

Prabhu Jisu Residence, Post Box 3, Matigara – 734 010, Dt Darjeeling, West Bengal

No.03

Newsletter of Darjeeling Jesuits

March~2023

APPOINTMENT BY FATHER GENERAL

Fr Basil Toppo – Province Consultor

APPOINTMENTS BY FATHER PROVINCIAL

Fr Leo Thomas Alphonse – Tertianship, Shembaganur Fr Justin Bage – Tertianship, Sitagara Fr Binod Kerketta – tertianship, Sitagara Fr Bijay Kindo – Youth Coordinator (Additional)

Sch. Praful Lakra - B.A., Mangalore

Sch. Sunit Minj – B.A., Mangalore

Sch. Pilat Narzari - B.A. (Pol.Sci), Kolkata

Sch. Amit Kullu - Philosophy, Chennai

Sch. Ashish Soy – Philosophy, Chennai

Sch. Kuldeep Topno – Philosophy, Pune

Sch. Bipin Tirkey – Philosophy, Pune

Sch. Sawan Rai – Philosophy, Pune

Sch. Samson Basumatary – Philosophy, Chennai

Sch. Markus Narzary – Mission Experience, Jesu Ashram

Sch. Romiyo Anthony – Mission Experience

Sch. Amar Xalxo – Regency I, Premanjali

Sch. Arif Beck - Regency II, North Point

Sch. Lawrence Mudiyapan – Regency II, Hatighisa

Sch. Prabhu Bhengra – Regency II, North Point

Sch John Fisher Osga (RAN) – Regency, Gayaganga

Sch. Reuell Paul - Theology, Delhi

Sch. Christ Rajan Minj - Theology, Delhi

POPE'S INTENTION FOR MARCH 2023

For victims of abuse:

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

PROVINCIAL'S PROGRAM

MARCH 2023

- 02- Visit to Fr Amid in Kunkuri
- 07-13 Visit to Bhutan
- 14- Province Consult
- 15- Meeting at Good Shepherd
- 16- Meeting with Jesuits of SJC
- 17- Meeting with Jesuits of NBSXC
- 18- HH & KSES Meetings at Matigara
- 18-23 Visit to Mizoram
- 25- Blessing of Sittong Church/Joint Consult
- 27- Meeting with Jesuits of LCE
- 28-31 With the family members in the Province

APRIL 2023

01- Joint Consult in Deonia

NORTH BENGAL ST XAVIER'S COLLEGE, RAJGANJ

Earlier in the month, the college witnessed Xuberance (Annual sports) wherein Ms Anushka **Dutta**, a former Table Tennis National Champion was the Chief Guest. Another highlight of the month was the Mega Health Camp. It was organized by the Women and Social Service Cell of the college in collaboration with Maharaja Agrasen Hospital and Lions Eye Club. Moreover, eleven Darjeeling Jesuits engaged in Higher Education from three colleges: Loyola College of Education, Namchi; St. Joseph's College, Darjeeling; and North Bengal St. Xavier's College, Rajganj gathered in the college for a brainstorming session on "Jesuit Higher Education and NEP Challenges, Opportunities, Implementation & our Preparedness". Both the events were held on February 10-11.

On 12 February, the NSS Students in Collaboration with Jalpaiguri Nature and Trekkers Club went for trekking from North Bengal St Xavier's College to Dalimkote, Gorubathan. On the other hand, the College staff and students celebrated International Mother Language day on 21 February. The 1st semester students finally began their university exams on 22 February.

Fr Deven Yonzon, the hostel superintendent, organized various sports activities for hostel boys throughout the month in February. **Fr John Kennedy** gave an orientation program on IPP to the staff of St Alphonsus School, Kurseong on 17 February and **Fr Lalit Tirkey** gave a day of recollection to the Cluny sisters of St Joseph's School community at New Jalpaiguri on 25 February.

Fr Sanjiv Lakra

ST JOSEPH'S COLLEGE, DARJEELING

After a long winter vacation, the college reopened on 15 February and the campus has once again become vibrant. Kudos to the Department of Political Science and of History for emerging victorious at the Youth Parliament Extempore Competition organized by Nehru Yuva Kendra at GDNS, Darjeeling on 24 February on the topic "India's Presidency of the G20". The college football team participated in the Inter College State Sport and Games Champion 2022-23 of Darjeeling District under the auspices of Education Directorate, Dept. of Higher Education, West Bengal held at Gorkha Stadium, Lebong from February 11-14. The college team was the Runner -up at the District level.

