

# FAMILIES on **MISSION**

**Quarterly Newsletter of Missionary Families of Christ India**  
Formerly known as Couples For Christ India

My sincere prayer & hope:  
Bishop Peter

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I was willing to join MFC as a  
full-time priest: Fr Victor

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The Fruit of Campus Ministry  
in Mangalore: Sr Maria

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THE STORY OF  
**MFC MANGALORE**

RENEW THE LIFE AND FAITH OF  
YOUR FAMILIES

# INVITE MFC TO YOUR DIOCESE



## JIMMY XAVIER

Country Servant, India  
Indian Diaspora and Indian  
Subcontinent Coordinator  
Southern India Mission  
Coordinator

Andhra Pradesh, Karnataka,  
Kerala, Tamil Nadu,  
Telangana, Puducherry  
+91 98459 66222

## ELVIS COUTINHO

East, North and Central  
India Mission  
Coordinator

Uttarakand, Jharkand,  
Odisha, Chattisgarh,  
Andaman &  
Nicobar, Jammu & Kashmir,  
Punjab, Delhi, Haryana,  
Himachal Pradesh,  
Chandigarh,  
UttarPradesh, Madhya  
Pradesh & Bihar  
+91 99226 22904

## FRANCIS MENEZES

Western India Mission  
Coordinator

Maharashtra, Goa, Kolkata,  
Gujarat, Rajasthan, Daman,  
Diu and DNH  
+91 99234 03514

## PRAJWAL PINTO

North East Mission  
Coordinator

West Bengal, Darjeeling,  
Meghalaya, Tripura,  
Mizoram, Manipur, Sikkim,  
Nagaland, Assam,  
& Arunachal Pradesh  
+91 98450 99319

## LEVIN GOMES

Live Christ Share Christ  
Mission Coordinator

Live Pure, Live Life, Live  
the Faith and Liturgical  
Bible Study  
+91 9373649298



EMAIL US AT: [INDIA@MFCWORLD.ORG](mailto:INDIA@MFCWORLD.ORG)

# From the Country Servant's Desk



Some beginnings are loud and grand. Others are quiet—like a letter, handwritten and heartfelt. The story of MFC Mangalore began not with crowds or banners, but with a simple invitation from Fr. Victor D’Mello in 2003. It was titled “A Love Letter” (read page 5) and that letter moved hearts. Slowly, couples began to say yes—not to a program, but to a way of life. That quiet yes began to shape lives—and planted the first mission seed that still grows today.

Looking back, the hand of God has been evident in the journey of MFC Mangalore. From the very beginning, Most Rev. Bishop Aloysius stood as a constant support. His openness to the movement allowed it to take root in the diocese. Beside him, Fr. Victor’s presence and pastoral heart breathed life into the mission. Without his guidance, much of what we see today may never have taken shape.

The Lord continues to provide; in Bishop Peter we found a shepherd who walks with us, affirming the mission by always being available and offering his presence whenever called upon. It is through the yes of such faithful clergy that MFC Mangalore has grown—not just in numbers, but in grace.

One of the most beautiful fruits of this journey has been the raising up of full-time pastoral workers from within the community. Over the years, married men and women from MFC Mangalore have said yes to going beyond familiar ground, serving in faraway missions—in places like Africa and North India (see page 7).

These aren’t just volunteers—they are missionaries, formed in this very soil and sent where they are needed most. And many of today’s leaders—those building families, leading ministries, and building the Church—were once young people and singles growing quietly within the movement. Formed by daily prayer, household life, and simple acts of service, they are now helping others do the same.

As many priests have observed, a new kind of revival is taking place in Mangalore—led by young people whose hearts are on fire for the Gospel. Through the *Live Pure* Mission and other MFC Youth initiatives, they are not only learning about mission—they are living it. In schools, colleges, and campuses across the region, young MFC members are making themselves available to serve. In a world where youth often feel lost, here are young men and women choosing to stand—for purity, for truth, and for Christ.

This is a great sign of hope. A reminder that what began with a handwritten letter continues today through handwritten lives—lives being offered back to God in service, love, and mission. And if this is what has grown from one quiet yes, we can only wonder what God will do with all the yeses still to come.

Jimmy Xavier,  
Country Servant

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A pillar of support—Bishop Peter with young MFC couples in Mangalore



## “May every Catholic family in our diocese find a place in this movement.”

**By Most Rev. Dr. Peter Paul Saldanha,  
Bishop of Mangalore**

On the invitation of the then Bishop of Mangalore, Most Rev. Aloysius Paul D’Souza, the Couples for Christ (CFC) community from Mumbai began its mission in the undivided Diocese of Mangalore in 2003 and Rev. Fr. Victor D’Mello, the then Director of the Family Life Service Center, served as the first Spiritual Director. Under his guidance, CFC steadily grew and took root in our diocese. Thereafter the successive directors supported and nurtured the movement.

