

Catholic Life –Vol. 85, No. 1
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EDITORIAL

March 19 is the solemn feast of St. Joseph, the patron of our diocese. Holy Scripture does not have much to say about him nor does it contain a record about things he said. And yet, his quiet and unassuming role in the lives of the Blessed Virgin Mary and her Divine Son Jesus have earned him an unforgettable and amazing place in our Christian faith. 150 years ago, Blessed Pious IX declared this “quiet man,” Patron of the Universal Church.” Pope Francis describes the fatherhood of Joseph in several ways: “A beloved father, a tender and loving father, an obedient father, an accepting father, a creatively courageous father, a working father and a father in the shadows.” Pope Benedict XVI says, for a Christian “he is a “model of quiet prayer and closeness to Jesus, whose example invites us to think about the time we devote to prayer each day.” As we celebrate his feast day let me remind you of what the Gospels say about him. Both St. Matthew and St. Luke tell us that Joseph came from a noble line – the house of David and Solomon, Kings of Israel. The Bible portrays him a just and a holy man, a faithful husband and a fearless guardian of salvation.

As a faithful and compassionate husband, Saint Joseph walked alongside Mary through life’s joys and hardships. Together they visited Elizabeth (Luke 1:39-56) They travelled to Bethlehem where Mary gave birth to Jesus in a manger. When in his dream he was informed of Herod’s wrath and deadly intention, he decisively flees to Egypt (Matthew 2:13-15) There, he protected and raised his family, until he was told again to bring his family back to their homeland. Here, the family became a sanctuary of love and devotion for Jesus to grow in knowledge and obedience. As we reflect on St. Joseph’s life, we’re reminded that faithfulness is measured by our love and devotion to God. God intended from the beginning family to be a sanctuary of devotion, love and life. He did exactly what the Lord wanted him to do, in each and every event that went to make up his life. That’s why Scripture praises Joseph as “a Just man.” (Mt:1:19) He was the man who risked everything to care for Mary and her son, safeguarding them from harm and cherishing them with the purest love. His life is thus a catechism writ large, a flesh and blood testimony of what it means to live according to God’s will, with one’s mind and heart centered on Christ.

Dear readers, current geo-political scenario in our country is not conducive to Christians. At times we feel fearful because so much is at stake. We can look to Joseph, a crises man. We can give ourselves moment by moment, in dark faith and obedience to the God who calls us. In our desire to be faithful to God’s plan and live fruitfully these present trials, we have the patronage of St. Joseph. St. Joseph was a man of mercy, embodying love of the Divine mercy Incarnate – Jesus Christ. His mercy was expressed in his patience, his tenderness towards Mary and his unwavering trust in God’s plan. Today men are called to be men of mercy, offering forgiveness, compassion and support to their families, friends and communities. Pope Francis exhorts us: “Invoke St. Joseph always with

confidence, especially in difficult moments, and entrust your existence to this great saint.”

I end with a prayer to St. Joseph of St. Teresa of Avila: “O Glorious Patriarch Saint Joseph, who knows how to make possible the things that are impossible, come to our help in the moments of distress and difficulty. Take under your protection the serious situations and difficulties that I bring to you that they may end happily. O my most beloved father, all my confidence is in you, let it not be said that I have invoked you in vain; and since after Jesus and Mary you are powerful, show me that your goodness equals your power. Amen.”

Wish all readers a very happy feast of St. Joseph, the Patron of our diocese. May he intercede for us.

Fr. Vincent Pinto

Unity Octave Celebrated in Lucknow Diocese:

The Annual ‘Week of Prayer for Christian Unity’ was celebrated in the Diocese of Lucknow with the active collaboration of fellow Christian Churches and Denominations from 18th January to 25th January 2026. The ‘Octave for Christian Unity’ is celebrated all over the world in all Christian Churches. The Catholic Church in collaboration with the World Council of Churches prepares a detailed brochure of Prayers and Reflections for the help of the Churches and Christian Communities who use these to plan their own collaborative Prayer sessions in various towns, cities and even villages.

Every year the responsibility to prepare the ‘Prayer for Christian Unity’ is entrusted to a major Church in the world, and this year the ‘Armenian Church of the East’ was entrusted with this task. In the Diocese of Lucknow, the first day of Prayer at which Christians of all Churches were present and participated was celebrated in St. Joseph’s Cathedral after which three more Churches took turns to organize the day of Prayer, namely, in the AG Church in the City, then in the ABC Church in Sujanpura, Alambagh area and the final ‘Day of Prayer for Christian Unity’ was celebrated in the Central Methodist Church in the Lalbagh area. Present at each Prayer session were the Bishops of these Churches, their Pastors and several Lay Faithful, who all together prayed for Christian Unity in the world.

-Staff Reporter.

PAPAL INTENTION

For disarmament and peace.

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

धर्माध्यक्ष का संदेश

ख्रीस्त में प्रिय भाइयों और बहनों,



18 फरवरी को हमने राख बुधवार मनाया। राख बुधवार की पूजन विधि के दौरान हमारे माथे पर पवित्र राख लगाना, ईश्वर और कलीसिया दोनों की ओर से पश्चाताप करने और प्रभु की ओर लौटने का आह्वान है। 'पश्चाताप करो और सुसमाचार पर विश्वास करो'। राख हमारी सीमितता और नश्वरता का भी प्रतीक है: 'तुम मिट्टी हो और मिट्टी में ही मिल जाओगे'। हमें याद दिलाया जाता है कि पृथ्वी हमारा स्थायी निवास नहीं है। ईश्वर ही हमारा मूल और गंतव्य है। हम ईश्वर से आए हैं और हमें उन्हीं के पास लौटना होगा।

चालीसा काल राख बुधवार से शुरू होता है और चालीस दिनों की गहन प्रार्थना, उपवास और अच्छे कार्यों के बाद पास्का के पवित्र पर्व के साथ समाप्त होता है। चालीसा काल के चालीस दिन पास्का के लिए आध्यात्मिक और आंतरिक तैयारी का समय है। संत पौलुस के शब्दों में, अनुग्रह का यह समय 'उपयुक्त समय, कल्याण का दिन' है (2 कुरिन्थियों 6:2)। यह अनुग्रह से भरा समय है जो हमें पुनर्जीवित प्रभु की विजय में भागीदार होने के लिए तैयार करता है। यदि चालीसा काल के दौरान हम मसीह के साथ मर जाते हैं (अर्थात्, पाप, बुराई और हमारे भीतर की सभी अयोग्य चीजों के लिए मर जाते हैं) तो हम पास्का के दिन और पास्का काल के दौरान उनके साथ जी उठ सकते हैं (अर्थात् पुनर्जीवित प्रभु द्वारा दिए गए नए जीवन का अनुभव कर सकते हैं)।

मानव स्वभाव और उसकी प्रवृत्तियाँ अनादि काल से एक जैसी रही हैं, चाहे वह आदम का युग हो या अब्राहम का, मूसा का युग हो या आमोस का, पेत्रुस का युग हो या लियो 14वें का। जैसा कि किसी ने बड़े ही सटीक ढंग से कहा है, 'प्रत्येक सभ्यता बर्बरता से समान दूरी पर है।' वह पाप जो हमारे पहले माता-पिता के पतन के साथ संसार में आया, हर युग और हर मौसम में मौजूद है और जब तक मनुष्य अस्तित्व में रहेगा, तब तक वह पाप बना रहेगा। एक मात्र अंतर यह है कि पिछली पीढ़ियों की तुलना में, समकालीन पुरुष और स्त्री के पास पाप करने के अधिक अवसर और मौके हैं और शायद अपराध और बुराई करने के अधिक परिष्कृत तरीके भी हैं।

चालीसा काल ईश्वर की प्रेममयी दया का गहन अनुभव करने का वह शुभ समय है। लेकिन पश्चाताप के बिना उद्धार संभव नहीं है। ईश्वर हठी, पश्चाताप न करने वाले पापी को क्षमा नहीं कर सकता। चालीसा काल में प्रार्थना, उपवास और प्रायश्चित्त करने का अभ्यास हमें पश्चाताप करने, अपने पापी मार्गों से दूर होने और प्रेम और दया के ईश्वर की ओर लौटने में मदद करने के लिए है। अपने प्रेममय पिता की ओर यह यात्रा वास्तव में एक आनंदमय घटना है, ठीक वैसे ही जैसे उस समय आनंद और उत्सव का माहौल था जब उड़ाऊ पुत्र अपने पिता के पास लौटा था। (लूका 15:11-24 देखें)

