

Canorita 2018



Index

Provincial Leader's Message

1. Canossian Induction for new Staff - 2018
2. Student Leadership Symposium Apr 2018
3. Canossian Schools Preparing for Easter
4. SJH Official Opening and 40th Anniversary Celebration
19 Mar 2018
5. Final Thanksgiving Mass at Canossa Convent Primary
School
6. The Canossian Village-Forming Hearts, Transforming
Lives
7. Villa Francis celebrates National Day - 4 Aug 2018
8. Canossian Wellness Centre (CWC) In Transition
9. Community Leaders Bonding and Sisters' Retreat
10. Province Life-Long Formation [PLiFT]
11. Celebration of Our Lady of Sorrows Feast Day
12. Lay Canossians Lenten Retreat cum Batam Mission
13. 2018 AGM of Lay Canossian Association – S'pore
14. Canossian Alumni Association: Mats for Mag
15. St Magdalene Community helps Fund Raising
16. Executive and Admin Support Staff visit SJH 8 Aug
17. 10th Anniversary of Formation of Educators Programme
in Myanmar
18. Life of Canossian Community in Myanmar
19. Myanmar Lay Canossians 2018 Retreat
20. Entry of Canossian Novices in Myanmar
21. Reflections from the Juniors
22. Thank You from Maria Ja Wan



Provincial Leader's Message

Dear Sisters and friends

The song Parable based on the Ecclesiastes 3:1 -9, "To everything there is a season...a time to plant and a time for harvest..." best captures my sentiments.

As I begin this new journey together with each one of you, supported by Sr Geraldine Tan and Sr Louisa Lim, I give thanks to all those who have sowed the seeds and planted before us in this beautiful garden of Singapore and Myanmar.

We began the year 2018 with the theme of HOPE RENEWED, based on the words of St Magdalene "whoever hopes more will obtain more." Throughout the year I have caught many glimpses of HOPE ALIVE in so many persons, events and circumstances.

As you read through this issue of CANORITA you may sense the pulse of our Charism and Mission. I hope you will be interested to come to know more about St Magdalene and become Magdalene today, passionately in love of God and God's people.

My prayer for each one of us is captured in Ephesians 3:14 – 21. Thank you for your untiring love and friendship for all our Canossian endeavours and may God bless you every day.

***Yours in Christ,
Christina Yeo
Provincial Leader***

We welcome our New Provincial Council

The Province of Singapore-Myanmar warmly welcomes our new Provincial Leader and Councillors at a para-liturgy at the Provincial House, 100 Jalan Merbok on 4th February 2018.



(R – L) Sr Christina Yeo, Provincial Leader; Sr Louisa Lim, Provincial Councillor and Sr Geraldine Tan, Assistant Provincial Leader making their commitment to serve the communities.

Each Local Leader was given a lamp - symbol of the Light of Christ that she will be for her respective community.



Each Sister was presented with a 'sheep' - a reminder that she is to be a shepherd to one another as well as those in the ministry.



After the Para-liturgy, a sumptuous dinner was served to celebrate this joyous occasion.

The Sisters thanked Sr Theresa Seow, outgoing Provincial and Sr Dorothy Lim, Provincial Councillor for their loving service.

Srs Geraldine Tan, Christina Yeo and Louisa Lim at the International Seminar in Rome from 3rd – 13th April 2018.



1 *Canossian Induction for new Staff - 2018*

The Canossian Induction for new staff has always been organised on a yearly basis for those who join the various sectors of the Canossian family. This year is no exception. The Canossian Induction comprised two parts. Part 1 was on 27 January 2018 while Part 2 was held on 7 April 2018. There were about 60 participants for both sessions.



The main objective of the induction Programme was for the new staff to learn about Mother Foundress, her philosophy in education and pastoral care. The Canossian Sisters, Sr Cecily Pavri, Sr Janet Wang, together with the teacher-chaplains from the various schools, shared about the lives of St. Magdalene of Canossa and St. Josephine Bakhita. As the participants learnt of the lives of the two Canossian Saints, they also learnt about the values that the saints embraced steadfastly. These were their legacy to the schools: the 3 Cs: Commitment, Compassion and

Cheerfulness and the 3 Ps: Proactive, Person-Centred and Passion.

The programme began with the sharing on the life of Mother Foundress by Sr Janet Wang. Thereafter, the teacher-chaplains continued elaboration of the values that St Magdalen exuded in her lifetime: Commitment, Compassion and Cheerfulness and how the values were manifested by the staff in the various schools. The first session ended with a short visit around the Eduplex where the participants visited the Heritage Gallery of Canossa Convent, the preschool and childcare facilities. Sr Cecily Pavri also talked about the Canossian Mission around the world and the richness of the Canossian heritage in terms of mission work. At the end of the first session, the participants were inspired to emulate the values of the 3Cs.

