



Exaltation of the Cross

"We should glory in the cross of our Lord Jesus Christ, for he is our salvation, our life and our resurrection: through him we are saved and made free." (The entrance antiphon for the Feast of the Exaltation of the Holy Cross)

The Feast of the Exaltation of the Holy Cross, also called Universal Exaltation of the Holy and Life-Giving Cross or Holy Cross Day, recalls three historical events, namely, (1) The finding of the True Cross by St. Helena, the mother of the Emperor Constantine in 320 AD, (2) The dedication of two churches built by Constantine on the site of the Holy Sepulchre and Mount Calvary in 335 AD and (3) The restoration of the True Cross to Jerusalem in 629 AD by the Byzantine emperor Heraclius II from the Persians.

The universal symbol of the Christian faith, the Cross, represents Christ's victory over death. The feast celebrates the redemptive transformation of a barbaric instrument of torture into a divine "tree of life" that brings hope to humankind. The cross is a sign of suffering, a sign of human cruelty at its worst. But by Christ's love shown in the Paschal Mystery, it has become the sign of triumph and victory, the sign of God, who is love itself. The feast, more than anything else, is a celebration and commemoration of God's greatest work: his salvific death on the Cross and His Resurrection, through which death was defeated and the doors to Heaven opened.

The founder of *Opus Dei*, St. Josemaria Escriva, always had great devotion to the crucifix. He recommended the people to kiss it at the beginning and end of their work; on going to bed and getting up; while making an act of faith, hope and love, asking God that we may make up in our own lives, as Saint Paul said, "What is lacking in the suffering of Christ." Every night, he would devoutly kiss the crucifix he used during the day, placing it afterwards in the pocket of his pajama-jacket. He wanted to feel it close to his heart when he woke up in the night. Saint Josemaria always wore a reliquary round his neck in the form of a cross containing a *lignum crucis*, a fragment of the True Cross. It was a manifestation of his devotion to the Holy Cross in the loving fulfillment of everyday duties. There are hundreds of ways, also small ones, to express this devotion in daily life, such as making the sign of the cross when saying grace before and after meals: "That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need." (Pope Francis, Encyclical 'Laudato Si', no. 227). The symbol of

Christian faith has ever been and always will be the Cross, for it is the sign of our redemption by our Lord Jesus Christ. When we make the sign of the Cross hurriedly and carelessly, St John Chrysostom says: "the demons rejoice in this frantic waving." On the other hand, the Cross traced correctly, with faith and reverence, dispels demons, calms sinful passions, attracts Divine Grace and gives us the strength to do good.

Believers have always looked to the cross in times of suffering. People in concentration camps, in prisons, in hospitals, in any place of suffering and loneliness, have been known to draw, trace, or form crosses and focus their eyes and hearts on them. The cross does not explain pain and misery. It does not give us any easy answers. But it does help us to see our lives united with that of Christ. In trials and temptations, the cross is a sign of strength and protection. The cross is the sign of the fullness of life that is ours.

The feast of the exaltation of the Cross has a great significance as follows.

1. **A reminder of the Primary Symbol of our Faith:** It is the primary symbol of our faith. In the cross we celebrate the change in our belief system. We look at it as the 'Tree of Life' which replaces the 'Tree of Death' in the Old Testament.
2. **A reminder of our Vocation to Carry our Daily Cross:** The Lord has very clearly said that if we wish to be His disciples then we need to forget ourselves, take up our daily crosses and follow Him (Cf. Lk 9: 23). Each one carries a unique cross. Let us identify them and turn to the Lord who has given us a sign of victory in the form of the Cross.
3. **There is no Neutrality regarding the Cross:** Pope Francis said that we cannot remain neutral regarding the Cross of Jesus. Either we are with Him or we are against Him. A choice is made before every action, for the actions of a Christian are none other than the testimony of how "God has loved us so much that he gave His only Son, Jesus".
4. **A Sure Sign of Hope:** The Cross is a sure sign of hope. Our heart, mind and soul are strengthened when it is exalted through our lives. Brokenness gives way to wholeness; sinfulness gives way to a life of virtue; pride paves way for humility; and hopelessness and despair gives way to renewed and rejuvenated way of thinking.

