



INM-KMJ-CIR 43/09-2020

MOTIVATION IN COVID TIMES

SEPTEMBER 2020

My dear Confreres,

Cordial greetings from the Citadel. At the start of this year 2020, Coronavirus was just a virus that was just beginning to ping on our radar as we read the news. Come September and it's staring at our face and here we are, knee-deep in a necessary but painful precautionary process to protect ourselves and our communities from this virus. We have been advised to practice social distancing, sanitise our hands frequently and ensure that we steer clear of crowds. **But in order to stay physically healthy, we are probably disconnecting from our deep sense of purpose, meaning and value in our lives in the spiritual realm.** The need of the hour is to get yourself connected to the nature and embrace simplicity in life. Nupur Sandhu, a therapist and healer, says, "In these stressful times, it's not about what we share with others that determines our life, **it's actually what we slowly whisper to ourselves that carries power.**"

It is true that the COVID-19 pandemic is a jolt to every aspect of our existence—and that can seem numbing at times. The coronavirus has impacted our lives in every way, from freedom of movement to the way we work. Therefore, it is understandable that society may be feeling scared, concerned and anxious by all the uncertainty and constantly changing alerts with regard to the spread of the virus. Does all this sound familiar to you? In this Circular, **I would like to reflect with you on how to take steps that will help us regain motivation in our personal and consecrated life. Social distancing doesn't have to mean social disconnecting,** and we can still find ways to connect with friends, family, and others who inspire us or make us laugh with the limitless potential of the internet. Kirti Dixit Narang says, "Commit to conversation. Communication is key to connection and a conversation can become like the keychain holding that key. **Instead of texting or direct messaging people on social media, actually call them so you can hear their voice and/or see their face.**" Sandhu concludes, "Learn to trust the journey, even when you don't understand it. Inhale, exhale and let go. **Just live right now in the moment.**"

COVID-19 minus MOTIVATION

It is important to recognize that these aren't normal times, and your productivity is likely not at its peak right now. Maintaining motivation is thus becoming an increasing challenge for many people



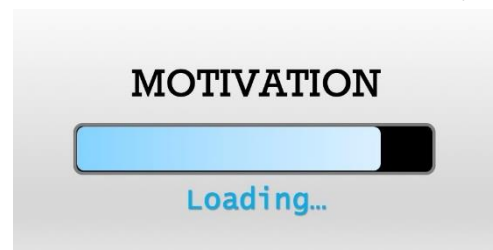
slogging through life curtailed by the coronavirus pandemic. Initially facing weeks confined to our rooms and offices, we tackled, with some satisfaction, long-neglected chores. But as the weeks morph into months with no clear end in sight for much of the world, **the ennui of Covid-induced isolation can undermine enthusiasm** for mundane activities, however rewarding they may seem.

CAUSE AND EFFECT OF DEMOTIVATION

It is no surprise that people are worried, about themselves and loved ones catching the Covid-19 virus, and the future of the world or their jobs. For many people, this anxiety comes in two main forms: a response to something that is actually happening, such as financial worries due to reduced or lost work; or a loved one being ill. The other type, pathological anxiety, is a persistent fear of what might happen, such as worrying about the impact of the coronavirus crisis on the world or on our careers. **It's hard to focus on work when you are overwhelmed by anxiety. It can also fog your brain because it is linked with fear.** When your body senses danger it goes into fight or flight mode and pumps out adrenalin and noradrenalin, which take energy away from the part of your brain that thinks logically. After all, you don't need the capacity to compile a spreadsheet if you are being chased by a tiger! Your body cleverly diverts your energies elsewhere. It stands to reason that this is a short-term response, which is why longer-term anxiety can be exhausting and crippling. Either through boredom or our intrinsic motivators—interest, curiosity and self-fulfilment—we may become distracted by chores and activities such as social networking, sleeping, eating, etc. Because when you are in lockdown, we also feel a need to focus on our “nests”!

INTRINSIC & EXTRINSIC MOTIVATION

In our “new normal”, with many of us working remotely in self-isolation amidst a world health crisis, it can be difficult to get motivated. Motivation comes from both inside and outside of us. Extrinsic, or external, motivation is when we are compelled to do something for a reward—such as for praise, money or social recognition—or for fear of punishment. Intrinsic, or internal, motivation is when we are compelled by things that are personally gratifying, such as learning, satisfying a curiosity, taking an interest, problem-solving or success.



