

HOLY REDEEMER LINKS

Issue - 8

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From PRINT to PRESENCE

*Rediscovering Our Mission
in a Changing Media World*

There was a time, not too long ago, when content had a physical home. Music lived in CDs. Films were stored on DVDs. Books rested on shelves. Knowledge had weight, texture, and form. To access content meant to possess it. To share it meant to pass it on physically.

Then came the great shift. With the rise of the internet in the late 20th century, the very structure of distribution was transformed. Content was no longer bound to material form. Music moved to digital platforms like iTunes. Films found new life through streaming services. Books became e-books, read on devices rather than printed pages. The world entered a new phase where access replaced ownership, and speed replaced distance. That was the disruption of distribution.

But today, we stand at the threshold of something even more profound. With the emergence of artificial intelligence, it is no longer only the distribution of content that has changed, but the very creation of content itself. Machines can now generate text, compose music, produce videos, and simulate human creativity. What once required time, skill, and experience can now be produced in seconds.

This is not merely a technological shift. It is a human question.

In a world where content is abundant, instantly available, and increasingly automated, we are compelled to ask: what does it mean to communicate truth? What does it mean to be human in a space where even creativity can be replicated?

And more importantly for us: what does this mean for our mission?



DIRECTOR'S MESSAGE

Fr. Charles Vijay Kumar, C.Ss.R.

A Mission Reframed, Not Replaced

As Redemptorists, our mission has never been tied to a medium. It has always been tied to a message. We are called to proclaim the Good News “to the whole creation.” That call remains unchanged. But the ways in which we live that call must continually be rediscovered.

For generations, print media has been one of our most powerful tools. Books, magazines, pamphlets, and pastoral writings have shaped consciences, formed families, and accompanied believers in their journey of faith. So the question arises: in a digital and AI-driven world, why return to print?

The answer is simple, but not easy. Because the challenge today is not the absence of information, but the overwhelming excess of it. We are no longer searching for knowledge. We are searching for clarity. We are no longer struggling to access content. We are struggling to discern what is true. We live in a time where truth competes with half-truths, where authenticity is often masked, and where voices are many, but wisdom is scarce. The real crisis is not information, but formation. Not access, but discernment.

And this is precisely where our mission finds renewed urgency.

Print as Pastoral Presence

In this context, print is not outdated. It is intentional. A well-curated magazine is not just content. It is discerned content. It is prayerfully chosen, pastorally guided, and spiritually grounded. It invites not just reading, but reflection. It slows

the reader down. It creates space for encounter. It becomes, in a real sense, a companion. It is in this spirit that we have taken a bold and hopeful step: the revival of our publication ministry through the launch of Liguorian Magazine, now renewed as Liguorian International.

Liguorian International: One Faith, Many Voices

The story of Liguorian is not new. It is deeply rooted in mission. What began in 1913 as a simple pastoral initiative by Redemptorist priests to accompany the faithful has grown into a trusted voice of Catholic teaching and reflection. It was never merely a publication. It was, and remains, a pastoral instrument, a printed pulpit through which the Gospel is shared with clarity and compassion. Today, that same spirit takes on a new form.

Liguorian International is not an export of one culture to another. It is an exchange. It is a global collaboration where the richness of the universal Church finds expression in local contexts.

Drawing from a strong theological and pastoral foundation, each region adapts and contextualizes the content to speak directly to its people. It becomes, as we might say, both universal and local at once, a truly “global” mission that carries one faith through many voices.

This initiative responds directly to the reality of our time. People today are not just looking for information. They are searching for meaning. They are navigating confusion, fragmentation, and often spiritual loneliness. In such a landscape, a trusted Catholic voice becomes not just helpful, but necessary.

A Ministry for Families, A Voice for Formation

We firmly believe that there remains a deep and urgent need for a family-centered Catholic publication. Even in a world saturated with digital media, families continue to seek guidance. Parents look for ways to form their children. Individuals seek clarity on moral and pastoral questions. Communities desire resources that speak to real life with faith

and wisdom.

A magazine, both in print and digital form, can still serve this need in a unique way. It can enter homes regularly. It can become part of family life. It can shape conversations. It can gently but powerfully form conscience. Liguorian International is envisioned precisely as such a companion, one that supports families, strengthens faith, and offers pastoral clarity in a complex world.



From Local Initiative to Global Mission

What is especially significant about this moment is that this is not merely a revival; it is a reimagining. In a time when many publishing houses across the world are closing due to lack of resources and personnel, we are choosing a different path. We are choosing collaboration over isolation, co-creation over competition, and mission over maintenance.

We are bringing together strengths across regions, sharing resources, and building a model that is sustainable, scalable, and deeply missionary. What has begun in one context is not meant to remain there. The vision is global. Liguorian International is already reaching beyond borders, and we believe it will continue to grow as a shared platform for Redemptorist media ministry across continents.

Toward a New Era of Evangelization

We do not see print and digital as opposing forces. We see them as complementary. Print offers depth. Digital offers reach. Creative media offers engagement. Together, they form a powerful ecosystem of evangelization.

As Redemptorists, we are called not to retreat from the changing media landscape, but to enter it with discernment, creativity, and courage. Just as St. Alphonsus used every available means of his time to preach the Gospel, we too must use every available means today. This is not about preserving the past. It is about proclaiming the Gospel ever anew.