Fr Binay Xavier Kandulna conducted a day of orientation to the teachers of St Teresa School on "Towards Being Excellent" on 17 February. Fr Donatus Kujur, on the other hand, conducted a workshop on "Solutions-focused Approach in Teaching-Learning" for the teachers of St Joseph's School, Kurseong on 13 February. He also gave on 25 February an orientation to the teachers working in different study centers under HLDRC on "Teaching-learning Methodology applied in Nonformal education".



In a Vide No: ED202/2022 dated 23.12. 2022 of the Higher Education Dept., Govt. of West Bengal, **Fr Donatus Kujur** has been appointed as the district NAAC Mentor for seven colleges of Darjeeling District to assist them in their NAAC preparation.

Fr Donatus Kujur

ST XAVIER'S SCHOOL, ALIPURDUAR

After the blessing of the new residence, the community has been experiencing a regular flow of Jesuits to the mission - Fr Provincial for his annual retreat from January 22-30, five scholastics for their directed retreat under Fr K.J. Joseph from February 3-12 and Fr Shaji Joseph, the Novice Director with the Novices for a break from February 13-17. Fr Provincial returned to Matigara on January 31 after presiding over the School Managing Committee meeting. Fr Vincent George joined the community on 15 February for his teaching ministry in the school from the new academic session 2023. At the moment he has been supervising the school annual exams.

Fr Santy Mathew

GANDHI ASHRAM, KALIMPONG

We started the School Year 2023 with great clarity. The Staff spent 3 days in fruitful sessions. The first

day was spent with Naveen Jhajharia, a professional counselor & special educator who took the teachers on a journey of discovery into the needs of students and their own needs through well designed tools and team games. The second day was spent reviewing the Strategy, Policies, Standard Operating Procedures and Roles for 2023. The theme for the School Year 2023 was chosen as 'We Build Each Other'. Specific systems were reformulated to ensure that every primary stakeholder - students, teachers and parents - can be effectively accompanied through this year. We introduced Vocational Guidance for Classes 6 to 10 at an exposure level. On the third day, Fr Paul D'Souza gave a session for staff to go deeper into the governance, spirituality, documents of the Society of Jesus and the formation process of candidates, connecting to what it means for our school as a Jesuit Institution in line with our Strategy. He also went through the Service Rules and the Policy for the Protection of Children and Vulnerable Adults.



We hosted the Measles Rubella Vaccination Camp of the Health Department in the school. Sr Veronica Lepcha SJC (School Coordinator) and Virgil Vihaan Sequeira (Assistant Director) attended the Province Education Committee Meeting at Matigara. Fr Klaus Väthroder SJ, Elisabeth Kirchbichler and Katrin Morales from Jesuiten weltweit visited and spent a day with us witnessing the performances of our students, touring the campus, discussing the progress of their projects and meeting with the teachers. The Annual Year Opening Parent Guardians Meeting was also held in which we consulted with them on the need for School Uniforms that were requested by many students and parents since it will be a historical decision. We held a 'Breakfast Before Boards' for our Madhyamik students, who spoke very confidently, educating the

parents as well. **Anne Guilhbaud**, a French artist gave a workshop to select students.

Mr Virgil Vihaan Sequeira

ST PETER'S, GAYAGANGA

On February 01, our students participated in a "Save wild Life" programme organized by the Ghoshpukur police. A procession was held within the vicinity of Ghoshpukur to create awareness and promotion of wild life. An intramural volley ball match was organized for the boys and girls of the higher secondary section on 3 February. With the beginning of the new scholastic year, all the school premises were blessed on the 8th. On the day the class XI students bid farewell to the class XII students, the school management awarded the students who had the highest attendance record during the academic year in recognition of their character and self-discipline. This year our Class X students have been given Madati Government High School, Bidhanagar as the Exam Centre for their board exams.

The primary school was blessed with the visit of **Fr Klaus Väthroder** and **Mrs Elizabeth** from the Jesuit Mission Office in Nuremberg. The school is supported by the mission office for the construction of a toilet block for the senior students.

