



Our Founder  
Servant of God  
Peter Mermier



Our Patron  
Saint  
Francis de Sales

Missionaries of Saint Francis de Sales

Fransalian



Times USA

(Fransalians)

*Building People & Building Communities*

## Tune Your Inner Clock During this Fall Season!

While I was visiting our school the other day I casually asked some of the students in one of the classrooms as to what season of the year they liked the most? They gave me different answers and their reasons for the likes and dislikes of every season. Most of them liked the Fall because of the beauty of the Season and the pleasantness of the weather. We know that we all enjoy the beauty of the Fall Season and colorful leaves; but we seldom pause and inquire, how these green leaves turn to become so colorful? In fact, the colors that we see are the original colors of the leaves, and it is the **chlorophyll** that makes the leaves green for the process of **photosynthesis** and the nourishment for the survival of the trees. When the days become short (less light) the trees realize this natural phenomenon automatically. The trees begin preparing for winter by absorbing the maximum chlorophyll. This phenomena takes place because there is an inner clock tuned within each tree to make this happen at the right time.

Leaves are pretty, colorful and beautiful in their original form but we get to experience a kaleidoscope of colors only in the Fall Season. Every human person is pretty, colorful and beautiful in his/her true self, but unfortunately the chlorophyll of this temporal world takes away the beauty of our true self/person.

It is not only within the trees and the nature that this inner clock is set in motion by the Creator, but also within each of us. It is due to this realization that St Augustine wrote, ***"My heart is made for Thee O God, and it is restless until it reaches Thee"***. It is not only in the heart of St. Augustine alone this yearning and longing is present but in the heart of every seeker of God. Certainly, we are all Seekers of the same God who is our Creator, Protector and Sustainer. But we fail to experience the feeling because we are full of chlorophyll. When we are ready for an inward journey we too may realize at some point that there is this inner clock set in motion in each of us.

The Season of Fall reminds us of this inner clock to which we all may need to tune ourselves and our lives today or someday. It is also an invitation to look around and see the color and beauty of everyone around us. The Season of Fall and the fall of leaves from trees is also a gentle reminder of several kinds of falls in the history of human existence and that of our personal journey!

**Wishing all of you a Happy Season of Fall!**

Fr. Tomy Joseph Puliyanampattayil, MSFS  
Chief Editor



# ACTION PLAN OF CONGRESS 2016



## ***Community***

- Meet at least four times a year
- Develop a greater level of transparency in all matters
- Greet and celebrate the significant days of the Confreres; e.g. birthdays and anniversaries.
- Adopt a leader servant attitude.

## ***Communication***

- Adopt a healthy or balanced approach to the mass media for human development
- Publish homilies, etc., on the congregation website
- Contribute the particular initiatives undertaken to the website of various secretariats of the General Administration
- Link the MSFS websites to the parish websites wherever possible

## ***Mission***

- Set up a lay association; e.g. Friends of Fransalians and Salesian Study groups in the parishes.
- Form a retreat preaching team

## ***Formation and Vocation Promotion***

- Review and revamp the existing formation and vocation promotion policies and guidelines
- Promote vocations from anywhere available
- Develop a special website for vocation promotion with informative videos on the mission and ministry of the MSFS in the USA and link it with other parish websites.

## ***Expansion***

- Construct the provincial house with office in Atlanta
- Dialogue more vigorously with the provincials of India to get more long time members for the USA Vice Province.