A Word of Gratitude and Hope

This new chapter would not be possible without the dedication and vision of our publishing team, our collaborators, and all those who believe in this mission. With gratitude, we present to you this renewed ministry. With hope, we look toward the future. And with faith, we continue the work entrusted to us, to proclaim the Good News in every possible way, to every possible person. As we journey through this new chapter of our media mission, we do so in the light of Easter, the great proclamation of newness. The Resurrection of Christ is not merely an event of the past, but a living reality that continues to renew, restore, and reorient our world. In a time marked by noise, confusion, and overwhelming information, the risen Lord offers clarity, truth, and life in abundance. It is this new life that we seek to share through Liguorian International, a life that reaches into homes, strengthens families, and forms hearts in faith. Just as the empty tomb became the beginning of a new mission for the Church, so too we believe that this renewed ministry, in print, digital, and beyond, is our humble participation in that same mission of bringing hope, renewal, and the Good News to all.



FROM THE FIRST EASTER TO TODAY: WOMEN AT THE FOREFRONT OF THE MISSION



Asst. DIRECTOR'S MESSAGE
Fr. Sandeep Menezes, C.Ss.R.



*From the very beginning:
without women, there is no Church.*



THE LEADING WOMEN OF A NORTH-EAST INDIAN DIOCESE

Three years ago, I accompanied a young team of YOUCAT India missionaries to Tura Diocese in Meghalaya to animate a catechesis workshop for a large group of “Touring Sisters.” These religious women, from different congregations, travel from village to village in the Garo Hills, preaching the Gospel, preparing adults for the sacraments, and providing education and healthcare to all. Without them, entire communities would be left without pastoral support due to the shortage of priests. These bold, dedicated women remind me that on the first Easter Sunday, the Risen Lord entrusted the Good News of the Resurrection first and foremost to women. St. Mary Magdalene is rightly called Apostola Apostolorum - Apostle to the Apostles. From the very beginning: without women, there is no Church.



JESUS' ATTITUDES TOWARDS

WOMEN

Dr. Jennifer Miller, a moral theologian who has taught human sexuality at Notre Dame Seminary in New Orleans and researched the intersection of gender and culture from a Christian anthropological framework, observes in her book *Woman and Man He Resurrected Them* that Greek philosophy before Christ struggled to see difference between men and women as compatible with equality. Into this confusion, she writes, “the Redeemer of woman and man erupts. Beginning His public ministry with the wedding of Cana, Jesus Christ is the Bridegroom who constantly forms His disciples in a new understanding of sex and gender.”

Jesus was not shaped by public perception or political correctness. He taught women publicly when rabbis refused to do so (Lk 10:39). He defended a woman caught in adultery from public shaming, exposing the hypocrisy of her accusers (Jn 8:7). He revealed his identity as Messiah first to a woman (Jn 4:25-26). He publicly affirmed the bleeding woman whom culture had declared unclean (Mk 5:34). In short, Jesus treated women as equals in human dignity. He did so consistently, boldly, and at personal cost.

EQUALITY AND DIFFERENCE

Yet Jesus' radically egalitarian approach did not prevent him from acknowledging that men and women are different. In Matthew 22, the Sadducees test Christ's teaching on the Resurrection by presenting a case of a woman who marries seven brothers under levirate law, asking whose wife she will be in the afterlife. Jesus exposes their ignorance of Scripture and the power of God, de-

claring: “At the resurrection they neither **marry** nor **are given in marriage** but are like the angels in heaven.” (Mt 22:30)

Commenting on this, Dr. Miller reflects: “The Word made Flesh declares that the human person will be resurrected as embodied. The intimate unity of body and soul, and thus the male-female difference, is eternally part of who the human person is. This is made clear by the phrase ‘marry,’ referring to men, and ‘given in marriage,’ referring to women.”

In Jesus' attitude toward women, we find neither a denial of difference nor a denial of equality. What we find instead is a healing of the wounds of the Fall. These are wounds that not only severed humanity's communion with God, but ruptured the trust between man and woman, replacing it with manipulation and domination. After the Redemption won by Christ, difference is no longer grounds for unfair comparison or conflict. It becomes an invitation to complementary respect and mutual relationship. We notice this pattern in all the biblically documented interactions that Jesus had with women.

POPE LEO XIV ON WOMEN IN THE CHURCH

At the opening of the Jubilee of Synodal Teams and Participatory Bodies on October 24, 2025, Pope Leo XIV drew laughter and applause recalling how he once asked his mother whether she wanted equality with men. She replied: “No, because we’re already better.” He was clear that this was not a joke but an affirmation of women’s distinctive gifts. It was a recognition that women are not to be measured against men but celebrated on their own terms.

Leo also warned that cultural barriers in many parts of the world still prevent women from assuming their rightful roles, noting that “there are cultures where women still suffer as if they were second-class citizens.” The Church’s task, he said, is to transform those cultures according to Gospel values.

This challenge cuts in two directions. In many parts of India and the Global South, the subordination of women seeps into the Church without critique. In Western cultures, an uncritical individualism erodes healthy sexual differentiation in the name of equality. In both cases, and for opposite reasons, men and women are isolated from each other, conditioned to relate only as objects of desire or competition rather than as subjects of love. This prevents us from being open to chaste friendship (as with Jesus, Mary, and Martha) or lifelong sacred union in marriage (as with Priscilla and Aquila, missionary partners of St. Paul) as the case may be. On the cultural level, catechetical and dialogical formation of young people within the Church may be the key to making public spaces more women-friendly and societies better ordered to promoting the healthy bonds within marriage and family.



