



Emotional Detox

We are all psycho-somatic beings. Just as a physical detox removes the chemicals and other toxins that make us sick, an emotional detox will cleanse all the negative emotions that plague our minds and souls. Experiencing extreme emotions is part of what makes us human. We face challenges every day that cause us to experience negative emotions. And while almost everyone can benefit from an emotional healing detox, anyone currently experiencing toxic emotions may want to start sooner than later. Here are a few signs that indicate the need for an emotional detox: Are you experiencing negative emotions or thoughts? Like anger, resentment, regret, hurt, discouragement, bitterness, shame, sorrow, powerlessness. Research has shown that chronic emotions, such as anger and hurt, can cause increased heart rates, higher blood pressure, and poor immune response, all of which can ultimately lead to higher risk of depression, heart disease, diabetes and other serious conditions.

1. **Forgive others:** We've all been hurt by someone one time or another. But holding on to that pain is one of the unhealthiest things we can do. Letting go of the past and forgiving those who have wronged you is the first step to emotional detox. A grudge can not only weigh on you mentally and emotionally, but it can affect you physically as well.
2. **Forgive yourself:** It's the golden rule: Love others as you love yourself. But what if you don't love yourself? What if you look in the mirror and loath the person staring back? By forgiving yourself, you'll find it's easier to release toxic emotions that have built up over the years. Regret and shame can quickly take control of your mind and spirit. Stop blaming yourself for the past and look toward the future.

Start by realizing that no amount of mourning or regret can change your past actions. Move on, slowly if needed, and focus on things you can change.

3. **Practice self-love:** Now that you have forgiven yourself and others, it's time to love yourself. Every day, we are bombarded with images, especially in social media, of what we "should" look or feel like. This can have a negative impact on us and cause us to feel hurt, shame or even discouraged. But by practicing self-love, we can move past these negative emotions. There's no right or wrong way to practice self-love. As long as you're working to build your self-esteem, you're moving in the right direction.
4. **Recite positive affirmations:** Reciting positive affirmations is one of the easiest and quickest ways to build self-esteem and self-love. Constant negative thoughts not only lower your self-esteem but they also have a severe impact on your physical health. Several studies have highlighted the impact of positive affirmation on individual growth.
5. **Don't look back:** Now that you've made it this far and you have the fundamentals behind you, don't look back. It's easy to look back and regret the decisions you have made. While it's natural to regret when you've made a mistake or taken the wrong path, coping with that regret is important. Here are a few helpful ways you can do so:
 - Remind yourself that life is a journey
 - Remind yourself that everyone makes mistakes
 - Remind yourself how great you are on a daily basis
 - Instead of dwelling on the things you did wrong, learn from those mistakes.

6. **Have a good cry by yourself:** We've all had moments in private where we just break out into tears for so many different reasons. There are many emotional benefits to crying. Whether you've lost a loved one, ended a relationship or have witnessed a touching moment, shedding tears is a great way to express your emotions and learn more about yourself. Tears are therapeutic, in fact, crying releases many toxic substances from the body.
7. **Cry with someone you trust:** Speak to a close friend, loved one, or even a professional counsellor. Since we all hold on to negative feelings, such as regret, stress, fear, and anger, it's important to talk with someone who can relate to your situation. However, don't open up and dump your toxic emotions on just anyone. Remember, sharing details of this nature gives the other person an open window into the intimate parts of your life. Try to find less judgemental people to confide in. This is where speaking with a professional may help.
8. **Have faith: Ask yourself this:** "Do I deserve to be well? Is it possible to have emotional stability, and the abundant life?" If you honestly answered, "Yes," to those questions, you're ready to move on. Have faith in yourself. It's not enough to just go through the motions if you don't believe in yourself. Once you have convinced yourself that emotional cleanse is possible, you will start developing positive feelings and emotions, which will push you to succeed in life.
9. **Remove distractions:** Avoid distractions at any cost. People, places and things can all distract from what's truly important: your emotional health. While you work to cleanse negative emotions, you are more susceptible to hurt because your guard is down. Be honest with yourself when opening up to others and avoid those who may feed on negative thoughts. Similarly, you should also avoid places or situations with similar motives.
10. **Ditch social media:** Yes, I know, this is easier said than done. Social media addiction is unhealthy. Take a break from Facebook and other social media, at least while you're in detox. A recent study has found that Facebook can trigger feelings of jealousy and envy and cause you to develop unrealistic comparisons. This has serious consequences on your overall well-being and can even lead to depression.
11. **Talk to a professional:** Your family and friends are probably poorly equipped to help you deal with your negative emotions. If you get a sense that they lack empathy, it's not because they don't care, it's because they can't relate. A professional can provide guidance if you're not afraid to ask. Talking about your feeling is an important step in an emotional healing detox and you need to ensure you talk to the right person. Seeking professional guidance is not a sign of weakness. It doesn't mean you have failed. In fact, it shows how committed you are to become a better person and finding an emotional balance. Be honest with yourself and take an honest look at your needs. When you embrace someone else's strengths, you can find a more strategic path to full mental and emotional healing detox.