On 18 January 2007, through an official decree, Bishop Aloysius Paul D’Souza formally constituted CFC in our diocese. Since then, the movement has not only flourished in our region but has evolved into what we now recognize as the Missionary Families of Christ (MFC). As part of its missionary outreach, in 2007, couples from Mangalore brought this mission to the Syro-Malabar Diocese of Kanjirappally in Kerala, and the movement started spreading. I am pleased to share the many blessings that the MFC has brought to our diocese in collaboration with the Diocesan Family Life Centre, the Diocesan Family Commission, and parish-level Family Commissions. Over the years, MFC has been a strong pillar in supporting and nurturing Christian families, helping them stay faithful amidst the pressures of modern life.

MFC has conducted meaningful and enriching programmes, which have greatly contributed to the spiritual formation of families and to the promotion of Christian values. They are:

- BELOVED – a formation programme for young married couples,

- JEEVAN DISHA – a remote preparation programme for family life for 7th grade girls,
- FAMILY DAY celebrations in various parishes.

As a movement that embraces the entire family, it is truly heartening to witness families responding joyfully to their vocation. Notably, some couples who joined MFC as youth are now full-time missionaries, serving in distant parts of the world. I have personally witnessed the vibrant presence of MFC members actively participating in their parishes—as members of Parish Pastoral Councils, catechists, choir members, and so on. The MFC mission is also becoming vibrant in the Diocese of Udupi, and it is now reaching out to the dioceses of Mysore, Chikmagalur, and Shimoga. I extend my heartfelt blessings and best wishes to all members of MFC. They have truly promoted missionary spirit. May the families always remain open to the guidance and grace of the Holy Spirit.

It is my sincere prayer and hope that every Catholic family in our diocese may find a place within this vibrant and faith-filled movement. This movement inspires to live the Gospel on a daily basis and inculcates prayer life trusting in God. May all strive together towards the healing and transformation of families, becoming true witnesses of Christ’s love through humble service.

With prayers and blessings,  
Peter Paul Saldanha  
Bishop of Mangalore



Fr. Victor leading the infilling of the Holy Spirit during the first youth camp held in 2004



## I was willing to join MFC as a full-time priest but...

By Fr. Victor D'Mello  
First Spiritual Director of MFC Mangalore

In 2001, I returned to Mangalore from Sydney, full of zeal and equipped with a degree in counseling and family life education. Appointed as the Director of the Family Life Service Center by our bishop, I was eager to help people. I imagined I could help fix every family problem that came through the door.

And for a while, I tried. Couples would come in, share their marital troubles, and I'd do my best to counsel them. But it wasn't enough. When it came to deeper matters—especially their physical intimacy—they held back. As a priest, I realized my limitations. I could not reach into places only married couples could walk into. I needed couples—lay missionaries—who could walk alongside these families, speak heart to heart, man to man, woman to woman. That's when the Lord led me to something unexpected.

At a national meeting for Family Cells in Goregaon Seminary, Mumbai, I was introduced to many lay groups—organized, eloquent, polished—but I was searching for something more grounded. When I met Joe and Clare and other leaders from Couples for Christ (now MFC) Mumbai, something touched me. They were not just impressive—they were authentic. They didn't run one-off programs. They walked with couples weekly. They followed up. They genuinely cared.

I visited each of their homes, observed their lives. These were working professionals with families, yet their weekends were given to God in a way that left me speechless. There was something deeply spiritual about their marriages, and it overflowed into their service. They spoke so positively about the Church and her clergy—they built up the Body. I just knew Mangalore needed this. And so I invited them.

Br. Walter and his wife Juliet came faithfully from Mumbai to Mangalore every weekend starting in 2003. They would take night trains, sleep very little, and arrive on Saturday morning. I'd pick them up at the station, bring them to the Pastoral Centre and they would begin the Christian Life Seminar right away. After serving through Sunday afternoon, they'd catch the train—to be back at work on Monday. This wasn't a one-time gesture. They did this for more than three years. Rain, landslides, cancelled trains—nothing stopped them. Their commitment was radical. It moved me deeply. I often asked myself—what drives them to such dedication?

I got involved in the groundwork too. Knowing how hard it is for parish priests to gather couples, I would call up every priest and ask for just one

name. Then I'd personally contact that couple, ask them for 10 more names, and invite them. I even wrote them letters—what I liked to call “love letters”—with Scripture verses and warm invitations. Many responded. At the sessions, God worked in a mighty way. Lives were touched. Marriages were saved.

Many joined the MFC community without hesitation. As the MFC community grew, I walked with them. Monthly meetings or other programs—these became the heart of my priestly joy. Even when I stepped back in 2008 due to parish duties, as I was transferred from the Family Life Service Centre, my heart always remained with them.

