

Province of Hyderabad

Personal Reflections
Covid-19

Montfort Brothers of St. Gabriel

For Private Circulation only

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BRO. LAMBERT



Certain Characteristics of my spirituality of the past six months amidst the relaxation and restrictions of Covid-19 pandemic.

After looking at the four titles proposed by the Provincial in his notification dated 22nd Sep.2020, I feel it better to combine the first two, to be more comprehensive in my reflections. The reason for this combination is my vision and experience of spirituality as the totality of my life lived in response to the inspiration and urgings of the Spirit all through the day in which I see the whole of me, body, mind and spirit, is involved. Of course there are times and situations when I become unaware of the Spirit and those are the times I get moved by my egoistic inclinations and desires. During my specific times of prayer both in community and personal I turn to the Spirit of the risen Lord and receive His merciful forgiveness. Evidently my spirituality has its ups and downs.

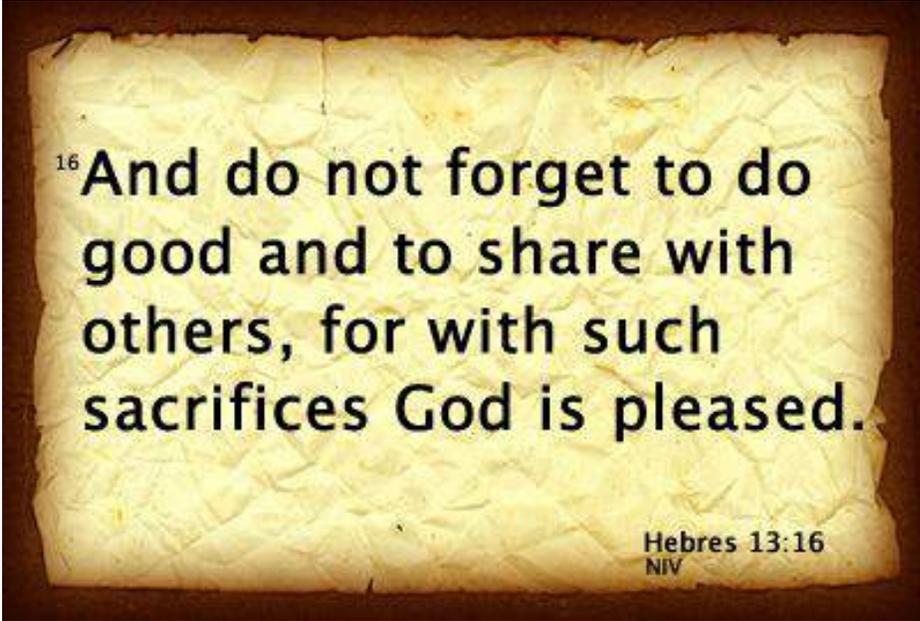
I perceive and strive to live my spirituality as the living out the different dimensions of my relationships. These comprise of my God, both imminent and transcendent at once, my Brothers and Sisters near and far, the nature around me and of course the way I relate to my own self with all its inclinations and needs. Time spent exclusively in prayer and with the Word of God becomes both enlightening and empowering to live out the various dimensions of my relationships. My quiet chanting of some of my favorite bhajans and hymns and certain ejaculatory prayers have been helping me to some extent to experience a bit of “the unceasing prayer”.

To be more specific about the experience of the past six months with its uncertainties and vague fears as well as the prolonged periods of leisure at my disposal, I can confidentially say, my sense of the spiritual has become more abiding and sustaining. My positive self talk and affirmations during my quiet moments in the course of the day seem to cheer and energize me. I feel my personality is getting tuned to a growing equanimity and serenity with the reflective solitude that I cherish. I am more in touch with my own feelings both positive and negative. I am able to sense God's healing and protecting presence in and around me and more often experience the joy of His merciful love with the feelings of gratitude and greater sense of belonging.

I take time to deal with my negative feelings of antipathy, anger and disillusionment in the presence of my omniscient God who forgives and heals me every time I turned to Him. I also take time to forgive others towards whom I may have experienced ill will and resentments because of my prejudiced evaluation and judgment of their conduct. I bring before Him all the sufferings and pains of those inflicted by this pandemic in one way or other for His healing touch.

My body and physical health also has been in experiencing the needed well-being and vitality. I have learnt to become more moderate in my food habits which seem to make me feel lighter and more agile. My life of leisure has become more leisurely, happy to contribute whatever little I could to the growth of those that I come in contact with. I thank and praise the Lord for His loving care and protection for all of our Brothers, relations at home and all our dear and near ones. He is indeed our good Shepherd.

Bro. Lambert SG.



¹⁶ And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Hebres 13:16
NIV

BRO.M.K. MATHEW



1. What characterized the spiritual life during the Covid-19?

During the Covid-19, I came to realize meaning of spirituality and religion.

During the covid-19 time I came to realize that spirituality is for those who pay attention to their inner voice. Spirituality invites us to reason about everything, to question about everything. Actually spirituality transcends everything, it brings us closer to the truth. It is this spirituality that helped me to live with the tribal people who live in the remote villages. Today during the Covid-19 has strengthened my belief that religion deals with performing rituals. We are spiritual beings, who go through a human experience.

2. What did you do as an individual for Covid-19 victims?

In the beginning of the Covid-19, I was in Montfort school, S. Gopalpuram and I organized mobile medical camp in the tribal villages along with a Cannosian Sister. Once a week we used to visit 10 to 15 remote villages in the tribal area. After wards when the collector requested us to make our school building available to quarantine the migrants workers, along with the community. I organized the Boys hostel building to receive the migrant workers. Then when I came to Hyderabad one day I joined the M.S.I to distribute food items to the migrant workers and to the people from the nearby villages.

Bro. M K Mathew



BRO.C.A.JAMES



An awakening time, Covid - 19

Covid – 19 was a time of mindfulness, kindling sacred fire and awakening Montfortian audacity in taking risk trusting in the Divine Providence. A lot of time was available to be in touch with nature, with the core of my being, with Covid – 19 victims and pandemic situation around us and in the world. It was also an invitation to be in touch with our creator in contemplation.

The study and exposition to covid-19 messages, motivated to pray for the victims and caretakers of covid-19. It moved me to visit some slums to educate the children about Covid-19, to move to High ways to assist and express solidarity with the migrant workers and other affected families. I joined the volunteers in distributing ration and helping the marginalized.

Covid-19 gave an opportunity to attend many online conferences and learn new things, and move forward. It was a time of taking proper care of others and myself.

Facing the Covid-19 challenges and trusting in God was climax of the time. Like in the story of the deer that faced problems all around, the wild firm, the lion and the hunter, God protected it by the rain, thunder and the deer gave birth to its young, similarly God will give us a new birth through this Covid-19.

Bro. C.A. James

When we give cheerfully and accept gratefully, everyone is blessed."

-- Maya Angelou

BRO. KURIAKOSE V.K.



1. What did you do as an individual for Covid-19 victims ?

Last March onwards this Covid-19 was a big News all over the place. Therefore, every one of us in the Community were careful in all aspects of our day- today life because we were mentally afraid as well as to protect ourselves. As a result, none of us came to contact with anyone who became the victim of Covid-19. However, I was always helping the people those who came in the campus to do any work i.e. preventive measures. I was reminding everybody to wear mask, keep the social distancing and also employing the workers below 20 in number. Unlike previous year, during the paddy cultivation time (August) we had always more than 30-35 daily labourers. But this year, I maintained the number always below 20. Even their time of meal, they were advised to sit far and eat. During the payment time also, I asked them to come individually and collect their dues. From this one thing, I learned whether we employ 35 or 20 women, work done is almost the same. When the number is more, they go here and there. We can't ask them also. In short, I took a lot of preventive measures.

2. What was the role in the institutional development activity?

My role in the community is to take care of the farm (Agricultural farm and Dairy farm). My working hour is from 9:00 am to 12:30 pm, and the afternoon from 2:30pm to 5:30 pm. By the grace of God till today none of the employees in the farm complained of any sickness. So far, paddy cultivated in the farm is good. Hope and pray this year, we will get a good crop. Same way in the Dairy farm also we are getting 17 litres of milk daily. So, milk and its product are available to the customers.

We have stock of last year's paddy around 40 bags in the store. Therefore, up to the end of this year, we have no fear of food. By January, we will have this year's crop. This is the way, I support the community for its growth.

Trusting in God our Father, I spend my days with my daily routine work. I must say our Community is one of the mutual understanding one. Therefore, we enjoy the life here with one another. The life goes on, the rest we place in the hands of God.

Thank You! Bye until we meet next...

Bro. Kuriakose V.K.

BRO. THOMAS MADANU



1. What characterized your spiritual life during Covid-19? My Spiritual Life

Covid -19, made the whole world upside down when man is affected, complete order is affected in the world. Many people lost their lives. Many people lost their livelihood. Situation has arrived to a depend on one another. Those who have, have to share with have not. It may take few years to come back to Normal life.

In this situation the need has arrived to think of God the creator. This problem can be solved only by prayers.

In this connection I am not only attending regular spiritual activities but also started praying intensively. For the needs of everyone for good health. Many people became orphans. To earn their daily bread became very difficult. I started to offer everyone to God in the morning mass, in the morning prayer and in the evening prayer.

In the course of the day, I pray not less than three Rosaries for various needs of the people in the world. For all the people who are affected by Covid-19. For all the people who lost their jobs and living has become a difficult task.

On the contrary, I being a religious, in the congregation, I am provided with everything. I give nonstop thanks giving to Jesus our brother and to Mary our Mother for the providential love and care.

2. Personality development during Covid -19? (Emotional, psychological, physical)

During the lock down more than 40 days migrated workers became jobless. Government became in different. Without work workers could not remain in the working place any longer. Transport came to a standstill. Those workers wanted to go back to their native place. People started walking without chappals food and water in the hot sun. Seeing their misery, emotionally, I was feeling one with them. I was praying to God that some good soul may come to their rescue. Many people wept bitterly because they could see their dear ones when they died in their native state. When people started walking daringly, God gave them strength and good health to reach their destination. They succeeded in their efforts. At this moment, I am reminded of this saying, "God helps those who help themselves". If we take one step, God will take ten steps to reach us. During the lock down I got more time to be in God's presence, to spend more time in prayer. I took precautions to be healthy. I consider whole world as one family. We are all brothers and sisters. I need to think welfare of each and everyone. We need to work for their welfare happiness.

3. What did you do as on individual for Covid -19 for Victims?

As an individual I tried to protect myself and others by taking simple precautions, like cleaning hands often. I used to avoid touching my eyes, nose and mouth. I have limited myself to social gathering and time spent in crowded places. I used to avoid close contact with someone who is sick. I clean and disinfect frequently touched objects and surface.

For Covid -19 patients I used to pray for them and offer mass intentions for their speed recovery. Since I was also worried and tensed, I did not dare to meet and take any further steps. Avoided lot of outings, holidays during their Covid-19

BRO. LAWRENCE D'SOUZA



I had wonderful and unique experiences during Covid-19. It all began on 18th of March the concluding day of CBSE Class Ten examination. We were having high tea at 6 PM with the staff members on account of My Birthday Celebration. 19.03.2020 was fixed as our results day. At 6.30 PM. Government of A.P announces that 19.03.2020 onwards will be a lockdown period due to Covid-19. For a moment we all felt rather helpless as starting of New Academic year was well planned and supposed to announce to our parents on 19.03.2020 along with the distribution of Progress Reports. Uncertainty continued and Covid-19 provided us altogether a new experience, an experience which will be remembered for a long time to come.

Community of NSM along with the staff members had wonderful opportunity to make ourselves available to the needy, slum-dwellers and migrant workers in the ongoing Covid-19. In the first phase of relief distribution along with Rs.200 per family, NSM reached out to Two Hundred and twenty five families to a slum at Autonagar. In the second phase we extended our help to 230 families among slum dwellers as well as migrant workers. Group of teachers visited the deserving families and one day before tokens were distributed to the people to collect their relief in their locality. Distribution was carried out in a systematic and orderly way within the given period of time, suggested and supervised by Police Personnel. Each one of us, Brothers, Scholastics and Staff members had meaningful and enriching experiences to share, trying to understand the problem of deserving people and their living conditions during Covid-19 time.

I have attended five online Seminars on different topics which are very much connected to my life and mission both spiritual and educational. Covid-19 has provided me wonderful opportunity to spend my time creatively and meaningfully.

Bro. Lawrence D'Souza

*"God never tires
of forgiving us; we are
the ones who tire
of seeking his mercy."*

—Pope Francis

BRO. RONALD NORONHA



1. Spiritual life during COVID-19

I had taken my spiritual life for granted believing that I was well grounded and that my works and humane attitude would vouch for my faith in God. I was clear about my plans, confident of my strength and abilities, knew whatever I was doing was for a common good and there was no stopping. During this time of Covid I realized how wrong I was and that God has his own plans. From the month of April onwards I started getting one sickness after another and lost weight and became weak. The sicknesses and the uncertainty of Covid filled me with anxiety and felt helpless. Then I realized the frailty of human life and deeply felt the need of God and his presence. I began to spend time in prayer, participated in online novenas and adorations and began to connect with the passages of the scripture and bring meaning to my life. I surrendered myself to the will of God and felt comforted. I realized that it is only when we are deeply rooted in God that we can withstand any storm in our life and be at peace.

2. Personality Development

Being locked down during the beginning of the Covid Pandemic in India, reading all the right and wrong informations of Covid on social media and the uncertainty of corona disease brought in anxiety and despair. It was at this time I felt the need for connectedness and emotional support. I spent more time with the Brothers of the community. I began to spend time with my dear and near ones through the social media. Friends long lost became dear and connected with them. I realized that most of the people were anxious and distressed due to uncertainty of future due to Covid, of their dear ones who were stranded in distant places, their jobs and livelihood. On the whole from being independent I became interdependent.

Bro. Ronald Noronha



BRO. JIMMY KURIAKOSE



1. What Characterised your spiritual life during Covid -19?

There is a legend about a bird called thorn bird which sings just once in its life, more sweetly than any other creature on the face of the earth. From the moment it leaves the nest it searches for a thorn tree, and does not rest until it has found one. Then, singing among the savage branches, it impales itself upon the longest and the sharpest spine. And, dying, it rises above its own agony to out-carol the lark and the nightingale. The legend conveys a powerful message that the best is achieved only at the cost of great pain.