+ Salvadore Lobo

Celebrations

Celebrations are part and parcel of our life. It unites us, refreshes us, gives us energy and expands our horizon to count the blessings of the Almighty. Month of December is one of such month which unfolds the occasion for celebrations especially in our parish, Hokalkuria. Every year December 19th is a memorable day for the people over here. People continue to celebrate as Groto was established and mother Mary's statue was installed on this day. To make the day remarkable we had lots of planning and preparations. Finally the day was marked with colourful events. I felt very happy to see people's hard work, co-operation and enthusiasm to make the day special. Our Bishop, Rt. Rev. Shyamal Bose, had gracefully accepted the invitation to join the celebrations. We had long procession from Mandir Bill followed by grand and meaningful Holy Eucharistic celebration. Our joy was doubled to see M.C sisters from Baruiapur, Holy Cross sisters with candidates and C.M fathers who joined us to share our happiness. It was so fascinating to see that for the first time Parish had conducted carol singing competition among four villages (Paras). It was wonderful, creative, meaningful and was melodious performance. It also was so exciting to witness them. Thereafter we also had varieties of cultural programs from different groups. The day came to an end with delicious agape. Every one young and old enjoyed the day.

Sr. Magdaline Barla S.C.C.

Emergency Response to Cyclonic storm “Bulbul” Affected families in the Sundarban Islands

On 9th November 2019, the cyclonic storm “Bulbul” hit Sundarban Islands, the coastal part of Bay of Bengal, West Bengal around 130 nautical miles south of Kolkata. Bulbul cyclone accompanied with rain caused big disaster.

“Hiss of Bulbul at 135kmph” was the headline of the Telegraph daily in Kolkata. The cyclone was born in the Bay of Bengal and died in Bangladesh. It passed through the Sundarban Islands, the coastal part of West Bengal and causing destruction on the way.



Donor	Date of Distribution	Area of Distribution	No. of Family received relief material
Caritas India	18, 22 and 24 November, 2019	Sagar Block: Muriganga I & II GP Patharprotima Block : Brojballavpur GP	700
DKA, Austria	29 November 2019	Namkhana Block: Mousuni Island Frazerganj GP	1000
Monas Unidas	21 & 22 December 2019	Namkhana Block: Haripur GP & Namkhana GP	1500
Total			3200

The cyclone along with rain destroyed most of the mud houses, uprooted trees, paddy fields, vegetables, livestock, fishes, communication system and the livelihood. The cyclone has ruined houses of thousands of families in Sundarban Islands in the district of 24 Parganas, West Bengal.

