

**MISSIONARY FAMILIES OF CHRIST INDIA NEWSLETTER**  
(FORMERLY KNOWN AS COUPLES FOR CHRIST INDIA)



# LIVE LIFE-PRO LIFE

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# BUILDING A PROLIFE CULTURE

At a graduation ceremony, the Chief guest asked the audience, "What is the best gift you can give your children?" Many of the responses included, "a great education, a great future, love, time, a listening ear..." He listened to everyone and then told them, "The greatest gift you can give your children is for them to know that you love your spouse."

This forms the basis of a pro-life culture; where the foundation of family rests on the strong relationship of love, trust, and sacrifice shared between spouses. When children see this in action, they realize that giving of themselves is not a loss at all, rather a great gift given and received. Out of this generosity flow the giving of time, presence, listening, education and all the rest.

One of the things that husbands and wives can do is to put down a mission statement for their family. Based on this, they could decide what to prioritize and how to go about doing it.

As parents we need to take responsibility for how our families are raised and shaped by the culture that we create at home. We need to ensure that we know what's going on in the lives of our children and walk with them to help them navigate through difficult situations. Pass on the power and richness of our faith without reservation. Talk about what we believe, and why we believe it, and possibly even why it is in opposition to what the world is pushing for. It is so important to share the value of life, because it comes from God, and must be cared for at every stage.

Some simple tips to experience the love, and generosity within the family are:

Plan to share a meal together at least once a week.

Serve together by volunteering at community outreaches.

Spend time together as a family by having game nights where healthy competition is fun, plan a family vacation that has something for everyone, and set aside time to share stories from one's own childhood and heritage.

Great cultures are meant to withstand the test of time. Creating a pro-life culture should do just that - promote the value of life by loving and being loved.

**Waste time with your children, so that they can realise that love is always free.**

**Pope Francis**



**COUNTRY SERVANT - JIMMY XAVIER**

# LIVE LIFE

Our life is the greatest gift from God that we possess. The Catholic Church proclaims that human life is sacred from conception to natural death and that the dignity of the human person is the foundation of a moral vision for society. The right to life is the first and most fundamental principle of human rights that leads Catholics to actively work for a world of greater respect for human life and greater commitment to justice and peace.

The world today has unfortunately lost the sense of God and is dominated by what St. John Paul II coined as the culture of DEATH (divorce, euthanasia, abortion, total population control, homosexual relationships). This has seeped into all sectors of society, and many Christians have embraced it too.

The community of Missionary Families of Christ is at its heart an evangelistic community. The Live Life initiative is our response to the call of New Evangelization, our goal being to bring Catholics back to Christ and to the Church.

Live Life offers formation programs that seek to enjoin Catholics to appreciate the beauty of faith, family, and life in these challenging times thereby proclaiming the gospel of LIFE.

Thus far, we have conducted such programs for



Live Life- Vapi

the MFC community members in Goa, Pune, Bangalore, Chennai, Mumbai & Gujarat. The response has been overwhelming and we are optimistic that along with the support of the clergy and laity, we will be able to take this program to a greater cross section of people in various parishes across India.

Our program is a one-day event which includes sessions, group discussions and an open forum to clarify any doubts that the participants might have. Holy Mass is an essential part of the program and is celebrated either in the afternoon or at the end of the sessions.

The sessions conducted thus far have been impactful and have broadened the horizons of a lot of couples who were unaware of the gravity of the evils that plague the family and society today. It has generated a new found vigour to aid our work either monetarily or through regular intercession or being open to give sessions or sharings.

The world today is looking to have the church move with the times. However, we are committed to serve and strengthen the church that will move the times. We pray that with the support of each faithful, the Live Life initiative will flourish and continue to bring the message of LIFE to a world desperately in need of it.

