



CHRIST'S PRESENCE IN THE LOVE FOR THE POOR

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OUR ROCK AT ALL TIMES



As a community, each year we have a theme; which we reflect on and take steps to practice. This year's theme is **BUILT ON ROCK** (Matt 7:25); where Jesus is our Rock and sure foundation. This comes at a time where the world is going through great turmoil and each of us face intense challenges in various aspects of our lives –

the temporary closing of churches, schools, job losses, health threats and so on.

In the face of this we continue to build on the Rock, who does not change, never fails and continues to draw all men to Himself. We have been labouring to ensure that the community remains active and on mission, even though our physical presence is restricted. With the use of technology, we have been able to continue our community life via online gatherings and meetings.

For the first time, we attempted to have an online series on our YouTube MFC channel named **Love Beyond Words**. It dealt with practical challenges that couples face and simple ways to deal with it. It covered topics essential to living out a fruitful and blessed married life in line with the teachings of the Catholic Church. The sessions were handled by couples from the community who shared their experiences and learnings over the course of their marriage and faith walk. This initiative engaged not just community members, but couples from across the world: many of whom had never been interested in understanding their marriage from a faith perspective.

Another initiative that began in the midst of the pandemic, was **#SPEAKLIFE**. This was done to facilitate the faithful to collectively read the entire Catholic Bible (Genesis to Revelation) everyday. As we

read the Scriptures aloud, we declared the Way, the Truth and the Life to ourselves and to the world around us. Rather than being limited to the adults, children who are able to read were also assigned Scripture passages to read on a daily basis and the result has been edifying!

Our formation has definitely not come to a standstill. In July, we had our **National Servants Conference**, one in English and one in Hindi (for North India) where the theme was disseminated. This year we had the highest number of couple-participation and the feedback indicated that the Lord was truly challenging our leaders to step up to the challenge at hand.

Our youth had a daily online Youcat series through the summer, Servant Leaders Training, Speakers Training, and a Worship Workshop while the lockdown was on. We have been in awe at how the Lord has continued to strengthen our foundation and keep our fire as a missionary community burning. Our basic program of evangelization – the **Christian Life Seminar** has been conducted with more than 800 participants. Since it is online, we have had the benefit of reaching out within and beyond India.

In response to the various issues that communities faced as a result of the lockdown, the **No One in Need** initiative of MFC reached out to people who needed support in terms of foodgrain, and other basic necessities. This included migrant labourers who were stranded without work and far from their hometowns.

As we proclaim the Good News, we realize that many are struggling without hope or help to get through this time of loss, grief and fear. We have setup the **MFC India Helpline** by collaborating with Befriending helplines; who have a presence across the country to offer support. This service is available to anyone in need of help absolutely free of cost.

We have been so encouraged by how our Lord has been building us to carry out His work and experience His faithfulness.

COUNTRY SERVANT - JIMMY XAVIER



OUR MINISTRY FOR WORK WITH THE POOR

One very big problem, in India as well as in many other parts of the world, is poverty. Poverty is not in accord with the will of God, who created a bountiful world and intends that every member of humankind have an adequate share in the world's goods, to be able to live a life of dignity as children of God.

God loves the poor, and our Church has a preferential option for the poor. In fact, Jesus came to "bring glad tidings to the poor." (Lk 4:18b). In His public ministry, He healed the sick, gave sight to the blind, enabled the lame to walk, and freed people of demonic oppression. More than just helping the poor, Jesus identifies Himself with the least, calling them His brethren. And He said, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." (Mt 25:40). And what we do or fail to do for those in need will have eternal consequences for us, determining whether we go to eternal life or eternal punishment.

While the world still struggles to help the poor and to eliminate or minimize poverty, it has not succeeded. But the first Christian community after Pentecost already succeeded in doing so. How? They shared. First, they considered themselves stewards, as "no one claimed that any of his possessions was his own, but they had everything in common." (Acts 2:32b). Then those with property or houses sold them and brought the proceeds to the apostles, who distributed them to each according to need. The result? "There was no needy person among them" (Acts 4:34a).

