



**INM-KMJ-CIR 65/07-2022**

**TO INSPIRE AND TO BE INSPIRED**

**JULY 2022**

Dear Confreres,

Let me wish all of you a very happy feast of St. Thomas, the Patron of our Province! As we begin this new month of July 2022 and get back to our “mission mode” in all our institutions and sectors, notwithstanding the fact that the Covid contagion still lingers on, I thought of reflecting with you on the numerous opportunities we have “**To inspire others and to be inspired by them**”. This may seem too unsophisticated and insignificant. Yet, when we are able to inspire others with our consecration in our mission, our community and our personal lives will also be safe on the road to sanctity.

### Introduction



Knowing that you are positively impacting someone’s life is one of the best emotions you can feel like a human being. The sense of joy, happiness, and contentment is delightful for the soul. It is the feeling a doctor feels when he or she saves a patient’s life. It is the feeling a teacher gets from a student who returns for a visit years later and tells him or her that the teacher was the reason he made

it into college or to enter into a particular career. It is the feeling parents feel seeing their son or daughter return in military uniform after returning from active duty. There are many different ways to inspire others. Whether you know it or not, whether you like it or not, your words, actions, and demeanour are being observed by our confreres and our beneficiaries. The impact you make upon others is part of your legacy – what you will be remembered by as you get older and leave this world.

### Why Inspiring and Motivating Others is Important

Motivating and inspiring others bring out the best in you. When you are doing something meaningful, your levels of self-confidence and self-esteem get higher. One act of inspiration opens the doors to more opportunities to inspire. In other words, if a person comes up to you and tells you that you were the reason for their success, you get so excited and so overwhelmed with joy that you want to inspire even more people. Inspiration gives your life and your existence meaning. Being a source of inspiration for others gives you



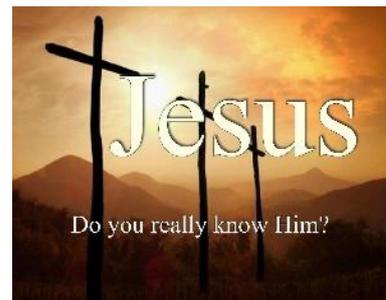
satisfaction in knowing your life on earth was impactful. People who inspire report having greater levels of spirituality and meaning. When you inspire others, directly or indirectly, you are evoking feelings of awe and admiration in others, and therefore serving as a source of influence upon them. Knowing you are inspiring and motivating others can help you see the light during the dark moments in your life. Just when you feel like giving up on major goals due to too many obstacles, knowing that you are being looked up to will change your perspective completely. Your inspiration and motivation to help others succeed in life will define your own life.



Today more than ever, people look for Religious whom they can look up to, whose lives are inspiring, who work well in a team without rivalries and divisions. We need to provide opportunities for growth – happy community life, meaningful community prayer, spiritual direction and counselling. In short, our beneficiaries expect us to be true witnesses of the values of Jesus. Inspiration can breathe fresh purpose into our lives. Inspiration enlightens minds. It opens the world of possibility. It can fill us with passion.

### JESUS, the True Inspirer

Inspiration elevates people. Everyone loves inspiration and wants to inspire others. We love to hear or watch stories that make us feel good, and we will go back to those stories again and again to refuel. Even more than going back to those stories, we would love to inspire others – we would love to BE that story people go back to again and gain. Jesus was like that. He was a constant source of inspiration in everything he said and did, and for the last two thousand years, billions have gone back to the accounts of his life to be inspired and directed. **What if we could learn how Jesus inspired others and begin to become an inspiration ourselves?** Now, obviously being the perfect son of God put Jesus in a natural position to be inspiring, but there was much more to it than that. Just remember these traits of Jesus, and give yourself the most powerful inspiration ever!



### Biblical Tips on how to be an Inspiration to Others



**1. Be Virtuous:** This means, no matter in what situation we are in today, we must always hope for the best and keep faith in things that we want to happen. When we are in pathetic state where we cannot stay or die, at such times what comes to our rescue is prayer. It is a pure form of communication with the Divine. Jesus Christ used to ask for help, both for friends and enemies We can also ask for divine help and guidance via prayer.

**2. Be always Prudent:** The Gospels tell us that Jesus increased his wisdom and stature in favour with God and man. We also

learn how Jesus used scriptures to teach important principles. We also need to read scriptures to make ourselves wise so that we can act wisely in tough situations.

