

**Congregation of the Sisters of St. Ann  
International Seminar of Ongoing Formation  
Turin-Rome, 11 August – 28 August 2019**

**“Led by the Spirit, to the Origins!**

**PROGRAMME**

**11 August – Sunday**

**The Spirit helps us in our weakness... (Rom 8:26)**

<b>Timings</b>	<b>Activities</b>
7:00 a.m.	Rising
7:30 a.m.	Lauds
8:00 a.m.	Holy Mass
8:45 a.m.	Breakfast
10:00 a.m.	Welcome address - <b>Mother Francesca</b> Opening Prayer - <b>Sr. Julia Victor</b>
10:30 a.m.	Tea Break
10:45 a.m.	Presentation of the Programme, Inauguration and initial exhortation - <b>Mother Francesca</b>
11:30 a.m.	Visiting the Generalate <b>in Groups</b>
1:00 p.m.	Lunch
4:00 p.m.	Tea Break
4:30 p.m.	Lectio Divina: Rom 8: 26-27 - <b>Sr. Jacintha</b>
5:00 p.m.	Personal reflection and prayer
6:00 p.m.	Sharing in Groups
7:00 p.m.	Vespers
7:30 p.m.	Supper
8:30 p.m.	Virtual tour of the Major Basilicas in Rome/Catacombs

**12 August – Monday**

**My spirit rejoices in God my Saviour (Lk 1:46)**

<b>Timings</b>	<b>Activities</b>
6:15 a.m.	Rising
6:30 a.m.	Breakfast - take snacks & packed lunch
7:00 a.m.	Departure to the Basilica of St. Mary Major (Lauds in the Bus)
8:00 a.m.	Holy Mass in the Basilica of St. Mary Major and then we will

	visit St. Prassede, Perpetual Succour Church, the Basilica of St. John in Lateran, Holy Stairs, Basilica of the Holy Cross in Jerusalem
12:30 p.m.	Return to the Generalate <u>those who don't wish</u> to visit the historical places: Colosseum, Imperial Forum, Panteon, Trevi Fountain, Quirinale
1:00 p.m.	Lunch
7:00 p.m.	Vespers
7:30 p.m.	Supper

### 13 August – Tuesday

**The Spirit himself intercedes for us with sighs too deep for words (Rom8:26)**

<b>Timings</b>	<b>Activities</b>
6:15 a.m.	Rising
6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
7:30 a.m.	Breakfast
9:15 a.m.	Catacombs of St. Callixtus & Fosse Ardeatine
12:00 noon	Return to the Generalate
1:00 p.m.	Lunch
4:30 p.m.	Archives of the Generalate - <b>Mother Francesca</b>
7:00 p.m.	Vespers
7:30 p.m.	Supper
8:30 p.m.	Recreation

### 14 August – Wednesday

**“The Spirit will teach you all things and bring to your remembrance all that I have said to you” (Jn 14:26)**

<b>Timings</b>	<b>Activities</b>
5:45 a.m.	Rising; we pray the Lauds individually
6:15 a.m.	Breakfast
6:45 a.m.	We leave for St. Peter’s Basilica
8:00 a.m.	Holy Mass at the tomb of St. John Paul II, Visit the Basilica, the tombs of the Popes, Churches of St. Ann and the Holy Spirit
12:00 noon	Return to the Generalate
1:00 p.m.	Lunch

4:00 p.m.	Tea break
4:30 p.m.	The Service of authority - <b>Sr. Marcia</b>
5:30 p.m.	Reflection
7:00 p.m.	Vespers
7:30 p.m..	Supper
8:30 p.m.	Recreation

### **15 August –Thursday**

**"The Holy Spirit will come upon you, and the power of the Most High will overshadow you" (Lk 1:35)**

<b>Timings</b>	<b>Activities</b>
7:00 a.m.	Rising
7:30 a.m.	Lauds
8:00 a.m.	Breakfast
11:00 a.m.	Holy Mass in English
12:30 p.m.	Lunch
5:30 p.m.	Holy Rosary followed by Vespers – in the entrance hall
7:00 p.m.	Supper
8:15 p.m.	Recreation

