years.

Another thing to give up was the feeling that she was the most important person and that everything around her life, circled around her. She used to think that her office can’t function without her, until one day she realized that she can’t function without her office and she had to give up this way of thinking.

We all need to ask ourselves what we should give up to live ‘Less is More’ and make our lives more fruitful and useful for the Lord. May we remain open to listen to the Spirit calling us to live “less is more” in our personal life, community life and mission!

Sr. Deepa Moonjely OP  
Provincial Superior

## CONTENTS

1. Provincial’s Message - Sr. Deepa Moonjely OP
2. Editorial -Sr. Daisy Rose Peenikaparamban OP
3. Climate change  
- Sr. Lamma Joseph Palamootil OP
4. Beauty in Nature -  
- Sr. Saly Mathew Chirackathottiyil OP
5. Care for our Common Home  
- Sr. A. Jenet OP
6. Waste Management and Protection of the Earth - Sr. Mamatha Rajani Oram OP
7. Reduce, Re-use and Re-cycle  
- Sr. Philomina Vangachottil OP
8. A Love Story of the Soaps  
-Sr. Lamma Joseph Palamootil OP
9. She Groans in Travail  
- Sr. Lisa John Kadampattuparambil OP
10. Impact of Corona Virus on the Environment  
- Sr. Elsy Vadakkumpadan OP
11. Good Partner in caring for the Earth  
- Sr. Jacline Dhanwar OP
12. Move away from Throw-away Culture  
- Sr. P.Premalatha OP
13. The Value of “Culture of Care” today for you and me - Sr. Shanti Jacob Panthanal OP
14. Quiz Corner - 30 Books of the Bible  
- Sr. Lamma Joseph Palamootil OP
15. Integral Ecology and Environment  
- Sr. Jessy Pothaparambil OP
16. Impact of Water Pollution  
- Sr. Mary Augustin Ookken OP
17. Sing My Soul to the Glory of Creation  
- Postulants
18. A Call to Commit Caring for our Common Home - Sr. Selma John Minj OP
19. Nature - Sr. Elizabeth Ekka OP
20. God’s Creation - Sr. Reena John Kanivayalil OP
21. Stewards not Owners  
- Sr. Lisieu Mathew Thyparambil OP
22. Save the Mother Earth - Sr. Sumita Soreng OP
23. Laudato Si - The Earth is God’s Creation  
- Sr. Pushpa Kujur OP
24. My Love for the Nature  
- Sr. Munika - First Year Novice
25. Environment Puzzle  
- Sr. Daisy Rose Peenikaparamban OP
26. World Environment Day Greeting.
27. Garden Competition in the Province  
- Sr. Anney Chummar Maniyamkott OP





## EDITORIAL



*Laudato Si'*: On the Care for our Common Home is Pope Francis' second encyclical and was completed on May 24, 2015 and released to the public on June 18, 2015. Although many people view *Laudato Si'* as a treatise on the environment, the message that Pope Francis conveys is much more than that. Pope Francis shows how *Laudato Si'* is animated by the spirit of St. Francis of Assisi, patron saint of those who promote ecology, and emphasizes the importance of the spiritual roots: "If we approach nature and environment without this openness to awe and wonder, if we no longer speak the language of fraternity and beauty in our relationship with the world, our attitude will be that of masters, consumers, ruthless exploiters, unable to set limits on their immediate needs. By contrast, if we feel intimately united with all that exists, then sobriety and care will well up spontaneously".

In *Laudato Si'*, Pope Francis is calling all nations of the world to create an "integral human ecology" whereby we rethink our relationship with not only the environment but the whole world and each other. In other words, we need to look at our human activity both individually and collectively to address not only the devastation that is happening to the environment, but also the widespread poverty and unjust deprivation of human rights around the world.

We must individually and collectively make choices and decisions that "affirm life". That means not only rethinking our individual lifestyles but reassessing our systems - both public and private - taking into account not just the financial bottom line but also whether our choices, individually and collectively, benefit the largest amount of people, society, and our common home, earth. Although individual lifestyle changes are important, they are not enough. We must work together to transform systems into ones that affirm life and are more just to humans as well as for all living creatures that depend on our common home.

The pope calls for an ecological conversion. Policy is not enough; we also need a profound interior conversion. This calls for the cultivation of new virtues that emphasize "ecological citizenship"—interior motivation and personal transformation rather than just external laws and regulations. Inculcating new habits requires ecological education in schools, families, catechesis, the media, and elsewhere. But self-improvement by individuals is not enough—the pope calls for a "community conversion too", based on gratitude and gratuitousness, and a loving awareness that we are joined to creation in a "splendid universal communion". This is central to what it means to be a Christian. As the pope puts it, "living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or secondary aspect of our Christian experience".

We are very happy to present to you a special issue of *We Communicate* with reflections on *Laudato Si'*. I take this opportunity to congratulate Sr. Anney Maniyamkott and team of Justice and Peace Commission for inviting articles from every community and helping everyone to come alive with the reflections. Thank you, my dear sisters for contributing articles to this issue and this shows your commitment to care for our common home. Wish you all a pleasant reading leading to introspection and commitment.

Sr. Daisy Rose Peenikaparamban OP  
SMC Co-ordinator



# CLIMATE CHANGE



When I was a lower primary student I used to listen to the morning news in radio to know whether any Ministers have died! If so we will get a holiday from the school!!.. Likewise, there was a primary school student in Philippines, her name is Joanna Sustento. She loves to have typhoons then she will get holiday from school and she could spend more time with her parents and siblings! On November 3rd 2013 the students were sent home early from her school, because there was a big typhoon. When Joanna reached home there was no house nor any buildings around, only debris of the houses. Her heart broke and cried. She and her friends were taken to the rescue camps and the rescue operators told her that her parents, brother, sister in law and nephew lost their life in the typhoon. She and her younger brother who were in the school were left without any relatives. Then her brother was sent to a Government Boys Home and she was sent to a Government Girls Home.



“A fragile world, entrusted by God to human care, challenges us to devise intelligent ways of directing, developing and limiting our power” (LS 78). The world is fragile and we need to care for it with love and prudence; otherwise the next generation will have to face its consequences. We ourselves are noticing the changes in the environment. Are we indifferent to these changes in the environment? Are we not affected with it? What is our response? Are we ready to care it with love and speak whenever there is an opportunity to share or is it the work of someone else? “We need to take a frank look at the facts to see that our common home is falling into serious disrepair. Hope would have us recognize that there is always a way out, that we can always redirect our steps, that we can always do something to solve our problems. Still, we can see signs that things are now reaching a breaking point, due to the rapid pace of change and degradation” (LS 61). We need to have a commitment to ecological conversion. Listen and learn



This incident raised many questions in her mind. Why? Why????? Why this natural calamities often happens. Why this imbalance on earth? What is the reason and who is responsible??? etc. These questions paved way for her to become a Climate Activists. She works with other young boys and girls to bring a climate justice for the world. Joanna shared her personal experience with us in the Webinar on Laudato Si Animator’s training programme. At the end of her sharing many of us were in tears which was expressed through the Chat Box

## A PERSONAL ECOLOGICAL CONVERSION

from creation. Human activities are major cause for the climate change. I need to pray for the whole world and pray with creation. I understand that I have a special commitment to take care of the 'common home'. I will try my best to protect it. I voluntarily choose to live a simple life and I do not waste things. I pledge to protect our common home by caring for it.

Sr.Lamma Joseph Palamootil OP  
Formation Community



# Beauty in Nature

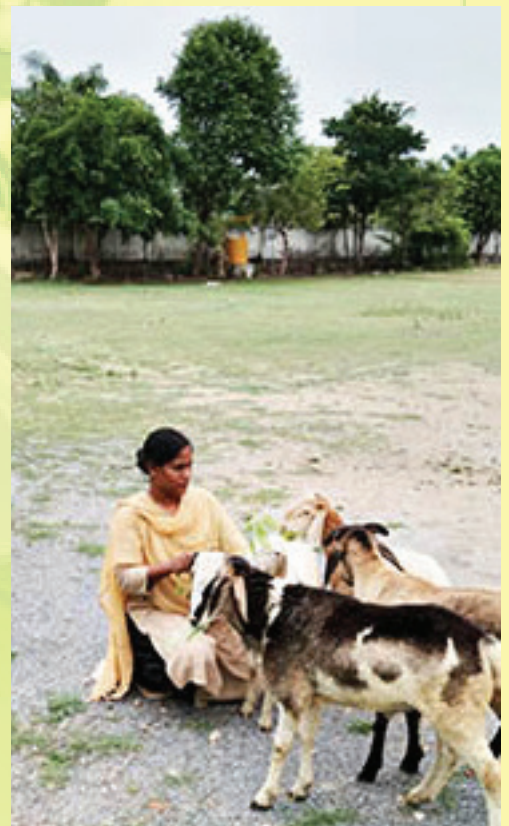
Nature is the visible sign of God's creative and innovative expression of love for humanity as it proclaims the magnanimity of its creator. God so loved the nature as well as the man, he appointed human beings as the crown of this beautiful nature to maintain, modify and use it for their need not for their greed. This paradise called the mother earth or nature was clothed with the most costly, elegant and awesome dresses as snow clad mountains, green forest with valleys and hills, herbs and trees, blue seas with living creatures in it, the humming birds of varied color and beauty that praises the greatness of its creator while it fly high to the sky etc. Nature, in her originality is no doubt the most beautiful bride ever seen on earth as she decked herself with myriad of ornaments that are vivid and, She is so beautiful, so alive, so dazzling, and to see her is so awe inspiring ... as there is diversity, uniqueness and growth in her unlike the stagnant man made innovation and development. It is this quality of thriving life in and around her makes the nature so important, so inevitable, and so inexorable. Nature is adorned in her natural beauty that is why the poets, writers and orators have made use of the nature as the topic for many of their poems, articles, oratory etc.