The second session was a Learning Journey to three other sectors of the Canossian family in Singapore: St. Anthony's Canossian Schools, St Joseph's Home and Lifesprings Canossian Spirituality Centre. During the second session of the Induction Programme the story of St. Josephine Bakhita was introduced to the participants. Present Canossian staff shared on the way they walk the

Canossian way through the 3Ps: Proactive, Person-Centred and Passion. A tour of the Heritage Gallery at St. Anthony's Canossian Primary School helped them to understand how the Canossian mission first started in Singapore in 1894.



The Learning Journey also took the participants to St Joseph's Home where the participants were given an insight on how the caregivers looked after the residents with great respect and love. They were always mindful that the dignity of a person should never be compromised.

Here, Mrs. Gillian Beins, a senior staff nurse of the Home explained the importance of being Person-Centred. Sharing on the third P: Passion, Teacher-Chaplain of St. Anthony's Canossian Primary School, Mrs Perpetua Ho spoke about how each staff, when fired with the passion to serve, would not mind the extra mile that one has to walk when we carry out our duties as caregivers and educators.



The Learning Journey ended with a final stop at Lifesprings Spirituality Centre. The Sisters at the Canossa Community showed the participants the facilities there the Canossian Kindergarten, the spirituality centre, the chapel and the provincial house. All in all, the Induction programme for the new staff was enriching, fun-filled and inspiring.

Mrs Agnes Lim
Head Teacher-Chaplain
Canossa Convent Primary School

2 *Student Leadership Symposium*

Leadership Symposium – was held from 4-6 April 2018 for 250 Canossian students aged 10-16. Participants come from 4 Singapore Schools, Malaysia, India, Philippines and student leaders from the East Zone Cluster Schools 4.



A warm welcome for the
GOH President Halimah
Yacob

Representatives from
India



Sr Angela reminding them of
the 5 Cs of Leadership –
*Culture, Compassion,
Creativity, Confidence and
Canossian*



SACP participants
presenting their
findings



A student raised a question



Engaged in serious thought:
participants brainstorming and
sharing ideas





What can we offer to make the world a better place?
... The President inspires us with her personal life challenges.



Sharing Different
perspectives

Words of encouragement



Tokens of appreciation
for Guest of Honour

3 *Canossian Schools Preparing for the Feast of Easter*



We need to strengthen our pupils' faith and help them foster a closer relationship with Jesus," said Agnes Lim a teacher leading the Chaplaincy Team in Canossa Convent Primary School (CCPS). Part of the preparation for the feast of Easter was the annual Lenten retreat just before Holy Week. The Lenten retreat helped bring Catholic girls closer to Jesus through prayers, activities and reflection through different segments like The Washing of Feet and the Stations of the Cross.

Teachers, emulating Jesus' example, washed the feet of their pupils together with them. Pupils initially shifted

uncomfortably in their seats and hesitantly allowed their feet to be washed. However, they were later moved by their teachers' and their friends' act of humility and love when they saw how they knelt down and washed their feet. "I learnt that I should serve others like my teachers and friends did instead of expecting to be served," shared Gabrielle Lok from Canossa Convent Primary School. Like Gabrielle Lok, pupils reflected and later shared how they can serve others through Acts of Love.



The Lenten retreat ended with the Stations of the Cross being contemplated and meditated upon. After having gone through the earlier segments, the participants were very moved by what Jesus had gone through on the day of the crucifixion. They saw what Jesus had to sacrifice for everyone. At the end of the Lenten retreat, they were inspired to grow in Jesus' likeness as they realized his great love and sacrifice.



Mrs Priscilla Goh
CCPS Teacher

4 St Joseph's Home Official Opening and 40th Anniversary Celebration

19 March 2018



St Joseph's Home celebrated its official opening and 40th anniversary on 19 March 2018 which is also the feast day of St Joseph. Guests arrived that sunny morning to a place lovingly decked out in pastel florals with the heartwarming sounds of children singing and residents playing the drums and other instruments in the background. Visitors - from school principals to company representatives and leaders of hospitals and other eldercare institutions - took time to pen their best wishes on paper leaves that would form a giant tree.



Officiating at the event were Guest-of-Honour The Most Reverend Archbishop of Singapore William Goh and Special Guest Minister of State for Health Dr Amy Khor. The guests were given a rousing welcome by St Joseph's Home's very own lion cubs Jesher and Yukai. Several residents put up an inter-generational dance with the children to the tune of *Time of My Life*.





Reflecting on how St Joseph's Home started 40 years ago, Catholic Welfare Services (CWS) Chairman Thomas Tan recalled the role of the Canossian Sisters as they partnered CWS to run a mobile clinic for the poor before they start the home in response to the growing needs of ageing immigrants. He highlighted how the Sisters, like their foundress St Magdalene of Canossa, gave their all to start and develop the home despite little resources. He urged those present to "give up a little of ourselves (to improve) the lives of those who need help."