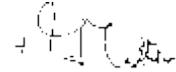
हममें से अधिकांश लोग चालीसा काल के दौरान उपवास और संयम का पालन गंभीरता से करते हैं। हालांकि भोजन और पेय से परहेज करना शायद सबसे आसान है, लेकिन उपवास और संयम के अन्य प्रकार भी हैं जो अधिक कठिन हैं। संत पिता लियो चौदहवें ने अपने चालीसा काल के संदेश में हमें कठोर शब्दों और जल्दबाजी में निर्णय लेने से बचने, घृणा भरे शब्दों से

दूर रहकर आशा और शांति के शब्दों के लिए जगह बनाने, और अपने पड़ोसी को ठेस पहुंचाने वाले शब्दों से बचने का आग्रह किया है। अन्य शब्दों में कहें तो, अपनी जुबान पर नियंत्रण रखना, चुगली, झूठी निंदा और झूठा अभियोग लगाने से बचना।

उपवास और संयम के अन्य महत्वपूर्ण तरीके हैं। अपनी यौन इच्छाओं पर नियंत्रण रखना और इस प्रकार हस्तमैथुन, समलैंगिकता, व्यभिचार, पर स्त्रीगमन और अश्लीलता से बचना, अपने क्रोध पर नियंत्रण रखना और क्रोध, अहंकार, घमंड और झगड़ों से दूर रहना, अहंकार पर काबू पाना और विनम्र होना। अन्याय और भेदभाव को रोकना और अपने व्यवहार में निष्पक्ष और न्यायपूर्ण होना, स्वार्थ पर काबू पाना और उदारता और दानशीलता को बढ़ावा देना। इंटरनेट और स्मार्ट फोन पर बिताए जाने वाले समय को कम करें, विशेष रूप से इनका दुरुपयोग करने से बचें, डिजिटल या साइबर अपराध, धोखाधड़ी और अश्लील सामग्री की लत से दूर रहना। यही वह उपवास और संयम है जो हमें चालीसा काल के दौरान अपनाना चाहिए, ताकि हम अपने आपको और अपनी पापी प्रवृत्तियों को त्यागकर सद्गुणी बन सकें और ईश्वर के लिए जी सकें।

आइए, इस चालीसा काल के दौरान हम ऊपर वर्णित उपवास और संयम को पूरी निष्ठा से अपनाएँ, ताकि यह प्रभु को सचमुच प्रसन्न करे। मैं आप सभी को एक फलदायी चालीसा काल की शुभकामनाएँ देता हूँ। यह हम सभी के लिए अनुग्रह और नवीकरण का समय हो। "उपयुक्त समय, कल्याण का दिन" (2 कुरिन्थियों 6:2)

प्रभु येशु ख्रीस्त में आपका



+ जेराल्ड जॉन मथायस

धर्मध्यक्ष लखनऊ

BISHOP'S ENGAGEMENTS MARCH 2026

1 st	Sun	8.30	a.m.	Celebrates Holy Eucharist on the occasion of Women's Day at St. Joseph's Cathedral, Lucknow
2 nd	Mon		a.m.	Leaves for Nagpur
3 rd	Tue			National Council of BECs & NST Meeting at Pallottine Animation Centre (PAC) Nagpur
4 th	Wed			National Council of BECs & NST Meeting at Pallottine Animation Centre (PAC) Nagpur
5 th	Thurs		p.m.	Returns to Lucknow
7 th	Sat	3.00	p.m.	Attends the Episcopal Silver Jubilee Celebration of Most Rev. Anil Couto, Archbishop of Delhi, St. Columba's School Ground, New Delhi
8 th	Sun		p.m.	Returns to Lucknow
9 th	Mon	4.00	p.m.	Diocesan Finance Committee Meeting, Bishop's House, Lucknow

10 th	Tue	4.00	p.m.	Diocesan Finance Committee Meeting, Bishop's House, Lucknow
11 th	Wed	10.00	a.m.	Diocesan Pastoral Council Meeting, Cathedral Hall, Lucknow
		4.00	p.m.	Diocesan Finance Committee Meeting, Bishop's House, Lucknow
12 th	Thurs	4.00	p.m.	Diocesan Finance Committee Meeting, Bishop's House, Lucknow
14 th	Sat	3.00	p.m.	Bio-ethics Forum Webinar
15 th	Sun		p.m.	Leaves for Agra
16 th	Mon			Agra Regional Bishops' Council Meeting, Archbishop's House, Agra
17 th	Tue			Agra Regional Bishops' Council Meeting, Archbishop's House, Agra
19 ^h	Thurs	10.00	a.m.	Blessing and Laying the Foundation Stone for New Block of St. Joseph's Hospital, Gomtinagar, Lucknow
		6.00	p.m.	Parish Feast: Celebrates Holy Eucharist at St. Joseph's Cathedral, Lucknow
21 st	Sat	6.00	p.m.	Class for Marriage Preparation Course, Navintha Training Centre, Chinhat, Lucknow
22 nd	Sun	2.45	p.m.	Celebrates Holy Eucharist for Participants of Lenten Retreat, St. Joseph's Cathedral, Lucknow
26 th	Thurs	9.00	a.m.	Clergy Recollection, St. Joseph's Cathedral, Lucknow
		6.00	p.m.	Celebrates Mass of Holy Chrism, St. Joseph's Cathedral, Lucknow
29 th	Sun	8.00	a.m.	Palm Sunday: Celebrates Holy Eucharist & blesses Palms at St. Joseph's Cathedral, Lucknow
30 th	Mon	11.00	a.m.	Visit to St. Peter's Inter-College, Mohanlalganj, Lucknow
31 st	Tue	9.00	a.m.	Governing Body Meeting of ACEI in U.P. & U.K., Navintha Pastoral Centre, Chinhat, Lucknow

Dear Brothers and Sisters,

We are pleased to inform you that the **Diocesan Lenten Retreat** will be held on **21st & 22nd March 2026** at **St Joseph's Cathedral, Hazratganj.**

प्रिय भाइयों और बहनों,

हमें आपको यह सूचित करते हुए प्रसन्नता हो रही है कि धर्मप्रांतीय चालीसा साधना 21 और 22 मार्च 2026 को हजरतगंज स्थित सेंट जोसेफ कैथेड्रल में आयोजित किया जाएगा।

- CCR Team

SHEPHERD'S VOICE

Dear brothers and sisters in Christ,

On 18th February we celebrated Ash Wednesday. The imposition of the blessed ashes on our foreheads during the Ash Wednesday Liturgy is a call both from God and the Church to repent and return to the Lord: “Repent and believe in the Gospel”. Ashes also signify our finiteness and mortality: “Dust you are and unto dust you shall return”. We are reminded that the earth is not our permanent abode. God is our origin and destiny. We come from God and ought to return to Him.

The season of Lent begins on Ash Wednesday and after forty days of intensive prayer, fasting and good works culminates in the solemn Feast of Easter. Forty days of Lent is a period of spiritual and interior preparation for Easter. This season of grace, to use the words of St. Paul, is “the favourable time, the day of salvation” (2 Cor. 6:2). It is a grace filled season which attunes us to participate in the victory of the Risen Lord. If during the Lenten Season we die with Christ (that is, die to sin, evil and all that is unworthy in us) then we can on Easter Day and during the Easter Season rise with him (that is experience the new life that the Risen Lord gives).

Human nature and its tendencies are the same from time immemorial, be it in the age of Adam or Abraham, Moses or Amos, Peter or Leo XIV. As someone so aptly put it “Every civilization is equidistant from barbarism.” The sin which entered the world with the fall of our first parents, is ever present in every age and season and will continue to exist as long as humans exist. The only difference is, as compared to past generations, the contemporary man and woman have more opportunities and occasions to sin and perhaps more sophisticated methods of committing crime and evil.