### **16 August – Friday**

**Led by the Spirit Paul went to Jerusalem in spite of the hardships that he knew awaited him (cf Acts 20:22-23).**

<b>Timings</b>	<b>Activities</b>
5:45 a.m	Rising
6:15 a.m.	Breakfast & prepare Packed Lunch
7:00 a.m.	Departure for St. Paul's Basilica.(Lauds in the bus)
8:00 a.m.	Holy Mass in St. Paul's Basilica after which we will pray at the tomb of St. Paul and visit the Basilica
11:00 a.m.	We will visit the Church of St. Paul at the Three Fountains – the place where he was beheaded.
1:00.p.m.	We have our packed lunch in Viale Marconi, meet the Sisters and visit the school premises.
3:30 p.m.	We will visit our sick and elderly Sisters in Stella Maris
5:00 p.m.	Return to the Generalate
7:00 p.m.	Vespers
7:30 p.m.	Supper

### 17 August – Saturday

**And he who searches the hearts knows what is the mind of the Spirit,  
because the Spirit intercedes for the saints  
according to the will of God. (Rom 8:27)**

<b>Timings</b>	<b>Activities</b>
6:15 a.m.	Rising
6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
7:30 a.m.	Breakfast
8:30 a.m.	Consecration - <b>Sr. Julia Victor</b>
10:30 a.m.	Tea Break
11:00 a.m.	Reflection/ Personal Prayer /Sharing in groups
1:00 p.m.	Lunch
4:00 p.m.	Tea break
4:30 p.m.	Fraternal Life - <b>Sr. Julia Victor</b>
5:30 p.m.	Reflection
7:00 p.m.	Vespers
7:30 p.m.	Supper

### 18 August – Sunday

**213<sup>th</sup> Anniversary of Matrimony of Our Founders!  
Led by the Spirit they interpreted their personal and conjugal experience  
in the light of God who is providence (cf C 1)**

<b>Timings</b>	<b>Activities</b>
5:45 a.m.	Rising
6:15 a.m.	Breakfast and prepare the Packed Lunch/Snacks
7:00 a.m.	Holy Mass and we pray Lauds on the Bus
8:00 a.m.	Departure for Turin – 8 hour journey
4:00 p.m.	Arrival. We stay in Via Massena Community and get to know the house so as to orientate ourselves towards the common places like the Chapel, Refectory and Entrance of the house
6:00 p.m.	Visit to the Chapel and Vespers
7:30 p.m.	Supper

## 19 August – Monday

### Led by the Spirit, to the origins

<b>Timings</b>	<b>Activities</b>
6:00 a.m.	Rising
6:30 a.m.	Lauds
7.00 a.m.	Breakfast
7:45 a.m.	Talk on the Origins of our Congregation - <b>Sr. Felicia</b>
9:30 a.m.	We leave for the Mother House
10:00 a.m.	Visit to our Senior Sisters in “Casa Betania”
10:45 a.m.	Tea Break
11:15 a.m.	Visit to the Sanctuary of Our Lady of Consolation - <b>Sr. Marcia</b>
12:00 noon	Holy Mass at the Shrine of Our Lady of Consolation
1:00 p.m.	Lunch in the Mother House
2:00 p.m.	Prayer at the Tomb of our Blessed M. Enrichetta
2:30 p.m.	Visit to the Chapel of the Mother House, the Choir Loft, the Museum, the Cemetery and the School - <b>in groups</b>
4:00 p.m.	Tea Break
4:30 p.m.	We leave for the Cathedral of Turin where the Holy Shroud is preserved - <b>Sr. Marcia</b>
	Return to Via Massena; Vespers – individually
7:30 p.m.	Supper

## 20 August – Tuesday

**Blessed Enrichetta proclaimed through the holiness of her life  
the perennial fecundity of the Spirit in our history (C 15)**

<b>Timings</b>	<b>Activities</b>
6:15 a.m.	Rising
6:45 a.m.	Breakfast
7:30 a.m.	We leave for Carmagnola Lauds on the Bus
8:30 a.m.	Holy Mass in the New Church dedicated to Bl. Enrichetta
9:30 a.m.	Visit to San Bernardo, Museum – in groups
1:30 p.m.	Lunch in our Community of San Grato in Carmagnola
3:00 p.m.	Visit to Borgo Salsasio, Collegiata. - <b>Sr. Marcia</b>
5:30 p.m.	We return to Via Massena; Vespers on the bus
7:30 p.m.	Supper