## ***Innovation***

- Explore other avenues of ministries; e.g. hospital chaplaincy and convent chaplaincy besides the traditional pastoral ministry
- Explore the possibility of starting a senior citizen home including retiring confreres

## ***Miscellaneous***

- Constitute a committee to prepare and publish a comprehensive history of the MSFS in the USA
- The Vice-Provincial is requested to discuss with the other provincials increasing pocket money
- Discuss the possibility of Social Security and Medicare benefits for the short term members
- Invite the chairman of PIF to the future congresses of the Vice-Province
- Submit to the General Administration a request to review the 10-year policy as an agenda for the General Chapter 2019

# Medical Fitness

Volume 1, Issue 1

Please help your Relatives and  
Friends by sharing this  
information

## An Ounce of Prevention is Worth a Pound of Cure

### CHOLESTEROL

*Cholesterol* --- < 200

*HDL* --- 40 --- 60

*LDL* --- < 100

*VLDL* -- < 30

*Triglycerides* -- < 150

### CHOLESTEROL

*Borderline* --200 -- 239

*High* ---- > 240

*Very High* -- > 250

### LDL

*Borderline* --130 ---159

*High* --- 160 --- 189

*Very High* -- > 190

### TRIGLYCERIDES

*Borderline* - 150 -- 199

*High* -- 200 --- 499

*Very High* -- > 500

### PLATELETS COUNT

1.50 Lac ---- 4.50 Lac

### BLOOD

*Vitamin-D* -- 50 ---- 80

*Uric Acid* -- 3.50 --- 7.20

### KIDNEY

*Urea* --- 17 --- 43

*Calcium* -- 8.80 -- 10.60

*Sodium* -- 136 --- 146

*Protein* -- 6.40 --- 8.30

### SUGAR

*Glucose (F)* -- 70 --- 100

(12 hours Fasting)

*Glucose (PP)* -- 70 --- 140

(2 hours after eating)

*Glucose (R)* -- 70 --- 140

(After 2 hours)

### HEMOGLOBIN

*Male* -- 13 --- 17

*Female* -- 11 --- 15

*RBC Count* -- 4.50 -- 5.50  
(million)

### HIGH BP

120/80 -- Normal

130/85 -- Normal (Control)

140/90 -- High

150/95 -- Very High

### LOW BP

120/80 -- Normal

110/75 -- Normal (Control)

100/70 -- Low

90//65 -- Very Low

### PULSE

72 per minute (Standard)

60 --- 80 p.m. (Normal)

40 -- 180 p.m. (Abnormal)

### TEMPERATURE

98.4 F (Normal)

99.0 F Above (Fever)

Everything **FALLS** into place when we put God first.





## Heart Attacks And Drinking Warm Water

The Chinese and Japanese drink hot tea with their meals, not cold water.

**Why?** It is very Harmful to have a cold drink/water during a meal because the cold water will solidify the oil content that you have just consumed. It will slow down the digestion process. Once this sludge reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer . It is best to drink hot soup or warm water after a meal.

French fries and Burgers are the biggest enemy of heart health. Drinking a coke with French fries and burgers gives more power to this demon. Avoid them for your Heart & Health. Drink one glass of warm water just when you are about to go to bed to avoid clotting of the blood at night to avoid heart attacks or strokes.

A cardiologist says if everyone who reads this message shares it with 10 people, you can be sure that we'll save at least one life...

So, please be a true friend and send this article to people you care about.

### Do we Know the Actual Full Form of Some Words?

- ◆ Newspaper....North East West South past and present events report
- ◆ Chess.....Chariot, Horse, Elephant, Soldiers
- ◆ Cold.....Chronic Obstructive Lung Disease
- ◆ Joke.....Joy of Kids Entertainment
- ◆ Aim.....Ambition in Mind
- ◆ Date.....Day and Time Evolution
- ◆ Eat.....Energy and Taste
- ◆ Tea.....Taste and Energy Admitted
- ◆ Smile.....Sweet Memories in Lips Expression
- ◆ SIM.....Subscriber Identity Module
- ◆ ETC.....End of Thinking Capacity
- ◆ Ok.....Objection Killed
- ◆ Or.....Orl Korec (Greek Word)
- ◆ Bye.....Be with you every time



## Newly Blessed Vice Provincial House

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### Report of the blessing of our new Vice Provincial House – Atlanta, GA

