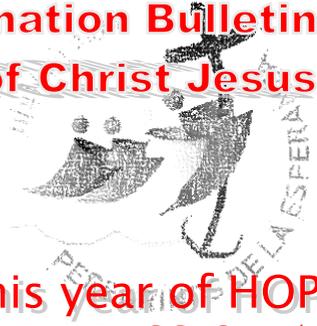




Information Bulletin

Missionaries of Christ Jesus

July/August'25
nº 486



In this year of HOPE We revitalise our MISSIONARY PASSION (1)

Dear sisters and friends, once again we approach each of you to share life, the wonderful life that God gives us in every event, whether joyful or sad, but His presence always dwells within us.

In this issue, we would like to give you the latest echoes of the international course for our young sisters. Through the evaluation of each of them, you will see the significance of what they experienced during this time:

- A time of learning and knowledge
- A time of challenges and growth
- A time to deepen and reinforce one's vocation
- A time of openness to interculturality
- A time to study new academic and pastoral outlines

Above all, a time to be a better Missionary of Christ Jesus to

"Look to the future with hope"

In addition, we will present two important moments in the formation of our young sisters in the region of India: the meeting of junior sisters of India in January and the meeting of junior sisters of Africa: Cameroon and Chad, in July.

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Accompanying young women in the community, because...



Sisters' sharing in the International course



Marie Huang: After a year of living and studying here, I can say that I feel I have achieved the objectives set by the course, although not 100 percent. However, I will continue to deepen what I learned in this course during my mission in the Congo. Throughout the year, I have been able to deepen my understanding of myself, my relationship with God, and the meaning of my vocation as a Missionary of Christ Jesus. The activities, reflection times, and mentoring have helped me internalize this experience. My expectations have been exceeded, especially by the richness of intercultural living together.



Xiaoli Zhao: What I have achieved most is the deepening and internalization of my self-knowledge.

I have been enriched by fraternal life, and especially by living with sisters from different cultures. I have learned to recognize the strengths and limitations of living community life. For me, this is a great grace.

The experience of God and following Jesus: the examples of each of the sisters—women of prayer, self-giving in different ways—gives me the desire to deepen my relationship with Jesus every day. The month of spiritual retreat also helped me greatly understand the human Jesus, my sensitivity toward his Father, toward



others, and toward those who have greater needs. It pushed me to reach out to others with sensitivity and compassion. It also strengthened my desire to follow him. I lived my missionary vocation and my identity as a Missionary of Christ Jesus more deeply.

Pamela Elaba: The course has been a gift, the Lord allowing me to advance in my personal knowledge, my experience of God, and my missionary journey.

My vision of mission has been renewed. I understood that being a missionary is not only about doing, but above all about being: living from an identity rooted in Christ, with humility, openness, and listening. This new perspective I now have inspires me to live my missionary vocation with greater depth, simplicity, and dedication.

The intercultural richness was a school of fraternity and helped me better understand the universality of our faith.

My goals have been achieved, and my expectations exceeded. I emerge from this experience more aware of who I am, to whom I belong, and how I want to continue serving as a Missionary of Christ Jesus.

Roshni Jojo: The course has helped me deepen my experience of God and following Jesus. My missionary vocation and identity as a Missionary of Christ Jesus have been strengthened.

I would like to thank the guides who have helped us so much and the professors who have dedicated their time and shared their values.

I have learned a lot from the classes, especially for my personal growth; it is a path to continue deepening my self-knowledge. The subjects taught, such as missiology, institutional leadership, how to organize for systemic mission, personal discernment, and discovering and aligning my own values, have helped me live my mission with an open mind.

Louise Ngondo: I felt an inner and spiritual growth throughout the year. A particularly significant moment was discovering my Enneagram type, which allowed me to better understand my behaviors, reactions, and my journey of conversion.

Expanding my understanding of mission was extremely enriching. I realized that mission goes beyond action; it's a way of being Christ's presence wherever we are.

The experience at Caritas was formidable; it touched me deeply. I would have liked to have spent more time there to better understand the reality of immigrants, create real connections, and provide a more concrete service.