Later, I told Most Rev. Bishop Aloysius I was willing to join MFC as a full-time priest to take this ministry to the peripheries. He wisely reminded me that MFC members serve on weekends while working during the week. He encouraged me to continue where I was. I obeyed. Over the years, I've seen countless transformations. People who once spent their weekends tending coffee estates are now active in their parishes, serving wholeheartedly. Spouses who were once distant are now evangelizing together.

The community's love for one another is tangible.

I witnessed it personally when an MFC member, Lynette Serrao, volunteered to carry lunch and feed my brother—who was on dialysis—twice a week for five years. As a priest, I couldn't always be there. But they stepped in, like family. That's what MFC is—a spiritual family. Not just active, not just faithful—but deeply concerned for one another.

Today, 22 years since MFC began in Mangalore, I confess I hoped it would have grown even more. I dreamed of at least ten families from every parish being part of this life-changing mission. The need is so great. Marriages are struggling, families are isolated, and many parishes are desperate for renewal. Yet sometimes fear holds clergy back. Some priests worry that allowing MFC into their parishes will take their people away. But I've seen the opposite—MFC gives them back better. You don't just receive a person—you receive a transformed family, one that becomes even more active in parish life.

And so I still hope. I still believe. Because I've seen what God can do when faithful lay couples, empowered by the Holy Spirit, walk hand-in-hand with the Church.



## MFC: A Light for Families, A Witness for the World

**Fr. Anil Alfred Dsouza,  
Former MFC Spiritual Director  
Parish Priest of Pakshikere and Director of St. Jude's Shrine**

“Let your light shine before others, that they may see your good works and glorify your Father in heaven.” (Mt. 5:16). These beautiful words are very much applicable to Missionary Families of Christ. The members of this movement, through their exemplary married and family life, and also by doing little things out of love for other families, glorify the Triune God.

As I have seen them as their spiritual director for many years, they have grown a lot. I always have great regard for this movement, and I wish that this movement would spread everywhere so that the fragrance of family life, as lived through MFC, may be spread to everyone.

This movement is deeply rooted in spirituality, and because of that, they are able to do wonders. The young people are doing much better and witnessing

to God wherever they go. These days, youth ministry is very challenging and difficult. Young people may not always be drawn to talks or seminars, but when a real-life witness from one of their own speaks deeply, it has a great impact on them. This is what MFC Youth are doing—in classrooms, campuses, and daily life. Many have noticed the change in those who are part of MFC Youth and Singles, and it leaves a lasting impact.

MFC has not spread in many places, either because of a lack of knowledge regarding MFC or a lack of encouragement by clergymen, etc.

As a pilgrim of hope, I believe that MFC will soon reach many more places, continuing its mission of evangelizing families. May the Lord bless this movement abundantly and guide its every step.

# A Full-Time Missionary in God's Vineyard

**Br. Kelvin Castelino | 10+ years Serving Across India**

Interview Excerpts by Maria Laveena

## 1. How has MFC made a difference in your family life?

When I first joined MFC in 2005 as a youth in Mangalore, it was the first time I found a place that accepted me as I was. It gave me space to grow in faith and build a relationship with God—something I hadn't really experienced before. I moved through the Singles segment and eventually into the Couples, and while each stage had its blessings, entering married life was something else entirely. We didn't know what to expect—it really felt like a roller coaster. But the support of brothers in the community made a big difference.

The teachings helped me learn what it means to lead a family rooted in Christ. I've had accountability partners to keep me on track and people to walk with me, which has been a big help. Listening to the stories of others facing similar challenges encouraged us to keep going even when things got tough. Amulya and I often say that if we weren't part of MFC, we might have settled into a very comfortable life—but probably a spiritually shallow one. Being in this community has stretched us, shaped us, and helped us focus on what truly matters.

## 2. What inspired you to become a full-time missionary?

The first time I ever met a full-time missionary was during my MFC youth camp. A few missionaries had come from another state, full of energy and excitement to share about Jesus—and that really caught my attention.

As I got more involved in MFC, I began to hear stories of people who had given their lives to God—some for a few years, others for life. That planted a small spark in my heart. Over time, especially when I got the chance to travel and serve in different parts of the country, that spark grew into a flame. Eventually, the desire to be a full-time missionary became a fire that I couldn't ignore.

The joy of knowing that I had a platform like MFC to share God's love was beyond my imagination. Knowing there's a way to serve where you rely fully on God—not on money, comfort, or on your own



Kelvin's Formative Years in MFC Mangalore



Meeting Bro. Frank, Founder of MFC, in Manila



Serving in Kolkata: With Archbishop Thomas D'Souza

plans—stirred something deep in me. That’s when I knew this was what I was called to do.

