



Our Founder
Servant of God
Peter Mermier

Missionaries of Saint Francis de Sales



Our Patron
Saint
Francis de Sales

Fransalian

Times USA

(Fransalians)

Building People & Building Communities

**Welcome and Blessings to the Present
Vice Provincial, Fr. Tomy Joseph
Puliyannampattayil, MSFS**



*Thanks to both of you
for your leadership!
May the Lord bless
you both with grace,
wisdom and strength
from above to do the
right thing for the
good of the confreres
and the glory of God*

**Thanks and Blessings to the
Previous Vice Provincial,
Fr. Augustine Tharappel, MSFS**



**The second Vice Provincial Congress will be held on
August 22 – 26, 2016 at Montserret Retreat House Lake Dallas, TX**

The Theme for the Vice Provincial Congress is:

**FRANSALIANS FORWARD FRONTIERS:
MEN OF MISSION AND VISION WITH COMPASSION**

This theme is chosen in the spirit of the General Chapter 2013 of the Missionaries of St. Francis de Sales and the spirit of the Universal Church for the current year. It is a challenging invitation for us as Fransalians to go beyond our own little ghettos and reach out to the needy around us and think outside our own tiny boxes to dream and vision for a better, brighter, greater future for our Vice Province, Congregation and the Universal Church. Every Chapter/Congress is a spiritual event in the life of any Province/Vice Province. Let us make it a spiritual experience, a spiritual banquet where we can muster energy and strength for our journey for the upcoming three years as committed missionaries of Saint Francis de Sales. It is also an opportunity for us to plan and program our life and ministry as Fransalians in the United States. The Vice Province requests you to pray for the success of this spiritual event that we will be able to make this a personal experience for creating a living, loving, vibrant community of Fransalian Missionaries in the United States.

Introducing the present Vice Provincial!

Fr. Tomy Joseph Puliyanampattayil, was born as the 5th of seven children to the late Joseph and Rosamma at Kanhirapuzha, (Near Prakash Bhavan Minor Seminary of Nagpur Province Mannarkad) Palakkad district, Kerala, India. After his elementary and high school education he joined SFS Seminary Ettumanoor, and completed his Novitiate at Salesianum and became a religious on December 15, 1986. He pursued his Philosophy at Suvidya College, Regency at St. Aloysius high school Vizag, and Theology in St. Peters Bangalore (Vinayalaya) and was ordained a Priest for the Visakhapatnam Province of the Missionaries of St. Francis de Sales on December 27, 1994.

After his ordination he worked as an Associate Pastor at MSFS Parish Elkathurthy, and Principal and Superior of SFS School, Koratla, Karimnagar AP, Rector and Superior of MSFS Seminary Vadakumchery, Kerala.

He came to the United States on September 30, 2003. He served as an Associate Pastor at Our lady of the Lake Parish Hendersonville, Pastor of Sacred Heart Church and School Loretto, and Pastor of St. Joseph Church and School Madison, in the Diocese of Nashville, Tennessee, where he is currently working. He also serves as the Mission Director of Blessed Mother Teresa Syro-Malabar Mission Church in Nashville, Tennessee, USA.

Fr. Tomy is a Religious for nearly 30 years and a Priest for nearly twenty-two years. He has a Masters in Education and Political Science from Indian Universities and a Masters in Counseling Psychology from Nashville, Tennessee, USA. He is also currently pursuing his Ph.D. in Psychology in the United States. He served as an Advisor to the USA Vice Provincial for a short time, and served as the Director of Formation for the Vice Province.

“Be who you are and be that well” SFS

The Current Status of the MSFS in the United States!

The USA Vice Province of the Missionaries of St. Francis de Sales (Fransalians) came to its formal existence as a Vice Province on July 3, 2013. Fr. Augustine Tharappel was appointed and installed as the first Vice Provincial of the USA Vice Province at Wellspring, White House, Texas. Fr. Tomy Joseph Puliyanampattayil was installed as the second Vice Provincial of the USA Vice Province on July 3, 2016. Currently there are 56 MSFS Priests working in 22 Dioceses spread out in 15 States of the United States of America. There are two types of membership status for the confreres working here in the United States. They are short term members and long term members. Short term members are primarily members of the Province of origin and their major Superiors are Provincials from their Province of origin. They work here for a certain number of years and go back to their Province of origin as per the direction of their respective Provincials. The long term members are those who work here until retirement and their major Superior is the Vice Provincial of the USA Vice Province. When they retire they have the option to go back to India and live out the rest of their² lives or live the rest of their lives here in the United States of America.

Thanking the previous Vice Provincial and the Administration!