HOLY ORDERS AND LEADERSHIP

The recent Popes have been firm in reserving Holy Orders to baptized men, while equally condemning clericalism. This amounts to the reduction of leadership to ordained ministry alone as contrary to the Gospel (Mk 10:43; Mt 20:26). Pope Leo has acknowledged that the question of women deacons remains open and complex, while warning against the temptation to simply “clericalize” women rather than genuinely recognize their unique gifts.

The Magisterium reminds us that Jesus, for all his prophetic counter-culturalism, chose twelve men as his Apostles and not out of fear of cultural backlash, but as a deliberate theological act. One might venture this analogy: just as in the order of nature every human being is born through a woman, so in the order of grace, every human being is reborn in baptism through an ordained man. Mother Mary is not in competition with Jesus Christ. Women and men are not in competition - they are complementary and indispensable to the plan of God for Redemption.

Conclusion

What is needed today is a Church that proactively promotes women to different levels of leadership, embodying the truth that the leading women of the Gospels were just as constitutive of the early Church as the Apostles were. The Touring Sisters of Tura Diocese are a living sign of this. If we are to proclaim the Peace of the Risen Christ in the Mystical Body, we must find creative ways, as the Church has always done, to keep women at the forefront of Christ’s mission, exactly as it was from the very first Easter morning.

Regional Radio Station



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Holy Redeemer Radio, a transformative ministry of the Holy Redeemer Foundation and Redemptorist Media Center, is powerfully expanding the Church's digital mission through its dedicated broadcasting platforms in Kannada, Tamil, and Telugu. Rooted in the Redemptorist vision of "Preaching the Gospel Ever Anew," these language-based channels bring Christ's redeeming message directly into homes, communities, and personal spaces through contemporary media. By offering prayer services, Holy Mass, Scripture reflections, devotional music, catechesis, pastoral guidance, and spiritually enriching programs, Holy Redeemer Radio serves as a vibrant instrument of evangelization for diverse linguistic communities.

Through its Kannada, Tamil, and Telugu services, the ministry addresses the spiritual hunger of millions who seek accessible, faith-filled content in their mother tongue. This multilingual outreach has immense missionary significance as it strengthens family prayer life, nurtures youth, encour-

ages vocations, supports migrants, reaches the elderly, and connects geographically distant believers to the life of the Church. In regions where physical pastoral access may be limited, digital radio becomes a vital channel of formation, consolation, and evangelization.

Beyond devotional broadcasting, Holy Redeemer Radio has the potential to make profound inroads into social transformation by addressing justice, moral values, mental well-being, interreligious harmony, and community development through a Gospel-centered lens. It bridges cultural and linguistic divides while preserving local spiritual identity. As digital communication increasingly shapes society, Holy Redeemer Radio stands poised to become a leading Catholic missionary voice, carrying hope, truth, and redemption to future generations.

Official language platforms:

- Kannada: Pavithra Rakshakara Radio
- Tamil: Meetpin Osai Radio
- Telugu: Holy Redeemer Telugu Radio


Holy Redeemer Radio is building a multilingual digital missionary movement for the Church of tomorrow.



- Fr. Vijayanand CSsR



Tamil Radio


மீட்பின் ஓசை தமிழ் ரேடியோ

Holy Redeemer Tamil Radio LIVE

 **Thanthaiye un kaiyil**
Unknown

 0:00 

 SONG HISTORY  REQUEST SONG

 PLAYLIST

திகைல் ஸ்டூடியோஸ் மற்றும் ஸ்போன்சர்

[View Full Schedule](#)

மீட்பின் ஓசை தமிழ் ரேடியோ நிகழ்வுகள்

6:00 AM

காலை 6:00
மூவேளை ஜெபம்

6:30 AM

காலை 6:30
இன்றைய விவிலிய சிந்தனை

7:00 AM

காலை 7:00
ஜெபமாலை

Zealous Hearts



This insightful, interesting and inspiring series gives a glimpse into the Calling, and the immediate and continued response to it, by the Redemptorist Fathers.

Hosted by the charming Ms Marella Fernandez, the conversation with Fr. M.A. Joseph C.Ss.R. was steered to give us an understanding of the deep rooted spirituality of Fr. Joseph, a priest for 28 years and a powerful preacher. His visual impairment since the past 15 years, has not in any way diminished his faith, but through prayer, has actually strengthened his

devotion to God's Word. With touching simplicity, Fr. Joseph spoke about his vocation which was a result of a strange comment by his mother and a chance meeting with a Redemptorist priest, He recalled the days in the Seminary as being happy and free, and appreciated the constant support he gets now, to carry on his preaching ministry. To him, Christianity is a relationship with God our Father, and not a religion. The Word of God is the bridge to our Father; discipline and

faithfulness in all things big and small, is what keeps this bridge hinged and strong. To those who are desirous of joining the priesthood he says, “Keep that desire burning!”

The episode hosted by Mr Sunil Victor was one of happy sharing by Fr. James Kumar C.Ss.R. Between smiles and laughter, the viewers were drawn into the early calling of Fr. Kumar, into priesthood - right from grade 4 when he started serving as an altar boy - to his unwavering path to Ordination, 20 years ago. He has been inspiring school children and the youth, working in parishes and continues his preaching. He served as the Assistant Parish Priest of Holy Ghost Church and is currently pursuing PhD research. Crediting his current abilities as a preacher to the formation in the Seminary, he says it “embraces and transforms you”. With disarming candour, Fr James recounted the temptations he encountered, the human frailties he had to overcome and explained how prayer and the Word of God helped him remain steadfast and true to his faith and vocation. He has just one word for those who are discerning their vocation “Come”. “When the Lord calls you, keep your hearts and minds open, and come”.