We need to realize, accept, and appreciate the fact that nothing is as beautiful as nature, the very gift of God. Its originality, purity, novelty and ingenuity cannot be matched with any manmade objects. The real beauty of nature can lead us into ecstasy and it can take us into a trance if undisturbed. It can have a profound effect on our senses, the gateways from the outer world to enter into the inner world of godliness and serenity. It can even mislead us to an unbelief as that is the greatness of its very existence, the reality

of the beauty in nature. Doesn't it give us a sense of wonder as we gaze into the nature for a moment? Doesn't it lead us to a world of amusement which makes us amazed? Hasn't the meditation on nature bring us to God more closely? Weren't we re-energized, revived with the positive energy when we spend some time in and with the nature even as a part of an exercise during the annual retreat? Who could help closing their mouth in wonder as they saw a tiny ant carrying a grain of double its size? I had been in astonishment every time when I observe the unfolding of the petals in a rose as it open slowly, gently, systematically in a unique way.

The lockdown had given most of us ample time and opportunity to be one with the nature more than ever before. As for me I realized that the highest of any human intelligence or creativity can never beat or take control over the ingenuity of the beauty found in the nature.

May it be from the mystery of a chick that comes out of the egg shell naturally survive much better than the ones that are brought out with all scientific methods to that of a zebra adorned with such precise and accurate lines cannot be beaten by the smartest of all the artist who makes mistake while drawing the zebra lines on the road if observed. Sometimes rather often times our intelligence, our reasoning capacity, our smartness make us to think of beauty in nature while reading a book or an article but the real beauty can be felt and enjoyed if we look around us, as beauty lies in the beholder who created the whale and the frog, elephant and ant, plants and trees. It is he who created the butterfly with





its tiny, fragile yet beautiful wings, with perfect color combination, in glowing designs and drawings, that the algebra and geometry can be taught to the children by looking at its wings.

If you and I start blinking our eyes twice at the beauty in nature, it can give us sufficient positive energy to make our life a celebration of God's this wonderful gift. It would give us pleasure and delight, enthusiasm and encouragement to appreciate and live the preciousness of our life in its fullness. The emotional response of our senses while drinking deeply the beauty of nature itself is our experience of the real, true beauty which are often searched yet not found anywhere else, except in nature. This experience would certainly make us to value the nature as it is valuable because it is beautiful. Anything that is beautiful and useful is valued much like gold; silver etc. and such things are well taken care. So don't we have to value the nature? Is the question. Or do we really value the nature which is very precious and benevolent in its beauty?

### Why do we need to care for our nature?



Anything that is valuable and beautiful is also precious as we mentioned before. Do we leave our golden ornaments carelessly or do we throw the iPhone in the waste bin? No, because we know the cost of it and the pain to own it and so they are valuable for us. Then what about the nature that was created out of God's infinite love and care. Is it not precious? So if we do not care for the nature, it is a sign that we have not really understood the value of it. Only a person who is in a dark room without ventilation struggling for breath will know the preciousness of oxygen that is a free gift from the nature. When we become aware of the fact that a clean environment is essential for a healthy living then we keep it clean as taught by the pandemic. The more nature is contaminated polluted our span of life becomes lesser and lesser. Then caring for the earth becomes one of our prime duty not an option.

How can we take care of our common home?

Pope Francis in his encyclical *Laudato si* suggests ways and means to care for our common home;

1. Reduce, reuse, recycle
2. Preserve resources
3. Use them more efficiently, moderately
4. Reduce use of non-renewable resources
5. Promote green construction with energy efficient homes and buildings
6. Promote smart growth
7. Less is more- shop wisely
8. Plant a tree



Protecting our beautiful nature in its natural splendor and grandeur begins from each of us as personal responsibility. We need to realize that the nature around is one of the greatest blessings from God our loving Father. When we smell the fragrance of the flower around us, while tasting the sweetness of the fruit in our garden, when listening to the natural song and music from the birds ... we need to thank the creator and take an oath to protect and preserve this nature of ours. Then our lips will move unknowingly;

You are the artist with canvas and paint  
Color the world with blue skies and rain.....

Sr. Saly Mathew Chirackathottiyil OP  
Karehally community



# CARE FOR OUR COMMON HOME



Many things have to change course, but it is we human beings above all who need to change. (Laudato Si' #202)

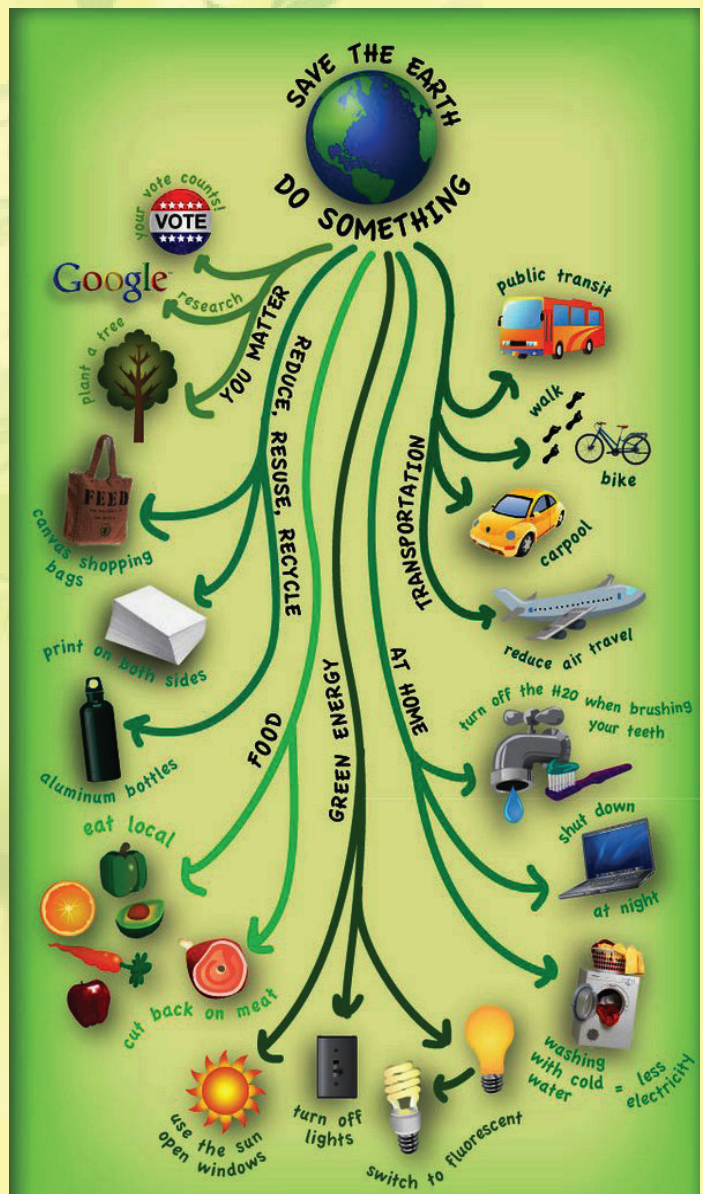
Care for Our Common Home is the new appeal from Pope Francis addressed to "every person living on this planet" for an inclusive dialogue about how we are shaping the future of our planet. Pope Francis calls the Church and the world to acknowledge the urgency of our environmental challenges and to join him in embarking on a new path. Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us.

## God saw that it was good ....

"God saw all that he had made, and it was very good. And there was evening, and there was morning-the sixth day"(Gen 1:31). The Lord has shared the earth with us and all of us are responsible for its proper stewardship. Our faith is one that wants creation to be cherished and renewed. A whole new way of living opens up as a consequence of a personal and passionate relationship with Jesus. We get the grace to transcend ourselves (Laudato Si', 208). We get new strength to care for others and for creation (# 217). We can live with a new horizon, embracing Jesus' vision of the Kingdom of God, of a renewed and transformed world and ecosystem where we are all brothers and sisters, responsible to each other.

## What is Happening to Our Common Home

Pope Francis enumerates in the encyclical "What is happening to Our Common Home" urges and encourages us that it is our duty to care for our common home. Christians cannot close their hearts to the crying needs of our contemporary world. Changes to the global climate, due in recent years primarily by the greenhouse gases released largely as a result of human activity, have led to devastating wildfires, intensified storms, severe drought and other consequences around the world. As catastrophic as these phenomena are, the transition to a more sustainable future





through behavioural adaptations and cleaner forms of energy, as well as the response to climate crises that will arise in the near future, will bring about vast and costly economic, social and political disruption.

### Creation Care Ministry- New Hope for Creation

Care for God's Creation "Tilling and keeping" or "cultivating and caring" are the words used to express the charge to Adam and Eve in Eden (Gen 2:15). The admonition to live lightly on the land and to use creation and enjoy it prudently and productively are charges given to human beings ever since. Many things have to change course, but it is we human beings above all who need

to change (Laudato Si' # 202). Let us heed the call of Pope Francis and pledge to change our hearts to give 'new hope for creation'. Let us build a close relationship with God's creation and assume a ministry of caring for and healing the earth, through 'creation care ministry'. Many dioceses and organizations are thinking and implementing a great plan for creation care ministry. Awake!.... Arise!....to create a deeper awareness of environmental stewardship in the parish, to encourage good stewardship practices at home, at our ministry and in the community. 'Creation Care Ministry' can be part of all our ministries; community, social service centres, dispensaries, schools, pastoral ministry etc. An added creative and enriching mission which gives life. Let us pledge, let's plan, let's invest, let's work as good stewards to give 'new hope for creation' through 'creation care ministry'. Let us Renew, Repair, and Restore our commitment to God, to one another and to all of creation.