There are more than enough resources in the world today. But many are poor because these resources are not equitably possessed, with a few rich persons and countries hoarding the greater portions. If persons and countries learned to share, there would be no one in need. In MFC we have our own work with the poor. It is a holistic work that tries to address the most basic needs of the poor. It is a total approach. While we might have food kitchens or distribution of relief goods at times, we prefer to look to uplifting the condition of the poor on a longer-term basis and enabling them to also help themselves. So we look to formation, livelihood, children's education, shelter and health. We help build communities among the poor.

At the heart of our work is formation, that is, formation in Christ (though we also do work with non-Christian peoples). This is in recognition that what is truly important is not just material relief in the here and now, but spiritual renewal. After all, Jesus himself said to the disciples of John the Baptist, who were asking if he were the Messiah: "Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them." (Mt 11:4-5). Jesus once said, "The poor you will always have with you" (Mt 26:11a). This is because injustice will remain in the world until the end of time. This is one motivation for us to do a massive work of evangelization, helping bring people to renewal in Christ. But this is also our opportunity to love and help the poor in our midst, just as Jesus did.

SERVANT GENERAL - FRANK PADILLA



"In the poor and outcasts we see Christ's face; by loving and helping the poor, we love and serve Christ."

POPE FRANCIS

NO ONE IN NEED

Less for Self, More for Others, Enough for All

2 Corinthians 9:6-7 - "Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."

The No One in Need (NONE) initiative is an integral part of Missionary Families of Christ (MFC) through which we endeavour to share the love of Christ with those in need. Throughout the year, programs have been conducted to live out this mission.

Visit to Homes and Institutions

MFC members in Bangalore visited several institutions and conducted programs. It was an eye-opener for several of our members including singles, youth and children. We spent time with the inmates, listening to their life stories, praying with them, engaging in fun games, and sharing a meal. The experiences left a lasting impression on our minds and instilled in us love and concern for the poor. Some of the places we visited are listed below:

Asha Bhavan: A home for destitute elderly women. There are about 30 women who had been abandoned by their families. They experienced the love of our families and children in the two visits that we made in the last year. We provided grocery essentials and medical supplies that were needed to run the home.



Kolbe Home: A place for children of prisoners, where 18 boys between the ages of 5-15 years were very excited to receive us. They entertained us with song and dance. We played games, prayed for them and gave them token gifts.

Jeevodaya: a home for rehabilitation of women who have been released from prison or abandoned by

families. The women from our community spent an evening listening to their woes, encouraging them and praying for them.

Prison visit: Through the Prison Ministry India, 15 women from the Bangalore Chapter visited the women in Bangalore Central Jail. It was a thought-provoking experience for many of us as we prayed for the inmates, spent time with them understanding their circumstances, and listening to their problems. We had a fun time playing games, and sarees were distributed as well.

Don Bosco Nursery School and Day Care: Nestled in the slum behind Don Bosco Church, the Salesian priests take care of 100 children between the age group of 1-year-old to 15 years old who are at the daycare while their mothers go to work as house-helpers. The institution provides both education, food and shelter for the children. It was an entire day spent at school. Activities were arranged both for the children as well as for the parents. The Singles arranged games for the children along with Christian songs, while the children were engaged. Community members spoke to the mothers and teachers on parenting by sharing their testimonies. The sessions went on well giving the mothers a lot of encouragement where they shared their testimonies. Community members contributed towards a delicious meal where we all sat with the children and parents and had a good fellowship. The children were given small gifts of school stationery.

St Francis Xavier's Girls' Orphanage: The Sisters of St Joseph of Tarbes have been running an orphanage for girls over 60 years. Community members visited the orphanage where the girls were very excited to interact with the community members. A big number had gone



to visit the praise and worship session which was very lively followed by a quality time of games that were arranged. After the games we broke into groups giving personal attention to each child where they shared their feelings. Towards the end of the visit, Sisters requested community members to tutor the girls. Many of the members of the MFC Singles section made follow

up visits and also tutored them in different subjects.

Kindness Kits: Sharing the Joy of Christmas

As part of the family day program, we distributed kindness kits to the homeless on the streets and those in night shelters. What started as a small initiative snowballed into a major event. We collected funds for over 1000 kits with contributions pouring in from the global community. After the fund collection, the community got together to purchase, assemble and pack the kits which included a shirt or saree with a pair of slippers, a blanket and a packet of biscuits and soap.