A major challenge was accepting others in their differences. Opening up to others, especially in an intercultural context, is not always easy, but I recognize that it is precisely one of the deepest objectives of this formation, and I am glad to have taken it on.



Nhan Thi Tran: During the course, I gained a deeper understanding of myself, a clearer understanding of my relationship with God, and a stronger sense of my missionary calling and my identity as a Missionary of Christ Jesus. Living in a multicultural environment has given me a broader and more diverse perspective and experience. Overall, my expectations were met, especially regarding my spiritual life, a deeper understanding of the spirituality of the Missionaries of Christ Jesus, and my personal growth.

Marie Christine Akishi: This experience has allowed me to deepen my personal knowledge through times of reflection, prayer, and sharing. I have had a more personal and interior experience of God, especially during the month spiritual retreat. I also really enjoyed life at Xavier, the courses about our Institute, and sharing the experiences of our senior sisters. I have a better understanding of what it means to follow Jesus in a missionary context, and this has helped me clarify my own vocation. The intercultural dimension has been very enriching for me, as it has opened me to other ways of living faith and mission. On an inner level, I discovered some aspects of my life that I want to work on, but also a renewed capacity for listening and forgiveness. One of the greatest challenges was stepping out of my comfort zone in interpersonal relationships.

Ngo Thi Huyen (Teresa): I feel truly fortunate to have participated in this course, and I think that if I had had more knowledge of the language, I could have engaged more fully, but I am satisfied because I gave it my all. The topic of the Church's mission has helped me gain a much broader vision, deepening my understanding of spirituality and mission in the Church, the current missionary reality on the continents, as well as the missionary dedication and enthusiasm of missionaries in their missionary experiences in different countries.





The Annual Juniors get together of 2025 in India took place at St. Xavier's Community Tura from 5th - 10th January 2025. On the 5th we began with the inauguration program along with all the sisters of Tura community. Sr. Prelin Syiemlieh met the juniors and gave them a work sheet for personal evaluation and in the afternoon Sr. Mary Vanaja gave an insightful analysis on what makes people happy. She demonstrated strategies to reset our expectations and our reference points. The day was dedicated for recollection, prayer and silence. In the evening there was a talk, confession and Mass. Fr. Jogest SDB gave a beautiful reflection on the "experience of Jesus Christ" that matters for religious life. He took Mary, the shepherds, the Magi, St. Paul, Peter and St. Francis Xavier as models who had the experience of Jesus made an impact in their life. The experience of Jesus leads us to share through proclamation, evangelization and our ministry.

The challenges that the religious face in today's world is, ***lack of experience of Jesus that leads to NO Sharing.***

1. No time: for prayer, readings, meditation of God's word, no celebration of the Sacraments, poor personal reflection.
2. Filled with activities: in the school, college, developmental work, charity etc. Mother Theresa did all these but first gave priority to Jesus.

3. At time religious life can be filled with “*sound and fury signifying nothing*”.
There is a sense of meaninglessness in life, experience of emptiness.

What the Lord is telling you and me today is to “wake up the world” by being real witnesses and live our life of generosity and self-forgetfulness.

On the 6th January 2025, the Mass was celebrated by Bishop Andrew Marak, bishop of Tura, and six of our sisters renewed their vows. It was a day of thanksgiving to the Lord for the 25 years of religious life of Sr. Prelin Syiemlieh.

Conrad Saldanha, the resource person began with the theme “Exploring and Discovering: leading from the future” Below are the learnings of all the sisters:

Sharing of the sisters



1. PRIYANKA XESS: I am very grateful for the four days seminar provided to eleven juniors of the Missionaries of Christ Jesus in Tura from 6th to 9th January 2025, on the topic, “**Exploring and Discovering- Leading from the Future**”. The seminar had been well balanced, systematic, activity-based and wholesome to me. The resource person Mr. Conrad Saldanha led us through the process of “**Let go and let come**”, touching the aspects of personal and religious life, relationship and organization.

Through reflection, questionnaires, experience of life and sharing I have learnt the following from the seminar.

1. I is equal to **WE** concept. In reality I tend to have my assumptions about another person which may not be true that ruins our relationship. I need to sense mine as well as other person’s situation and be open minded in order to grow and glow.