**Dr. Ehlson de Sousa**  
**National Coordinator, India**  
**Live Life India**



Live Life- Bangalore

# THE GIFT OF LIFE

“Life is a gift, love it. Life is an opportunity, benefit from it. Life is beauty, admire it. Life is a dream, realize it. Life is a challenge, meet it. Your life is God's gift to you. What you do with your life is your gift to God.” : these beautiful words by Saint Mother Teresa sum up the very essence of the Live Life Ministry.

The Live Life session was divided into 3 sessions conducted by Dr Ehrlson De Sousa, his wife Beverly De Souza, along with Ms. Maria Anthony at the scenic locale of Vinalaya on 16<sup>th</sup> April 2023. The session was well attended by an enthusiastic and participative audience.

The first session gave us an insight into the sanctity of Life, the very definition of life itself and the challenges that we face, while we nurture life. The way we were created as a man or as a woman tells us that we give witness to the Divine image of God according to how He designed us. For the men, the structure of their body tells us that God is a provider, protector, procreator. For the women, their design tells us that they are a witness to God's



nurturing and sacrificial loving quality.

So what is the Culture of Death? Pope Paul VI defined it as: “Whatever is opposed to life itself, whatever violates the integrity of the human

person and whatever insults human dignity. This is a supreme dishonor to God.” St. John Paul II acknowledged that "we are facing an enormous and dramatic clash between good and evil, death and life, the 'culture of death' and the 'culture of life.' We find ourselves not only 'faced with' but necessarily 'in the midst of' this conflict. Today the Culture of Death is mainly manifested in evil acts represented by the acronym:

**D.E.A.T.H stands for Divorce, Euthanasia, Abortion, Total Population Control and Homosexual Union.**



The Culture of death is Satan's tool for opposing what is of God and trying to destroy God's plan for the world. It is an assault against family and life with the direct assaults of divorce, contraception, abortion, same-sex unions. Children, unfortunately, are the pawns in this vicious game – constantly under the assault of valueless sex education, premarital sex, internet pornography, disobedience to parents & broken homes.

The second session provided us with knowledge of the lies and the distorted agenda being pushed by the secular world that are contrary to Christ's teachings. This session made us understand how this is being systematically pushed through various platforms such as social media, popular entertainment and other media. We understood

the need to embrace our calling and to be ready to defend and promote the culture of life.

St. John Paul observed that a couple who does not love, respect and cherish each other could very well commit the sin of adultery even in marriage by using each other as objects rather than loving each other as persons. The two primary purposes of sexual intercourse are to unite the couple and to bring forth life (unitive & procreative). However, in today's world, sex is viewed as a means to pleasure ourselves without keeping in mind the purposes for which sex was created by God. This has resulted in a rampant and widespread propagation of contraception.



As a result of this, children are being limited to one or a maximum of two as wrong notions are drilled into our heads: that children are a burden, that they drain our money & resources, and affect our independence in general. We then learnt about the harmful effects of contraceptives, as well as the distorted ideas that abortion, euthanasia and even assisted conception in the form of IVF are acceptable and therefore power over life is in our hands, which is far from the truth.

We were made aware of the dangers of the LGBTQI agenda and the havoc that it is wrecking on the moral, social fabric of life, the institutions of marriage and family and why we need to guard



ourselves against these agendas. The participants then met for group discussions. There was a lively and interactive participation by all.

Throughout the program, it was constantly emphasized that children must not be considered as a burden but rather as a gift. There was a need to practice Natural Family Planning that does not go against the culture of life, but rather is open to bringing forth life and nurturing it. The program concluded with Holy Mass, with the knowledge that while we cannot change this culture overnight, with the Holy Spirit, we can change tomorrow by changing ourselves today and transforming our families and our communities. This indeed gives us great hope.

