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Editorial

## Year of Blessings

The year almost behind us, 2015, has been a year of blessings for all of us. We celebrated the first anniversary of the canonization of our founder St Kuriakose Elias Chavara, and the Carmelite Saint Sr Euphrasia from the CMC Congretion founded by St Kuriakose Elias Chavara, on November 23, 2015. The spiritual preparations and celebrations, once completed, the Year of Consecrated was declared by the Holy Father for us to devote ourselves to our religious commitment in a special way through the renewal programme organized in various provinces and the major missions abroad. It was a great opportunity for us to travel back and revisit the annals of history and to imbibe the charism and spirit of the founding fathers, especially that of St Kuriakose Elias Chavara. The reflections,
by so many of our members as part of the renewal, were contextualized and had the feel and smell of their lived experience in religious life and evangelization. The Year of Consecrated Life acted as an appropriate spiritual and historical context and backdrop for the renewal in the congregation. The horizons of CMI evangelical presence have touched the magical number thirty countries this year, Brazil being the new missionary region.

It is such a gratifying ambience we are historically placed, seeing with our own eyes an era where many are on their way to be elevated to the honours of the altar from the Kerala Church. Many of our ancestors wanted to see what we have been witnessing these days. And we wonder whether it was about this Church that St Chavara lamented, that she "has become barren because she doesn't have any saints." As recent as November 25, we got the good news that Fr. Joseph Vithayathil, the co-founder of CHF congregation is about to be declared a venerable. It is also a matter of joy and pride to the Church in India that Mother Teresa, an apostle of mercy for the destitute, is expected to be declared a saint soon, hopefully in the Year of Mercy itself. And so many are in line to be elevated to sainthood from the Church in Kerala, some are declared blessed already, many others are going through the process and are to be declared soon to the next stage of canonization.

The Year of Mercy, declared by the Holy Father Pope Francis, commenced on December 8, 2015, is another reason to call these times we are living as blessed. Mercy is the one fundamental reason for the existence of the Church as it is the sacrament of God's mercy to the world. Christ Himself is the gift of mercy that the Heavenly Father bestowed on mankind on the first Christmas. This Christmas for us is a celebration of the infinite mercy of God we received from God Almighty all these years. Symbolically, when the Archbishop

Mar Joseph Perumthottam of Changanassery opened the door of the pilgrim church at St Joseph's Monastery Mannanam on December 20, 2015, the whole congregation was virtually present in the person of the Prior General and in entering the Year of Mercy.

While approaching the times we are living in with legitimate joy and pride, it also fills our minds with a lot of anxiety and fear against a looming spectre of communalism, hatred and raw acts of violence. Extreme viewpoints rear their head in the form of raw anger and inciting and incisive words to pit the otherwise peace-loving majority against religious minorities. These elements, hitherto hiding behind an overwhelming secular society, have come out openly these days with their fascist faces, often encouraged by the culpable silence of powers that be, almost taking for granted official patronage. The graciousness, generosity and statesmanship pervading through the Constitution of India, we feel, are vanishing or some vested interests are trying to blatantly ignore them to the detriment of an Indian ethos very much tolerant to diversity of beliefs, culture, ethnicity, religious affiliation, worship, etc. Atrocities and inflammable instigations are passed for marginal incidents while the false propaganda through which the majority is encouraged to subscribe to this ideology of violence which threatens the minorities to fall in line with these irrational dictates continues to spread.

The minority religious communities, especially Christians, have reasons to anticipate curtailment of certain amount of freedom, although enshrined in the Constitution of India, when there is a calculated and deliberate attempt to sideline the community members and to vest official patronage to the majority religion with a powerful political backing. Attempts similar to that of Christian holydays which were national holidays to be converted to working days or replacing them into some other days of commemoration will continue to occur. For


#### Abstract

self-effacing commitment of people like Mother Teresa in a communal hue and to present her as a fraud by vested interests and persons are distressing examples that something is amiss in the Indian society today. Although nothing to do with Christianity in particular, nonvegetarianism, celebration of Valentine’s Day, etc., could be portrayed as typically Christian to suit the convenience of communal forces and interests. Attempts will be there to influence the tribal religions and worship forms interpreting them as part of the majority religion which never used to consider them as within their folds in the past.


Despite the trends indicated above there are silver linings in the horizon evoking a national sense of upholding secular values and respecting values in all religions in the national ethos which is quite heartening a feeling. Recently, the Harmony Foundation has honoured Gladys Staines, the widow of martyred missionary Graham Staines, for her work among the lepers in India. The general public has arisen to give a message to the communal forces through democratic means of ballots in some of the states which went through polls. Similar trends, if encouraged and repeated all over the nation, these apprehensions may become unnecessary.

The season of Christmas is the season to sing to our brothers and sisters of all religious affiliations and cultures, the angelic song heard at the time of the first Christmas: "Glory to God in the highest heaven, and on earth peace to those on whom his favour rests." May the spirit of the song of the angels give us the courage and openness to rededicate ourselves to the call of our Master who embraced the whole universe with mercy and love: the poor and the rich, the suffering and the cheering, sick and the quick, afflicted and the comforted, the ill and the well, humble and haughty, prejudiced and
honest, above all, all the people of good will. Have a merry and blessed Christmas! Have a blessed New Year!

## Fr Sebastian Thekkedathu CMI

General Councillor for Education and Media


## Prior General's Message

## Christmas: The Festival of the Poor and the Merciful

Dear Rev. Fathers and Brothers,

"And this will be a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger." (Luke 2:12)
"A priest happened to be going down the same road, and when he saw the man, he passed by on the other side." (Luke 10:31)

The door of Jubilee Year of Mercy is already opened on 8th December by His Holiness Pope Francis. Pope declared, "The door is before us, not just the Holy Door, but another; the great door of the Mercy of God and that is a beautiful door ! - which embraces our penance, offering
the grace of his forgiveness. The door is generously open; it takes a little courage on our part to cross the threshold. Let us enter through this door."

Again, Christmas is at our door. "And at his gate was laid a poor man named Lazarus, covered with sores, who desired to be fed with what fell from the rich man's table. Moreover, even the dogs came and licked his sores." (Luke 16:20) The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' (Matthew 25:40)

Christmas is in your life when you hear the voice - "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me."

Pope Francis disturbs us with the punch line, "How I would love a church that is poor and for the poor." Most of the CMIs have an inner dream - to be part of CMI family that is poor and for the poor. When a CMI professes the vow of poverty, the real poor laugh inside seeing the blessing of the consecrated poverty in spirit. When Pope Francis dreams of a restless Church closer to the abandoned, we are restless even with our present comforts and conveniences.

According to St. Kuriakose Elias Chavara, a lot of good has not happened owing to the absence of a religious community. Today houses and communities are being hijacked by the might and power of the institutions. Yesterday's solutions have become today's problems. Members who have joined for rigorous prayer life have time for everything except for the prime motive - prayer. Those who vowed to be with the poor have no space for the poor in their institutions. Aberrations are only exceptions, but the credibility of a com-
munity is at stake. Properties donated by the benefactors to take care of the spiritual and social needs are at the service of the rich and the influential. Members trained by the support of poor widows have lost the sight of the real. It is easier for a camel to go through the eye of a needle than for the poor to enter the gates of some institutions. Common pooling has been ridiculed as common fooling. Good Samaritans have upgraded themselves into efficient innkeepers and market driven corporate innkeepers. Wisdom of the community is not practical for the pragmatics in the congregation and they outsmart it with their deaf ears and blind eyes.. "For the people of this world are more shrewd in dealing with their own kind than are the people of the light." (Luke 16:8)
"Everyone thinks of changing the world, but no one thinks of changing himself."(Leo Tolstoy) Gandhi gives us the right solution to change the world around us: "Be the change you want to see in the world". Mother Teresa also thinks in the same line when she says, "If everyone only cleaned their own doorstep, the whole world would be clean." There lies the punch line for me: Do I do what is expected of me? Am I willing to cut down my personal expense and give to the poor in this year of Mercy? At times, our celebrations have become aberrations. But let us remember, it is not the world that needs change, but it is me. Can I witness the mite of the poor widow in my life and in my concern for the poor and to break my comfort zones?

