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01st July 2023

Dear Confreres, members of the Salesian family and friends,

Prayer has always been a key factor of Don Bosco's life and apostolate. His entire mission and work centered around his love of the Eucharist and devotion to our Lady Help of Christians. Love for young people and prayer went side by side and this has been explicitly expressed in the Constitutions: *"Docile to the Holy Spirit, Don Bosco lived an experience of humble, trusting and apostolic prayer in which praying and living were spontaneously united. We learn from him to recognize the action of grace in the lives of the young; we pray for them so that the design of the Father may be fulfilled in each of them, and we pray with them that we may witness to our own faith and share the same hope of salvation. Salesian prayer is joyful and creative, simple and profound. It lends itself to community participation and flows from and into life experience."* (C.86 & R. 77).

DON BOSCO AND PRAYER

Don Bosco was human and divine. He dedicated his life to the education and spiritual formation of young people, especially those who were marginalized and at risk. Prayer played a central role in Don Bosco's life and in the Salesian Congregation. He believed that prayer was essential for one's personal relationship with God and for the success of his mission. He encouraged his followers to cultivate a deep and vibrant prayer life, which he considered the foundation of our spiritual journey.

In the Salesian Congregation, prayer is seen as a vital aspect of the Salesian Charism and Spirituality. Salesians are encouraged to develop a personal and communal prayer life that integrates contemplation and action, spirituality and apostolate. The goal is to foster an intimate union with God and to be transformed by His grace.

The Salesian tradition promotes various forms of prayer, including liturgical prayer, meditation, personal reflection, and devotion to Mary, the Mother of Jesus. Don Bosco had a profound devotion to Mary under the title of Help of Christians and encouraged others to entrust ourselves to her maternal care.

Salesians are also inspired by Don Bosco's teaching that work, when done with a spirit of love and dedication, can be a form of prayer. We strive to sanctify our daily activities and engage in our work a sense of mission and service to others.

It provides its members with spiritual resources and practices to nurture our prayer life. We have specific times for communal prayer, such as morning and evening prayers, the celebration of the Holy Eucharist, the Adoration, the Holy Rosary, and the recitation of the Liturgy of the Hours. Retreats and spiritual exercises are also organized to help us deepen our relationship with God.

In addition to personal and communal prayer, the Congregation emphasizes the importance of accompanying young people in their spiritual journey. We aim to be spiritual guides and mentors, offering guidance, support, and encouragement to young people as they grow in their faith.

Prayer is a fundamental aspect of the Salesians, rooted in Don Bosco's own spirituality. It is seen as a means to encounter God, seek His will, and find inspiration and strength to live out the Salesian mission of educating and evangelizing young people.

Provincial Circular



A. Meditation and Contemplation: Meditation and Contemplation was indeed very important for Don Bosco and he recognized its significance in the spiritual life of individuals, including his own. Here are a few reasons why meditation and contemplation held such importance for Don Bosco:

1. **Encounter with God:** Don Bosco believed that meditation was a way to enter into a deep and personal relationship with God. Through silent reflection and contemplation, one could open his heart and mind to encounter the presence of God and listen to His voice. For Don Bosco, meditation was a means of developing intimacy with God and growing in spiritual communion with Him.
2. **Discernment of God's Will:** Don Bosco considered meditation as a vital practice for discerning God's will in one's life. He believed that by quieting one's mind and focusing on God's presence, individuals could better understand the direction and purpose God had for us. Through meditation, Don Bosco sought guidance and clarity in making decisions and carrying out our mission.
3. **Spiritual Growth and Virtue Formation:** Don Bosco recognized that meditation was a powerful tool for personal growth and the cultivation of virtues. By reflecting on the life and teachings of Jesus Christ, individuals could internalize His example and strive to imitate His virtues. Don Bosco encouraged his sons to meditate on the Gospel and apply its teachings to their daily lives, fostering spiritual growth and transformation.
4. **Inner Strength and Resilience:** As Don Bosco dedicated his life to the service of young people, he understood the challenges and difficulties they faced. He believed that meditation, individuals could find solace, peace, and the necessary spiritual strength to persevere in their faith and mission.
5. **Union of Heart and Mind:** Don Bosco emphasized the importance of integrating one's heart and mind in prayer and meditation. He encouraged his sons to engage not only our intellect but also our emotions and affections in meditation. Don Bosco believed that by uniting the heart and mind, individuals could develop a holistic spirituality that encompassed both rational understanding and emotional devotion.