I wish you all a happy feast of the exaltation of the holy Cross. May the Cross lead us to a life full of love and hope to make each one of us a witness of the Paschal Mystery.

+ Shyamal Bose

PARIBAR JYOTI NEWS

Family Cell Follow-Up Meeting at Raghapur on 2nd August 2022: The



members present in the meeting shared their wonderful experiences when they first attended the orientation at Paribar Jyoti on 28th June '22. They shared that such orientation is really helpful for them and they are very grateful to Paribar Jyoti, because of this programme, they get motivated and learn a lot. They shared that they wanted to get together to energize and take on new activities. So they attended the meeting and shared their house visits experience and some of the problems that the members found. They are planning to perform the in-law ceremony by September 22 for which they have already started their preparations. They plan to hold another meeting on the 20th of this month.

Marriage Preparation Course on 5th & 6th August 2022: The would-be



couples were quite shy at first but after some ice-breaking and the friendly behaviour of the trainers, they opened up and responded well. They had many negative views about married life and had many clarifications which were beautifully clarified by the instructors. Later couples become interested in learning about different things and start to know the reality of married life which can be very happy if they can respect, love and forgive each other and embrace each other as close as possible.

Family Cell Follow-Up Meeting at Keorapukur - 18th August 2022: The members were eagerly waiting for this meeting which was evident from their interest



and excitement. Members shared their home visit activities of the past month and various issues discussed and resolved within the group under the guidance of Mr. John Lobo. Next, he explained that this voluntary spirit of guiding families is essential. We need to move forward with those interests in mind. In particular, you should give them a chance to speak and you should listen very attentively when they say something. Then a few things about "hearing" are discussed. The importance of this issue was taken very seriously by the members. That this discussion was very helpful for them and they will remember the points when they visit the home. Now they are looking forward to organizing many more events in the coming days. Thus, the meeting concluded by setting their plans for the next month.

Husband/Wife Relationship Awareness Programme at Saradana, Mograhat Block - 22nd August 2022: An awareness training on the



husband/wife relationship was organized by our animator Miss Alo Sardar at Saradana, Mograhat Block on 22nd August 2022. The main question in this program was does the relationship of husband/wife affect the children? Participants say of course yes, it is affected. They have shared it in groups discussion sufficiently. Some say that neighbours also influence children. We have provided some case studies. Related to the topic case studies were given by our staff so that they may get a clear picture that the husband/wife relationship should be good. the children have a bright and beautiful future

when the family is a factory of happiness, love, peace and forgiveness etc. Finally, they wish for a one-day programme on a couple's relationship.

Family Cell Follow-Up Meeting at Gangarampur - 25th August 2022:



This meeting was especially important for the new parish priest. After the introduction of the family cell members to the new parish priest, the members discussed the activities of the previous month. they request to the Parish priest to engage and motivate the members. They also shared that during house visits, they faced lots of problems. Miss Jaya Doloi beautifully instructed them on how to handle such a situation. They want to help Paribar Jyoti's activity voluntarily. Therefore, they need to be guided by Paribar Jyoti's staff and Father in order to make a peaceful family and for bridging broken families. The meeting was concluded with their action plan for the next month.

Young Couples Workshop 26th to 27th August 2022: We are really happy



that we have seen some new plans and promises among the judges in this time's marriage training. We had a great experience conducting them. The reason is that the participants came up with great interesting questions. Then they were innocent enough to share their life experiences. This has motivated us more and helped us serve them better with various matters related to married life.

আশার আলো



১৯৭৮ সালে যীশু সংঘ-এর পুরোহিত স্বর্গীয় ফাঃ হেনরিকস-এর হাত ধরে বারুইপুর পল্লী উন্নয়ন সমিতির যে সেবামূলক কর্মসূচির সূচনা হয়েছিল, তা তাঁর উত্তরসূরীদের নিপুণ পরিচালনায় আজও অব্যাহত রয়েছে। বর্তমানে পল্লী উন্নয়ন সমিতির বিভিন্ন সেবা ও উন্নয়নমূলক প্রকল্পগুলি উত্তর ও দক্ষিণ ২৪ পরগণা জেলার ৩১টি সমষ্টিতে (Block) ২০৯১টি গ্রামে দরিদ্রদের মধ্যে দরিদ্রতম মানুষের (Poorest of the Poor) উন্নয়নের কাজ দক্ষতার সাথে ফলপ্রসূ ভাবে সম্পন্ন হচ্ছে।