**3. Be Patient:** The Lord is very patient. He will wait for us to follow him without showing any hurry. In the same way, we must be patient enough to receive our blessings because everyone on this earth is equally privileged; no one is less, no one is more. We must practice patience with others as well as ourselves in our efforts to improve.

**4. Be Humble and Obedient:** It was Almighty's will that Jesus should come down to earth and so He arrived. Similarly, we must submit our will to God and trust His plans instead of arguing why this and why that. Always be obedient to God and act according to His commandments. This means we must trust God more than we trust our own limited knowledge.

**5. Be Kind and Charitable:** Jesus was always kind to others which includes his fellow men. Charity was his favourite. He always helped people with his small acts of love. We must always open our eyes and hearts to help the needy along the way and render meaningful service to others every day.

### Practical Tips on how to Inspire Others

**1. People look at your mannerisms,** facial expressions, and overall appearance, so take some time to reflect on what type of an image you are conveying. For example, what you are wearing and your behaviour may motivate others to see you as someone they want to aspire to be!

**2. Each week, make yourself a promise to talk to someone new in your life,** to encourage them, tell them how much you believe in them or how you support them in their path to success. If you are one of those people who is naturally inclined to doing this, then you are an expert at this strategy! On the other hand, if you are a busy, task-oriented person, it might help to make it a point to remind yourself each week to talk and inspire someone in your life.

**3. Encourage and inspire others to live a healthy life** by adopting healthy habits and giving up on not-so-healthy habits. Here are some examples: Go walking or jogging each day for 30 minutes to 1 hour. Cut down on artificial fruit drinks, minimize your salt and sugar intake. **If you desire to inspire, then be ready to perspire!**

**4. Get better and better at what you do,** which means we have to keep ourselves regularly updated in order to keep improving and excelling at what we do, not only to inspire others but to also pursue excellence. And we need to do this systematically.

**5. To inspire others, live a balanced life by carefully tracking your time and all that you do in the 24 hours allotted to each one of us every day.** In other words, do not spend the

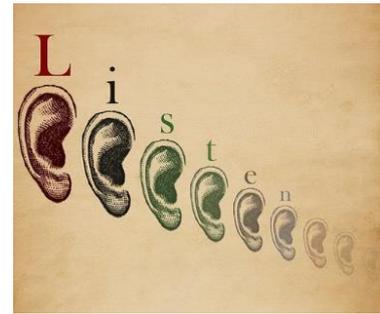


majority of your day just working or a majority of your day in relaxing. Having a balance is something everyone wants, and if you can achieve it, you'll teach and inspire others to do the same!

**6. Help people heal.** Instead of judging people by their past, stand by them and help repair their future. In life, you get what you put in. When you make a positive impact in someone else's life, you also make a positive impact in your own life. Do something that's greater

than you – something that helps someone else to be happy or to suffer less. Everyone values the gift of unexpected assistance and those who supply it.

**7. Keep your cool in tense situations.** What you do in a tense situation says a lot about your limits. People take note of how far the pressure or social discomfort around you goes until you lose control of yourself and the situation. Keeping your cool in tense situations lets people know you have a mind of steel – a personality trait most people are drawn to.



**8. Listen intently to what others say.** Make people feel important, and inspire them by showing them that they are. Eyes focused, ears tuned, mobile phone off. In a world that can't move fast enough, someone who can find time to listen to others is always appreciated.

**9. Keep your promises and tell the truth.** Inspire people with your dependability and commitment to the truth. If you say you're going to do something, DO IT! If you say you're going to be somewhere, BE THERE! If you say you feel something, MEAN IT! If you can't, won't, and don't, then DON'T LIE. It's always better to tell people the truth up front.



**10. Focus on the positive.** Be happy with who you are now, and let your positivity inspire your journey into tomorrow. Everything that happens in life is neither good nor bad. It just depends on your perspective. And no matter how it turns out, it always ends up just the way it should. Either you succeed or you learn something. So, stay positive, appreciate the pleasant outcomes, and learn from the rest. Your positivity will help encourage those around you.

**11. Make people feel good about themselves.** People will rarely remember what you did, but they will always remember how you made them feel. Start noticing what you like about others and tell them. Go out of your way to personally acknowledge and complement the people who have gone out of their way to excel. As Von Goethe once said, "Treat a man as he appears to be, and you make him worse. But treat a man as if he already were what he potentially could be, and you make him what he should be."