Archbishop William Goh reminded his audience that even as 'we strive to keep up with the times and adopt new technology, services and programmes, we must never lose that personal touch and desire to love, understand and care for others'. The home should not be "a place where the aged wait for death but...live meaningful lives." With children and older persons living, growing and learning under one roof, Archbishop Goh said "young people will be taught humane values on how to love, how to feel and how to understand those who are elderly."



To mark the occasion, a commemorative 40th anniversary coffee-table magazine was launched. Colourful layouts and bite-sized information offer insight into how the home has evolved with the times, growing and developing its services and programmes to cater to new needs and lifestyle aspirations.

Our distinguished guests also helped to put the finishing touch – by hanging a plaque emblazoned with the words ‘God is Love’ - to a feature wall jointly produced by St Joseph’s Home residents and youth from the Singapore Boys’ Home. The butterfly, circular designs and various depictions of life all reflect the cyclical and temporal nature of life. It also serves to remind viewers that there is a time and season for everything and so it is better to build friendships and resilience to weather life’s changes than to be unduly concerned about it.

Guests walked down memory lane as they viewed the photo exhibition highlighting significant milestones in the history of the home. And as a sign of the growing partnership with the community, two projects – the nursing home dialogue and virtual reality experience – were showcased for the first time. The dialogue is the culmination of a four-week long conversation with seniors and children from the Jurong West community to find out what they think of nursing homes and how we could partner them to make ageing something to look forward to. The virtual reality experience stems from our residents’ desire to revisit their old neighbourhoods. Phase 1 of the project saw students of Westwood Secondary school capture in videos two places where the residents could ‘travel to’ without leaving their wheelchairs – Kampung Buangkok, the last traditional village in Singapore and Gardens by the Bay.



Even as St Joseph’s Home continues to evolve in response to the needs of the day, what matters is not so much the new services or facilities but how the people are served with love, care and compassion. Says its Executive Director Sister Geraldine Tan, “I want this to be a place where people can experience and be inspired by how the care is rendered. They can hear laughter, see the smiles and enjoy the stories even though they may be repeated many times. This would be a place that can draw out the compassion in people.”

5 *Final Thanksgiving Mass at Canossa Convent Primary School*

13 November 2018 is certainly a day etched in the history of Canossa Convent Primary School. It is the day when we officially welcome both girls and boys in our 2019 Primary 1 cohort. They will be the first batch of Primary 1 cohort of Canossa Catholic Primary School. The Thanksgiving Mass today marks the end of an era and the beginning of an exciting new one.



The celebrant for the Mass was Redemptorist Fr Clement Lee. In his homily, he pointed out that as we move from one era to the next, there will be changes, exciting ones. What would see us through the uncertainties that change brings is the peace in our hearts. Fr Clement also reminded us that we must be grateful for all the blessings we have received.

To mark this beautiful occasion, special items were offered during the Offertory: the first Canossa Prayer Bear, a set of old school uniforms and PE attire, a report book and the new set of bears -

Eleonora and Boniface - named after the siblings of our Mother Foundress, St Magdalene.

The Mass ended with the pupils singing with gusto a hymn dedicated to our Mother Foundress.

After Mass, a solemn moment of the lowering of the school flag of Canossa Convent Primary School was observed by the whole school. To commemorate this piece of history of the school, memories and artefacts treasured by the school were placed into a time capsule. The time capsule will be opened at the school's 100th anniversary in the year 2041.

Following the sealing and blessing of the time capsule, the Brownies marched into the parade square with the new flag bearing the name



Items put in and sealed in the time capsule

Canossa Catholic Primary School. The band then played the school song as the flag was raised.



Plaque with new name Canossa Catholic Primary School

The plaque bearing the new school name was unveiled by Sr Christina (Provincial Leader of the Canossian Daughters of Charity), Sr Theresa Seow (Sister Supervisor of the Canossian Village), Sr Louisa Lim (Supervisor of the Canossian Schools), Mrs Eugenie Tan (Principal) and Ms Peggy Yee (old girl and member of the School Management Committee). The plaque was blessed by Fr Clement Lee. We look forward to a new beginning in 2019!

Mrs Eugenie Tan holding up the Canossa Convent Primary School flag which will be among the items kept in the time capsule



Bringing in the new flag



Ms Peggy Yee, an alumna of CCPS, presented the old flag after it was lowered for the last time, witnessed by this generation of CCPS students

Article by: Mrs Agnes Lim and Mrs Wynne Seah [CCPS]

6 The Canossian Village - Forming Hearts, Transforming Lives

It is the end of 2018. Each sector celebrates the academic year with Graduation and Thanksgiving ceremonies with staff, children and parents. The celebrations mark the end of another year for the those who are moving from one standard to another – from Preschool to Primary and from Primary to Secondary. At Canossa Convent Primary School Thanksgiving Ceremony, the village leaders watched the closing of 77 years of the school's existence with mixed emotions. Many were filled with excitement as they anticipate joyfully the beginning of a new era when Canossa Catholic Primary School becomes co-educational in January 2019.