### 21 August – Wednesday

In the footsteps of our Venerable Founders for a deeper spiritual journey

<b>Timings</b>	<b>Activities</b>
6:00 a.m.	Rising
6:30 a.m.	Lauds
7:00 a.m.	Mass in Via Massena
7:30 a.m.	Breakfast/ take snacks
8:15 a.m.	Talk on the Founders, in the hall – Via Massena - <b>Sr. Felicia</b>
9:30 a.m.	We leave for Barolo Palace
10:30 a.m.	Visit to the Barolo Palace
12:00 noon	Visit to the Church of St. Dalmazzo where Carlo Tancredi was baptized. Here, we renew our Baptismal Vow - <b>Sr. Marcia</b>
1:00 p.m.	Lunch in the Mother House.
2:30 p.m.	Visit to the Monumental Cemetery, the Church of Santa Giulia, where are the tombs of our Founders. Here we pray the Vespers and remain in prayer at the tombs of our Founders - <b>Sr. Marcia</b>
4:30 p.m.	We return to Via Massena
7:30 p.m.	Supper

### 22 August – Thursday

It is impossible to go to Jesus except through the love of Mary. She has always been my guide. Whoever places her trust in Mary will never feel let down (Don Bosco)

<b>Timings</b>	<b>Activities</b>
6:30 a.m.	Rising
7:00 a.m.	Lauds
7:30 a.m.	Breakfast (take snacks)
8:15 a.m.	We leave for the Basilica “Mary Help of Christians”
9:00 a.m.	Holy Mass in the Basilica, we pray at the tomb of Don Bosco Visit the Rooms of Don Bosco and the Chapels
1:00 p.m.	Lunch in the Mother House. We thank and wish goodbye to the Sisters
2:45 p.m..	Visit to the Daughters of Good Shepherd (Magdalens)
4:00 p. m	Visit to Cottolengo
5:00 p.m.	Return to Via Massena
7:00 p.m.	Vespers
7.30 p.m.	Supper. We thank and wish goodbye to the Sisters

### 23 August – Friday

Let Your good Spirit lead me on a level path! (Ps.143:10b)

<b>Timings</b>	<b>Activities</b>
6:30 a.m.	Rising
7:00 a.m.	Holy Mass in Via Massena, we pray the Lauds in the bus
7:30 a.m.	Breakfast - Prepare Packed Lunch
8:30 a.m.	Return journey to Rome Vespers, Rosary in the bus
7:30 p.m.	Supper

### 24 August – Saturday

A new heart I will give you and a new spirit I will put within you. (Ez. 36:26)

<b>Timings</b>	<b>Activities</b>
6:15 a.m.	Rising
6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
7:30 a.m.	Breakfast
	Shopping
1:00 p.m.	Lunch
4:00 p.m.	Tea Break
5:00 p.m.	Sharing in groups on our journey so far
7:00 p.m.	Vespers
7.30 p.m.	Supper
8:30 p.m.	Recreation

### 25 August – Sunday

Where can I go from Your Spirit? Or where can  
I flee from Your presence? (Ps. 139:7)

<b>Timings</b>	<b>Activities</b>
7:00 a.m.	Rising
7:30 a.m.	Lauds & Holy Mass
9:00 a.m.	Breakfast
9:40 a.m.	Our Mission: Lectio Divina: Acts 8:26-40 - <b>Sr. Jacintha</b>
10:30 a.m.	Tea Break

11:00 a.m.	Oratio and Meditatio
12:00 noon	Communicatio - Sharing in groups
1:00 p.m.	Lunch
4:00 p.m.	Tea-break
4:30 p.m.	Ongoing Formation - <b>Sr. Marcia</b>
5:30 p.m.	Sharing in groups
7:00 p.m.	Vespers
7:30 p.m.	Supper
8:30 p.m.	Recreation

### **26 August – Monday**

**The earth was formless and void, and darkness was over the surface of the deep, and the Spirit of God was moving over the surface of the waters. Gen 1:2**

<b>Timings</b>	<b>Activities</b>
6:15 a.m.	Rising
6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
8:00 a.m.	Departure to the Vatican Museum - appointment at 9:00
1:00 p.m.	Lunch – Generalate
4:00 p.m.	Tea Break - Personal work
7:00 p.m.	Vespers
7:30 p.m.	Supper