During the election of the Pope, Cardinal Claudio Hummes, Archbishop Emeritus of Sao Paolo, Brazil, gave Pope Francis a hug and a kiss, and said: "Don't forget the poor!" And those words disturb and challenge Pope Francis: the poor, the poor. We are called to be good news to the poor and we have no other mission statement other than Jesus, "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent
me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free. ( Luke 4:18)

Our Lord never forces us to open our doors. He too asks our permission to enter. "I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me. (Revelation 3:20) Pope shows courage to admit that many people have lost faith in the Church due to its closed doors. He again warns that the Church is only the gatekeeper of the house of the Lord, not its proprietor. An inhospitable church mortifies the Gospel and withers the world.

CMI congregation is the gift of God realized through our founding fathers. While we bid farewell to another year in the annals of our history, let us bow down in gratitude to the merciful God for his blessings. Let us admit our mistakes and realize that we have not lived up to our call and mission. In this Year of Mercy let us rededicate ourselves for tightening our bond with the Lord and the poor.

Let us remind each other: Don’t forget the poor! Mother Teresa said, "My true community is the poor - their security is my security, their health is my health."

Wishing you all a holy Christmas and a graceful year of Mercy!

## Fr. Paul Achandy CMI Prior General

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331 Th 5:17;Eph 5:20. 34 Eph 6:18. 35 Evagrius Ponticus ,Pract. 49: PG 40, 1245C. 36 Cf Mt 28:20;Lk 8:24. 37 St.John Chrysostom, Ecloga de oratione 2: PG 63, 585.

38 Cf. Gal 5:16-25. 39 St.John Chrysostom, De Anna 4,5:PG 54, 666. 40 St. Alphonsus Liguory mezzodella preghiera. 41 In 15:1617.42 Origen, De orat. 12:PG 11, 452 C



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## A Provoking Renewal

## Fr. Mathew Kulampally CMI

In the year of consecrated life "Let us consider how to provoke one another to love and good deeds."(Heb 10:24)
Renewal is an occassion for introspection. The early christians experienced the joy of living together. "The group of believers was one in mind and heart".(Acts 4:32-35)

In the early stages of our congregation the members had the happy experience of the early Christians. For them monasteries were little heavens on earth.

A thing very close to St.Chavara's heart was the mutual love and concern that must prevail among his religious, "they must be like children born of same parents."(St.Chavara)

To cement the brotherhood among the religious is the prime goal of renewals and retreats. To achieve that goal religious should drive out the hidden enemies within themselves.

## The Hidden Enemies

## 1. 'Core Identity' and 'role identity'

'Core Identity’ is the awareness of one’s original call as religious priest- the role identity is the function of a religious priest at a particular time and place. In the past many members of CMI congregration excelled exceptionally as eminent educators and innovators. But they were ever conscious of their core identity. Now do we find a deviation? Does our role identity devour our core identity?

## 2.Vows in the 'reverse gear':

Wrong notion of obedience and personal freedom make one blind. For a few the role of the superior is limited to putting his signature on the dotted spot. To deny permssion is to offend the tender feelings of the members which may lead to physical fatigue, mental depression and spiritual somnolence, for which the superior is solely responsible and can be sued for mental torture.
Their motto is, "Let it be done according to my will"

It is very scandalizing and disgusting to hear that in a few provinces the superior can appoint or transfer a person (s) only with the consent of all the stake holders i.e., the member(s) to be transferred or appointed and the members of the community which has to absorb the new member(s). If the superior does not consult he is branded a "dictator", "authoritarian". If he consults all he is called "inefficient" and"timid".

Their motto is "Let the Will of the stake holders be done".
"When John came, he fasted and everyone said, 'he has a demon'. When son of man came, he ate and drank, everyone said ' he is a glutton’ and ‘drinker.'(Mt 11:18,19)

For some members vow of poverty is vow of prosperity. A 'popular' and 'successful’ superior will encourage lavish spending and arrange frivolous pleasures for the members. It is very distressing to hear that a few members are not transparent in money matters. What matters them is only money. "The love of money is the source of all kinds of evil."(1 Tim 6:10)
Luxury and celibacy do not go hand in hand. For quite a few celibacy is means for celebrity.(Read CMI Con-Nos. 17-54)
St. Chavara said, "Run away from the house where there are no sick people, because God's wrath will fall on the house without delay." Nowadays, unfortunately even some religious are allergic to the old and sick. They run away from religious houses where there are sick and old.(C55,D55,56,243)

## 3.Comfort of Privacy

This evil tendency is increasing in our communities. Many try to escape from others and take refuge in the comfort of their privacy or in small circle of close friends, renouncing the realism of the social aspect of the gospel. They want their interpersonal relationships provided by sophisticated equipments by screens and systems which can be turned on and off by command. They avoid face to face encounter with others.(The Joy of the Gospel No.88)

## 4.Spiritual Worldliness:

.The renewal must change our mindset. We should understand that
spiritual wordliness is definitely more disastrous than any other worldliness. like the Pharisee .(Lk 18:9-14)
Many are worried about the future of the congregation and the province. What about their future? Spiritual worldliness which hides behind the appearance of piety and even love for the church consists in seeking not the Lord's Glory, but human glory and personal well-being. (Joy...93)

## 5.Inordinate concern for personal freedom and relaxation:

Let us examine whether the observations made by Pope Francis are relevant to the cmis.
" They see their work as a mere appendage to their life, as if it were not part of their very identity. The spiritual life comes to be identified with a few religious exercises which can offer a certain comfort, but do not encounter with others, engage with world nor they have a passion for evangelization - even though they pray, a heightened individualism, a crisis of identity and a cooling of fervor can be observed in them."(The Joy...No.88)

## 6.Envy:

Envy led Cain to murder his brother Abel. The things he himself did were wrong, but the things his brother did were right. The envious persons cannot see anything positive in others. They are possessed by the 'evil spirit'. Enmities, strife, jealousy, anger, quarrels, dissensions, factions and envy engulf them. They find fault with everyone. These disgruntled elements spoil the harmony in the community and blame others for the mess.

Let us remember the words of the Lord to Cain, 'Why are you angry? Why that scowl on your face? If you had done the right thing, you would be smiling, but because you have done evil, sin is
crouching at your door. It wants to rule you, but you must overcome it."(Gen 4:6, 7)

The final result of envy is gloating over another's misfortune.

When the envied members fail in their mission by their own fault, or loses their reputation from bad decisions, or even becomes incapacitated, the envious person is filled with joy instead of compassion for the member's downfall.
The envious members argue that others are the cause of discontentment in the community. They forgot that they are the cause of the disharmony.

Self Awareness: "Most of us can read the writing on the wall. We just assume it is addressed to someone else. (Ivern Ball) The envious religious is like the complaining dove. A dove was constantly changing her nests. The strong smell that the nests had developed overtime was unbearable for her. She complained about this bitterly as she spoke with a wise, old and experienced dove. The latter nodded his head several times and said, "By changing your nests all the time, you do not change anything - the smell that bothers you does not come from the nests but from you"(Oriental Stories)

After listening to the words of Prophet Nathan, King David said, "I swear by my living Lord that the man who did this ought to die." "You are the man"(2Sam 12;1-7) said Nathan.
If all the members of your religious house annoy you, isn't it possible that the cause of the annoyance and turmoil is you yourself and not others. If you would like to make your life and the community's life happy ask the members of your community a simple question, "Who do you say that I am?"

Even Jesus asked his disciples, " Who do you say that I am?"(Mt 16:15)

The members of your community know you personally. Instead of eliciting their opinions, you are interested in knowing the opinions of others who know about you,but do not know you.
To make your life pleasant and fruitful follow the golden rule of Jesus, " Do for others what you want them to do for you."(Mt 7:12)
Not doing certain things is the negative form of the law. It is not very difficult not to do things. Jesus demands the positive form of golden rule.

The law says, "Do no harm to people." Jesus says, "Do your best to help people."
" It is wise to direct your anger towards problems not people; to focus your energy on answers, not excuses."(William Arthur Ward)

## Bury the past:

" To forgive is to set a prisoner free, and discover that prisoner was you." (Lewis B-Smedes) Many a time we do not allow others to change. We can not bury our prejudices.

Though Peter showed his distrust repeatedly (Mt 26: 69-74) Jesus entrusted the task of caring his sheep to Peter (Jn 21: 15-19). Jesus transformed the shaky Peter to a solid rock(Mt 16:18).