বিবিধ প্রকল্পের মধ্যে অন্যতম প্রকল্প হল

নারী ও শিশুদের নির্যাতন এবং সহিংসতা থেকে সুরক্ষা (Women & Child Protection against Abuse & Violence) ও অপ্রাপ্ত বয়সে বিবাহ থেকে মেয়েদের সুরক্ষা (Protection of Girls from Underage Marriage)। এই প্রকল্প-দুটি সুষ্ঠুভাবে সম্পন্ন করতে এই সংস্থার অভিজ্ঞ কর্মীবৃন্দগণ, নারীদের কাছে অনিরাপদ অঞ্চল (Vulnerable Area Mapping) এবং নির্যাতিত নারী ও অসুরক্ষিত নারীদের আগে ভাগেই চিহ্নিত করেছিলেন (Vulnerable Beneficiary Mapping)। এছাড়া কোন উপায় অবলম্বন করলে তাঁদের সুরাহা হবে, সেই বিষয়ে এই সকল মহিলাদের (মেয়েদের) সাথে আলোচনা (Participatory Learning Action - PLA) করা হয়। সুতরাং চলতি বছরে প্রথম ধাপে অত্যন্ত অভাবী ২৯১ জন মহিলাদের জন্য ৭টি প্রত্যন্ত গ্রামে তিন মাস ব্যাপী রূপচর্চা বিষয়ক প্রশিক্ষণ শিবিরের (Beautician Course) আয়োজন করা হয়।

এই সকল দুর্বলশ্রেণীর মহিলাগণ শুধুমাত্র রূপচর্চায় নিপুণতা লাভ করেন নি, তাঁরা এই প্রশিক্ষণ থেকে তাদের মেক-আপ, পোশাকের শৈলী, পোশাকের মিশ্রণ-ও-ম্যাচিং, কেশের আকর্ষণীয় বিন্যাস এবং কীভাবে শরীর এবং মুখের গঠনের সাথে মেলে এই সমস্তকে একত্রিত করে সুচারু ভাবে নিজেদের উপস্থাপন করতে হয় সে সম্পর্কে প্রশিক্ষণ গ্রহণ করেছিলেন। পাশাপাশি তাদের আন্তঃ-ব্যক্তিক যোগাযোগ উন্নত করাও ছিল এই প্রশিক্ষণের একটি অঙ্গ। সর্বোপরি এই শিক্ষাব্যবস্থায় তাঁদের সকলকে smart করে তুলেছে।

প্রশিক্ষণপ্রাপ্ত অধিকাংশ মহিলাগণ রূপচর্চা সেবা প্রদানের বিনিময়ে জীবিকা ধারণ করে নিজেদের আয় বাড়াতে সক্ষম হয়েছেন। ফলত, পারিবারিক আয় বেড়েছে। একদিকে তাঁরা যেমন সাংসারিক প্রয়োজনীয় খরচ মেটাতে পারছে, অন্যদিকে তেমনি ব্যাংকে তাঁদের সঞ্চয়ও বর্ধিত হয়েছে। নিজেদের জীবন-যাত্রার মান উন্নয়নের পাশাপাশি সামাজিক নিরাপত্তা লাভ করেছেন। পল্লী উন্নয়ন সমিতির এই সৃজনী প্রয়াস Sustainable Development Goals (SDG)-এর অন্তর্গত ১, ২, ৫ এবং ৮-এর লক্ষ্যমাত্রাকে সমাধান করতে উদ্যোগী হয়েছে। এই সকল প্রশিক্ষণপ্রাপ্ত মহিলাদের আরও উৎসাহিত করার জন্য, বারুইপুর ধর্মপ্রদেশের বেশ কিছু বিশিষ্ট অতিথিবর্গের উপস্থিতিতে সংস্থা থেকে একটি বর্ণাঢ্য অনুষ্ঠানের মাধ্যমে তাঁদের সকলকে শংসাপত্র ও মেক-আপের সরঞ্জাম তুলে দেওয়া হয়।

Seminar for the Catechism Class Children in Khari

On 7th August 2022, hundreds of catechism class children gathered for the seminar. Children from substations were also there to take part in the seminar. The day started with the Holy Eucharist where children were imparted the importance of prayer through the homily. During the session, children were taught how to serve in the Altar. The history, characteristics and the various parts of Altar servicing were highlighted. Children enjoyed the simple way of teaching and action songs. Fr. Panneer Selvam, the Parish Priest thanked Fr. Tushar Augustine Gomes and Fr. Rajesh Bag, the resource persons, for their time and for making the day meaningful. He also thanked the parents for sending their children. The children were sent out with a sumptuous lunch.