The season of Lent is that favourable time to experience the loving mercy of God in an intense way. But salvation is not possible without repentance, God cannot forgive an obstinate, unrepentant sinner. The Lenten exercise of prayer, fasting and penance is intended to help us to repent, turn away from our sinful ways and return to the God of love and mercy. That journey to our loving Father is indeed a joyful event, just as there was joy and celebration when the Prodigal son returned to his father. (cf. Lk 15:11-24)

Most of us would undertake fast and abstinence during Lent pretty seriously. While abstinence from food and drink is perhaps the easiest thing to do, there are other types of fast and abstinence which are more difficult. Pope Leo XIV in his Lenten Message has urged us to abstain from harsh words and rash judgement, to abstain from words of hatred in order to make space for words of hope and peace, to refrain from words that offend and hurt our neighbour. In other words, to control one’s tongue, to refrain from gossip, slander, and calumny.

Other important ways of fasting and abstaining are: to have control over one’s sexual urges and thus avoid acts of masturbation, homosexuality, adultery,

fornication and pornography; to have control over one's temper and refrain from anger, arrogance, haughtiness and quarrels; to overcome pride and be humble; to stop injustice and discrimination and be fair and just in our dealings; to overcome selfishness and cultivate generosity and charity. To reduce the time spent on internet and smart phone, especially abstain from misusing them by refraining from digital or cybercrime and fraud and addiction to pornography. This is the type of fast and abstinence we should undertake during Lent so that by dying to ourselves and to our sinful tendencies we may be virtuous and live for God.

Let us earnestly take up during this Lent the fast and abstinence described above so that it will truly be pleasing to the Lord. I wish you a fruitful Lenten Season. May it be for all of us a time of grace and renewal: "the favourable time, the day of salvation" (2 Cor.6:2)

Yours sincerely in Christ,



+ Gerald John Mathias
Bishop of Lucknow

Birthdays to Remember

- March 3 : Rev. Fr. Thaddeus Bara
- 5 : Rev. Fr. Mark Fernandes
- 10 : Rev. Fr. Denis D'Souza
- 20 : Rev. Fr. Praveen Quadras
- : Rev. Fr. Lalit Virendra Bara
- 28 : Rev. Fr. Stephan Bara



Ordination Anniversaries

- 20 : Rev. Fr. Victor Lobo (1977)
- 28 : Rev. Fr. Mark Fernandes (1982)
- : Rev. Fr. Andrew D'Cunha (1982)
- : Rev. Fr. Louis Sequeira (1982)



Death Anniversaries

- 6 : Rev. Fr. Anthony Gonsalves
- 12 : Rev. Fr. Anthony D'Souza
- 19 : Rev. Fr. Camil D'Souza



DIOCESAN REGULATIONS FOR 2026

Penitential Law:

The Church always exhorts and admonishes Christ's Faithful to do penance as a sign of repentance and interior conversion of the heart. With regard to the days of penance, Canon 1251 states that abstinence from flesh meat is to be observed on all Fridays of the year. Canon 1253 gives the faculty to the Bishops' Conference to substitute other forms of abstinence. This legislation is in accordance with the Apostolic Constitution "*penitemini*" of February 17, 1966. Keeping in mind the Lord's teaching in the Gospels and Church's penitential law I invite all Christ's Faithful in the Diocese of Lucknow to faithfully observe the following regulations:

- (1) **Days of fast and abstinence: Ash Wednesday, February 18, 2026 and Good Friday, April 03, 2026.** Also all Fridays in Lent are recommended in our Diocese. Abstinence from flesh meat is to be observed on all Fridays of the year in the Diocese. Abstinence becomes mandatory from age 14 years and fast from the age 18 to 60 years (Can.1252).
- (2) **Days of Penance:** All the Fridays of the year, the days of Lent and Advent. Since on these days one is no longer bound by law to fast and abstain, a penitential work must substitute them. Substitution may be one of the following devotional practices and good works or similar ones:
 - (a) Assisting at Holy Mass with devotion
 - (b) Visit to the Church
 - (c) Eucharistic Adoration
 - (d) Reception of the Holy Communion
 - (e) Stations of the Cross
 - (f) Alms giving
 - (g) Visiting the poor
 - (h) Visiting the sick either at home or in the hospital
 - (i) Reading the Bible or spiritual book
 - (j) The Family Rosary
 - (k) Abstaining from watching movies or smoking or from alcoholic drinks or such other means of recreation and luxury
 - (l) Bearing sickness and suffering patiently
 - (m) Engaging in other corporal works of mercy.
- (3) The usual Faculties of Parish Priests or Confessors are still in force for dispensing substitutes even in the case of No.1.
- (4) The time for fulfilling the Easter duty begins on Ash Wednesday i.e., February 18, 2026 and ends on Trinity Sunday, May 31, 2026.

- (5) **Days of Obligation:** Regarding Sundays of precept and Feast days of obligation Canon 1246 prescribes ten days of obligation beside Sundays. In India, Christmas and the Feast of Assumption of Our Lady are already observed as Days of Obligation.

Three Feasts: The Epiphany of Our Lord, the Ascension of Christ and the Feast of the Body and Blood of Christ, have been transferred to Sundays. The other five Solemnities: Mary, Mother of God; the Immaculate Conception; St. Joseph; The Apostles Sts. Peter and Paul; All Saints are omitted as feasts of obligation in India.

Hence the days of obligation when the faithful are obliged to attend Mass are: all Sundays, Christmas (25th December) and Assumption of the Blessed Virgin Mary (15th August).

The obligation of assisting Mass is satisfied whenever Mass is celebrated in a Catholic Rite, either on holy day itself or on its eve (after 4.00 p.m.).

One who has received Holy Communion already may receive it once more on the same day within the Eucharistic celebration in which that person participates (Canon 917). In other words, a person who assists at two or three Masses, for example on All Souls' Day, can receive Communion at two Masses.

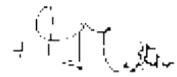
- (6) **Missa Pro Populo:** Parish Priests are obliged to apply the Mass for the people entrusted to them on all Sundays and Holy Days of obligation (cf. Canon 534).
- (7) The following collections must be made on the days mentioned, in all the Churches and religious institutions and sent to the Curia:
- (i) Seminary Fund: First Sunday of every month
 - (ii) For the Holy Childhood (second Sunday of Feb) 08.02.2026
 - (iii) For the Holy Land (Good Friday) 03.04.2026
 - (iv) For Campaign against Hunger and Disease – Lenten Season
 - (v) For the Society of St. Peter, the Apostle – 28.06.2026
 - (vi) For Maintenance of the Holy See (Universal Faith) – 12.07.2026
 - (vii) Youth Fund: Youth and Vocation Sunday – 23.08.2026
 - (viii) St. Peter's Support – 13.09.2026
 - (ix) Mission Sunday – 18.10.2026
 - (x) For poor and disabled children in the Diocese – 08.11.2026
 - (xi) Communio India Sunday – 14.12.2026
 - (xii) Pro Afris (Outreach) – Christmas Season.

On other Sundays of the year and the feast days of obligation, the collection should be taken for the upkeep of the respective Church.

Lent has been set aside by the CBCI in one accord with Catholics of the whole world for the Campaign against Hunger and Disease. All contributions received from the Parishes and institutions by the Curia will be sent to CARITAS INDIA.