PUS continued engaging herself for the emergency needs of the affected people. Under the leadership of Fr. Parimal Kanji PUS, Baruipur formed and strengthened assessment Teams among staffs, animators and local volunteers with special attention to

the instruction of donors and have carried out the Bulbul relief work. All the information has been collected and taken immediate action for tabulating those data according to the Blocks, Gram Panchayets and villages along with field observation.

Linkage and networking is important strategies adopted for Early Recovery, Emergency support and Disaster Risk Reduction. PUS assessment Teams made linkage with the local PRI functionaries, health and other Government department officer for primary and secondary data collection, observation and feedback. Specific activities like meeting with PRI members, meeting with Government officials conducted as key steps for establishing a good linkage that help to identify and reach to the most Bulbul affected families.

The staff, task forces and PRI members jointly made Rapid need Assessment as humanitarians support to cope with the disastrous situation, identify for selection of most cyclone victimized families and mechanism of relief material distribution.

PUS Rapid action teams selected the above mentioned areas in District of South 24 Parganas Block as the most Bulbul affected family for relief operation on the humanitarian ground irrespective of caste, creed and religion. PUS Distributed Tarpaulin, Blanket, Mosquito Net, Rope and Bleaching Powder Rice and Pulses (Dal) to cater the needs of the Bulbul affected Families with love and Solidarity.



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News from Paribar Jyoti

A Course for the Deacons of Morning Star Seminary on Pastoral Care of Families

In addition to the common topics, Paribar Jyoti included these topics which are not usually discussed anywhere else:

1. Ten Stages of married life and the pastoral accompaniment during these stages.
2. Four Attitudes towards marriage and the impact of these on married life - The pastor's role to guide the people in respect of these.
3. Attitudes towards the opposite sex and how it affects the relationship - How to help them to have healthy attitude towards the partner.
4. The difference in the spirituality of celibates and the 'conjugal spirituality' of married persons and how the pastor can promote this ("No longer two"; "remain in my love.").
5. Emotional needs of men and women; what happens if the partner is unable to fulfil these due to ignorance.
6. Seven stages of marital breakdown and what the pastor needs to do to prevent breakdown.
7. Nine Stages of love.
8. Falling in Love and falling out of love and how the person is emotionally affected; Role of the pastor in respect of these.
9. Divorce, its effect on children from psychological perspective; Preventive measures to be taken by the pastor before the partners come to the breaking point.
10. The focus was on the pastor's attitude towards the family and pastoral care beyond the sacramental ministry, to be a compassionate companion in the journey of family life as a lifelong sacrament.



The participatory methodology was instrumental to build on the students' knowledge and experience. The lively group discussions helped them to think as a team and respect the ideas of one another.

The group was particularly vibrant and their active interest was visible in their whole hearted participation.

The course helped them to understand why they need to understand the people rather than judging them and why it is necessary to focus on the family whatever be the type of ministry they may undertake because the family atmosphere affects every person and especially the children and youth.

Marriage Preparation and Rectification Courses

These courses have become more and more vibrant and attractive. The opportunity for mutual interaction helped the participants to modify their attitudes and create a readiness to adjust to the partner. The men were listening when women spoke of the difficulties women face in married life and vice versa. We have found that they themselves bring out many things we may like to tell them. Then it is theirs and more effective than if we pour out our ideas on their head.

The focus was on attitudes and behavioural change more than imparting knowledge. The inputs to supplement what they already knew and correcting their misconceptions were well received as these were done through interactive dialogue after preparing their minds and increasing their eagerness to learn.



The whole course became a practical training in inter-personal relationship as they learned in a few hours to overcome inhibitions, open up and were able to intermingle with persons who were perfect strangers.

The spiritual dimension was built into the course in such away as to show how to relate to God in the context of their concrete life situations.

They were taken step by step in a psychological process to the final stage when they came to the realisation of, "What my partner expects of me" and "What are my responsibilities as a husband or wife." They were overjoyed to hear this from the partners as their own realisation was reinforced. Then the facilitators told them that, however deep their realisation and however strong their determination, they need to be prepared to make room for exceptions and shortcomings as nobody is perfect

because ideal marriages exist only in heaven.