Daniel Goleman, a psychologist and author of Emotional Intelligence, explains more about these two kinds of motivation. **Extrinsic motivation** refers to acts done to receive an external reward or outcome like wealth, power or fame, or in some cases to avoid punishment. Intrinsic motivation involves behaviours that are done for their own sake and are personally rewarding, like helping other people, participating in an enjoyable sport or studying a fascinating subject. With **intrinsic motivation**, inspiration comes from within a person. It tends to be more forceful and the results more fulfilling.

MOTIVATE YOUR SELF

In a work setting, a list of external motivation factors include recognition, performance management, training, promotion, communication and the creation of a positive environment. Many of these rewards are naturally absent or diminished if you are working from home. An important internal motivator is the need to find a meaning to our lives, identified by famous psychiatrists and philosophers from Viktor Frankl to Leo Tolstoy. **Meaning gives our lives purpose, values and a frame to live by and can boost self-worth.**

Start first to understand what drives you. **The words “motivation” and “emotion” both come from the Latin word *motus*, meaning movement, impulse or passion.** What chimes with your personality? Is it curiosity, problem-solving, the chance to learn, a sense of achievement, providing meaning or taking an interest? It depends on the task, but try to apply some of these motivators.

First remember that if you are feeling a lack of motivation, be kind to yourself. Understand that this feeling is natural, particularly at a time when the world seems to be falling apart and our interaction

with others is limited to phone and laptop screens. Work out what is hindering you and maybe you will even find out more about yourself—both professionally and personally—in the process.

“The stay-at-home edict has pushed so many of us into an external motivation mode that is making us face something that feels like lethargy and meaninglessness,” Goleman says. “At the same time,” he adds, **“It’s a ripe opportunity to think about what really matters to us.”** He cites the inspiring outlook of legendary Austrian neurologist and psychiatrist Viktor E. Frankl, who survived four years in Nazi concentration camps sustained by a deep sense of purpose. Frankl’s rediscovered masterpiece, *Yes to Life: In Spite of Everything*, offers a path to finding hope even in these dark times. It urges people to **reflect on what really matters** to them and **search for ways to act on what is most meaningful**.

Fear that we may never escape the threat of the new coronavirus can lead to feelings of futility. What is the point of doing anything if it will all come to naught in the end? Such thinking can certainly thwart motivation and result in a joyless, unrewarding existence. Instead, adopt a more positive approach by selecting goals that are attainable but still present a challenge.

For the many millions of us now limited by Covid-19, motivation might best be fostered by dividing large goals into small, specific tasks more easily accomplished but not so simple that they are boring and soon abandoned. **Avoid perfectionism lest the ultimate goal becomes an insurmountable challenge.** As each task is completed, reward yourself with virtual gifts, not real chips or snacks, then go on to the next one. **But even more important than personal tasks you consider tackling, think about what you could do for other people within the constraints of social distancing or lockdown.** If your community can contribute to efforts to get more food, especially nutritious food, to people who don’t have enough to eat as well as to our essential workers, this will certainly help many of our beneficiaries affected by this pandemic situation. For this, the Rector/Leader must network all the confreres in this frame of mind.

Some might say that they are not able to motivate others to pray, to organize and discipline themselves, to give up some of the evil habits like smoking, drinking, watching pornography etc. Leave alone motivating others, we feel equally helpless when it comes to motivating ourselves. What motivated people like St. Francis of Assisi, Ignatius of Loyola, Don Bosco to give up everything and lead frugal lives? What motivated Mother Teresa to abandon an easier ministry and serve the poorest of the poor? The spiritual motive will keep us focused on God’s will. “Your will O Lord, is my pleasure”. Sincere prayer will make me aligned to God’s plan. So, pray and get motivated. It is our God who can keep us really motivated in our religious life.

Symptoms of Demotivation

We are all practicing social distancing rules and the majority of us are working from our rooms/offices.