- (8) **The following** Churches in the Diocese are declared to be places of pilgrimage:
- (a) St. Joseph's Cathedral, Hazratganj
 - (b) St. Jude's Church, Mohanlalganj
 - (c) Nithya Sahaya Mata Church, Gaurabagh
 - (d) Our Lady of Fatima Church, Gonda
 - (e) St. John the Baptist Church, Kakraha
- (9) Day of Peace: January 30
- (10) Special Sundays:
- (a) Laity Sunday – 18th January 2026
 - (b) Holy Childhood – 8th February 2026
 - (c) Health Sunday – 8th February 2026
 - (d) Women's Sunday – 8th March 2026
 - (e) Justice Sunday – 16th August 2026
 - (f) Youth & Vocation Sunday – 23rd August 2026
 - (g) Day of the Girl Child – 8th September 2026
 - (h) Church Unity Octave – January 18th to 25th (annually)

Yours sincerely in Christ,



† Gerald John Mathias
Bishop of Lucknow

MARRIAGE PREPARATION COURSE 2026

Marriage Preparation Course will be held at Navintha, Diocesan Pastoral Centre, Chinhat on 21st and 22nd March 2026. The participants are required to report at the centre on Saturday i.e, 21/03/2026 at 9 a.m. It is a residential course. They will leave on Sunday, 22/03/2026 after tea at 3 p.m. The course fee will be notified after consulting the Director. The participants have to give their names to the Parish Priest and the Parish Priest will forward the same to the Director of Family Commission, Fr. George D'Costa.

– Fr. George D'Costa.

NEWS CORNER

विश्व समर्पित जीवन दिवस



1 फरवरी कैथेड्रल पल्ली में सुबह 7:30 बजे बड़े ही भक्तिपूर्ण रूप से मिस्सा से पहले परमप्रसाद की आराधना हुई। सभी भक्तगणों ने अपनी प्रार्थनाएं भी प्रभु के सम्मुख रखी।

मिस्सा का आरंभ जुलूस के साथ हुआ जिसमें पुरोहितगण के साथ सभी धर्मबहनों ने भी मिलकर

भाग लिया। हाथों में जलता हुआ दीपक लिए सभी धर्मबहनों ने ले जाकर वेदी के समक्ष रखा। मिस्सा के मुख्य अनुष्ठान फादर अगस्टिन थे। फादर अगस्टिन ने प्रभु का सुसमाचार स्पष्ट करते हुए बताया कि 'ईश्वर अपने राज्य के लिए साधारण और नम्र हृदयों को चुनता है'। सभी धर्मबहनों के लिए विशेष प्रार्थनाएं भी ईश्वर को समर्पित की गईं। सभी धर्मबहनों ने मिलकर अपनी-अपनी भेंट भी अर्पण की और बड़े भक्तिभाव के साथ मिस्सा में भाग लिया। अन्त में पुरोहितों द्वारा सभी धर्मबहनों को छोटी-छोटी भेंट भी दी गई और एक ग्रुप फोटो के साथ मिस्सा का समापन हुआ। अन्त में सभी ने एक दूसरे को दिन की शुभकामनाएं दी।

—एनी लिटिलर, कैथेड्रल पल्ली, महिला संघ

धर्म बहनों का दिवस



धार्मिक बहनें शिक्षा, स्वास्थ्य सेवा, सामाजिक कार्य, अनाथालयों, वृद्धाश्रमों तथा समाज के विविध क्षेत्रों में निःस्वार्थ भाव से सेवा करती हैं। वे गरीबों, बीमारों, वंचितों और पीड़ितों के बीच ईश्वर के प्रेम, करुणा और आशा की सजीव साक्षी बनती हैं। उनका जीवन त्याग, सादगी, अनुशासन और प्रार्थना की एक प्रेरक

मिसाल है। आज विशेष रूप से हम अपनी पल्ली की सभी धर्मबहनों के लिए प्रार्थना करते हैं, जो निरंतर समर्पण भाव से प्रभु की सेवा में लगी हुई हैं। इसी के साथ संत पॉल पल्ली ने बड़े हर्षोल्लास के साथ "धर्मबहनों का दिवस" मनाया। मिस्सा की शुरुआत पल्ली की धर्म बहनों का मोमबत्ती साथ जुलूस एवं टिका से हुई। मिस्सा के मुख्य अनुष्ठानकर्ता श्रद्धेय फादर मेलविन सल्लाना जी थे।

ईश संदेश द्वारा फादर मेलविन ने सबों को पाठों का विषय में बताया की प्रभु येशु कैसे हमें बाहरी नियमों से आगे बढ़कर हृदय की शुद्धता, प्रेम और सच्ची धार्मिकता की ओर बुलाते हैं। वे हमें याद दिलाते हैं कि सच्चा विश्वास केवल कर्म कांड नहीं, बल्कि जीवन का आंतरिक

परिवर्तन है। धार्मिक बहनों का समर्पित जीवन इसी सुसमाचार का सजीव उदाहरण है— जहाँ आज्ञापालन, पवित्रता और सेवा प्रेम से प्रेरित होकर जीए जाते हैं। मिस्सा के बाद सभी धर्म बहनों को सम्मानित किया एवं उन्हें तोहफा भी दिया गया।

—*हर्षिता जॉर्ज, (संत पॉल पल्ली, दिलकुशा)*

राख बुधवार की विशेष मिस्सा



“तू तो मिट्टी है और मिट्टी ही में फिर मिल जाएगा”। उत्पत्ति 3:19 अर्थात् राख यह याद दिलाती है की शारीरिक जीवन नश्वर है।

18 फरवरी 2026, से ईसाई समुदाय ने विश्व भर में राख बुधवार यानी चालीसा काल की शुरुआत की है।

लखनऊ धर्मप्रान्त के महागिरजाघर में भी शाम 6:00 बजे मिस्सा का आरंभ हुआ। जिसके मुख्य अनुष्ठानदाता लखनऊ धर्मप्रान्त के धर्माध्यक्ष जेराल्ड जॉन मथायस थे। अपने शब्दों में बिशप स्वामी ने राख बुधवार यानी पूरे चालीसा काल को स्पष्ट करते हुए कहा की अधिकतर

समय प्रार्थना में बिताए और कम से कम मोबाइल फोन का इस्तेमाल करे। मन को शुद्ध बनाए और एक सच्चे हृदय से पश्चाताप करे। स्वामी जी ने समझाते हुए कहा जब हम राख माथे पर लगवाए तो अपने सभी पापों को दिल में याद करते हुए सच्चे मन से और पश्चातापी हृदय से आए और कलीसिया के कार्यों को अच्छे मन से करे और दिखावे के कार्यों से दूर रहें। सभी भक्तगणों के माथे पर सभी पुरोहितों द्वारा राख लगाई गई ।

सभी वार्ड इंचार्जों को एक-एक विशेष क्रूस भी दिया गया जिसे वे लोग अपने-अपने वार्ड में हर एक घर में एक-एक दिन भेजे और परिवारजन सब मिलकर क्रूस के सम्मुख अपनी प्रार्थनाएं निवेदित करे। अन्त मे सभी बीमारों के लिए राख भी सभी भक्तगणों को दिया गया और मिस्सा का समापन बिशप स्वामी के विषेश आशीर्वाद द्वारा किया गया।

—*ऐनी लिटिलर, कैथेड्रल पल्ली, महिला संघ*

संत माइकेल चर्च मनकापुर: नये गोटो और नवीनीकृत चर्च का आशीष

9 फरवरी 2026 के दिन संत माइकेल चर्च मनकापुर के इतिहास में, एक नया अध्याय जुड़ गया। इस दिन संत माइकेल चर्च मनकापुर अपने नवीनीकृत गिरजाघर और नव-निर्मित लूर्ड की माता मरिया गोटो के आशीष समारोह का साक्षी बना। यह दिन संत माइकेल चर्च मनकापुर के पल्ली वासियों के लिए, आध्यात्मिक आनन्द और उत्साह का पल था। फादर डेनिस नरेश लोबो, लखनऊ धर्मप्रान्त के विकार जनरल ने अन्य पुरोहितों के संग इस आशीष समारोह में पवित्र मिस्सा बलिदान चढ़ाया। संत माइकेल चर्च मनकापुर के विश्वासियों और धर्म बहनों के साथ-साथ निकटवर्ती पल्लियों के विश्वासियों और धर्मबहनों ने बड़ी संख्या में इस पवित्र मिस्सा बलिदान में भाग लिया।