### **27 August - Tuesday**

**It is the Marian heart, totally available to the will of the Father and to the action of the Holy Spirit to become a Sanctuary; a dwelling Tent.**

<b>Timings</b>	<b>Activities</b>
5:00 a.m.	Rising
5:30 a.m.	Breakfast / Packed Lunch, Supper & Snacks
6:00 a.m.	We leave for Loreto. Lauds – paper sheets
10:30 a.m.	We pray in the House of the Holy Family of Nazareth
11:00 a.m.	Holy Mass
12:30 p.m.	We leave for Castelfidardo
1:00 p.m.	Packed Lunch and visit to the Community
5:00 p.m.	Return journey to Rome - Vespers and sharing of experiences on the Bus



## 28 August – Wednesday

**Behold, My Servant, whom I uphold; My chosen one in whom My soul delights I have put My Spirit upon Him; He will bring forth justice to the nations.** Isaiah 42:1

<b>Timings</b>	<b>Activities</b>
5:45 a.m.	Rising, we pray the Lauds individually
6:15 a.m.	Breakfast
6:30 a.m.	We leave for St. Peter's Square
09:00 a.m.	Audience with the Holy Father
1:00 p.m.	Lunch
4:00 p.m.	Tea Break
4:30 p.m.	Evaluation of the Course and Conclusion <b>Mother Francesca</b>
6:15 p.m.	Vespers
6:45 p.m.	Holy Mass – Thanksgiving
7:30 p.m.	Supper

### **LEAD KINDLY LIGHT**

Lead, kindly Light, amid th' encircling gloom,  
Lead Thou me on;  
The night is dark, and I am far from home,  
Lead Thou me on;  
Keep Thou my feet; I do not ask to see  
The distant scene; one step enough for me.  
I was not ever thus, nor prayed that Thou  
Shouldst lead me on;  
I loved to choose and see my path, but now  
Lead Thou me on;

I loved the garish day, and spite of fears,  
Pride ruled my will; remember not past  
years.  
So long Thy pow'r has blest me, sure it still  
Wilt lead me on,  
O'er moor and fen, o'er crag and torrent, till  
The night is gone,  
And with the morn those angel faces smile,  
Which I have loved long since, and lost  
awhile.

## OUR PARTICIPATION IN THE LITURGY

“He who sings prays twice” (St. Augustine)

God’s goodness is above all honour and praise. All our benedictions add nothing to the riches of divine goodness. When the soul understands this situation it wishes, at least, to exalt and praise God’s name. The whole creation, birds, beasts and insects, sings praises of God. St. Francis gave a special name to the insects that lived in his monasteries. He called them Cicadas”, (tree cricket) because they sang praise to God.

Cicadas are the pipe organs of the natural world. They make an enormous sound because they do not drink water through their mouths. They live exclusively on dew, which they suck through a little tongue on their breasts. Their cries are so raucous the insects seem to be mostly voice. According to St. Bernard, devotion is the tongue of the heart. Through it the soul can ingest dew of divine perfections. With it, the soul prays, praises, and sings.

(Cf Treatise on the Love of God: St. Francis de Sales. p 49)

Blessed Francis was full of dovelike simplicity and exhorted all creatures to love their Creator; he preached to the birds and they listened to him; they allowed him to touch them and never left him until he gave them his permission. Once when he was preaching, some swallows were twittering, and at his command they instantly fell silent. At the Portiuncula church, a cicada used to perch on a fig tree by his cell and sing incessantly, so the man of God held out his hand and called to her, “Sister cicada, come here to me.” At once the cicada obediently hopped on to his hand. “Sing, sister cicada,” Francis said, “and give praise to your Lord!” And the cicada immediately began to sing and flew off only when Francis gave her leave.