*Renewing, repairing  
and restoring  
our commitments to God,  
to one another  
and to all of creation.*

Sr. A Jenet O P  
Mysore Community



## WASTE MANAGEMENT AND PROTECTION OF THE EARTH

Pope Francis ask us to replace consumption with sacrifice, greed with generosity, wastefulness with a spirit of sharing, an asceticism which "entails learning to give, and simply to give up".(LS-9)

Christians are called to "an ecological conversion whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them. " Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience". (LS- 217)

As followers of Christ around the globe we share a common role as caretakers of God's creation. We see that our wellbeing is interwoven with the wellbeing of creation. We rejoice in this opportunity to care for our





common home and the sisters and brothers who share it.



Remember the saying “one man’s trash is another man’s treasure”. Wastes like paper, cardboard, glass, tin, aluminum and plastic containers can be recycled to produce another product. At the same time organic waste can be recycled to make worm forms and compout. Old paper, cardboard, plastic containers are very much useful, through them we can make varieties of art and craft to make our house and garden beautiful. If we don’t want to keep some old stuff, why not donate them? You can also distribute books, magazines, toys, clothes to the poor to some organizations. Because there are so many people who are in need of it.



We all are very much aware of the large waste that is found on earth is plastics and it contributes highly to climate change and poses a critical threat to pollution. We can control or reduce this waste by stopping the use of it. If you want to buy something take reusable bag with you to reduce plastic packages . Each one of us is responsible to protect our mother earth. It is you and me who have to start and teach others as well to safeguard and care for the mother earth.

Mamata Rajani Oram OP  
Dhulkot Community



“St. Francis of Assisi, faithful to Scripture, invites us to see nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness.” (Laudato Si, (12) Pope Francis) Pondering on this sentence, I really feel very sad to see the reality of our common home. The world was awakened by the Encyclical of Pope Francis, Laudato Si to protect our Common Home. God’s infinite beauty and goodness is gradually fading away with the Pollution, waste and the throwaway culture. In one way or other we too are part of this pollution. Let us see how we can contribute to care for the common home by waste management. All of us are aware of the “Three R’s” of Waste Management:

- Reduce
- Reuse
- Recycle

This waste management is the guidance suggested for creating a sustainable life. How can we include these principles into our lives, and make our environment more suitable for better living.

“The three R’s – reduce, reuse and recycle – all can help us to cut down on the amount of waste we throw away every day.. They conserve natural resources, landfill space and energy. Plus, the three





It's save land and money that communities must use to dispose of waste in landfills. Our health too will be protected by this pattern.

We need to discern how to Reduce by refusing to buy items that we don't need, minimise the use of unnecessary things, Reusing items more than once and disposing the items that are no longer in use at appropriate recycling centres, so that we can contribute towards caring for our common home and a healthier planet. Reducing the disposable items which will cut down the waste and protect our environment. Try to avoid in accumulating things which is not necessary for our daily needs, and learn the culture of sharing with others who needs things which is useful. In our throw away culture we also easily fall into the same pattern in various ways. Caring for the common home I think have made a major impact in our communities during these past few years by encouraging segregation of waste, using the bio manure and caring for the vegetable and flower gardens and properties. "Everyone's talents and involvement are needed to redress the damage caused by human abuse of God's creation". All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents" (Laudato Si(14) May these words of Pope Francis echo in our hearts and minds to care for the common home by practicing reduce, reuse and recycle. So that we can retrieve the original beauty of our mother earth, valleys and mountains...and foster a peaceful, joyful and selfless ambiance in our lives.



Let us laugh ha, ha, haaaaa

## A Love Story

With the outbreak of Corona Virus there are few things which have become famous and close to the human beings. They are Mask, Sanitizer, Soap etc. When they become famous and people start to use them often, their story became famous too. I am writing about the Love story of a soap couple.

Sr. Philomina Vengachottil OP  
Nagpur Community



Lux and Rexona are lovers, lived on 501 apartment, Arieal street, Lux's father Cinthol, mother Hamam opposed their marriage. They fixed his marriage with Pears. But Rexona's father Life bouy, and mother Santoor decided Lux and Rexona's marriage in registration office. Rexona's uncle Rin, aunty Nirma signed as witness. Rexona's granpa Henko, grany Chandrika wished couples. One year later Rexona gave birth to twins. They named their Babies as Johnson & Johnson.

Sr. Lamma Joseph Palamootil OP



## SHE GROANS IN TRAVAIL....



God saw all that He had made, the earth, the sea, and the sky,  
Indeed it was very good.  
He created human being, as the crown of all creation.  
Each one united with bonds of affection and brother and sister.

But why is the Earth groaning?  
A den of thieves have we made of the environment,  
The gift of God is turned into Selfish human being's den.  
Mother earth learned from God only one thing: give and give.

The whole creation pity the crown of all creation,  
Who turned into themselves, selfishness has hovered them  
Forgotten what God has said: To degrade the integrity of the earth is a sin.  
Realize Oh! Man, you have committed a grave sin.

Haven't you destroyed the biological diversity of God's creation?  
Disgrace the integrity of the Earth, by stripping the forests, stealing its wet lands,  
Contaminating its water, its land, its air, and life itself.  
You have destroyed us and still ask, "why are we crying?"

Realize Oh! Brother, the infinite beauty and goodness we  
received from God,  
We need to return a hundred fold.  
What can we give to God now? You have ruined it all,  
Oh! Man, master of all creation.

How can we teach you, you who know everything?  
Polluted the Earth, with your "throw away culture"  
Privatized my water resources.  
Have you forgotten your responsibility towards God?  
Your call to return to God a hundred fold?

Recognize Oh! Man your call to Holiness,  
Creation is a continuous manifestation of God's Holiness and is under His ownership.  
Have you lost your sense to destroy the sacredness of the Earth?  
Your call to Holiness is a process of building relationship with whole creation.

God created the world, for everyone, with a social perspective,  
The poor and the rich alike with no favoritism.  
To continue the work of creation and  
To contemplate the father.

All things are created in and through Christ,  
At the cost of His blood all things are made new,  
So come back to your sense Oh! Man, to live as brothers and sisters  
To uphold its beauty and sacredness.



Sr.Lisa John Kadambattuparambil OP  
Varadium community



## IMPACT OF CORONA VIRUS ON ENVIRONMENT



Environment refers to the conditions and surroundings under which we live and carry out our activities. It is a combination of physical as well as human components land, water, air and other natural resources constitute physical environment. Life is impossible without them. The human environment includes the human factors i.e. all factors other than the natural factors. Man is a social being. He lives in a society. He has a family. Place of work, neighbors, community, religion etc. All these are part of his environment.

The Covid-19 pandemic has impacted every aspect of human life. Corona Virus which affects the human beings through zoonotic transmission. It affects the respiratory system. The only way to control the spread of this virus at this moment is suggested to be “social distancing” which is being practiced by many countries at this crisis time. Government has brought nationwide lockdown, all transport services road, air and rail were suspended with exceptions for essential services in spite of all these the number of cases increases day by day and death rates goes up. Such a tiny virus can cause such a damage to our world and humanity. It has got its advantages & disadvantages.

The economic shut down at this pandemic time has two impacts on our environment improved our air and water quality dramatically and slashed our material consumption, water usage and waste products. Air quality has improved in many cities and towns because of the non-function of industries. There has been a very significant reduction in eco-

nomical activity; very large falls in transport by air, road and railways with these have come large falls in air pollution and greenhouse gas emissions, as well as reduced pressure in nature. Many places people were able to see the clear sky. Pollution levels are shrinking largely in tourist places such as forest, sea beaches and hilly areas etc. water bodies have been clearing and the rivers of India like Ganga, Yamuna and Cauvery have become clean and clear and marine life is visible. Nationwide lockdown has considerably reduced municipal solid waste generation Covid-19 has brought a fearful devastating



scourge for human being but it has emerged as a blessing for natural environment providing it is a “recovery time”. Human activities are restricted in most areas the natural environment of the country has started healing itself. We have also learnt that the environment degradation caused by humans is not totally irreversible. In a short period “recovery of nature is being witnessed by everyone. Restricted vehicle movement, halt on construction activities,

less road dust re-suspension and curb on industrial activities has brought change in the ecosystem.

Covid-19 and its associated lock down implementations have shown as an absolute way toward restoring eco system and environment. We are witnessing clean air and water. When we resume life as usual should make a policy that we will continue to keep our environment clean and sustainable.

Sr. Elsy Vadakumpadan  
Khargone Community



## GOOD PARTNER IN CARING FOR THE EARTH



*“The heavens are the heavens of the Lord, but the earth He has given to the sons of men” (Psalm 115:16).*

We’ve all been blessed with the gift of this amazing Earth. The earth is God’s creation and it is filled with God’s glory. In the Encyclical ‘Laudato-Si Pope Francis speaks about the care for our common home. “Praise to you my Lord” in the words of the beautiful canticle of St. Francis of Assisi reminds us our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. “Praise to you my Lord through our sister, mother earth who provides various fruits with different flowers and herbs.”