**Rohan and Sangeeta Tellis  
MFC Couples, Mumbai**

**Love and sacrifice are closely linked, like the sun and the light. We cannot love without suffering and we cannot suffer without love."**

**St. Gianna Beretta Molla**

## Testimonies from the participants who share their experience of the Live Life Program.

The 'Live Life Program' was an unforgettable experience for us. Over the course of several sessions, we participated in a variety of talks related to Pro-life, that helped us learn more about ourselves and how to live our life as per the teachings of the Church. The program was designed to challenge us, both physically and mentally, and we came out feeling stronger, more confident, and more resilient than ever before in our perception towards being Pro-life. The speakers were knowledgeable and supportive. Overall, we would highly recommend the 'Live Life Program' to anyone looking to make positive changes in their life.



**Vijay Viegas, MFC Porvorim**



We received a completely new perspective on our obligations as spouses as a result of the Live Life program that the MFC

Couples organised, and we also came to identify as Pro Life. We were really moved by the testimonies and talks, particularly the discussion of abortion practices. Seeing pro-choice supporters' viewpoints was really painful. Overall, it was a great experience that resulted in my wife and I becoming ardent Pro-Life supporters.

**Savio Glyn Pereira and Evelyn Savia Fernandes, MFC Goa**

The Pro life Program held in Pune was an

Enlightening experience. The talks, the sharings gave me a perspective which I missed in the early years of my marriage. Some of our handmaids were saying that they never heard of things like Euthanasia, impact of Abortion, Total Population Control, Homosexual Union, the teachings of the Church in that regard, and what we need to do. I believe that the program is key to couples to build the culture of life starting with our family. When people are exposed to these teachings, Pro-life will have a new root in their lives.



**Nitin Fernandes, MFC Pune**



When I first heard that a Live Life Seminar was to be held for couples in the MFC Community, I thought it would deal primarily with Natural Family

Planning. I was pleasantly surprised to discover that it covered a wide spectrum, dealing with Sanctity of Life vs Culture of Death and that Life is sacred from womb to tomb. It clarified the Catholic Church's teaching on many issues, which a large number of us do not even consider wrong, much less grave sins. Our late Spiritual Director Fr. Melvin, once told us, "You should consider yourselves blessed, that your leaders can take up topics, that we as priests find it difficult to preach from the pulpit!"

The Seminar dealt at length with:

- Abortion

## TESTIMONIAL REPORT

- Contraception
- NFP
- IVF
- Euthanasia

It must have taken a lot of effort to weave all this into a one-day program, but it was skillfully done and well-executed.

### **Kevin Braganza, MFC Pune**

The Live Life Session was one of the first sessions I attended with my husband right after we got married. We both are passionate about the Pro-Life cause and being part of the MFC community we were exposed to these topics. We got to see other aspects of the culture of death and how we are called to respond as Catholics. The session equipped us with claims backed by science, which helps to reason with the Pro-Choice argument with reason and logic and not just with catholic beliefs. This helps us get in touch with people who are distant from God. Wanting to be a parent in the near future, the sessions helped me to equip myself as a parent in today's generation especially with the challenges kids today face with homosexuality and a culture of casual sex. We also learnt how we can approach people with opposing views on Pro-Life, with compassion and love. Rather than pushing them away from the faith with ridicule and sarcasm, we can be more understanding and supportive leading them to people who can help them with deeper underlying issues. Apart from the Church's teachings on life, it was the real life testimonials of people that really helped me to understand those who choose a culture of death. And it meant that I could empathise with these people and know they're hurting too.

### **Jessica Joshua, MFC Bangalore**



On the 12th of March 2023, I had the opportunity to attend the Live Life program conducted by MFC (Missionary Families of Christ)

in Chennai. The program aimed to enlighten us about the sanctity of life and understand what life truly means. We delved deep into the concept of life being sacred, with God being the author of life. What caught my attention was the Culture of Death, a term I was unfamiliar with until now. The abbreviation D.E.A.T.H stood for Divorce, Euthanasia, Abortion, Total Population Control, and Homosexuality. It was an eye-opener for me, and I realized the importance of being aware of these issues and protecting and defending life as Catholics. As Catholics, we need to embrace the gift of family and understand that we are made in the image and likeness of God. The program was informative, and I left with a newfound appreciation for the value of life. I believe this program has helped me understand the sanctity of life better, and I hope to use this knowledge to make a positive impact in my community.