Corona Virus created panic among people. Even a sneeze was enough to make people to run for cover. People were scared to their bones. The medical journals published that the people with underlying medical conditions (such as cardiovascular diseases, diabetes etc.) are at higher risk of getting severe Covid -19. I suffer from heart disease. It created terrible emotional and psychological anxieties in me. Everyone and I am no exception, was looking for a solution to avoid contracting the sickness. Social media had a gala time. There were suggestions in galore. This also created emotional problems. What to choose?!!!! How to improve your immune system?

I looked around for the longest thorn. When I found it, I launched on to it and there emerged a beautiful cry, BE POSITIVE IN YOUR THOUGHT. This thought changed my attitude towards Covid – 19. Pray ardently, eat healthy and protein rich food, exercise well, be happy, spread positive feeling and sleep well, these have been my answer to the fear of corona virus. Physical exercise for one hour in the morning became a routine. Eating well has its own side effect; you grown in size and weight. Now I have to wait for corona to subside to bring down my weight. After all everything has its own pros and cons.

2. Personality development during Covid-19? (Emotional, psychological, and physical)

This pandemic was a bolt from the blue, once in a millennium event. It caught every one unawares. Like I, most thought it will disappear in a few months. In the initial days I was happy that it gave me a few days to relax. But as the days went by and no light to be seen at the end of the tunnel, I felt disappointed. And slowly my disappointment turned into despair. And the despair into prayer.

My personal reflections on life made me realise that we just don't bother about anybody in a situation where one's life is at stake. I read and heard about sons refusing to see their mothers, who died of Covid and do their last rites because of the fear of contracting Corona Virus or Parents abandoning their children because they had corona. We see in them the animal instinct of survival. I know that these are all rare cases but they convey a message that, our life is precious to us and we want to hold on to it as long as we can. I call it as the "Me and Mine Syndrome". One does not bother about what happens to other as long as everything of me and mine is safe.

Though I have heard the old adage "Nothing is permanent except the Supreme Being" many times, this pandemic made me understand it in better. That life is very fragile and it can be easily destroyed with a simple fever and a cough. Your dear and near ones can simply abandon you for a fever and a cough. Mask (face is our identity) and social distancing (closeness is the bond that keep us united) have become the norm of the day. The corona has taken away our identity and the bond that unite us.

In this chaotic situation I felt that God, the all-powerful, only can save us from this pandemic. So, I and we as a community started praying ardently every day for saving us (everybody and everything) and the world from this epidemic. The Covid - 19 has definitely strengthened my spiritual life a little.

Bro. Jimmy Kuriakose

"You have not lived today until you have done something for someone who can never repay you."

-- John Bunyan

BRO. JOSE V.V.



Covid-19 - Impact on Emotional, Psychological, Physical

We must stop worrying about Covid-19 when this will come to an end and start thinking about ways to get through this period and unaffected as much as possible. Children are likely to be experiencing, worry, Anxiety and Fear and this can include the types of fears that are very similar to those experienced by adults such as a fear of dying, a fear of their relatives dying or a fear of what it means to receive medical treatment.

In this time of uncertainties and turmoil where Covid-19 is wide spread and every system in the society is locked down, I try to take up relaxation practices which can bring me back into a system of equilibrium. I keep myself busy having regular schedule, helping in doing some of the work at School, Gardening, Monitoring the work that is taking place in the School Campus, reading useful books, listen to music and also listening News and other relevant programmes on Television which help me to know the day to-day happening in the world.

I feel, the best way to overcome pandemic worries is to pre-occupy myself with various useful activities which give me a sense of satisfaction and meaning to my life.

Spiritual Life During Covid-19

Covid-19 offers me an opportunity to reflect on the spiritual impact it has on the world and our Communities. In this broad sense, the spiritual impact is currently not unequivocally positive, however I am convinced that in the end, humanity as a whole can take a spiritual leap forward.

Jesus invites us to look at our reality of Corona pandemic with the eyes of faith. As we read the signs of the time, we realise that this Global crisis is a challenging opportunity for mankind to experience a Global conversion and renewal.

Today as the world is gripped by a Global pandemic we have to revision our lives beyond our own wants and needs, to foster new approach to our Sisters and Brothers across the Globe beyond our own borders and Egos, to heal our Mother Earth and human family towards building a more equitable, just, peaceful and sustainable world. It is a call for a renewed relationship with God, self, others and creation. It is a new way of thinking, living, relating and planning in order that every one's food and health become the responsibility of all. There is enough in the world for every one's need, but not for every one's greed.

The Lord invites us to re-awaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. In this time of uncertainties let us remain close to the Corona afflicted people during our prayer and offer all of them to the care and protection of the Lord our Master.

BRO.C.A. THOMAS



1. What did you do as an individual for Covid-19 victims?

- a) Seeing the struggles of daily labourers, I decided to give them dry rations and fruits, who were working at our C.B.S.E building.
- b) I also assisted the press reporters to distribute cooked food for the migrant workers near Zoo Park.
- c) Supported the private school teachers who were not getting the salary by joining hand with COVA Network.
- d) Supported an N.G.O. at Rasoolpura, Hyderabad with Rs.25,000/- for food distribution in the slums.
- e) Supported all the employees at Boys Town I.T.I with full salary for the month of March, April and May

2. What was your role in Institutional developmental activity?

- a) At Boys Town campus we continued the production in various departments with a few employees and staff reporting on alternate days.
- b) Motivated a few hostel boys to stay back and continue production and online classes.
- c) Motivated the young Brothers in the community to take up maintenance of campus every day for 2 hours.
- d) Developed a sense of getting back to the mother earth by growing vegetable and banana gardens.
- e) Completed the repair and renovation of I.T.I. campus, washrooms and C.B.S.E. campus railings etc. with a few labours and staff.
- f) After I joined Montfort Bhavan Community in June I started vegetable garden and Banana plantation within the limited area available to become more self-sustainable.
- g) Attended many virtual conferences through Zoom, Webinars, Google on Institutional, Management, Disabled people etc.

Bro.C.A.Thomas

BRO.SHOW REDDY G.



1. What characterized your spiritual life during the Covid - 19?

I would like to share some of my reflections what characterized my spiritual life during the Covid - 19.

- 1) For the first time in the entire world, everyone was lockdown indoors for a period of time as it was requested by the world leaders.
- 2) It has brought awareness to all the people and particularly to me to give importance to sanitization, social distancing and wearing mask to keep the Corona virus out of reach.
- 3) It has enabled me to depend on God for various needs and face this challenge of Corona virus as a God given opportunity to transform my life. I use to tell God you know what is good for me and what is not good for me.
- 4) I was able to spend more time in prayer. My humble prayer to God was, to give courage to me and to all to face this virus without any complaints and despair.
- 5) It has helped me to read the Bible and other spiritual books to make my life a better one.
- 6) As I was undergoing chemotherapy treatment, it inspired me to pray for the people who were suffering due to various kinds of sicknesses as well as Corona virus.
- 7) Became away from God's power how he can affect the mankind with an unseen enemy (Corona Virus).
- 8) I constantly spoke to several people through phone telling them that this Corona virus is a God given opportunity to transform our lives for better.
- 9) I was inspired by the various initiatives taken up by the Provincial Administration, institutions and individual Brothers to reach out to the neediest in this time of Covid - 19.
- 10) I observed the prayer life of the Brothers has tremendously improved.
- 11) The ordinary faithful attended the spiritual activities through online models and thus they became a good witness to me.

12) It has given an opportunity to the people to come up with creative models of praying to make my spiritual life very meaningful and satisfying.

I conclude by saying Covid - 19 was an opportunity to enlighten myself and others how God can act on us when we go astray beyond the boundaries of Him.

2) What did you do as an individual for Covid - 19 victims?

At the time of Covid - 19 declaration took place, I was under chemotherapy treatment. On account of the treatment I could not go out and do anything particular to the Covid - 19 victims. However, I would like to share a few things which I have done for the Covid - 19 victims.

- 1) I constantly prayed for the people who were affected by Covid - 19 for the known and unknown people.
- 2) I supported the initiatives taken up by the provincial administration to help the Covid - 19 victims in different parts of India where ever our communities were present.
- 3) I made an appeal to several known friends to reach out to the Covid victims in the form of kind and cash. The response was satisfactory.
- 4) I was within my self-appreciated all the individuals, who have come forward to survey the Covid 19 victims in hospitals and outside even at the cost of their lives.
- 5) I took at most care of myself so that I don't spread this virus to any other person knowingly and thus make others suffer for no fault of theirs.

Bro. Show Reddy G.

“There is no exercise better for the heart than reaching down and lifting people up.”

-- John Holmes

BRO. MONSON KURIAKOSE



My reflection on Covid - 19

Today the whole world is thinking, speaking, acting on Covid 19. In a way we can say that this tiny, unseen virus has taken control of whole mankind. It has created hopelessness in the hopeful, fear in the powerful, weaknesses in the strong, distance among the close ones, sadness among the joyful. It has created confusion among the logical thinking people as well as religious thinking people. On the other hand, it has brought out the best in the human beings by way of helping others, being in solitude with oneself and family and understanding better one another, freeing environment and creation from its suffocated state and has reduced the crimes in the society. So, the million-dollar question is **Is Covid 19 a boon or a bane? I leave to each one's discretion to come to a conclusion.**

From the life of Jesus Christ, we know to have the "aha" experience of Easter and one has to go through the experience of "Good Friday ". At present as we experience fear, anxiety, loneliness, rejection, separation as never before, can our experience of Jesus give us that ray of hope of resurrection, light at the end of tunnel to wait for the "aha" experience as experienced by Jesus. As we go through the "Good Friday "experience now, we shall kneel down before God, beat our breast in humility, repentance and emptiness and confess to the Lord "yes Lord I have sinned against you and your creation. I shall strive to promote integration of creation". God will give us the Easter experience.

I am sure the world would never be the same for mankind after Covid 19 experience. Hope we all will become wise (if we are alive) to know the laws of God's creation and learn to respect all creatures. By now we have learned that we are not superior creature but one of the creatures. Our responsibility is to preserve and protect not to dominate and destroy the creation. We have destroyed the equilibrium and Covid 19 may be the way to restore it. If that is true, the whole humanity will experience true Brotherhood /Sisterhood once this virus disappears or brought under control. That experience will be the experience of "New earth and New Heaven ".

As we wait for this experience to happen, let us proactively work towards achieving our goal. Let us LOVE the less fortunate, marginalised in the society and towards nature and its resources, comfort the sick, give courage to the weak, hope for the hopeless, salute the front-line warriors, and support the Government and administration.

Bro. Monson Kuriakose SG

BRO. BALA SHOWRY



1. What characterised your spiritual life during Covid-19?

"Spirituality is that aspect of humanity that refers to the way individuals seek and express meaning and purpose and experience their connectedness to the moment, to self, to others, to nature, and to the significant sacred."

This was my experience during Covid -19. I spent time being alone to discover myself, and get connected with divine. It was a great experience; spent time in prayer, experienced bliss, peace and harmony. In the process I got connected with the nature and developed a sense of liking for nature and observed and appreciated God's creation. I also got connected with the universe, humanity which helped me to be fully human and fully alive.

Though the Covid-19 crisis has brought the world to a halt and sadly, the health and economic impact will be disastrous, I feel that from a spiritual angle, pros will outweigh the cons making us a global community with spiritual connectivity.

In a way covid-19 is also a battle for our soul's "a spiritual battle for the 21st century." It's a battle we will win I reckon

2. What did you do as an individual for covid-19 victims?

- a) I have coordinated the activities of the province by setting apart Rs.1,00,000/- to each community.
- b) I have curtailed my personal expenses in order to extend a helping hand.
- c) Motivated the O.S.A in all the mission centres where ever I worked. They have responded very well and did a fantastic job both Kothagudem O.S.A as well as Gannavaram O.S.A.
- d) Helped two families with the medical aid.
- e) Helped covid-19 victims to get beds in the hospital with the help of old student.
- f) Sent dry ration to some deserving families.

Bro. Bala Showry
Provincial Superior

BRO.M.A. ANTONY



Personal reflection/ activities during Covid 19

This covid season is an eye opener for all of us, because we none of us ever imagined that the situation would be coming to this level as it is today. No matter Rich or Poor, different Religion, developed or undeveloped underdeveloped countries, biggest institutions and firms, even priests or religious are affected due to this dreaded disease called Covid -19. All are with nightmare and do not know “What is Next and how long?” the situation today going bad to worse.

I am going to share:

1. What characterized your spiritual life during Covid-19?

- a) This was the time I tried to create more time in Spiritual activities, like not missing the community prayers and Holy Eucharistic celebrations.
- b) Try to find more time in personal prayer and praying for others

2. What did you do as an individual for Covid-19 victims?

- a) First of all my deep prayer to all those who are affected by this.
- b) This was an opportunity for us to do something more than our regular activities we are entrusted with. For me as an individual, I could go out of my comfortable zone to bit risky area to help our neighbouring poor people with some Food Materials.
- c) Personally, took interest and started some cultivation.
- d) Try to minimize the personal expenses.



Bro. M A Antony

BRO. AROGYAM PASALA



My spiritual life and personality development during the lockdown.

Dear Brothers, Greetings from Montfort School Garratola!

I may not be living like monks, but I am certainly living a restricted life during the lockdown. If I keep thinking about how great my life was before the lockdown and how awful it is now, then I feel frustrated and unhappy. I have just accepted the situation to change myself and I didn't fight with the situation. I always live in the present, just live from moment to moment taking each-day as it comes.

During this lockdown time I got more free time. Montfort Garratola is a beautiful place for morning meditation where I can connect with the nature every day. I welcomed all kinds of opportunities during this lockdown time. Go for walk, join with the servants for sweeping and cleaning the surroundings, enjoying the quality time with the community members and attending morning and evening prayers every day.

Lockdown time is a great opportunity for me to show my social commitment by giving our community vehicle in emergency. Finally I wish every Brother in the Province to have hope, faith and ability to assimilate the lessons that we experienced during this lockdown time. Continue to take care and God bless you!