Marella’s conversation with Fr Assisi Saldanha C.Ss.R. gave the viewers an insight into Father’s 50 years of priesthood. His vocation came early enough, but he joined the seminary after completing his college studies; those college years crystallized his vocation. Fr. Saldanha never stopped studying. He immersed himself in Scripture studies and earned a doctorate. The preaching of the Redemptorists is what drew him into priesthood and he fully utilized the opportunities he was given to add

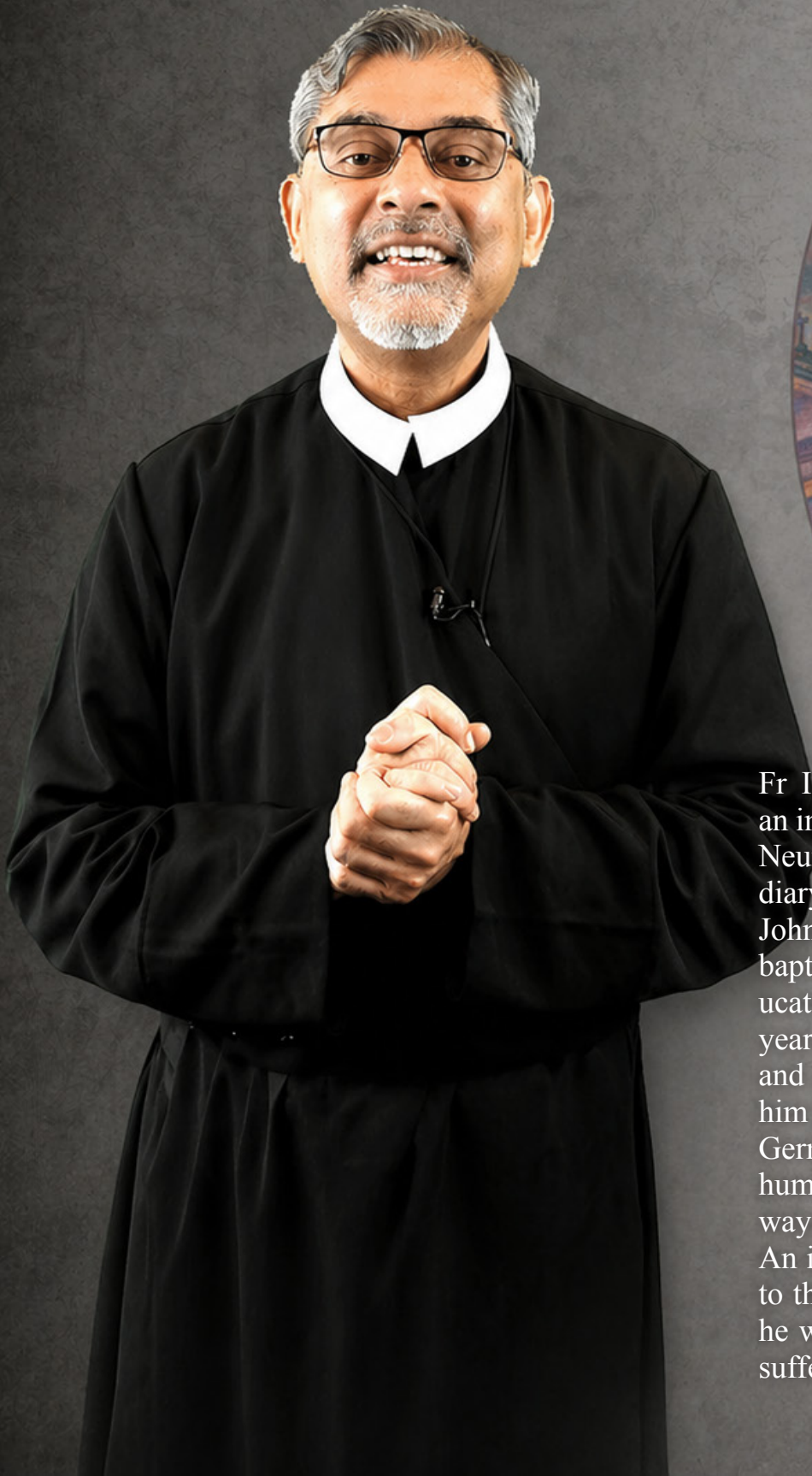
depth to his teaching and preaching for the past 30+ years. Fr. Saldanha, who is widely acclaimed as a Scripture scholar and a brilliant theologian, does not stop with lofty discourses. With quiet dignity, he maintains that a priest has to walk the talk, and reach out to people with warmth and caring. This is only possible by absorbing the spirit of Jesus, which is love and service.

Fr Antony Frank C.Ss.R. recounted to Marella with great joy, his journey from getting his vocation at an early age, receiving support from family and even from his friends who belonged to different faiths. He landed at the Redemptorist door through the guidance of a diocesan priest. Early struggles were overcome with support from within the seminary; language barriers were broken and he went on to Rome for higher studies. A priest now for 16 years, Fr. Frank teaches Church History, preaches Missions and even translates Scripture to Tamil, for better accessibility. Priesthood for him means living for others, acting as God’s instrument. To those receiving a call to priesthood, he says “Don’t let your call get drowned by the noise of the world and its expectations, just say, ‘Yes’ and allow God to work in you”.