National Youth Sunday Celebration at Khari

A month-long singing practice along with other preparation brought colour for the celebration of National Youth Sunday on 14th August, 2022. The Parish youth led the choir and took part in readings, prayer of the faithful and arati during the Mass. The Eucharistic procession was accompanied by a beautiful entrance dance, *chanadan tikka* and *arati*. The celebrant in his homily encouraged the youth to dream big and work hard for it. In the evening of the day, youth had arranged a get-together where they enjoyed singing action songs and playing party games. The celebration was culminated with hot and spicy snacks.



Palli Unnayan Samiti Baruipur

Major activities in the month of August 2022

Medical Camp



On 2nd August 2022, Palli Unnayan Samiti Baruipur conducted Medical Camp for the 105 children of Free Learning Centre project at PurbaJata, Keoratala and Unchi Centre.

Dr. Ashim Banarjee did health Check upto 105 selected children and consulted their parents about the way to improve their health. He also advised them to keep clean their surrounding and environment of their houses for prevention of infection and diseases. All the children received medication as per doctor's prescription.

Beautician Training Course Certificate Awards Ceremony Supported by Misereor Germany



On 10th August 2022, PUS Baruipur Conducted Certificate Awards Ceremony at PUS Baruipur for the Girls and Young women, who successfully Completed 3 Months Beautician training course Supported by Misereor Germany.

The objective of the training was to skill up on Beautician Training course so that they may add some income for better livelihood.

The community women wanted to have need-based training on Beautician course as income generation opportunity for Adolescents girls and young women.

Therefore, this Beautician Training Course very much related to the livelihood of the area. Altogether 111 adolescent girls and Young women from Morapai, Beltali, and Charavidya participated in this program and received the awards.

Rt. Rev. Shyamal Bose, Rev. Fr. Kanauj Roy, VG, Rev. Fr. Pradip Roy, Rev. Fr. Ramen Pailan, Rev. Fr. Amrit Ekka, Rev. Sr. Rajani AC, Mr. Ashim Campoo, Mr. Biswajit Mukherjee, Ms. Babli Das, the PUS board members were present to grace the occasion. All of the Dignitaries were felicitated by flowers bouquet.

The program began with lighting the lamp by Rt. Rev. Shyamal Bose and four other dignitaries. The Welcome address was delivered by Fr. Saumen Malik the Director of PUS Baruipur. He shared the main



objective of the training. Rt. Rev. Shyamal Bose inspired the learners through his message, which enlightened them to reach the destination as to establish the noble profession.

The Learners from all 4 Beautician Centers contested Group song, Group dance, Hair Style, Sharee Style and Bridal makeup competition and the winners were awarded prizes.

All the Participants were awarded with Certificate and a set of Beautician Practice Tool Kits. The program concluded with thanks and gratitude to all the guest and participants followed by a delicious lunch.

75th Independence Day Celebration



On 15th August 2022, Palli Unnayan Samiti Baruiপুর celebrated the 75th Independence Day with great joy in different places especially in 5 Centers of Free Learning Center and 9 of Education project Langalbaria.

The Teachers, Community Mobilizers, Animators and Children adorned the Centers with flowers and flags.

The Chief Guest of the Celebration hoisted the National Flag and all the participant saluted the flag with our Indian National Anthem together.

A cultural program was also held at all the centers. The guests shared their valuable speeches about the freedom fighter and importance of the celebration of the day. The Celebration was concluded with thanks and gratitude to all the participants followed by distribution of Toffee and sweets.

Beautician Training Course Certificate Awards Ceremony Supported by Kindermissionswerk- Germany



On 18th August 2022 PUS Baruiপুর Conducted Certificate Awards Ceremony for the Girls and Young women from Dosha, Nikarighata, Ghola and Basanti who successfully Completed 3 Months Beautician training course. Altogether 161 Girls and Young women from these 4 centers participated in this award ceremony.