1 Peter 5:7. Casting all your anxieties on him, because he cares for you.

Bro. Arogyam Pasala

BRO. JOSE EMMANUEL



1. Personality development during Covid-19 (emotional, psychological, physical)?

The period of Covid-19 has been a period of blessing in disguise in my life. I thank God for providing me this wonderful opportunity to look into my personal life, talents and abilities. I have spent a quality time in reading and reflecting, several books like The undiscovered self by Carl Jung. The power of Awareness by Neville Goddard. The Art of Effortless living by Jason Gregory. The power of your Subconscious mind by Joseph Murthy. The Magic of Changing your thinking by Wayne Dyer. The Psychology of self esteem by Robert Anthony and many more. The reflections I made on these books helped me to be a better person, in my thinking and inter- personal relationship with other people.

I have developed an independent thinking pattern, where others can't put any negative influence into my mind, without my permission. I don't believe that I lost something in my life because of covid-19. I had set the 24 hours a day into 4 parts, 6 hours for work, 6 hours for rest, 6 hours for reading, study and reflection and 6 hours for yoga, meditation, exercise and prayers. I had followed a set of discipline in my life as a result I have developed my emotional, psychological and physical aspects of my life. The discipline I followed in my life influenced a lot in the development of my personality.

2. What was your role in the institutional developmental activities during Covid-19?

The principal of Montfort High School, Repalle, took keen interest in developing human resource during Covid-19. The Teachers of the school were given a month, training programme for communication skills, spoken English and English grammar. Another month to learn from one another. A programme was organized to develop computer knowledge skills and online classes training programme. The principal conducted Google meet to boost the teachers with self confidence and positive thinking. Self motivational videos and talks were posted to the teachers through Whatsapp to create self-esteem. The Class teachers of different Classes were motivated to call to their Students and parents to find out their health and hygiene. The teachers were encouraged to give health tips to improve the immunity of the entire family members.

During Covid- 19 the concern of the School management was not collect the pending fees, but the well being of all the members associated with this school. The school management did not spend a Rupee on infrastructure development like repair and maintenance or adding additional facilities. The school management was very much concerned about all the staff working in this Institution. All the Staff members were given 50% of salary, the management cut down 50% of all its expenses including food.

BRO.SHINE ALEX



Ten Contributions that Province of Hyderabad can make to Implement NEP 2020

I had the opportunity to attend a webinar of the Principal Secretary of School Education, Ministry of Education, Govt. of India. I would like to share my personal reflections in the form of possible action plans after attending various seminars on NEP 2020 and suggest 10 opportunities for Province of Hyderabad.

Vision / Principles of NEP 2020

- **The aim of education is identifying, and fostering the unique capabilities or potential of each student,** to promote holistic development and to achieve human excellence, focus is on providing high-quality education to all, access to quality education as a basic right of every child and thereby making India a global knowledge superpower
- **NEP 2020 wants to highlight our rootedness and pride in India,** our rich heritage. Ancient and modern culture, knowledge systems and traditions. **A global best education** system rooted in Indian ethos that contributes directly to development and progress of India, that is Bharat, a vibrant knowledge society, is the vision of NEP 2020.
- **NEP promotes ethics, human & Constitutional values** like empathy, respect for others, cleanliness, courtesy, democratic spirit, spirit of service, scientific temper, liberty, responsibility, pluralism, equality, and justice.

1. **Early Childhood Care and Education.** Universal provisioning of quality early childhood development, care, and education must be achieved by 2030. An excellent curricular and pedagogical framework for early childhood education for children up to the age of 8 will be developed by NCERT, in two parts, namely, for 0-3 year olds, for **EDUCARING**, and for 3-8 year olds, for **FORMAL EDUCATION** in **REGULAR** early childhood educational institutions, with high quality infrastructure and trained teachers. **We can select 5 to 8 experienced teachers from our KG sections of all schools and prepare them as professionally qualified educators/trainers for early childhood education, through professional training, mentoring mechanisms, and our existing old provincial house at Red Hills, can be developed as a Centre for Continuous Professional Development of ECCE Teachers.**

2. **Dropouts:** A top priority of the country is to bring back dropout children back into the educational fold as early as possible, and to prevent further students from dropping out, goal is 100% Gross Enrolment Ratio in school by 2035. (some statistics say that our country needs 0.4 million more schools) **Province of Hyderabad can start 4 more new quality schools, one each in every 2yrs, in areas where schools do not exist, in 4 new dioceses of our geographical region.**
3. **Alternative and innovative education centers for non-formal vocational education**, open and distance learning etc. can be started at Boys Town, Montfort Nilayam, Ballarsha ITI and MIEC, Nagpur by appointing professionally qualified personal and participate in Skill /Digital India projects.
4. **Counselors recruited to schools/ or well-trained social workers** and teachers will connect with communities to ensure that all school-age children are attending and learning in school. **Province of Hyderabad must qualify minimum 8 brothers with BSW/MSW and train 8 more brothers with MSC in Educational guidance and Counseling in order to have minimum required no of counselors and social-workers in our schools by 2028. There is an urgent need for more councilors, special educators in our educational institutions.**
5. **Curriculum content** will be reduced in each subject to its core essentials, and make space for critical thinking, more holistic, discovery-based, discussion-based, and analysis-based learning. Subjects such as physical education, the arts and crafts, vocational skills, in addition to science, humanities, and mathematics, will be incorporated throughout the school curriculum. **Province can select 5 of our schools as pilot projects to introduce subjects such as Artificial Intelligence, Design Thinking, Holistic Health, Organic Living, Environmental Education, Global Citizenship Education (GCED), Coding etc. at relevant stages.**
6. **National textbooks** will be prepared in 3 phased manner, new NCERT textbooks for all classes will be available from 2024-25. There is scope for expert teachers from our schools to become content developers/authors of high quality text books which would be sold at cost price. **We must identify 2 subject experts each for all subjects from our schools, train and develop them to become competent authors of text books.**
7. **Teachers.** Each teacher has to participate in at least 50 hours of Continuous professional development (CPD) trainings, every year. School Principals to participate in 50 hours of CPD on leadership and management, with a focus on preparing and implementing pedagogical plans based on competency-based education.

8. **National Professional Standards for Teachers (NPST)** will be developed by 2022, by the NCTE, with performance appraisal, for each rank, that would be carried out on a periodic basis, which will determine all teacher career management, salary increases, promotions, and other recognitions. The Province can constitute a committee of experts and implement it from the academic year 2022-23.
9. **By 2030, the minimum degree qualification for teaching will be a 4-year integrated B.Ed. degree.** Private educational organizations can invest in multi-disciplinary universities and colleges - to run B.Ed Programme. We must develop and train our teachers in our own colleges. We can start 4 year integrated B.Ed. course at Gannavaram and upgrade it as a college offering courses like BSW, MSW, MBA, MSc in Guidance & Counselling , Coaching and Training for IAS/IPS and other Competitive tests in collaboration with National Testing Agency etc.
10. **Efficient Resourcing and Effective Governance through School Complexes/Clusters.** School complexes/clusters, is a concept of one secondary school together with all other schools offering lower grades in its neighbourhood, in a radius of five to ten miles. To further enhance cooperation and positive synergy among schools, the pairing of one government school with one private school will be adopted across the country. **The Province can facilitate this in 5 of our schools located in rural areas to adapt a government school each and provide required assistance to promote quality education in those government schools.**

Bro.Shine Alex

*“It's not how much we give but
how much love we put into
giving.”*

-- Mother Theresa

BRO.LOURDU MAR REDDY



COMBATING COVID-19

“Every human being is the author of his own health or disease” is what is often quoted and said about our health and well-being. As a matter of fact, every human being is responsible for his health and the others. Most diseases that are viral today are human-made or human borne like the hellion we face now—Covid-19.

It was saddening and appalling to witness the world turning upside down due to the impact of Corona. Our lives never expected to sail such tough times in our journey. It had tried to break us down emotionally, wreck us apart psychologically, fall us away physically but we faced these hurdles reiterating 'Every human being is the author of his own health or disease' by authoring it positively to be audacious in heart, tenacious in body and efficacious in mind.

We play various roles as Administrators, Leaders, Teachers, Guardians, and Parents in our society and it is pivotal for us to play these roles positively.

As we guide our students in our institutions, positive thinking is not thinking less of negative forces or challenges but more of facing these challenges with the spirit of overcoming them effectively with positive heart, mind and soul.

We combat covid19 with positivity in thought so that we will not turn out to be Covid positives.

What characterised your spiritual life during Covid-19?

SERVICE NOT SURVEYS IN COVID-19

“SERVICE TO HUMANITY IS SERVICE TO GOD”. The motto of our institutions is the right path of spirituality that awakens our hearts to empathize the victims of Covid-19. The spirituality that is to be radically followed now is to be universal citizens and to be the sons and daughters of God coming under one roof of protection from Him.

It is time not only to safeguard ourselves against the pandemic but also to shield our hearts with prayer on lips and service to the fellow humans in hands. It is to pray for the recovery of Covid-19 victims and serve them in our own possible ways to make them victors against this Prince of sickness and death.

We are supposed to maintain social distance but not the distance in souls, service and solidarity to each other.

He who kneels before God and Serves human hand. will be taken care of by God and can withstand any evil.'

The right spirituality is also to respect and honour the police force, doctors and nurses and sanitary departments for their self-less service in being the harbingers of hope for the future and security in the present.

Our spirituality lies In Our True Service to Others!

Bro.Lourdu Mar Reddy

BRO.BALA REDDY P.



- 1. What characterized your spiritual life during Covid-19?**
- 2. Personality development during Covid-19? (Emotional, Psychological, Physical)**

In my day-to-day experiences I came in contact with reality through my senses. Whether I see, hear, taste, smell, touch and feel, with my conscience I understand and interpret the reality I have perceived; I analyse, compare, contrast, evaluate and relate; I discover meanings and make inferences. In the process I meet reality in depth I see the religious significance, contemplative aspect, the faith dimension.

Every personal experience is an occasion for growth. When I take stock of myself and get in touch with the significance of an event in my life, especially during COVID-19 it could be the missing of daily task events with sad memories, desires, sentiments, all woven in to my prayer life.

All my experiences can become prayer, an honest surrounding of what I am, and what my life is to Jesus through Mother Mary according to St. Montfort. The content of my experiences becomes the content of my prayer.

Finally, every experience has a religious dimension, a challenge and an invitation from God to me, to a deeper love, greater authenticity, and to be much more zealous and faithful to Him.



Bro.Bala Reddy P

BRO. EDWARD RAJ



1. What characterized your spiritual life during Covid-19?

During the Covid-19, my spiritual life is characterized by spiritual organization. Workplace spirituality is not about organized religious practices. It is not about God or theology. It recognizes that people have an inner life that nourishes and is nourished by meaningful work that takes place in the context of community. An awareness of spirituality can help us to better understand our employee behaviour. Spiritual organizations are concerned with helping people develop and reach their full potential. It builds their cultures around a meaningful purpose. It recognizes the worth and value of people. Spiritual organizations are characterized by mutual trust, honesty and openness. Managers in spirituality based organizations are comfortable delegating authority to individual employees and teams. They trust their employees to make thoughtful and conscientious decisions. They allow people to be themselves to express their moods and feelings without guilt or fear of reprimand.

2. What did you do as an individual for Covid-19 victims?

St. Thomas school is located in the midst of poor and daily wage-earners and with little field of agriculture that they have. This area is also known for lower middle class families born and lived in poverty. In such a situation St. Thomas school is located to uplift the poor through educational activities empowering the families, children and farmers.

Today I can see the struggle of the poor due to Covid-19. I could help the poor with the support of the community members. Our community was able to help the poor and the needy by distributing food items to 200 families. They were very grateful and said that it was a timely help by the Montfort Brothers. For my part I spent a lot of time praying for the victims of Corona virus completely from the world. I felt very sorry for the migrant workers who had no food and water for many days. Many people started walking back to their native places depending on some charitable people who helped them with some food and money.

At the outset whatever the noble work I had done was very little. That was the feeling that I got from this experience. I am able to remember them in my prayers at least and help them to receive God's providential support unconditionally.

BRO. RAYAPPA REDDY



Dear Brothers,

Covid-19 has hit everyone across the globe – emotionally, financially and physically. Many of us had thought that it may not impact our lives as it did in China. Month of March dawned on us along with many unanswered and uncertain questions. I thought that it may not last for more than a couple of months. But here we are...still uncertain and rather more uncertain than ever before.

Our Spiritual Life reflected in our Works: Our community at St. Paul's decided to do whatever we can to reduce the suffering of the people to the extent that we can, who reside close to our community. Whatever we did is a result of our spirituality and our communion with the Divine. We began to spend quality time with Him and used to talk to each other what we can do. Reach out...has characterized our spirituality. It was our opinion that what is done should be more important than who does it. We began to reach out to the most deserving families through our staff and alumni. There were instances where we got a bag placed in front of their door in their absence. There were occasions where bags were taken from the vehicle by the deserving families by their own hands without knowing who was distributing. Most of our distribution took place on the Feast Day of our Founder, St. Montfort. Our parents' community and our alumni did their might feeding the hungry and the sick, distribution of water bottles and setting up the needed infrastructure at Government health care centers.

Role in Institutional Development Activity: We the brothers decided that teaching and learning should not get affected due to the prevailing pandemic. We began organizing online classes from mid-April and I had the privilege of teaching Social Studies for Class 10. We successfully trained all the staff to handle the virtual platform as effectively as they could. We continue to better ourselves through regular meetings. We conducted FA 1 very successfully with no hindrances. We – Brothers, Teachers and Parents - put our heads and hearts together to keep on improvising our methods. The campus looks greener with the arrival of Bro. Antony, Bro. K. M. Joseph and Bro. Balla Joseph keep monitoring the online classes.

We entrust all our cares and worries to the Divine with the hope that 'We shall overcome' this pandemic and the testing times...one day...but as soon as God wills.