The awareness of the partner's expectations and their own determination to become responsible husbands and wives was sealed by an oath they took before God and one another during the concluding ceremony that they would strive to develop a habit of listening, respect, tolerance, forgiveness etc. The impact of the course was such that they were feeling sad to leave.

Dishari at a Glance

This year Dishari organized Christmas get-together for Sunday School Children in three parishes such as Morapai, Ranigarh, Gosaba and in Dishari Pastoral centre where altogether 860 Children participated. There was Christmas gathering for parishioners on 5th of January 2020 at Dishari. There were a total of 310 participants from different parishes. The gathering began with the Holy Eucharist presided over by Rev. Coadjutor Bishop Shyamal Bose and concelebrated by Rev. Fr. Saumen Malik and Rev. Fr. Ramen Pailan. Soon after the Holy Eucharist Mr. Arnob John and Miss Shuile Bhuinya led the inaugural program followed by skit Competition. 10 parishes namely, Baruipur Cathedral, Sajnaberia, Keorapukur, Canning, Morapai, Gangarampur, Sonarpur, Kalyanpur, Baruipur - R.B. Nagar and Hogalkuria came up with spectacular skit on the theme nativity of Jesus. Rev. Fr. Ramen Pailan, Rev. Fr. Deepak Ekka and Mr. Chinmoy Mahanti were the judges for the competition. Morapai parish came up with first position whereas Keorapukur and Gangarampur parish secured second and third places respectively. The Programme concluded with delicious lunch and gifts for everyone.



On 12th January 2020, Dishari organized Christmas Gathering for all the members of SCC units in our diocese. As a whole 441 people attended the gathering from 13 parishes namely, Baruipur Cathedral, Budge-Budge, Kalyanpur, Sajnaberia, Thakurpukur, Kumrokhali, Canning, Ranigarh, Baruipur - R.B. Nagar, Morapai, Gangarampur, Sonarpur and Hogalkuria. The gathering commenced with the Holy Eucharist presided over by Rev. Coadjutor Bishop Shyamal Bose and concelebrated by Rev. Fr. Saumen Malik and Rev. Fr. Ramen Pailan. Bishop in his homily encouraged that SCC is one of the best instruments for the evangelization. After the Holy Eucharist there was parish wise Carol competition. Among 13 parishes 9 parishes took part in the competition. Fr. Ramen Pailan, Fr. Deepak Ekka and Mr. Chinmoy Mohanti were the judges. Morapai parish bagged first position whereas Budge-Budge and Gangarampur parish secured second and third places in the competition. The winners were awarded with the trophy. At the end of the programme all the participants were given Christmas gifts followed by agape. It was indeed joyful experience for the participants.

- Fr. Saumen Malik



Profession of Loreto Sister- Thakurpukur- Abhilasha

JOY AT FIRST PROFESSION OF LORETO SISTER

“You are precious to me” Is. 43: 4

On 26th January Sr. Adrina Rai responded generously to the call of God and professed her first vows. It was a great joy for the Institute of the Blessed Virgin Mary.



Bishop Salvadore Lobo was joined by other five priests in concelebrating the Holy Eucharist and the congregation enjoyed his inspiring homily. The newly professed sister was joined by her parents, brothers, relatives and many IBVM sisters from different communities. After the meaningful mass, the congregation congratulated her warmly which was followed by delicious meal and joyous dancing and singing.

Many thanks to all of you for your loving support and prayers.

- Sr. Nirmala IBVM

Silver Jubilee of Sr. Sabasti - Holy Cross, Baruipur

27th of January 2020 was a 'Thanks Giving Day' for us in Holy Cross Convent, Baruipur as one of our members- Sr. Sebasty Jesuraj S.C.C. completed 25 years of service to God and humanity. Rt. Rev. Shyamal Bose, coadjutor of Baruipur along with 9 other priests of the diocese offered the Thanks Giving Eucharist. Participation of the religious of our diocese and a few well-wishers added fervor and solemnity to the celebration.