The Learners from these Beautician Centers contested Group song, Group dance, Hair Style, Sharee Style and Bridal makeup competition and were awarded prizes.



Finally, all the 161 adolescent girls and young women from above mentioned centers awarded Certificates under the project "Protection of Girls from Underage Marriage - Kindermissionswerk.

Rt. Rev. Salvatore Lobo, Rev. Fr. Kanauj Roy VG, Rev. Fr. Pradeep Roy, Rev. Fr. Ramen Pailan, Rev. Fr. Arup Bor, Mr. Ashim Campoo, Mr. Biswajit Mukherjee, Mrs. Chandana Rozario were present to grace the award ceremony. All the Dignitaries were felicitated by flowers bouquet.

Rt. Rev. Bishop Salvatore Lobo, the former President of PUS Baruiপুর, delivered speech on the usefulness of the course in this present era and possibilities of earning opportunity after the course which was



enlightening to them and enthusiastic to the learners to take up this novel profession.

All the Participants were awarded Certificate and a set of Beautician Practice Tool Kits. The program was concluded with thanks and gratitude to all the participants followed by a delicious lunch.

Educational Materials Distribution



Palli Unnayan Samiti Baruiপুর distributed the Educational Materials among the 175 children of 5 Free Learning Centre during the month of August 2022.

NGO Coordination Meeting



Palli Unnayan Samiti Baruiপুর conducted Block wise NGO Coordination Meeting at 4 Places namely Namkhana, Kakdwip, Mathurapur II and Gosaba Block on 23, 24, 25 and 26 August 2022 respectively. The aim of the meeting is to exchange the idea and sharing their working experience on DRR issue in Sundarban.

Mr. Abdul Rasid Fakir BDMO Namkhana, Mr. Jaydeb Gayen, Sushanta Kumar Karan from Civil Defense Department, Ms. Ussree Nandi from Agriculture Department, Gosaba and Mr. Bidhan Bandhopadhyaya from Livestock Department, Gosaba were present as Resource Persons. Altogether 129 representatives from 38 NGOs actively participated in this coordination Meetings.

All the participants shared the activities of their organization with special emphasis to identify the local DRR issue and DRR resilience model in the field of Agriculture, Housing, Safe Drinking water during disaster etc.

National Youth Sunday Celebration, Cathedral Church Baruiপুর

National Youth Sunday was celebrated with enthusiasm and vigour by the Cathedral Church, Baruiপুর on 14 August 2022. Thirty-four youth of the parish participated in this celebration despite a rainy day. The celebration of the Holy Eucharist presided over by Fr. Deepak Ekka, the parish priest, was Preceded with welcoming of the youth with chandan tika. After the Mass there was a short felicitation program for the youth in the parish hall wherein Mr. Subir Sardar on behalf of the parish applauded and appreciated them for their role in the parish. They were cheered by the choir of the parish with a felicitation song. Ms. Ankita Mondal one of the youth acknowledged the encouragement shown to them by the parish. It was followed by cutting of festive cake by the youth. Before resuming the next phase of the program, refreshments were served to all the youth. Thereafter, Mr. Rakesh Makhal, the youth coordinator of the parish, conducted a session with making the youth busy with boat making. Through that action he conveyed the message to the youth about having a goal in one's life and the possibility of chasing the goal. Mrs. Susmita Katwar, the animator of the parish youth, chaired the next session on the theme 'It's okay not to be okay' citing her personal examples. Br. Uday Mondal too addressed the youth urging them to make use of the opportunity as youth of the parish. Mr. Raj Bag, the parish youth president, entertained the youth with action songs and some amusing games. The celebration ended with sumptuous lunch. All the youth dispersed with a small gift. We are very much grateful to all the sponsors for helping us to have this youth Sunday celebration.