After conversation Paul went to Jerusalem and tried to join the disciples but they would not believe that he was a disciple and they were all afraid of him. Barnabas convinced them of Saul's sincerity (Acts 19: 26-30).

We still mistrust our 'converted brothers'. "We should have the mind of Jesus"(Phil 2:5).
"Take care that you do not wound man’s heart, for in doing so you may also be wounding God."(Francis Assissi)

## Priority to Zeal raising, not Fund raising:

St. Chavara said that the strength of the monastery is not in the thickness of the walls of the monastery buildings but in the Zeal and virtues of the members who live in it.

Nowadays a good number of religious believe that the strength of the congregation, provinces and monasteries is in the extent of land they possess and the number of institutions they build. They think that success of a superior depends upon his 'fund raising' capacity. That is why FRs ( $\mathrm{F}=$ fund, $\mathrm{R}=$ raiser) are in great demand. As a result, many religious houses are turning to be mere transaction centers. "The love of money is the root of all kinds of evil"(1 Tim 6:10). Let us return to the spirit of our founding fathers and make our houses 'little heavens. Let us give more importance to " Zeal raising and Virtue raising" than "Fund raising."
" No one can be a slave of two masters. You cannot serve God and Money."(Mt 6:24)
As the trustworthy children, let us hold on to the motto of our beloved founder St. Chavara, "The Lord is my portion."
Let the renewal galvanize our congregation in the year of consecrated life.
"I came to set earth on fire, and how I wish it were already kindle"(Lk 12:49).

## Renewal Scene

# REVISITING THE CMI CHARISMINTHE CONTEXT OF THE YEAR OFTHE CONSECRATED 

Fr . Jacob Marangattu CMI

I. OUR TRIPPLE ROOTS THE BED-ROCK OF OUR CHARISM:ORIENTAL, CARMELITE, INDIAN (C 6, 84: D 3,11)
A. ORIENTAL ROOTS:

Elements of Austerity,
Practices of penance
Liturgical Spirituality
Divinization
Devotion to Mary

## B. CARMELITE ROOTS

Inner solitude
Contemplation
Asceticism
Mysticism
Devotion to Mary

## C. INDIAN ROOTS

Seeking God in the cave of the heart (C 4)
Interiority, Solitude
Renunciation and Austerity.
Radical simplicity, Transparency
Hospitality
Sada Jivan, uccha vichar (Simple life and high, thinking)
Nityanitya vastu vivecha

## II. ELEMENTS OF CHARISM

God-awareness of the Founder.
The Goals.
Life and Mission of Earlier members.
The pedagogy they employed to achieve the goals.
Jesus as APPA, (not Lord or Guru, Judge etc).
Father- son relationship: Nearness, dependence, full trust, full obe-
dience, full freedom.
Personal salvation, salvation of the brethren, integral development of the society.
Kannil kanda Nanmakalellam (All the good that meets the eyes).
The early members translated the God vision of the founder into their lives.

The rules, heritage, traditions.

## III. A Description of CHARISM

Following the Oriental, Carmelite and Indian spiritual traditions and leading a life of intense union with God manifested in radical simplicity and regular practice of prayer, constantly strive to bring about all the good that meets the eye necessary for the integral development of the society and the people so that they can lead their lives with the dignity and freedom of the children of God.

## IV. CHARISM IS ESSENTIALLY RELATED TO THE CHARISMA OF THE FOUNDER

## i. AMAN OFINTENSE SPIRITUALITY (ORIENTAL, INDIAN AND CARMELITE)

Intense love of God. One who wanted to see Jesus in all his states, stages and conditions. The expression Kanakenam 65 times in ATMANUTHAPAM.
ii. A Mystic: one who was passionately in love with God. The relation between Israel and Yahweh is described in OT in terms of marital relationship: (Ezekiel 16: 4-14). Yahweh as Bridegroom
and Israel as bride.

The journey carrying cross is compared to the wedding procession.

He considered Mount Calvary as the wedding Tent.
The room or the cell of religious as the nuptial chamber of the divine bridegroom.

The cosmos is the cradle of God's presence
(ATMANUTHAPAM II 291-298)
iii. Deeply prayerful: Manjummel Fr. Louis writes: the evening meditation was for one hour. That whole hour he used to kneel down in ecstasy tears continuously rolling down his cheeks. At the close of the meditation, those who were near to him would prompt him. Then he would recite the closing prayer and walk to the refectory still weeping. P 33.

## iv. CONSTANT CONVERSION

He considered himself more wretched than Zacchaeus, More wretched than the prodigal son,
A worm,
Worthy of hell, etc.

## v. ONE WHO HAD A TRANSFORMING GOD EXPERIENCE:

He describes an intense kind of God-experience which changed his life (P 37).

He got that blessing which many prophets and kings desired to have but couldn't (Mt 13: 16-17).

It was this vision that launched him into the world of action. Whoever saw God could no more sit idle.

All of them launched themselves into action: Ex: Moses (Ex 34: 29, Elijah (1 King 19: 10-14)
vi. POSSESSED INTENSE VATSALYAM FOR HIS COMMUNITY MEMBERS

Koodepirappukal
Kunjungal
different kinds of exhortations
sending of Mangoes
vii. MAN OF DEEP COMMUNITY SPIRIT

To enhance this bond of affection, he insisted on external unity and internal unity:

External: the 3TABLES for his Mannanam community: common prayers, common meals and common recreation.

Internal unity: external agencies cannot destroy our congregation, but we ourselves can. If we relapse in cholvili, upavi, humility, devotion, and self control thinking that these are needed only in thoughts

and not action we will cause its destruction (Letters VI/1)
"However numerous the monasteries are all must be like the members of one family, children born to benursed and brought up by the same mother. Never let this love weaken, but let it grow stronger day by day.... Let the vicars of the monasteries vie with one another and show greater interest in meeting the needs and requests coming from the other monasteries rather than those of one's own". Testament, n. 2

## viii. MAN OF MERCY, FORGIVENESS AND HUMILITY

"The church's ministers must be merciful". Pope Francis, (Interview with Antonio Spadaro, Director of Civilta Cattolica).

Pope Francis: "I see the church is like a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol or about the level of his blood sugars...You have to heal his wounds. Then we can talk about everything else".

The story of Manjoor Kalapura Mathan of the Muttuchira Parish. He filed a case against Fr Chavara on a case of Pattakudishika. Fr Chavara had to appear before the judge in the court. But in his final Testament Chavara included this Mathan in the list of benefactors of the congregation and obliged the Mannanam community to help his family (P 178).

## ix. MAN OF DEVOTIONS

Devotion to the Holy Family

Special devotion to Mary, mother of God.

His devotion to Mary mother of God started early in his life, from his relationship with his own mother. When he was offered to Mary at the VECHOOR CHURCH, the priest told his mother, "this child is not your son, but the son of Heavenly Mother" ATMANUTHAPAM II, 16). (Sakshal ninsuthanalla, mathavin dasan drudham)

His mother was instrumental in his growth in spirituality. Mulappalinodoppam bhaktirasavum churathi thannnaval. Together with the breast milk she passed into me the sweet taste of sacred devotion, too (Atmanuthapam I: 48-52).

Sitting in the lap of my mother, seeing the movements of her lips I used to pray after her" Atmanutahapam I: 53-56).

He was also devoted to Saint Joseph. He imitated the humility and silence of Joseph. It was in honour of Saint Joseph that he organized the NANMARANA SAKHYAM (Chronicles p 210).

When there was not enough money to give the wages, he prayed to St. Joseph and a person came with money (chronicles p 45) Ouseppu punyavanodu apekshichu kleshikkumpol oral avashyamaya panavumayi vannu)
Salutations to St Joseph: Priyam niranja pithavaya Mar Yauseppu punyavan, Ente dayayulla pithave, Priya thathan, etc.

## x. KEPT FEMININE SENSITIVITY IN PRAYER

He remained in constant conversation with Mother of Jesus, Saint Teresa of Avila, Mary of Egypt, Mary of Corthona, Mary of Magdela, Martha Mary, Mary mother of Clophas, (DS page 40).

## xi. DEEPLY CONCERNED WITH THE RENEWAL OF THE CHURCH

Opening of Seminary to train leaders for the church

Parish retreats for renewal of families (Pulinkunnu Monastery was the result of such a retreat)

Educational Ministry for intellectual training for socio-cultural growth.