Fr Joseph Xaxa along with the family commission of the Bagdogra diocese organized a seminar on "Marriage Preparation" in Seva Kendra from February 14-16. On the occasion of his First Ordination Anniversary, the Gayaganga Jesuit Community joined his family members in his home village under Adhikari Parish for the celebrations.

Fr Nabor Dungdung

ST VINCENT'S, HATIGHISA

Catechism classes for Catholics studying from class 3 to 8 began from 5 February. A prayer service was organized on the 10th for the Catholic children appearing for Madhyamik and higher secondary exams. **Fr Philomen Tirkey** conducted the prayer service and gave a few tips on how to write their exams better. The celebration of children's day on the 12th began with the solemn Eucharistic celebration presided over by **Fr Fredrick Baraik**. After the Eucharist the students put up dances, quiz and drawing competitions.

On Ash Wednesday arrangements were made to offer Masses in every substation marking the beginning of the Lenten season. Fr Alvin Minj, Fr Edward Arockiaraj and Fr Kalyan Tirkey from Matigara Dispersed community extended their help to offer Masses in these substations. On 26 February more than 50 Catechists from the parish attended at Mailanijote a one-day seminar organized by the Catechetical commission of the Diocese of Bagdogra.

On the 14th, **Fr Fredrick** gave a day of recollection to the staff members of the nearby health center. **Sch Prabhu Bhengra** is back on his feet after spending a few days in Navjeevan Hospital, Gayaganga.



A Parent-Teacher meeting was held on the 5th for the primary and on the 12th for the high school. A large number of parents attended the meeting. They were found very appreciative of the development of the mission and the accompaniment rendered to the students. The Madhyamik Exams 2023 began on the 23rd. There are 189 students from St Vincent appearing this year for the exams. Another 372 students from Nanda Prasad girls' school, Naxalbari will be writing their exams in our School campus. From this year identity cards for the staff have been introduced for different reasons.

Fr Lawrence Thanislaus

ST JOSEPH'S SCHOOL, DARJEELING

St Joseph's School office opened on 4 February for the smooth functioning of the next academic session. The school began the new academic year after the winter break from 20 February. The boarders have reported to the school. The classes for the primary division started on 27 February along with an orientation for the new day-scholar parents by Fr Rector. An orientation to the new boarder parents was conducted by Fr Prefect on the

day of their arrival to the school. The school had a Teachers' residential orientation programme for two days at LPC, Matigara. Fr Nelson D'Souza SJ (DEL) was the resource person for the orientation. The new teacher recruits were welcomed at St Joseph's during the orientation. This year after a gap of a few years, North Point began the Himalayan Mountaineering Institute Adventure Course (HMI) for two weeks in the month of February. Once again the participating students were very energetic and enthusiastic at the HMI course. The HMI conducts a variety of mountaineering and adventure courses which are intensive and give trainees an opportunity to develop skills in mountain climbing, and aim to develop a spirit of adventure in each student. The participating students were given certificates at the HMI graduation ceremony. The ICSE and ISC exams have started. Ash Wednesday was marked well with the Holy Eucharist for the staff and the students in the school.

Fr Anuranjan Ekka

JESU ASHRAM, MATIGARA

Jesu Ashram observed the 30th of January "World Leprosy Day". **Dr. Anand** and **Dr. Bhattacharya** were the special guests. In his speech, **Dr. Bhattacharya** stated that "Leprosy is preventable and curable and that suffering from leprosy is unnecessary". What we need at the moment is commitment and resources to eliminate leprosy.

Two of our patients died at North Bengal Medical College and Hospital on the 4th and 22nd of February respectively. One of them was a heart patient. The doctor on examining him ordered blood transfusion. Though his son volunteered to donate his blood, in the process the patient breathed his last in the arms of his son. The other one suffered from HIV-positive tuberculosis. He died while being taken to the critical care unit.

Jesu Ashram received from the Ministry of Home Affairs on February 17 the FCRA Registration renewed for another five years.

Twelve of our students are being prepared for the upcoming GNM and ANM entrance tests to be held in July 2023. The help of **Dr. Louis Tirkey** was sought in this connection. **Dr. Pankaj Chaudhary**, on the other hand, taught the nursing students basic nursing communication skills - interaction with patients and their guardians. He also taught them

how to be prudent when a patient is in a critical condition.