While doing so, we may feel like we have been stuck in a continuous loop where the concept of time and space were merely a distant dream. **Maybe our situation during this pandemic isn’t that dramatic when compared to others, but honestly, we also can become so unmotivated to hardly do anything worthwhile!** With the transition of classes from being offline to strictly online, many teachers and students may find it even harder to keep up with the tutorials and lectures than when on campus. The lack of face-to-face communication and accountability allows

procrastination to occur easily. Alas, being under lockdown calls for distractions or the endless amount of ways you can preoccupy yourself besides actually doing something productive. The refectory, TV room, mobile, internet or our rooms may seem to call us more now than before. Besides that, being extremely reliant on technology and the internet has made us prone to having strained eyes and sometimes even minor headaches by the end of the day. With our motivation and productivity being at an all-time low, we need to decide to implement some ways to stay motivated during this unusual time.

We need to separate work from our personal life. Working remotely is new to many, so **discipline is the word of the day.** Get up, get dressed, get your space organized and remind yourself that you're ultimately in control of your waking hours (as hard as that seems right now). Look professional even if you're casual for those Zoom meetings. Eliminate the usual culprits of distraction. When in your room or office, set some ground rules. Get used to putting your cell phone on Do Not Disturb for certain periods. Plan and schedule time for calls and video conferencing as well as to check news updates and social media. Make sure you're in regular contact with your teachers/students/staff. Your work-team will need to hear from you for reassurance too. Turn up your emotional intelligence with all points of contact, in and outside the office; as their stress levels are high, too. A regular, upbeat check-in will keep you more grounded.

Our lives have changed dramatically during the COVID-19 pandemic, and it can feel a little overwhelming at times. Working from home and lockdown can be fulfilling



for some, but it can also be the cause of great frustration for others. The Bible helps put these bad times in perspective.

Deuteronomy 31:8 says "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. **Do not be afraid; do not be discouraged**". Joshua 1:9 (NIV) says "Be strong and courageous. Do not be afraid; do not be discouraged, **for the Lord your God will be with you wherever you are**". Psalm 4:8 says "In peace I will lie down and sleep, for you alone, O Lord, will keep me safe. Psalm 46 reminds us that **God is our refuge and strength, always ready to help in times of trouble.** So, we will not

fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters

surge! The God of Israel is our fortress. And again Psalm 56:3 tells us that when we are afraid, **we need to put our trust in HIM.** Isaiah 41:10 reassuringly tells us: **Don't be afraid, for I am with you.** Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. St. Paul boldly proclaims in 2 Corinthians 1:10: And He did rescue us from mortal danger, and He will rescue us again. We have placed our confidence in him, and **He will continue to rescue us.** Therefore, as we read in Hebrews 4:16, "**Let us then approach God's throne of grace with confidence, (especially during this pandemic situation) so that we may receive mercy and find grace to help us in our time of need**".

The entire world is affected in one way or another by the coronavirus pandemic raging throughout the world. For many Catholics and believers, this is a challenge to their beliefs and religious understanding. How can this be happening? Where is God in all of this? How should we respond as people of faith? Perhaps we'll finally take in what we know but nevertheless manage to put out of our minds: that life is precious and finite, that we cannot know when the end is coming, that what is beautiful and just and true deserves our focus far more than what's annoying or inconvenient. **The coronavirus pandemic has not just threatened the physical health of millions but also wreaked havoc on the emotional and mental well-being of people around the world.** Feelings of anxiety, helplessness and grief are rising as people face an increasingly uncertain future — and nearly everyone

has been touched by loss.... Which raises a question: **Is there anything people can do to cope with the emotional fallout of this confusing and challenging time?** Let's see how Don Bosco lived through the plagues in his time!

Don Bosco and the Plagues of 1854 and 1884

The COVID-19 coronavirus is a new threat to our society, but mankind has faced even more serious ones in the past, including the **Black Death** in the 14th century, when between 30-60 percent of Europe's population fell victim to the **Bubonic plague**. Later, in the 19th century, a **cholera epidemic** ravaged Europe at the same time that St. John Bosco was building up his Salesian Order, which would do so much for Catholic education around the world. The cholera epidemic struck Italy hard in 1854,



with a death rate of up to 60 percent. Turin, where Don Bosco's Oratory was located, was badly affected. The Saint had told his pupils in advance about the disease, but comforted them by saying that they would be safe if they followed his advice; this was to **avoid sin, have recourse to prayer, and in particular, to wear a blessed Marian medal.**