2. I liked the **Ikigai - transformer identity** work where I worked with myself, my passion, profession, service and mission, working as one body to bring transformation of stagnation, exclusiveness and judgment to work in collaboration and equal contribution to the group and mission.

3. **The spiritual awakening:** To see with the eyes of Jesus

a. **Embrace the negative** - To embrace my fears, low esteem and anxiousness.

b. **Non- Attachment-** To let go of my fixed idea of someone or something, my past and my expectations of others that do not allow me to grow.

c. **Life a paradox** - Here I learnt to trust the process of my growth with my success and failures.

d. **Oneness** - To see another person as one with me and see the holiness in them. They are the instrument of God placed in my life to experience as one body of creation with a purpose.

4. **Organization** - Through the process of our group work and presentation, I learnt how an organization works including Service, Delivery Process, Customer and Employee perspectives.

Above all it has helped me to become a better version of myself and grow as a person of integrity, confidence, courageous and open to the change to create a better future. As it is said, "I am the cause of all that I experience."

I thank our Junior Mistress Sr. Preline, Sr. Maria, Sr. Vanaja for arranging such a beneficial programme for us to grow in the all round aspects of life - mind, feeling and service. I express my gratitude to our sisters in the communities of different missions to which we belong for their love and support.

2. JOYFULLMERY SYIEMLIH:



1. Letting go of what no longer serves me: I learn the importance of letting go of negative patterns, habits and emotions that hold me back from reaching my full potential.

2. Discovering my true self: through the process of exploration and discovery, I gained a deeper understanding of my strengths, values and passion I need to emerge.

3. Embracing my weakness: I discovered that my inner sound is unique and that I need to embrace my weakness and to bring about my strength.

4. In my personal reflection I need to let go of my laziness, judgmental attitude, and embracing simple life, cultivating love and acceptance by taking risk and embracing uncertainty.



3. ALBINA WARBAH: Letting go: let go of my fears which I have within me, the fear that holds me to go ahead in my life. Letting go from comfort zone, bad attitudes, judgment towards others, laziness, excuses and escapism.

A. Embracing the negative: I realized every time I want to get rid and run away from my negative thoughts, weakness, worries, emotions, the more I become addicted. I need to embrace them in my life so that I become a better person.

4. OBI TAMUK: Dissatisfaction with today's leadership?

- Lack of communications
- Lack of forming authentic leadership
- Power difference influencing
- Participate
- Delegate



The longest road is from the Head to the Heart.

If there is no death then there is no resurrection. I need to give my life even though many trials come; to embrace negativity and let go of my assumptions. I am the one who creates my future not blaming others.

Transformation pathway

- ❖ voice of judgment
- ❖ Voice of cynicism
- ❖ Voice of fear
- ❖ Having open mind, open heart and open hands
- ❖ I need to let go of my barriers, fear of failure, fractured focus, low self esteem, in activeness and poor listening capacity.



5. ELBIQUEEN RAPSANG:

1. Letting go: letting go of my fears and start anew. I realized there are fears within me which I need to let go.

2. Spirituality of listening: there are moments when I am frightened to listen to myself and others.

3. Spirituality of vows: I have learned a lot from the spirituality of vows, sometime I don't realize what I need and want. Sometimes I just got things too easy

that I don't appreciate what I have. I have to make use of the time I have as a sister in the mission.



6. BIDALIN LYNGKHOI:

1. Letting go: letting go of my fears and start anew. I realized there are fears within me which I need to let go.
2. Spirituality of listening: there are moments when I am frightened to listen to myself and others.
3. Spirituality of vows: I have learned a lot from the spirituality of vows, sometime I don't realize what I need and want. Sometimes I just got things too easy that I don't

appreciate what I have. I have to make use of the time I have as a sister in the mission.

7. CATHERINE WAI

The one topic that I actually want to keep on practicing is self Presencing, which helps me to delve into my deeper self. Recognizing what wants to die, what wants to emerge, what are barriers and what are enablers elevate the gap between my relationship with myself and others. I feel the whole program was like purifying my thoughts and transformation on my inner self. It was a really spiritual awakening and developing a radically new perspective on life.