### **Kevin Coyne, MFC Chennai**

**Children are not a distraction from more important work. They are the most important work.**

**C.S.Lewis**

# TRAINING & EVANGELIZATION



### Christian Life Seminar

15 participants attended the program conducted on the 26<sup>th</sup> of February in Davengere.



### Campus Retreat

1400 students attended the retreat conducted on the 6<sup>th</sup> and 7<sup>th</sup> of March at Christ College, Bangalore.



### Christian Life Seminar

30 participants attended the program for unmarried men and women conducted on the 18<sup>th</sup> of March in Goa.



### Lenten Retreat

A retreat was conducted in English for the parishoners of Immaculate Heart of Mary, Rosarian Fathers, Carmelaram on the 19<sup>th</sup> of March.



### Christian Life Seminar

18 participants attended the program conducted from March 19<sup>th</sup> to April 19<sup>th</sup> every weekend in Porvorim, Goa.



### Christian Life Seminar

14 Singles attended the program conducted every Saturday from the 4<sup>th</sup> to the 22<sup>nd</sup> of March at Caranzalem, Goa.

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# TRAINING & EVANGELIZATION

## Prayer for Missionaries

Heavenly Father, we lift up to you all missionaries working in Your vineyard. Lord, you have called them away from home to follow You to fulfil Your will in their lives and in the lives of those they come in contact with.

Father, we ask you to protect them and keep them safe. We pray that all those whom they reach out to may be open and willing to receive the beautiful and life-altering truth of Your Son, Jesus Christ. We pray for all those missionaries who feel discouraged. Comfort them with your assurance that their labour is not in vain.

We pray for missionaries rendering their tireless services during the COVID-19 pandemic. Help them act with your wisdom and guidance during these times. Grant them good health. Father, as many are quarantined, we pray that outreach via the internet or other forms of communication may be all the more powerful. Help them to connect even when not in person and to truly represent You well during these tense days, so that they may bring your message of joy, love and peace to everyone. Amen



### Campus Retreat

1700 students attended the retreat conducted on the 20<sup>th</sup> and 21<sup>st</sup> of March at Christ College, Bangalore.



### Lenten Retreat

A retreat in Tamil was conducted for the parishoners of Immaculate Heart of Mary Church, Rosarian Fathers, Carmelaram on the 26<sup>th</sup> of March.



### Live Pure

20 participants attended the program on the 25<sup>th</sup> and 26<sup>th</sup> of March in Pune.



### Christian Life Seminar

6 Couples and 1 Handmaid attended the program conducted on the 26<sup>th</sup> of March and 2<sup>nd</sup> of April in Hyderabad.



### Christian Life Seminar

50 participants attended the program conducted on the 1<sup>st</sup> and 2<sup>nd</sup> of April in Meghalaya.



### Live Pure

155 participants attended the program on the 14<sup>th</sup> and 15<sup>th</sup> of April at Good Shepherd Cathedral church, Bagdogra.

# TRAINING & EVANGELIZATION



**LIVE PURE® Live Pure**

58 participants attended the program conducted on the 17<sup>th</sup> and 18<sup>th</sup> of April at St. Peter's Primary School, Gayaganga.



**LIVE PURE® Live Pure**

69 participants attended the program conducted on the 20<sup>th</sup> and 21<sup>st</sup> of April at Our Lady Queen Church, Pradhan Nagar.



**LIVE PURE® Live Pure**

36 participants attended the program conducted on the 22<sup>nd</sup> and 23<sup>rd</sup> of April at St. Joseph school, Ambari.