The USA Vice Province of the Missionaries of St. Francis de Sales, would like to thank Fr. Augustine Tharappel for his leadership and guidance as the former Vice Provincial of the USA Vice Province. MSFS (Fransalians) have been in the United States for the past five decades. Several Priests have worked in this Country in the pastoral ministry and leadership positions. But Father Augustine has worked in different capacities as the Coordinator, Regional Superior, and Vice Provincial. He has done a great job in establishing the MSFS identity in the United States by serving as Regional Superior and Vice Provincial. He has left his impression in forming and shaping the Vice Province and taking us to the level where we are today.

Dear Fr. Augustine, all the confreres from the Vice Province would like to express our sincere appreciation for your commitment and love to the Congregation and its mission. We do appreciate all that you have done in guiding and leading the confreres and the Vice Province in the past. We assure you of our prayers, support and love. We wish you good health and joy in your continued ministry.

Our heartfelt gratitude and appreciation to the Provincial Administration for their great service to the Vice Province in different capacities.

Thanks to the Provincial Council Members, Fr. Luke Kalarickal, Fr. Joseph Mullakkara, Fr. Santy Kurian, and Fr. Santhiyagu Arokiam for their guidance and leadership in the past. Thanks to Father Joseph Pottemmel for serving as the Provincial Bursar for the past three years.

Thanks also to the Superiors of different Fransalian Communities for their selfless service and commitment to their local communities and the Vice Province. Thank you all!

10 Suggestions to Age Gracefully and Make Life Happy. *Never Say I am Aged.....*

There are three ages, chronological, biological, and psychological. The first is calculated based on our date of birth; the second is determined by the health conditions; the third is how old we feel we are. We don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

Health is important.....If you really love your family, taking care of your health should be your priority., you will not be a burden to them. Have an annual health check-up and take the prescribed medicines regularly.



Money is important.....

Money is essential for meeting the basic necessities of life, and earning family respect and security. Don't live beyond your means.



Relaxation and recreation

The most relaxing and rejuvenating forces are a healthy religious attitude, good sleep, music and laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life.



Time is precious.....

Imagine that everyday you are born again. Yesterday is a cancelled check. Tomorrow is a promissory note. Today is cash - use it profitably. Live this moment; live it fully, now, in the present time



Change is permanent

We should accept change - it is inevitable. The only way to make sense out of change is to join in the dance. Change can bring great joy. Remain open minded, positive and receptive to changes in your life.



Enlightened selfishness.....

All of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But, our focus should be on the internal satisfaction and the happiness we derive by doing good for others, without expecting anything in return. Perform a random act of kindness daily.



Forgive and Forget.....

Don't be bothered too much by others mistakes. For the sake of our own health and happiness, let us forgive and forget. This is how we can grow spiritually.



Everything has a purpose.....

Take life as it comes. Accept yourself as you are and also accept others for who they are. Everybody is unique and is right in their own way.



Overcome the fear of death.....

We all know that one day we have to leave this world. However, we still fear death. We think that our family will be unable to withstand our loss. But the truth is life will go on without you. Your family will grieve; they may be depressed for some time, but time will bring about healing.



It's a bright day! How are you?



"It's bright day! How are you?" People here ask. I didn't know how to respond. I felt funny. I had never heard that greeting. Now I understand the significance of this greeting. Never in my wildest dreams did I think I would be living in this land. A land of ranches and farms along the rolling Flint Hill which winds around lonely roads in the North Eastern part of Kansas, the Heartland of America. I arrived on June 25, 2013 after a year of apprenticeship with the team of local priests in the huge city parish of St. Michael's in Leawood. I was assigned to the independent pastoral administration position in the three small but old rural catholic parishes in the far western boarder of the archdiocese of Kansas City, Kansas. I am so thankful for this blessing! Presently I live in Onaga rectory almost a mile from St. Vincent de Paul's Catholic Church, Onaga. I alone minister to St. Vincent de Paul's, Onaga, St. Patrick's, Corning and St. Bede's, Kelly, KS catholic communities which are of mostly German origin. The farthest parish is St. Bede's Parish which is 30 miles away and the second farthest parish is St. Patrick's which is 21 miles from the Rectory. This gives me a chance to perfect my driving skills along the beautiful landscapes, high ways and county roads that remind me of the prevailing natural season. The Churches are old and elegant, particularly St. Bede's, which is awe-inspiring with a steeple that shoots into the skies. My Spirit comes alive in its sight. Being among farming communities, it is easy for me to remind them of the task of raising souls as they raise their crops. Eucharistic Adoration is the high note of all the three communities. Pastoring these communities is a challenge but also a relief. The challenge is trying to Americanize my simple Indian English accent and vocabulary. It is a humbling experience particularly for one who taught the English language in high schools for the past 22 years. It is a relief because I don't have to worry about anything like I used to in my Indian MSFS Missions.