फादर मरियानुस होरो और धर्म बहनों ने मिस्सा में गीतों का संचालन बहुत सुन्दर और भक्तिमय तरीके से किया। फादर डेनिस ने अपने प्रवचन में लूर्द की माता मरिया से विश्वासियों को अवगत कराया। उन्होंने अपने प्रवचन में ग्रोटो की महत्ता पर प्रकाश डाला। उन्होंने विश्वासियों को बताया कि ग्रोटो प्रार्थना और मनन—चिन्तन करने की पवित्र जगह है। यह ईश्वरीय उपस्थिति और शांति का अनुभव करने की पवित्र जगह है। उन्होंने विश्वासियों को ग्रोटो के पास आकर प्रार्थना करने और अपने अध्यात्मिक जीवन में गहराई प्राप्त करने के लिए प्रेरित किया। अपने प्रवचन के बाद फादर डेनिस ने माता मरिया के ग्रोटो का विधिवत आशीष किया। इस पावन और ऐतिहासिक दिन को सफल और यादगार बनाने में अनगिनत भले और उदार लोगों को फादर असीत डुंगडुंग, संत माइकेल के चर्च के पल्ली पुरोहित ने इस दिन को सफल बनाने में योगदान देने वाले सभी उदार और भले लोगों का धन्यवाद किया।

‘बी.ई.सी का 15वाँ स्थापना दिवस’



22 फरवरी 2026 को बी.ई.सी. का 15वाँ स्थापना दिवस अत्यंत हर्षोल्लास के साथ मनाया गया।

पूजन पद्धति के मुख्य अनुष्ठानदाता अति माननीय धर्माध्यक्ष डॉ. जेराल्ड जॉन मथायस के साथ साथ बी.ई.सी. के निर्देशक श्रद्धेय फादर एल्विन माडथा तथा सहायक निर्देशक श्रद्धेय फादर तितुस टोपनो भी शामिल थे। अति

माननीय धर्माध्यक्ष बी.ई.सी के सदस्यों को संदेश देते हैं “हमें सभी धर्मों के साथ मिलकर प्रेम और एकता के साथ रहना चाहिए, हमें क्षमाशील, दयावान, विनम्र और करुणामय बनना है। सेवा एवं दान के द्वारा अपने जीवन में आगे बढ़कर समाज में एक मिसाल प्रस्तुत करना है।”

पूजन पद्धति के पश्चात् नृत्य बाईबल जुलूस के साथ पवित्र बाईबल का प्रतिस्थापन अति माननीय धर्माध्यक्ष के द्वारा किया गया। मूक बाधिर बच्चों के द्वारा प्रार्थना नृत्य से कार्यक्रम का शुभारंभ किया गया जो सराहनीय थी। दीप प्रज्वलित की गई, तत्पश्चात बी.ई.सी. के सातों चरणों को लघु नाटिका द्वारा प्रस्तुत किया गया ताकि प्रभु के वचनों को दैनिक जीवन में लागू

कर सकें। इसी के साथ अति माननीय धर्माध्यक्ष के द्वारा अंतिम प्रार्थना एवं आशीर्वाद के साथ समारोह का समापन किया गया।

– एंजिला नायर, BEC सचिव

Thanks giving Holy Mass on the occasion of Elevation of Servant of God Joseph Panjikaran to ‘Venerable’ by Pope Leo XVI



The Medical Sisters of St. Joseph expressed their heartfelt gratitude to God for the elevation of their Founder, Fr. Joseph Panjikaran, to the title of ‘Venerable’ by Pope Leo XVI. This recognition stands as a testament to his inspiring legacy, heroic virtues and committed service.

A solemn celebration was held on 15th February 2026 at Lucknow Cathedral. The Eucharistic Celebration was officiated by Most. Rev. Gerald John Mathias, Bishop of the Catholic Diocese of Lucknow, along with 40 priests. Parishioners from St. Joseph's Cathedral, NithyaSahaya Mata Church, St. Fidelis Parish Aliganj, Holy Family Parish Gomtinagar and little Flower Syro-Malabar Mission Uttretia participated in the celebration. Religious men and women of the diocese as well as the students and staff of MSJ institutions were also present at the solemn occasion.

Before the commencement of the Holy Eucharist, the Bishop honoured Venerable Joseph Panjikaran with a garland as a mark of respect and reverence. Sr. Dhanya MSJ then, presented a brief history of our Reverend Founder Father, along with an overview of his spirituality to the gathering.

On this gracious occasion, the Bishop highlighted the 14 heroic virtues of Venerable Joseph Panjikaran, as recorded in the book written by Sr. Dr. Benjamin MSJ. He exhorted the faithful to embrace these virtues in their lives and to pray earnestly that Venerable Joseph Panjikaran may soon be beatified and canonized in the Catholic Church. A short video presentation depicting the life sketch of our beloved Founder Father was screened.

Soon after the Mass, all the priests and religious gathered at the St. Francis School Auditorium for the ceremonial function. The joyful occasion began with the lighting of the ceremonial lamp by those who had rendered tireless service for the cause of Venerable Joseph Panjikaran. Sr. Nithya, the Provincial Superior, then honored the Bishop and the dignitaries with mementos of Venerable Joseph Panjikaran. The formees of MSJ presented a meaningful dance depicting the life and mission of their Founder, Venerable Joseph Panjikaran. The fraternal gathering concluded with the singing of our Dharmani Anthem.

– Sr. Simi Maria MSJ

AS HIS TIME DRAWS NEAR

We have entered into the hallowed Season of Lent. Jesus already seems to be a popular and sought-after figure by the end of His first year of ministry. He approaches the people and teaches them the things of God. These are simple folk, open and unprejudiced. He deals with them with tenderness and compassion, touching and healing the sick among them. His evident power adds credibility to His words, and they look on Him with awe, as a Prophet sent to them by God.

But the leaders of the people are not so welcoming. He seems to be toppling over their traditions, misleading the crowds, even calling Himself the *Son of God*. His miracles baffled them. From where did He get all that power? Their envious minds decided that it must be from Beelzebul.

Their resistance does not stop Jesus. He continues His mission and chooses disciples to help Him. He must get them ready to take over. He lets them see that He has power even over the forces of nature and over death itself. He had to push Himself forward, despite the haunting presence of the scribes and Pharisees. They kept following him everywhere, not to listen to Him, but to oppose Him.

All those three years were a constant struggle. The shadow of the Cross seemed to follow Him everywhere. Yet Jesus went on. It is in this stage of His arduous ministry that we follow Him now. How much are we a part of His docile listeners, trying to understand and imbibe His values? Or are we more like the curious passers-by, who stop for a moment to see what the commotion is all about, and then decide to move on to wherever they were going? Are we mere onlookers or unconcerned about Him and all He stands for?

Let us use this precious time to take Him seriously, to listen to Him as He speaks in the depths of our hearts. We are no strangers to Him. He knows us better than we know ourselves. Jesus spends a lot of time with His disciples. He reveals to them the Father, the Father's Will regarding Him ... and them. He lets them have a glimpse of His Glory in the *Transfiguration*.

Then one day, He declares that He is going to Jerusalem. His disciples surely did not catch what He was hinting at. After all, it was time for the Passover. They went, together with hundreds of other pilgrims. But Jesus seemed to have an intensity that was not usual. He knew what He was going to endure there. Perhaps His humanity recoiled at what He seemed to expect. Yet He did not flinch. He went on – firmly, resolutely, to *drink the cup that His Father was offering Him*.

Let us spend this month in His company, close to His heart. Let us feel its vibrations. We have gone through these rituals year after year – reading the story as if from a story book. This time, let us read it from His demeanour – His total docility in whatever the Father was offering Him. Let us behold His acceptance of His disciples in their slowness of heart, their perplexity, their weakness, their ambitions! He was indeed alone – none of them could really understand.

Follow Him now, every step of the way – our Saviour, the Lamb of God without blemish, being driven towards the Mount of Sacrifice.

- Sr. Esme da Cunha fdcc

CBCI STATEMENT**37th General Body Meeting of the Catholic Bishops' Conference of India (CBCI)**

A call to live our identity as authentic Christians and responsible citizens of India

We, the 202 Bishops of the Catholic Bishops' Conference of India (CBCI) who gathered together for the 37th General Body Meeting held from 4 -10 February 2026 at St. John's Academy of Health Sciences, Bengaluru, prayerfully reflected on the theme "*Faith and the Nation: The Church's Witness to India's Constitutional Vision.*" In the present socio-cultural and political scenario of our country, we discern how important it is to renew our commitment to the message of Jesus Christ and also to the guiding principles enshrined in our Constitution.