When the encyclical came out, all the communities were asked to study and reflect and put into practice what the Pope was asking us. It was an eye opener for all of us. We never thought of earth playing a great part in our planet. He gives a lot of importance to the earth by respecting the mother earth. Earth is a beautiful mother who embraces us

all and sustains and govern us. We never thought of the earth this way. There is a lot of awareness has taken place in our lives.

In our community, we use our land properly; by planting trees, planting seasonal grains for our own. We feel so good to eat the vegetables, fruits and grains from our own land. Occasionally we are able to share the produce of land with our neighboring communities. We cultivate vegetables for our own use. It is a joy to have our own vegetables. Our fruit trees started to yield. It is such a joy to pluck fruits from our own trees and eat fresh fruits. We also enjoy delicious fruits from our trees.

Nature is the great teacher of contemplation. In the gospels, Jesus is teaching us “Unless the grains of wheat fall in the ground and dies it cannot produce any fruits, but if it dies it produces abundant fruit”. It is true, we have experienced this when we plant a seed it becomes one with the nature and dies in order to bring new shoots. Our life is also one of these dying to one self to bring forth new life. We also have seen when we transplant the small plants, first they shed their leaves and it has to adjust to the new place and new situations. Then the new leaves and shoots come out. Changes are necessary for our growth.

We are very much aware of our mother earth and try to keep our surroundings clean. We decided as a community concretely to respect the earth and pay attention to cleanliness in personal hygiene and the common things and surroundings. We do not use any pesticide. We use the manure from our own animal waste and make compost manure with the kitchen and goats waste. We also have rain water harvesting. We segregate the waste and also not to use and throw materials. God is our creator, who always sees to our needs and provides us whatever we need through the earth. Praise to you mother earth, who sustains and govern us. Father, we praise you with all our



creatures. They come forth from your all-powerful hand. They are yours filled with your presence and your tender love.

In order for us to be good stewards of God’s creation, we must first acknowledge God’s role as the author and the true owner of everything that is—both the visible and the invisible universe. Our proper role as stewards is to express our gratitude and to do our part to nurture and protect all that the Creator God has entrusted to our care. For this to happen, it is essential to develop a relationship between humanity and the environment that mirrors the creative love of God, and to recognize that we all come from God and his creation is truly “our common home.” We are called to be responsible stewards of God’s creation. Let’s pray that all of us—individuals, families, communities, nations and the world community—respond to this call with transparency and with the willingness to sacrifice for the common good of all.

Jacline Dhanwar OP  
Mysore Community



## MOVE AWAY FROM THROW AWAY CULTURE

Move from the “throw away culture” to “less is more” culture

To pay homage to beauty is to admire nature; to admire nature is to worship and praise God. Pope Francis’s encyclical *Laudatosi* meaning “praise be to you Lord” is a true worship and praise to God and it is a call to whole humanity to mend the style of life that we are living, just as the voice of John the Baptist that cried out in the wilderness. In Gen 1: 31 we read “God saw all that he had made and it was very good.” He enjoyed his creation and reserved the highest place for his own image. How precious we are created in his own image. He entrusted this creation to the care of man. Don’t we have a share in this responsibility of caring for our mother earth?

We are made not by the recollection of our past, but by the responsibility for our future says George Bernard Shaw.

Each one is responsible from the moment of our birth till we return back to womb of that mother earth to care, preserve and

nurture our common home for the future generation. The hard work, generosity and the labour that toiled by our forefathers has yielded the fruits of which has been enjoyed by all of us. If they would have been so selfish surely we would not have been here. They have placed this responsibility in our hands to care for our common home. As Pope Francis says that this human life is closely intertwined with God, neighbor and earth and they are interconnected and interrelated. One cannot exist without the other. Disturbance in one aspect surely will affect the other as well. The fruit of it we all know that the present scenario before our eyes. We are pleading for the mercy of God but are we able to realize the mistake and mend our ways towards God, neighbor and above all to the mother earth?



Even if we are selfish, mother earth has been selfless in giving everything we need; never she has deserted us without providing the basic needs of water, air and food. It is never too late let us take it as a personal responsibility and be wise and selfless to preserve and care for our common home. Each one if we offer our tiny share sure enough there will be great re-

sults, for sea is made out of thousands and millions of water drops. Even small acts of switching off the lights when not in use, minimum use of water, carrying our own bags for the shopping instead of plastic bags, planting and caring for a tree all these individual and small steps can surely contribute our share in caring and saving the mother earth.

Here in Dalmadih we have taken tiny steps towards this movement of imparting the knowledge to children as well to the community based organizations (SHG, Farmer groups, Children's parliament, youth groups) on climate change and bring awareness in them and encourage them to save the nature. Through the project we help the community to minimize the effects of climate change. We have sensitized the community to protect the environment and their surroundings. Children's Parliaments have put a step forward by protecting and planting the plants in their villages. Community has taken initiatives to prevent cutting of the trees and has a formed a group to monitor the nearest forest especially of those who violate the rules. People are taking the precautionary measures of avoiding of cutting of forest trees and the plantation of trees has increased. Children's Parliament children



have invented a creative plan to plant more trees in their families as a family responsibility and contribute their share for the mother earth. We also provide agri equipments, seeds, and fruit trees for the farmers so that they would contribute their share to preserve mother earth as well as they may earn their livelihood.

Let us heed to the voice of our Pope Francis, a call to change our own particular lifestyles, attitudes, and convictions. He urges us by saying "Many things have to change course, but it is we human beings above all who need to change" let us ask ourselves What aspects of our lives need this conversion?

This time of pandemic may enlighten our lives to shun the "throw away culture" and adapt to the "less is more" culture. Let us be conscious consumers by buying and spending what we need than our greed. May our lives shine forth to bring life to the lives of the future generation by caring for our common home. May our tiny steps may yield the fruits in sixty fold and hundred fold bringing forth physical, spiritual and psychological health, wellness and peace in each of lives.

Sr. Premalatha O.P  
Dalmadih Community





## The Value of “Culture of Care” today for you and me



An awareness of the importance of the cultural and ecological crisis must be explained into our lifestyles. Today we are faced with an educational challenge for ourselves, our youth, and the entire human community, an education that seeks to establish harmony within ourselves, with others, with nature and all living creatures. This educational effort is crucial to human survival. Ecological Conversion “The external deserts in the world are growing, because the internal deserts have become so vast.” For this reason, the ecological crisis is also a summons to profound interior conversion. Such conversion rests in the conviction that God created the world, writing into it an order and dynamism that human beings have no right to ignore. Joy and Peace Christian spirituality proposes growth marked by moderation and the capacity to be happy with little, knowing how to limit some needs and being open to the many different possibilities which life can offer. An integral ecology includes taking time to recover a serene harmony with Creation and with the Creator who lives among us.

Pope Francis puts before us “a great cultural, spiritual and educational challenge.” It requires “an awareness of our common origin, of our mutual belonging and of a future to be shared with everyone. It will demand that we set out on the long path of renewal.”

Pope Francis challenges us to embark on new paths of authentic freedom, appealing to us to remember the dignity that is ours. It is time for us to reflect on Compulsive consumerism

and its effects. It has changed our lifestyle and leads people to believe they are free as long as they can consume. In our society today we come across with consumerist lifestyle, where few people are capable of maintaining it, and it lead to violence and mutual destruction. Today the issue of environmental degradation challenges us to examine the life style of you and me. Evaluating and educating oneself with humanity and the environment allows us to move towards social love thus to devise larger strategies for environmental degradation and to encourage a “culture of care”. It challenges us for a personal change in our attitudes and lives, for the solutions to our global ecological crisis.



For most of us, while we might see the importance of these policies, they do not engage our daily lives. Pope Francis directly points out the reality: our own particular lifestyles, attitudes, and convictions. As Pope Francis, puts it in the opening paragraph, “Many things have to change course, but it is we human beings above all who need to change” Laudatosi (202).

Let us Join with Pope Francis and earnestly pray “All powerful God, you are present in the whole universe. Teach us to discover the worth of each being, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light.”

Let us make an honest effort to awaken one self, then others to respect life, take firm resolution to achieve sustainability, struggle for justice and peace, thus celebrate life joyfully.