Community Visit

Community members visited a slum area in Viveknagar and

organized an event for 200 children living there. Our singles, children and youth took the initiative in arranging a storytelling session. We encouraged the children to sing and showcase their talents. We played a few games with them and distributed refreshments.

Lockdown outreach:

During the national wide lockdown, NONE raised funds. Due to government restrictions, only two of our community members could be involved in the procurement and distribution of groceries. They reached out to construction workers, poor parishioners of various parishes and people in slums. We were able to reach out to parishes in Bangalore, Goa, Chennai, Assam, Tumkur, Kolar and Hosur. The community members were involved in providing basic food necessities, packaging of ration, involved in various parishes to cook meals daily for migrants, helped in stitching of masks and other relief activities.

The entire community has come together through these initiatives to share the love of Christ with our less fortunate brothers and sisters. It has made us realise that God has blessed us in abundance and has called us to share our resources and time with those in need. We have seen the positive impact of these programs on our children and families and praise God for the opportunities to serve the needy.



MEN OF VALOR

'We walked in as men of faith and integrity, we walked out as men of valor' best describes the two-day retreat organized for Singles (men) in Bangalore on the 9th and 10th of November 2019 and 13th to 15th of March 2020 in Goa . Away from our homes and the chaos of the city we had come to experience a transformation like never before. The program began with the participants being led into praise and worship by the music ministry. The hall was soon filled with chants of "hallelujah" and we were able to feel the presence of the Holy Spirit amidst us.

Our first session was on 'Catholic Manhood' and how it is different from worldly standards of masculinity. As Catholic men, we are called to be priests, prophets and kings. We understood that it is our duty to be good examples so that the world would come to know that true masculinity is not toxic, rather it completes God's creation by complimenting the feminine. The session was ended with a quote by **St. Jose Maria Escriva: 'Don't say this is the way I am, it's my character. It's your lack of character'.**



WORSHIP TEAM

The second session was on 'Sons of the Father' focussed on one of the most cherished yet complicated relationships that which we have with our fathers. It was about reconciling with and buiding our relationship with them. Men tend to feel more, yet they express less and this lies at the core of this delicate relationship. After some time of intense prayer in the chapel, there was silence, in which we remembered the bitter-sweet moments we'd had with our fathers. Two of our senior married brothers stood as proxies in place of our fathers near the altar, and each of us spoke to them as we would have to our fathers. This helped us to be reconciled with them in our hearts. All the hurt, pain and bitterness was gone and we were ready to renew our relationship with them. After this, the priests celebrated the Eucharist.

Our third session was on discernment and titled 'God's Signposts' and was inspired by C.S. Lewis's quote: **"God whispers to us in our pleasures, speaks in our consciences, but shouts in our pain."**

The session was about how God places His signposts on our paths to guide us. To take the right decisions in life he taught us the technique to discern through a procedure with eight steps:

1. Identify and formulate the decision to be made or the issue to be resolved.
2. Pray for openness to God's will and for freedom from pre-judgment
3. Gather all the necessary information.
4. State all the reasons for and against each alternative in the proposal.
5. Do a formal evaluation of all advantages and disadvantages.
6. Observe the direction of your will while reflecting on the advantages and disadvantages.
7. Ask God to give you feelings of consolation about the preferred option
8. Make your decision and live it.

After this was a discussion with our brothers on what signposts God had placed on our paths. The last session for the day was 'Band of Brothers'. We were guided about various kinds of friendships, emphasis being laid on building virtuous friendships and what breaks brotherhood. Lastly, the speaker shared the three key attributes of building brotherhood:

1. I am my brother's keeper
2. I offer loving correction
3. Receiving Correction

After this session, we got soaked in praise and worship and then headed out for the most exciting event of the day with dried wood on our backs – a bonfire! Amidst the flames, we took time to honour our brothers over a meal. The next day being Sunday



MEN OF VALOR - GOA PARTICIPANTS

began with the Holy Eucharist.