In the summer of 1854 in Turin an epidemic of cholera breaks out and its epicentre is in Borgo Dora, where the greater number of emigrants live, and this quarter is just a short distance from Don Bosco's Oratory. In Genoa alone, in a month the victims will be 3,000, in Turin 800 with 500 deaths. The Town Mayor will make an appeal to the city, but no volunteers to help the sick or transport them to Lazzaretto will be found. Everyone is in a panic. On the feast-day of the Madonna della Neve, the 5th August, Don Bosco gathers his boys and promises: **"If you all remain in the grace of God and do not commit mortal sins, I assure you that none of you will be touched by the plague"** and asks them to dedicate themselves to the assistance of the plague-stricken. Three squads: the older boys in the Lazzaretto and in the houses, the younger ones to gather the dying in the streets and the sick who were abandoned in the houses. The smaller boys stayed at home waiting and ready in case of urgent calls. **All of them with a small bottle of vinegar to wash their hands after having touched the infected and ill.** The city, the authorities, even though anti-clerical, are amazed and fascinated. The emergency ends on the 21st November. Between the months of August and November, there have been 2,500 plagued and 1,400 deaths in Turin. **However, none of Don Bosco's boys will be stricken by the plague.**



Don Bosco was their model in all this, with his great devotion to the sick and dying. But even so, to their everlasting credit, **the youngsters had to overcome a great repugnance in dealing with the victims of the outbreak, who would often be contorted with pain and dreadful convulsions, and foaming at the mouth.** This work went on for over two months and left the boys completely drained. Finally, the worst of the cholera outbreak was over, and just as Don Bosco had promised, not one of the boys had caught the disease. The lesson

for us is surely that **the best antidote to the coronavirus**, or similar threats to health and life, **is to remain in a state of grace, pray with fervour, and in particular, to have a real devotion to the Blessed Virgin**. This devotion can be expressed practically in the wearing of the Brown Scapular or a blessed medal dedicated to her, such as the Miraculous Medal, and by praying the Rosary, the prayer she emphasized so much at Fatima.

On July 2nd 1884, just as the first news about **the new cholera plague spread in Italy**, people were informed that the plague would again strike Italy and that it would be worse than it could be imagined. It became a fact that cholera caused great damages in Busca, Spezzia and in Naples. In the meantime, Don Bosco, by word of mouth and via his Bulletins kept reminding all of the infallible preventive measures:

- + Partake of **Holy Communion** with the appropriate spiritual dispositions.
- + Repeat with devotion the invocation: "**Mary, Help of Christians, pray for us.**"
- + Carry around your neck a **medal of Mary, Help of Christians** and cooperate in any act of charity and of the Faith in her honour.

"With this antidote", wrote the Marquesa Carmela Gargallo as she encouraged others to acts of charity and mercy towards the victims of the plague, "go and serve at the hospices and no harm will come to you." Hundreds of thousands of medals were requested in Italy and from abroad. **No one who practiced Don Bosco's preventive measures died from the plague.**

NEWS FROM THE PROVINCE

1. Commissions & Dimensions

Our mission is best accomplished when we are able to do it in a team spirit. There is so much goodness in every person. The commissions and dimensions are a tremendous source of blessing to radiate the goodness of God in a synergized manner. I am happy to present the names of all the commission and dimension members. You will find that there is a provincial councillor for all the sectors, who together with the commission head and the commission members will plan and execute a holistic formative programme with the help of all the dimensions. May I invite everyone to give of their best and fulfill our mission of sanctifying everyone. This is the legacy left to us by Don Bosco. I thank everyone for their willingness to serve the Lord gladly. **The Provincial councillor in-charge together with the commission head will organize online meetings with the members to chalk out the various plans. The Youth Pastoral Delegate, Fr. John Christy will coordinate the various dimensions to plan out their various animation programmes.**

PROVINCIAL DELEGATES

Youth Ministry	Fr. John Christy
Formation	Fr. Don Bosco Lourdusamy
Salesian Brothers	Br. Arunraj Selladurai
Salesian Family	Fr. Jeffrey Gladstone
Volunteers of Don Bosco	Fr. Dominic Matthews
Salesian Cooperators	Fr. Edwin George
Past Pupils	Fr. Gerald Miranda
ADMA	Fr. Benjamin Selvanathan
Scouts - DCC	Fr. Thomas Mariaraj