Sr. Shanti Jacob Panthanal OP  
Basti community



# Quiz Corner

## 30 BOOKS OF THE BIBLE

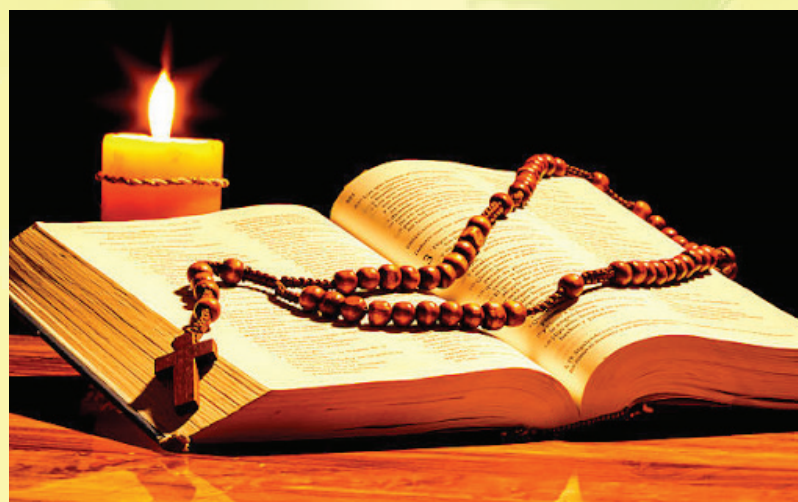


HERE ARE THIRTY BOOKS OF THE BIBLE IN THIS PARAGRAPH

THIS IS A MOST REMARKABLE PUZZLE. IT WAS FOUND BY A GENTLEMAN IN AN AIRPLANE SEAT POCKET, ON A FLIGHT FROM LOS ANGELES TO HONOLULU, KEEPING HIM OCCUPIED FOR HOURS. HE ENJOYED IT SO MUCH. HE PASSED IT ON TO SOME FRIENDS. ONE FRIEND FROM ILLINOIS WORKED ON THIS WHILE FISHING ON HIS JOHN BOAT. ANOTHER FRIEND JUDGES THE JOB OF SOLVING THIS PUZZLE SO INVOLVING SHE BREWS A CUP OF TEA TO HELP HER NERVES. THERE WILL BE SOME NAMES THAT ARE REALLY EASY TO SPOT. THAT'S A FACT. SOME PEOPLE HOWEVER WILL SOON FIND THEMSELVES IN A JAM, ESPECIALLY SINCE THE BOOK NAMES ARE NOT NECESSARILY CAPITALIZED. TRUTHFULLY FROM ANSWERS WE GET WE ARE FORCED TO ADMIT USUALLY TAKES A MINISTER OR SCHOLAR TO SEE SOME OF THEM AT THE WORST. RESEARCH HAS SHOWN THAT SOMETHING IN OUR GENES IS RESPONSIBLE FOR THE DIFFICULTY WE HAVE IN SEEING THE BOOKS IN THE PARAGRAPH. DURING A RECENT FUND RAISING EVENT, WHICH FEATURED THIS PUZZLE, THE ALPHA DELTA PHILEMON JUDE BOOTH SET NEW SALES RECORD. THE LOCAL PAPER, THE CHRONICLES SURVEYED OVER 200 PATRONS WHO REPORTED THAT THIS PUZZLE WAS ONE OF THE MOST DIFFICULT THAT THEY HAD EVER SEEN. AS DANIEL HUMANA HUMBL Y PUTS IT, "THE BOOKS ARE ALL RIGHT THERE IN PLAIN VIEW HIDDEN FROM THE SIGHT" THOSE ABLE TO FIND THEM WILL HERE GREAT LAMENTATIONS FROM THOSE WHO HAVE TO BE SHOWN ONE REVELATION THAT MAY HELP IS THAT BOOKS LIKE TIMOTHY AND SAMUEL MAY OCCUR WITHOUT NUMBERS. ALSO KEEP IN MIND, THAT PUNCTUATIONS AND SPACES IN THE MIDDLE ARE NORMAL A CHIPPER ATTITUDE WILL HELP YOU COMPETE REALLY WELL AGAINST THOSE WHO CLAIM TO KNOW THE ANSWERS. REMEMBER THERE IS NO NEED FOR A MAD EXODUS, THERE REALLY ARE THIRTY BOOKS OF THE BIBLE LURKING SOMEWHERE IN THE PARAGRAPH WAITING TO BE FOUND.

NB: Please find out 30 books of the Bible. The first person who finds out please underline the names and take a photo and send it to us in whatsapp or email.

Sr. Lalamma Joseph Palamootil OP





# INTEGRAL ECOLOGY AND ENVIRONMENT



Integral ecology is a key concept in chapter four of *Laudato si*, Pope Francis' encyclical on the environment. It flows from his understanding that everything is closely connected and that today's problems call for a vision capable of taking into account every aspect of the global crisis.

Nature cannot be regarded as something separate from ourselves or as mere setting in which we live since we are part of the nature.

Pope Francis talks about the ecology of daily life in our homes, in our rooms, our work place and our neighborhoods". We attempt to shape our environment to express our identity.



The common good calls for respect for the human person as well as the overall welfare of the society and the development of a variety of intermediate groups. It requires social peace, stability and security which cannot be achieved without particular concern for distributive justice. Pope Francis' vision of integral ecology and common good includes justice between generations. He says that the world is a gift we have freely received also belongs to those who follow us. This article integral ecology puts forward a challenging question. "What kind of world do we want to leave to those who will come after us?"



Each year sees the disappearance of thousands of plants and animal species which we will never know, which future generation will

never see, because they have been lost forever. As it is our responsibility we have tried to safeguard the environment in our mission by instructing the students about the need to plant more trees grow kitchen garden, care for the property and to use the solar energy. To inculcate this value we celebrate each year Environmental Day in the school.

Integral ecology sees us as an important part of creation, helping to realize God's plan in this world. It also helps us to understand how dependent we are on creation. Integral ecology also concerned for the poor and marginalized as well as the environment in

which we live. Pope Francis makes clear the relationship between helping the environment and helping the poor. The poor will be the first to be impacted by severe changes in weather as result of climate change. He also has made an effort to unite science, policy and religion



towards an integral ecology. Let us hope that each individual of this world may join together and

make an effort to bring solutions to ecological and social justice problems without losing sight of the values of the human persons and the common good.

We see today due to pandemic many are losing their lives because of the lack of oxygen supply. What can be a natural solution for this great problem? Let us plant more trees to have a pollution free atmosphere and to increase the level of oxygen in the air and that we can breathe fresh air for today and the years ahead. Let us take care our Common Home and live a healthy and happy life.

Sr. Jessy Pothaparambil OP  
Karehally Community



# IMPACT OF WATER POLLUTION



In the second encyclical of Pope Francis “Laudato Si’” reflects on the beautiful gift of God’s creation to enjoy and live in peace. For this we need to take care of “Our Common Home”. In the first chapter of encyclical Pope Talks about pollution, climate change and explains about the issue of fresh drinking water especially the quality of water available to the poor. Unsafe water leads to different kinds of sickness and unhealthy borne diseases in the poor people.

beings will not survive. Using safe clean water is a basic human right. Water pollution is the pollution of bodies of water such as lakes, rivers, seas, the oceans as well as ground water .Mother Nature gifts us free water, but selfish human beings keeps polluting the water, such as wastage from the ships, disposing industrial waste, throwing all kinds of chemicals including plastics in the water bodies. It is a source of many deadly diseases and even kills human civilization. The polluted water is not suitable for drinking and is harmful to

The study of experts says “Earth is the only planet to have liquid water on its surface. About 71 percent of earth’s surface is water covered and the oceans hold about 96 percent water only 2.5 percent of all earth’s water we can use for our essential things. The human body requires about 3-liters water every day. Water is one of the very important elements of our life and the environment.



Humans can survive without food for few days but without water it is difficult for the human

living beings such as animals, birds and human beings. As water is an important element for human health, polluted water directly affects the human body. Water pollution causes various diseases like typhoid, cholera, cancer etc. It also damages the plants and aquatic animals present in the river by reducing the oxygen content from the water. Increased level of Carbon dioxide will lead to global warming. The water is polluted in the name of industrial development, religious practices causes a shortage of drinking water. Pollution affects the quality of life more than we can imagine. Water pollution affects the society very badly.

## Water Pollution



Mother earth cries out to us because of the harm we have inflicted on her by our ir-responsible use and abuse of the goods with which God has endowed her. The violence present in our heads wounded by sin, also reflected in the symptoms of sickness, evident in the soil, in the water, in the air and in all forms of life. Many people are living in the state of poverty. Pope says everyday, unsafe water results in many deaths and the spread of water-related diseases,



including those caused by microorganisms and chemical substances. We need to take urgent action in order to overcome scarcity of water and fresh drinking water.

We witness this reality in Paruthiyoor, as it is surrounded by Arabian Sea. During these past few years we have witnessed natural calamities like, Okhi Cyclone, flood, whirlwind have taken place and the life of the people were in threat. Here majority of the people depend on Arabian Sea for their livelihood. Climate change and natural calamities has affected their daily income. The Sea is polluted immensely with all kinds of waste materials and plastics affecting the wealth of the sea. Here Pope's question is apt and relevant, "what is happening to our common home "? Let us put our hands together to protect and care for the common home. It is our responsibility to love and take care of our environment at all levels.

Sr. Mary Augustine Ookken.O.P  
Paruthiyoor Community.



## Praise The Lord



## Sing A Joyful Song

We, the postulants; Amali Josphine, Archana Minz, Flora Agnes and Sujitha R are very happy to share with you our experience of discovering the author of all beauty on earth. We became consciously aware of the created things and our responsibility to care for it. When the sisters teach and share about Laudato si our understanding and love for God and creation increases. When sisters include us in planning, organizing and implementing the Laudato si programs in the community and outside mission, we feel very much part of it and our inner eyes are opened to see things in a different way. As we are going to celebrate the world environment day, we feel happy and proud to share our learning and experience.

### Nature God's Gift

God has created the nature so beautifully and wonderfully and gave us everything to enjoy as it was given to Adam and Eve. God gave everything for them to eat, enjoy and till it. It was God's gracious gift for them. We were having such an experience these days of lockdown. God provided vegetables, fruits from our property. God blessed us with plenty and enough that we could share with our neighbours,

poor and religious communities. God created everything for us that we may have life. We were not only fed by God but we too enjoy the company of our domestic animals, flowers, surroundings etc. During this lock down they fill us with the positive energy. Few evenings praying and relaxing in the garden were a moments of peace and serene. Yes how wonderfully God gave us this precious gift of beautiful environment. We feel proud and great about our God Almighty.



## Nature Reveals God's Love

Each plant, tree, flower, birds and animals are different yet unique. Each one has their own beauty and peculiarity. Variety is good; it gives different feelings different thoughts. God loves all these and cares for all these. "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Mt 6:26) God takes care of them and us. God's inclusive love teaches us great lesson, though we are different, we are unique in God's eyes. God loves us and care for us. In turn we too have to accept and love every creature, every human being. They are God's

design with uniqueness. God is love.