Printing Press for publication of spiritual books for Christians.

Strived to get indigenous Bishops in place of foreign Bishops.

Started catechumenates to prepare dalits for baptism.

Tried for the reunion of divided Christians.

Strived to spread devotion to Mary for the renewal of the church

Concerned of Christian parenting and child growth
xii. CONCERNED FOR THE SOCIAL DEVELOPMENT OF THE SOCIETY

Opening of Sanskrit school

Order to start school in every parish

Old age homes for the care of the elderly, orphans and the abandoned.

Advocated just wages for workers
xiii. CONCERNED FOR WOMEN EMPOWERMENT

Founded women religious congregation

Propagated rosary making as a means also for financial security of women.

## xiv. KEEN OBSERVER OF GENUINE NEEDS OF THE CHUCH AND SOCIETY

Most of the things he did were already started by the government or the protestant missionaries, such as, education ministry, printing, women’s education, social service (Kuriedath Jose, chavarayude charismayum CMI charisavum, Kakkanadu, 2014, p. 58, 61).

## xv. FAULTLESS IN LIFE

Mamodisayil kittiya prasadavaram nasippichittilla-Chavara
Which of you convicts me of sin? (Jn 8/46)
My life is my message (M.K. Gandhi)

##  <br> xvi. BLINDLY OBEDIENTTOAUTHORITIES

No selective obedience Obey blindly (Letters VI/4).
He calls obedience CHOLVILI. His imagery for obedience is the relation between shepherd and the sheep. The true shepherd calls his sheep by their name. When we recognize the voice of the Lord, follow him saying, Amen. Don't give ears to any other voice. The only sign of a religious is this: Kannum Kathumillatha Cholvili (Letters VI, 4)
xvii. DEEP HISTORICAL SENSE

Put to writing all that happened in the Congregation: Methodically, Systematically, Regularly
xviii.AESTHETIC/ARTISTIC SENSE

Wrote poems and dramas and reflections of mystical order.
xix. DEEP TRUST IN PROVIDENCE OF THE LORD

When it took long years to get official permission for the Congregation (24 years), he waited trusting in the Providence of God.

He trusted in the Providence of God, when his relatives persuaded him to leave seminary studies at the death of his brother.
He told the sisters, "Don't think that you have not enough money to pay wages. Get work done, God will provide for you. Don’t postpone work thinking you have no money to pay" (Letters VII/5/1).

## xx. APOLYGLOT

He had working knowledge in nine languages
xxi. NATURE LOVING

He prescribed for himself and the Superior of the convent, when both of whom were sick, some prayer methods. One of them is as follows:

Let us offer to the Lord as our prayers the movements of our veins, movements of our eyes, breathing, the chirpings of the birds and singing of butterflies. Letters VII/3/1.

## xxii. DEVELOPED AMEDITATION METHOD

The Chavara method appeals to the heart, whereas the Ignatian method is highly intellectual. The key part of the latter is asking questions, such as, why, what, who, where, when etc., to the passage we are meditating.

In Chavara method the attention is to the following:
Meditation is not thinking with the head, it is a loving and non-stop colloquy with the divine bridegroom.

■ Sit near the bridegroom.

- Pray for intercession of saints for the success of meditation.
- Produce deep emotions of conversion, reflecting on there turning Prodigal.
- Desire to see the face of God.
- Repent and be hopeful of being welcomed back in the full glory of the son.
xxiii. FOCUSSED AND HOOKED ON GOALS: NEVER THRETENED BY PRACTICAL DIFFICULTIES OF IMPLEMENTATION

His phenomenal daring was the outcome of his APPA Experience of Jesus. Like every child he believed his APPAN was omnipotent and could and would do anything for him.

## V. ORGANIC EVOLUTION OF CHARISM

Charism is a seed which contains all that the founders and the earlier members thought and did. This seed keeps growing as a plant.

This gives the identity for the congregation. The seed is the same, the plant is the same, but it is growing. The identity doesn't change, but expressions and methods may.

Pope Francis, "The Charism is not a bottle of distilled water. It needs to be lived energetically as well as reinterpreted culturally. But in this way there is the danger of making a mistake, of committing errors, It is risky. Certainly: we will always make mistakes, no doubt about it. But this should not stop us, because there is the chance of making worse mistakes .I am nor speaking of folkloric adaptations or customs..., it is a question of mentality, of a mindset. (Pope Francis with Antonio Spadaro, My Door is Always Open)

## VI. PRESERVING THE CHARISM

Historic perspective:
Remembrance of the history of the Congregation, Remembrance of the persons and their Charisma (Personality).

Pope Francis: Remember the past with gratitude

Remembrance or Memory is a dynamic concept in the salvation history. Salvation history is a history of remembrance.

Genesis 8: 1: God remembered Noah and all the animals with him in the boat; he caused a wind to blow and the water started going down

Exodus 20: 8 Remember the Sabbath and keep it holy.

Remember that you were slaves in Egypt and that, I the Lord, your God, rescued you (Deuteronomy 5: 15).

Chavara asks his sisters to remember and find joy in the holiness and sacrifices of all the saints, martyrs, and sinners-turned saints like Mary Magdalene and offer them to God as our own. He says that this is one thing he and the Mother could do in their old age (Letters VII/3/ 1)

REDEEM THE READING OF OBITUARY.

Our charism is carried forward by the many CHAVARAS who came

> after Saint Chavara.

Form seminarians to grow with the awareness of our charism.

## VII. NEGATIVE CHARISMS, CULTURES

Generally speaking there is agreat appreciation for the present CMI CULTURE.

We are examples of a positive secularization
We are not carried away by any kind of pietism or emotional spirituality or shallow cultism, etc. We appear to be sufficiently rationalistic in our attitudes.

CMIs experience high measure of freedom. Free to air any opinion to any Superior, to undertake any initiative, to wear any dress, to follow any timetable.

We are 50\% Chavaras. We are FULL CHAVARA minus PRAYING CHAVARA = ACTIVE CHAVARA.

If we could be that successful in our activities, even while we are not much into prayer, what greater things we could achieve if we practiced the other half Chavara.

## i. NEGATIVE CHARISM

"Temptations always return, the Evil Spirit never tires."
"The Evil One is hidden. He comes with his very educated friends,
knocks at the door, asks for permission, comes in, and lives with that person. Drop by drop, he gives him instructions" on how to "do things with relativism." (Pope Francis)

## ii.ABERRATIONS OF CHARISM

The major reason for the negative culture in religious congregations is the change in the idea of God, world, and man. This has mainly happened through the western philosophy and the unwise implementation of the Vatican Council. So the Catholic Church alone has become the major victim, there are not many negative effects in other denominations and other religions.

- The loss of the sense of the Transcendent
- Loss of the mystery dimension from liturgical celebration
- The anthropocentric approach to all realities
- Primacy of man and his concerns in mission.
iii.PRESENT LIFE STYLE

This has affected our charism \& lifestyle in the following manner:

GOAL: supernatural motivation slightly affected.

Methods: any method that gives success is admissible. Morality of methods, no concern.

Level of obedience: as if CONSECRARED TO ONEELF, NOT TO GOD. DOING MY WILL, INDIVIDUALISM.

Love and obedience are inseparable. "If you love me you will obey my commands"

Commitment: short term commitment. Always want to be pioneers, not much willing to carry forward the previous man's project. The outgoing one was always wrong/incapable!

Work Style: Alone better, together hell!

Option for the poor: not much applicable!

Dress: any decent looking dress.

## Poverty: NOT APPLICABLE

Prayer: as and when it is feasible.

Prayer life: Mostly consists in Holy Mass.

Time Table: Ministry centred.

Documentation: Why waste time?
Silence: a thing of the past.

Meditation: something which our ancestors used to do in our monasteries.

## VIII. THE EVOLVING CHARISM - the way forward

Let’s look at the WHY of Chavara's manifold activities to identity what future course of action we should undertake.
An intense love of God is the running theme of the script of his life. So what can we do to grow in our prayer life?