From L to R: Ms Dawn Wee(CCDU), Owyang Ying Yi (CPS), Dani Seng (Province Coconsultant), Eugenie Tan (CCPS), Dr Gerard Ee (Chairman of MCs), Sr Theresa Seow (Supervisor Canossian Village), Jennifer Wee (Student Care) and Christina Michael (CS).

The Canossian School (for children with hearing loss) also had their Graduation and Thanksgiving with a carnival. Among the highlights of the evening, were the many stalls of vegetables and fruits harvested from the school garden. The Edible Garden that Canossian School engaged to take care of the plot of land, worked hard with the children and they were gratified to see the trees matured, veggies prospered and herbs flourished. While the harvest is usually shared among teachers and students, that week, as a 'thank you' to the community, Canossian School organised a 'market day for the community'.



Outdoor market with produce from the garden



For their Graduation and Thanksgiving, the Canossaville Preschool put up a play 'the Noah's Ark' with skit, songs and dance. The performances by the little ones pulled at the heart strings of their parents and friends alike.



The leaders from the different sectors were there to support one another. The staff witnessed with joy the bond and communion vibrating among everyone in the village. The Canossian Village Thanksgiving Festa 2018 was not just another celebration. It is an occasion that unites the different sectors together within this little humble village and where the staff of the different sectors work wholeheartedly during the preparation. From the planning, to the display of the art exhibition, the food fair, the games, the concert and the appreciation for our donors, everyone put in all their best to make it a great success.

This unique village does not belong to a single entity. Each sector contributes to the whole. Hence within its premise, the visitors will find the Canossaville Children & Community Services, Canossaville Student Care, Canossian Child Development Unit, Canossaville Preschool, Canossa Convent Primary School (to be renamed Canossa Catholic Primary School in 2019), Canossian School (SPED) and of course, Canossa Convent where the Sisters reside.

This is where full inclusion happens and visitors will not be able to differentiate between the children with diverse needs and (dis)abilities. We see all the children interacting with one another from morning till the end of the school day. For those who require additional attention, CCDU specialists are on hand to assess and make recommendations. The focus is always on the dignity of each child under our care and, this village provides the space and opportunities to learn and grow together in the classrooms, play time and outdoor adventure. The village is where our children discover their unique potential and spirit of adventure.

Our GOH Mr Sam Tan, MOS Ministry of Social and Family Development, wrote in his Facebook page ...

"Happy to join the Canossian family for their thanksgiving celebration on Thursday.



Canossaville started as an orphanage during World War 2, and they have evolved over the years to best meet the needs of vulnerable children in Singapore.

As an appreciation of our partnership and Canossaville's good work, MSF has supported the "Treehouse" play structure in their beautiful, inclusive playground.

I hope it will bring joy to the children and remind them to stay rooted in their values.

Thank you to the Canossian family and donors for your dedication to serve the vulnerable in our community. May you continue to touch the lives of many more."

The Canossian Village is still work in progress. It is a place where leaders and staff come with their different skill sets to share, shape and build a community on the vision of our Foundress, St Magdalene of Canossa, **"Let us serve where the need is greatest."** With a passion for the Canossian charism and the compassion of Christ for the poor, this particular outreach is not only for the children but also for their family as well. We believe that **it takes a village to raise a child** but most importantly, it takes the Canossian Village **to form hearts and transform lives.**



Sr Theresa Seow
Supervisor of Canossian Village

Logo on
Village T-Shirt



7 *Villa Francis Home for the Aged Celebrates National Day*

Villa Francis Art Programme

Villa Francis Home for the Aged Art Projects



Villa Francis Home for the Aged strive to develop Residents ingenuity and maintaining their enthusiasm in participating in leisure activities not only for physical improvement but also benefiting their critical and creative thinking

**Villa Francis
Celebrates with
Northland Primary
pupils**



Young and old
singing
"Majulah
Singapura"



8 CANOSSIAN WELLNESS CENTRE (CWC) IN TRANSITION

On 23 October 2018, the Canossian Wellness Centre (CWC) officially opened its doors at the Nativity Church premise. Rev. Fr Kenson Koh celebrated the Eucharist followed by the blessing of CWC and a tea reception.

Sr Christina Yeo, Sr Louisa Lim and the Canossian Sisters from various communities graced the occasion with their presence. We are grateful for their constant support and encouragement. The invited guests included collaborators such as Dr Justin Morais and Dr Michael Tan, Lay Canossians, benefactors, clients and friends.