Bro. Rayappa Reddy

BRO.DAVID INDWAR



1. My spiritual journey during Covid-19

When I sit for prayer and reflection it disturbs my thought process, the very fact that how people were walking bare foot on the road. The pandemic had hit the whole world. In the beginning when lockdown was announced it was felt good that it would be controlled. But when it increased in number and all the work places stopped functioning and labour group began to move to their home town, people had no transport. This scene frightens me even now. There were Thousands and millions of people on the road along with their children and whole belongings migrating to safe place. Seeing them community used to discuss and reflect every now and then. Finally community decided to contribute help in small way to this migrating crowd. I extended my hand in distribution of condiments to all our domestic helpers. Then we had helped in providing food for travellers on highway. This was a very small contribution from my part. But I realized how people go out from their places to work and earn their livelihood. It makes me to think how I could render my service to the humanity in whatever possible I can do. Last few years I had an opportunity to serve the poor, had full satisfaction and joy in my heart. Only I could pray for their safety on their journey home. Many lost their lives on the way. And now people go round for their livelihood. They are having no food to survive. People are not afraid of Covid - 19 but the hunger.

2. Seminars

We had classes from the beginning. Our BRO. principal took timely new steps to continue school through Google classes. Through this I could learn various new technology that world is accepting and moving towards new directions. At this point of time I had an opportunity to attend few seminars and meeting via virtual platform. 1. AINACS 2. AIAMS. Through these seminars I could learn many new aspect of education. AIAMS theme was “during and post Covid-19 pandemic”. World is moving far ahead and I need to catch up making use of different technology. Now children are the teachers in technical field from them we can learn. Class rooms have gone to children and children need not to go to the school. But the villages lag behind due to lack of internet connections. It is a sad part of our country. One side country is competing with the world other side not able to provide facility to people in our own country.

Bro.David Indwar

BRO.DON DOMINIC



1) What Characterized my spiritual life during Covid 19

Covid - 19 was an eye opener for me in many ways. It made me realize the need to deepen my relationship with God. To be fully depend on God as Montfort did during his stay in Pot-de-Fur Street. I was able to overcome the fear and anxiety that the pandemic created only through a deep spiritual experience. It was also a time to give more priority for prayer and to deepen that intimacy with God. It was also a time to comfort and strengthen one another in the community to face the adverse situation. Covid 19 helped me to unite myself more deeply with the people in the entire universe by daily keeping them all in my prayers. As a whole I could say Covid 19 has brought in me a new perspective to look at the realities around the world from the angle of faith. I am sure this experience will stay on in me to and help me discover God's intervention in every moment of my life.

2) Personality Development during Covid 19 (Emotional, psychological, Physical)

Covid 19 was also a time of worry and agony for me. I was able to overcome with the help of Brothers in the community and also with the active involvement in my mission. It was also a time to give hope and courage to those with whom I stayed. The responsibility to lead the community made me to be emotionally strong to face the challenge. It was also a time to think creatively to carry on the mission that was entrusted to me. That gave me the opportunity to think and plan accordingly and to implement as planned. With restricted movement many things that were planned did not materialize and that made me to accept the realities positively. The saying "Man proposes God disposes" came true in many cases. I feel this pandemic has made me emotionally and psychologically strong. It has made me to face challenges and adversities with great confidence.

Bro Don Dominic

BRO.SANTOSH KUMAR



1. Personality Development During COVID-19? (Emotional, Psychological, Physical)

The times of Pandemic is an opportunity to journey into oneself where I had a glimpse of every aspect of human life, nature and the truths of life.

Every continent in the world cried out COVID-19, Wash, Clean, Sanitise, Mask and Social Distance. It just allowed me to reflect, how frail we are “The best of Creation” at the rapid working of a tiny, invisible creature. I could empathise with the suffering migrants, daily wagers, Covid victims, the front line workers and offer a sincere prayer to God for them.

The Pandemic has turned one to be more responsible and conscious of every step that one takes. brought many to the awareness of how to deal with silence, inactivity and with no busy schedule.

“Health is Wealth”. This Proverb was adopted very seriously during Pandemic Times. One could spend time to Tone the body as well as soul. Great efforts were made to use the medicinal value of the nature in different forms.

To a great extent these seven months helped one to be more human, matured and responsible. It is everyone's responsibility to cry out to God “Lord take control of the disease”.

“Stay Clean, Safe and Healthy.”

2. How many seminars/ meetings did you attend during Covid-19?

The times of Pandemic has been very enriching in the other way. Though everything was shut, there were many opportunities online through different sources to become very informative.

Some of them are:

- ✦ Webinar on virtual Teaching Mastery to cover A to Z of Virtual Teaching. (18th July).
- ✦ Perspectives and Prospects of National Education Policy 2020 (7th August).
- ✦ The webinar on How to do Assessments in Covid Situation. (20th August).
- ✦ AINACS webinar (15th to 23rd August).
- ✦ Healthcare Management of Diabetics during the current pandemic (28th August).
- ✦ Consecrated Life 2020: A Post Covid -19 Manifesto (29th August).
- ✦ Promoting Freedom & Fraternity in India: A Church Response (30th August).
- ✦ Inclusive Digital Pedagogy (5th September).
- ✦ Blended Learning: The call of the Future (7th September).
- ✦ National Webinar on Reclaiming Democracy, Defending Diversity (12th September).
- ✦ KIPS Webinar – Cyber Security (19th September).

BRO. YESU PRABAHARAN



Every disruption in human history has led to new ways of thinking. And this pandemic has certainly made a deep impact in my life and enhanced the quality of my life. I have learnt the worth of life. I have understood the nothingness, and the longing of the human for justice, freedom, equality and to be loved. It's an opportunity to grow and to accept the reality of life especially to be prepared for the worst situations.

Nothingness: When an invisible creature became the common enemy, there was a tendency within me to forget the inconvenience, the petty things that held undue importance in my life but to focus on the ways and means to alleviate the pains of the people around. Further, to be an agent of hope to persons, who are directly or indirectly affected by this. During this pandemic the verse from Job 1:20-21, "Naked I came from my mother's womb, and naked I will return. The Lord gave and the Lord has taken away", churned my thinking. The true wealth of a good and godly character is worth more than diamonds or gold, and cannot be taken away.

Justice: I need to be just in everything I say or do. Its time that one needs to understand the creatures and nature and their longing for rights like any human being. If we do not give a thought or heed to them today, perhaps there will be a time when the ants, termites or any other creatures will form unions to fight for the rights against human beings. Perhaps this pandemic is one such implicit reminder for us. We need to accommodate every living being like St. Francis of Assisi and praise God in his words, "Be praised, my Lord, through Sister Moon and the stars; in the heavens you have made them precious and beautiful..... through which you give your creatures sustenance."

Equality: The common enemy, the microscopic villain has brought everyone down to the same level. For this invisible creature, everyone is same and shows no difference in its treatment. The only common possession that everyone carried during these months was fear, anxieties, uncertainties and apprehensions. Therefore it paved way for all and specially me, an opportunity to experience the oneness, togetherness and garner strength to fight against the Virus.

The pandemic acted as a force multiplier for faster, deeper and more meaningful learning and experience. Amir Khan, the Bollywood hero once said 'if you want to have a great learning and experience in life, just take one year off and travel from Kashmir to Kanyakumari'. Yes, one can learn the maximum by going deeper into our own country. The situations outside did not leave me undisturbed. I believe this pandemic situations helped me to introspect my life, to recall my past, to read and reflect, to understand the plight of the people, to be available to the needy and be deeply rooted in God.

Learnings: The pandemic also created a lot of opportunity to express and to experience the humane aspects of life. I have been taking a calculated risk but I know, as a religious that is not enough and I need to consciously grow in this regard. I remember the words of Norman Cousins, "the tragedy of life is not death but what we let die inside of us while we live". I am sure a few books that I read, the seminars I attended, the people (parents of our school, mentors, the needy yet others) I interacted with did make a difference in my life. Hope to preserve these experiences and draw the maximum energy possible to hold a better religious life in the days to come.

It was heartening to see, we collectively as Montfort brothers focused on transcending the pandemic-induced crisis to reach out to the needy to the extent possible certainly could have done better but for the fear element. God bless.

Bro. Yesu Prabakaran. SG



BRO.ARUN S.T.



Covid-19 was an unwelcomed and unwanted window that opened up an opportunity to the entire human race. Pandemic impact made me to stand still and stir inward and outward journey of my life and as well as entire human phenomena. Spirituality is a broad concept with many perspectives in life. It includes a sense of connection to something greater than myself. Spirituality is an inward journey from something known to unknown reality. It helped me to cope with effects of everyday stress. I began to understand that life (spirituality) is more of a personal encounter with life experience in day to day life situation and it has to do with having a sense of peace and to develop a purpose in life. Spirituality adds value to the life than racing for the material gain. Spiritual characteristics gives us.

More contentment, happiness, a sense of meaning in life and sense of well-being rather than religion set of beliefs. Covid-19 has characterized my life that my role in life has a greater value than what I do every day. It can relieve me from dependence on material things and help me to understand my life's greater purpose. Spirituality can be used or lived as a way of coping with change or uncertainty. Certainly, for me, being spiritual refers to that of core dimension of me-my innermost self- that provides me with a profound sense of who I am?

Personality refers to an individual uniqueness in characteristics, in thinking, attitude in his /her approach, feeling and behaving. Honesty, technical competency, work ethics, flexibility, determination, persistence, harmony, willingness, communication, relationship all these qualities adds another feather in the hats of personality. The pandemic has thrown an open carpet to me to walk in to test myself how befitting I am to be a unique in my own ways. Personality is an external output of an internal disposition or spiritual qualities. A good disposition helps us to develop a positive attitude in life. Personality brings not only our outer self but also inner self that mirrors out to whole society. I have heard people talking about inner beauty and external beauty. Inner beauty is more primordial than outer beauty. Inner beauty is a product dimension of our spiritual self that is exhibited in the form of personality. Personality and spirituality are always co related. And thus, I would call a personality as an outcome of spirituality.

Bro. Arun S. T

BRO. JOMON JOY



LIFE LESSONS FROM LOCKDOWN

It's in human nature to be resistant to change, to miss the old status quo and to feel uncomfortable in new settings. COVID-19 hasn't been different: The sudden closing down of the school brought an abrupt end to my regular rhythm of life. The new 'normal' has created numerous inconveniences and limitations to my 'normal life', but I focused on the silver linings which this lockdown had to offer.

1. An opportunity to serve

It was a heart wrenching sight to see the poor migrant labours walking through NH7 which is just 500 meters away from our school. They were walking to their homes thousands of kilometres away with their children, some even carrying their old parents and little children on their shoulders. Some of them were weeping as they walked, their feet sore and burnt, not knowing whether they would ever reach home. It made me to realize that half of the Indians were on the roads while the other half including me were locked inside the school fearing the pandemic. Inspired and moved by the words of

Mahatma Gandhi "The best way to find yourself is to lose yourself in the service of the others", the community decided to reach out to these poor migrants by providing them meals and dry ration. It was indeed a heart-rending experience which helped me to come one step closer to the deprived and the disadvantaged.

2. Reconnecting with the Mother Nature

While the pandemic has done irreparable damage to the economy, it has done some good to the environment. In times of uncertainty and unpredictability, it is always easy to find meaning and purpose in life by reconnecting with the Mother Nature. The lockdown helped me to fulfil my commitment to the environment by planting hundreds of trees and plants in and around the school campus. It gives me a lot of satisfaction and fulfilment watching them starting to grow and bloom. My effort to save the Mother Nature may look very insignificant. But if everyone were to plant ten trees and care for them, within a couple of years our environment will be a healthier and cleaner Green Earth.

BRO. BARTHALOME PASALA



1. What did you do as an individual for Covid 19- victims?

As an individual I tried to protect myself and others by making simple precautions like cleaning my hands often, wearing masks and social distancing. I have avoided social gatherings and time spent in crowded places. Stayed away from someone who is sick? I clean my hands and disinfect frequently whenever I touch objects and surfaces and other things.

For Covid 19 patients I prayed during mass and prayer time not only that I have distributed condiments and other materials to the poor around our area. I offered mass intentions and prayer for their soon recovery, since it is a deadly disease. I did not take any further steps. I am fully conscious about my surrounds because even the air that I breath is not safe, the people that I meet the things that I buy. So I'm fully conscious and say that everything that I do is only for the glory of God. All my actions that I offer for total dependence on God.

2. What characterized your spiritual life during Covid 19?

During Covid -19 my spiritual life brought me an enormous change in my life. I can say that my border perspective of my thinking and in my feelings for the Covid patients life. It is important that I focus on how I might do things differently in my thinking to develop the responsibility that is entrusted to me in other aspects of life. When I do something can heighten my spiritual energy rather than the completion of other tasks. I need to concentrate on where the divine longs for me to serve.

During Covid- 19 I learned to be more prayerful, faithful, simple and humble. I learned to be patient. It helped me to recall the gospel, "What so ever you do to the least of my brothers that you do unto me. When I was hungry you gave to eat, when I was thirsty you gave to drink. These words have inspired me to love and serve the humanity.

Bro.Barthalome Pasala

BRO.PREM KUMAR



COVID -19 VICTIMS

As an individual has made an assessment and decided to distribute provisions for the Daily wage labourers, old, needy people, auto Drivers and Tribals who have migrated from Chhattisgarh some years ago. Their family situation was really in pathetic condition. We the Brothers visited each house of their and gave 5 Kgs of Rice and 5 Kgs of different types of Vegetables, so, that at least they will have one meal properly in a day. And this was really a great support and joy for them. The above incident was inspiration for our School Ex-Students, they also responded very positively to distribute Dry Ration to 150 families which is enough & sufficient for one month. All these things made me happy and self satisfied.

INSTITUTIONAL DEVELOPMENT ACTIVITY

Our School started in 1963, so the construction of our School and its boundary wall was very old and made up of mud, due to heavy rains the compound wall collapsed. We reconstructed to safe guard our School from Animals & strangers, etc.

We made a beautiful garden, made up of cement tiles, which was made by our Workers & Brothers. Along with this, our School road side path way is beautifully paved with stones. Our School has extra 3.5 acres land, is fenced to protect from Animals and Strangers.

Recently, the Local Sarpanch of Dhanbad without applying his mind has proposed a cremation ground adjacent to our School. The smoke and the smell emitting from the Pyre affect the students in the class rooms and they may not be able to attend classes in a pleasant atmosphere. This proposal could have been some where far away and not near the vicinity of the school, that would spoil its serenity and the calm atmosphere enjoyed by the school children as well as by the Singareni colony residents and locals. Since this would be causing a nuisance and disturbance to all those who live in surrounding areas and the School.