Although parishioners are always on the run with tight daily schedules, I admire their sense of solidarity with the neighborhood community and their readiness to participate and support the fundraising events and programs to help souls enduring pain and loss. Their generosity towards the neighborhood's welfare is amazing and inspiring. Parishioners often ask me if I have been very busy with the three parishes. I am hesitant to answer. The truth is I feel underemployed. This is a transition time for me. For the past 22 years I have been in the religious community and now I am making a transition to solitary life. There are joys and sorrows. So far so good! Gorgeous Sun! Awesome day! How are you?

- Fr. Mariadas Sesetti MSFS.

Welcome to our MSFS Priests to the State of Kansas!

They are from left to right: Father Prakash Kola from Diocese of Dodge City, Father Sekhar Potnuru and Father Bab Pinninti from the Diocese of Wichita, and Fr Mariadas Sesetti and Fr Maria Anand from the Arch Diocese of Kansas City with Father John Lanzrath on a visitation to the chancery and the Cathedral of the Immaculate Conception.





◆ Once all the villagers decided to pray for rain. On the day of prayer all the village gathered but only one boy came with an umbrella.



◆ When you throw a baby in the air, they laugh because they know you will catch them.



◆ Every Night we go to bed, without any assurance of being alive the next morning but still we set the alarm wake up.



◆ We make big plans for tomorrow in spite of an uncertain future.



◆ We see the world suffering, but still we get married.



◆ An Old Man's shirt had the caption: "I Am Not 60 Years Old.., I am Sweet 16 with 44 years Experience."

Happy Birthdays & Anniversaries

Prayers and best wishes to those confreres who are celebrating their birthdays, feast days, and ordination anniversaries. May the Good Lord watch over you and protect you in every step that you take.

God Bless You!

WHY YOU SHOULD PRAY IN THE MORNING

What is so important about morning prayers?

Prayer in the morning is so important because
you meet God before you meet the devil.

You meet God before you
meet the circumstances of life.

You talk to God before you talk to many people.

You fellowship with God before you
fellowship with other people.

You hear news from Heaven before
you receive any breaking news.

You sit before God before you sit before people.

You kneel before God before you
kneel down before men.

You Honor God before you Honor people.

You get into His Presence before you
get into the presence of people.

You feed your Spirit before you feed your body.

You call Jesus before you call all other small names.

You see Jesus Christ before you
see yourself in the mirror.

You sweep your heart before you
sweep your yard!

Thank you Lord!

*Life is Exp + Exp + Exp
Yesterday was Experience.
Today is Experiment.
Tomorrow is Expectation.
Lets put our Experience in our Experiment to achieve our Expectations*



Walking.....*The best exercise!!!*

Walk Away.....arguments that lead you to nowhere but anger.

Walk Away.....people who deliberately put you down.

Walk Away.....any thought that reduces your worth.

Walk Away.....failures and fears that stifle your dreams.

Walk Away.....people who do not care for you and who are opportunistic.

The more you Walk Away.....*things that poison your soul, the happier your life will be.*

Gift Yourself A Walk Towards Happiness.



Making a Path Way Through the Holy Scripture!

I went to Genesis Hotels through Exodus road. On the way, I saw Leviticus recording the Numbers of people at Deuteronomy, while Joshua was waiting at the beautiful gate for Judges to see Ruth calling loudly "Samuel, Samuel." At a stage, the, first and second Kings of Chronicles were coming to visit Ezra, Nehemiah and Esther for the misfortune of Job their brother. Then they noticed that Mr. Psalms was teaching his children Proverbs concerning Ecclesiastes and Songs of Solomon. This coincided with the period that Isaiah and Jeremiah were engaged in Lamentation for Ezekiel and Daniel their friend. By that time, Amos and Obadiah were not around. Three days later, Hosea, Joel and Jonah traveled in the same ship with Micah and Nahum to Jerusalem. Habakkuk then visited Zephaniah who introduced him to Haggai a friend of Zechariah whose cousin is Malachi. Immediately after the old tradition Matthew, Mark, Luke and John got involved in Acts with the Romans who were behaving like the Corinthians, who were always quarreling with the Galatians. At that time too, the Ephesians, realizing that the Philippians were close to the Colossians, suggested to the Thessalonians that they should first of all see Timothy who had gone to the house of Titus to teach Philemon, his younger brother, how to read and write in Hebrew. On hearing this, James asked Peter to explain to him how the three Johns have disclosed to Jude the Revelation of my journey.