CWC has received much blessings and graces from God and we are grateful for His continuous presence among us in our mission of giving hope and bringing His healing to all who come to the centre.

Fr Kenson officiates the blessing of CWC at its new location

Eucharistic celebration at
Nativity Church



Collaborators, staff and volunteers with
Fr Kenson.



Srs Jane Chong and Christina Yeo with
Fr Kenson at the cake cutting.

9 *Community Leaders Bonding and Sisters' Retreat*

Spending time with Nature, bonding with Sisters and nourishing the spirit



And Food for the soul



Annual Retreat in July at Lifesprings -- Singapore with Fr. Paul Raj, SJ..

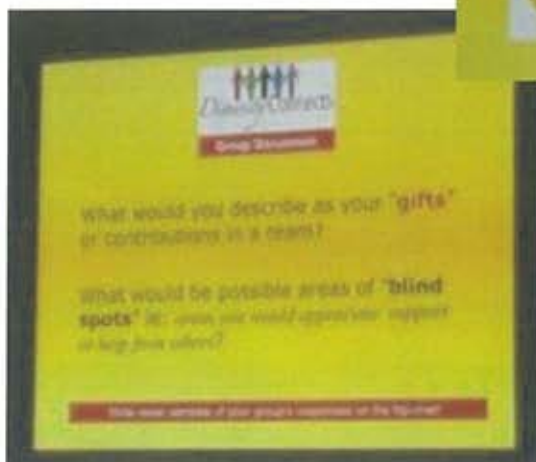


Thanking our Helper, Jessie John for helping out with the Annual Retreat held in Lifesprings 2018...

10 Province Life-Long Formation PLiFT 2018



Province Life-Long Formation
with facilitator Mr Anthony





**Singing their
Gratitude**



**Sisters Joy and Margaret
dancing their Gratitude**

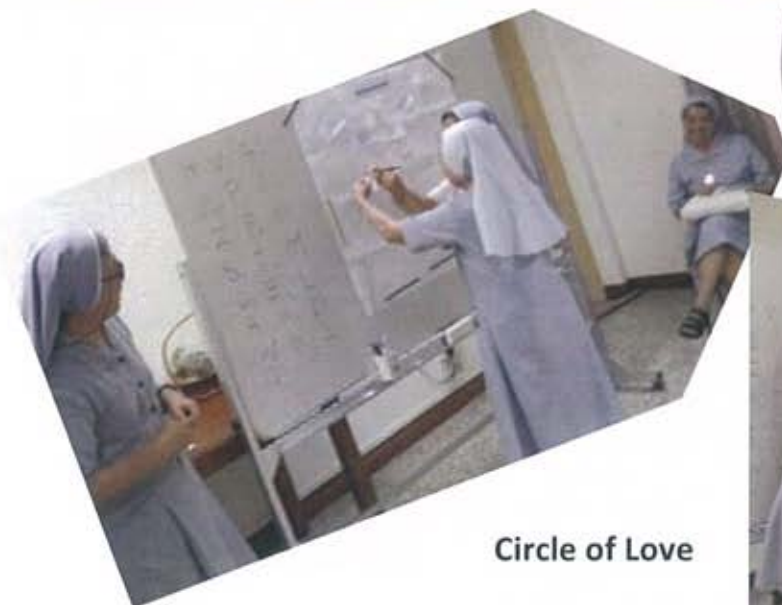
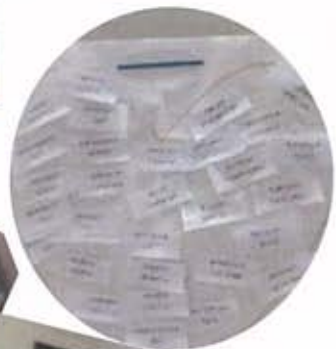


Playing Games





Do You Know what the Foundress said?



Circle of Love



Enjoying Food Fellowship



Final Words from Sr Christina and Prize Giving time



11 Celebration of Our Lady of Sorrows Feast Day

2018 Our Lady of Sorrows Celebration at 100 Jalan Merbok Provincial House Chapel on 15th September 2018 at 3pm with Eucharistic Celebration.

Celebrant Fr. Clifford *ofm*

No. of Guests 110 persons

Highlight of the celebration was the enrolment of 3 ladies to the Association of Canossian Educators (ACE)



Fr Clifford celebrated mass.

3 members were enrolled as Association of Canossian Educators.

They are

1. Renee Koh Hui Hui
2. Perpetua Ng
3. Agnes Tan Lay Chiat

Celebrating mass at
the Province Chapel



ACE Group Photo
with Fr. Clifford,
and Srs Geraldine
Tan and Theresa
Seow



Canossian Lay Missionaries with Sr. Janet.