These 4 episodes have given us an understanding of the happy zeal of the Redemptorist Fathers in fulfilling their mission.

TRIDUUM

Saint John Neumann



Fr Ivel Mendanha, C.Ss.R. presented an inspiring insight into the life of John Neumann from excerpts of his personal diary.

John Neumann born on 18 March 1811, baptized in the village church, was educated in the town school from age 6 years. He was studious, hardworking, and loved reading. His mother called him “my little bibliomaniac.” He spoke German, and reflected the qualities of humility, simplicity, and leadership, always serving others.

An immigrant from Bohemia, he came to the US in 1836. On leaving France, he wrote to his parents: ‘The Cross of suffering must become a part of my

life, but that is not easy, it involves hard work struggle against odds, and sacrifice.' In Philadelphia, he travelled on horseback to the distant countryside, facing harsh realities of loneliness, cruel winters, embracing the cross, and befriending German immigrants. Later, he was ordained a Redemptorist, and enjoyed community life.

In 1852, he became the 4th Bishop of Philadelphia appointed by Pope Pius IX. Called 'Little Bishop,' he derived inspiration from uttering – 'Passion of Christ strengthen me.' He spent his life serving German, French, Czech, Irish and Hungarian immigrants proclaim-

ing the good news through missions, catechesis, building churches, schools, and asylums for the abandoned. Neumann founded the first Catholic Diocesan school system in the US. He was best known for his pastoral and educational work.

We have much to learn from the Little Bishop who spent 24 of his 49 years as an outstanding missionary serving plentiful redemption. Neumann was an extraordinary human being, true to his Redemptorist mission. Pope Benedict XV gives a glowing account of his saintly life. Neumann was canonized in 1977, and is the only male US citizen to be named a saint. We seek Neumann's intercession on his feast - 5th January 2026.



Teach us to **Pray** Season 3

As Fr. Gary Lauenstein C.Ss.R. puts it, we are students in the school of prayer. This season, we explore the simplicity of prayer in communion with God through four tenets: Mental Prayer, Journaling, Meditating with a text and Centering. Acknowledging the presence of God through praise and adoration, we engage in dialogue with God, our Salvation.

Many saints followed one of these methods. Mental prayer could be practised anywhere, anytime - even while sipping a hot coffee. We can spend time with God and converse in prayer. We are reminded of the 'Our Father' and how a conversation on these two words could lead us into the realms of divinity. Through the practice of Journaling, we



revisit our written conversations with the Lord. At times, we may forget, but a journal helps us begin again from where we left off.

Later episodes speak of St. Alphonsus' technique, with a chart guiding our preparation, meditation, and a conclusion-thanking God for the graces received. 'Lectio Divina' meditating with a text-strengthens our dependence on God and how repentance with reflections on scripture can stir emotions through the words we read.

These mindful and subconscious discourses with God lift our spirits and deepens our friendship with Him. We are reminded of personal prayers and chats with our Friend, who is always there to listen. Seeking the Holy Spirit to prompt us and thanking God for His grace remain central. This year, the series promises ways to pray using simple formats that suit us best.

Novena to Our Lady of Perpetual Help



The Novena to Our Lady of Perpetual Help was prayerfully celebrated at Holy Ghost Church from 16 to 24 January 2026, culminating in the solemn feast on 25 January. This cherished devotion has drawn millions of faithful across the world ever since Pope Pius IX entrusted the famous icon to the Congregation of the Most Holy Redeemer in 1866, with the mandate to "make her known."

The mission of the Holy Redeemer Foundation - to "Preach the Gospel Ever Anew" through social communications - echoes this call of Pope Pius IX. In this way, the Novena becomes a Marian expression of proclaiming the Gospel ever anew, drawing people to encounter Christ through the loving intercession of His Mother.

The celebrations began with a vibrant and prayerful opening: Rows of priests and seminarians led the float of Our Lady of Perpetual Help, followed by the tapestry, as showers of yellow flower petals filled the air and throngs of the faithful gathered in devotion. The flag hoisting by Most Rev. Dr. Arogyaraj Satish Kumar, Auxiliary Bishop, marked the formal inauguration of the Novena, followed by the celebration of the Holy Eucharist.

A synopsis of the teachings over the 9 days, preached by Fr. George Puthenpura C.Ss.R:

- Day 1 - God's love is revealed through Christ and Mary. Following St. Alphonsus Liguori, we must embrace Mary's intercession with childlike faith.
- Day 2 - Marian dogmas were clarified, distinguishing Catholic and Protestant views while affirming Jesus as sole mediator and Mother Mary as intercessor.
- Day 3 - Mother Mary's examples of mercy and maternal care were highlighted, illustrating how she addresses human needs through service and intercession.
- Day 4 - Fr. George contrasted the Immaculate Conception's purity with modern societal trends, using Theology of the Body to promote human dignity.
- Day 5 - Mother Mary models prayer through the Annunciation, exemplifying a life defined by an intimate relationship with God, thanksgiving, and powerful intercession.
- Day 6 - Building domestic churches requires the Holy Family's values: unfading faith, unity during family crises, and unending love through shared suffering.
- Day 7 - Reflecting on the rich young man (Mark 10:17), Fr. George highlighted Mary as a refuge who gently leads repentant sinners toward Jesus' mercy.
- Day 8 - Reflecting on the journey to Emmaus (Luke 24), Fr. George explained that God allows suffering not as punishment, but for purification, sanctification and developing compassion for others.
- Day 9 - Like Ruth, Mary gathers abandoned souls, serving as a hopeful bridge between sinners and Jesus throughout life and at death.