My sincerest congratulations to our Jubilarian and I thank her for the 25 years of Religious life that she is celebrating this year. Thank you, Sr. Sebasty, for the gift of yourself: the gift of faithful service through your ministries and apostolates which have been and are invaluable to the Church and to the world; the gift of your witness through the evangelical councils of poverty, chastity and obedience; the gift of the charism of our foundress Mother Claudine Echernier as you enliven it and make it present in yourself and through yourself in the Congregation of the Sisters of the Cross; the gift of your Religious communities that you lived in the past; your presence in this diocese, in our community and in the school is a reason for all of us to rejoice and render thanks.

On this auspicious occasion of your Silver Jubilee, I would like to quote Pope Francis who challenges every religious not to cling to our security but to abandon our culture of comfort and go to the periphery. He tells us that we must be less of an enclosure for the virtuous but more an oasis for the weary and downtrodden. We must be less of an experience of exclusion and more of an encounter of radical love, inclusiveness and solidarity. May your coming years be filled with such opportunities and that you may become a true Sister of the Cross following the footsteps of Christ on Calvary.

- Sr. Elsy John S.C.C



CONGRATULATIONS!!



Silver Jubilee of Sr. Asha AC - Keorapukur



With great gratitude and joy the sisters of the Apostolic Carmel at Keorapukur celebrated the Silver Jubilee of the Religious Profession of Sr. Maria Ashajyothi A.C on 23rd January 2020.

It was a golden day in the life of Sr. Maria Ashajyothi A.C as she celebrated the Silver Jubilee of God's Grace and faithfulness in living her Religious Profession.

She was born on June 14, 1973 and made her Religious Profession in 1995. She was appreciated for her commitment and dedication for the past 25 beautiful years of vowed life in places like Mangalore, Bangalore, Bongaon, Durgapur, Sikkim and currently at Keorapukur, Kolkata.

On this festive day Bishop, Priests, Sisters, family and friends joined Sr. Maria Ashajyothi in thanking the Lord for her 25 years of dedicated service and faithfulness to God with thanks giving Eucharist presided over by Most Rev. Coadjutor bishop Shyamal Bose. The Jubilee spirit was heightened with the presence of Most Rev. Coadjutor bishop Shyamal Bose who delivered an inspiring sermon. The beautifully decked Chapel and melodius Choir made the Eucharistic celebration meaningful and inspiring.

After the Mass there was a short felicitation, Cutting of the Jubilee Cake along with her two batch mates Sr. Nessa & Sr. Maria Sofia. This was followed by the festive Jubilee meal.

We would like to express our heartfelt gratitude to Provincial Superior, Sr. Marcella and her team and all the community sisters, Sisters from different convents whose presence brought more joy in the celebration. Thank you for your prayerful support, love, sacrifice and generosity.

Congratulations Dear Sr. Ashajyothi for your 25 years of devoted service, sacrifice & commitment.

- Nikhil Anthony Tesra

Programmes in Paribar Jyoti

Pre-Marriage Orientation and Counselling
February 07-08, 2020.

Personality Development (Class IX-X)
February 17-19, 2020

Young Couples' workshop (also rectification)
February 21-22, 2020

Personality Development (Class XI-XII)
March 12-14, 2020

NOTICE BOARD

The Plenary Assembly of the Catholic Bishops' Conference of India (CBCI) will take place from February 12-19, 2020 at St. John's National Academy of Health Sciences, Sarjapur Road, Bangalore. The theme for the plenary assembly is "dialogue". Kindly pray for the success of the plenary assembly.

Programme in Dishari

A course on Spoken English will be organised by Dishari Pastoral Centre, Baruipur from 9th March 2020 to 8th April 2020 for the students who have written Madhyamik Board Exam 2020.