Sharing a meal after
the Eucharistic
Celebration



12 Lay Canossians *Lenten Retreat cum Batam Mission*

Spiritual input by
Sr Elizabeth



Batam Mission
Outreach



13 AGM of LAY CANOSSIAN ASSOCIATION 2018 - S'pore

The 26th AGM of the Lay Canossians was held on 24 November 2018. It started off with a sumptuous lunch during which the members ate as well as interacted socially.

29 LCs and 2 potentials attended the function with 3 Sister Animators, Sr Janet Wang (Veritas Grp); Sr Priscilla Ahin (Canossa Grp) and Sr Geraldine Lim (Bakhita Grp). Sr Magdalen Ee (Mag Ee), the newly appointed National Sister Animator of the Lay Canossian Association, met the members. A vote of thanks was also given to the outgoing National Sister Animator, Sr Elizabeth Sim.

Sr Mag set the direction for the LC using the "Hope Alive-Love Lives On" theme, in line with the Singapore Province's Thrust for 2019. We were also reminded of our commitment to our mission of making Jesus known – a pledge very close to Pope Francis's call to an Extraordinary Mission Month in October 2019. In addition, Province Councillor, Sr Louisa Lim reiterated that we should show **H**umility, **O**pen our heart, **P**ray constantly and **E**njoy God's love.

The members were also informed of the newly appointed National Co-ordinator Dolly Goh who would take over from Lilian Tan. Dolly Goh thanked Lilian and called on LCs to work in faith and action to make Christ known and loved.

Cecilia Villenguez, a member of the Formation Team, shared the Myanmar LCs' Retreat held at the Don Bosco Spiritual Renewal Centre in Anisakan, Myanmar. Despite the rigorous 12-hour overnight coach ride from Yangon, the 4day Retreat was enthusiastically conducted by Sr Mag together with LCs Magdalene Tan and Cecilia V.



L-R: Christina (N. Secretary); Dolly (N. CoOrdinator); Sr Mag (N. Animator); Catherine (N. Asst Coord); Josephine (N. Treasurer)



The POD (Power Of my Dream) Prison Ministry team members, LCs Gloria Ee (15 years) and Jackie Lim (10 years) were given the long service Awards at the Volunteers Award Ceremony by the Singapore Prison Ministry.



14 *Canossian Alumni Association: Mats for Mag*



The Canossian Alumni Association (CAA) organized a Mats for Mag event on Saturday, 3rd March 2018 at Lorong Low Koon to commemorate Canossian Saints Day. Colourful mats, balloons and picnic bags containing snacks and drinks greeted the participants, comprising alumni members together with their friends and family. The CAA opens its membership to former students of St Anthony's Canossian Primary and Secondary Schools, Canossa Convent Primary School and the Canossian School.

It was the first time the CAA had organized an event at Lorong Low Koon, which houses the Canossian Formation House and the Canossian Wellness Centre.

There were initial concerns about rain but, in the end, we were blessed with cool, clear weather. The grounds were filled with chatter and laughter, which continued from afternoon all the way into the night. A deejay entertained the crowd with music and games while a pair of roving magicians enthralled everyone with their illusions.

Participants also came with big hearts and donated generously to the CAA. The funds raised went towards the financial assistance of needy Canossian students.



15 St Magdalene Community helping
Parish of St Mary of the Angels to raise funds



16 Executive and Administrative Support Staff as well as Office Support Officer visit SJH on 8 Aug



Our Support Staff gained much insight about what the Home has to offer from this visit.

17 Celebrating the 10th Anniversary of Formation of Educators Programme in Myanmar

Canossa Home had a double celebration on 27 April: the graduation ceremony of the 10th batch of 22 Educators together with the 10th Anniversary of the FED Programme. About 70 educators mainly from the 7th, 8th & 9th batches came back to Canossa Home to join in the celebration. Canossian Sisters, Lay Canossians & volunteers came from Singapore for this happy occasion. Priests & Sisters of the local Church, Ms Lucrecia and some members of Episcopal Commission for Education also came to grace the occasion.



The educators put up a fantastic programme of songs, dances and a musical entitled "Forever Friends".



Guest of Honour Mr. Stephen Heng from the Singapore Embassy in Myanmar presented the Educators with their Graduation Certificates. VIP guests included Fr. Noel Procurator of Yangon Diocese, Fr. Muthu our present Parish Priest & Fr. F. Muthu our former Parish Priest.



Our Provincial Leader, Sr. Christina Yeo presented Long Service Awards to 4 Educators who served for 10 years & 12 Educators who served for 5 to 8 years. To date we have trained 230 educators.



We thank God for the Educators who served with us continuously for 5-10 years.

10 years: Hazel, Perpetua, Rose, Louisa.

8 years: Naw Mary, Rosemary Sen Mai.

7 years: Easter, Lucia Naw Ai Mu.

6 years: Sophia.