Meditation was a key element in Don Bosco's spiritual life and was essential for his personal relationship with God, discernment, spiritual growth, and resilience. He considered it a means to encounter God, seek His will, and grow in virtue, and he encouraged others to embrace this practice as well.

B. Effects of Being with God: Don Bosco said that, when we are always with God, there are several positive results and effects that can be experienced in our lives. Some of the key outcomes that Don Bosco believed that would arise from a close relationship with God:

1. **Holiness and Sanctity:** Don Bosco believed that being in constant union with God leads to holiness and sanctity. By cultivating a deep and continuous awareness of God's presence, individuals can be transformed by His grace and become more like Him in our thoughts, words, and actions. Don Bosco saw holiness as the ultimate goal of the Christian life and believed that constant communion with God was the path to achieving it.
2. **Joy and Peace:** Don Bosco taught that being united with God brings a profound sense of joy and inner peace. When we remain connected to God, we experience His love, comfort, and guidance, which can fill our hearts with a deep and lasting joy that transcends worldly circumstances. Don Bosco encouraged his sons to find our joy and peace in God and to share that joy with others.



3. **Guidance and Direction:** Don Bosco believed that when we are always with God, we receive His guidance and direction in our lives. By staying connected to God through prayer, meditation, and reflection, individuals can discern His will and receive the wisdom and insights necessary for making choices and decisions. Don Bosco himself sought God's guidance through constant prayer and believed that God would lead and direct him in his mission.
4. **Strength and Perseverance:** Don Bosco recognized that life can be filled with challenges, difficulties, and temptations. However, he believed that when we are always with God, we receive the strength and perseverance to face and overcome these obstacles. By relying on God's grace and trusting in His providence, individuals can find the resilience and courage to endure hardships and remain faithful to our calling.
5. **Fruitfulness in Mission:** Don Bosco taught that when we remain close to God, we become effective instruments of His love and grace in the world. By living in constant communion with God, individuals are empowered to fulfill our mission and serve others with compassion, dedication, and zeal. Don Bosco himself experienced great fruitfulness in his work with young people, which he attributed to his close relationship with God.

Don Bosco tells us, being always with God leads to holiness, joy, peace, guidance, strength, and fruitfulness in our lives. He believed that maintaining a constant awareness of God's presence and cultivating a deep relationship with Him would bring about transformation and effectiveness in our ministry among the young people.

INS NEWS & INFORMATION

ANNUAL SPIRITUAL RETREATS

The Salesian Annual Spiritual Retreats will be held at different intervals in the coming months: Two in July, one in October and one in December. The ones in July (02nd - 08th July & 09th - 15th July 2023) will be animated by Fr. Reji Kizhakkethalackal MSFS and they will be held at Pastoral Center. The Retreat in October (24th - 30th October 2023) will be animated by Fr. Biji Thomas SDB and it will also be held at Pastoral Centre. The last retreat in the month of December (08th - 14th December 2023) will also be animated by Fr. Biji Thomas SDB and it will be held at Siloam. I would like to exhort all the confreres to take this opportunity to participate in this Spiritual renewal and prayerful experience. "Come and rest for a while with ME" Mk 6:31 is an invitation of the Lord. I wish all of you God's blessings and graces upon each one of you.

PRAYER FOR PEACE IN MANIPUR

As we know the situation in the state of Manipur is still very unstable and precarious. The confreres and the people are very much worried and we do not know how this situation would evolve. I request all the communities, parishes, institutions and families to organize some moments of prayer as our way of expressing our solidarity. We pray that peace may reign in the state of Manipur.