### 3. What are some of the places God has taken you to as a full-time missionary?

As a full-time missionary, I’ve been blessed to travel across so many parts of India—Assam, Arunachal Pradesh, Bihar, Delhi, Goa, Gujarat, Haryana, Jharkhand, Karnataka, Maharashtra, Odisha, Tamil Nadu, Uttar Pradesh, Uttarakhand, and West Bengal. Along the way, I’ve also passed through many other states, meeting people from different cultures and backgrounds. I’ve had the chance to live with locals, experience their unique traditions, join in their family celebrations and festivals, and of course, try their local food—some of which were truly unforgettable and even exotic!

I’ve had the opportunity to meet and serve alongside many members of the clergy and religious—from several archbishops and bishops to hundreds of priests and nuns. None of this would have happened if God hadn’t opened the doors for me to serve in these places.

### 4. Can you share about the fruits of your work as a full-time missionary?

When I began my missionary journey, I often wondered why God had allowed me to study software engineering and gain years of experience as a UX web designer and developer. At first, I couldn’t see how any of those skills would be useful in the mission field.

But in time, I saw how God had prepared me for a purpose. I got to use those very skills in the Web and Media ministry of our MFC India community—supporting national and regional events, managing technical aspects, and even helping coordinate conferences in both cities and remote villages. Over the years, I’ve had the joy of serving in many segments of our community—from Kids and Youth to Singles, Young Couples, Couples, and Handmaids—each one a unique and fulfilling experience.



Kelvin joyfully serving the brothers and sisters in Assam

Even during the lockdown, I was amazed at how God opened doors for us to serve through media and technology. Looking back, I’m still in awe of how much He had planned all along. What excites me even more is how He continues to lead me into new experiences, challenging me to grow and pick up new skills. In the beginning, I assumed missionaries didn’t really need to keep upgrading or learning—but I was so wrong. There’s still so much more for me to discover and learn.



Kelvin and his wife served as full-time missionaries even before marriage

### 5. What has been your source of dedication as a full-time missionary that has sustained you in your service for over a decade?

When I felt the desire to serve the Lord full-time, I asked God to prepare me—and He really did. He took me on a deep journey of learning the difference between needs and wants. Earlier, I wouldn’t think twice before buying or doing something, but through this journey, I began to understand what truly matters. I realized how much more I need God than anything else. That lesson helped me trust Him deeply—as my provider in both the smallest and biggest things.

There were times I couldn’t even attend Sunday Mass or be near the Blessed Sacrament, and that absence made me treasure the sacraments more deeply. The hunger to be united with Jesus in the Eucharist fuels my passion and helps me inspire others too.

And when I discerned how long God wanted me to serve, He made it clear: “I haven’t called you for a short time.” That clarity has anchored me. No matter where I am, no matter the setbacks, betrayals, or wounds I may face—I know I’m serving God, not people. And that truth gives me the strength to keep going and to serve with joy.

*(Kelvin began his journey in Mangalore and became a full-time missionary in 2015 while still single. He currently lives in Kolkata with his family of four and serves and travels across the northern belt of India)*



Alex and Lynette Serrao at a gathering of MFC Community



## A Love Letter That Changed Everything

By Br. Alex Serrao,  
Former Mangalore Servant Leader

### How Missionary Families of Christ came to Mangalore

The beginnings of Missionary Families of Christ (then Couples for Christ) in Mangalore trace back to November 2002, when a small team from Mumbai, led by Walter and Juliet Crasta, a CFC couple, responded to a call to bring the movement to Mangalore.

At the time, Fr. Victor D'Mello had just been appointed director of the Family Life Service Centre in the Diocese of Mangalore. He was exploring ways to renew family life and, after meeting the CFC missionaries, was moved by their witness and vision. Seeing in CFC not just a program but a Spirit-led community, he invited them to begin the first Christian Life Seminar (CLS) in January 2003.

With about 60–70 couples attending the sessions, the first group of 12 couples made their covenant in March 2003. The team from Mumbai returned every alternate weekend to complete the sessions and provide formation. A second CLS followed in September, this time supported by emerging local leaders.

The mission quickly grew. In 2004, Youth for Christ

held its first camp, followed by the launch of Singles for Christ in 2005. For several years, Walter & Juliet from Mumbai traveled nearly every weekend to strengthen the growing community.

From small beginnings and great commitment, the Lord has raised up MFC Mangalore that continues to serve and grow.

### Building the mission: From seeds to growth

The early years saw a quiet but steady unfolding of the mission. It was a vibrant time, with a wave of committed people stepping up to do the Lord's work. The community also received great support from CFC Goa, who offered their time and energy to strengthen all the budding ministries. Between 2003 and 2007, CFC reached 35 parishes in the Diocese of Mangalore, with over 300 couples making their covenant commitment.