The basic minimum of Prayers

| Holy Mass | -30 min |
| :--- | :---: |
| Sapra + Ramsa + Leliya | -30 min |
| Meditation | -60 min |
| Rosary | -15 min |
| Examen of conscience | -14 min |
| Spiritual Reading | -15 min |
| Common Visit to Bl Sacrament (D 4) | -01 min |

$$
\text { TOTAL - } 165 \text { min = } 2 \text { hours } 45 \text { min }
$$

Examination of Conscience: Its lack is the beginning of all tragedies. Daily exam of conscience is not a pious practice; it should be a way of life. Regarding our emotions, thoughts, desires, we should en-
quire: what are they? Where do they come from? Where do they lead us to? What do they prompt us to do? What happens to us when we yield? What are the illusions behind them? Today even secular companies insist it for greater success.

## IX. A FEW SUGGESTIONS

Bring a greater spiritual quality to all our apostolates.
Does each one have a Spiritual Director? (D 13)
Common Reading of Constitutions in group once a month .(D 15)
If you did not meditate a day, you are incompletely dressed.
Make the community a little more joyful. Don't act like a lion at home (Sirach 4: 30).

Be regular at the 3 Tables .(C. 51 a)
Chavara's aim in opening the NANMARANA SAKHYAM (CONFRATERNITY OF SAINT JOSEPH) was to give a decent death to elderly people. He said the greatest help people do for others is the help being done at the time of one's death. This is the greatest of charity (LETTERS IX / $11 / 2$ ). Hence Can we enter into the Ministry of the Tertiary Age?

What about opening Homes for the Aged?
Chavara paid particular attention to Chrisian rearing of children. Can
we think of organizing a World Chavara Children's League in all the countries we are working to form children in authentic modern spirituality availing ourselves of the possibilities opened by modern social communication media, like FACEBOOK, WHAT'S APP, etc?

Pay more attention to value education of children in schools.

Create an Educational Poverty Line among Catholics and try to help those who are below that Poverty Line.

In view of Chavara's aim of renewal of families, think of arranging Marriage Preparation Courses for people of all castes.

Adopt a simple lifestyle: simplicity in DRESS, RESIDENCE AND CONVEYANCE.

Learn the local language emulating Saint Chavara who learned many and keeping the missionary spirit.

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## News \& Views

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## DHARMARAM

Greetings from Dharmaram...
Under the authentic animating leadership of Fr. Thomas Aykara, our Rector the Dharmaram community was prayerfully led into the new academic year 2015-16. The Chavara retreat (May 24-30) was inspiring, preached by the powerful and prayerful personality of Fr. Thomas Kochumuttom. With this prayerful atmosphere we commenced the academic year 2015-16 on June 1st. This was followed by the memorable welcoming of the new comers on June 19th. The Feast of Sacred Heart was celebrated solemnly on June 21st by the concelebrated mass by all the members of our campus and related communities.The eventful month of June saw the Visit of the synodal commission of Arch Bishop George Njaralakatt and Bishop Jacob Manathodath(June 22-24) who spoke highly of the commitment of CMI congregation in providing excellent services in the field of formation, ecclesiastical studies and the powerful work force which makes these possible.

This year the general beadles’ election and LCA secretary election were conducted together. Bro. Jojo Vaniyapurackal is elected as general beadle and Bro. Jithin Kalan as assistant general beadle, Bros. Emil Pullikkattil and Charles Kihoro as LCA secretaries. Congratulations!!!

The month of July brought with it the great privilege of hosting the 3 days international seminar organized by Catholic Theological Ethics in the World Church on the theme 'Doing Catholic Theological Ethics in a Cross-Cultural and Interreligious Asian Context’held from 17-20 July. The event saw the presence of more than 50 distin


#### Abstract

guished international moral theologians. The conclusion of the event was graced by the presence of Cardinal Luis Antonio Tagle, Philippines. The Dharmaram community had the privilege to enjoy the outstanding simplicity and sense of humor of the Cardinal during the inspiring informal session with him. This created everlasting memories in our hearts. The Canonical visitation of Fr. Prior General (July 20 - August 10) brought about a sense of brotherhood which reminded us about our challenges, need of orientation towards the pastoral ministry, concern for the poor and our belongingness to the common priesthood of Christ. He concluded the visitation with a lot of encouraging words: "Dharmaram College is the pride of CMI family and at present Dharmaram is passing through a providential time of its growth in history."


The Chavara Year Conference (August 12-14) on the theme 'Living the joy of the gospel today: Challenges to the family and to the consecrated life' created integral perspectives and generated new visions on family and consecrated life. Bishop Francis Serrao SJ of Shimoga gave the inaugural address. The distinguished presence of Fr. Prior General in this seminar created an inspiring ambience for all and the presence of His Excellency Arch Bishop Bernard Moras marked the conclusion of the conference.

The conclusion of the Chavara Year on August 15 was a day of multiple colours of freedom as it witnessed the hoisting of the tricolor flag on the campus. The celebration of the solemnity of the Assumption of our Mother blessed the occasion. With Fr. Prior General as the main celebrant, all major superiors, rectors and staff of other study houses as concelebrants the Eucharist reminded us of the unity of our community and blessedness of our life. The conclusion of the Chavara year climaxed with the sharing of the dejeuner (lunch) in
our refectory with our brethren who endure the everyday struggles of life and find recourse in the daily meal provided by the Aswas community.
The 'Magna Storia: The journey through Legacy’ was the exhibition of rare writings, books, stamps, coins, photos, musical instruments, and various other things organized by the Dharmaram Library a tribute to the Independence Day celebration of the country marking its rich cultural heritage and the authentic contribution of our community to the same. With the inauguration on June 29th the LCA of Dharmaram has come up with various enriching and entertaining programs which include the review on the new encyclical Laudato Si by Pope Francis, 'My Christ Experience: Asharing of Amal Paul, popular devotional songs lyricist and composer, and various competitions in connection with the Independence day celebration.

The New beautiful sanctuary of our St. Thomas Forane Church was blessed by his Excellency Mar Raphael Thattil, Apostolic visitator of Syro-Malabar church in Bangalore, on 8 August.

## Dharmaram Vidya Kshetram

The DVK Academic year inauguration took place on June 1st with the appointment of the newly elected DVK President Fr. Paulachan Kochapilly and other office bearers. The remarkable event of Bishop Jonas Thaliyath Endowment lectures by Fr. Joseph Pamplaniyil on the topicAudio, Ergo Sum: Hearing Dei Verbum in the light of Vatican II was also a great success and a major contribution towards the rereading of the dogmatic document. The initiative of the Faculty of Theolgy to conduct the Sramadan Day outside the boundaries of the campus as in places like NIMHANS and KIDWAI was met with outstanding appreciation both from within the community and from

those who received our services.

The professor of Church history, Fr. Francis Thonippara, was in the forefront too to conduct the Workshop on the catholic contribution to the Indian church history, society, and culture under the topic, "Society and culture with special reference to the 19th and 20th centuries" which was organized by the Pontifical Committee for Historical Sciences, Holy See and Dharmaram Vidya Kshetram.

## Christ Institutions

Christ University makes every effort to live up to its Vision "Excellence and Service". The Mission and Core Values have tempered the activities of the University that span across curriculum, teaching-learning-evaluation, research, consultancy, student support, leadership, and governance. The University with student strength of over 16400 students with 663 teaching faculty and over 450 supporting staff is marching towards new laurels of accomplishments. From a pool of over 40000 applications, the University admitted 6847 students this academic year. Christ University has been ranked 11 among the Indian Universities and No. 1 among the private universities as well as deemed universities in the India Today-Nielsen survey published in India Today 13 July 2015 issue.The India Today-Nielsen Survey published in 29 June 2015 issue of India Today has ranked Christ University 1 for BCA and BBA, 3 for Mass communication, 3 for Science, 4 for Commerce, 4 for Arts, 12 for Law in India. The Week-Hansa survey published in The Week 21 June 2015 issue has ranked us 6 for commerce 8 for science, and 9 arts. The Outlook magazine survey ranked the Bachelor of Hotel Management programme 6 and MSW programme 9.

## Healthy India

The campaign was run on six complementary tracks: talks by oncologists from Kidwai Memorial Institute of Oncology, a large scale Exhibition at Christ Junior College, exclusive competitions for Students, students' visits to Kidwai Memorial Institute of Oncology, audio-visual screening and street plays by Christ Junior College theatre groups in different parts of the city on Independence Day. The awareness campaign focused on cause, prevention, treatment and palliation of cancer. Christ PU College Residential and Christ Junior College-Residential, the CMIs first IB world schools are making steady progress in the whole person development of students.