Saint of the Quarter!
Feast September 15



***Mary Mother
of Compassion!
Pray for us***

The title, “Our Lady of Sorrows,” given to Our Blessed Mother focuses on her intense suffering and grief during the passion and death of our Lord. This suffering was not limited to the passion and death event; rather, it also comprises the seven sorrows of Mary foretold by the Priest Simeon who proclaimed to Mary, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted and you yourself a sword will pierce that the thoughts of many hearts may be revealed” (Luke 2:34-35). The Feast day is September 15 and dates back to the 12th century. In 1482 the feast was added to the Missal under the title of “Our Lady of Compassion.” Pope Benedict XIII added it to the Roman Calendar in 1727 on the Friday before Palm Sunday. Focusing on the compassion of our Blessed Mother, St. John Paul II stated, “Mary Most Holy goes on being the loving consoler of those touched by the many physical and moral sorrows which afflict and torment humanity. She knows our sorrows and our pains, because she too suffered, from Bethlehem to Calvary. Mary is our Spiritual Mother, and the mother always understand her children and consoles them in their troubles (1980).” This feast is dedicated to the spiritual martyrdom of Mary, Mother of God, and her compassion with the sufferings of her Divine Son, Jesus. In her suffering as co-redeemer, she shows us the way of true repentance. Let us look to the example of Mary and unite our sufferings to our Lord, facing them with faith, hope, love, dignity and confidence in our Lord’s Divine Will. Mother of Compassion is the second patroness of the Missionaries of St. Francis de Sales. She has a special place in the life of Fransalian Missionaries. Mary Mother of Compassion pray for us!

The seven sorrows of our Blessed Mother

1. *The prophecy of Simeon (Luke 2:25-35)*
2. *The flight into Egypt (Matthew 2:3-15)*
3. *Loss of the child Jesus for three days (Luke 2:41-50)*
4. *Mary meets Jesus on his way to Calvary (Luke 23:27-31; John 19:17)*
5. *Crucifixion and death of Jesus (John 19:25-30)*
6. *The body of Jesus being taken from the cross (psalm 130; Luke 23:50-54; John 19:31-37)*
7. *The burial of Jesus (Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47)*





**LET'S ROOT FOR
EACH OTHER AND WATCH
EACH OTHER GROW!**

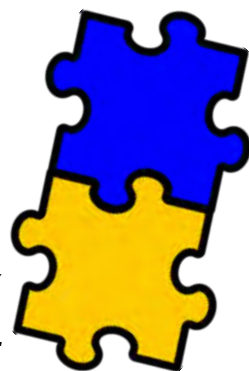
*Alone I can 'Say' but
we can 'talk'.*

*Alone I can 'Enjoy'
but together we can
'Celebrate'.*

*Alone I can 'Smile'
but together we can
'Laugh'.*

*That's the BEAUTY
of Human Relations.*

*We are nothing
without each other.
Connected!!*



*One day I met Money.
I said, You are just
a piece of Paper.
Money smiled and said,
Of course, I am a piece
of paper, but I haven't
seen a dustbin in my life.*

That's Attitude...

Strange But True!!!!

- In spite of so many colors - Black & White is considered Class.*
- In spite of so many voices words & sounds - Silence is considered ultimate.*
- In spite of so much to eat - Fasting is considered healthy.*
- In spite of so much to travel & explore - Meditating under trees & mountains is considered superior.*
- In spite of so much to see - Closing your eyes & looking within is Apex.*
- In spite of listening to all the outside world - Voice from inside You is eternal.*
- In spite of a Sweet charming Life - A Peaceful Soul is Solace & Divine.*

What Time Should You Sleep?

James Pang



Is there a best time to sleep? There is a saying that sleeping early and waking up early is good for your health. How true is that? Is it alright to sleep late and wake up late?

You actually have an amazing biological clock ticking inside your body. It is very precise. It helps to regulate your various body functions including your sleeping time.

From 11pm to 3am, most of your blood circulation concentrates in your liver. Your liver gets larger when filled with more blood. This is an important time when your body undergoes detoxification process. Your liver neutralizes and breaks down body toxins accumulated throughout the day.

If you sleep at 11 pm, you have 4 hours to detox your body.
If you sleep at 12 am, you have 3 hours to detox your body.

However if you don't sleep at this time, your liver cannot carry out this detoxification process smoothly.

What if you sleep after 3am? Unfortunately, you won't have any time to actually detoxify your body. If you continue with this sleeping pattern, these toxins will accumulate in your body over time.