In April 2015, leadership passed from us to newer couples, with a renewed focus on forming young couples. The youngsters are now stepping up with passion and purpose—carrying the mission forward and paving the way for a vibrant future for MFC Mangalore.

Seasons have shifted, faces have changed, but through it all, the Lord has remained faithful.

### Fr. Victor D'Mello's "Love Letters" For Couples: The Unforgettable CLS Invitation

In 2003, Fr. Victor invited my wife and me to attend a program for couples—what turned out to be the CLS. Initially, we said yes out of courtesy. But a few days later, we received a personal letter from him titled "A Love Letter," which deeply moved us. Out of respect and curiosity, we began attending—even giving up our regular estate visits on weekends. We completed the CLS and took the covenant in November 2003. Soon, we joined a household and became more involved.

Back then, we weren't involved in any church work—we were focused on our careers and estate. But God had other plans. We slowly stopped going to the estate and found ourselves spending weekends serving, learning, teaching, and welcoming others into our home. Through CFC, we learned to trust God, manage our time better, share our resources, and grow in faith. God took care of our work as we took care of His. The household support and teachings kept us grounded and committed. We were just an ordinary couple, but God used our small yes to do something extraordinary.

### 2007: A Historic Year For Couples for Christ Mangalore



Gerald and Jane honor Bishop Aloysius at Family Day

In the beginning, CFC faced hesitation from many parish priests. While some were cooperative, most were unfamiliar with the movement and suspicious—especially since other denominations were holding similar house-based gatherings targeting Catholics. This made clergy cautious about CFC activities. However, many active couples in CFC had good relationships in their parishes, which helped build trust.

By 2005, seeing the fruit of the ministry, our former Bishop Aloysius Paul D'Souza began attending key events. On January 18, 2007, he issued a decree, formally recognizing Couples for Christ in the diocese

of Mangalore, which gave the movement credibility, which then included the present Udupi Diocese as well. In September of the same year, due to steady growth of couples, Mangalore was established as an independent area.



One of the first batches of Singles Ministry in Mangalore

### MFC's Role in Building Christ-Centered Homes

We've seen Catholics who once practiced their faith passively now take active roles in both the community and their parishes—as catechists, speakers, and leaders in evangelistic efforts. MFC has helped turn homes into places of prayer and formation.

Many couples, even those with demanding careers, now understand their calling to glorify God through their profession and family life. Families are attending Mass together, and children are participating in the liturgy. Children aren't just being dragged along—they're involved, and others in the parish are taking notice. Our way of life itself has become a form of evangelization.

Beyond families, MFC is also engaging the wider Church. Every year, we are invited to present our mission to the seminarians of St. Joseph's Seminary, Mangalore. Our youth have also led impactful retreats in major institutions across the city, helping spread the Gospel among their peers.

These simple but sincere efforts have made MFC more known and respected in the diocese of Mangalore—among clergy and among the faithful. God has done much through this community, helping ordinary people live extraordinary lives of faith. As we look to the future, we pray that we will carry forward the mission with the same zeal and humility—continuing to form Christ-centered families, remaining steadfast in faith, and allowing our lives to quietly radiate God's love in the heart of every home and every corner of our city.

# MFC Through a Priest's Eyes

**Fr. Alwyn Richard D'Souza,  
Director, Family Life Service Center, and  
Spiritual Director, MFC Mangalore**



The Missionary Families of Christ (MFC) is a very dynamic movement in the Mangalore Diocese. Over the past several years, I have closely observed their activities, and now, as a spiritual guide, I am deeply touched by their commit-

ment and dedication in shaping healthy, God-fearing families. Their enthusiasm in nurturing their own families while also reaching out to support many others, especially wounded families, is truly praiseworthy.

Their passion for building strong families and their unique programs aimed at fostering healthy and holy family life are commendable. It is important to note that MFC is not made up of idle people. On the contrary, many well-respected professionals, such as doctors, teachers, and entrepreneurs, are actively involved. They generously offer their precious time and resources to serve within the MFC. This strong commitment is a powerful testimony that they have received much from MFC; they have found a spiritual treasure and are now giving back with great love and dedication.

Through my personal encounters with many MFC families, I have seen that they lead deeply meaningful family lives. They are actively involved in forming and guiding other families through various ministries and outreach programs. Their awareness and understanding of both spiritual and social issues is vast, and they are tireless in their mission to serve families. Whenever I have reached out to them for help with any family in need, they have always responded with readiness and generosity.

What is truly inspiring is how well MFC kids, youth, singles, and married couples collaborate. The spirit of unity and shared purpose is very evident. I genuinely believe that if more people joined MFC, we could build a 100% healthy society and Church because there is a strong and positive spiritual energy within this organization.

## **Family Life**

MFC families are joyful, fulfilled, and deeply content with their family life.