**LIVE PURE® Live Pure**

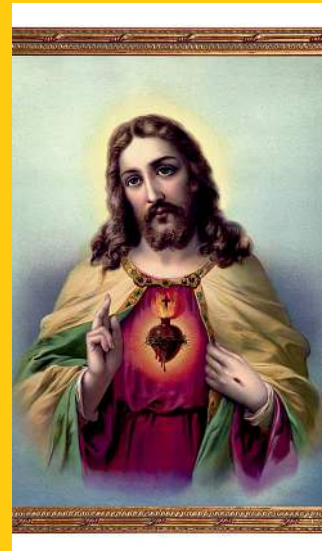
45 participants attended the program on the 22<sup>nd</sup> and 23<sup>rd</sup> of April in Bangalore.



**SHOUT-Youth Growth Camp**

21 youth attended the program conducted on the 22<sup>nd</sup> and 23<sup>rd</sup> of April at Meralapadav, Mangalore.

## Prayer To The Sacred Heart Of Jesus



**O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.**

# TRAINING & EVANGELIZATION

## Brown Scapular Devotion

The Brown Scapular, a sacramental symbol of devotion to Our Lady, originates from monk habits. It gained prominence with the apparition of Our Lady of Mt. Carmel to St. Simon Stock in 1251. She presented a Brown Scapular, promising protection and eternal salvation to its wearers.

Adoption of the scapular is a commitment to regular prayer and receiving Holy Communion. It's more than a sign of faith; it signifies an active pursuit of a holy life. Its importance was underscored during the Fatima apparitions, where Our Lady appeared holding a scapular. This further affirmed the scapular as a key request from Our Lady and a sign of consecration to her.

The scapular has seen wide acceptance among the laity. St. Claude de la Colombiere emphasized the Brown Scapular as the most favored devotion, confirmed by numerous miracles. For the full benefits of the scapular, one should have it blessed and enrol in the Confraternity of the Brown Scapular. Thus, the scapular is more than just a symbol; it's a spiritual journey intertwined with divine grace.



### Christian Life Seminar

26 participants attended the program conducted on the 22<sup>nd</sup>, 23<sup>rd</sup> and 30<sup>th</sup> of April in Mangalore.



LIVE LIFE

### Live Life

25 couples attended the program conducted on the 23<sup>rd</sup> of April at Vapi, Gujarat.



### Love Beyond Words

A parish program was conducted on the 23<sup>rd</sup> of April for 13 young couples at St. Joseph Church, Ambattur.



### Youth Intake Camp - Sunday is Coming

14 youth attended the program conducted from the 28<sup>th</sup> to 30<sup>th</sup> of April at Pallotti Home, Parra, Goa.



### Youth Intake Camp – Lean On Me

18 youth attended the program conducted from the 12<sup>th</sup> to 14<sup>th</sup> of May at Pallotti Home, Chicalim, Goa.



### Youth Intake Camp

41 youth attended the program conducted from the 12<sup>th</sup> to 14<sup>th</sup> of May at SVD Seminary, Raia, Goa.

# TRAINING & EVANGELIZATION



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 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.



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### Youth Intake camp - Shining Glory

44 youth attended the program conducted from the 12<sup>th</sup> to 14<sup>th</sup> of May at Nava Spoorti Kendra, Bangalore.



### Marriage Enrichment Program

17 couples attended the retreat on the 20<sup>th</sup> and 21<sup>st</sup> of May at Nava Spoorthi Kendra, Bangalore.



### Youth Intake Camp - Ignite

57 youth attended the program conducted from the 26<sup>th</sup> to 28<sup>th</sup> of May at Redemptorist Ashram, Muttada, Trivandrum.



### Marriage Enrichment Program

30 participants attended the program on the 27<sup>th</sup> and 28<sup>th</sup> of May at Sannidhi, Diocesan Pastoral Centre, Shimoga.



### Youth Intake Camp - SWAG

51 youth attended the program conducted from the 1<sup>st</sup> to 3<sup>rd</sup> of June, in Goa.



### Marriage Enrichment Program

A program was conducted on the 11<sup>th</sup> and 12<sup>th</sup> of March for young couples held in Pedru Arupe, Goa.