1. Proud Indians and authentic disciples: We are grateful to the Almighty for our wonderful nation, where our Christian community co-exists amidst people of various cultures, languages, and religious traditions. With joy and hope, we contribute to India's growth, harmony, and unity, and cherish the freedom to practice our faith. However, alongside growth and aspiration, we witness rising inequality, ecological degradation, misinformation, polarization, and anxiety about identity and belonging. In this context, the Church is expected to offer a mature, hopeful, and credible public witness, as we are called by our Lord to be "the salt of the earth" and "the light of the world" (Mt 5, 13-14).

We are urged to stand ever more steadfast in our Christian identity, drawing strength from our rich spiritual heritage. Each time our faith is questioned, or our Christian way of life is confronted, we are presented with a providential moment to deepen our relationship with Christ, who unfailingly grants us the grace needed to persevere (Cf. 2 Cor. 12:9). Instead of being silenced or withdrawing from our mission, we are urged to live our Christian identity with courage and conviction, so that the fragrance of Christ (Cf. 2 Cor. 2:15) may permeate every aspect of society, inspiring hope and promoting unity among all peoples.

2. Safeguarding Constitutional values: Genuine Christian living inspires us to be law-abiding citizens who promote peace and defend human rights. Fidelity to the Constitution of India flows from our Christian faith and our commitment to the common good, freedom of conscience, the dignity of every person, and the protection of India's plural, secular, and democratic character. The socially uplifting initiatives of the Church spring from our deep rootedness in Christ and our faithfulness to the Constitutional values. We encourage all the faithful to continue participating actively in nation-building, guided by truth, compassion, and moral courage.

At a time when freedom and human rights are increasingly disregarded, we reaffirm our faith in the Constitution of India which envisions our country as "a sovereign socialist secular democratic republic" which secures to all its citizens

“justice, liberty, equality, and fraternity” (Cf. *Preamble to the Indian Constitution*). When ever Constitutional rights are unjustly restricted, particularly concerning the poor, the marginalised, the Dalit and tribal people, it is important to advocate for the protection of fundamental rights for all individuals, regardless of caste, creed, and language. The denial of rights to Dalit Christians continues for decades as an indirect form of discrimination, despite numerous appeals for equality and justice. We express our concerns about the denial of rights to the minorities, as such acts weaken the democratic fabric of our society. While maintaining our commitment to eliminate any type of discrimination existing in the ecclesial communities based on caste or language, we urge the Government to ensure that no citizen is denied of fundamental rights of equality and freedom.

As many innocent individuals are incarcerated based on unfounded allegations of forceful religious conversions, wrongfully and there peeling of legislations which are inconsistent with religious freedom and right to privacy. Article 25 of the Constitution guarantees that, “all persons are equally entitled to freedom of conscience and the right to freely profess, practice, and propagate religion”. Let us remember the great example of Mahatma Gandhi whose entire life was for forming “an India in which the people shall feel that it is their country, in whose making they have an effective voice, an India in which there shall be no high class and low class of people” (*Young India*, 10-9-31, p. 255).

3. Development of leadership among the youth: We give special attention to young people, who face uncertainty due to unemployment, migration, digital vulnerability, and social pressures. They look not only for opportunities, but meaning and moral direction. We continue our commitment to accompany youth through leadership formation, civic education, and ethical engagement and encourage them to participate actively in public life and democratic processes. It has become the need of the hour that our youngsters, as exemplary Christians and as responsible citizens of India, actively engage in politics as a vocation to service.

4. Option for the poor: We reaffirm the vital role of Christian educational and social institutions in forming conscience, and ethical leadership. Academic excellence must be inseparable from inclusivity, justice, and a preferential option for the poor. We uphold the vision set by Pope Leo XIV: “Wherever access to education remains a privilege, the Church must push open doors and invent new pathways because to ‘lose the poor’ is to lose the very meaning of the school” (*Drawing New Maps of Hope*, 2025). While acknowledging the immense contributions of our church to wards the betterment of the poor and the marginalised, we realise that the forms of poverty also get diversified as plurality of deprivations, “where the lack of a voice is ten more devastating than the lack of bread” (*Dilexite*, 1.14). We pledge to undertake more endeavours to uplift the poor through our faith communities and institutions. We also acknowledge that the Church’s moral credibility in society is inseparable from justice, transparency, accountability, and ethical governance within her own institutions.

5. Dialogue and reconciliation: In a context of polarisation and mistrust, we maintain the Church's calling to foster dialogue, reconciliation, and fraternity. The Christian faith has always inspired us to seek the way off or giveness when ever we have been deprived of human dignity and rights. We take upon sustained inter-religious dialogue and civil-society engagement, standing in solidarity with all those who face injustice or exclusion, and working together for peace, social harmony, and the protection of human dignity.

6. Rooted in Christ and faithful to the Constitution, we recommit ourselves to be a Eucharistic presence in the heart of the nation - serving the common good with humility, courage, and wisdom. Entrusting our mission to the guidance of the Holy Spirit and seeking the maternal protection of Mother Mary, the Queen of Peace for our country, we move forward in solidarity with all people of goodwill, working for a just, inclusive, and fraternal India. *"Hope does not disappoint us"* (Romans 5:5).

VENERABLE JOSEPH PANJIKARAN: A LEGACY OF COMPASSION IN ACTION

Venerable Joseph Panjikaran (1888–1949) stands among the remarkable missionary priests of India whose life embodied the seamless union of contemplation and compassionate service. Born on 10th September 1888 in Uzhuva, Kerala, into a deeply faith-filled Christian family. Joseph was formed from childhood by a strong spiritual environment that nurtured prayer, discipline, and devotion to God. Early personal tragedies, including the loss of his mother and siblings to cholera, profoundly shaped his sensitivity toward human suffering. These formative experiences awakened within him a lifelong commitment to serve the sick, the poor, and the abandoned.

Gifted intellectually and spiritually, Joseph pursued higher education with distinction and became the first Syrian Catholic from India to obtain a Master's degree in History. Despite promising secular opportunities, he discerned a deeper call to priesthood and dedicated his life entirely to God's service. Ordained a priest in 1918 for the Archdiocese of Ernakulam, he embraced his vocation with a profound spirit of obedience, humility, and missionary zeal. His priestly ministry soon expanded beyond parish boundaries as he encountered the harsh realities of poverty, illness, and social marginalization in society.

Fr. Joseph Panjikaran possessed a visionary understanding of evangelization rooted in concrete acts of compassion. He believed that the Gospel must be proclaimed not only through words but also through healing and service. His pastoral experiences revealed the urgent need for organized healthcare for the poor and vulnerable. Inspired by this conviction, he founded Dharmagiri Hospital in 1934, establishing a centre where all people, irrespective of caste, creed, or social status, could receive compassionate medical care. For him, every patient was an image of the suffering Christ, and medical service became a sacred expression of faith - Gospel in action.

Recognizing the need for dedicated personnel to sustain this healing mission, he founded the congregation of the Medical Sisters of St Joseph in 1944. Through this congregation, he institutionalized a holistic approach to mission that integrated professional healthcare, spiritual care, and evangelization. The sisters were formed to serve with competence, humility, and deep faith, reflecting his conviction that medical ministry is a powerful expression of Christian witness. His missionary approach transcended religious and social boundaries, reaching people of all communities with respect, dignity, and love.

At the heart of Venerable Joseph Panjikanan's life was an intense interior spirituality. His devotion to the Eucharist, meditation on Scripture, and surrender to the Divine Will sustained his tireless mission. Known for his humility and simplicity, he never sought recognition or personal honour, considering himself merely an instrument of God's mercy. His obedience to ecclesial authority, his compassion for the suffering, and his unwavering trust in divine providence marked his life with heroic virtue.