September 15th was an important day for the Fransalian Family all over the World as we celebrated the Feast of Our Patroness, Mother of Compassion. It was an important day for the Fransalians of the United States as we not only celebrated the Feast of our Patroness but also blessed the new home (MSFS Vice Provincial House) for the Fransalians in the United States at Loganville-Atlanta, Georgia (This is a property of 6.8 acres of land with the existing structure that was purchased by the previous administration). Confreres from Florida, Georgia, and Tennessee gathered in the new house on the 15th evening and Fr. Tomy Puliyanampattayil, the Vice Provincial, blessed the house in the presence of the confreres and dedicated it as the new Provincial House for the Fransalians of the United States. This house will function as the Provincial House currently and all the business transactions will take place from there henceforth.

After the blessing of the house all the priests went to St. Alphonsa Church on Rosebud Road and celebrated the Feast with Holy Mass and dinner. There were several parishioners from St. Alphonsa Parish along with many members from the Friends of the Fransalians of the Atlanta Chapter. There were 12 confreres to celebrate the Holy Mass. Fr. Tomy was the main celebrant and Fr. Joseph Pottammel delivered the homily. At the end of the Mass the Vice Provincial delivered a message to the community which included the strategic plan of the Fransalians in Atlanta for the near future. Everyone enjoyed the Indian food. Thanks to Fr. Mathew and his team for all their help.



*Pictured above is the Newly Blessed Vice Provincial House . Pictured below members present for the blessing*





## Life and Legacy of St. Teresa of Calcutta

St. Teresa of Calcutta Syro Malabar Catholic Community of Nashville, the Catholic Diocese of Nashville, Catholic Charities and Catholic Relief Services of Tennessee jointly celebrated the life and legacy of St. Teresa of Calcutta on the 17th and 24th of September 2016. The first phase of the celebration was held at St. Joseph Catholic Church in Madison, Tennessee. It was the first Feast Celebration of the Syro Malabar Community of Nashville after the canonization of her Patroness, St. Teresa of Calcutta. The main celebrant was Most Reverend Bishop Jacob Angadiath, Bishop of St. Thomas Syro Malabar Catholic Diocese of Chicago and the homily was delivered by Most Reverend Bishop David Choby, Bishop of the Catholic Diocese of Nashville in the presence of several visiting priests and faithful from Nashville Diocese. It was a great occasion of celebration for the Syro Malabar Catholic Community and the faithful of the Diocese of Nashville.

St. Alphonsa Syro Malabar Catholic Parish of Atlanta was actively involved in the celebration of the Feast of St. Teresa of Calcutta. The kids choir and “Chendamelam” from St. Alphonsa Parish in Atlanta was a great blessing and they did an awesome job to add color and festivity to the celebration.





# SAINT OF THE QUARTER

## OUR LADY OF THE ROSARY

**Our Lady of the Rosary:** *Reported by Catholic News Agency*

On October 7, the Roman Catholic Church celebrates the yearly feast of Our Lady of the Rosary. Known for several centuries by the alternate title of “Our Lady of Victory,” the feast day takes place in honor of a 16th century naval victory which secured Europe against Turkish invasion. Pope St. Pius V attributed the victory to the intercession of the Blessed Virgin Mary, who was invoked on the day of the battle through a campaign to pray the Rosary throughout Europe.

The feast always occurs one week after the similar Byzantine celebration of the Protection of the Mother of God, which most Eastern Orthodox Christians and Eastern Catholics celebrate on October 1 in memory of a 10th-century military victory which protected Constantinople against invasion after a reported Marian apparition.

Pope Leo XIII was particularly devoted to Our Lady of the Rosary, producing 11 encyclicals on the subject of this feast and its importance in the course of his long pontificate.

In the first of them, 1883's “Supremi Apostolatus Officio,” he echoed the words of the oldest known Marian prayer (known in the Latin tradition as the “Sub Tuum Praesidium”), when he wrote, “It has always been the habit of Catholics in danger and in troublous times to fly for refuge to Mary.”