Keeping in mind the above mentioned problems and difficulties we requested Collector of Bhadradi, Kothagudem with the help of Old Students of our School and Parents to find a permanent solution, at the end we could succeed in it.

Bro.Prem Kumar

BRO. LOURDHU JUSTIN



Fraternal Greetings!

Pope Francis while delivering an extraordinary "**Urbi ET Orbi**" at St. Peter's Square on 27th March said, "Thick darkness has gathered over our squares, our streets and our cities. It has taken over our lives, filling everything with a deafening silence and a distressing void that stops everything as it passes by: we feel it in the air... We find ourselves afraid and lost". Pope Francis linked the corona virus pandemic to a storm laying bare, illusions that people can be self-sufficient... The virus has exposed people's vulnerability to those false and superfluous certainties around which we have constructed our daily schedules". He called us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to those hours when everything seems to be floundering.

Feeling the need to respond to the situation created by the Covid-19 Pandemic all sudden and unexpected, I spent quality time in my personal prayer. This gave me an opportunity to spend time in personal dialogue with God which I somehow reduced due to work schedule or spent little time. Personally, it's a sad academic year. I dreamt to begin well as I took up first time.....But all these disappeared as I had personal time to meditate the higher intervention that is God. It's the time to realize our reason may fail but our faith in God would lead us.

When I reflect and see, it's again formative. All through the salvation history, God's intervention was there when humans fail to depend on God. God is our Alpha and Omega. Again, the words of our dear founder Montfort just rings in my ears "God Alone".

It is well said that when one door is closed another door will be opened. Though covid pandemic has blocked us from our regular activities and disturbed the whole world, but I thought it is a right time for me to explore my own undiscovered areas. We usually involve ourselves fully in our mission and apostolate activities and we find very difficult to devote more time to explore new areas which we were interested in. This situation made many of us to learn new things and sometime it may have been very difficult but still we made it possible. Better things happen when uncertainty occurs in our regular system. This same experience even I went through and it helped me to discover many new ways of doing things. I made use of this opportunity to enhance my spiritual, intellectual and physical activities. I am happy that I could give more time for the "laudato si" activities in the campus. It's a happy coincidence that Pope has declared that this year is "Laudato si" year. This experience has given me an awareness to understand and realize how I can manage uncertainties in life. I was more satisfied and content with activities that I cared on during this pandemic. One thing that we all are sure that life is full of opportunities and mysteries. God provides only good time and better opportunities and how well we make use of that time and energy for the good of ourselves and others that matters a lot. God bless us all. Thank you.

Bro. Lourdh Justin

BRO. PAUL RAJ



“No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear”-Greg Kincaid

The outbreak of the COVID-19 pandemic has led me to slow down my life activities. It has taught me to give more time for myself and my beloved community brothers. The forced isolation has served as a reminder of how much my Community Brothers mean to me. And with this newfound importance of connection, community of Gopalapuram is coming together in ways like never before.

My spiritual life as such has improved tremendously. I started reflecting, attending various webinars and also I got enough time to attend to myself and read more books which are need of the hour for my consecrated life.

We realized we are all equal with regard to the forces of nature. Rich or poor, great or small, this virus has impacted all of us. Such a blow of global proportions has broken down the barriers between us and we no longer see ourselves as separated religious brothers but as a global family.

We are starting to understand how much we depend on each other. On an individual level, I am realizing how much I need my Brothers and community. That without them life is just not the same. On a societal level, we realize we need to work together to stay safe. It's not enough that one or two people will follow the recommended health guidelines. We must all work together in order to avoid spreading the virus. And on a global level countries are realizing how difficult it is to manage without external aid. We even see some powerful countries once ruled whole world are now working together and sending and receiving medical supplies to help one another. Let's hope these relationships will continue. A wise man said, 'Every action has an opposite and equal reaction'. And whatever you do it will revert to you...we are literally damaging our nature directly or indirectly by global warming, deforestation, increasing use of plastic ... we never tend to think from earth's point of view, as we are selfish and tend to think only from our point of view. Corona virus is eventually developed from earth and nature directly or indirectly.

A big thanks to our real heroes. I am grateful to all our nurses, doctors, policemen for making day and night efforts to keep everyone safe and protected in our homes, and our efficient leaders at province level who helped thousands of poor and needy people to get their basic ration during lockdown time, and our eminent political leaders who leaving their families for saving our lives. Hats off to the sanitary people busy in keeping our surroundings hygienic...

“Ultimately, the greatest lesson that Covid-19 can teach humanity is that we are all in this together.”

Bro. Paul Raj

BRO. PUNNA PRAVEEN



Fraternal Greetings from Montfort School, Kusumkot. I am indeed very happy to share my insights which commensurate with all the spheres of corona's situations.

What characterized your spiritual life during Covid-19?

Covid-19 has literally knocked down the lives of people on their knees and it was the perfect posture for the entire humanity to turn back to God and pray. I personally found that people in our locality are completely bereft critically and I felt that this is the time of the needy to be needful in being generous, to help them and moreover to offer my prayers to them each time I struggle. I also concentrated on my spiritual growth and health. I realized by the grace of God I am still alive so, I learnt to care deeply for the poor, the marginalized, and the down trodden. I also learnt to be humble to see needs of theirs and feel the pain of others.

Some personal reflection on Covid-19

Covid pandemic literally disturbed everything and questioned everything including human integrity and unity, at one stage I felt there was no light, what is the use of spirituality, you earn life character and integrity, suddenly you get covid and you are thrown into the dark. This pandemic separated everything made more selfish like buying things more, literally I felt it made me to break, if I survive this time from corona until vaccine comes, that's enough. Such was the situation once

Now.....

As our provincial beautifully quoted there is light at the tunnel. I completely agree with the statement...everyone felt what is most important in life that is spirituality and importance of health, though we are lockdown and separated yet we are all united in spirit. I strongly feel we need to break and die to rise again, as our Lord rose from death... this pandemic made me to rise from my selfishness to other centered. This free time helping me to see and reflect about myself what I am for next 10 years, how can I serve others, as community and as myself... we the community have taken up lot of activities, organizing effectively online classes, creating healthy atmosphere in the campus, being part of nature. Of course learning how to cook, reading books, helping the poor students. This way covid had literally helped me to grow. I am seeing the light... we will pass this test...

May God protect us all.

Bro. Praveen Punna

BRO. KIRAN KUMAR B.



MY REFLECTION

Covid-19 has given all of us the opportunity to live in extremely challenging times.

Covid-19 has changed the perception of the world. It has given us new thinking of, how we ought to live our life in this world. There are so many positive effects due to covid.19. We learnt to be careful about our neatness. We started using different hand sanitizers to kill the virus. We also learnt that we are connected to each other, Spending quality time with our loved ones and every being on earth. Covid also gave some free time with oneself and knowing oneself, spending our time in a valuable way, in learning new things and developing new talents and new creativity etc.

What characterized me of my spiritual life during Covid-19?

Covid-19 has sent many people to quarantine, some people to go into self-isolation and maintained social distance which motivated the spiritual life. And this was characterized by so many things such as spending more time to listen to oneself and talking and looking into oneself. In this way it increased in me the thirst to spend more time in personal prayer. Personal prayer helped me and changed my attitude towards my neighbour and people who are in need of my life. The second Characteristic that characterized my spiritual life is reading spiritual books; spending some time to read spiritual books to improve my spiritual life.

Love for neighbor

During this, I have started to help the people who are in need and whoever comes for help I extended a helping hand. As an individual I should become more responsible and sensitive to love my neighbor and take care of them. The third is 'No man lives in island', this quote is very true in the present situation of my life. I learnt to be more connected and initiative to go out and buy the household materials.

Eco- spirituality

If you don't take care of the nature, nature will revolt against you. During this Covid-19 I have developed special love for the nature which was created first for animals and men to live in it. I must love the nature and should take care of it. When I misuse the nature for my selfish reasons and nature will also take revenge like this virus or any other natural calamities. These few things characterized my spiritual life.

Personality development during Covid-19? (Emotional, psychological and physical)

During covid-19 I have improved and developed my personality. I was very positive towards the life and situation.

Emotional development is very important for every person. One has to mature in managing ones emotions. I have learnt to see and understand my emotions and maintain in proper way. I strive to get rid of my unpleasant emotions as they arise. That transformed me to attain profound health and wellness what I thought was impossible to attain. Just as ones exterior body and muscles need to be physically challenged and brought to the edge and even past the limit of yesterday in order to grow and transform, aspects of my inner life (your soul/psyche, emotions, mind, and thoughts) also need to be exposed to discomfort, increased strain, and uncertainty for growth and transformation to occur. Hence the current challenges have given me opportunity to change my personality i.e. to accept the things that happened to me, taking everything positively, improve the self-confidence and managing the emotions of anger and all these have developed my personality.

Bro. Kiran Kumar B.

*Always remember that the best Rosary
is the one with the most merit,
and there is more merit in praying
when it is hard than when it is easy.*

Saint Louis de Montfort

BRO. KISHORE MARAVI



Personality Development during Covid-19?

I feel delighted to jot my experience during lockdown. It has tremendously changed my personality. This is because one's experience of pre-pandemic situation is completely different from the current scenario. This risen situation has given me the time to analyse myself from my busy schedule and has brought the sea of opportunities for personal growth. I devote a great deal of time to reading spiritual books, gardening, growing vegetables and fruit trees, keeping the place spic and span, and other activities which are in my best interest.

What was the role in the institutional development activity?

My role in the institutional developmental activity is to value and create a magnificent positive optimism to work with one vision and mission of the Community with brotherly concerns. I actively take part in every activity relating to my Community to be imbued with virtuous qualities of Montfort himself during lockdown.

Bro.Kishore Maravi



BRO. RAJSHEKAR REDDY



As I reflect on covid-19. I see the complete world was suffering. There were many who became homeless, jobless, etc. Many died during this time because of no food and shelter. Many walked miles and miles to reach their houses and many reached and some have not reached **became one with God.**

During these Covid-19, the relationship among the people increased and they gave importance to the people about not the money. The relationship has grown up and love and care for one another has no limits.

Being a religious, I spend time in Prayer for them. I have personally encountered many of them, those who were affected during these days. We extended our helping hands to the people who were in need. As a community we have time to spend together, pray together and play together. The community life has become more vibrant and lively.

We pray that God may take away this virus from this world and give peace and happiness to the people. May we call continue to pray for every one especially those who are suffering with the Covid-19!

Bro.Rajasekhar Reddy



BRO. JAYABALAN A.



1) What characterized your Spiritual life during Covid-19?

As a believer, each one of us have a role to contribute to the human race through prayer and service. Covid-19 pushes me hard to rekindle my faith to see God's intervention in overpowering the disastrous effect of Corona virus. This pandemic reminds me that I am deep down a spiritual being. By the pandemic, the pros will outweigh the cons making me deeply connected with global community or the people of God spiritually. I personally felt that my spiritual life is increased beyond measure when I learnt Covid-19 is battle for my soul and a spiritual life altogether. I have learnt and decided to face everything by trusting in God's loving providence and mercy. The challenge is accepted but how I come out of the situation is just in the hand of God. I am aware that fear is not a characteristic of a Christian. Crisis should reveal Christian theological virtues of faith, love and hope, not anxiety, selfishness and despair. I also know very well that at this time of despair, it is prayer that brought me closer to God as I surrender myself completely to God's protection, in faith and trust. This pandemic has taught me to build a unique way of relationship with the Lord. Prayer for me is being aware of the presence of Divine. Someone rightly said, "Spiritually matured person experiences God in everything and sees God everywhere". I could understand this statement in a deeper way during these days of lockdown.

2) Personality development during Covid-19? (Emotional, psychological, physical)

Working on my personality helped me to build a version of myself that's sought after. With the progress in technology and virtual learning, it has become easier to get access and start learning new skills. "Social distancing" doesn't mean I have to be any less social. In fact, being unable to do a lot of my normal activities and routines means I may have even more time to be truly social. I have improved my positive thinking in order to concentrate on my emotional behaviour. I have never given an opportunity to fall prey to negative vibes which is not at all good for my physical strength and psychological attitude. I spent lot of time improving my mental strength which leads to balance my thought process as well as emotional well-being. It was a great challenge for me to exercise all my given talents to use it for the betterment of my well-being. I am right now emotionally fit, psychologically balanced and physically strong.

BRO. JAYWANT KERKETTA



As Christian, as a consecrated person, what am I supposed to do? Obviously, I have to strictly adhere to all the guidelines and standard operation procedures (SOP) laid down by the government, the civil authorities. Well, as consecrated person what more should I do?

Certainly, as consecrated persons our primary duty is to be with the Lord (cf. Mk 3:14). This is the time to pray, pray and pray. It is a time to pray for all the victims of this virus and all those who are suffering as the side effect of this pandemic. My prayer and solidarity can be my valuable contribution. But not limiting with this. Perhaps, I can also do whatever material help is possible by me and as a community, including opening our halls and kitchens for them.

It is also a time to listen, listen to the silent whisperings of God. Possibly our God is speaking to me through the happenings of these days.

Our God is not dumb. He is not a silent God. He speaks to us through different ways. Of course, he speaks so powerfully through events and experiences. In the book of Exodus, God spoke to Pharaoh of Egypt through plague. Prophet Amos mentions of God speaking to the people of Israel through nature, pestilence and plague (cf. 4:6-13). It is a time to tell God like Samuel, "Speak Lord, for your servant is listening!" (cf. 1 Sam 3:10). God is speaking and he wants me and us to listen to him attentively. Often this busy world of computers, internet and mobiles is so noisy that we do not listen to the gentle voice of God, the silence of the heart. What is the message that God wants to communicate to us individually, to our community, to our Church and to our country and to the world at large?

As consecrated persons, we are all used to institution-centred life, work-centred life and "Martha-like" life. These days most of our Institutions are closed. Our regular activities including celebrating the Holy Mass every morning is stopped. For most of the consecrated persons, with the pausing of the institutions, life has lost its meaning and purpose. Life has become so boring with no thrill and frill. Perhaps God is inviting me for God-centred life than institution-centred life, activity-centred life and ministry-centred life. As God reveals through prophet Hosea, "I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offering" (6:6).

BRO. MARREDDY TR.