INS PRINCIPALS' MEET

We would like to thank Fr. Babu Stephen, Delegate for Education and Culture, for the well-organized, animated and fruitful Principals' Meet from 14th -16th June 2023. We thank the Principals, Vice Principals and all those who participated actively in the Principals' Meet. We are also very grateful to the community of Siloam for having hosted this meeting in the best way possible. The Booklets "**Don Bosco Youth Policy**" and "**Personnel Education Policy of Shillong Province**" were both released on this occasion. The 'Personnel Education Policy of Shillong Province' is to be implemented by every Principal, Vice Principal and the whole management without fail. Kindly follow up the guidelines very strictly. This is the decision taken unanimously by all the confreres in the province specially those who are in the schools, institutions and above all by the Provincial and his Council. The Don Bosco Youth Policy of Shillong Province too is to be implemented in all our settings and the guidelines given must be followed and adhered to so that our youth ministry can become more effective. I thank Fr. Anthony Kharkongor, the Youth Ministry Delegate and Fr. Babu Stephen, the Delegate for the Education and culture.

CONGRATULATIONS NEW DEACONS

We would like to congratulate the 34 brothers (SDB - 31 and OCD – 3) of Sacred Heart Theological College Mawlai who were ordained deacons by his Lordship Most Rev. Wilbert Marweñ DD, Bishop of Nongstoin this morning.

We have 9 INS Deacons from Sacred Heart Theological College. We continue to pray and accompany them. Below is the list of their diaconate ministry:

NAMES	COMMUNITIES
Dn. Dkhar Shiningstar	Savio Juniorate, Mawlai
Dn. Dkhar Shemphang	St. Joseph Church, Umden
Dn. Kharbuki Mark Anthony	St. Dominic Savio Church, Mawlai
Dn. Kharpran Sawlus	Assumption Church, Nongpoh
Dn. Kharsyntiew Synsharsuklang	St. John Bosco Shrine, Sohra
Dn. Lyngdoh Rueben	Don Bosco Aspirantate, Nonglakhiat
Dn. Sun Kamborsing	Divine Saviour Church, Nongthymmai
Dn. Tyngkan Kitboklang	Don Bosco Centre, Silchar
Dn. Warjri Khlainbor	St. Peter Apostle Church, Pyndengrei
Dn. Mawa Albert (LKC)	St. Mary's Church, Rangblang

INS PROVINCIAL COMMISSIONS 2023 – 2024

Main Coordinator: Fr. John Zosiama, Vice Provincial

a. YOUTH MINISTRY DELEGATE: Fr. Anthony Kharkongor

1. Social Experience: Fr. Primus Syiem

Regional Coordinators: Fr. Juel Ekka, Fr. Dominic Ralte, Fr. Donborlang Kurbah, Fr. Protasius Syngkli, Fr. Barnabas Syiem, Fr. Hampyrwa Tyngkan.



2. Education to faith: Fr. Saji Stephen P

Regional Coordinators: Fr. Hubert Thyрниang, Fr. Patrick Khupzalana, Fr. Sylvester Synrem, Fr. Edmund Lakra, Fr. Carmel Myrthong

3. Education, Culture & Green Alliance: Fr. Babu Stephen

Regional Coordinators: Fr. Denis Lalfela, Fr. Suman Kiro, Fr. Surjit Tigga, Fr. Felix Dkhar, Fr. Thiewbor Kharsyntiew, Fr. Sebastian Palatty, Br. Solomon Swer, Fr. Gabriel Colney

4. Vocation & Career Guidance: Fr. Primus Syiem

Regional Coordinators: Fr. Remol Marak, Fr. Patrick Khupzalana, Fr. Jeffrey Kharkongor, Fr. Donborlang Kurbah, Fr. Surjit Tigga

b. YOUNG AT RISK: Br. Bosco Ekka

Regional Coordinators: Fr. Genesius Wanniang, Fr. Jose Chunkapura, Fr. Dinesh Narzary, Fr. Glorius Shullai, Fr. Robert Makri, Fr. Junas Minj.