The feast day brought the Novena to a joyful culmination, as the hopes and intentions of the faithful were placed at the altar during the Eucharistic celebration.

The Novena remains a living expression of faith, reminding us that through Mary's intercession, God's help is truly perpetual.

Heart Rock Cafe



Heart Rock Cafe

Episode 4 of Heart Rock Cafe Season 2 explores a topic many of us face- “Busy, Blessed, Burnout.” The guests, Freddy and Neethy Joseph, are an enterprising married couple and experienced corporate professionals. They share honest insights on juggling career, marriage, and faith amid the pressures of urban life.

The episode raises important questions: How do we balance work, family, and faith without burning out? Is constant busyness truly a sign of God’s blessing? Hosts Noel Shaji and Marella Fernandez guide the conversation with warmth and relevance.

We are reminded that being busy doesn’t automatically mean success or spiritual alignment. Freddy experienced burnout in 2023 within just four months. Realizing he couldn’t continue, he stepped away, trusting that God would provide. Within two months, he found a new role where he now works with contentment. He emphasizes that prioritizing prayer and Scripture have brought peace to his life.

Neethy shared that structuring life’s challenging areas with God at the center is key. Simple practices, such as reading the Bible, help her return to a place of inner stillness. She notes that balance comes from prioritizing faith, being honest about our limits, and allowing ourselves true rest.

In Episode 5, hosts Noel Shaji and Anastasia explore the beautiful yet challenging reality of multifaith friendships with eminent guests Lawrence and Lerin. In today’s often divided world, this theme feels especially relevant. While we don’t choose friends based on faith, such friendships often lead us to reflect more deeply on our own beliefs and identity.

Meaningful friendships require us to listen attentively and take time to understand others. Differences-especially around religion-are inevitable. However, agreement on every issue is not necessary. In such situations, respectful dialogue becomes essential. Time and trust are the foundations that sustain these friendships.

The key takeaway is simple: “Don’t build walls-build bridges.” Speak the truth, but do so with sensitivity, recognizing that each person is on their own journey of discovering truth.



REDEMPTORIST

Online Lenten Mission

2026



With



Fr. Rakesh Mathias C.Ss.R.

Fr. Lawrence A. C.Ss.R..

Lent is a special time for Redemptorists. All across the globe, this is when many Redemptorists travel to conduct Lenten popular parish missions. Keeping in mind the pastoral needs of home-bound, elderly, and busy Catholics who may not be able to visit their parishes, the Redemptorist Media Center, India, hosted an online Lenten Retreat on its Holy Redeemer YouTube channel from 22 to 28 February. Aably led by Rev. Fr. Rakesh Mathias and Rev. Fr. Lawrence A., the seven-day retreat saw thousands of people log in to participate.

The retreat started powerfully with Fr. Lawrence inviting the online participants to slow down, step back from the hubbub of modern-day life; hear the Lord's invitation to stillness so that we could encounter His presence, hear His voice, and rediscover His peace. The reflection reinforced the importance of Lent being a time of grace, healing, and spiritual transformation.

On the second day, Fr. Rakesh led participants through a powerful contemplation of the Holy Name of Jesus; he reminded us that the name of Jesus is not just a word we speak- it is salvation, healing, authority, mercy, and hope.

On day three of the online Lenten Retreat, Fr. Lawrence led a session for married couples, helping them remember and renew their covenantal bonds before God. Today, when so many relationships are tested and families face uncertainties, Fr. Lawrence reminded participants on Jesus' exhortation on the holiness of marriage which is witnessed by God Himself.

Day four saw Fr. Rakesh lead attendees into a heartfelt reflection inspired by the parable of the Prodigal Son, highlighting the importance of genuine repentance and reconciliation.

On the fifth day of the Lenten Mission, Fr. Lawrence led a reflection on personal and family commitments to living a faithful Christian life in a world increasingly filled with distractions. He highlighted the importance of Lent being not only a season of prayer and fasting but also a time to renew our commitment to Jesus Christ by being careful in our daily choices.

Fr. Rakesh led participants through the Stations of the Cross inspired by At. Alphonsus Liguori and St. Thomas Aquinas on the sixth day. Father helped us meditate at each station on Christ's suffering and death on the Cross; how He continues to nourish us with His presence and grace. The prayerful, profound, Lenten Retreat concluded with Fr. Lawrence reflecting on our Blessed Mother Mary's exhortation: 'Do whatever He tells you.' (John 2:5) The timeless instruction of our Lady of Perpetual Succour, holds good for all of us in times of uncertainty, stress and woes. Fr. Lawrence reiterated that through her intercession, we grow in faith, humility and a deeper love for Christ.

On each of the seven days of the Redemptorist online Lenten Retreat, the Adoration of the Most Blessed Sacrament concluded the prayerful hour. Those who participated in the retreat were left feeling renewed in hope. Many online participants expressed thanks to the preachers for their spiritual wisdom, to Redemptorist Media Center for making these resources available and ultimately for the Redemptorist charism which inspired the missionaries to prepare us to continue our Lenten practices in the joy-filled knowledge that our God, the Redeemer, Christ Himself, loves us, guides us and is always with us.



BRAIN PICKERS

Fr Charles Vijay Kumar C.Ss.R., Founder-Director, Holy Redeemer Foundation, in conversation with Fr. Santosh Dias, National Secretary of CBCI (Catholic Bishops' Conference of India) Commission for Health.