Their children receive proper moral and spiritual guidance, and the love and mutual respect shared between husband and wife is very powerful. They always place their families first, and as a result, their homes are filled with peace and happiness.

## **Prayer Life**

MFC families are centered around God. They prioritize prayer in their daily lives. I have witnessed their regular participation in church activities and their deep commitment to family prayer. They truly believe and teach that family prayer is what keeps the family united. Their faithful attendance at monthly meetings and prayer gatherings keeps their spiritual lives vibrant and alive.

## **Respect for Human Life**

Every MFC family upholds the dignity of human life with the utmost respect. They are truly pro-life in every sense. They view the gift of life positively and believe that welcoming children is a noble and God-given task. I have seen many families open to having multiple children, reflecting their belief that children are blessings from God.

## **Relationships and Community Spirit**

The relationship among MFC members is unique. They treat one another as extended family, with deep love and care. There is a strong sense of community and excellent communication among members. Every event is planned and executed with a spirit of unity and shared mission. May God continue to bless and strengthen MFC families as shining witnesses of faith, love, and unity in today's world.



## LIVE PURE<sup>®</sup> M O V E M E N T

# The Fruit of MFC's Campus Ministry

**By Sr. Maria Sannidhi AC**  
**St Agnes Convent, Mangalore**



The Missionary Families of Christ (MFC), in answer to the Lord's call, have given their lives to sharing His love. They've gone to distant places, learned new cultures and languages, and let their faith shine through service.

In their journey, we see how God's love changes lives—both their own and those they reach.

Over the past two years, we have had the privilege of engaging closely with MFC in Mangalore. They graciously accepted our invitation to lead a retreat for our students, and their willingness and dedication has left an indelible mark on all of us. Deeply grounded in God's Word, their sharing of the Gospel stirred something real in our students—encouraging them to turn to Scripture as a steady guide for their everyday lives.

One of the most remarkable aspects of their campus retreat was the emphasis on relationship-building. By cultivating an atmosphere of openness and trust, the MFC members created a space where our students felt safe to open up—sharing struggles, asking for prayer, and discovering they didn't have to walk their faith journey alone.

Through their regular weekly and monthly gatherings, they created rich opportunities for our students to strengthen their bond in Christ. Many MFC members selflessly dedicated their personal time to counsel and guide the students, always pointing them toward a closer relationship with Jesus. They highlighted the sacredness of life as a divine gift, encouraging

students to embrace and cherish it fully. Their powerful testimonies deeply impacted our students, awakening within them a desire to invite the Holy Spirit into their own hearts. The MFC's campus ministry—the Live Pure mission—also placed a strong emphasis on building families and fostering prayer within the home. They instilled in the students the importance of honoring parents, respecting others, and responding to life's challenges with a positive, faith-filled mindset.

They shared practical advice on using mass media responsibly and offered valuable strategies for resisting temptations and overcoming addictions. Their unwavering support system helped students address their personal, spiritual, social, and relational struggles while also nurturing their self-esteem by reminding them of the boundless love God has for them, revealed through His creation.

During the recent vocation promotion camp for Class 10 students, the MFC members encouraged young aspirants to tune their hearts to the gentle voice of God, inviting them into a deeper walk with Him, particularly through religious life. They motivated the students to recognize the call to serve the marginalized and to embrace a life fully dedicated to God's mission. Through their actions, they beautifully exemplify what it means to live out one's faith in service to others.

We pray that the good work God has begun in them will continue to inspire Catholics. May God walk with them always, strengthening them in their mission and guiding them ever closer to His heart.

# Testimonials - MFC Mangalore



*MFC taught me to respect my family*

## **Grace, MFC Kids**

I was 4 years old when I joined MFC and I used to not mingle with other kids. Now I have made friends in MFC. We kids have separate sessions conducted by our elders. I love these sessions because we have action songs, games, and other activities. I enjoy every part of it. Being a part of MFC Kids has helped me to learn more about Jesus, Mother Mary, the Holy Eucharist, and the lives of saints. I do my daily prayers and read the Bible every day. They also have taught me how to love and respect my family members and share my things with my siblings and friends. I've learned to make small sacrifices for others.

## **Dr. Priyatham and Dr. Lovely, MFC Couples**

Being part of the MFC community these past five years has been a truly transformative journey for our family. Before joining, we often found ourselves overwhelmed by life's busyness, struggling to focus on what really matters. One of the most profound changes has been my understanding of my role and responsibilities as a husband. I've learned that being a spiritual leader in the home means not just providing, but praying, guiding, and loving with intention. Family prayer has now become the heartbeat of our family. We've grown more intentional in spending time with our children, actively engaging in their spiritual formation and helping them experience God's love in everyday life.

Our relationship as a couple has also flourished, growing in mutual respect, compassion, and love. With Christ at the center, we communicate more openly and seek to understand each other with grace. MFC hasn't just strengthened our faith—it's shaping us into a true missionary family, united in Christ and committed to living His call.