“This devotion, so great and so confident, to the august Queen of Heaven,” Pope Leo continued, “has never shone forth with such brilliancy as when the militant Church of God has seemed to be endangered by the violence of heresy ... or by an intolerable moral corruption, or by the attacks of powerful enemies.” Foremost among such “attacks” was the battle of Lepanto, a perilous and decisive moment in European and world history.

Troops of the Turkish Ottoman Empire had invaded and occupied the Byzantine empire by 1453, bringing a large portion of the increasingly divided Christian world under a version of Islamic law. For the next hundred years, the Turks expanded their empire westward on land, and asserted their naval power in the Mediterranean. In 1565 they attacked Malta, envisioning an eventual invasion of Rome. Though repelled at Malta, the Turks captured Cyprus in the fall of 1570.

The next year, three Catholic powers on the continent – Genoa, Spain, and the Papal States - formed an alliance called the Holy League, to defend their Christian civilization against Turkish invasion. Its fleets sailed to confront the Turks near the west coast of Greece on October 7, 1571.

Crew members on more than 200 ships prayed the Rosary in preparation for the battle - as did Christians throughout Europe, encouraged by the Pope to gather in their churches to invoke the Virgin Mary against the daunting Turkish forces.

Some accounts say that Pope Pius V was granted a miraculous vision of the Holy League's stunning victory. Without a doubt, the Pope understood the significance of the day's events, when he was eventually informed that all but 13 of the nearly 300 Turkish ships had been captured or sunk. He was moved to institute the feast now celebrated universally as Our Lady of the Rosary.

“Turkish victory at Lepanto would have been a catastrophe of the first magnitude for Christendom,” wrote military historian John F. Guilmartin, Jr., “and Europe would have followed a historical trajectory strikingly different from that which obtained.”



## **How to Make the Best Use of The Treatise on the Love of God according to Fr. Francis Moget, MSFS**

The translators had at first thought of writing suggestions on How to Make the Best Use of the present volume. Then they remembered that Fr. Francis Moget MSFS, the last French missionary of St. Francis de Sales in India had published a Guide to the study of St. Francis de Sales' The Love of God in 1994. We found it very good. So we are reproducing the text. The Translators.

St. Francis de Sales began writing the Treatise on the Love of God in 1606 and completed it in 1616. It was first printed in 1616. His purpose was essentially pastoral. He wished to encourage and help people to practice the first Commandment, the essential Commandment: "You shall love the Lord your God with your whole heart and mind. "His book was meant for all Christians, desirous to know who they are and the purpose and meaning of their life.

St. Francis de Sales makes use of the experience we have of human natural love to introduce us into the mystery of God's love. He draws on his rich pastoral experience as priest and bishop, and on the experience of devout Christians whom he met; especially of the first Nuns of the Visitation, St. Jane Frances de Chantal and others who were following his spiritual guidance. "I thought of telling in a simple manner the story of the birth, progress and decline of the love of God in a soul. I wish to express how this love of God works in us, its excellence and the spiritual advantages we may draw from it."

St. Francis de Sales doesn't try to explain the mystery of God. He first describes what we are able to understand, illustrates it with texts from the Bible from the life and teaching of Our Lord Jesus Christ. He shows its roots in the most familiar human experiences, conjugal love, maternal love and friendship. He uses examples from our daily life; e.g. the sun, the trees, animals, flowers .....

Practical advice : It might be better to read it in parts first, chapter by chapter as personal letters from the saint. We could read Book Five, then go to Books One, Two, Three and Four. We may start reading any chapter, or choose first those which attract us according to our need. Let us keep before our eyes this simple prayer; "My God, I love you with all my heart," and go on reading one chapter at a time. The study and practice of the Treatise on the Love of God will help us to deepen our God-experience, which is at the core of our religious life.



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