8. TEJANA G. MOMIN

On Exploring and discovering inner sound and leadership traits.

Inner sound and condition

I learned to identify the name of the inner sound for instance sea wave....bellTo recognise our own emotions of negative thoughts in a positive thought i.e. mindset, attitude, beliefs, and assumptions that I carry. By

listening to inner sounds I develop self awareness and a deeper connection with myself and also others.

Discovery of my leadership skills

After reflecting on the dissatisfaction of today's leadership, what is missing in today's leadership makes me reflect and check my personality motives, values and skills, how I spend my time with the activities, responsibilities and how my work functions.

Importance of seeing

It helps me to cultivate a deeper understanding of myself, and others around me, teaches the ability to observe in detail and broaden my understanding.

Four types of Relationship: I OBJECT, OTHER OBJECT, YOU OBJECT, THOU OBJECT.

To have active listening. We Are connected...we need let go and let come....

To embrace negativity.

Resist not the evil one.... doesn't mean that I have to do evil but I have to be friend with it which is food for our soul. Self we don't like the person dislike brings our shadows. I have to keep on winning evil should not take on. Embracing negativity teaches me to accept in a positive way as God's will on our way whatever happens, happens for good.

I believe I discover my capacities, strengths, barriers, to emerge things to eliminate and about importance of oneness me as we. By sharing listening and doing self assessment questionnaire I benefited it lots to apply on myself and motivated me to challenge and face the obstacles.



9. AIDAMERY KHARMAW: First of all, I thank God for the successful and fruitful program, for His presence and His Spirit. I also thank the sisters for organizing the get together program every year for us juniors through which we get the chance to meet and to share experiences. I feel the sense of belongingness and I am strengthened by each other's presence. It is a joy and a real means to grow in every aspect of Life. Secondly, I would like to share the things that I have learnt during the program. On the first day, we had a session with sr. Mary Vanaja on "Science of well-being". We have given a chance to reflect upon the question what makes people happy? And we have seen various factors that contribute to human happiness and well-being like investment in experiences, focus on Savouring (which is to recall the happy moments),

practice gratitude, sharing, act of kindness, social connection, exercise, sleep, meditation, health etc...

There is also a misconception about happiness by most people thinking that the external things can give them happiness like self-measuring, a good job, material things, wealth etc...but they can only give momentary satisfaction. These two glimpses of seeing Happiness make me to understand and to recognize that the real joy and happiness comes from experiencing Christ who is the source of my joy. The assurance that I am loved and I am one with Him gives meaning and light to my life and the true joy comes from faith and trust in His Love. He satisfies my Soul's desire and He alone can fill the empty space of my heart.

Next, four days of "Exploring" and "Discovering" on leadership traits through the guidance of Mr. Conrad. It has been a time of real discovering and exploring begin with finding out the inner sound of my life. And then discovering my inner strengths, qualities, gifts and talents that I have and which I need to increase by sharing them with others in my service. I also discovered and realized that I have my weakness to let go or to let die; to die to the voice of judgment, negative assumptions of people, voice of fear, voice cynicism, attachments of feelings, desires, possessions, expectations, history etc... in order to let come or emerge new things, new possibilities and new life. For that to happen, I need to have an open mind and heart and will. I need to embrace the negative in me, to have a non attachment spirit, to know that life is a paradox and so to choose what is good for my life. Looking to the commitment I have made; the three evangelical councils and my relationship with the Lord and with all around me. I ask myself these questions of Life; why do I exist? (Mission) What do I stand for? (Values) What do I see myself becoming? (Dreams, Vision). The answer to these questions gives meaning to my life, to know that my life has a purpose; I am here to serve God and His people. By following the values, the life example of Jesus Christ; to spreading the Kingdom of God, and to have the Dream of God; to save life, to bring Souls to Him. To be able to fulfill that, I need to enter, insert, integrate, contribute, create, and fulfill. Yet this is possible only when I am one with Christ and I am one with the people I am serving. Me=We.