It is a matter of awe that Catholics who form just 1.57% of the population of India, are yet the most significant contributor to the health industry, second only to the Government.

Fr. Dias traced the history of how healthcare came to be synonymous with the Church, becoming in the process, “another way of proclaiming Christ to the people”. Catholics run health centers and hospitals pan India, with

some hospitals over 250 years old. They have blazed a path with their Community based models and Institutional models even when faced with the challenge of balancing service with the financial constraints of modernization.

85% of healthcare institutions run by Catholic Religious are situated in rural areas, catering to the poor, abandoned and marginalised. These are mostly run by religious Sisters; 1,000 are

doctors while 30,000 are trained nurses. Initially run independently, health institutions were brought under the aegis of the CBCI Office in 1989, so that now “all healthcare activities in India are animated, motivated and coordinated by this office”. To the Church in India, healthcare is “not just a ministry but an Apostolate...that has contributed towards Nation building”.

The Church’s vision for the future is collaboration and partnership with the Government, Corporates and other Christian Denominations, in all areas of healthcare. The challenge is to maintain the Catholic “synodal way of approach...with Gospel values and Gospel identity”.



Fr. Sandeep Menezes C.Ss.R., in conversation with Anisha Lingham, President and Carol Beck, VP Vocations, of Serra Bangalore

With the threat of diluted faith due to media distractions and evolving career options across the universe, the labourers for spiritual harvesting have been dwindling at an alarming rate.

Taking to heart the late Pope Francis’ advice: “Vocations are born in prayer and from prayer and only in prayer can they persevere and bear fruit”; the Serra Club focuses on precisely that - praying constantly and urging others to do the same, for Priestly and Religious Vocations.

Since its inception in Chicago in 1935, Serra, a non-profit, lay organisation now present in 30 countries across the globe, have expanded their programmes to include presentations for high school students, at summer camps for children and at Altar Servers’ Camps; Speaking to Formators from different congregations and motivating youngsters at Vocation Camps and at Minor Seminaries. Programmes are varied and differ according to the needs of the country and region.

For the Bangalore chapter, the highlight of their year is the exciting Bible Quiz for high school students with a Rolling Trophy, cash prize and participation prizes.

Serra Club is now poised to open in several other cities in India. All that is required to start a club are 25 like-minded people, a Chaplain or Religious for spiritual guidance and registration with the Diocese.



Fr. Sandeep Menezes C.Ss.R. in conversation with Jimmy & Kimberly Xavier, Missionary Families of Christ.

This extraordinary couple spearhead a passionate, evangelistic lay missionary ministry in the Church, where the baptised are awakened to their core Catholic responsibilities. It is based on Jesus' model of Servant Leadership.

The Mission came from the Phillipines to India in 1985 and is currently active in 35 diocese across our country. Its 12,500 members comprising youth, singles, couples and families aim to integrate their lives with the Mission's four part Charter: Focus on Holiness Through Prayer, Focus on Family, Focus on Formation and Discipleship and Active Witnessess of Christ .

The Xavier couple, who have been married for 18 years and have five children,

were drawn to the movement "to meet the hunger that couples had to give meaning to their lives". They believe that evangelization begins in the home. Through the actual living and sharing of their personal experiences, struggles and victories, they have fittingly answered sceptics about the value of marriage in today's context.

"Our goal", says Kimberly, " is to raise saints and become saints ourselves"; clarifying that it means fully living your Catholic values in the profession to which God has directed you.

Juggling a job in corporate technology and his role as Country Servant for the Mission, Jimmy works tirelessly to "Live Christ, Share Christ".

We echo Fr. Menezes when he says to this amazing couple : "May your tribe increase!"



Ageing gracefully

A talk show for Evergreens

"Planted in the house of the Lord... They will still yield fruit in advanced age; They will be full of sap and very green." - Psalm 92:13-14



AGEING GRACEFULLY

Episode 36 - Intelligent Nutrition Planning for the Elderly

Anchor: Fr. Juventius Andrade, C.Ss.R.

Panelists: Dr. Maria Archana, Consultant Geriatrician at Bangalore

Baptist Hospital

Sheba Suchitra, Counselling Psychologist

Ageing Gracefully highlights the painful issues associated with ageing, mining the wisdom of professionals in the field, to reach concrete and practical solutions.

This episode vindicates the adage: “You are what you eat”; where nutrition can affect the physical and psychological wellbeing of senior adults.

Detailing the science behind food consumption, Dr. Archana took us on a “guided tour” of food through the digestive system. She explained the causes of indigestion, demystifying heartburn, gastritis and constipation.

Counsellor Suchitra adroitly connected the dots between food and mental health when she said, “food is an emotion for all of us”. Depression and anxiety is expressly related to the quantity and quality of cuisine, she believes, correctly terming it “a balancing act”.

Diets for healthy Seniors and those with co-morbidities was discussed in detail, emphasising that a healthy diet activates “Brain-Gut communication”.

The importance of family interaction was discussed, where a simple shared meal “can nourish the spirit”, negating the feelings of isolation and worthlessness, contributing to a healthy mind and body.

Caregivers were challenged to identify negative thought and behavioural patterns and to take concrete steps to rectify these, focusing on communication and patience.

Fr. Andrade concluded by reminding us of the symbolism and importance of the Eucharistic Table at which we nourish body, mind and spirit. “The closer we are to God, the closer we get to one another”, he said.