PROVINCIAL COMMISSIONS

FORMATION

1. Fr. Don Bosco Lourdusamy (P. C. In-charge)
2. Fr. Bellarmine Fernando (Commission Head)
3. Fr. Pathiaraj Rayappan
4. Fr. Tharsius Arokiasamy
5. Fr. Alphonse Philip
6. Fr. Bosco Augustine
7. Fr. John Wilson
8. Fr. Jeffrey Gladstone
9. Mr. Leo Maria Francis (Yellagiri)

MISSIONARY ANIMATION

1. Fr. Don Bosco Lourdusamy (P. C. In-charge)
2. Br. Francis Chinnappan (Commission Head)
3. Fr. Tharsius Arokiasamy
4. Fr. Johnson Paulraj (AFE)
5. Fr. Lionel Xavier
6. Fr. Paul Kachappilly
7. Mr. Dhanraj

YOUTH MINISTRY DIMENSIONS

EDUCATION & CULTURE

1. Fr. John Britto – Coordinator
2. Fr. John Santhosh
3. Fr. Xavier Packia
4. Fr. Joseph Jeyaraj
5. Fr. Stanley Lawrence Ignatius
6. Fr. Arokiadass Lourdusamy
7. Fr. Arul Sekar
8. Fr. K.J. Arulraj

EDUCATION TO FAITH

1. Fr. Kirubakaran Rathinasamy – Coordinator
2. Fr. Selvanathan Benjamin
3. Fr. Jesudoss Perianayagam
4. Fr. Raj Michael
5. Fr. Gandhi Kallarsan
6. Fr. Anto Sagayaraj

SOCIAL EXPERIENCE

1. Fr. John Wilson – Coordinator
2. Fr. John Peter Suvickan
3. Fr. Samala Sunder
4. Fr. Thomas Mariaraj
5. Fr. Susai Arokiadass
6. Fr. Jagadeesh Arulappan

VOCATIONAL DIMENSION

1. Fr. Andrews Stephen Raj – Coordinator
2. Fr. Mathew Rajan
3. Fr. Johnson Antonysamy
4. Fr. Joe Anand Irudayam
5. Fr. John Wilson Santhanam
6. Br. Arunraj Selladurai
7. Mr. Aloysius Arulraj

SOCIAL COMMUNICATION

1. Fr. Ernest Rosario – Coordinator
2. Fr. Nallayan Pancras
3. Fr. Rajkumar Fernando
4. Fr. Amirtharaj Arokiam
5. Fr. P.T. Joseph
6. Fr. Sagayaraj Perianayagam
7. Fr. David Maria Selvam

SOCIAL ACTION (DBSARC)

1. Fr. John Christopher – Coordinator
2. Fr. Victor Sundaram – Ad
3. Fr. Thomas Alexander
4. Fr. Arul Valan
5. Fr. Andrews Raja
6. Fr. Vinoth Amala

YOUTH MINISTRY COMMISSIONS (SECTORS)

SCHOOL EDUCATION

1. Br. Anandaraj Savarinathan (P. C. In-charge)
2. Fr. Stephen Joseph (Commission Head)
3. Fr. Gilbert Jayaraj
4. Fr. Gerald Miranda
5. Fr. Thomas Mariaraj
6. Fr. Edward Michael
7. Fr. Robert Abraham
8. Fr. Mathias Emareddy
9. Mr. Edwin Jayaseelan (St.Bede's)

HIGHER EDUCATION

1. Fr. Thaddeus Gregory (P. C. In-charge)
2. Fr. Maria Antonyraj (Commission Head)
3. Fr. Mariasosai Adakalassamy
4. Fr. Satheesh Xavier

5. Fr. Siluvai Muthu
6. Fr. Mari Raj Arul
7. Sr. Antonyraj Maria Josephine
8. Fr. James Bernard (In-charge of Polytech Colleges)
1. Fr. P.T. Joseph
2. Fr. John Joseph
3. Mr. V. John Frederick

TECHNICAL EDUCATION

1. Fr. Thaddeus Gregory (P. C. In-charge)
2. Fr. Paul Mark (Commission Head)
3. Fr. Andrews Stephen Raj
4. Fr. Sundardoss Selvamani
5. Fr. Joseph Lourduraj
6. Br. Kulandai Yesu
7. Fr. Suresh Xavier
8. Fr. Jerome Philominsamy

