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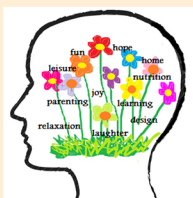
## Pastor's Corner



### Garden of your Mind

Someone rightly said, the most important part of you is your mind (not your brain – the brain is the hardware and the mind creates the software). So, care for your mind and make friends

with it; always feed it with healthy food, engage it in positive activity, and exercise it with knowledge and wisdom. A garden returns fragrance and beauty according to the care invested; so also your mind will repay you with thoughts, ideas, and visions of great beauty when tended to and invested with care. Your mind is not made of matter but it does matter what you give it and what you create with it. Where your mind goes, you go. What your mind creates becomes your destiny. So, care for your mind.



### The Manipur Situation

It is 50 days since violence broke out in Manipur on 3 May. Though the reality is complex, we are deeply pained that precious little is being done to stop the violence, says Ignatius Gonsalves, President of Indian Catholic Press Association (ICPA). "More than one hundred people have been killed, and thou-

sands of others have been brutalized, raped, and rendered homeless. Homes, Churches, and other Institutions have been looted, set on fire, and razed to the ground.

The perpetrators continue their heinous deeds, with apparent support from the ruling regime; even heavily protected State armouries with sophisticated weapons have been 'looted' by them. It is a known fact, that most of the victims of this crime against humanity are Christians and other tribals. Well-meaning citizens from all over the country, are outraged that the State and the Central Governments have not demonstrated the political will to stop the violence, which obviously points out both their culpability and complicity.,, He further adds, "we are also pained that the leadership of the Catholic Church has not sufficiently played a prophetic, prompt, and decisive role to stop this violence and to alleviate the tremendous suffering of the people of Manipur. We therefore call upon the Catholic Church leadership, to form a high-level team with the other Christian Churches, go to Manipur as soon as possible, and try to bring a healing touch to the suffering people there! On our part, as the ICPA, we will leave no stone unturned in our responsibility to highlight the importance of truth and non-violence for a more just, free, equitable, and fraternal India. The time to act is now – before it is too late for all!

+ Lumen, CSC

## Editorial

### OF STRESS, DRUGS, AND SLOW FOOD



Of course, today there are more things to worry about than there were ever before. If we thought that with more conveniences coming our way, we would need to worry less, we got it very wrong. On all fronts, problems have increased, creased, and with it

worry and stress too. For everyone, that is, cutting across status, profession, age group. Be it the overtly self-conscious teenager or the career-obsessed youngster, the office-going husband or the homemaking wife, or the doddering patriarch on whom 'palsy shakes a few, sad, last grey hairs', no one's exempt from his or her fair share of worry and anxiety. It seems to be a law of life. Although stress spreads out its tentacles to all and sundry, it is teenagers and youth, the segment that most of us, as educators, deal with, who seem to be especially vulnerable to it. Which makes Stress management an imperative skill for them to have and us to promote. It is established that stress is one of the reasons why young people take to addictions of various sorts including drug addiction. Tripura which used to be relatively drug-free, has, in the span of a decade, become alarmingly drug-ridden. Has our stress-filled lifestyle got something to do with it? Although our part of the world is known to have a



laidback culture and a different view of time, the truth is that we have fast adapted ourselves to the reckless rat-race that life is elsewhere. But then, perhaps the hey-days of the fast-paced, stressed-out lifestyle are over.

The concept of 'the slow' is gaining ground slowly in some parts of the world. 'Slow food' as against 'fast food' is an example. It deliberately seeks to replace the hand-held food eaten on the go. Slow food is about allowing the food to cook while one sits down, spends time chatting with family and friends, and leisurely savour the food. Considering how diametrically opposed it is to what we think fashionable, it wouldn't be surprising if it takes a while for the concept to create a buzz in our region. We know that ultimately, it is not even about life being fast or slow. It is rather, about not allowing life's pressures to get the better of us. That is where we come in; that is where the need for equipping our wards with coping skills come in. It means finding time to instill in them an extraordinary dose of grit, tenacity, pluckiness and of course, spiritual rootedness. High time that our program charts and year planners featured such efforts.

J. Pulinthanath, SDB

**KARBOOK PARISH**  
Vacation Bible Class



Our Lady of Good Health, Karbook Parish, organized "Vacation Bible Class" for four days from 22nd to 25th May, under the leadership of Parish Priest Fr. K. M. Allwin with the cooperation from Sisters, Catechists, Parish Council and the Parishioners. 60 children participated from different sub-stations. The purpose was to teach children the way of Christian life and about the Bible. The emphasis was for the children to learn the Bible and improve their talents. The children spent their time and energy in a very useful way, moulding and strengthening their faith. Through this program they were given inputs about the Bible, Sacraments and Church teachings through many activities like drama, recitation of Bible quotations and group activities. This program also helped them to come to know each other and share their faith. They were enthusiastic and grateful for having such an occasion to educate themselves. Prizes were distributed to the winners on the final day. The highlight of the whole program was the Parishioners from different villages came forward and prepared food for the children at their own expense and fed the children on all days. It was wonderful to see the care and concern of the laity for all the children who came to learn more about their Christian faith.