*MFC helped us build a Domestic Church*

## **Vanditha D'silva, MFC Couples**

Though I grew up knowing about God, it was only through MFC that I began to truly live for Him. In 2022, we attended the CLS. My husband embraced the commitment right away, but I held back—fearing judgment and rejection. Still, I saw the change in him and our children, and slowly, God softened my heart. With the loving support of the community, I found the courage to say yes. In MFC, I met people who didn't just speak of Jesus—they lived like Him. I realized that living a Christian life means putting others before myself, just as Christ did. I found joy and fulfillment not in what I could gain, but in what I could give. I am grateful for this journey and the people who helped me walk it.



*MFC transformed our whole family*

# Testimonials - MFC Mangalore

## Rohan & Rashmi, MFC Couples

Before MFC, we were routine Catholics—attending Mass but distant from God. The CLS talks helped us realize how far we had strayed, living more to meet family expectations than in true faith. Our parents didn't support us joining MFC, which made it harder. Communication with my spouse and children was limited. I used to believe I was always right, but through the loving guidance of MFC sisters, I began to change. When I stopped attending meetings, the community didn't give up on me—they visited, prayed, and encouraged me.

That love drew me back, and slowly, I began to change. My prayer life deepened with daily prayer, regular visits to the Blessed Sacrament, and the rosary. I began hearing God more clearly. Our children joined MFC Kids and Youth, and we saw real growth in them too. Family life improved, and Rohan and I started communicating better. Today, we're grateful to be part of MFC Mangalore.



*MFC strengthened our marriage*



*MFC ignited in me a passion to serve Christ*

## Daphne, MFC Youth

Being part of MFC changed my life. Surrounded by people living out the Gospel, I started growing in my own relationship with Jesus. One of the biggest changes was in my prayer life. Before, prayer felt like a routine, but through MFC, I learned to talk to God with love and trust. During tough times, I learned to rely on God and trust His perfect timing. The support from MFC reminded me that I'm not alone. MFC also lit a fire in me to serve. Whether in music, dance, or speaking, I found joy in living for God and others—not just myself.

## Sharon, MFC Youth

I was lost in worldly pleasures—partying, stealing, and living only for myself. God had no place in my life, but my parents never stopped praying for me. Without realizing it, God was already working in my heart. Everything changed during an adoration conducted by MFC. Hearing others' testimonies moved me deeply, and when I opened up to an MFC elder, I broke down. That moment brought deep healing and peace—I encountered Jesus, and my life took a new direction.

Since then, I've found true joy, peace, and purpose in Christ. Life still has struggles, but I now walk with God and a loving community beside me. I'm no longer who I used to be. I am a new creation in Christ.



*MFC gave me new direction in life*

# Testimonials - MFC Mangalore

## Gladson, MFC Singles

After finishing my bachelor's, I began searching for a college for my master's. I didn't get into the one I wanted in Bangalore, and a few others didn't work out either. Eventually, I ended up in Mangalore, and that's where I met a senior who encouraged me to join MFC. It was there I finally felt, "Yes, this is the circle I've been looking for." The group discussions after our talks were transformative, week after week. The boys in my group would share "daily progress" in loving God more each day. Their insights, reminders, and perspectives helped me overcome many habitual sins. One of the most significant differences I noticed after joining MFC was in my confession. I thank God for the companionship I've found through MFC. I will always say, "MFC is my answered prayer."



*MFC is my answered prayer*



*MFC brought me back to Confession*

## Rochelle, MFC Singles

Before joining MFC, I was living a lukewarm Christian life. After my mother passed away, I often felt lost and uncertain about my purpose. Though I knew Jesus and tried to read my Bible, I struggled to truly understand His Word. I battled with low self-esteem, lacked confidence, feared public speaking, and overthought everything. During the second session, I went to confession for the first time in nearly four years; it was life-changing! I felt a deep peace and freedom, and I began to see how much I had been neglecting my relationship with my father, family prayer, and other areas that needed healing.

I found people who listened, prayed, and reminded me of God's love. My social anxiety lessened, and even during exhausting weeks, our Sunday meetings brought peace and joy. Being part of MFC has truly changed my life. I've found faith, fun, and friendships that draw me closer to Christ—and for that, I'm deeply grateful.

## Neha, MFC Singles

When college life got tough in a new city—my prayer life, academics, and friendships started falling apart. I was invited me to a session. I went, not knowing it would be the beginning of something life-changing. I realized I wasn't alone; others were also struggling and growing, and God was working in each of us. My accountability partner became like a sister—always there for prayer and support. MFC became the place where God healed me, shaped me, and reminded me of my worth. I came to Mangalore not knowing anyone, but today I have a second home—because I found a family in Christ.