After breakfast, the first session of the day was Preparing for Sacrifice. Topics like chastity, dating and getting ready for the Sacrament of Matrimony were discussed, inspired by Father Sandeep's quote: "It's not about finding the one but about building and nurturing yourself for the 'one'"

The major takeaway from this session was about the five ways to prepare for marriage:

1. Practice virtue
2. Be financially wise
3. Be pure
4. Seek wisdom
5. Learn and practice the faith

After this, we went to the chapel for a time of intense prayer and worship aiming to cleanse ourselves of evil thoughts. We promised to refrain from



every impure thought and deed and to remind us always of this promise we were given a blessed ring and Rosary to seek Mama Mary's help whenever we felt tempted to go astray.

The next session 'Brother's Keeper' was about 'accountability' inspired by the quote: "It's my responsibility that I carry my brother along with me to heaven" and how we're not only responsible for our own acts, but that my brother too leads a virtuous life pleasing to Jesus. Similarly, it's also my duty to be answerable to my brother, be truthful about my acts, and remember that he is not my judge but my companion who desires to hold me from going astray. He taught us the practical methods for building and

maintaining relationships which facilitate accountability among us brothers, how this accountability may fail, and the tips to deal with it.



The last session 'Fight or Die' briefly summarised all the previous sessions and encouraged us to be witnesses for Christ. This was our last step before we would emerge as Men of Valor. It is no longer only the priest's duty to evangelise, but each one of us is called to evangelise for Christ. He taught us about the nature,

need and methods of evangelisation. He talked about **Ephesians 6:10-11 which says, "Finally be strong in the Lord with His power and strength. Put on the whole armor of God to be able to resist the cunningness of the devil"**.

He gave us tips on how to prepare ourselves for spiritual battle:

1. Make morning offering
2. Attend Mass daily
3. Spend time in personal prayer
4. Pray the Rosary
5. Immerse yourself in Eucharistic Adoration
6. Pray in tongues
7. Examination of conscience' every night
8. Go for Confession as often as possible

After this, we gathered in the hall for the last session of praise and worship and let go of ourselves with shouts of Hallelujah, praying in tongues, lifting hands, clapping, thanking and adoring God as our brothers from the music ministry sang their hearts out in praise of God. Indeed we felt transformed into Men of Valor, ready to bear witness to our Lord.

Prajval Albuquerque, North Bangalore

"To be faithful to God requires a constant battle. Hand - to - Hand combat, man to man - the old man against the man of God - in one small thing after another, without giving in."

Josemaria Escriva, The Way





The importance of brotherhood in today's day and age has been either misused or completely neglected. The "Men of Valor" weekend shed light on how much of a necessity brotherhood is in today's scenario. The weekend really helped me build strong relationships with the men from my chapter and reassured us that we are not alone in our struggles and sorrows. One of these moments took place as we were standing facing the Blessed Sacrament, we were renouncing our addictions. As we were repeating after our formator, I found us men speaking in one voice, pledging our lives and eternity to Him. I felt as if we were being knighted by the Lord Himself. That feeling of Royalty – what every Catholic should feel like. I pray that we carry this sense of brotherhood with us for the rest of our lives.

Kenneth, Margao Chapter, Goa

Judges 6:12 : And the angel of the Lord appeared to him and said to him "the Lord is with you, O mighty man of valor".

These three days were some of the best days of my life: we were ignited and invited to go to the next level in our relationship with Christ. During the program, we were not only challenged ourselves to break the strongholds built by the enemy but also replaced them with God-centred ones. The sessions helped us grow emotionally and spiritually and gave insights to our life, right from making us realize the importance of grooming to making us know our responsibilities towards our family, brothers, sisters and future spouse more deeply. From



being our brother's keeper, accountability to evangelizing for Christ.

It gave me an understanding of what it means to be a man of valor, which is more than just following the steps from 1-10, but 'Who we are in Christ'.

A man of valor is faithful to his commitments, keeps his word and promises, admits his mistakes and exercises self-control. He is loyal to his friends, gives quality time to his family, and most importantly is a man of God who trusts Him in every situation. I had an amazing and life-changing experience, I'm sure the rest of us would agree to this too, and I can honestly say that I've never felt more empowered in my life. I will always cherish these moments and the bond of brotherhood.