## Nature Gives Life and Joy

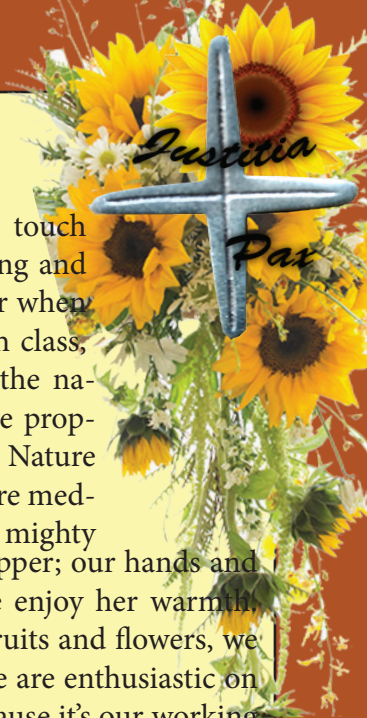
When our senses get direct touch with the mother earth, it is life giving and healing. When we are tensed, sad, or when we come out of the house after each class, we receive tremendous energy for the nature. The greenery, the beauty of the property and garden refreshes our mind. Nature has healing power. We walk for nature meditation; it's relaxing and reveals God's mighty power. We do gardening without slipper; our hands and feet get closer to mother earth. We enjoy her warmth. When our eyes see the vegetables, fruits and flowers, we enjoy plucking them for our use. We are enthusiastic on every last Tuesday of the month because it's our working day. We love to be with our nature and work to care for it. We often talk about our domestic animals in our table conversations, each one has name, and they are naughty. They are part of our community. When we are one with the nature, we find the wholeness. Inspire others to care for creation and in still in them the longing to care for the environment

We often see people peeping to the garden through the gate and walking inside the garden. They say, they feel peaceful and experience the presence of God. They admire when we do gardening and commend on our love and care for the created things, how we find time and do together joyfully. They collect seedling from us and plant in their houses. We teach them how to care for it. We feel happy to see our plants in their houses. Whenever anyone enters our compound; be it our own sisters, parishners, neighbours, religious communities, diocesan priests, they always carry with them some vegetables, fruits, flowers, saplings or seeds. We feel happy that through us, the care for creation is spreading and we are inspired more to love and care for our mother earth.

We sing with joy for the wonder of God's creation and pledge that we will love and care for our mother earth.

Postulants

Mysore Community





# A CALL TO COMMIT CARING FOR OUR COMMON HOME



“LAUDATO SI ‘ mi Signore” – “Praise be to you, my Lord”. In the words of this beautiful canticle, Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. “Praise be to you my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs. (#1)

God’s gift of nature on the Mother Earth is so beautiful as we are in the season of spring and we can see everywhere on the streets or on the mountains beautiful different kinds of blooming flowers especially the cherry blossom and trees are filling their branches with new leaves, gentle breeze and warm weather which Mother Earth offers us generously to enjoy nature and thank and praise God for its creation. “Praise be to you my Lord”

But on the other hand our Mother Earth cries out because of the harm done to her due to our lack of responsibility, and because “We have come to see ourselves as her lords and masters, entitled to plunder her at will” (#2). The COVID- 19 pandemic, the ongoing crisis has disrupted social life across the world and it is caused by human damage to the ecosystem. Globalization and industrialization have brought natural and ecological disasters to human life and Mother earth. At present South Korea observes mostly everyday yellow dust originating from China and Mongolia. This fine yellow dust affects both the human body and other life

forms. It causes respiratory diseases and even to death in the most extreme cases. With the bad condition of air pollution many times we are even unable to do outdoor activities with our Day Care children. The ecological condition continues to deteriorate every day. In order to keep God’s order of creation, we should not cause harm to ecology and the environment. It is our responsibility to be united to ensure preservation of the natural environment.

To protect our Common Home as an individual and in our mission we give ecological education to our children in the Day Dare which provides information and seek to form habits. It helps to practice the policy of 3 ‘R’s, Re-duce, Re-use, Re- cycle. We make an effort greening our garden by planting the trees and plants in our property. We avoid using the chemical pesticides in the soil while cultivating the vegetables and plants as well as importance is given for the organic meal for the children. We also make an effort to leave our car at home for short journeys and make green foot choices. We live eco-friendly habits which reconnect with nature. Living deliberately and reflectively in the pursuit of the common good also brings us closer to God.

Laudato si has awakened us to renew our commitment to protect the environment. I believe each of our individual and communal actions add up to make huge changes in caring for our common home and save our planet. May we protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Thereby We all can live in our common home joyfully.

Sr Selma John Minj OP  
Korea Community



Campaign by children of our Day care to keep the environment clean





# NATURE

God has gifted us the nature. In the book of Genesis in the creation story we see God creating all the things in the nature. Our common home is our mother earth. We need to protect it by planting more trees. It is from them we get the oxygen to breathe. The nature has gifted with many natural things. We need to thank God for all that He has given to us. We do not lack anything. It is the nature who is providing all the things. But we do not care for them; we are causing harm to our mother earth by deforestation. Because of this the mother earth is gasping for life. We need to protect and care for the earth and utilize the things in a proper way. If we save our environment we will be saved.

The experience of Nature and how it helps me in everyday of my life is that in the beginning I did not know how to care for the plants nor did I know how to plant. I did not have love for the nature. When I understood and learned about how a nature helps me to live, I got interested to care for the plants and to love them. I feel good to see the beautiful nature. I wonder how God created all the things. When I am sad I go out in the garden to refresh myself. When I see the beautiful flowers and meditate on them my pain and sadness goes away and my mind gets filled with joy and happiness. Two years of my Novitiate have helped me to know more about the nature as I am with it and how to care for it. I am happy to be with the nature and enjoy the beauty of it.

Sr. Elizabeth Ekka  
Khargone Community

**Thank You**





# GOD'S CREATION



Walk, Walk into nature,  
God's blessed abode,  
See the wondrous beauty,  
Bestowed for us on earth.

Listen! Listen! Gently,  
Whispers cover us all,  
Chirping birds, blowing wind,  
Flowing rivers, dancing waves.

God sends his blessings,  
Each day through nature.  
Here, surrounds us all,  
The heavenly creation of God.

Blooming flowers around,  
Cute lively creatures,  
Full of fruits on land,  
Vegetation sustains us.

Misused and spoiled by men,  
The worth of nature,  
Contaminated Air, Water, Soil,  
Becomes curse for all.

Oh! Man Believe or not,  
Creation is not for you,  
Guardian only are you,  
To these vast horizon.

Confusing the creation,  
Only with the power of man,  
Merciless Killing Plants, animals and rivers,  
Just for momentary comfort.



Loud cry of rain and river heard ,  
Where shall we flow,  
Cry of wind and wave heard,  
How shall we blow.

Fear creeps in each year,  
As the earth's seasons change,  
Natural calamity, Pandemic,  
Loosing many ,their safe homes.

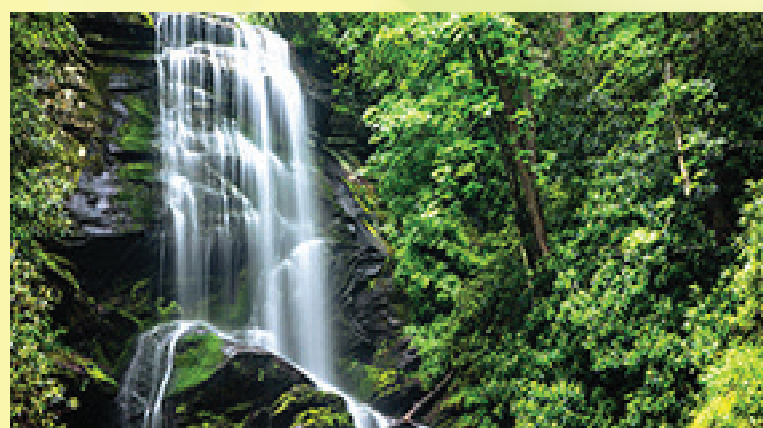
Oh! Where can we go ,  
To take a deep breath,  
To take a fresh bath,  
To taste a healthy food.

Come back to reflect on earth,  
So long sheltered us,  
Let's join hands together,  
To feel the warmth again.

Reminder is for all,  
Who belong to God's flock,  
Exhorted by Pope Francis,  
Through encyclical "LAUDATO SI".

Awake! Awake to know,  
The need to care, Earth,  
Common home created by God,  
To protect us all in peace.

Reduse! Reuse ! Recycle!  
Resources of Common Home,  
Stop! Stop! Inflicting Harm ,  
To the next generations !!!



Sr.Reena John Kanivayalil OP  
Jeevadhara Community







# STEWARDS NOT OWNERS



Who is a steward? A steward is someone employed to look after or manage. A steward is responsible and accountable without any prompting or prodding. Good stewards believe in sustainability. They understand that they build value not for themselves but for their customers, members, shareholders and future generations. They are responsible for managing and distributing household resources. In the biblical sense, a steward is defined as: utilizing and managing all resources God provides for the glory of God and the betterment of His creation.

Stewardship is a belief that humans are responsible for the world and should take care of it, by utilizing and managing all resources mother earth provides for its inhabitants and the betterment of all living things. The greatest treasure God has created is the earth. It's our own kingdom of happiness. It's our own home. More than anything else we need to be environmental stewards in our home land. As it's told early a steward is responsible for the distribution. A wise and just distribution will keep the inhabitants happy and satisfied.