The new multistory block for the Christ State Board English medium has completed construction. This will add more facilities for the better function of the school.
Christ Junior College in collaboration with Kidwai Memorial Institute of Oncology organized a cancer awareness campaign from 10 15 August 2015. The theme of the awareness campaign was Healthy Youth.

## DHARMARAM

## Onam Celebrations

Dharmaram welcomed Onam with much joy and enthusiasm. The Pookkalam competition was excellent and all the batches offered their best to make it colourful. The Onam evening programme, Onasandhya staged by 1st year philosophy students, was astonishing and the Benjamins of Dharmaram won much applause with their commitment and creativity.

## Reception for Bp. Elect Antony Kariyil

Dharmaram CMI community had a prominent role in the development of the Syro-Malabar community in Bangalore. Right from the inception of Dharmaram College as a major seminary, CMIs were very enthusiastically involved in pastoral ministry among the Syro Malabar faithful in Bangalore city. It was a long cherished dream of the Syro Malabar flock to have its own shepherd. Declaration of Mar Antony Kariyil as the Bishop of Mandya diocese with extended Bangalore region, on 26 August, was a moment of fulfillment for the faithful and in a special way for Dharmaram. A warm welcome was given to Bp. Elect Mar Antony Kariyil CMI on 7th September. The whole Dharmaram community gathered in the BJTM Hall in the evening to felicitate Mar Antony Kariyil. Fr. Rector extended a warm and formal welcome and told that the entire Dharmaram family is delighted to have him as our new Local Hierarch and the Bishop’s room at Dharmaram would always be available to him. Bp. Kariyil's sharing was followed by an interactive session.

## Solemn Rosary

From 1-10 October, we had 10 days Solemn Rosary Devotion. On the last day, we had a procession to the grotto and a concluding message was given by Bro. Sajesh Alappattu of III year Theology. The whole Dharmaram community participated in the 10 days solemn rosary devotion.

## Participation in Episcopal Ordination of Mar Antony Kariyil

Around 100 scholastics and 75 fathers of Dharmaram participated in the Episcopal Ordination of Mar Antony Kariyil at Infant Jesus Cathedral Church, Hinkel, Mysuru on 18th October, 2015. Christ University helped to arrange 4 buses for the Dharmaram community. Dharmaram was entrusted with certain responsibilities such as invitation of guests and the accommodation and conveyance for Bishops. Fathers who are serving as parish priests joined their parishioners. Fr. Thomas Aykara, Rector , Fr. Thomas Chathemparambil, Vice-chancellor and a team of our fathers reached the place the previous day itself. Christ PU residential College provided accommodation for the CMIs and other guests who reached from Rajagiri.

## Major Archbishop's Visit to Dharmaram

The Major Archbishop of Syro Malabar Church, George Cardinal Alencherry visited Dharmaram on Friday, 25th September. He presided over the concelebrated Divine Liturgy and addressed the community. After supper, he had an informal session with the fathers.

## Renewal Programme

The renewal programme for the staff members was held on 16 and 17 October at Kengeri. The inaugural address was given by Fr. Thomas Aykara, Rector and the orientation talk by Fr. Saju Chackalackal. Fr. Jose Cletus Plackal, provincial, SH province, Kochi gave the opening keynote. There were input sessions by fathers Joseph Vayalil, provincial, St. Thomas province, Calicut, Thomas Kadankavil, Thomas Panthaplackal, and Jacob Peenickaparambil. Fathers Joy Philip Kakanattu, Sebastian Payyappilly, John Neelankavil, Alex Thannippara, Mathew Thenamkalayil, Anto Amarnad, Sebastian Mullooparampil, Paulachan Kochappilly, Sebastian Edathikavil and Thomas Kallukalam presented papers. The renewal for the Scholastics was conducted on $22-23$ Oct. It began with the Eucharistic liturgy presided over by Mar Antony Kariyil CMI and his enriching sermon. Fathers James Thayil, Jacob Peenickaparambil, Biju Koottaplackal and Roy Palatty were among the resource persons. Fathers Sebastian Payyappilly, Mathew Attumkal, Jeff Shawn Kaippettiyil, Alex Thannippara, Mathew Thenamkalayil and Anto Amarnad presented papers. It was Fr. Saju Chackalackal who organized and facilitated both the renewal programmes in consultation with Fr. Rector.

## KECSH

Kuriakose Elias Chavara Study House (KECSH), under the able leadership of Fr. Wilson Chakyath CMI had an excellent beginning for the academic year 2015-16 with Fresher's Day on June 20. KECSH Daily Reflections Blog Spot was inaugurated on 1st July and it became a remarkable venture. The Master's Day was
colourfully celebrated on 20th August with a lot of sports and cultural competitions.

## DVK

Prof. A. Mathias Mundadan CMI Annual Lecture series was organized on 27th October by the faculty of Theology on the theme "Emerging Identity of an Indian Church: Hurdles and Prospects". Prof. Dr. Jose Kuriedath CMI was the resource person and his talk was enriching with the information about our patrimony and provoking thought, in terms of placing contemporary challenges before us.

## Christ University: Visit of NAAC Peer Team

NAAC (National Assessment and Accreditation Council) peer team made its formal routine visit to Christ University from 14 to 17 October 2015. The purpose of the visit was an assessment leading to accreditation for higher education. The support and cooperation extended by our university students, parents and staff during the visit were commendable.

## ANUSMRUTHI -36

## TESTAMENT OF

## A LOVING FATHER

(Oru Nalla Appante Chavarul)
Written by St. Kuriakose Elias Chavara1868

St. Kuriakose Elias Chavara (1805-1871), as he became aware that love, peace, orderliness, fear of God, attention in the service of God and in the eternal salvation were on the decline in families, wrote in 1868, 'The Testament of a Loving Father', as a legacy, coming down from the forefather, to be read and reflected on in a gathering of the entire family once a month. This is a small book of 24

Very Rev. Fr. Prior General recommended the Synod Fathers from India, who attend the follow-up Synod of 2015, to propose the importance of this document in the Synod as SyroMalabar Church had already highlighted the vision and importance of St. Chavara an family renewal in the report sent to Rome in answer to the Lineamenta of the Synod of 2014. Let us hope that some reference will be there on St. Chavara in the Church document on family.

The text in English on the 'Testament of a Loving Father' presented here is the translation from the original Malayalam text of our founder St. Kuriakose Elias Chavara.

Fr. Thomas Panthaplackal CMI

## Letter to the Kith and Kin of Kainakary Parish

My dear beloved,
In flesh and blood, I am the son of Kuriakose of Chavara, of the parish of Chennenkary. The omnipotent God most kindly gave me existence in this world and in this family and of these parents. So in the natural order, according to charity and justice, I am bound to be specially grateful to you and to do you a good in turn. But I have not done anything specially for you. Hence I am leaving this document for you, in my own hand-writing. This script will live even after I am dead. So I entrust this to my children of the Kainakari sub-parish to be preserved as a treasure (bequeathed by me.)


Let this be a sign that this is my testament to you my brethren and children in the double order (of spirit and flesh). The countless favours God has bestowed on you are not entirely due to your meritorious lives: they are also earned by the merits of your fore-fathers; take care that you do not render yourselves unworthy of such blessings. That you may remember that I came into this world and that I have left it, copy out of this document by all who can do it so and preserve it in your homes. Keep the original locked in a box in the chapel. On the first Saturday of every month, all of you come together and read it through. Do it to remember the day of my death. I do not ask for any other remembrance. But Month after month, after you have read this, I beseech you, breathe a short prayer in my behalf-Oh Lord, keep the soul of this thy servant also in the abode of the just.

13th Kumbhom (February)
1868 Father
Kuriakos Elias of the Holy Family
Prior of the Mannanam and other monasteries of the Discalced Carmelite Territories.

## INTRODUCTION

A good Christian family is the image of heaven, where members live in unity by the bond of blood and affection, duly respecting and obeying the parents, walking peacefully before God and people, seeking eternal salvation according to each one's proper state of life* The only sweet consolation for a


#### Abstract

peace reign. Likewise it is most distressing to live in a family where there is no order or peace and where the members are unconcerned about the service of God and their own salvation. How unfortunate the families are that have no concern over peace at their homes. How often these have led to quarrels, sins, destruction and death. To prevent such unfortunate developments, praying for God's light and peace, I have framed this rule of conduct for families. I wish that you accept and enforce this as a mandate coming from your old ancestors.