c. FORMATION: Fr. John Zosiama

Delegate Members: Fr. Philip Barjo, Fr. Vettath Jose, Fr. Glorius Syiemlieh, Fr. Bernard Pala, Fr. Mukht Turkey, Fr. Jeevan Lakra & Br. M.A Abraham.

d. SOCIAL COMMUNICATIONS: Fr. Michael Makri

Delegate Members: Fr. PJ Joseph, Fr. Daniel Cajee, Fr. Aiborlang Nongsiej, Fr. Abialstar Kharsotun & Fr. Dominic Ralte

e. SALESIAN FAMILY: Fr. Joseph Anikuzhikattil

Delegate Regional Coordinators: Fr. Ioannis War, Fr. P.A James, Fr. Jose M Kallanickal, Fr. Marius Thongnibah & Fr. Christopher Warlarpah.

f. TECHNICAL EDUCATION: Br. Regy Joseph Cherukunnel

Delegate Members: Fr. James Thyрниang Fr. Arcadius Puweñ, Fr. PJ Joseph, Fr. Albastar Kharkongor, Fr. Francesco Dhar, Fr. Donbor Jyrwa, Br. Barnabas Khriam, Fr. John Kharshandi & Br. Quirinus Warkhyllaw.

g. MISSIONARY ANIMATION: Fr. Sebastian Turkey

Delegate Regional Coordinators: Fr. Henry Warbah, Fr. Peter Syiemlieh, Fr. Joseph Palamthattel, Fr. John Changsan, Fr. Marius Thongnibah & Fr. Johny Eapen.

h. LEGAL AID: Fr. LB Anthony

Delegate Members: Fr. John Zosiama & Fr. Saji Stephen

i. PROVINCE DEVELOPMENT OFFICE (PDO): Fr. James Thyрниang

Delegate Members: Br. Regy C, Fr. Genesius W, Fr. Kenny Pakma, Fr. Nelson Joseph, Br. Alexius Condpan & Fr. Cyril Turkey.



j. HIGHER EDUCATION: Fr. Joby Joseph Manjakattil

Delegate Members: Br. Albert Longley, Fr. George Shining Lyngkhai, Fr. George Maliekal, Fr. Gervasius Nongkseh, Fr. Arcadius Puweñ, Fr. PJ Joseph & Fr. Saji Stephen

k. DON BOSCO BOARD OF SCHOOL EDUCATION (DBBOSE): Fr. Babu Stephen

Delegate Members: Fr. Anthony Kharkongor, Mr. Frederick Lyngkhai, Mr. Peter Dohkrut, Fr. Felix Dkhar, Fr. Sebastian Palatty, Fr. Carmel Myrthong, Br. Solomon Swer & Fr. AL Jose.

PROVINCE PROGRAMME - JULY TO DECEMBER 2023

MONTHS	DATES	PROGRAMMES/EVENTS	PLACES	ANIMATORS
July	02 - 08	1 st Retreat for Confreres	Pastoral Centre	Fr. Reji MSFS
	09 - 15	2 nd Retreat for Confreres	Pastoral Centre	Fr. Reji MSFS
	16 - 19	Junior Priests' Meeting	Siloam	Vice Provincial
August	28 - 31	Rectors & Parish Priests' Meeting Jubilee of Confreres & Prov. Community Day	Provincial House SHTC, Shillong	Provincial, Vice Pro & Rector, SHTC
15 Sept. - 03 October		Missionary Course	Provincial House	SA Coordinator
October	01	Salesian Mission Day	Shillong Province	Fr. Sebastian T
	18 - 20	Practical Training Brothers' Meet	Provincial House	Vice Provincial
	18 - 25	Consultation: New Provincial	Region-wise	Fr. Biju Michael
	24 - 30	3 rd Retreat for Confreres	Pastoral Centre	Fr. Biji Thomas
November	04	Requiem Mass at 2.30 pm	Laitumkhrach	Rector, DBTS
December	08 - 14	4 th Retreat for Confreres	Siloam	Fr. Biji Thomas
	09 - 16	Vocation Camp: Cl. VII passed	Savio Juniorate	Voc. Commission

BIRTHDAY WISHES

My prayerful wishes to all those confreres who celebrate their birthday this month. I assure them of my prayers and may God bless them and their ministry.