PARISH COMMISSION

1. **Fr. Francis Sebastian (P. C. In-charge)**
2. **Fr. Maria Louis (Commission Head)**
3. Fr. Devapragasam Joseph
4. Fr. Leo Arockiam
5. Fr. Raj Michael
6. Fr. Francis Xavier
7. Fr. Sitrarasu Kanickaraj
8. Fr. Amalan Seraphin
9. Mr. M.F. Arokianathan

YOUTH AT RISK

1. **Fr. Joseph Leo Irudayasamy (P. C. In-charge)**
2. **Fr. Joseph Prabu (Commission Head)**
3. Fr. Vincent Mariapragasam
4. Fr. Anthony Kishore. I
5. Fr. Dominic Sagayaraj
6. Fr. Prasath Gnanamani
7. Fr. James Raj Samynathan
8. Mr. Regan Joseph

YOUTH SERVICE

1. **Fr. John Christy (P. C. In-charge)**
2. **Fr. John Wilson Santhanam (Commission Head)**
3. Fr. John Prabu
4. Fr. Johnson Bashyam
5. Fr. Selvaraj Varaprasadam
6. Fr. Kasi Sagayaraj
7. Fr. Williams Paulraj
8. Mr. Edwin Louis

SOCIAL MINISTRY

1. **Fr. Joseph Leo Irudayasamy (P. C. In-charge)**
2. **Fr. Francis Bosco (Commission Head)**
3. Fr. Samson Shanmugam
4. Fr. Daniel Ambrose
5. Fr. Ratchagadoss Francis
6. Fr. Dolphie Sequeira
7. Fr. John Christopher
8. Fr. Victor Sundaram
9. Fr. Arul Valan
10. Mr. Devaneyan

OTHER COMMITTEES

RELIGIOUS DISCIPLINE

1. **Fr. Don Bosco Lourdusamy – Coordinator**
2. Fr. Bellarmine Fernando
3. Fr. Pathiaraj Rayappan
4. Fr. Philip Maria Alphonse Raj
5. Fr. Dominic Matthews
6. Fr. Joseph Franklin Alphonse

BUILDING & FINANCE COMMITTEE

1. **Fr. Edwin Vasanthan – Coordinator**
2. Fr. Alphonse Arulanandam
3. Fr. Xavier Packia
4. Fr. Johnson Bashyam
5. Mr. Rajarathinam

SURABI

1. **Fr. Edwin Vasanthan – Coordinator**
2. Fr. Alphonse Arulanandam
3. Fr. Johnson Antonysamy
4. Fr. Mark Velanganni
5. Fr. Francis Bosco
6. Mr. Rozario

SPCSA

- | | |
|--|----------------------|
| Coordinator for DB Higher Education | Fr. Thaddeus Gregory |
| Coordinator for BOSCOM | Fr. Ernest Rosario |
| Salesian National Webmaster | Fr. P.T. Joseph |

LEGAL CELL

1. **Fr. Sebastian Francis – Coordinator/ Ic: Properties**
2. Fr. Antonysamy Soosairathinam
3. Fr. Pappuraj Antony
4. Fr. Francis Bosco

CRB CORE TEAM

1. **Br. Anandaraj Savarinathan - Coordinator**
2. Fr. Don Bosco Lourdusamy
3. Fr. Britto Savarinathan
4. Fr. Stephen Joseph
5. Fr. Sebastian Muthuraj
6. Fr. Mathias Emmareddy
7. Fr. Gerald Miranda
8. Fr. Gilbert Jayaraj
9. Fr. John Peter Suvicken
10. Fr. Robert Sagayaraj Antony

2. International Coordinator for Social Communication

We are happy that the Social Communications Councillor, Fr Santos Gildasio has appointed Fr. Ernest Rosario as the International Coordinator for Social Communication. Seeing the calm, serene, and

creative personality of Fr. Ernest, he has chosen him for this challenging responsibility. May God guide him to fulfill the task assigned to him effectively.

3. Provincial Visitation 2020 - 2021

This year, we shall have the provincial visitation, primarily to meet the confreres and evaluate the community life and the mission. It is not possible to meet our beneficiaries, the staff and the usual groups. Fr. Anbu Francis will contact you for the dates and he will also give you the details to be got ready.