1. What characterized your spiritual life during COVID-19?

- ✦ Prayer is the way to connect to the deity, and this time of distancing myself from people and events gives me an opportunity to focus on the spiritual deity, which is the most important aspect of my life.
- ✦ Covid – 19 enabled me to stay focused to the spiritual disciplines in my life, such as prayer & meditation.
- ✦ Covid -19 is causing many of us to schedule our time for spiritual life-building which can fill the void of loneliness and concentrate on tasks and items that brings fulfilment .
- ✦ Covid – 19 made me realize that in God's sight all are equal and we can do nothing without God's intervention I united the suffering humanity in my prayers.
- ✦ Be still and know that I AM GOD these days of pandemic I spend extra hours in personalizing the word of God.
- ✦ Covid -19 has taught me and the world deep lessons of the values of one another, the vulnerability of humans and the need for God.
- ✦ Covid-19 has made me realize more and more that we are called God's children.
- ✦ This pandemic made me more conscious to the poor, dying of hunger and through my prayer I situate myself with them.

2. What did you do as an individual for Covid-19 victims?

- ★ First and fore most I regularly pray for the eradication of this virus.
- ★ I reached out to the poor providing them dry ration with the help of my community.
- ★ I encouraged and supported the covid -19 patients through phone calls.
- ★ In some ways I have been of service to others in my little ways.
- ★ Covid -19 keeps me reminding of how interconnected we are with the rich as well as poor. I spend time in listening to the problems of the people.
- ★ Covid-19 drove the human family into an unprecedented need for compassion and solidarity though directly I was not able to meet the corona victims but through others I reached out to them in word and deed.
- ★ I stood as a pillar of strength with prayerful support with the staff and daily conversation with phone calls during their sickness affected with the corona.
- ★ I was very conscious in guiding the people to take the necessary precautions during this pandemic situation in our premises.

BRO. RAHUL REDDY



MY JOURNEY: SPIRITUAL AND PERSONAL DURING COVID-19?

SPIRITUAL JOURNEY

I begin this write up with a quote “Sometimes you need to get knocked down to understand what your fight is...” I have faced unsavoury situation in this pandemic. There was a lot of fear, anxiety, confusion, disturbance, tension and doubts about present and future due to the outbreak of this pandemic. It had been heart breaking to see the plight of migrant workers, their bleeding feet, hunger and the treatment they received when they reached their hometown. The lessons I have learnt are Life is short, Dearth is sure, Jobs are temporary, Health is wealth, Tomorrow is not promised, Eternity is at hand and only God can save. I decided to be different in some way.

It was a call to worship the Lord in spirit and truth and a time to make spirituality more authentic and genuine. I experienced a shift in my spiritual practices. I have taken extreme steps to enhance and deepen my spiritual self. I have moved away from a pietistic, ritualistic way of worship to a more holistic one, where worship and service to humanity meet and merge. I took the opportunity to break myself to meet Christ in the poor. My prayers are not mere words or lip service rather they are acts of charity through hands and deeds.

PERSONAL JOURNEY

A small invisible virus brought the whole world to a standstill. The pandemic created uncertainty, insecurity and panic all around the globe. Gradually I became aware of the impact of the pandemic on the people around me. I started to think about the basics of life and I received clarity regarding the essentials and non-essentials of life.

I strengthened myself by reading and reflecting the Word of God, spiritual books, listening to spiritual talks and reflecting on the way of the Cross in the context of the struggle of migrant workers which in turn enabled me to overcome fear and anxiety. It was an occasion to introspect and to find one's purpose in life and to be a part of the suffering humanity. I have a more balanced way of living. I spent quality time in silence, meditative prayer and in manual labour like the poor around us.

I have developed a great desire to reach out to people. In a community I decided to have a simpler life style, focusing on the essentials of life and giving up all that is superfluous. I have understood the meaninglessness of long ceremonies, celebrations, unnecessary travels and gatherings. I would like to conclude saying “When Life gets harder, tougher, challenge yourself to be stronger.” May God bless all beings! Let everything be happy. Amen...

Bro.Rahul Reddy T.R.

BRO.SANJEEV ARMO



1. What Characterized My Spiritual Life during Covid-19?

Spiritual life is the foundation for our success in life. It is this precious part of life in which we are united with the Almighty and share all our life moments with God. Spiritual life is bond between the God Almighty that helps us to understand the meaning of life, it gives us strength to look at humanity from the eyes of God and creates enthusiasm in us to be ever ready to reach out to them in love and service and it means a lot to me. If we have faith in God then only, we can reach out to as many as possible. Spirituality is also a power within us that develops in our hearts a wholeness, that moves us toward a maturity of mind and spirit, and that motivates us to help others, especially the less fortunate. Spirituality generally denotes human face of God. Being one with God is the primary goal of all spirituality.

According to me there are different kinds of relationship with God - compassionate relationship, love, forgiveness and Happy relationship, I need to check out what kind of relationship I have with my God. Though I sin many times but still he forgives, forgets and accepts me as I am because He remembers not my sins but my strengths and guides to a life of accomplishment and fulfilment.

In these difficult times of pandemic, we are called to recreate this bond of love and service with the humanity, by strengthening our spiritual life and reciprocating it to people who are in need. It is said that, "Helping hands are better than praying lips". But we need the strength from God and that is possible only through prayers. Daily spiritual activities gives the understanding and strength to reach out as many people as possible.

Lord, help me to seek You in all things and at all times. When darkness closes in, help me to discover the light You have revealed. Then help me to bring that light to a world in great need. Jesus, I trust in You.

2. How many seminars/meetings did I attend during Covid -19?

I have attended 6 seminars and 3 meetings during Covid-19 and one of my best Seminars was conducted by the O.F.M .Cap from Dindigul for 3 days. I was happy to be part of this counselling session in spite of the Lockdown. It is a great help for my personal growth.

Topics covered were- skills of counselling, fear and anxiety, Trauma counselling, Body Language and message cluster, Art therapy, family counselling process the meta-experience, Gestalt therapy, Nano - skill model of Counselling, Parapsychology, types of counseling.

As the saying goes, "Action speaks louder than the words". Rightly in the counselling sessions, we speak only 7% of words and 93% of our body speaks to the client. Hence body language is very important for the counsellor. I have learnt different types of listening and learned to evaluate myself, what kind of listening I do whenever someone speaks to me. As a counsellor I should be an active listener. Active listening enables the client to feel that the counsellor is listening with full attention and care. And as a counsellor I have to pay attention to the words, emotions, meaning without judging them, but give encouraging words /signs that they feel they are listened to, because each client comes to the counsellor with great expectation, with a wounded heart and with hope that someone is present to listen to him.

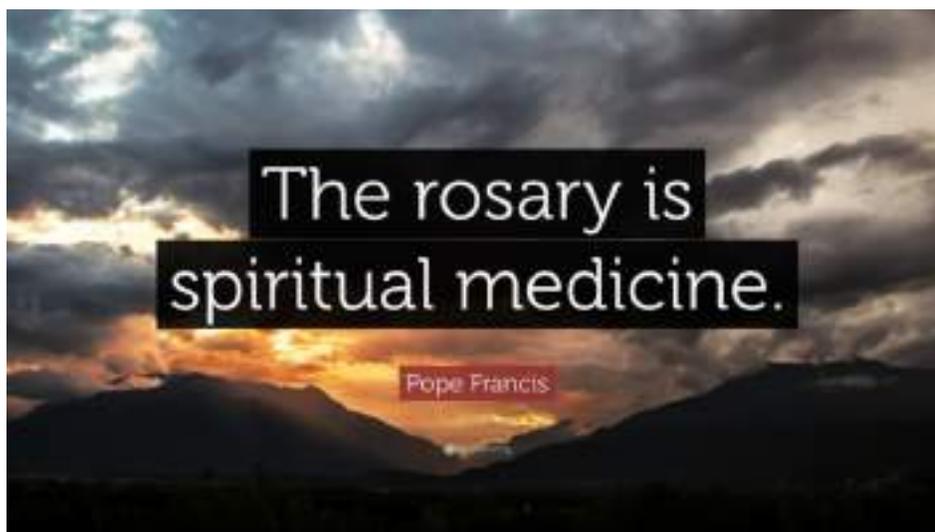
This should be applied in the community life also; I must give listening ears to my community members and make them feel that I value their presence.

I believe this CTP will be of a great help to me in my life journey, not only as a counsellor but also as a human being. When I see and hear about the situation around the world it pains me because we are busy learning so many things around the globe except learning about ourselves, we have no time to stop and look at our life. But this present pandemic has made me available to learn and know myself better.

Thank you...

God bless us all

Bro.Sanjeev Armo



BRO.BALA KISHORE REDDY



Spiritual life and Personality development in this Covid-19

"For I was Hungry and You Gave Me Something to Eat, I was Thirsty and You Gave Me Something To Drink I was Stranger and you took Me In." Mt 25:35

I was reaching out to the poor in the midst of this pandemic in my little ways. For me this pandemic was a great experience of pain that led me to the presence of God. To pray for those people who were unable to breath and fighting for breath in the ventilators. Having put my total trust in the providence of God that He would protect everyone, we were able to take the risk and do the small act of charities with joy for our suffering brothers and sisters by distributing provisions. Our small gestures of service for the people made them very happy. They were grateful to receive the provisions like rice, dal, vegetables, sugar, soap, masks, sanitizers, gloves etc. During this pandemic I have designed a unique style of life specially to pray for the sick, suffering, the jobless, the homeless and for the orphans and to whom no one to pray and care for. I strongly believe that praying is the best medicine through which I could get connected to the people who were miles away from me. This inspired me and stirred me up, to pray fervently for the victims of the covid-19 warriors (the medical staff, civil servants etc.) who are serving tirelessly for the sake of giving life to the affected. I felt that I should become messenger of hope in carrying out the mission forward to bring happiness in hearts of very suffering soul of my brethren.

I remember the words of St. Francis, what is true joy? We experienced true joy when we went out for distribution and returned home hungry, thirsty and tired. Jesus says whatever you do to the least of my people that you do unto me. I felt one with people and were happy to do this service for the poor and needy. It is true that we cannot reach out to all but within our capacity we reached out to as many people as possible. I wish if we could reach out too many more in this hour of need. I seek for the grace that God give me courage to do everything in your name and may your name heal the world.

May the spirit of our founder Montfort guide us to embrace the poor and the needy amicably as brothers and sisters and let our charity attain its meaning in silence.

Bro.Bala Kishore Reddy

BRO. BALA SRUJAN REDDY



1. What characterized your spiritual life during Covid – 19?

Change is one constant in our lives, but that doesn't make it easy. The late singer Kenny Rogers used to sing a song with lyrics that said: **“Life was so much easier 20 years ago.”**

Covid-19 is causing me to think about how I am spending my time. Previously, much of my life had been consumed by multiple activities. I wondered if social distancing might become the new normal, so scheduling time for spiritual life building has become part of the change of filling the void of loneliness. Concentrating on tasks and items that brought fulfilment and increase joy and peace particularly growing in my spiritual life rather than merely doing activities to fill the time. I stayed focus on the spiritual disciplines in my life, such as prayer, rosary, meditation, because these disciplines helped me to grow in faith. Prayer helped me to connect to the deity, and this time of distancing one's self from people and events gave an opportunity to focus more on the spiritual deity that made me the most important aspect of my life.

2. Personality development during Covid - 19?

I maintained relationships and physical health during this time.

One of the largest threats to our mental health that Covid-19 poses is isolation. That is why I got social interaction when possible in physically safe settings like video chat. Video chat with friends and family. Social support has helped to maintain mental health and improving outcomes. Getting outside, getting exercise, getting sunshine, getting some fresh air. Spring is usually a time when I start to refill my vitamin D, with longer days and more time spent outside in the warmth. Quarantine makes risk losing this essential ingredient to mental and physical health and having a balanced diet helped me to be healthy and active.

Bro. Bala Srujan Reddy



BRO. JEROMIYAS M.



1. What did you do as an individual during Covid-19 victims?

- a) During the time of covid-19 I went out to help the people.
- b) With the help of my community I distributed dry rations to the poor.
- c) I was happy that I could do a little help especially to those who don't have anything.
- d) Brothers in the community inspired me to go out and distribute the dry rations.
- e) The Covid-19 made me to feel one with the people without any kind of difference.
- f) Covid-19 also taught me a lesson to be one with the nature and it brought all of us together as one family.
- g) Covid-19 gave a beautiful lesson for life that amassing wealth is not necessary for happiness but rather sharing and enjoying with the struggling people is a virtue and it gives real happiness.
- h) As an individual I was able to be united with the people one way or the other in prayer.

2. How many Seminars and meetings did you attend during Covid-19?

- a) I have attended around 6-7 online meetings and seminars during Covid-19.
- b) Due to Covid-19 this is a new way of learning and attending the classes and realised that:
- c) People have started to lead a life based on technology and are busy with office works and other works which are done from the home itself without any problem or difficulty.
- d) Most of the seminars I listened to taught me how to lead a simple life and how to get adjusted with the situation.
- e) We should not be frightened or worried due to Covid-19 but should have courage and strength to come out from the problem and we can return to normal life.
- f) Everyone should cultivate the virtue of helping and living for other human being.
- g) Using the digital technology can be very helpful for all of us and the same method can be used in the school to teach children and help them to be get benefit and to use their talents and live a bright future.

Bro. Jeromiyas M.

BRO. PRADEEP REDDY D.



1. Personality Development during the Covid-19?

I call this Covid-19 is both boon and bane for personality development.

BOON

It's boon because very often we say that "I am busy with something or the other" and it gave the time to spent with the Brothers in the community.

It's boon because I had plenty of free time to relax and made use for reading books and attending the online classes.

It was also a precious time to reflect on my personality developmental aspect.

It was an eye opener for me to see the Kollam and Gondh tribal's in the remotest areas of the Mancheryal District and helped them with the dry ration and other things.

BANE

It's a bane because people are suffering due to lack of food and cannot go out of their houses to earn their livelihood.

It's a bane because the food and commodity rates have gone high, beyond the reach of the common people.

It's a bane because seeing the urgency of the ordinary peoples need the Corporate Sector (Hospitals) specially have taken advantage of the situation and amassed money with high rates for Corona treatment.

It's a bane because many people lost their jobs.

I connect all these aspects to my emotional, psychological and physical growth as a fellow human, especially a Religious Brother in service of others.