Dates	Names	Dates	Names
02	Fr. John Gilbert Kharshandi	11	Fr. Gervasius Kozhuppathadam
	Dn. Kamborsing Sun		Fr. Dominic Lalrintluanga
03	Cl. Dinimemon Shylla	21	Fr. Anthony Kannanayakkal (KJ)
04	Fr. Edmund Gomes	22	Fr. Sebastian Tirkey
05	Cl. Mewan P Talang		Fr. Felix D Dkhar
06	Fr. Mathew Parackatte (PM)	25	Fr. Mathew Payappilly
	Cl. Eldingland Syiemlieh	26	Fr. Jeffree Kharkongor
08	Br. Anand Prakash Lakra	28	Fr. Thomas Marak
	Cl. Edmund E Ryngnga	29	Cl. Markus Muktieh
10	Cl. Lambor Thyrniang	30	Fr. Gilbert Bhoi



THE DEPARTED

Let us pray for the repose of the departed souls:

- ✠ Fr. Thomas Polackal SDB (INC)
- ✠ Fr. Jose Valiaveettil SDB (INS)
- ✠ Fr. Ittira Mondoith SDB (INK)
- ✠ Mrs. Isabel Artime Garcia, the beloved mother of Don Angel Fernandez Artime.

We express our heartfelt condolences to the provincial and confreres of Kolkata, Bangalore and the family members of the deceased.

CONCLUSION

The response to God's presence in our Salesian life is characterized by a spirit of gratitude, surrender, and active participation.

- ✚ **Gratitude:** We Salesians are called to cultivate a deep sense of gratitude for God's presence in our lives. We recognize that all that we have and all that we are is a gift from God. This gratitude is expressed through praise, thanksgiving, and a willingness to acknowledge and appreciate God's blessings and grace.
- ✚ **Surrender:** We are invited to surrender ourselves completely to God's will and plan. We recognize that God's presence is active and guiding in our lives, and we respond by entrusting ourselves entirely to His loving care. This surrender involves letting go of personal desires and ambitions and embracing God's plan with trust and obedience.
- ✚ **Prayer and Communion:** We respond to God's presence through a life of prayer and communion. We strive to maintain a continuous conversation with God, seeking His guidance, expressing our love, and growing in intimacy with Him. Prayer becomes the foundation of our relationship with God and is woven into every aspect of our daily lives.
- ✚ **Responsiveness to God's Word:** We listen attentively to God's Word and respond by applying it in our lives. We study and meditate on Scripture, seeking to understand God's message and allowing it to shape our thoughts, attitudes and actions. We strive to live out the values and teachings of the Gospel, making them present in our interactions with others.
- ✚ **Active Participation in the Salesian Mission:** Responding to God's presence means actively participating in the Salesian mission of serving young people. We engage in works of education, evangelization, and pastoral care, seeking to bring the love and mercy of God to the young and the marginalized. We see our service as a concrete response to God's call and presence in our lives.
- ✚ **Formation and Growth:** We respond to God's presence by continually seeking personal and spiritual growth. We engage in ongoing formation, both intellectual and spiritual, deepening our understanding of our vocation and striving for greater conformity to Christ. We actively seek out opportunities for personal conversion and growth, allowing God's presence to transform us.



This is a dynamic and ongoing process that shapes our relationship with God and guides our actions in the service of others especially the young people.

"... In praying, the Salesian community responds to this call; it deepens its awareness of its deep and living relationship with God, and of its saving mission, making its own Don Bosco's prayer: "Da mihi animas, cetera tolle". (C.85 & R. 69)

Yours in Don Bosco,



Fr. Paul Olphindro Lyngkot SDB
Provincial



Provincial Circular