Instead of wise and just distribution we see unjust and selfish distribution. The earth is used only for the selfish benefit of the people. The stewards have turned into masters of the earth. We act as though there is no one above us. We



forget the Creator. Our negligence and destructive attitude have turned our mother land a funeral place where all unnecessary waste is dumped. High fuming gas has contaminated the air that the so called stewards have no proper air to breath. We have become



very sophisticated that we don't want any ordinary natural yields from the garden. We go to malls and five stars to have meals and time pass. We don't look for a sit out or a garden walk in the early or late hours. We like to sit under air condition. Natural air and weather have become alien to us. We get accustomed with use and throw that our environment is spoiled with plastics everywhere. We forget to plant but remember to cut trees and burn fields to increase the heat of our dear earth.

We often ask why now a days weather is changing but don't realize our own selfishness and carelessness towards our home land. We need a spiritual revival to learn and make others learn to care for our homes and neighborhoods. We need to acknowledge the immediate need to take care of our land. In the book of Genesis we read, Be fruitful and increase in number, till the earth and subdue it. Have dominion over the fish of the sea and the birds of the sky, and every living creature that moves on the ground." Gen. 1: 28. The Bible does not propagate procreating in an irresponsible way. Human beings are appointed by God as His vice – regent on this earth. This subduing does not mean exploitation of the environment by



industry or technology. Rather it means that we have to overcome every sign of the chaotic forces in various spheres of life, and lead this world towards its God appointed destiny.

Might is power. In the long run our mother earth became worn out just by cruel stamping on it. Mother can't provide that cool fresh air, needed rain and sun, the breeze. Not even enough oxygen to air out. This is the high time to know and recognize our responsibility to till the land and take care of the land than running after money and power. Beginning with the leaders of the world and church all should become aware and do take urgent steps to care for the mother land. As our land is already in a crisis it is high time to stop all environmental disastrous projects and programs and use only eco friendly projects and programs. No human can be the Owner, money or power does not decide ownership but equality and justice. Only God

can bring true justice and equality and let us give up our selfishness, power, arrogance, supercilious, imperious and lordly attitude to genuine, sincerity, charity, and inclusiveness.

We forgot God but money has become god in many of our lives. That's where people have no time for anything except to accumulate and accumulate. No one is content with what is being given and received. A value of society is the ways and means for economic improvement. No more humans are valued. Let us remember that we are accountable for what we do either care or carelessness towards our fellow human beings or God's creation.

Sr.Lisiue Mathew Thyparambil OP  
Dhulkot Community



When God created the earth He said, "Let the earth put forth vegetation; plants yielding seeds, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. The earth brought forth vegetation; Plants yielding seed of every kind, and trees of every kind bearing that it was good. Gen 1:11-12

Earth provides every resource for sustaining living things and inanimate things and we are enjoying the beautiful nature around us. Have we ever realized the beauty of this wonderful creation before? Never regret. Now, the hour has come to nurture it, to care for it, to protect it, to admire it and to take step to beautify it which will enhance our lives. Our mother earth needs to be saved as our survival depends completely on this planet. It is our responsibility to raise awareness about saving our mother earth.

Our Earth is the only planet with the continuity of life so it becomes more and more important to generate a sense of urgency of

saving our mother earth from all sorts of planet harming activities. Our planet harming activities are resulting in causing an irreversible to the environment which results in degrading the condition of this planet. By taking care of this planet, we can improve our well-being as healthy environment will help in improving the quality of our life. It is our collective responsibility to raise public responsibility regarding the well-being of our mother earth.

We all are aware of the fact that this is the only planet where life is possible. It is the only home we all have and that is why it is so important to take vital measures to save this planet. It is time to component our ways from planet harming activities as for all generation to live



a healthier life, it is important to save our planet. Saving our earth and its environment becomes highly important as it provides us food and water to sustain life. Our well-being depends on this planet, it gives food and water to all living things and it is our responsibility to take care of it.

The only way to honour our mother earth is by raising awareness about our environment and mother earth. By creating balance in our lives and adopting eco-friendly habits, we can make this planet a much better place to live in.

Taking care of our environment is also doing good for the humankind. We must stop destroying our home. If we don't stop on our wrong doings, people and other living things may suffer, and we do not want to happen that. We all still have time to save the world. Therefore let's take care of it with commitment and enthusiasm.

Sr. Sunita Soreng OP

Marie Poussepin Home Community



## LAUDATO SI THE EARTH IS GOD'S CREATION

The recent written and spoken contributions of Pope Francis, Particularly His May 2015 Encyclical, "Laudatosi" reminds us of the moral dimension of climate change, and of our obligation to care for both the Earth's fragile environment and our neighbor in need. Pope Francis's Encyclical, "Laudatosi" on care for our common Home," endorsed the need for a spiritual and moral response to our environmental crisis, and thus implicitly brings the subject of spiritual ecology to the forefront of our present ecological debate.

The encyclicals of the popes are generally addressed to the members of the Catholic Church and often limited to the teachings of the church on Faith and morals. But the encyclical, "Laudatosi" is addressed to every person on this planet. "In this encyclical, I would like to enter into dialogue with all people about our common home." The pope has called for quick action on the part of the world leaders to save the planet

from the environment at ruin. According to the pope only by radically reshaping our relationship with God, with our neighbor and with the natural world, we can hope to tackle the threats facing our planet today. The document has touched all aspects of climate change and its impact on the present and future generations the relationship between the poor and the consequence of climate change, the interconnectedness of everything in the world, the present development and alternative development is the need for dialogue to search for sustainable alternatives and the proposal of a new life style are the main themes dealt with in the encyclical. By addressing a vital issue affecting the whole humanity the pope has sent a strong messages to the Catholics all over the world, especially to the church leaders.

The encyclicals of the pope Francis reminds us and says "We are not God. The earth was here before us and it has been given to us." (no. 67). We did not create the earth. It has been handed





over to us by our ancestors for use, for sustaining our life and for completing our life-span in her bounteous lap in peace and happiness. While using it for our survival and happy living, we have the grave moral responsibility of dealing with it with love, respect, care and transmitting it to the future generations intact and undamaged. Today the world and the humanity are at risk from the environmental crisis and because of industrial growth. We need to develop a kind of friendship with the nature. Our planet is vital for our survival. It has provided the abundant resources available on earth along with the adequate atmosphere containing gases, especially oxygen and carbon-dioxide; we would not have been able to flourish on this planet. Therefore, we should be instrumental in saving our mother Earth when it is fighting for its existence due to our own misdeeds.

The destruction in nature began with industrialization and modernization, which processes caused a change in the physical and biological nature of the earth and the ecosystem. Through modernization, natural resources have been destroyed in attempt to come up with modern structures. Pollution is generally due to human activities. Since human caused the destruction of mother Earth, They should be equally responsible for saving mother earth.

The earth is the home for us all; it is our responsibility to ensure that it is sustained and minded. It is termed as "Mother Nature" or "Mother Earth" because of its productive, nurturing and life giving nature, which is the complimentary to the role of a mother. The earth is very kind to human but humans are ungrateful to the nature and they return unkindness by destroying it. Earth is all we have.

Without it we would not imagine our life on earth. Imagine the sunrise you smile at, in the morning is gone or the ocean waves that give peace all are gone. It would be very ugly and nothing will be there to admire if the nature is gone. So ultimate goal is to sustain and restore the remaining nature and those are destructed.

Pope calls forth each and everyone for the integral ecology, care for people and care for God's creation. "Everything is connected. Concern for the environment thus needs to be joined to a sincere love for our fellow human beings and an unwavering commitment to resolving the problems of society." (no. 91) "A true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor." (no. 49) Human beings are also creation of God. We need to protect and care for them. In this fast changing world the poor are not considered as human person but considered as an object. There is no respect, love, and dignity for the poor, there is no safety for girl children as well as for the religion.

Consecrated life is in threat. Pope Francis emphasis, on protecting the human life. "Human beings too are creatures of this world, enjoying a right to life and happiness, and endowed with unique dignity. So we cannot fail to consider the effects on people's lives of environmental deterioration,

current models of development and the throwaway culture." (no. 43) Farmers in India deprived of their rights. In the name of development the government is taking the land of the people. The rich is becoming richer and the poor is becoming poorer.

So Pope Francis encouraging the whole world to change the way of life, celebrate life and goodness which we have received from

**Stewardship**  
**is heart work**

*"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."*

Matthew 6:19-21

God and restore the relationship with God, people and nature. We need to start again to save nature from personal level. In our daily activities, though we could afford, we should restrain ourselves from using energy excessively. Simple decisions to reduce the use of water, electricity, transportation etc., could mean a lot in this direction. By being a model to others in our activities, we can bring about the required social change.

A Mother is the source of life, causing a mother to suffer cuts the life supply that is due to the child. So, to save Mother Earth is to save us children, in turn. With our combined efforts, it is possible to restore her former resources and glory. In the process, we would also contribute to the welfare of the poor. To save our Mother earth, it is important to move on to a more sustainable way of living. Sustainable means, we should keep the resources and use them wisely keeping in mind that our future generations should also be getting a part of it. This type of thought will help us to use nature, care for it more and ultimately save Mother Earth. Breathing life is dependent on breathing fresh and clean air. The air pollution that is currently trending shows how much contamination is in the air we breathe. Planting of trees is a way of restoring clean air because more oxygen will be released to the atmosphere by trees as they take in carbon dioxide. It is important to save the earth because of the provisions that help and sustain animal and human life especially food and water. Water Pollution is a worrying situation because water is an essential life sustaining provision of Mother Earth. All religions of the world confess God's presence in this cosmos, and no religion preaches use of violence against nature. God is present in cosmos. So it is said God is everything and everything is God. Therefore acknowledge God in and through nature is a matter of fact and also a concern of every religion. So let us begin to restore and love the nature.