4. The Rector Major's Action Programme for the Salesian Congregation after GC28

On 16th August 2020, the 205th Anniversary of Don Bosco's birth, our Rector Major, Fr. Angel Fernandez presented a post-chapter reflections to the Salesian congregation which is the synthesis of GC 28 and a road map for the next six-year term. This time, we will not have the standard type of Chapter documents, as the GC 28 concluded three weeks earlier than the planned due to the pandemic. The Post-chapter reflection document is attached with this circular. Kindly go through the text both personally and in the community.

5. Teachers' Day

On the 5th of September we celebrate the Teachers' Day. Our teachers are the best collaborators to accomplish the mission of Don Bosco in all our schools. We thank them for their committed service. I am told by some of our Rectors that a few of our aided staff came forward to pay the management staff in their own schools. This is very admirable and imitable. I thank them and congratulate them for their thoughtfulness during this pandemic period. The dimension for education and culture, headed by Fr. John Britto has prepared materials to animate our staff in the Don Bosco way. Kindly contact him for the materials to animate our teachers.

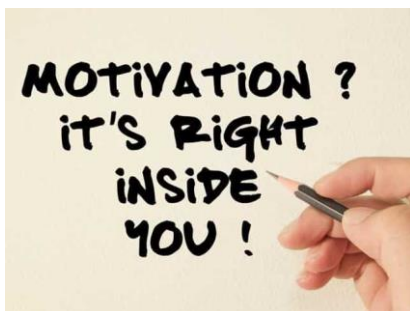
6. Rest in Peace

- **Fr Thomas Kanjirathumkal SDB (INC)**, aged 87, passed away on 3rd August 2020 in Kolkatta due to COVID-19.
- **Fr. Reginald D'Silva SDB (INC)**, aged 68, passed away at Don Bosco School, Liluah on 16th August 2020.
- **Mrs. Victoria Rani**, aged 74, elder sister of Fr. Jerome Selvaraj died on 16th August 2020, in Tiruchy.
- **Mrs. Rani**, aged 39, the elder sister of Br. Leo Manoharan (SHC, TPT) passed away on 18th August 2020 in Kancheepuram.
- **Mrs. Lucia**, aged 67, Chithi of Fr. Selvaraj Varapasadam and Sister in law of Fr Jesudoss Perianayagam, passed away on 28th August 2020, in Thurinchipoondi.
- **Mrs. Theyamma**, aged 81, the younger sister of Fr. P. J. Sebastian (St. Mary's, Chennai) passed away on 30th August 2020 in Kanjirapalli, Kerala.
- **Mr. Soosairathinam**, aged 85, father of Fr. Antonysamy (St. Mary's, Chennai) passed away on 31st August 2020 in Varadarajanpet.
- **Mrs. Soosai Mary Viyagulam**, aged 73, sister of Fr. Sebastian Francis (St. Mary's, Chennai) passed away on 01st September 2020 in Sastrinagar, Chennai.

We offer our heartfelt condolences to above mentioned confreres. Let us continue to pray for deceased souls and their family.

CONCLUSION

The world is going through some unprecedented times as the normal has been upended by the arrival and tenacity of the deadly coronavirus pandemic. It's easy to let the shock of a global



pandemic consume you or at least slow you down. But each day, you can take concrete steps to manage your thoughts on exactly how you spend your time. Unprecedented events like this are also a good time to give yourself a little more patience, kindness, and nurturing. **This year 2020 is indeed memorable for us all as we prepare ourselves spiritually for the Feast of our Lady of Good Health on 8th September.** We once again need to cover ourselves under the protective mantle of our heavenly Mother Mary and

earnestly pray for good health and an end to Covid-19. We must not lose hope! **Hope can always help pull people out of the most difficult of times.** It is a powerful force and can prove to be a source of reassurance. Many who are locked at home, others who are working to help and prevent the virus, also need the reassurance and the hope that this too shall pass. **Opportunities to find deeper powers within ourselves come when life seems most challenging. More things are wrought by prayer than this world dreams of.** This is the hidden gift which we all need to rediscover during this pandemic situation. Dear confreres, my heart is grateful to the Lord and mother Mary for particularly protecting all our confreres from the danger of Covid-19. Out of the 12 confreres affected, Fr. Vincent Maria Pragasam and Fr. Jesudoss Periyamayagam are yet to recover from this virus. Let us continue to pray for their speedy recovery.

Praying for each one of you! Stay safe! Stay Healthy!

Yours affectionately,

Fr. K.M. Jose SDB
INM Provincial

Date: 05.08.2020
Place: Chennai – 600010