Sensitization Programme on Child Protection Against Abuse and Violence



A one day sensitization program on child protection against abuse and violence was conducted on August 09, 2022 by Palli Unnayan Samiti Baruipur for the adolescent girls of Cathedral Church, Baruipur. About 30 children from the parish turned up for the program. The children were made aware about the adverse effect of different social violence, gender discrimination, trafficking,

under age marriage, domestic violence, child labour and health and hygiene. The children felt that the sessions on the very relevant issues were very informative at the same time quite challenging to overcome them when faced with the reality depending upon the various situational and circumstantial facts of life in respective families. We are grateful to Rev. Fr. Saumen Mallik, the Director of Palli Unnayan Samiti, Baruipur for availing such a program for girls of our parish.

Baruipur Zonal Youth Orientation, 2022



On 28th August 2022, we had a Baruipur Zonal Youth Orientation in Dishari. Youth from Rishi Bankim Nagar, Sonarpur, Cathedral and Kalyanpur parishes attended the orientation. Over 80 youth participated as well as took interest to learn many things from this zonal orientation. The orientation began with the Eucharistic celebration presided by Fr. Goutam Naskar, the director of Dishari and Fr. Ramen Pailan, the director of diocesan youth commission.

Then, we had an inauguration ceremony by the youth of Cathedral parish through a welcome dance following by welcoming of the guests: Fr. Deepak Ekka, Fr. Ramen Pailan, Fr. John Britto, Sr. Anvita MC, Br. Uday Mondal along with three youth animator and coordinator namely, Mr. Rakesh Makhal, Mrs. Susmita Katwar and Ms. Mira.

After which, the MC handed over the mike to Fr. Ramen Pailan, who took a session on the topic "RELATIONSHIP" where the youth were divided into 5 groups for a workshop based on some questions from the topic like what is the relationship, its type and its healthy and unhealthy impact in life. Each group presented their views briefly and beautifully. Keeping in mind their points he explained them elaborately. He also talked about the Do's and Don'ts in relationship followed by DEXCO members action song. The day ended with a delicious lunch. All departed with a beautiful smile.



SEPTEMBER

01	Fr. Bablu Sardar
05	Br. Rohit Sharma
05	Br. Uday Mondal
21	Fr. Telesphor Aind, CMF
22	Fr. Aloke Anthony Kanji
23	Fr. Pradeep Roy
26	Fr. Augustine E.

*Happy Birthday
Dear Fathers & Brothers*



29th September
Fr. John Britto

Congratulations Dear Father

In Memorial

	Month of September
15	Fr. Joseph Mani, S.J.
20	Fr. Fallon Pierre, S.J.
27	Fr. Alphonse Crasta, S. J.
28	Fr. Anil Mitra, S.J.

Thakurpukur Zonal Youth Orientation



On 7th August 2022, a zonal orientation was organized by the diocese of Baruipur for the youth of Thakurpukur zone in Keorapukur parish. Approximately 120 youth from 6 parishes attended the orientation.

The day started with registration of all the youth and followed by solemn Eucharistic celebration by Diocese Youth Director, Fr. Ramen Pailan. Then the youth of Keorapukur parish presented a short cultural program and welcomed all the Priests and Sisters with flowers.

The Dexco members had a small animation, followed by the first session of the day. The Vicar General of the diocese of Baruipur and Parish Priest of Keorapukur parish, Fr. Kanauj Roy took the session on 'Youth and Relationship'. He spoke about family, friends, romantic and casual relationships. He also elaborated on the importance of healthy relationship. He also spoke on awareness in relationship, balance in relationship and choices in relationship. He mentioned that the key to healthy relationship is communication, trust and respect.

Soon after the session we had a hearty lunch. Then we played games animated by Diocesan Youth President and Secretary, which we enjoyed a lot.

Then we had an interesting and interactive session by Sr. Jacinta, AC on building healthy relationships. Sisters also animated action songs. Soon the lovely day ended with a thanksgiving and group photos

NOTICE BOARD

- # Marriage Preparation Course from 9th Sept. to 10th Sept. 2022.
- # Young Couples Programme from 23rd Sept. to 24th Sept. 2022.

Intentions for the Apostleship of Prayer - Month of Sept. 2022

Abolition of the Death Penalty: We pray that the death penalty, which attacks the dignity of the human person, may be legally abolished in every country.

Bp. Shyamal Bose's Programme for the Month of September 2022

Date	Day	Time	Place	Programme
03	Sat	---	--	Goes to Rome, Italy

5th October 2022 returns to Baruipur