5 years: Elizabeth Shar Mar, Joanna, Matilda, Martha, Mary Si, Pia, Rosy Linn.

18 *Life of our Canossian Community in Myanmar*

St. Magdalene's Community in Myanmar has 7 Sisters: Sr. Angela Ng, Sr Marion Liong & Sr Jacqueline Chin from Singapore, Sr Joana Da Silva from East Timor and 3 Myanmar Sisters: Sr. Maria Ja Awn, Sr Antonia Mya Mya Lone and Sr. Heza Zar Zar. On 26 April Srs. Christina Yeo & Louisa Lim paid their first visit as Provincial Council to the community in Myanmar.



Entry into the Novitiate

On 14 September our 2 Postulants Magdalena & Anita celebrated the Rite of Entry into the Novitiate together with Elizabeth & Clare, the 2 Thai Postulants of the La Salle Sisters in our Canossian Formation House. Present were Sr. Christina Yeo, Sr. Louisa Lim, Sr. Priscilla Ahin from Singapore & La Salle Sisters: Sr. MaryAnn Sunantha, Sr. Mary Laid & Sr Catherine Sommai from Bangkok.



Novices with Sr. Marion Liong, their formator



19 June-3 July: Sr Jacqueline attended the **Canossian International Seminar on Evangelization** held in Hong Kong. The participants also had a Learning Journey of 4 days to Wuhan to re-trace the footsteps of our Canossian Missionaries in China.

Canossian Formation House Myanmar Open House on 15 September

About 60 priests & religious joined the Canossian community for Mass to celebrate the Feast of Our Lady of Sorrows followed by lunch in our Formation House.



19 MYANMAR LAY CANOSSIANS RETREAT DON BOSCO SPIRITUAL RENEWAL CENTRE, ANISAKAN, MYANMAR

After a 12-hr overnight bus ride from Yangon to Anisakan, Mandalay, we reached the Salesian Spiritual Centre at 7.30am to start our 4-day annual retreat, from 20-23 Oct 2018. At the Centre, we met up with 3 participants from other provinces.



This year, our National Animator Sr Jacqueline invited Sr Mag Ee, Singapore LC National Animator and two Singapore LC Formators, Ms Magdalene Tan and Ms Cecilia Villenguez to conduct the Retreat.



Participants at the retreat

After meeting Fr Leo, the Salesian priest in charge of the Centre, we were shown to our rooms to refresh ourselves. Sessions began after lunch. After introducing ourselves and familiarizing the participants with a list of printed icons and emojis, we touched on a few ground rules, for example, not to be distracted by messages in their mobile phones. They were reminded to spend these precious 4 days with God.

Daily Schedule

The retreat followed a set routine comprising:

Morning sessions start with a "Talk", with power point presentation (ppt), followed by personal reflection that is guided by questions in a handout after which there is group sharing.

Afternoon sessions were more activity based. The purpose of the activity is to deepen what was shared in the morning (bearing in mind also that they may be sleepy in the afternoons).

Evening prayers were focused on the theme of the day. The lyrics of the songs chosen during these prayer times were often thought provoking and related to the themes.



For the closing night prayer, we prayed and ended with the song "Go Light the World". Everyone felt touched and very Spirit-filled.

coloured cards and hung on a garland taped to a whiteboard.

At the end of our retreat, it was gratifying to see the garland with our apple-shaped prayer cards brightening up the place.

Night prayer was a time for recalling what happened in the day for example - what we were most grateful for and we took for granted. Then the prayers of gratitude were written on



Their thoughts & gifts they have discovered written on the 'big hearts'.

Spiritual Content

Sr Mag began her introductory session with a power point presentation (ppt) of Christ Crucified. She got the group to reflect and share on the virtues they see in the Crucified Christ. She led them to reflect on our virtues: Are these virtues given by Christ or did we "achieve" them, and more importantly, how could we practise those virtues? After an hour of personal reflection, there was a group sharing. This is an example of a morning session talk.

The topics were mainly on building up self-image and self-worth as a child of God, the Greatest Love shown in Christ Crucified. Magdalene Tan shared on Charism/Gifts & Talents and Cecilia and Sr Mag showed how we were connected to the big Canossian Family with the LC History.

Evaluation

There were 11 of us at the retreat. Feedback from the participants showed that they found this retreat helpful. The talks and activities helped them to realize their worth as a child of God, their personal gifts and talents that God has given each of them but unfortunately, most had forgotten about them. Many of the participants came, physically and mentally tired but they had no regrets. Some of the participants would love to have more than 4 days, though some felt 4 days

were just right. They liked the talks on virtues / self-image" and "gifts & talents", and the activity of the "the tree and branches" was particularly interesting. They had a good laugh when they shared about the activity of the "oranges" - an activity that brings out their uniqueness. The fun part was

that they get to 'eat their own oranges'. They also liked the group sharing, and were surprised that they could open up, share their feelings and relate with one another. Someone commented: *"Best thing about the retreat is that slowly it is helping us to look at our self-image, and that is very useful to us."*



Role-play of "Tree & its branches" to showcase acceptance of self and others

Attending Mass in the small Salesian Church which was packed with parishioners and families. The congregation was very lively and participative.