The appointment of Mrs. Sarojini Xalxo as a new staff member has come as a blessing for Jesu Ashram. She was a former Jesu Ashram student. Prior to joining Jesu Ashram on the 13th she worked in Katihar Medical College and hospital for 12 years. On the same day four nursing students - Dibyaritika Ekka, Nisita Ekka, Mahima Toppo, and Nisha Minj went to support the Loreto Sisters' One Billion Rising rally in Kiran Chandra Tea estate. The General Nursing and Midwifery students from Dr Chhangs Hospital visited Jesu Ashram on 14 February as a part of their internship.

Sch. Lawrence Mudiyappan

HLDRC, MATIGARA

During the month various projects were in progress especially the Social Agriculture Projects (SAP) in different villages initiating summer crops. HLDRC supports five villages at the moment with multi seasonal crops around the year. HLDRC has also started its Organic Vegetable Farm Unit at Matigara for training & Production purposes. These projects are a support to the Self Help Groups.

Land rights movement for tea workers, the most desired program of HLDRC from the year 2017, has been bringing some expected results. The tea workers have started asserting their natural rights to have land rights. However much more needs to be done. So far around 2000 people from tea gardens have filed their claim applications through



HLDRC networks and many of them have received land rights ownership documents. A continuous advocacy work is being undertaken through its FORUMS in the Terai and Dooars region.

HLDRC has also made progress in the Non Formal Education Sector through Study Centers. There are at the moment 37 such centers with over 1,100 students accommodated from class I to class X. A two-day Teachers Training program with a Child Protection Policy workshop was conducted at HLDRC, Matigara from February 25-26. Fr Donatus Kujur, the Principal of St Joseph's College, Darjeeling was the Resource person. Mr. Arbind Ekka, an exJesuit who recently completed his LLB studies, conducted the sessions for the group on Child Protection Policy.

Fr Pascal Xalxo

ST PAUL'S PARISH, KURSEONG

On 2 February, **Fr Devadhas** (NEP) went to attend a CRI meeting at 5th Mile, Kalimpong. A two-day seminar on SCC was held in the parish with the help of **Sr Veronica Lepcha**, **SJC** and her team in the first week of the month. The Wery Niwas Dispersed Community went for an outing to Sitong and Mungpoo as well. During the month **Fr Alphonse Lepcha** took the parish youth for an outing to Jogighat and thereafter the Crusvir children were taken for a picnic to Dudhia. **Fr Peter Jong Lepcha** has come up with two new bhajans recorded in



Darjeeling. These bhajans are sung by **Marina Lepcha**. On the 18th **Fr Alphonse** gave an orientation to the students of St Helen's School and on the 26th the community members spent half a day in recollection.

Fr Peter Jong Lepcha

LOYOLA COLLEGE, NAMCHI

Classes for B.Ed, MA Education and PhD course work resumed on 1 February after the winter break. The 4th semester students started their School Internship on 13 February in 16 Private and Government schools in and around Namchi. The Darjeeling Jesuits working in Higher Education Institutes in the province had a meeting on "New

Education Policy: Challenges, Opportunities, Implementations and Our Preparedness" on 11 February at Xavier Niwas, Rajganj. Fr Francis George presentation on Integrated B.Ed. Programme. The officials of Reserve Bank of India conducted a programme on the theme "Good Financial Behavior - Your Savior" for the staff and students to sensitize everyone in the areas of digital banking and related frauds during the financial literacy week, i.e. 3rd week of February. Fr Justin Thiraveyam as Centre Supervisor conducted the Sikkim Public Service Commission Recruitment Exam with the help of LCE staff on 25 February at Loyola College of Education, Namchi.

Fr Ajay Raj Lakra, Fr Francis George and Fr Justin went for their home visits in the month of January. The community hosted a number of guests in February. Fr Anto of Bongaigaon Diocese along with 5 of his family members spent two days in the community. Fr Jagdish Parmar and the National Executive Team of PWPNW had their biannual meeting in the community from February 16-20. Fr Ajay Raj accompanied Fr Daniel Bara to Bangalore for the latter's medical treatment.

Fr Justin Thiraveyam

LOYOLA NIWAS, UTTAR SALBARI

Loyola Niwas Community joined Rajganj community for a picnic at Jaldhaka river, Nagrakata on 15 January. On the way there was a collision between a Toto and our vehicle. However, no one was injured.