Sr. Pushpa Kujur OP  
Formation Community



## My love for the nature

Encyclical of Pope Francis (no.1 says) "Praise be to you my lord through our sister, mother earth who sustains and governs us and who produces various fruit with coloured flowers and herbes." My love grew for the nature after the day of seminar on Ladatosi. I see the garden and the surroundings are clean. As well as looks more beautiful. Now I love to plant flowers, vegetables and to look after the plant pots. When I look around the nature the climate is clean and we get the fresh air. I learned a lot of things from the encyclical Laudatosi not to use plastics, to use minimum things from nature and save the trees and care for them. The each



little things of nature has its own beauty. God the almighty father has created each thing beautifully. I experience everyday the love and beauty of God in nature in my meditation early in the morning, as I breathe in and out. I too listen every day to the sound of the birds which is very melodious. My love has grown for the animals as I take care of rabbits and chickens. I too play with them and carry them. I come to know from my community sisters that St, Francis of Assisi loved the animals, birds and nature very much. In 2015 our holy father pope Francis in his encyclical letter on Laudatosi encourages everyone to love respect and care every created thing as our own brothers and sisters. I decided to love and care for the nature. Encyclical (no.244) says "Let us sing as we go. May our struggles and our concern for his plants never take away the joy of our hope."

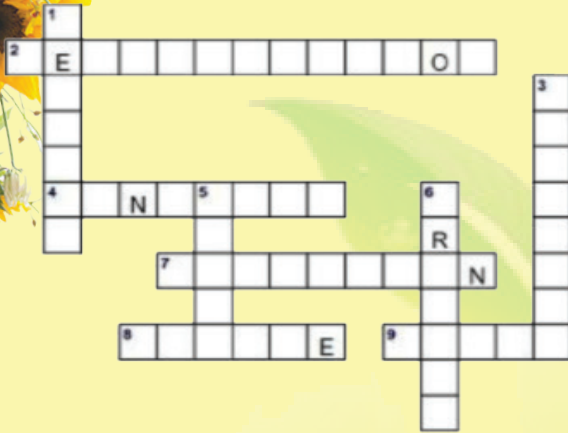
Munika Danag, (First Year Novice)  
Formation Community



# Environment Puzzle

Kindly send the answers to  
Sr. Daisy Rose Peenikaparamban  
before 10th of June, 2021

Using the Across and Down clues with the  
correct words in the numbered grid below



## Down

1. To treat things that have already been used so they can be used again
3. To keep safe from injury, harm or destruction.
5. A large amount of water covering an area that is usually dry
6. To watch and help an animal or the environment

## Across

2. The act of cutting down or burning trees in a area.
4. An area of land where large amounts of waste materials are buried under the earth
7. Something making land, water, or sky dirty
8. To make less rubbish
9. to use something again

**Dear Friends,**  
The Most Beautiful Scenery  
is Environment, so Protect and  
Conserve it to see it grow  
more and more.  
Let us make a promise to  
preserve the beauty of  
the world around us and  
put a full stop to pollution  
on Environment Day....



**Justice and Peace Commission**

**Wish you all a very Happy Environment Day**

**Justice and Peace Commission  
Province of India**

Sr. Deepa Moonjely OP - Provincial Superior

Sr. Anney Chummar Maniyamkott OP - Co-Ordinator

Sr. Lamma Joseph Palamootil OP - Member

Sr. Mary Augustine Ookken OP - Member





# Garden competition in the Province



Ever since the encyclical LAUDATO-SI by Pope Francis is published there was an inner urge that called us forth challenged us that we can no longer be in denial, indifferent, or blindly confident in technical solutions. Instead, a call “for a new dialogue” and “a new and universal solidarity” so that every person living on this planet might come together and consider how we are shaping the future of our common home (14).

Yes, we were asked to study the encyclical. some of us had a special seminar and courses which made us be consciously choose some concrete ways to protect and contribute to saving our common home. We are proud to know that all our communities had been taking special efforts for no to non-degradable materials, segregation of waste, planting trees, caring for animals, watershed activities, use of organic manure and pesticides, planting trees making a beautiful garden, careful use of natural resources and so on.

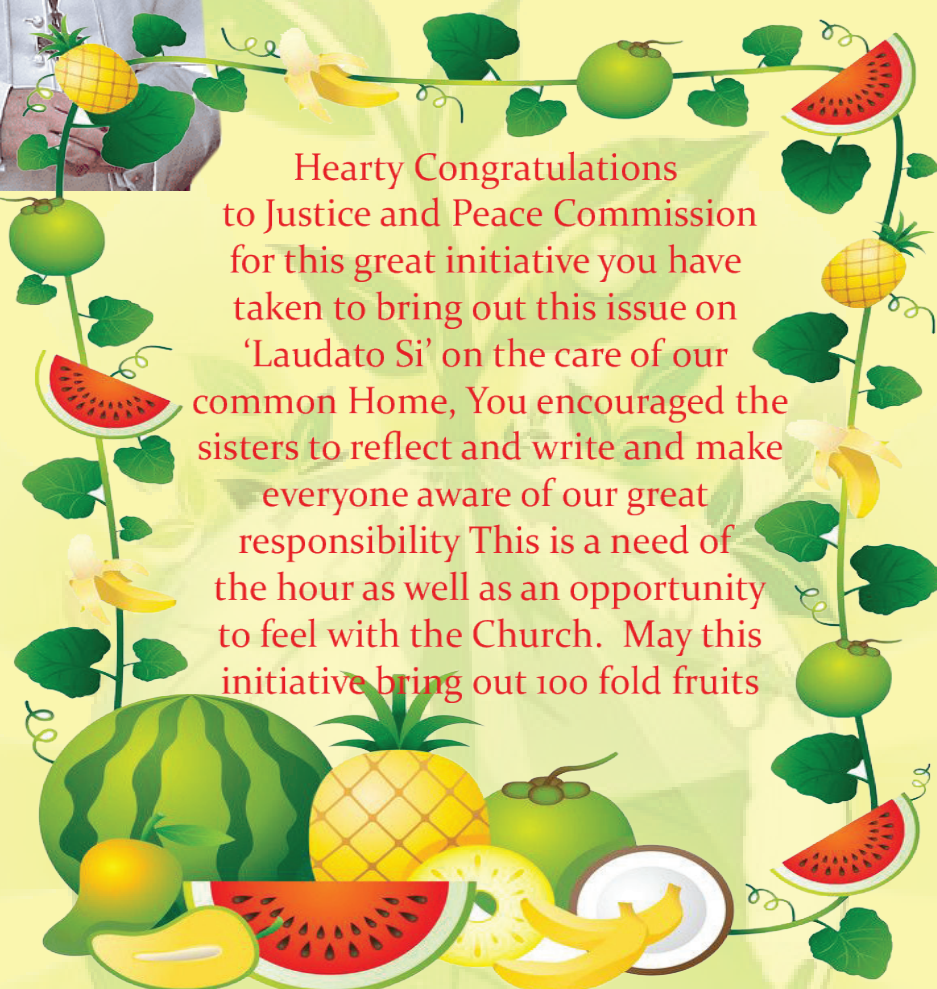
The justice and peace commission called forth all our communities to have a competition on Our implementation of LAUDATO SI especially to prepare a video of our garden. Most of our communities have done tremendous work which is very praise-worthy. Congratulations to all the communities, who really took an effort to implement the teaching of Laudato-si and presented by video clippings We the commission is unable to choose the best garden because all of you have done well and the possibilities of the community differs one to the other

## CONGRATULATIONS TO

Mysore, Paruthiyoor , provincial house ,formation ,Marie Poussepin Home ,Kuttikad ,Kharehally ,Soganur ,Assam ,Dhulkot , and Ranchi communities.Well done sisters....The colorful bumper prizes are waiting for you, continue to do the good work. All the best Thank you

Anney Maniyamkott op  
Justice and Peace Co-ordinator





Hearty Congratulations to Justice and Peace Commission for this great initiative you have taken to bring out this issue on 'Laudato Si' on the care of our common Home, You encouraged the sisters to reflect and write and make everyone aware of our great responsibility This is a need of the hour as well as an opportunity to feel with the Church. May this initiative bring out 100 fold fruits

Please visit the Congregation and Province web page

[www.domipresen.org](http://www.domipresen.org) - Official website of Dominican Sisters of the Presentation.

[www. presentationopindia.org](http://www.presentationopindia.org) - website of the Province of India.

Editorial Team:

Sr. Daisy Rose Peenikaparamban O.P.

Sr. P. Premalatha OP

Sr. A Jenet OP

Graphics: Sr. Daisy Rose Peenikaparamban OP

e-mail: [daisyrosepeenikaparamban@gmail.com](mailto:daisyrosepeenikaparamban@gmail.com)

[mscdomindia@gmail.com](mailto:mscdomindia@gmail.com)

Web: [www.presentationopindia.org](http://www.presentationopindia.org)

Published by Sr. Deepa Mooljely O.P., Provincial Superior, Dominican Sisters of the Presentation,  
80 Feet Road, Indiranagar P.O. Bangalore – 560038, Karnataka, INDIA