2. How many seminars/meetings did you attend during Covid-19?

As a Theology student, I am regularly attending the classes virtually.

So far, we have done with the subjects like Introduction to Theology, Philosophy, Biblical studies, Ancient, Western, Modern Philosophy etc.

I have attended the Junior Brothers Seminar conducted by P.F.D Bro. C.A. James.

I have attended the seminar on "How to Activate Your Right Brain"

I have attended the seminar on "How to Activate the Subconscious Mind"

I have attended the seminar on "Career Guidance"

I have attended the seminar on "4 Steps to Develop Effective way of Communication Skills".

Bro. Pradeep Reddy D

BRO. PRAVEEN KUMAR CH.



Be Safe Be Calm and Be Positive

People in the world are getting sick and dying, global economies are facing a recession, and the financial futures of many people are at risk. This pandemic tests our resolve, resilience, and ability to deal with a torrent of daily bad news we read about and listen to every day, both locally and globally. When we add up all of these above hardships and challenges, we get to understand nothing but a unique “perfect storm” of a crisis in this era.

This pandemic has taken a world that was safe, secure, and forced us to confront a new world that is ever-changing, unfamiliar, unpredictable, uncertain, ambiguous, uncomfortable, and uncontrollable. Never the less this situation has provoked a wide range of unpleasant emotions of the people around including fear, worry, doubt, frustration, and anger. The effect of covid 19, has unsettled our confidence in ourselves, as well as our communities and Governments.

How can I not say that the COVID-19 crisis can be used as a way to grow as a person? When I review my own life and see the protective hand of guiding me all throughout my life in the form of a pillar and cloud resting upon me. I want to acknowledge that using the COVID-19 crisis as an opportunity for my personal growth is, in many ways, I felt as a luxury when many of my fellow human being had nothing but starvation. I was blessed in many ways that I want to highlight:

1. **In spiritual ways:** Many of my brethren had no access to any sacramental worship, no reception of Holy Communion, nor enter in to the church. But as for me since I am a religious, I was able to attend all the spiritual exercises, attend Holy mass with my community members and even have a reception of Holy Communion every day. My faith has increased in God when I think of other faithful who are denied while I am blessed to thank God for such a vocation to be His and thus enjoy the privileges that are offered.
2. **Emotional way:** This pandemic has taken a world that, for many people, was safe and secure, and forced us to confront a new world that is ever-changing, unfamiliar, unpredictable, uncertain, ambiguous, uncomfortable, and uncontrollable. This pandemic has provoked a wide range of unpleasant emotions of the people including fear, worry, doubt, frustration, and anger. They had no one to go to, even to share their varied problems. This was the realization for me to understand my fellow brethren in this hour of pain to be emotionally balanced and take life as it has come upon. Keeping in mind the Sadness, disappointment,

grief, despair, stress, anxiety, helplessness, hopelessness, frustration, first of all I learnt about the volumes of pain that people in the world are suffering and thus learnt to comfort the others and help them to look at life in a positive aspect.

3. Financial way: The current pandemic has created crisis of health and financial markets that are disrupting the lives of almost everyone on our planet. Many have lost jobs as a result unemployed, all these whatever saving were at hand tried to meet both ends meet. But as the lock and restriction continues people are left with no money in the hand. Problem of feeding the family and meeting their basic requirements is the first biggest question we get to hear. When I see, when heard, when I listened, I owe my gratitude for I haven't to know how the food is been served on my tables, how the provisions are been stored and how well fed I am. Although we own no private bank accounts, neither receive any payment or remuneration for our work but the providence of God has never left us ever empty.

Given my view that the COVID-19 crisis is an extreme form of looking in to myself and give thanks to precious gift of life. I learnt to value life which is very very precious, and to be cared for and thus to live for self and others as well. It makes sense to have a right attitude toward and response to the COVID-19 crisis as an opportunity to live life worthily. Learning to live and accept this Crisis as an Opportunity I am reminded with the words of President John F. Kennedy noted, "When written in Chinese, the word 'crisis' is composed of two characters - one represents danger, and the other represents opportunity." Whether a crisis is viewed as, well, a crisis, or an opportunity depends on whether the focus is on what is lost or what can be gained. Our capacity to respond positively to this crisis will be dictated by whether we can let go of the costs and focus on the potential benefits of the crisis.

Dear friends, let us seek out love, caring, and empathy from your family and friends. Find fun, joy, excitement, and contentment in our daily activities. And, finally, experience inspiration as in our efforts and pride in our progress and accomplishments as we continue to strive toward our life goals. Be safe, be calm, and be positive (my COVID-19 motto). This is one thing you can spread that will help people be physically and psychologically healthier.

Bro. Praveen Kumar Ch.



BRO.DAVID KUJUR



1. What was your role in the institutional development activity?

Sometimes in the course of life we do not require so much of property and income to survive a happy life but sometimes only our presence makes a great difference in somebody's life. This is what I realized during the days of lockdown that spending time with the members of the community built the bond of Brotherhood stronger. Though I may not have participated in all the activities of community during Covid-19 but I rendered my support in terms of prayer and sharing the small responsibilities here and there. The community along with teaching staff did a great job in distributing the required items to the needy. Sometimes I joined the Brothers to carry on this task smoothly by my small help. I believe that community is not built but the efforts of a single person, sharing the joy and sorrows of each one in the community adds life in it. Thus I extended my small help spending time with the Brothers in the community.

2. How many seminars / meetings did you attend during Covid-19?

The uncertainty of Covid-19 Pandemic brought halt to all the moments, thus it was not easy to go somewhere to attend seminars during lockdown. In the month of May I got an opportunity to attend the retreat which was organized by community itself under the guidance of Bro. Lambert before our renewal of vows. Perhaps this was for the first time I attended such retreat in the community itself. At the end of retreat I realized that it was one of the best retreats ever I had attended. Everything was planned very meticulously by the animator Bro. Lambert, the topics of the seminar, the relevant input presentation all were enlightening. Since the number of participants was less I could easily interact and share my views and experiences during retreat. Adoration prayer in the evening was an opportunity to spend the valuable time in prayer where I could remain in silent atmosphere praying for the people in need especially for the people who are affected by the Covid-19. Zoom meeting for all the Junior Brothers of the province was organized by Bro. C.A.James our PFD in consent with the Provincial Superior was an opportunity to share the bond of Brotherhood.

Bro. David Kujur

BRO.PRANAY M.



1. What characterized your spiritual Life during Covid-19?

Covid-19 Has created fear among the people in the world, some are shattered, some turned hopeless, some jobless, some drew back to their home. Despite all the lingering uncertainties Covid-19 offers us an opportunity to ponder on the spiritual impact in the world and our communities. Thus this moment has assisted me to acknowledge the realities of the world that nothing is permanent and perfect. During Covid-19, I had an ample amount of time to mirror on to the values of a religious person. Thus I spent sometimes in isolation apart from them community meditation and prayer. This brought me in the light to the discovery of inner-self, deepening my faith and confidence on the promises of evangelical council in the footsteps of our founder, St. Montfort. During the period of these lockdown I spent more time personally in meditation and now I am able to sit silent and concentrate on the things I do, which was lost during college days due to preoccupied mind on so many subject studies.

2. Personality development during Covid-19 pandemic (Emotional, Psychological, Physical)

There are many reasons on how the, Covid-19 Pandemic has a very bad impact to the world but at the same time it has imparted many great lessons to humans. In terms of emotional growth I built myself strong not to be afraid unnecessarily because fear is the first step that chokes the beautiful budding life. Thus, with optimistic mind I tried to inculcate the nature of fearlessness unnecessarily. In terms of psychological development I tried to remain positive especially with regard to community life because there are many small aspects with which we are very easily drawn with the wrong guidance of some people. This Covid-19 gives me enough opportunity to share the community life with lots of energy and dynamism and to keep united in times of ups and downs. The Biological concepts of “The survival of the fittest” always reminded me to take care of myself and enjoy the agile life. The regular games and exercises helped to build a healthy body even when I have always been enjoying a healthy and happy life.

Bro.Pranay M.

BRO.SHOW REDDY Y.



1. What characterized your spiritual life during Covid 19?

I feel this global pandemic is unique in many ways, these feelings of fear and isolation are nothing new to religious. During the time of pandemic self-service as a personal, spirituality, faith are essential components of my daily life. I have established my personal daily prayer and meditation. Now onwards I should be strict to i.e. believe that I live one day at a time, I put energy into knowing that divine force guides me. I can see the blessings and recognise new opportunities in the quietness. Learning into one's faith allows room for building a stronger sense of peace and rediscovering who AM I? And knowing that I have been given gifts and talents that can be used, gives purpose and it gives a strength.

2. Personality development during Covid-19 (Emotional, psychological, physical)

Emotional well-being is a state of positive mental health. It enable individual to handle his emotions and life activities. I understand my emotions, learn, and copes with all negative situations, achieve and find a positive emotional attitude that leads to success. Emotions play a significant role is maintaining positive mental health. Emotion control the health seeking behaviour and improves decision making skills. During Covid-19 people are confined to their home for multiple days which lead to intense mental stress. Our religious life School day to day activities were disturbed and also people are suffering huge economic loss because of these various psychological problems that have emerged in the public. The Covid-19 period has given me opportunity to free myself to read more books and come back to normal life. I changed my simple behaviour and mindfulness. It has brought significant changes toward positive mental health and maintain proper mental hygiene

Bro.Show Reddy Y.

BRO.MARIA JAYAPPAUL



1. How many seminars/meetings did you attend during Covid-19?

I have attended junior Brothers meeting held on 22nd of August, convened by Bro.C.A.James, where I have shared my experience and growth in the community and personal life, especially during these last five months of pandemic. Bro.C.A.James guided us about how we need to take religious life very earnestly and sincerely at this crisis of Covid-19. Added to that he played an inspirational video which enhanced our Faith at this moment of difficulties.

From 26th to 28th of August 2020, I attended three days of 4th National Conference of All India Association of Montfort Schools (AIAMS). There were four Resource Persons who were dealing with various topics like *Blended Learning: the call of the future, Promoting Positive Mental Health in Schools using Guidance and Counselling Approach and What can we do to deal with economic loss of our students?*. I was edified by those talks given by those four eminent persons. It was an indeed a wonderful opportunity where I had learned and being aware of the things that is happening around me. And this helped me how to deal with the students by guiding and promoting positive mental health and knowing about how to bring them out of their economic loss.

2. What characterized your spiritual life during Covid-19?

Spirituality is that aspect of humanity that refers to the way individuals seek and express meaning and purpose and experience our connectedness to the moment, to self, to others, to nature, and to the significant or sacred. Covid-19 is causing many of us to think about how we were spending our time. Previously, much of our lives had been consumed by multiple activities. We are social, busy human beings by nature, so this time alone is like a new novel for all of us especially in our spiritual activity. I had spent my time very meaningfully and fruitfully by reading Word of God and Spiritual books, Reciting Rosary, personal prayers, meditation. These moments had a great impact in my life to have Faith in God and, care and concern for the poor and needy people. I have become more in communion with God particularly during this Covid-19

Bro.Maria Jayappa Paul

BRO.PRADEEP BARLA



1. What characterized your spiritual life during Covid -19?

During the Covid -19 pandemic, I personally experienced that God's plan is always beautiful than our disappointment. We need to wait for the outcome of it. Even though we are united mentally and physically with brothers in community, we see that spiritually we are going away from the Lord. Now it is the right time for us to look back and reflect on the past live in the present and look for the future. What gives us joy and satisfaction is, when we see the needs of the people and help them in their needs.

2. How many seminar / meeting did you attend during Covid -19?

I attended only one Junior Brothers meeting during the Covid -19. This boosted me so much in my personal life. That is emptying one self and updating oneself with new things, so that I can face the challenges in my daily life, and I will not be preoccupied with the past events in my life. You are the creator of your life for your own future, Therefore I started to and I am trying to do something new, which gives joy and satisfaction personally.



Bro. Pradeep Barla

BRO.VISUVASAM A.



1. How many seminars, meetings did you attend during Covid -19?

A consistent, whole Montfortian approach. While flexibility was needed to ensure different learning outcomes could be achieved in different seminars, consistency across the Montfortian was important in this time crisis. During covid-19 times I have attended four meetings. It was very useful for me to meet Brothers not personally but inside the zoom conference virtually. It made me to think how people are suffering without presence of people. It is very important for each Brother to learn other way of communication and meeting people. The coming days we need to say good bye to handshake and start saying Namaste.

2. What characterized your spiritual life during Covid -19?

During the Covid -19 time my spiritual life was very good. As Jesus said build the church in the heart and not in the stones. It has helped me to come closer to go God. I was praying for people who are affected by Covid-19. Now I am able to understand the value of prayer. I am really thankful to Almighty God for his blessings.

Bro.Visuvasam A.



BRO. ANTONY REDDY G.



1. What did you do as an individual for Covid-19 victims?

I have a serious reflections on our call and on the purpose of our existence in this world. Our meditations and reflections is what the community helped me and challenged me and created in me a great desire to reach out to the vulnerable and poor during this pandemic hit.

Our Rule of Life article 50 says “let the poor who knock at your door never ever go empty handed;

This article constantly inspired me to do all possibilities to reach out to the needy & hungry. And some of our senior Brothers acts brought a change in me to see Christ in the poor. At this time I would like to thanks all the senior Brothers for inspiring me through their work and prayers inspite of their age factors .individually I learnt to take risk, I took risk to reach out to people in the slums and colonies. Initially, we started sharing with the people whatever we had. Later with the assistance provided by the province we were able to reach out to many more people in a more organised manner. Many deserving families with special preference for the migrants, from few slums and colonies were selected and provision packets (worth Rs.1500/-) were provided in the first weeks of April, May. We catered to 100 other deserving migrant families on the Outer Ring Road who were heading towards their home town on foot. I became aware of the unbearable hardships of millions of people all over the world and particularly I connected myself with the migrant labourers of India who lost their livelihood and suffered massive oppression in the hands of police and state officials. The pandemic offered us an opportunity to serve the people who lost everything including faith in themselves. Our daily reflections and sharing developed me more and more desire to reach out to the needy. I use a quote which was quoted by John F. Kennedy “If not us, who?.....?”