Bro. Milton Uchoi

**SINDUKPATHAR PARISH**  
Church Blessing, Confirmations, & Green Sunday



11th June 2023, Sunday, was really a great day of blessings for SFS Sindukpathar Parish with the graceful presence of our beloved Bishop Lumen Monteiro CSC, DD. On this day, there was the blessing of Christ the King Church in Sakbari village, the Sacrament of Confirmation for our children, and the celebration of Green Sunday. We began by welcoming our dear Bishop in

the midst of heavy rain. Then was the Blessing ceremony followed by the holy Mass. Fr. Varghese MSFS the Parish Priest, Fr. Aloysius MSFS, and Fr. Athiko MSFS from Amarpur Parish, were also present. The day was blessed with the presence of FCC Sisters, SD Sisters and zealous parishioners from different villages.



After the Holy Mass, a meeting was held to celebrate Green Sunday in the Diocese. The Kalacherra Forest BEAT Officer Mr. Deepankar Banik was present. The Parish priest welcomed all the Guests of the day. Bishop Lumen Monteiro and the Forest BEAT Officer Mr. Deepankar Banik with their inspiring words enriched the parishioners about the importance of conserving the environment by planting trees. The meeting ended with thanksgiving by Mr. Subash Tripura. As the part of this celebration the Bishop, the Forest Officer, the Parish Priest and Sr. Vijaya FCC planted saplings in the property. Saplings were also distributed to village representatives. The program came to an end with a fellowship meal.

Fr. Varghese MSFS

**AMBASSA PARISH**  
GREEN SUNDAY



Ambassa (Tripura) June 11, 2023: OishoBani Society in collaboration with Holy Spirit Catholic Church celebrated Green Sunday. Though there was apprehension due to scanty rainfall, Fr. Ivan D'Silva, the parish priest and the treasurer of the Society decided to do it and so approached the DFO to provide saplings for the event. On 7th June 450 saplings such as Agor, Guava, Cherry, Neem, Gooseberry, Champa, Yongcha, etc., were brought. And we were fortunate to have rains on the previous day of the event. On 11th many people gathered to celebrate the occasion. Fr. Ivan prayed and blessed the people who took the plants and said, "When we take the plants we also need to take care

of the plants, because it is not only that we take from the mother earth what we want but also we need to give back to the mother earth".

Fr. Ivan D' Silva, SVD

**Pentecost – Parish Feast celebrated at Ambassa**



Holy Spirit Catholic Church, Ambassa, celebrated the Parish Feast on May 28, 2023. Faithful from different sub-stations gathered on the Feastday. Approximately 450 people were present to celebrate the annual feast of the Parish. Preparation for the feast had started a month back when it was discussed in the Parish Council Meeting. The responsibilities were divided, such as: Choir, decoration, cooking, Catechism class, Cultural program, etc. On the eve of the feast, there was a competition of Gospel Songs and Cultural Dances. It was well participated by different mondlis. Nine days of Novena to the Holy Spirit was observed in different village chapels. On the feast day the Holy Eucharist began with the entrance dance and followed by the Mass during which 35 children received Holy Communion for the first time. The Pentecost feast culminated with a grand lunch for everyone.

Ivan D' Silva, SVD

**KUMARGHAT PARISH**  
Sunday Catechism Class Teachers Training



On 3rd June 2023, St. Paul Parish organized one day training for Teachers teaching Sunday catechism. 36 volunteers from 13 villages attended the workshop. The day began with Bible enthronement and reading of the Word of God. Fr. Lancy, C.S.C., the resource person, explained the importance of their role in developing the

faith of children and also enlightened them of their responsibilities as catechism teachers. A demo class was also conducted on the Ten Commandments and the Seven Sacraments. Sr. Vero Antony, M.C. taught them a few action songs and a few techniques to make the class interesting. Then they were divided into groups and an action plan was proposed for the upcoming three months. A short Evaluation was then conducted by Fr. Lancy. The participants benefited through this training and requested Fr. Lancy to conduct more such trainings.