**12. Be authentic and true to yourself.** Focus on building your character. Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is merely what others temporarily think you are. A genuinely good character always shines and inspires in the long run. In this irrational world that's trying to make you like everyone else, find the courage to keep being your awesome self. Embrace that individual inside you that has ideas, strengths and beauty like no one else. Be the person you know yourself to be – the best version of you – on your terms. Above all, be true to YOU, and if you cannot put your heart in it, take yourself out of it. No, it won't always be easy; because when it comes to living as a compassionate, non-judgmental human being, the only challenge greater than learning to walk a mile in someone else's shoes, is learning to walk a lifetime, comfortably in your own.

## Conclusion

The only way to call the best out of others is to expect the best from yourself. Your reputation, your character, your behaviour will inspire people more than anything else. When you're inspiring people, you're not telling them exactly what to do or giving them precise directions. You're empowering them to be their best, trusting that they will then do the right thing. And the right thing they do may not be what you were expecting; it may be something beyond your wildest expectations. Antoine de Saint-Exupéry, the French aviator and author of "The Little Prince", wrote, "If you want to build a ship, don't drum up the men to gather wood, divide the work and give orders. Instead, teach them to yearn for the vast and endless sea." This is exactly what Jesus did. He did not just teach them to fish. He taught them to be "Fishers of Men". And he did this not just by his words, but by his actions as well. They imbibed so much of his inspirational spirit, that they were ready to give up their last breath for Him.

**Our young people look up to us every day.** When you want to shape their identity and their long-term aspirations and commitments, you need to inspire them. Young people today aren't inspired by doing the ordinary or by meeting expectations. **They're inspired by the exertion, creativity, and sacrifice needed to exceed what they themselves thought possible.** Stories don't tell people what to do but engage their imaginations and emotions showing them what they're capable of becoming or of doing. Likewise, **our lives must be inspirational to all those around us and in no way should our words or actions be detrimental to their growth.** Finally, live by choice, not by chance. Make changes, not excuses. Be motivated, not manipulated. Work to excel, not compete. Listen to your own inner voice, not the jumbled opinions of everyone else. This is the way to inspire people! This is how you can grow into the best version of the inspirational YOU!

## NEWS FROM THE PROVINCE

### INM PROVINCE EVENTS IN JULY 2022

01	INM & INT Joint Council Meeting (Forenoon)
	INM Provincial Council Meeting (Afternoon)
02	Province Feast & Jubilee Celebrations at DB Egmore
02-03	Higher Education & Tech.Edu. Principals Meeting in Citadel
12 - 17	Annual Retreat for Rectors & Leaders in Mount Don Bosco, Kotagiri
19	Formation Commission Meet
19	Seminar on "Take Care of Priests" by Fr. Joseph Jeyaraj SDB (All are welcome)
24-25	Quinquennium Meet
28-29	2 <sup>nd</sup> & 3 <sup>rd</sup> Year College Students Meet
29	Administrators Meet
30-31	Meeting for Salesians above 70 years of age

### REVIEW OF JUNE 2022 INM MEETINGS

The month of June 2022 witnessed quite a number of meetings in Citadel and in DBYAC Ennore (Students of Theology, Rectors & Leaders, School Headmasters & Principals, Youth Service Coordinators, Missionary Animation Commissions, Practical Trainees & College

students, Training for New Administrators and Local Dimension Coordinators). I sincerely thank the Vice Provincial, the Economer and Fr. John Christy for organizing these meetings and planning well for the new academic year. I exhort the Rectors and Leaders to actively continue in this “planning mode” with the help of the EPP and EPC for the Team Visit as well. It is only when we sit down and plan together for the mission entrusted to us, will we be able to be both faithful and successful in what we do.

### **PROVINCE FEAST & JUBILEE CELEBRATIONS**

We were very fortunate to be able to celebrate the Feast of St. Thomas and the Jubilee celebrations of our confreres on 2<sup>nd</sup> July 2022. It was a very memorable and solemn occasion. It was a feast for the eyes to see so many of our Silver, Gold and Diamond Jubilarians gathered together for this memorable occasion surrounded by our loving confreres. I take this opportunity to sincerely thank His Grace Archbishop Emeritus Malayappan Chinnappa S.D.B., D.D. for having presided over the Eucharistic celebration. I am also grateful to the Vice Provincial, Economer, the Rector & Salesians of Don Bosco Egmore community, and all those who helped in planning and making this day a momentous one.