2. What was your role in the institutional development activity?

It was a time of grace and opportunity for religious and other committed people to understand our call and to develop a clear vision to serve humanity meaningfully and relevantly. The environment became pollution free, families were able to spend quality time together and children were happy to have their parents. This pandemic melted the hearts of the people. They shared their wealth generously. The sharp divide that exists in our country between the rich and poor was vividly exposed during the pandemic. The plight of the 80% of our work force in the informal unorganised sector and the utter poverty and vulnerability of the migrant workers was also brought to the notice of all concerned. People learnt to be contented with what is necessary and people of all faiths came together to express solidarity with the oppressed and vulnerable sections of society. Their sensitivity and concern were expressed through generous donations and voluntary service. Some agencies also came forward to collect large sums of money to help abandoned children, migrants, farmers, women and the elderly. The commitment shown and risks taken by Health workers, Doctors, Nurses, Police and young people everywhere inspired and motivated us to go forward in meeting the needs of the people even if it demands risks and sacrifices

Bro. Antony Reddy G.

BRO.ASWIN PRICKS



1. What characterized your spiritual life during Covid-19?

Covid-19 is causing many of us to think about how we are spending our time. We are social busy human beings by nature. During this covid-19 Period I had lot of time to strengthen my spiritual life. As I look back my life past 6 months as a religious brother it brought me lot of changes within me, Spiritually, mentally, physically etc.

I had lot of time for personal prayer, meditation and community prayer. It gave me peace of mind and inner joy. Despite the lingering uncertainty, covid-19 silently offers me an opportunity to reflect on the spiritual impact it has on me and my community. Prayer helped me to grow spiritually strong. At the end I would like to say prayer and meditation helps me come out of all my problems. "GOD HAS A REASON for allowing things to happen we may never understand His wisdom, but we simply have to trust his will".

2. What did you do as an individual for Covid-19 victims?

One of the most effective ways we can help combat the spread of covid-19 is by building people's knowledge and awareness. We Brothers have given to our children in the School and the Parents. As an individual during covid-19 I went around the villages, met people who have lost their job. Due to covid-19 we gave them provision materials for their daily needs. Think about small acts you can do to brighten someone's day. Every drop of water makes an ocean when added together.



Bro.Aswin Pricks

BRO. BINOD KERKETTA



1. What characterized me spiritual life during Covid-19?

A. Sufficient time spending in prayer during Covid-19.

- ★ Reading the Bible in a particular time.
- ★ Reading lots of spiritual Books.
- ★ Reflecting about my life in solidarity.
- ★ Speaking kind words with people whom I meet.
- ★ Reflecting of my vocation.
- ★ Giving extra time for my personal prayer.
- ★ Praying for my family and all the people over the world.
- ★ Every Saturday I pray Rosary.
- ★ Thanking for the gift of life.

2. Personality development during Covid-19 (emotional, physical, psychological).

A. Through prayer, mental emotions.

- ★ Reading lots of spiritual Books for mental emotions nourishment.
- ★ I believe that life is worth living then my belief will create the fact.
- ★ Physical nourishment eating healthy food doing daily exercise, doing lots of activities.
- ★ Trying to reflect about my emotions, how far I have gained.
- ★ Creating a good thoughts and ideas.
- ★ Emotional balance.
- ★ Creating the good atmosphere within me when I am alone.

Bro. Binod Kerketta

BRO. JIMI RAJ KANHAR



1. What characterized your spiritual life during Covid-19?

During the Covid-19 pandemic, all of us have been lifted into a new way of living our day. These days have given me a different lens with which to see the world and realize that each day is precious. The Covid-19 pandemic truly brings a lot of spiritual innovation in my life as I read spiritual books, articles, and remain constant in touch with Christ. In a way, Covid-19 is also a battle for my soul a spiritual battle for divine intervention. Thus makes me live one day at a time, where I put energy into knowing that God's Angle guides me and I can manage my life more orderly. For this is the day that has been made for me, and I can choose how I will be within that day. If God is with me who can be against me, Jesus Christ is the only way, the truth, and the life, who is my definite refuge. Be not dismayed what're betide, God will take care of us.

2. Personality development during Covid-19. ? (Emotional, Psychological, Physical)

Covid-19 has allowed all of us to live in extremely challenging times. We can choose to run away from this challenge or decide to acknowledge it as part of our journey to grow. Personal development is not an objective or social ambition. It is the continuous assessment along with realizing of essential goals that enable us to properly identify and optimize our functional abilities along with the potential. Personal development is a vital part of personal growth. Personal growth is about evolving and is the continuous process of growing ourselves to realistically achieve our greatest ability and is vital to our mental health, success, and happiness.

Here are some ideas which I grow through during the Covid-19 pandemic: Reading books – Even if I don't feel like reading a book, I push myself to read because reading a book engages my brain in a much different way than movies or TV shows, while reading my brain is working harder to create images or understanding different concepts. **Creating something** - To experience the satisfaction of creating something from start to finish, you can make use of numerous DIY tutorials and instructions that are available online, which brings physical and mental innovation. **Physical activities** – Physical activities make the body physically stronger because it builds bone and muscle strength, also boosts blood flow to the brain, allowing it to get more oxygen to function better.

BRO. VALANARASU J.



1. Personality development during Covid -19? (Emotional, psychological, physical)

Covid-19 crisis is more severe and challenging in our normal daily lives. And therein lies an incredible opportunities for us to use the current crisis to grow as people. Before I dive deeper, I strongly acknowledge this Covid -19 crisis as an opportunity for personal growth in many ways.

As John F Kennedy noted, the word crisis is composed of two characters, one represents 'danger' and the other represents 'opportunity'. I took this crisis as an opportunity to become more positive, adaptable and resilient. It also helped me to adapt and create new structures and routines in my life. This crisis did bother me in to beginning especially in adapting myself to this state of 'new normal'. As a result I begin to long for the inner silence and spent more time for knowing oneself well. As Aristotle says "knowing oneself is the beginning of all wisdom". On the whole it was a precious period for me to know myself better and better especially my strengths and weaknesses. It also helped me to discipline myself further and to reorient my thought process and my emotional health.

2. What characterized your spiritual life during Covid-19?

During this Covid -19 I have spent more time in prayer and read the Bible in a special way. When I was reading and reflecting on the Bible, it enriched me more to live for Christ like the apostles who lived fully for Jesus their Lord and master. The lives of many people in the Bible inspired me to live my life in a radical way. I also attended few online quiz tests on Bible. It helped me to check my Bible knowledge as well. On the whole I can say that Covid -19 crisis had helped me to come closer to God and to understand the sufferings of humanity. Reading and reflecting on the Bible and the other spiritual books like 'Early Christians of 21st century' and 'A radical love, a path of light' had helped me to strengthen my spiritual life.

Bro.Valanarasu

BRO.ANKIT TIRKEY



“If you would like to know how it feels to be in hospitality during this corona virus pandemic?

Remember when the titanic was sinking and the band continued to play?

Well we are the band.....”

Fraternal greetings from Bro.Ankit tirkey!

I am very happy to pen down some of my challenging experiences that I had during this corona virus pandemic. Life is not that easy as we take it. This corona virus pandemic has brought good many changes in the lives of human as well as to the whole global world

My personal reflections

Personality development during Covid -19?

The Corona virus (Covid-19) outbreak has been devastating, globally. With the casualties rising, worrying press conferences, small businesses shuttering for the foreseeable and an over-extended health service, there's not been a lot of positive news to come out of the pandemic naturally.

Making light of the situation is predictable. There's not been a lot of positive news to come out of the pandemic naturally. Some have used their time to try and write pity, impactful statements, to offer some words of encouragement, while others are just here for the LOLs, with corona virus or parody.

This is understandable. I have witnessed how unbearable and threatening anxiety can be to one's entire being. Anxiety can cause chest pain, palpitations, dizziness, shortness of breath, numbness, tingling, and even a sense that one is dying. COVID-19 has given all of me the opportunity to live in extremely challenging times. I can choose to run away from this challenge or decide to acknowledge it as part of my journey to grow and transform. So, will you face your habitual reactions, biases, and unpleasant emotions and turn these COVID-19 related challenges into opportunities for personal development and growth?

What did you do as an individual for the Covid-19 victims?

COVID-19 has many of us glued to the news, concerned for loved ones, and adapting our lives to deal with the changes the pandemic is having on our homes, schools, and work-places. It's pretty tough. It's easier for some people to deal with the crisis than others. So it was great to see the Government step up and deliver a financial carry and that had people's well being at its heart. This is a good first step and I look forward to seeing more support measures rolled out over the coming days.

I know this not an easy mission, there need lots of courage, fortitude, and risk etc....As our founder says, **"If you don't take risk for God you do nothing for Him"**.

I have experienced if I don't talk to some weekly, they feel lonely like Parents brothers and sisters. Although necessary, social isolation can be lonely. So I Text, make a phone call, or, if needed I do support through prayers.

There are many people who came seeking some help from me I did whatever I could do for them.

Bro. Ankit Tirkey



BRO. PRAMOD CHUNCHU



1. What did you do as an individual for covid19 victims?

A few days back some of migrant Workers who wanted to go home approached us through a Brother. Another Brother and me, went to, do the needful with the permission of the Local Superior. The community gave shelter to stay a day Meanwhile we both went to a Bus station, Railway station to get tickets and asked for a lift from trucks that passed by and even approached Police Department to send them home.

One of my friends whom I met after 10 years offered me a gift. I explained or suggested him to help others who really need it, than offering me something. Later he decided to spend 30 times more the amount to the needy.

2. What characterised your spiritual life during covid19?

One of my God experiences is as Similar as the prodigal son. A lot of time was at my disposal and many facilities and privileges I could have. One day I felt that I have wasted or not used them for the good but spend on passing the time on social media fun and pleasures. When I turn to God (when I spent time alone) I felt same as the prodigal son. I was still accepted by God with greater love.

As I am freed from pandemic. This makes me to feel that God has blessed me with good health and he has a plan for me.



Bro.Pramod Chunchu

BRO.ANIL DHUPPELLI



1. Personality development during Covid -19? (Emotional, psychological, physical)

"Covid-19 is an opportunity for some, whereas it is a big challenge for some"

This Covid-19 crisis has brought lot of changes in me. Most of the time I was busy with multifold activities/tasks. It is a great opportunity for me to spend the priceless time on myself, especially in developing various aspects like communication skills, Reading books etc... This Covid-19 helped me to taste the loneliness. Loneliness is the most dangerous thing one cannot bear in one's life. My daily prayer and meditation helped me to be resilient. I feel pity on the people who are poor and especially daily wagers who cannot have a meal without the daily wage/work. This Covid-19 is an ample opportunity for me to build and balance my physical, emotional, spiritual health.

2. What did you do as an individual for Covid-19 victims?

"Problems are bound to come in our life, stand firm and get the real taste of success in life."

I see most of the villagers travel long distance in search of work .The main cause of their migration is "They are poor, and not able to get their basic needs in their life, to educate their children." This is the great difficulty they are facing in their life, In addition to that Covid-19 has brought severe drought in their life.

On 2nd of May, I renewed my vows in S.Gopalapuram, on the same day Migrants from various places arrived to our school for shelter. It was in the beginning stage of Covid spread in A.P. I was scared, when I saw the migrants and my heart was filled with pity and compassion. As the days passed I was moving freely with them, helping them in whatever way I could. I felt very much contented in being with them and helping them. But one thing I have learned is, we need to take precautions for our better health during this pandemic situation.

Bro.Anil Dhuppelli

BRO.PRAHALAD GANDHARE



1. What characterized your spiritual life during Covid-19?

During the Covid-19 pandemic all of us have been lifted into a new way of living our day.

In the same way I started my life to live in different. This has given me a different lenses with which to see the world and realize that each day is precious. When I live one day at a time, I put energy into knowing that the divine force guided me and helped me to rediscover about my spiritual life.

It was the best time for me to find out about my life. How I should be as a Religious Brother. It was a great opportunity for me to be with God. It also helped me to go deeper into myself to experience the love of god. This pandemic time has given me time to focus my prayer life.

2. What did you do as an individual for Covid-19 victim?

In the lockdown period I could see so many peoples in the villages struggling for food and other basic needs. I visited around 21 villages personally and I found people without anything to eat.

Then I went each to village to give them provision and other things. I felt very pity on them and I helped them in whatever way I could from my part. One side there was a fear to move in the villages to serve them, but I thought myself it is the best God given gift of chance, to serve the people with love. I did it and I am very happy.

Bro.Prahlad Gandhare



BRO.NAVEEN JOSEPH REDDY



Fraternal greetings from Montfort school, Kusumkot.! I am indeed very happy to share my insights which commensurate with all the spheres of corona's situations. All the time when I was free I used to envisage the upcoming of good times after Covid -19 but the saddest part is that it has become part and parcel of our life-style. I hope and pray that God may give us strength and courage to face life.

1) Personality development (emotional, psychological and physical)

At this particular point of time these 3 elements should strike a balance. I was really careful in building up all these features through various features and sources. Emotionally there was a time where I felt little discouraged due to lack of functioning of the institutions. Life seemed all private and dark but I kept myself occupied with books and I had made up my mind and soul to get adopted to the situations like these.

Psychological: Even during tough times I was capable to keep myself psychologically stable. I cultivated the habit of listening podcasts of Jay Shetty wherein I drive in a lot of many thoughts which keeps me strong. Self-help books boost up my adrenaline spirits in making me think positively all the time.

Physical: I am happy that I deducted 4kgs with regular exercise. Covid-19 has made me a great athlete. I play every day and do some workouts which keeps me fit and fine. At the moment I am keeping well and I have no problems regarding my physical health.

2) Role in the institutional development activity.

In my community I was very rigorous in executing our plans both for the Institution and Community simultaneously. We had planting challenge and helped the Staff and Students to build nature. We also are educating local poor children classes are specially taken by Brothers. We are enhancing our livestock at the community level. We have ducks, hens of various types and dogs. All are healthy and happy. I am making lot of efforts to keep the spirit of education alive and active. I joined in harvesting corn with the workers. I try to teach cricket to the young lads of the locality and bring the spirit of gaming. I take the initiative to scrutinize the buildings. On the off chance I am also in a process to bring out school anthem. In all the endeavors we put in we ask of you is to remember us in your prayers and we are praying for all of you.

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