**Sr. Vero Antony, M. C.**

**Village Leader's Training at Kumarghat Parish**



On 20th and 21st May, the Parish organized two days Village Leaders training in the Parish. There were 60 participants from three parishes namely Bagbasa, Kailashahar and Kumarghat. The Workshop started with Bible enthronement and words of welcome by Fr. Lancy who also spoke of the role and responsibilities of village leaders. Fr. Ivan, S.V.D., the Resource Person, explained the qualities of a village leader and continued on the Holy Eucharist, especially their duty in the absence of a priest on a Sunday. Fr. Ivan stressed that the Holy Eucharist is the source and summit of the Christian life. On 21st May, Ascension Sunday, the day began with Holy Mass. After the Mass, the workshop continued with input sessions by Frs. Ivan, Lancy and Mr. Lala Darlong. A short evaluation was conducted and all were happy with the outcome of the workshop. Mr. Roitua Darlong then thanked everyone who participated in the village leader's workshop.

**Fr. Lancy, C.S.C.**

**MOHARPARA PARISH  
Parish Sabha**



The Immaculate Conception Parish, Moharpara organized the annual parish sabha from 2nd to 4th June, 2023.

The sabha was inaugurated by hosting the flag and Adoration. On the second day there were over four hundred participants attending the Sessions given by Fr Ivan D'Silva, SVD. He spoke on the theme, "Give, and it will be given to you" after which they were given time for questions and clarification. Then there was the mondoli reports.

At 5:30pm Bishop was given a grand welcome in song, dance, and flowers. Bishop was very happy to see so many participants. He thanked Fr Arbok, the Parish Priest for the good effort and commendable work. Then Bishop enlightened the faithful about the richness and significance of the Holy Eucharist. On the final day of the sabha Bishop Lumen Monteiro presided over the Holy Mass, which was followed by short felicitation program. A delicious meal served for all.

**St. James Chapel Inauguration at Sontang**



The faithful from Sontang, Tuidu under Moharpara parish is blessed with new chapel on 17th June 2023. On this auspicious occasion of the inaugural ceremony of the new village chapel, Most Rev. Bishop Lumen Monteiro CSC, DD, in the presence of Fr Alfred, CSC (Provincial Administrator), Fr Arbok, CSC, the Parish Priest, Fr Roby, CSC, Principal of Notre Dame School, brothers, sisters and faithful from the neighboring mondolis, received a warm welcome from the faithful through flowers and band in procession. Bishop thanked the Parish Priest for his effort and commitment to complete the construction in just three months and ten days. He joyfully blessed and inaugurated the new Chapel named after St James the Apostle. He then presided over the Holy Eucharist and encouraged the faithful to be regular for church services. Soon after the Holy Mass there was short felicitation program for Bishop, fathers, sisters, brothers and for those who contributed in different ways. The inaugural ceremony ended by the fellowship meal served for everyone.

**Fr. Arbok, CSC**

**BISHRAMGANJ PARISH  
Parish Day cum Inauguration of  
Divine Mercy Chapel  
at Birchandrapara**



The Parish Feast of the Sacred Heart of Jesus, was celebrated together with the Inauguration of the Divine Mercy Chapel on 18th June, 2023 at Birchandrapara, a new Catholic motha under Bishramganj Parish. This year the celebration of the Parish Feast was unique because unlike previous years, this year it was celebrated outside the Parish campus. The faithful were waiting for Bishop to welcome him and as soon as he arrived to the village the faithful welcomed him with Risa and offered a bouquet of flowers. The new church was inaugurated with the cutting of the ribbon and the door of the church was opened. Then was the blessing. This was followed by the solemn Eucharistic celebration in the new Chapel presided over by the Bishop Lumen Monteiro CSC, where he confirmed 47 parishioners. There were also 23 first communicants. A short Adoration service was animated by the Parish youth where all the faithful took part devoutly. There was a short felicitation program for Bishop, priests, nuns and lay leaders. This ended with a fellowship meal for all. Even the incessant heavy rains did not deter our faithful from conducting the whole service with piety and dignity. Bishop Lumen appreciated the motha people for that!

**Fr. Remol, SDB**

**POPE'S INTENTION  
FOR JULY 2023**

**FOR A EUCHARISTIC LIFE**

**We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.**

**News Briefs from JUST**

**Green Sunday**

Under the influence of Green Belt JUST in collaboration with the Diocese of Agartala introduced in 2018 the concept of 'GREEN SUNDAY'. Through this one day is kept for the ENVIRONMENT. Pledging a day for the Mother Nature is what Green Sunday is all about.