Praise the Lord for His goodness to us!

Contributed by the LCSG-Team & LCs of Myanmar



20

We celebrate

the entry of 2 Canossian Novices in Myanmar on 14 September 2018.

It is gratifying and exciting to know that the Canossian Novitiate would be in Myanmar for the first time and that it is also a joint formation with the La Salle Sisters from Thailand.

I thank God for the gift of vocation and for the great help that God has given me to persevere in my journey.

Magdalena

I thank God for the gift of vocation and an invitation to follow Christ and Christ Crucified more closely as a Canossian novice.

Anita



Elizabeth

No one knows God's plan but with faith I can see the way. I thank God for the great gift of following Jesus as a La Salle novice.

Clare

I had a great opportunity to work in Lasalle Bamboo School, Sanghkaburi. I feel very happy, joyful ...this experience led me to follow Christ, in the footsteps of St.



The rite of Entry was led by Sr Christina Yeo, Canossian Provincial and Sr MaryAnn Sunantha, General of the La Salle Sisters in the chapel of the Canossian Formation House. We are grateful to God for the gift of Sr Marion to be our Novice Directress. The La Salle Sisters put their novices with us, Canossian Sisters for Novitiate Formation under Novice Directress Sr. Marion Liong.



21 *Reflections from the Juniors*



It has been a beautiful and fruitful time for me. I felt deep peace and love as I deepen my relationship with the Lord especially during the retreat and in my relationship with my companions through our sharing and bonding. I praise and thank God for this experience and am very grateful to our Institute for always taking care of our formation and growth.

Heza

First of all, I would like to thank the Lord for the gift of this Junior's month. It has been a great time for bonding, relaxation, fellowship, sharing and growth. I enjoyed the company of my sisters (Srs Shanti, Sagaya, Maria and Heza). I believe all the lessons, sharing and time together besides the faith sharing, has given me many new insights and inspired me in many ways. I am really grateful for everything.

Jennyfer

June is the month of blessings to me to experience the love of God once again in different environment. It is an awesome experience to stop and reflect and re-energize myself and move on with God's grace to where I am going. I am joyful and grateful to God.

Sagaya

I thank Sr Christina Yeo and Sr Christine Law and their council for giving me this opportunity to spend my Junior month together with my beloved sisters in such a very meaningful way. This Junior month was flexible and a relaxed period. Through it my Spiritual life was enriched by the Annual Retreat, the sessions and the sharing of our life experiences. My relationship with my fellow sisters was strengthened especially through our prayer, sharing, bonding, fellowship and outing. This Juniors month was fruitful and meaningful for me because of Sr Shanti's willingness to be an instrument of



God. The warmth and hospitality of the SMC sisters was also another tool for our deepening our faith and formation. Thank you everyone. May God bless each one of you.

Maria JaAwn

Chronicles of some of the sweet memories we had during our Junior months:





22 *Thank You for your love*

*A time to meet and
a time to separate.
A time to welcome and
a time to say Good Bye.
It is part of life.*

I have been in Saint Magdalene Community (SMC) for five years as a novice and a junior sister. As I am returning soon to my origin country, Myanmar. I feel happy that I have finished my study and am ready to join the mission in Myanmar.

I have also established a close relationship with the sisters in the community through community prayer, tempo forte, gospel sharing, recreation, meals and through rubbing one another's shoulders times and again. Knowing that the sisters are getting older, I feel sad to leave them. I wish I could be here with them as a lifelong companion. However, my new mission is waiting for me. I pray for you and entrust all of you into the Lord Jesus Christ who calls you into this life.

I am grateful to our province for giving me opportunities to grow, improve my English and to study Early Childhood Education before I participate in full time ministries. I am sure that the knowledge and skills I have acquired while I am still in Singapore will be helpful for my future ministries, for the people whom I will come into contact with and for me. Thank you, Mother Provincial and the Province Council.

I would like to say "Thank You" from the bottom of my heart to individual sisters who are together with me in SMC and who were here with me in the past. Without you, I would not be who I am today. Thank you for your love, concern, care, support, help, guidance and prayer.

I will continue to pray for you and be with you in prayer wherever I am and whatever I do. Please pray for me and continue to guide me to be a faithful daughter of charity. May God bless you.

Love and Prayer,
Sr Maria Ja Awn
14th Jan 2018



MERRY
CHRISTMAS

AND A

GRACE-FILLED
NEW YEAR
2019



Canossian Daughters of Charity
100 Jalan Merbok Singapore 598454