What if you sleep late and wake up late?

Have you tried going to bed very late at night? Did you realize you feel very tired the next day no matter how much you sleep? Sleeping late and waking up late is indeed very bad for your health. Besides not having enough time to detoxify your body, you will miss out other important body functions too. From 3am to 5am, most blood circulation concentrates in your lung. What should you do at this moment? Well, you should exercise and breathe in fresh air. Take in good energy into your body, preferably in a garden. At this time, the air is very fresh and healthy. From 5am to 7am, most blood circulation concentrates in your large intestine. What should you do at this moment? You should eliminate waste. This prepares your body to absorb more nutrients throughout the day.

The most ideal way to start your day.

From 7am to 9am, most blood circulation concentrates in your stomach. What should you do at this moment? Have your breakfast ! This is your most important meal in a day. Make sure you have all the required nutrients from your breakfast. Not having breakfast causes lots of health problems for you in the future. After fully detoxifying your blood during your sleep, you wake up fresh to inhale beneficial energy. Then you pass waste from your large intestine. After that, you take in balanced nutrients to prepare your body for a new day. No wonder people living in villages or farms are healthier. They sleep early and wake up early. They follow their natural biological clock. Living in city, we have more difficulty in following this sleeping schedule. We have good lighting, TV and internet to delay our precious sleeping time.

Follow your natural timetable.

What if you're offered a night shift job? I recommend you to reject it even if the salary is higher. In the long run, you may need to spend more money for your health problems. What if you have an assignment to do until late at night? Well, why not sleep early and wake up earlier to do it? Just shift your work time from late night to early morning. You get the same time. But your body will appreciate it. Try to follow this timing as close as possible. Make it your daily routine.

Good Night.

Triennial Mandatory Meeting 2016

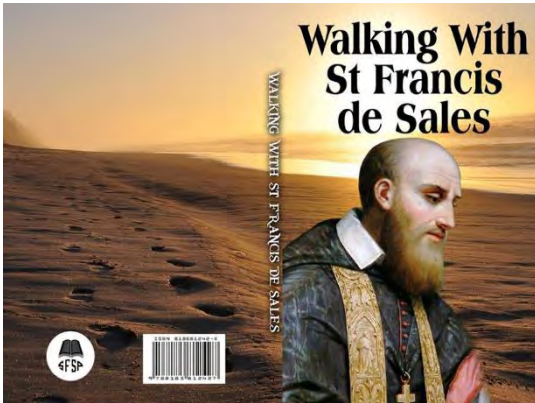
The seven members of the General Curia and all the Major Superiors in our Congregation (representing TEN Provinces and ONE Vice Province) met together as one family of Missionaries of St. Francis de Sales, with our roots in Annecy close to the tomb and relics of St. Francis de Sales. The five-day meeting demonstrated our united and determined efforts to continue the mission of Christ in the charism bequeathed to us by Father Peter Mermier and in the spirit of General Chapter 2013.



Mission Thrust

- Declared the Year 2015 as Year of Consecrated Life for Mission with congregational renewal programs to recapture the missionary spirit and charism of Founder
- Provinces made efforts to open new rural missions
- Certain Provinces made efforts to stabilize African units of their mission with new thrust on frontier missions
- Formation houses started mission oriented conferences, special mission bulletin boards, and sharing of experiences by missionaries which stimulated a few scholastics to opt for missions in Africa
- Mission Development Office has been set up to support our missions through student sponsorship programs, digging-well projects, and submitting projects to funding agencies
- Animation Programs by General Secretary of Mission in the Provinces
- Constant reminders and encouragements given to confreres to move into peripheries of the society in response to the directive of Pope Francis
- Introduced appointment of the newly ordained priests in the missions (non– institutionalized ministries) for a period of three years.

Walking with St. Francis de Sales



The year 2016 marks the 400th year of the publication of the much acclaimed spiritual classic “Treatise on the Love of God” by St Francis de Sales and the year 2017 marks the 450th Anniversary of his birth. “ Walking with St. Francis de Sales,” is intended to give just one thought from the teachings of St Francis de Sales for each day. It is a collection of the teachings of Francis de Sales, culled from various sources such as Introduction to the Devout Life, Treatise on the Love of God, Spiritual Conferences, Letters, Sermons and other sources from the collected works of St Francis de Sales. It is my earnest hope and prayer that the readers would be inspired, enlightened, and enthused by the ever fresh and up-to-date counsels of St Francis de Sales.

PUSH

Pray until something happens!

This Quarterly Newsletter is a project of the Fransalians of USA Vice Province sharing their News and Views of life in the United States.

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