It's about taking forward the cause of arresting the negative impact of human induced climate change. JUST envisages a mission to inculcate the idea of conservation among the community through such initiatives. Every year thousands of saplings are planted throughout the State in collaboration with the Forest Department of Tripura. In this act of Love for the Earth, many schools, SHGs, Colleges, Institutions, Youth Clubs, parishes and farmers clubs are involved. A total of 49,700 saplings have been planted from 2018 to 2022. This year a total of 12,850 saplings will be planted all over the Diocese. Few saplings have already been planted in different Parishes but this year since the monsoon was late plantation will be done throughout the month of June.

**Inter-ethnic Cultural Exchange Program**

The inter-ethnic cultural program was conducted on World Environment Day by JUST at Nabinpara under Amarpur Block on 5th June 2023. The objective of the program was to show appreciation and learn to respect each other by actively engaging in the peace process and stimulating mutual exchange leading to peace and harmony. Fr. Lathees S, the Director of JUST, welcomed the gathering and shared the importance of inter-ethnic culture in community-based initiatives and how to promote cultural understanding, appreciation and collaboration with different ethnic groups. He also shared on World Environment Day by highlighting the theme 'Beat Pollution Plastic'. Dr. Sachindranath and Dr. Ranadir Sharma from KVK were the Guests for the program. In their speech they mainly stressed on the community; how to foster dialogue, build relationships, and promote tolerance and respect for one another in promoting peace. On World Environment Day they spoke on how to raise awareness and promote positive action towards environmental protection. They also shared why and how our environment is affected due to plastic, deforestation, air pollution, etc. There was a short cultural program where different ethnic groups performed their own traditional Dance and Song.

*Mr. Robert Lushai*

**Catholic Youth Connect Cup 2.0**



The CYCC 2.0 which stands for Catholic Youth Connect Cup is a diocesan level Sports Meet organized by the ADYC on 10-06-2023 at the Holy Cross School ground, Agartala. Bishop Lumen Monteiro, CSC, DD was the Chief Guest. His presence and support from the start to the end was very encouraging for all the Youth. Fr. Simon CSC (Provincial of Holy Cross North East), Fr. Lawrence Darlong (Diocesan Youth Director), Fr. Francis Xavier CSC (Diocese Administrator), Fr. Lucas SDB, Fr. Jeyaseelan CSC, Fr. Christopher SDB, and Sister Veronica BS were the dignitaries present during the opening ceremony.

The one day Sports Meet began with Lighting of the torch, hoisting of the flag and a welcome dance by Mandwi Parish Youth. The teams represented were:

FOOTBALL (BOYS)	THROWBALL (GIRLS)	DEANERY
Khumulung parish	Bodhjunnagar parish	Moharpara
Kathalcherra parish	Kathalcherra parish	Kumarghat
Nandanagar parish	Nandanagar parish	Agartala
Pitra parish	Depacherra parish	Depacherra
Kamaranga parish	Gandatwisa parish	Ambassa

These Teams were also the champions of their respective deanery level Sports Meet. The final match of the CYCC 2.0 for Football was played between Kathalcherra parish and Khumulung parish with Kathalcherra emerging as the winners. In the case of throw ball(girls), it was played between Nandanagar parish and Depacherra parish with Nandanagar parish emerging as the winner. The CYCC 2.0 concluded with distribution of prizes to the winners followed by lowering of the flag.

Though it rained the whole day, the sports meet was held successfully with much enthusiasm.

**Mr. Khaswrag Debbarma**  
(Joint Secretary – ADYC)

**Sacred Heart Study House  
Twin Celebrations**

On the 13th of June, the Sacred Heart Study House, Lembucherra, was bubbling with joy because of the twin celebrations of Farewell to Fr. Maria Raj CSC, Welcome to Fr. Kitbok CSC, as the new Superior.

The celebration began with evening worship, to thank God for all His bountiful gifts and blessings. Many religious from in and around the Agartala region came to witness this significant event, including Bro. Santhosh PJ CSC, the Provincial Superior of the Brothers of Holy Cross from Bangalore, and Fr. Simon Fernandes CSC, the Provincial Superior of the Province of Northeast India.

The candidates expressed their emotions of love through various cultural programs and speeches for inspiring them with his zeal and his punctuality. Both the Provincials appreciated Fr. Mariaraj and wished him a happy spiritual journey. During this program, Fr. Simon the Provincial handed over the files of the Seminary to Fr. Kitbok symbolically handing over the charge to him.

After the short felicitation program, the fellowship meal was shared by all.



*Reported by House Correspondent*

**Our Distinguished Guests**

Sr. Sanjeevani Dabre, SRA  
Provincial Councillor from Mumbai

Bro. PJ Santosh CSC,  
Provincial Superior from Bengaluru

Sr. Teena M.C.  
Regional Superior from Shillong

**Bishop's Program for July 2023**

01 - 29: Mission Appeals, USA

30 : Confirmations, Nandannagar Parish