TRIDUUM

ST. CLEMENT MARY HOFBAUER



Animated By: Fr Ivel Mendanha C.Ss.R.

The Triduum for St Clement Mary Hofbauer was celebrated by Fr.Ivel.Mendanha from the 12th to the 14th and culminated in the Feast on 15th March 2026

Fr Ivel's powerful preaching bore witness to the immense love and admiration the Redemptorists hold for St Clement,who they consider their inspiration in carrying out their mission

Day 1 dwelt on St Clement as a Servant Leader,his leadership like Christ was rooted in humility and service of others and not from wielding authority. This is possible only with love and compassion,patience and empathy and in proactively reaching out a helping hand-just the way St.Clement did.

The theme for Day 2 was Integrity and Fidelity, Faithfulness to the Mission with no compromises whatsoever.Living in difficult times then,this strong conviction in his beliefs and his courage in expressing them,makes St Clement a leader worthy of emulation.

On Day 3, Fr.Ivel drew our attention to The Cross and Suffering in the life of a Servant Leader,who is only answering the call given by Jesus, "Take up your Cross and follow me".The Cross manifests in physical suffering,mental turmoil facing rejection,ridicule and ingratitude,yet,to stand strong and not succumb is possible only when Jesus is our focus,our refuge ,our rock,and the life of St.Clement is a true manifestation of this.

The Feast joyfully celebrated the leadership of St Clement as an apostle,who gave himself completely to the mission of preaching the Good News,to peoples of all ages,all beliefs,belonging to all strata of society.His preaching was a practical expression of reaching out with pastoral care,constantly redefining approaches to suit the times.

In the times that we are living in today,the preaching at the Triduum,would find resonance in people struggling to be faithful to their own mission in life.



Blessed Bonds: *The Family Faith Game Show*

“Blessed Bonds,” a faith-filled family show, returned with a refreshing Episode 03-complete with a vibrant twist and fresh new faces.

The series creates joyful and meaningful moments that bring families together. In the process, both adults and children deepen their understanding of Scripture while learning about stronger family bonds through shared experiences.

In this engaging and interactive game show, families answer questions based on the Catholic faith and the Bible, sharpening their knowledge of important aspects of the faith while growing together spiritually.

Fr. Sandeep Menezes, C.Ss.R., beautifully hosted the show, keeping the key

theme, “Self-Giving Love,” alive throughout the episode with warmth, clarity, and thoughtful reflections.

The episode welcomed the Immanuel family and the Anton family as featured guests. It began on a lively note, with each family member introducing the others—an engaging way to understand their unique bonds.

“Blessed Bonds” comprises several rounds, including Multiple Choice, Bible Unscramble, Spinning the Wheel, and Bible Search, each designed to test knowledge while encouraging teamwork and participation.

Each family reflected on how members share responsibilities and contribute to the household. The show highlighted acts of kindness, empathy, and sacrifice, reinforcing core family values.

The teamwork displayed by both families was commendable. The challenges they faced showed that collaboration, communication, and compromise are essential for a happy and healthy family life.

The rounds also highlighted simple yet meaningful gestures—helping, listening, and encouraging—that reflect self-giving love in everyday life.

The Anton family emerged as the clear winners of Episode 03, while the Immanuel family put up a spirited fight.

The series has also resonated with online viewers, who continue to share heartfelt and encouraging comments.

RMC Programmes

Scan the QR codes to watch each playlist on YouTube and stay connected with RMC's inspiring content throughout the week.



Ageing Gracefully
Our Mouth
A Gateway to Health

A thoughtful series on growing older with faith, dignity, and joy. Each episode offers practical guidance, wellness tips, and spiritual reflections to help seniors and families navigate life's changes with hope. Listen for conversations that encourage gratitude, resilience, and meaningful relationships at every stage of the journey.



SCAN TO WATCH



Heart Rock Cafe
Season II

Heart Rock Cafe is a youth-focused podcast that speaks honestly about real-life challenges—pressure, relationships, studies, social media, and doubts—and how to face them with faith. Through conversations, reflections, and practical takeaways, it helps young people stay rooted in Christ, make wise choices, and grow in hope and courage.



SCAN TO WATCH



BRAIN PICKERS

Brain Pickers is an insightful, conversational series that “picks the brains” of Church and faith leaders who are making a difference. Through interviews and stories, it highlights their mission, the social impact of their work, and practical ways to serve. A great listen to discover ministries, ideas, and inspiration for everyday faith.



SCAN TO WATCH



Zealous Hearts

A Redemptorist Calling (Zealous Hearts) shares vocation stories from the Congregation of the Most Holy Redeemer. Priests and religious reflect on how God has guided their journey through challenges, callings, and moments of grace. A thoughtful series for anyone praying to discern their vocation and respond generously to God's invitation.



SCAN TO WATCH

Watch all Programs on
www.youtube.com/@theHolyRedeemer

Redemptorist Publications India



We are glad to introduce the new team of Redemptorist Publications India, building on the continuing work of the Redemptorist Media Centre. This includes our publishing ministry such as Breaking the Word – Redemptorist Mass Companion, our newsletter, website management, and the creation and editing of digital and text-based content.

The new team brings together renowned writers, experienced journalists and editors, and creative designers. Together, we will take up new projects, including the development of online programs for faith formation, in partnership with Liguori Publications in the U.S., as well as resources for spiritual direction and personal spiritual growth. Made up of both staff and volunteers, this team marks a new beginning for Redemptorist Publications, serving not only the Church in India but the wider global Christian community.



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