## PRAYER TURNS

NAME	Day/ Month of August
Sr. Agnes Menjuh N Sr. Sally Joseph	11 <sup>th</sup> Sunday XIX– 3 <sup>rd</sup> Week O.T. <u>Prepare</u> for the Holy Mass – Reading, intercessions
Sr. Marie Etoundi Sr. Maria Menezes	12 <sup>th</sup> Monday – 3 <sup>rd</sup> Week O.T - paper sheet Holy Mass in St. Mary Major – Only participation.
Sr. Margaret T Sr. Agnes Macwan	13 <sup>th</sup> Tuesday - XIX– 3 <sup>rd</sup> Week O.T. <u>Prepare</u> for the Holy Mass – Reading, Hymns
Sr. Shanthi D’Mello Sr. Sandhana Rani	14 <sup>th</sup> Wednesday - Lauds - individually <u>Prepare:</u> Holy Mass at the tomb of St. John Paul II, in English
Sr. Bertha Toppo Sr. Anna Reji J. Sr. Maria Goretti C	15 <sup>th</sup> - Thursday -Solemnity, Assumption of Our Lady The Holy Mass in English <u>Prepare:</u> Readings, prayers of the faithful, hymns
Sr. Francesca Tirkey Sr. Anthoniamma M	16 <sup>th</sup> Friday - 3 <sup>rd</sup> Week O.T. – paper sheet Holy Mass in St. Paul’s Basilica – only participation
Sr. Mary Kutty K Sr. Marcelline M	17 <sup>th</sup> Saturday - Memoria of Our Lady on Saturday. Prepare for Mass: Reading, hymns Holy Mass
Sr. Lucy Leena Sr. Agnes Thomas	18 <sup>th</sup> Sunday XX – 4 <sup>th</sup> Week O.T. Holy Mass – Reading, Hymns We carry our Breviaries – Lauds on the bus
Sr. Eveline S Sr. Leesamma P	19 <sup>th</sup> Monday - 3 <sup>rd</sup> Week O.T. Holy Mass at the Consolata - only participation
Sr. Mary Stella Sr. Veroline Yung Sr. Avalyn M	20 <sup>th</sup> Tuesday - 4 <sup>th</sup> Week O.T.- We carry our Breviaries - Holy Mass in the Church of Bl. Mother Enrichetta – to be prepared in Italian/English
Sr. Catherine K Sr. Leelamma M	21 <sup>st</sup> Wednesday 4 <sup>th</sup> Week O.T: Prepare for Mass in Via Massena : Reading, hymns. Vespers – paper sheets.

<b>Sr. Arokia Mary A</b> <b>Sr. Theresiamma M</b>	<b>22<sup>nd</sup> Thursday -Memoria –Our Lady Queen and Mother.</b> Holy Mass in the Basilica – only participation
<b>Sr. Arokiam L</b> <b>Sr. Elsie D’Souza</b> <b>Sr. Omana Chacko</b>	<b>23<sup>rd</sup> Friday - 4<sup>th</sup> Week O.T</b> Prepare for Mass in Via Massena: Reading, hymns. Carry the Breviary – Lauds, . Rosary on the bus
<b>Sr. Angel Mary</b> <b>Sr. Alphonsa V</b>	<b>24<sup>th</sup>- Saturday Feast of St. Bartholomew Apostle</b> Prepare for Mass: Reading, hymns
<b>Sr. Leera Lobo</b> <b>Sr. Aruna Felcy</b>	<b>25<sup>th</sup> - Sunday XXI - 1<sup>st</sup> Week O.T.</b> Prepare for Mass: Reading, intercessions, hymns
<b>Sr. Arul Vasanthi</b> <b>Sr. Philomena L</b>	<b>26<sup>th</sup>- Monday 1st Week O.T.</b> Prepare for Mass: Reading, hymns
<b>Sr. Catherine T</b> <b>Sr. Theresa Daisy</b>	<b>27<sup>th</sup>- Tuesday - Paper sheets: Lauds and Vespers. Rosary</b> Holy Mass - only participation
<b>Sr. Molly Kuriakose</b> <b>Sr. Valsamma Jn.</b> <b>Sr. Shanthamma K</b>	<b>28<sup>th</sup>- Wednesday – We pray the Lauds individually.</b> Thanksgiving Mass: prepare introduction, prayers of the faithful, hymns.



**Love excuses:** Some old men went to Abba Poemen and asked, "If we see brothers sleeping during the synaxis [common prayer], should we wake them?" Abba Poemen answered, "If I see my brother sleeping, I will put his head on my knees and let him rest." Then one old man spoke up, "And how do you explain yourself before God?" Abba Poemen replied, "I say to God: You have said, "First take the beam out of your own eye and then you will be able to remove the splinter from the eye of your brother.