Melvin Pontes, Porvorim Chapter, Goa



The Men of Valor program that I attended in March 2020 could not have come at a better time. I was mentally preparing for my marriage. The sessions and deep sharing's gave me inspiration and a pathway

to understand the role of a man, becoming a better man and a good husband. Importance of brotherhood and accountability partner was another key takeaway.

Gavin, Caranzalem Chapter, Goa

The Men of Valor program helped me to understand God's will for me as his child and also get a better understanding of him as my Father. It taught me the importance of our households, the accountability necessary for holiness, that we must share our lives with our brothers and the ultimate goal is to reach heaven together.



Brendon, South Bangalore Chapter

#SPEAKLIFE

#SpeakLife initiative facilitates the faithful to collectively read the entire scripture (Genesis to Revelation) every day during the pandemic. As we read the scriptures aloud, we declare The Way, The Truth & The Life to ourselves and to the world around, especially in a time like this. Here are a few testimonies from members of the community who have been faithfully participating.



The #SpeakLife initiative has helped me in so many ways. Having the scriptures chosen in advance not only saves time, but keeps me focused on the passages I'm reading. I like how passages are taken from both Old and New Testaments and every

day it continues from where it left off. Reading aloud brings the verses alive and prevents distraction. #SpeakLife is a great way to start developing a long-lasting habit of reading the Bible.

Elizabeth Surya, Couples, Chennai

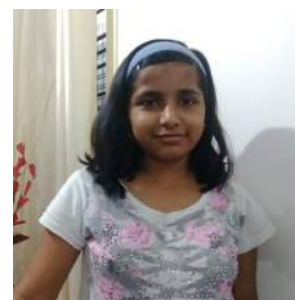
Among the many blessings of the lockdown days was the #SpeakLife initiative. Reading the word aloud gave me more knowledge, wisdom and insights of how God works differently in people's lives. I started reading with a lot of zeal and persevered even when it got challenging later on. After all, God has given us a challenging life and #SpeakLife gave me the strength to overcome the difficulties that I faced. What amazed me was how the chapters I was reading related to my life. The Word taught me to live a life pleasing to God and to live out the Gospel. I have learnt to stand firm and brave in my faith with God. I truly feel blessed because of the realization that scripture reveals to us the whole identity of the Most High.

Sherol, Youth, Mangalore



As a family when we #SpeakLife, the day is filled with grace and we feel enriched in God's love. The fear of failure is replaced with hope in the Lord. When there is anxiety, the scripture verse read strikes and strengthens us. It comforts and we regain the hope to turn to the Lord. The trust in his forgiveness is built. It has taught us how to live as disciples, slowly pruning and changing us to be in his likeness. Our children are excited to read the word as well. It has set a good foundation to build their personal relationships with God. They see him as a super-hero who can do anything.

Raju & Santhoshi, Couples, North Bangalore



I would like to testify how #SpeakLife has been helpful to me. I started the reading the Bible regularly only after Speaklife was introduced. In the month of May I was suffering from transient synovitis (It's an inflammation in the hip bone) which caused terrible pain in my leg. I had pain which lasted for almost 3 weeks. Even during this time, I continued my #SpeakLife most of the days. One thing I followed every time I was in pain, was to repeat the healing Bible verses which helped me feel relieved until I went to bed. I am grateful to God for the complete healing I have received now.

One more incident I would like to testify is, Once I was discussing with my mother about my classmates who are not good to me and I mentioned to her that let something bad happen to them since they are not good people. My mother corrected me and told me we should not be thinking that way and that I should always think and do things which are pleasing to God. After this conversation, I went to read my #SpeakLife, while reading I got the same message which my mother told. Do things that pleases God. I felt God speaking to me. These words changed me and I realized I should not think ill about anyone. I would like to thank and praise God for all the healing and blessing he has given me.

Rhianna Rinu, Kids, South Bangalore.