He passed away on 4 November 1949, leaving behind a legacy that continues to inspire generations. Today, he is remembered as a mystic in action, a pioneer of compassionate healthcare ministry, and a model of priestly holiness. His life demonstrates that authentic evangelization flows from a heart deeply united with God and committed to the service of humanity. Venerable Joseph Panjikanan remains a shining example of how faith, when expressed through love and service, can transform both individuals and society.

– Sr. Bhajana MSJ

LENT : THE SEASON TO REPENT



It is said that Jesus carried our sins on cross and he suffered for us. But today can anyone do like this for us like he did? Answer is obviously no. Being walking thirsty and hungry, getting mocked and what not he did for us.

Lent is a time where we can reflect on ourselves, on the cross which he carried and what we did against him. Its like we often get angry, do not listen and get ourselves indulged in this worldly things. Let us all utilize this time by praying, fasting, forgiving, getting apart from worldly things etc. John 3:16 says "For God so loved the world that he gave his only son for whoever believes in him shall not perish but have eternal life." Let us follow this blessed verse and pray to God for eternal life not only for us but also who are in most need.

Harshita George
(St. Paul's Church, Dilkusha)

धर्म प्रान्तीय नियम-2026

प्रायश्चित्त कानून— कलीसिया हमेशा ख्रीस्तीय विश्वासियों को पश्चताप के संकेत और दिल की गहराई से परिवर्तन के रूप में प्रायश्चित्त करने के लिए प्रोत्साहित करती है। चालीसा काल में तपस्या के संबंध में कैनन 1251 कहता है कि वर्ष के सभी शुक्रवार मांस से परहेज किया जाना। कैनन 1253 के विशप सम्मेलन में यह मांस की परहेज करने की आवश्यकता को प्रायश्चित्त के अन्य रूपों से बदलने की अनुमति देता है।

यह विधान या कानून 17 फरवरी 1966 के प्रेरितिक संविधान "पेनिटेमिनी" के अनुसार है। सुसमाचार में प्रभु की शिक्षाओं और कलीसिया के प्रायश्चित्त कानून को ध्यान में रखते हुए मैं, लखनऊ धर्मप्रान्त में सभी ख्रीस्तीय विश्वासियों को निम्नलिखित नियमों का ईमानदारी से पालन करने के लिए आमंत्रित करता हूँ:

1. **उपवास और परहेज के दिनों में:** राख बुधवार, 18 फरवरी, 2026 और पुण्य शुक्रवार 3 अप्रैल, 2026, और इसके अलावा हमारे धर्मप्रान्त में चालीसे के सभी शुक्रवार को उपवास और परहेज रखने का सुझाव दिया जाता है। धर्मप्रान्त में वर्ष के सभी शुक्रवारों को मांस से परहेज किया जाना चाहिए। 14 वर्ष की आयु से परहेज अनिवार्य हो जाता है, और अट्ठारह से 60 वर्ष की आयु तक उपवास अनिवार्य हो जाता है। (कैनन-1252)।
2. **प्रायश्चित्त के दिन-वर्ष** सभी शुक्रवार, चालीसा काल और आगमन काल के दिन। चूँकि इन दिनों कोई व्यक्ति उपवास और परहेज करने के लिए कानून द्वारा बाध्य नहीं है, इसलिए उन्हें प्रायश्चित्त कार्य को पूरक के रूप में लेना चाहिए। प्रतिस्थापन निम्नलिखित भक्ति प्रथा एवं अच्छे कार्यों या इन्हीं कार्यों में से एक हो सकता है।
 - (a) पवित्र मिस्सा बलिदान में भक्तिभाव के साथ भाग लेकर सहयोग करना।
 - (b) चर्च जाना।
 - (c) यूखरिस्तीय आराधना करना।
 - (d) पवित्र परमप्रसाद ग्रहण करना।
 - (e) क्रूस रास्ता पढ़ना।
 - (f) दान देना।
 - (g) गरीबों से मिलना।
 - (h) बीमारों से घर या अस्पताल में मिलने जाना।
 - (i) बाईबल या आध्यात्मिक पुस्तक पढ़ना।
 - (j) पारिवारिक रोजरी करना।
 - (k) फिल्में देखना, धूम्रपान करना, शराब पीना, मनोरंजन और विलासिता के ऐसे अन्य साधनों से दूर रहना।
 - (l) बीमारी और पीड़ा को धैर्यपूर्वक सहना।
 - (m) दया के अन्य दैहिक कार्यों में संलग्न होना।
3. **पल्ली पुरोहितों या पुरोहितों की सामान्य शक्तियां प्रतिस्थापन वितरित करने के लिए लागू रहेंगी, पहले मामले में भी।**

4. पास्का जिम्मेदारी को पूरा करने का समय राख बुधवार यानी 18 फरवरी, 2026 से शुरू होता है और पवित्र त्रित्व के रविवार, 31 मई, 2026 को समाप्त होता है।

5. **हुक्म के दिन:** कैनन 1246 में रविवार के अलावा हुक्म के दस दिनों का प्रावधान है। भारत में, क्रिसमस और स्वर्गारोहण पर्व को पहले से ही हुक्म पर्व के रूप में मनाया जाता है।

तीन पर्व : प्रभु प्रकाश का पर्व, मसीह का स्वर्गारोहण और येशु ख्रीस्त के शरीर और रक्त का पर्व, रविवार को स्थानांतरित कर दिया गया है। **अन्य पाँच महापर्व:** मरिया, ईश्वर की माँ; निष्कलंक गर्भागमन; संत जोसेफ; प्रेरित संत पेत्रुस और पौलुस; सभी संतों के पर्व को भारत में हुक्म पर्व के रूप में नहीं मनाया जाता। इसलिए सभी रविवार, क्रिसमस (25 दिसंबर) और धन्य कुंवारी मारिया का स्वर्गारोहण (15 अगस्त) भी हुक्म के दिन जब सभी ख्रीस्तीय लोगों को मिस्सा बलिदान में भाग लेने के लिए बाध्य किया जाता है।

मिस्सा बलिदान में सहयोग करने का दायित्व तब भी पूरा होता है जब कैथोलिक संस्कार में मिस्सा चढ़ाया जाता है, या तो पवित्र दिन पर या उसकी पूर्व संध्या पर (शाम 4.00 बजे के बाद)।

जो व्यक्ति पहले ही पवित्र परमप्रसाद ग्रहण कर चुका है, वह उसी दिन एक बार फिर से युखरिस्तीय समारोह में भाग लेते समय इसे ग्रहण कर सकता है (कैनन 917)। अन्य शब्दों में, जो व्यक्ति दो या तीन मिस्सा बलिदान में भाग लेता है, उदाहरण के लिए सभी मृत विश्वासियों के दिन पर, वह दोनो मिस्सा बलिदान में परमप्रसाद ग्रहण कर सकता है।

मिस्सा प्रो पोपुलो: पल्ली पुरोहित सभी रविवार और हुक्म पर्व के पवित्र दिनों पर उन्हें सौंपे गए लोगों के लिए मिस्सा बलिदान चढ़ाने के लिए बाध्य हैं (सीएफ. कैनन 534)।

निम्नलिखित चंदा सभी चर्चों और धार्मिक संस्थानों में उल्लेखित दिनों पर एकत्र किया जाना चाहिए और क्यूरिया को भेजे जाने चाहिए:

- सेमिनरी फंड: हर महीने का पहला रविवार
- पवित्र बच्चों के लिए (फरवरी का दूसरा रविवार) 08.02.2026
- पवित्र भूमि के लिए (गुड फ्राइडे) 03.04.2026
- भूखमरी और बीमारी के खिलाफ अभियान के लिए – चालीसा काल
- सेंट पीटर, द एपोस्टल की सोसाइटी के लिए – 28.06.2026
- होली सी (यूनिवर्सल फेथ) के रखरखाव के लिए – 12.07.2026
- युवा फंड: युवा और बुलाहट रविवार– 23.08.2026
- सेंट पीटर का समर्थन – 13.09.2026
- मिशन संडे – 18.09.2026
- धर्मप्रान्त में गरीब और विकलांग बच्चों के लिए – 08.11.2026
- कम्युनियो इंडिया – 14.12.2026
- प्रो अफ्रिस (आउटरीचिंग) – क्रिसमस काल।