"Whatsoever you do to the least of my people that you do unto me" Mt 25:40. We are part of the Mystical Body of Christ 1Cor 12:37. Jesus is the Head and the Heart from where all the other parts of the body function for

without Him I am paralyzed, we are paralyzed. Therefore my relationship with Him has to grow and be strong. I need time to Listen to God because I can't function by myself. Here comes the Spirituality of Listening; to listen to my body, the earth, my soul, the silence, my heart, my motions, the voice of people, the need of the world today etc... I need silence moment as idea is born when I am quiet.

Listening is very important. A Leader needs to have listening skills in order to understand the real needs of the people. Therefore I cannot understand the other person if I don't understand myself first. Most of the time I just hear but I don't have time to listen so I don't understand the reality. Understanding, Communication, Dialogue are result of Listening. Lastly, I have got some idea about the general structure of the organizational system. That every organization has it's purpose, values, functions. For examples in an organization there is a Leader or manager, employees, type of service, It's features, Delivery process, customer. Leaders need to see that every area is well- function. To bring into discussion and reflect and see what are the things to emphasize? What are the things to de-emphasize? What are the things to eliminate?

To Conclude, Leadership begins individually. To be Master of one's own life. To love God, myself and others. Discovering the potentials and free gifts and abilities given by God to make use in the service of the people and yet, remaining humble and eager to learn new things in life.



10. ANAMERI RIANGTERM

1. Letting go of assumptions which hold on me
2. Discovering the inner sound which represents myself and find out my true self, who I am and I accept it.
3. The importance of seeing, embracing the negative, being aware and not just push away because it is there that I have to choose the best, love your enemy - be friend with it because it helps

discover oneself and good has to keep on winning.

4. To be a leader one has to be of open mind, open heart and open hands that will newness emerge.



“Your respective Institutes embody complementary aspects of the life and action of the People of God: offering in union with Christ's sacrifice, the mission ad gentes, love for the Church, and the education and formation of young people...

...look beyond your own realities and consider each vocation as part of a great mosaic that God is building to reunite all humanity into one family.

“This should renew in all of us the awareness and joy of being Church.”,

Think big, dream boldly, and recognize that each one of us is a unique link in the great chain of God's salvific plan.”

From Pope Leo XVI's message to some Superior Generals in July 2025

Juniors Encounter Cameroon-Chad Region of Africa



***"Taste and see that the Lord is good;
blessed are those who take refuge in Him." Psalm 33:9***

First, we thank God for the wonders He has done in our lives. We were invited to live a deeper moment with Christ to discover Him more. From the 3rd to the 9th, we began the retreat with the theme: **«As religious, how to discover Christ?»** For us, it was an invitation to discover Christ as a living, present, loving person who seeks us out and heals us with his word and his actions. To return to ourselves to let God in; through moments of silence, prayer, and introspection; to encounter Jesus in the truth of his word, his love, his humility, and to choose to follow him again, freely and in truth.

As religious, what prevents us from discovering Christ?

Temptation: It is the evil spirit that is the enemy of spiritual life. Isolation, pride, hypocrisy, and inconsistency between words and actions are elements that often prevent us from discovering Christ.

The fruits of the retreat: Greater inner freedom, the discovery of a compassionate and close God, a spiritual life more rooted in the truth of the Gospel, a new capacity to love and be loved. To truly discover Christ, we must be deeply converted.



On the 10th: we shared it among ourselves, with this paragraph from Directory No. 42. Juniors' meeting 42.1: *«In each Region, Juniors' meetings will be held periodically (C.44), to deepen their commitment, share experiences, evaluate and seek together new paths in their dedication to the missionary task».* With this aim, we share the life of our communities and our activities, a richness that comes from each community's commitment to the

mission. We appreciate the various ongoing projects in our communities.

On the 11th: we talked about fraternity, which designates the link between solidarity, benevolence, and mutual recognition between people and which represents a form of respect, compassion, and cooperation. By considering each person as a unique being, we all leave a mark on the world, on our communities, on our parishes... A good mark generates trust and peace; it's important that we work on the mark we want to leave. The personal mark becomes a mission when it builds fraternity around me.