When we returned to India for my husband Tony's treatment for stroke, our concern for our work in Africa which is our mission area remained uppermost. The lockdown imposed on travel due to the pandemic increased our concerns. Our hopes of caring for Africa by travelling up and down were also dashed. We prayed fervently for a solution. And in came an invitation regarding #SpeakLife. I promptly joined the worldwide army of those praying the Word aloud. And as I did that, within the month we began to see rays of hope. Online meetings with Africa leaders began, contact-encouragement between leaders within Malawi resumed, International CLS brought new life, Youth Bible Study started and so much more I believe will be possible as God's Word



reaches to the ends of the world through MFC #SpeakLife. Even when I had a sore throat and cold I did not let the allotted portions go unread. I got my phone speaker to read aloud my portion throughout that week, praying quietly while it was being read. I truly believe His Word is a lamp to my feet and a light for my path. And it has the power to change lives and situations through reading it aloud. Praise God.

Maria Correia, Couples, Goa



The #SpeakLife initiative has enabled me to know God in my life more as a person. There were days when Lord spoke to me through the sermons of the daily mass, and those words came back to me through the #SpeakLife readings of the day. The readings from Old Testament showing God's commitment and mercy towards humanity and Jesus in Gospels gave me the confidence to face the day as he is there with me throughout. The initiative has even transformed the way I read the Bible during my family prayer, making it an experience with God rather than just merely reading a passage. A day beginning with #SpeakLife readings has become a daily routine like breakfast, principally for the soul and mind. It provides me with the nourishment that I require to go through the journey of the day and gives me hope that the Lord is there to guide me to His rest at the end of it.

Melvin, Singles, South Bangalore

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12

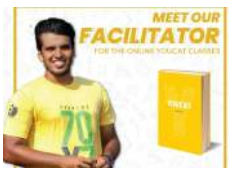


TRAINING & EVANGELIZATION



Servant Leaders Training

15 youth attended a training session conducted on the 18th & 19th of March 2020 for existing and potential Household Servants of MFC Youth in Mangalore.



Daily Youcat

MFC Youth organized sessions daily from the 1st of April to 10th of May for over 50 participants conducted by Deacon Kelvin Santis.



Love Conquers All

115 Singles attended the online CLS conducted by Caranzelem Chapter, Goa on the 17th of May.



Speaker's Training

60 youth attended the online training conducted on the 21st, 23rd and 25th of May.



Worship Workshop

70 youth attended the national level online workshop conducted on the 26th, 28th and 30th of May.



Servant Leaders Training

70 youth attended the national level training conducted from the 3rd to 5th of June.

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TRAINING & EVANGELIZATION

CONSECRATION TO OUR LADY OF VICTORY



O Blessed Virgin Mary, you with your Son Jesus crushed the head of the serpent.

In the spiritual war that continues to rage in the heavens and on earth, you have already won the victory.

Your holy warriors stand before you, dear Mother Mary.

We consecrate ourselves to the cause of your Son Jesus, the Redeemer of the world,

and to you as his Co-Redemptrix. We dedicate ourselves to the task of winning souls for the Kingdom. We commit to do battle against all evil forces.

Cover us with your mantle of protection as you send us forth under your banner. Amen.

Mary, Star of the New Evangelization, pray for us.



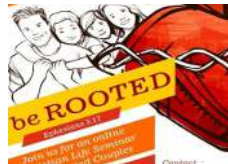
National Servants Conference- English

500 Participants attended the online conference conducted in English on the 4th and 5th of July



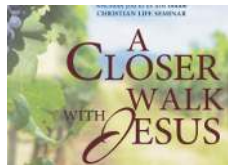
National Servants Conference- Hindi

250 Participants attended the online conference conducted in Hindi on the 11th and 12th of July.



Be Rooted

An Online CLS was conducted for around 250 couples from all over the world by MFC Bangalore from 26th of July onwards.



Closer Walk with Jesus

176 participants attended the online Couples CLS conducted by MFC Goa on the 26th of July.



Household Servants Training

Around 20 singles of Carenzalem Chapter, Goa and South Bangalore attended the online training session conducted from the 6th to the 9th of August.



MFC India Helpline

MFC India has collaborated with Befriending Helplines across the country to offer support to our members. The helplines are available free of cost to anyone in need of help who have been feeling stressed, depressed, anxious or looking for a way out in these uncertain times.

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