वर्ष के अन्य रविवारों और हुक्म पर्वों पर, चंदे के संबंधित चर्च के रखरखाव के लिए लिया जाना चाहिए।

सी.बी.सी.आई. ने भूखमरी और बीमारी के खिलाफ अभियान के लिए पूरी दुनिया के कैथोलिकों के साथ मिलकर चालीसा काल को अलग रखा है। क्यूरिया द्वारा पल्ली और संस्थानों से प्राप्त सभी योगदान कैरिटास इंडिया को भेजे जाने हैं।

धर्मप्रांत में निम्नलिखित चर्चों को तीर्थस्थल घोषित किया गया है।

सेंट जोसेफ कैथेड्रल, हजरतगंज
नित्य सहाय माता चर्च, गौराबाग
सेंट जॉन द बैपटिस्ट चर्च, ककरहा

सेंट जूड्स चर्च, मोहनलालगंज
अवर लेडी ऑफ फातिमा चर्च, गोंडा
शांति दिवस: 30 जनवरी

विशेष रविवार:

Laity Sunday – 18 जनवरी 2026
पवित्र बचपन – 6 फरवरी 2026
महिला रविवार – 8 मार्च 2026
न्याय रविवार – 16 अगस्त 2026
बालिका दिवस – 8 सितंबर 2026

स्वास्थ्य रविवार – 8 फरवरी 2026
लोकधर्मी रविवार – 28 जून 2026
युवा और बुलाहट रविवार – 23 अगस्त 2026
चर्च यूनिटी ऑक्टोव – 18 से 26 जनवरी (वार्षिक)

Yours sincerely in Christ,



+ Gerald John Mathias
Bishop of Lucknow

ST. JOSEPH, THE GUARDIAN OF OUR REDEEMER

The Church celebrates the feast day St. Joseph, the spouse of the Blessed Virgin Mary and the foster-father of Jesus on 19th of March. His important mission in God's plan of salvation was "to legally insert Jesus Christ into the line of David from whom, according to the prophets, the Messiah would be born and to act as his father and guardian. ***He is the patron and protector of the universal family of the Church.***

Joseph was a man who gave to God the greatest proof of his trust in all of history when he heard his messenger, the angel, say to him: "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her" His high privilege is expressed in a single phrase, "***Foster-father of Jesus.***" We ask the Lord to protect the Church always which He always does! And St. Joseph indicates how faithfully he too placed himself at the service of God's plan of salvation and fulfilled his high trust of protecting and guarding God's greatest treasures upon earth, Jesus and Mary.

He was a loving father who taught Jesus how to walk, holding Him by the

hand. Jesus saw the tenderness of God in Joseph, who knew how to view life with faith and hope because in the midst of storms, God remained steadfast at the helm of the course of his life. He was an example of an obedient father at the moment of the Annunciation of the Lord. Jesus also absorbed this filial “submission” to God from Joseph. Joseph is presented as someone who is respectful and sensitive, capable of placing Mary’s dignity and life above everything else, even above his own reputation. Joseph accepts that everything is guided by God’s providence to which we reconcile ourselves to God’s plan. ***This is Christian realism: to accept, to welcome God into our own personal life by learning how to welcome and accept everyone we meet.***

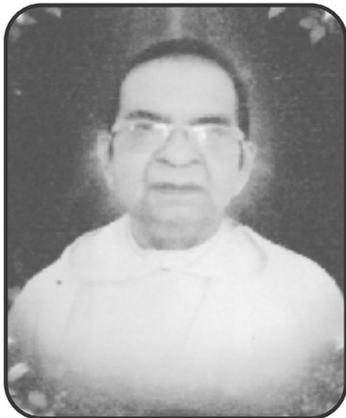
He was also a creatively courageous father wherein difficulties never stopped the boldness and tenacity of this just and wise man in whom God trusted, just as He trusted in Mary. This is how we see in Joseph the Guardian of the Holy Family: first of his family in Nazareth, and today, of the Church. Saint Joseph’s work recalls that Jesus, the Son of God-made-Man did not disdain manual labor as work guarantees human dignity. He was a Father in the shadows who introduced the Son of God to life’s experiences and realities: not holding Him back, not confining Him, not possessing Him, but fostering His capacity of making choices, His freedom, eventually letting Him leave home. ***The logic of love is always the logic of freedom.***

Apart from being the patron of the Universal Church, he is the patron of the dying for a happy and holy death as Jesus and Mary were at his death-bed. He is also the patron of fathers, expectant mothers, all categories of workers and social justice. Many religious orders and communities are placed under his patronage for people who are in doubt, hesitation and troubles.

We are also appreciated by God if we find ourselves to be ordinary ‘hidden’ as we too can be vital to play an incomparable role in the history of salvation. ***Faith in God includes believing that He can work even through our fears, our frailties, and our weaknesses.*** He also teaches us that amidst the tempests of life, we must never be afraid to let Him steer our course setting aside disappointments and to embrace the way things are with hope and courage. ***We then become open to a deeper meaning and our lives can be miraculously changed.*** God is greater than our hearts as He can make flowers spring up from stony ground. We should therefore ask the Lord for the grace to dream and to be open to God’s dreams and this quiet humility teaches us to make room in our hearts for Christ. Thus, ***the faithful are urged to “Go to Joseph”*** in times of difficulty and to seek his intercession for grace and courage.

-Rajesh Rodricks, Infant Jesus Parish,

**OBITUARY IN RESPECT TO OUR BELOVED BROTHER: REV.
BR. JOHN LEWIS, OFM CAP. [HENRY JOSEPH LEWIS]**



Rev. Br. John Lewis, a Capuchin friar of the St. Fidelis Province, North India, Lucknow. The Lord called him to Himself on 14th February at 7.30 p.m., after a long life of generous service to God and His people. He was born on 15th July 1941 in Sashtan, Udupi District, Karnataka, into a deeply Catholic family as the son of Paul and Apolina Lewis, and was nurtured in the faith of St. Antony's Parish, in the Diocese Udupi. Responding generously to God's call, he entered the Capuchin way of life with vespation on 14th May, 1962. He made his temporary profession on 16th May, 1963 and his perpetual profession on 16th May, 1966, totally consecrating his life to the Lord in the spirit of St. Francis of Assisi. He was ordained a priest on 27th November 1969. Br. John was a man of prayer, wisdom and dedication whose life touched many hearts. Early in his ministry, he pursued higher studies, completing his M.A. from Kumaun University and B.Ed. from Aligarh Muslim. As Rector of St. Lawrence Seminary in Agra (1978-1982) and later as Principal at Capuchin Ashram, Agra (1982-1987), he formed many young minds and hearts, combining discipline with fatherly care. He served the Order and the Church in numerous responsible roles over the years.

Br. John rendered generous service as Vicar and community member in various fraternities, including Jivan Deep, Vinayalaya, Varanasi, and Hartmann Ashram, Bareilly, always ready to support, advise, and encourage. In his later years, he continued his active ministry as Manager of the college and Guardian at St. Anthony Friary, Pokhari/Jamshedpur, from 2023 to early 2025, before serving as Vicar at St. Francis Home, Nainital. Even as age advanced, he remained available and committed fulfilling his responsibilities with quiet faithfulness until the Lord called him home on the evening of 14th February 2026. Today, as we mourn his passing, we also give thanks for a long life spent in the service of God, the Church, and the Capuchin fraternity. We remember him as a devoted son of St. Francis of Assisi, a assiduous teacher and formator, a caring superior, and a humble priest at the altar-of the Lord. His calm exterior, his perseverance in religious life will remain a blessing and a challenge to all who knew him.

We extend our heartfelt condolences to his family members, especially those present here, to his relatives, friends, former students, and to all the brothers of St. Fidelis Province North India, Lucknow who grieve his loss. May the Lord who began the good work in him bring it to completion in eternal life. May Mary, Mother of the Church, St. Francis of Assisi, and all the saints accompany him into the joy of the Father's house. "Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May you Br. John rest in peace. Amen."

The Friars of St. Fidelis Province, North India