Blessing & Inauguration of St. Francis Academy, Chanda-Kanthalberia



If the Lord does not build the house, it is useless for the builders to work on it. Ps 127:1

The blessing and inaugural function of St. Francis Academy, Chanda-Kanthalberia took place on January 26, 2020. It began with the Holy Eucharistic Celebration. The Holy Eucharistic Celebration was presided over by His Lordship, Bishop Salvatore Lobo, the Bishop of Baruipur. In his sermon, His Lordship, specifically stressed on two things: Firstly on the importance and necessity of quality education in the locality. Only the good & quality education can dispel the darkness of ignorance and give the light of truth. Secondly to uphold the Constitutional values that the Preamble of the Constitution of India gives, like **justice** – social, economic & political; **liberty** of thought, expression, belief; **equality** of status, opportunities etc.

Soon after the Eucharistic Celebration, everyone proceeded towards the lobby of the newly constructed school building. There

His Lordship, Bishop Salvatore Lobo, blessed and Rev. Fr. Remish Ekka, the Provincial Minister of St. Fidelis Province, Lucknow inaugurated the school building. On this occasion 23 priests, many Sisters of different Congregations, PPC Members of Holy Family Church, Kestopur, teaching and non-teaching staff and approximately 120 students of St. Francis Academy were present there. Everybody enjoyed the short cultural programme performed by the students of St. Francis Academy. It was followed by sumptuous dinner.



FEBRUARY 2020

06 Fr. Uttam Naskar

08 Fr. John Britto

13 Fr. Abonindro Das

14 Fr. Prolay Boidya

17 Br. Pritam Mondal

18 Fr. Molloy Mondal

Bishop Lobo's Programme for the Month of February 2020

Date	Day	Time	Place	Programme
01	Sat		Ernakulam	Meeting of the regional chairmen and secretaries of CBCI-OSC
02	Sun		Ernakulam	Meeting of the regional chairmen and secretaries of CBCI-OSC
03-05	Mon-Wed		Mangalore	St. Joseph's Seminary, Jeppu
06-10	Thu - Mon		Udupi	
11	Tue			Goes to Bangalore
12-19	Wed-Wed		Bangalore	Biennial meeting of CBCI and Annual meeting of CCBI
20	Thu			Returns to Baruipur
22	Sat	04.00 p.m.	Kalyanpur	Annual programme of St. Mary's School, Kalyanpur
23	Sun	07.30 a.m.	Bata Nagar	Mass on 7th Sunday in ordinary time
24	Mon	10.30 a.m.	Dishari	G.B. meeting of Baruipur Gyan Deep
25	Tue		Bok-khali	G.B. meeting of Palli Unnayan Samiti Baruipur
26	Wed	07.00 a.m.	Baruipur	Ash Wednesday Mass at Cathedral
		03.00 p.m.	Baruipur	Meeting of Finance Committee
27	Thu	10.00 a.m.	Dishari	G. B. meeting of Dishari Pastoral Centre
28	Fri			Goes to Delhi
28-29	Fri - Sat			Attends ICPA meeting

Coadjutor Bishop Shyamal Bose's Programme for February 2020

Date	Day	Time	Place	Programme
02	Sun	06.30 a.m.	Gobrachak	Mass
		05.00 p.m.	Kalahriday	Mass
09	Sun		Raghabpur	Mass and Confirmation
12	Wed	08.00 a.m.	Bangalore	Departure for CBCI meeting
24	Mon	04.00 p.m.		Meeting of Boys Town
25	Tue		Bok-khali	G.B. meeting of Palli Unnayan Samiti Baruipur
26	Wed	03.00 p.m.	Baruipur	Meeting of Finance Committee
27	Thu	10.00 a.m.	Dishari	G. B. meeting of Dishari Pastoral Centre
		04.30 p.m.	Falta	Annual Day School, Falta

Intentions for the Apostleship of Prayer, Month of February 2020

Listen to the Migrants' Cries: We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

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