On the 14th of July, we shared on Synodality with Fr **Christophe Idrissa (Vicar General)**: We know well that Synodality is a central concept in the life of the Catholic Church, especially highlighted by Pope Francis, which means walking together **to listen, discern, dialogue and make decisions** in the light of the Church and under the action of the Holy Spirit. We have understood that it is not limited to an event or a meeting, but rather expresses a way of being the Church: **communion, participation and mission**. These are the three dimensions, the vital pillars of a synodal Church: understanding: the meaning of the word; conversion to Synodality that is changing our mindset, logic. Our experience of Synodality: religious life is an aspect of Synodality that is a mirror, concluding in a prophetic dimension.



On July 16th, we had a course on administration, which is a way of managing and coordinating everything we are (human resources) and everything we have (financial resources). We evaluated how we budget, balance sheets, and daily accounts, and, regarding human resource

management, we learned how different types of motivation work, how unexpected motivations are those that most impact a person, an invitation to put this into practice in our communities.

We conducted a practical exercise: a monthly balance sheet for a community, and then, when we shared it, we saw that this is an area that requires further work. Regarding management of human resources, we have drafted the Decalogue of an ideal community, and we have realized that, in reality, **an ideal community does not exist, but we can build one** and that it is true that we are called to live together with our differences, and we believe that this community should be:

1. To value others,
2. To live daily forgiveness,
3. To be constant in prayer,
4. To listen to one another,
5. To promote fraternal life,
6. To walk in a synodal spirit,
7. To respect others,
8. To unite members,
9. To trust one another,
10. Compassionate and merciful

On the 17th we shared that scents and perfumes are an invisible language; they become part of our personal brand, and we ended up discovering that not all perfumes are suitable for consecrated life. We discussed the types of perfumes, their use, and points to keep in mind.

On the 22nd, we concluded the annual evaluation with Father Anicet on our reflections, which included: the Gospel according to St John, our Constitutions, the Directory, accompaniment, and other readings, such as Pope Francis' encyclicals, articles, retreats, and sessions. We were happy with the atmosphere and the interchange among ourselves. We thank God.

Thank you for your attention. May God bless you.

The juniors of Cameroon and Chad



**Leo XIV: Aspire to great things,
to holiness,
do not settle for less...**



« God has prepared for those who love him things that no one has seen or heard, or even thought of. » 1Cor 2,9

Between June and August, God visited us in special and sometimes surprising ways, calling those sisters who were already prepared...



Christina Beck
+ 02 de junio Pune - India



Maria Valls
+ 05 de julio Javier - España



Ida Rodrigues
+ 06 de julio Shillong India



Pilar Perez Bobillo
+ 14 de julio Javier - España



"Estén pues, preparados, porque no saben ni el día ni la hora."

(Mt 25. 13)



Marie Coutinho
+ 02 de agosto Pune India



M^{ra} Francisca Montagut F.
+ 08 de agosto Pamplona España



Montse Montagut F.
+ 30 de julio Javier - España

We have received some texts and poems, which we will publish in a special newsletter in November, where together we will give thanks to God for so much life given.

NEWS

- **Visit to the Region of Africa:** Alphonsine, our GD will visit the Region of Africa specifically to the Democratic Republic of Congo from the 8th of September to the 23rd of October 2025.
- **Change of Region:** With deep sorrow, for health reasons, M^a Antonia Vilar and M^a Jesus Sorozabal will leave the Region of Africa and join the Delegation of Span.

From our families



On 03/08/25 Mr. Macaire Nkoso M father of M^a Christine Akishi of the Region of Africa, died in Kole.

On 04/08/2025 D. Jesus Bregon F. brother of M^a Jesus, of the delegation of Spain, died in Alicante.

First vows



In Kimwenza on the 9th of August our sisters have celebrated their first vows:

- Anne Lukamata
- Beatrice Kalanga
- Benedicte Butsiki
- Diem Nguyen
- Liliane Liema
- Suzanne Mukiwa

"We are confident of this: He who began the good work in you will carry it on to completion at the day of Jesus Christ." Phil. 1, 6

www.misionerasdecristojesus.com