Fr Basil Toppo went to Delhi and Ambikapur to visit his sisters and their families from 16-27. In his absence the community members took care of the Parish needs.

The annual convention of the Jalpaiguri Catholic Mahila Sangh was held at our parish on the 4th and 5th of February. About 3000 women from different parishes of Jalpaiguri diocese participated in it. **Fr Bosco Michael**, the Headmaster was quite generous in making available both the buildings and the facilities for their use. The Parishioners took care of the logistics for their accommodation. **Bishop Clement** inaugurated the convention on the 4th and celebrated Mass on the 5th. A week-long Marriage preparatory course was conducted in the Parish from 6 February. **Fr KJ Jose** and five Scholastics from North Point College spent a day at our place on 12 February after their annual retreat in Alipurduar.

Fr Justin Bage accompanied Fr Chirajit Bara to Kolkata for a medical check-up on 13 February. Fr Raphael Hyde, the Provincial of Calcutta was at the station to receive them. They were deeply moved by his gesture. They returned to the Province on the 22nd after consulting two to three doctors. Fr Chiranjit could not decide upon his surgery considering the post-surgery implications. Fr Shaji Joseph, the Novice Master and 8 Novices spent a day at our place on 17 February. At the moment Novice Asish Topno and Novice Anup Lakra are in the community for a three-week work experience.

Fr Basil Toppo

MANRESA NOVITIATE, KALIMPONG

Fr Shaji Joseph and Fr Oshish Tirkey attended a CRI meeting at the Diocese level held at St Joseph's Church at 5th Mile. The First-Year Novices returned on 2 February from their village experiment after spending around 20 days in the villages. Thereafter the community had a get-together on the occasion of the final incorporation of Brother Gilbert in the Society of Jesus.

For the first time, on February 13 the first-year novices went to St Xavier's School, Alipurduar with **Fr Shaji Joseph**, the Novice Master for a few days. We spent time visiting the adjacent park and fishing. We also went to see Cooch Behar palace. On our way back, we visited Uttar Salbari mission. We appreciate the hospitality extended to us by both the communities.

Fr Tommy spent the night at Manresa on his way to Siliguri from Sakyong and celebrated Mass for us on the following day. On 25 February the second-year novices went to Kelabari and Hatighisha for their work experiment. We, the first-year novices, started our neighborhood ministry in the absence of the second year novices with our limited and broken local language.

Novice Robert Tayes

CHRISTIAN LIFE COMMUNITY (CLC)

Every year the Diocesan CLC organizes the annual Ignatian retreat for the Adult and Youth CLC of our Diocese/Province. The purpose of the retreat is to pass on Ignatian Spirituality to lay people to lead their life in an Ignatian way. This year the annual CLC Retreat was held at Loyola Pastoral Centre Matigara. The first phase of the Retreat was organized for the Adult CLC, from January 04-10.

Twenty adult CLCers attended the retreat. The adult CLC retreat was directed by **Fr Peter Bhujel**. This year at the end of the retreat Ten Adult CLCers pronounced their "Temporary Commitment" to dedicate their life and service as being the members of CLC in the diocese/province. The second phase of the retreat was organized for the Youth CLC, from 10-15 of January at the same venue. Twenty-Three youths participated in it and the retreat was directed by **Fr Frank Subba**.

On February 10-12 Diocesan CLC organized a Leadership Formation Program for all the office bearers of CLC from different units. The program was held at St Joseph's College, Darjeeling and accommodation was provided at Sacred Heart Church, Singamari. The office bearers of both Youths and Adults were twenty-two who participated in the program. They were from Singamari, Kurseong, Kankebong, Sakyong and 8th Mile Kalimpong.



I am grateful to Fr Henrick Immanuel and Fr Patrick Pradhan for sparing their time and inspiring our lay leaders with their talks on CLC Vocation and Commitment. Arrupe Community was gracious enough for opening up the place to conduct our CLC formation program. Fr Paul D'Souza blessed us with the financial assistance for our CLC lay leaders formation program. The Leadership Formation Program for our CLC office bearers was successful one on account of a number of people who went out of their way to support us. All this was for the Greater Glory of God.

Fr Frank Subba

VIDYANIKETAN, KERALA

The term was filled with pleasant activities. From Feb 1-4 we had a 4-day ecology tour program to an Illam in Kannur, Kerala. The session was given by **Fr Rajesh**. On Feb 18, we had our "Academy Day" program where all the juniors from different provinces participated with great enthusiasm. **Rev**

Dr C. Joseph, Chancellor of Latin archdiocese, Trivandrum was the chief guest for the program. Beginning with Lenten season, we are heading towards the final term.