*MFC gave me a place to belong*

# CLERGY SPEAKS



*MFC is a powerful instrument of renewal*

## **Fr. Abraham Vincent Dsouza, SVD Director, Divine Call Retreat Centre, Mulki.**

MFC has been a tremendous blessing to the Church through its unwavering commitment to the faith formation of families. At the Divine Call Retreat Centre, we have directly witnessed the spiritual fruits of MFC's ministry. Their programs have inspired the members to embrace a more prayerful and sacramental life. Their programs have strengthened individual faith journeys & fostered deeper communion among families.

MFC's approach is rooted in Catholic teachings, blending vibrant spirituality with practical formation. I would wholeheartedly recommend MFC to every parish & retreat centres seeking active participation of youth & families. Their structured programs, sound doctrine, and Christ-centered fellowship are invaluable spiritual tools. MFC is not just a movement; it is a powerful instrument of renewal in today's Church.

## **Fr. Andrew Leo DSouza, Parish Priest, St Lawrence Church, Bondel.**

MFC has conducted many programs for our parishioners—especially the children, youth, adults, and couples. Many children have come closer to Christ, and many have shown interest in church activities, especially in liturgical matters. They are very enthusiastic and eager to attend catechism and join the choir. MFC has contributed significantly to the spiritual life of our parish. I thank all the MFC from my parish and sincerely pray for God's blessings upon them in all their future ventures. May MFC continue to grow day by day and bring many more people to Christ. God bless you.



*MFC Enriches Parish Life*



*MFC is a ministry rooted in Scripture*

## **Fr. Joseph Martis Parish Priest, Most Holy Redeemer church, Derebail.**

MFC is an active, dynamic, and resourceful community that greatly contributes to joyful and Christ-centered family life. As a parish priest, I've witnessed the impact of their programs for children, youth, and couples over the past three years. These excellent sessions are Scripture-based, aligned with Church teachings and papal encyclicals, and centered on Jesus. The resource persons—mostly married, committed Catholics—speak from real-life experiences, offering practical wisdom for overcoming family challenges.

MFC also prepares individuals for the sacrament of marriage, addresses issues of friendship and relationships among youth, and helps children grow as loving members of the family. I strongly recommend inviting MFC to parishes and institutions to enrich and strengthen family life.

# Life & Mission of MFC

Hundreds encountered Christ! **Christian Life Seminars** for Singles, Handmaids and Couples lit up Goa, Mumbai, Bangalore, Udupi & Assam with life-changing experiences.



More than 320+ Couples and Singles in Goa, Bangalore, Assam, Gujarat, Udupi, Shimoga, and Mumbai attended the **Young Couples Conference, Servants Training, Marriage Enrichment Retreats, etc.**



More than 350+ youth across Bangalore, Mangalore, Goa, Pune, Assam, and West Bengal gathered this summer to grow in faith and fellowship through **weekend Youth Camps.**



# Life & Mission of MFC

Mumbai hosted the **School of Discipleship**, drawing 60+ members from across India. Meanwhile, Bangalore led a powerful **citywide Jericho March**, traveling by buses to pray over and bless the city.



MFC led powerful **Lenten programs** for couples, singles, kids, and youth in Bangalore, Goa, and Chennai—preaching in English, Kannada, and Tamil. Outreach also included a **retreat for Meghalaya students in Bangalore** and **confirmation retreat in Pune** and a **visit to Shishu Bhavan in Mumbai**.



**Covenant Day** saw the welcoming of new members in Chennai, Bangalore, and Goa, while Pune held the **Family Day**. Gujarat conducted a **marriage prep course**, and 200+ participated in the **Pentecost Vigil** in Bangalore.



# Life & Mission of MFC

Across India, little ones were engaged through **Kids' Day, Kids Village, and Kids Intake Camps**. **Heart Champs training** in Mangalore prepared adults to lovingly serve in the kids ministry.



**Live Pure** reached over **950+** youth across Delhi, Gujarat, Kerala, Mangalore, and Goa. In Goa, a **LifeSaver Practicum** deepened the pro-life mission for 40+ members. Meanwhile, youth in Bangalore were strengthened through **Bond of Brothers and Family Enrichment Retreats**.



**LiveLife** reached over **400+** participants across Bangalore, Goa, Chennai, and Mumbai. MFC also partnered with the **Archdiocese of Bangalore for VITA 2025**—a national conference promoting life and family.





O God, shepherd and ruler of all the faithful, we thank you, for the gift of Pope Francis' papacy, for his life, witness, and years of faithful service to your Church.

Now look favorably on your servant Pope Leo XIV, whom you have set at the head of Your Church as her shepherd. Grant, we pray, that by word and example he may guide the people entrusted to his care along the path of eternal salvation. Through Christ our Lord. Amen.