### **SYNOD 2021 -2023**

Rev. Fr. Deva Joe, the Rector & Parish Priest, Lourdes Shrine Perambur, who was appointed as the INM Synod Coordinator, prepared the questionnaire and sent it to all the Rectors and Leaders of our Province. After a month, the filled in questionnaire from 232 Salesians, was coded using the SPSS (Statistical Package for Social Science) software. The Data collected was then converted into quantitative figures and interpretation of the data was done. The analysis and interpretations were made into a synthesis. Finally, the synthesis of INM Province was sent to the Secretary of the National CRI. My sincere thanks to all the Rectors and Leaders and all the confreres who responded to the questionnaire. Their contribution in this Synodal Process is very much appreciated. On behalf of the Province, I am immensely grateful to Fr. Deva Joe, for the hard work done in planning and completing this process successfully.

### **NEW PROVINCIAL OF PANJIM, GOA (INP)**

On 21 June 2022, our Rector Major, nominated Rev. Fr. Clive Justin Telles, SDB, as the new Provincial of the Salesian Province of St Joseph Vaz, Panjim, Goa (INP), for the six years 2022 to 2028. Fr. Clive Justin Telles SDB will be the fourth Provincial of INP. On behalf of INM, we express our hearty congratulations to Fr. Clive as he commences his service-oriented leadership as the Provincial. May he be led by the Holy Spirit to carry out this responsibility with good health and happiness. We are sure that his leadership will take the Province to a higher level of fidelity to Don Bosco and to the young. The installation of Fr. Clive as Provincial will take place on 7<sup>th</sup> September in Goa. We pray that the Panjim Province continue to grow and bloom under his spirited leadership.

### **NEW BISHOP OF KRISHNAGAR**

Rev. Fr. Nirmol Vincent Gomes SDB, the former Provincial of Kolkata, will be ordained as Bishop of Krishnagar on 23 July 2022 by the Archbishop of Kolkata, Mgr. Thomas D’Souza.

Hearty congratulations to Rev. Fr. Nirmol, the new Shepherd of the Diocese of Krishnagar. We assure him of our prayers as he takes up the pastoral responsibility of the Diocese.

### REST IN PEACE

We express our heartfelt condolences to the following confreres who lost their dear ones:

June 03 – Mr. S. Anthony Samy (76), father of Fr. Lourdusamy Anthony.

June 11 – Mr. David, father of Fr. Jesumanickam.

June 14 – Mr. Benjamin (78), eldest brother of Fr. Job.

June 18 – Mrs. Louis Mary Dorai (98), mother of Fr. Jerome Vallabaraj. Fr. Vallabaraj wishes to thank all the confreres for their prayers and special thanks to the Rector & community of The Refuge, Broadway, for the funeral arrangements.

### ST. THOMAS, THE BELIEVER BEYOND DOUBT



As we celebrate the feast of St. Thomas the Apostle, Patron of India, of the Archdiocese Madras-Mylapore and of our Province, I wish that all of us grow in faith and understanding of the Divine Mysteries. **Hebrews 11:1** tells us that "*faith is the substance of things hoped for, the evidence of things not seen.*" By faith, we are able to believe in God who is unseen, yet true. Without faith we won't be able to see God's glory (see John 11:40), and without faith we won't be able to please Him (see Hebrews 11:6). God wants us to believe in Him even without tangible proof. That's evidence of our faith in Him. We must choose to believe in God, even if the only thing we are holding on to is His Word.

Thomas eventually grew in faith. After witnessing the irrefutable proof of Christ's resurrection and receiving the Holy Spirit on the Day of Pentecost, he became as courageous and zealous as the rest of the disciples. He became an instrumental leader in the church and has helped in spreading the Gospel. As Christians today, it is true that to doubt is easier than to believe and have faith. However, as long as we stay close to God, remember His promises, and follow His will in our lives, there's no reason for us to doubt.

Thomas was just like most of us – weak, faithless, and pessimistic. However, with God's help, Thomas transformed his life and became a great instrument in the hands of His Maker. **He probably did not doubt; he just wanted to believe beyond any doubt!** In the same manner, each one of us can also make a positive change in our life and become like Thomas.

Yours affectionately in Don Bosco,

A handwritten signature in blue ink, appearing to read 'K.M. Jose'.

**Fr. K.M. Jose SDB**

INM Provincial

Date: 03.07.2022

Place: Chennai - 600010