Sch. Aatish Prabhu

ASHA KIRAN, MANGALORE

On the occasion of the Republic Day Fr Joseph Rodrigues SJ, the former Novice master of Karnataka Province, celebrated mass for us. Soon after the mass, we went for a pilgrimage to St. Lawrence Shrine, Attur, where we were given an exposure to the faith of the pilgrims belonging to different religions. This exposure has helped us to introspect and reflect upon our own faith as religious. We also had the opportunity to attend the CRI meeting of Mangalore zone on 5 February where different religious congregations came together to share their faith and experiences as religious. On 20- 24 February, we wrote our first internal exams.

Sch. Kuldeep Topno

DE NOBILI COLLEGE, PUNE

The Chotanagpur Adivasi Association Pune (CAA) held the yearly gathering at DNC on 22 January. A little over 600 people attended this gathering. Fr Xavier Alangaram (PCF) visited the Darjeeling scholastics from 23 to 25. DNC organized a hockey tournament on 26 January. Jnana Deepa hosted an interclass basketball tournament from February 6-10 and the winners of the tournament were the second-year theologians. Fr Vincent George paid a surprise visit to the Darjeeling Scholastics. The diaconate ordination took place at DNC chapel on 19 February. Fr Richard D'Souza, the Superior of the Vatican Observatory, gave a talk on the 23^{rd.} He gave an account of our past Jesuit scientist who had served in the Vatican observatory.

Sch. Valerian Kujur

VIDYAJYOTI, DELHI

Victor Courtois 6th Memorial Lecture, titled "Islam and Christian-Muslim Relations in Europe" was presented at the Indian Social Institute, Delhi on 1 February by **Prof. Gaetano Sabetta**, Vice Rector of Urbaniana University, Rome. All the second-year Vidyajyoti students along with others from outside attended the lecture. The mid-semester examinations were held from February 6-11, while the third-year students were busy with their Ad Auds exam.

On the occasion of Vidyajyoti's jubilee year, a seminar titled "VJ Swarnajayanti Seminar: The Role of Theology in Nation Building" was held for three days from February 13–15. Scholars and eminent people from different parts of India were invited to this session. In addition, Former Justice Kurian Joseph (Retd.) shared his insights on the topic; Archbishop Rev. Anil J. T. Couto of Delhi delivered the message and Archbishop Emeritus Rev. Thomas Menamparampil SDB of Guwahati delivered the keynote address. The other visitors and scholars presented their papers on justice, liberty, equality and fraternity.

On February 16 and 17, Vidyajyoti hosted the preliminary academic council meeting. Together with NTC, Delhi, Jesuit Formation Centers for Theology of Ranchi, Karnataka and Chennai, the professors and the students of council members

were present for this. 38 theology students were ordained deacons by **Archbishop Rev. Anil J. T. Couto** on February 18. A large number of priests, nuns, faithful, and other invited guests attended the Diaconate ordination. In the evening we had a felicitation program for the newly Ordained Deacons.

The whole Vidyajyoti student body and faculty attended a peaceful protest at Jantar Mantar, Delhi on February 19. It was organized in solidarity with our brothers and sisters who are being persecuted because of their faith. After participating in all these demanding and busy activities, the Vidyajyoti community went on a picnic at Millennium Park in Sarai Kale Khan, Delhi on 25 February. It was a beautiful and happy day out.

Sch. David Ekka

REST IN PEACE

Fr Mathew J. Moolel (MDU) 90/71 19th February Fr Fernandes Jesuadimai (MDU) 76/47 24th February

Do you want to fast this Lent? This is what Pope Francis says:

Fast from hurting words ... and say kind words, Fast from sadness ... and be filled with gratitude, Fast from anger ... and be filled with patience, Fast from pessimism ... and be filled with hope, Fast from worries ... and have trust in God, Fast from complaints ... and contemplate simplicity, Fast from pressures ... and be prayerful, Fast from bitterness ... and fill your hearts with joy, Fast from selfishness ... and be compassionate to others, Fast from grudges ... and be reconciled, Fast from words ... and be silent so you can listen!