## PRECEPTS FOR FAMILIES

## Love

1. Love Ye one another' St. John X, 18. Each one shall forgive the short-comings of others. That will give you peace on earth and eternal joy in heaven. How regrettable it is to find in the home discord between the brothers and the womenfolk. The country that is divided against itself cannot survive, says our Lord Himself. Those families where there is discord, will soon perish. If you won't forgive among yourselves, how will outsiders forgive you? If tomorrow they should forgive you, should you not forgive them today? If you love only that is good to you, what more do you do than those outside the faith? We have inherited from our great father Adam enough trials and difficulties. Should you add to them voluntarily? Woe unto the heads of families that give reason for such quarrels in the families. Once an old woman provoked several quarrels in her
took her to hell, saying that she had achieved in three days what he was not able to achieve in three years. The blessing and honour of a family consist in its peaceful existence without any quarrel. Even animals can retaliate. But to ignore wrong is possible only for the prudent, strong and dignified man. Once the Emperor Constantine was walking along a road escorted by his royal troops. A man from the street came up and dealt a blow on the king's cheek. The whole army sought his permission to kill the offender. But the Emperor replied, "Even my lowest officer can do that. That is not a big thing. But I forgive him. That is the sign of my strength."
2. Any litigation ruins the family. Even in the most just case, we will finally feel that it was better not to have gone to court. Nobody has been happy or better for having gone for litigation.
3. Do not hold family festivals, and other celebrations on Sundays. It leads to much evil and ruin of souls. It is the Lord's Day. Such celebrations are inventions that would make of it a devil's day. Moreover, it is a very bad custom for all people to stay away from mass on Sundays or Holydays of obligation, even if somebody dies in the house on such days. Necessary helpers may stay at home. For the rest, it is a custom forbidden by God and the Church to stay away from the church on days of obligation.
4. Do not borrow money except when it is absolutely necessary. Try to clear all debts as quickly as possible. Do not lend also except on grounds of charity. The family without debt is the richest family. If there are outstanding obligations of mass or debt left by parents, hasten to discharge them zealously. It is dangerous to ignore it. It brings down divine wrath on the family.

## Humility

5. Do not show off your wealth and power. He who shows off all that he has is really of a lower standard. The one who styles himself as rich will soon have to beg. It so happens in the world often. Once king David proudly ordered a census of his people. Lo! a contagion soon spread as an expression of Divine Wrath. (Sam. 24)
6. Do not spend more than what you can on festivals and celebrations. You don't know how long you can keep it up. It is better to light a small lamp and keep it longer, than blaze a haystack and light up for a short time. Democrates once answered that the most important man is the one who shows himself as the least. As a scholar once observed to a man who was lamenting over his bad days which followed his extravagance: "Brother, if you did not burn away your lamp at day time, you could have lighted it at night".

## Contact with others

7. Do not go round the houses of others and seek information about them. For, if you will discharge your own responsibilities properly, you will have no time to look into the affairs of other people.
8. Do not contract relationships with disorderly families or do not live with no fear of God. It is not the disorderly, godless, and rich families that will enrich your family, but the orderly, God-fearing relatives that would bring joy and be helpful to you. How many are the families that rue their relationship with rich families and ruined themselves.

In France a certain man had an only son. He made strenuous attempts to make his son marry a high-born knight's daughter. At last on condition that all his family property should be bequeathed to his son, he agreed and the marriage was solemnized. After some time, the bride and her parents started resenting his low birth and status and he was dispelled from the household. He went begging and was forced to feed himself on the waste thrown out from his son's house during feasts and celebrations.
9. Do not let all sorts of people freely move about your house. Only let courteous, god-fearing people be free there. The saying is, "Tell me who your friends are, I will tell you who you are."
10. Make it clear that your house is not the place for indecent talk, unchristian behaviors, and uncharitable criticism of your neighbours or other people. If the evil deeds of another is being discussed in your home, the punishment for that crime will fall on your home. There was a man who habitually went round speaking ill of others. He ended his days as a mad man biting his own tongue and to festering with worms and boils.

## Industriousness

11. Try to improve what holdings you have before trying to acquire more. The wealth of the family is not in the amount of possessions but their quality. An industrious man used to live happily with his small assets. Some envious people complained in court that he had found some treasure and was hiding it. The king ordered that he should render a full account of his wealth. He declared in the court that his treasure was his small compound and that the soil of the land turned gold when wetted with his sweat. He was acquitted honorably.
12. Work according to your status in life. It does not make a man respectable by refusing to do any work. It fits people who have no home and kith and kin. Laziness is mother to all other vices. It leads to the habit of drinking. Drunkenness is disgraceful before the world and guilty before God. Kathon, chief of Rome, once ordered that all people desirous of settling in Rome should show their hands toughened by labour as evidence of their
disposition to work and that Knights and Lords should carry with them utensils of work when they go out as a symbol of their status.
13. Business or trade involves risk of both soul and wealth. However, if that is the only opening for you to make a living, there is no objection to your pursuing it. But do it very carefully and be exceedingly just. The unjust trader has never maintained a steady progress in life. Riches amassed through deceit and fraud will soon melt away like snow. There were two merchants who never prospered in their trade. They adopted many tricks and frauds. Yet they did not come up. One day they both went up for confession and revealed the facts to the priest in confession. The priest advised them to be honest. They obeyed him. Within one year they prospered immensely. Days on which you have not rendered any good to others will not be reckoned with as days in your book of life. Be more zealous about other people loving you than fearing you. Do not let beggars leave your home empty handed. Do not refrain from giving alms whenever you can.

## Act of Charity

14. There was a man who considered it obligatory on himself and rendered somebody some good work every day. He did this believing that God had commanded men to help each other. One day, while at supper, he remembered the omission of the
charitable deed for that day. Suddenly he rose up, went out, did a neighbour an act of charity and then only took his supper.
15. Extravagance and miserliness are both sinful. The luxuries of the extravagant will disappear like smoke. The wealth of the miser will be devoured by worms. Once there was a man who lived generously according to his means. He prospered well. As he grew richer, he neglected charity and started amassing wealth. Then he was laid up with an ulcer on his leg. Several physicians were brought in. Much expenditure incurred on this account. Then an angel appeared to him and told him. "Know ye that the miser who stints in charity and hoards will have to spend money like this."
16. Do not have many friends. Choose one carefully from among a thousand. One who does not love God will not truly love you either. David and Jonathan loved each other truly. They were of one mind. They loved each other truly and till the very end. Small things did not lessen this friendship nor did dangers threaten it. In fact, they endeared them all the more.

## Justice

17. Do not let stolen things remain in your house even for a short while. The Holy Spirit warns us that houses harbouring stolen goods will be consumed by fire. Do not mix with people who steal other people's property. For tomorrow they will not hesitate to steal your property. Moreover you share their guilt
and sin. There was once a rich man who had amassed much wealth unjustly. On his death-bed he dictated his will to the scribe: "I bequeath my soul to the devil." The children were shocked and they enquired of the father whether he was in his senses or he was in delirium. The sick father clearly replied. "No my dear children, I am fully conscious and let him take down what I say. I bequeath to the Devil, my soul, as well as that of my wife who encouraged me to unjustly acquire the property of others. I surrender to him your souls too, for it was for you that I thus unjustly came by these holdings which belong to others." And he died an unfortunate death.
18. Do not deny or delay payment of just wages to labourers. For that is a sin which cries up to the throne of God for retribution. Do not belittle or humiliate the poor. For God will demand of you an account of their tears. There was a rich man in the city of Louven. A widow lived on his estate with her four children. He harassed them often to such an extent that one day, she sorrowfully prayed "Oh Lord, deliver me from pain." The rich landlord fell dead at the same instant.

## Fear of God is true wealth

The essential worth of a family consists in its holiness and fear of God. Such a family will enjoy divine blessings both in this world and the next. Slander and vulgar conversation at home will darken the light in good families. Try to participate in mass daily. If it is not possible, do so at least on Mondays for the sake of the souls in purgatory, on Fridays in memory of the
passion of our Lord and on Saturdays commemorating the Dolours of our Lady. If all cannot attend daily mass, let members take turns, so that one or two of them at least can hear mass every day. Go to confession and communion at least once a month. Participate in the Novena prayers and other services preparatory to the feasts of our Lady, and in the monthly devotions to the Blessed Virgin and St. Joseph, in the parishes, if possible, or at least conduct them at home.
19. Be exceedingly chaste, modest and careful, in all your movements, whether sitting or walking, or lying or playing. Immodesty is disgraceful before God and man. In the judgement day we will know how many souls have been lost because children, boys and girls were not dressed properly and parents did not prevent immodest dress and un-chaste contacts. In France, a boy lived in perfect modesty and even while he was alone he would cover his whole body and even his arms. When he heard that he will have to be naked in hell, he became awfully scared and wept. See how much this boy priced his modesty.

## Patience

20. When diseases, trials and difficulties face you, resign yourselves to the will of God. One who is patient only when everything goes well with him, is a weak man. A devout soul once observed: "Everything happens to me in the world according to my desire, for I desire only such things as are willed by God." St. Ambrose once visited a house. He was told
that in that house there never was any instance of disease or grief experienced by any member. He immediately left the place observing "Let us get away from here quickly. For very soon, divine wrath will be falling on this house." Very soon the house fell down and killed all the inmates.

## Good Books

21. Pagan books spread error and ignorance. Keeping such books or other lewd and heretical books in the house is like hiding fire in haystacks. Books of wisdom and philosophical knowledge help us to increase our devotion and they form the treasure parents should acquire and make available for the children. Buy such books according to your capacity. There was an illiterate beggar who bought books out of the alms he received. He got the literate to read them out to him. He conformed his life to such exhortation as he received from them and was an edifying example to many.

## Days of Obligations

22. Do not be satisfied with mass on days of obligation. Spend most of the day in listening to sermons, in reading, in visiting the poor and in exercising charity in general. 23. Engage only such servants who fear God. Let their number be small. How many homes are under the sway of the devil which uses them as agents to get things done for him. Let masters be always alive to their responsibility for the moral conduct and spiritual
welfare of their dependants and servants and watch over their activities.

## Daily Routine

24. Be careful to go to sleep in time and rise also punctually. All should get up at least by six o'clock. Say the morning prayers. Let those who can attend mass, do so. Have breakfast at 8.AM. Lunch at 12 noon. In the evening, after the angelus, say the family prayers in common. Then meditate for half an hour. It can be on some subject inspired by the spiritual reading from any good book. Do not interrupt this routine because of some important worldly person being in your house at that time. For men will call you towards them and God will call you towards Him. And He is watching which way you go. So do not fail to observe this regular feature on any account. You will be setting a good example to others. If they ridicule you for it, count it as your blessings. After eight O'clock, have supper and then make an examination of conscience, say the night prayers and go to sleep. The head of the house must carefully see to this routine being kept up. Read out this Instruction Manual every Sunday and the first of every month before all the members of the house.

## UPBRINGING OF CHILDREN

1. Parents, remember that it is your primary duty and responsibility to bring up your children. Children are sacred treasures entrusted to you by God. Know you that these children have been entrusted in your hands, to be purified with the most
precious blood of the Lord, to be trained up in His service and to be returned to Him on the judgment day. If any of the children is lost to hell, because of your fault, what a big hindrance will it be for your salvation! Origen records that on the last judgment day, God will ask of the parents who are lost because of their children a justification of all the activities of those children. If you desire your children to be good and helpful to you in your old age, take care that you give them training as good Christians when they are young. When they are young, if they do not fear and love God, later they will not respect or love their parents. Parents should frequently commend their children to the protection of the Holy Family and pray for them often. God will listen to mother's petition as that of the child.
2. Teach them to call on Jesus, Mary and Joseph, as soon as they are grown up enough to understand. Show them their pictures and teach them to honour and love them by helping the children to kiss them. Teach them the 'Our Father' and 'Hail Mary', the 'Angelus' and other small prayers as soon as they can lisp out these prayers. How commendable it is to nourish the souls of your children also as you bring them up in the physical plane!
3. Do not let your children run about naked even inside the house. Do not engage in unbecoming conversation in their presence, thinking that they are too young to understand what you say.
4. Out of respect for the parents, do not let children sleep in the same room with parents. Do not let little boys and little girls sleep in the same room. For the devil will teach them what they may not know naturally.
5. Do not let your little children go out of your sight to play with others. Do not trust careless servants. Often they are the ones who spoil the little ones.
6. When they are grown up a little, send them to school. Enquire after their progress from time to time. Every Sunday, monitor what they have studied.
7. Do not send your children to stay with your relatives, for very often they leave your house as angels and return as devils.
8. When they are about seven years old, instruct them on confession and prepare them for it. Teach them to be specially devout to the Blessed Virgin Mary.
9. Do not be very stiff or very lenient towards your children. Too much affection will make them proud. Excessive stiffness, anger and punishment will make them desperate, dejected and even unashamed. Before inflicting corporal punishment, advise them prudently, control food, get them to kneel on the floor, etc. Do not use bad words while correcting them. For it will only encourage them to deal likewise with their children. The
mother should set an example to the children in honouring and loving their father. So also the father should show love and respect for the mother. If the parents do not respect each other, neither will their children respect them.
10. Do not train the children in the worldly habits of lying, or cheating, or playing tricks for the sake of expediency, telling them that it is the way of the world. When you find faults in them, reprove them and punish them. Develop in them a regard for truth and justice.
11. See that all the children are home by the time the angelus bells ring. Teach them to greet the parents after family prayers. Let them kiss the hands of the parents. When they grow up to be about twelve years of age, take particular care of them as it is a dangerous period. Keep them busily engaged at home in occupation becoming their age. Do not send them out to festivals and marriages and other celebrations in other places. Dressing up girls and sending them to festivals and as maids of honour to brides are customs and tricks devised by the devil.
12. Parents proudly dress up and decorate their daughters with costly clothes and ornaments to show off their aristocracy or riches or vanity, God only knows how many souls are drawn to hellfire because of it. The most desirable ornaments for a girl are her modestly, devotion, silence and the control of her eyes.
13. Let there be no quarrels in your homes arising from pettiness on behalf of children. That your children have been slighted or insulted should not provoke you to bitterness. It is childish to be thus excited. 14. Give the children due freedom to choose their vocation when they come of age. For it is God who inspires them and it is their responsibility to choose. It concerns them essentially, and not the parents. How many parents and children have gone to hell owing to mistakes in this matter? Decisions must be taken when boys are about sixteen to eighteen and girls about fourteen to sixteen years old. Don't postpone much longer. Their consent must be ascertained before marriages are arranged. Look more for qualities of conduct in your marriage proposals rather than of wealth or status. Otherwise both parents and children may come to grief.
14. Parents should not show weakness or indecision before their children even when the latter had grown up to be wiser and more efficient. As far as possible they should keep the control of the household affairs. How often have parents come to grief by imprudent conduct?
15. Parents should take steps to establish their children to homesteads of their own. They should effect partition of properties before they grow too old. They will be held accountable for dissensions between children arising on account of their failure to do so in time.
Finally, dear children, you are bound before God, to respect your parents and never to cause them any grief. Remember
that a violation of the fourth commandment brings down God's punishment not only in after life, but even in this life.

In a heathen country, Japan, there lived a mother with three children. They were extremely poor so much so that the children could not support mother as she deserved. In this land thieves were invariably executed to death and if anybody captured a thief and handed him over to the Government authorities, a large reward was promised. In order to get some money to support their mother, one of them pretended to be a thief and the other handed him over to the authorities and received their prize. When the authorities in the jail saw the two brothers bidding farewell to the thief and encouraging him to be brave in facing death, the authorities began to doubt why the two men were so anxious about the thief and made enquiries and discovered that the man was facing death in order to make a living to support his mother and his brothers. The authorities felt great admiration for him on learning this truth and informed the king of this fact. Besides setting the youth free, the king decreed that a pension should be given to the mother till her death. My children remember this story always.

## From the Dept. of Research \& Documentation Golden Records -32
































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## Congratulations to the Newly Ordained Priests !



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## Archbishop Mar Joseph Perumthottam of Changanassery

 opening the door of Mercy
at the Pilgrim Centre of St. Kuriakose Elias Chavara at Mannanam on December 20, 2015

