

**Congregation of the Sisters of St. Ann
International Seminar of Ongoing Formation
Turin-Rome, 10 August – 30 August 2017**

“Rekindle the gift of God that is within you!” (2 Tim.1:6).

PROGRAMME

10 August - Thursday

Rejoice in your hope (Rom 12:12)

Timings	Activities
12:00 noon	Welcome address by Mother Francesca Opening Prayer by Sr. Julia Victor
1:00 p.m.	Lunch
4:00 p.m.	Tea break
4:30 p.m.	Visiting the Generalate in Groups
6:30 p.m.	Adoration (in Silence) and Vespers
7:30 p.m.	Supper
8:30 p.m.	Recreation

11 August – Friday

Rekindle the gift of God that is within you (2Tim 1:6)

Timings	Activities
6:15 a.m.	Rising
6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
7:30 a.m.	Breakfast
8:30 a.m.	Presentation of the Programme, Inauguration and initial exhortation by Mother Francesca

9:30 a.m.	Presentation - Lectio Divina "Rekindle the gift of God that is within you" by Sr. Jacintha
10:30 a.m.	Tea Break – in silence
11:00 a.m.	Meditatio, Oratio and Contemplatio on the Word of God
12:00 noon	Communicatio - Sharing in groups
1:00 p.m.	Lunch
4:00 p.m.	Tea Break
4:30 p.m.	Ongoing Formation by Sr. Marcia
5:45 p.m.	Virtual tour of the Major Basilicas in Rome/Catacombs
7:00 p.m.	Vespers
7:30 p.m.	Supper
8:30 p.m.	Recreation - Central India

12 August – Saturday

How lovely is your dwelling place Oh Lord! (Ps. 84)

Timings	Activities
6:15 a.m.	Rising
6:30 a.m.	Breakfast take snacks & packed lunch
7:00 a.m.	Departure to the Basilica of St. Mary Major (Lauds in the Bus)
8:00 a.m.	Holy Mass in the Basilica of St. Mary Major and then we will visit St. Prassede, Perpetual Succour Church, the Basilica of St. John in Lateran, Holy Stairs, Basilica of the Holy Cross in Jerusalem
12:30 p.m.	Return to the Generalate <u>those who don't wish</u> to visit the historical places: Colosseum, Imperial

	Forum, Panteon, Trevi Fountain, Quirinale
1:00 p.m.	Lunch
7:00 p.m.	Vespers
7:30 p.m.	Supper

13 August – Sunday

Whoever finds their life will lose it, and whoever loses their life for my sake will find it (Mt 10:39)

Timings	Activities
7:00 a.m.	Rising
7:30 a.m.	Lauds
8:00 a.m.	Holy Mass
8:45 a.m.	Breakfast
9:15 a.m.	Catacombs of St. Callixtus & Fosse Ardeatine
12:00 noon	Return to the Generalate
1:00 p.m.	Lunch
4:30 p.m.	Archives of the Generalate by Mother Francesca
7:00 p.m.	Vespers
7:30 p.m.	Supper
8:30 p.m.	Recreation - Northern India

14 August – Monday

Whoever wants to become great among you must be your servant (Mt 20:26)

Timings	Activities
5:45 a.m.	Rising; we pray the Lauds individually
6:15 a.m.	Breakfast
6:45 a.m.	We leave for St. Peter’s Basilica
8:00 a.m.	Holy Mass at the tomb of St. Peter, Visit the Basilica, the tombs of the Popes, Churches of St.

	Ann and the Holy Spirit
12:00 noon	Return to the Generalate
1:00 p.m.	Lunch
4:00 p.m.	Tea break
4:30 p.m.	The Service of authority by Sr. Marcia
5:30 p.m.	Reflection
7:00 p.m.	Vespers
7:30 p.m..	Supper
8:30 p.m.	Recreation – Southern India

15 August –Tuesday

**Mary kept all these things,
pondering them in her heart (Lk 2:19)**

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

16 August – Wednesday

**The Word of God is alive and active.
Sharper than any two-edged sword... (Heb 4:12)**

Timings	Activities
5:45 a..m	Rising

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

17 August – Thursday

**New wine in new wineskins:
an invitation to live our Consecration in newness of life**

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

18 August – Friday

211th Anniversary of Matrimony of Our Founders!

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

19 August – Saturday

God! God alone! Always! (M.E.)

Timings	Activities
6:00 a.m.	Rising
6:30 a.m.	Lauds
7:00 a.m.	Breakfast
7:45 a.m.	Talk on the Origins of our Congregation & PPS on the museum by Sr. Felicia
9:30 a.m.	We leave for the Mother House
10:00 a.m.	Visit to our Senior Sisters in “Casa Betania”
10:45 a.m.	Tea Break
11:15 a.m.	Visit to the Sanctuary of Our Lady of Consolation by Sr. Marcia
12:00 noon	Holy Mass at the Shrine of Our Lady of Consolation
1:00 p.m.	Lunch
2:00 p.m.	Prayer at the Tomb of our Blessed M. Enrichetta

3:00 p.m.	Departure to the Monumental Cemetery
4:30 p.m.	Visit to the Chapel and the Monumental Cemetery by Sr. Marcia
5:30 p.m.	Return to Via Massena
7:00 p.m.	Vespers
7:30 p.m.	Supper

20 August – Sunday

For God so loved the world that He gave His only Son (Jn 3:16)

Timings	Activities
6:30 a.m.	Rising
7:00 a.m.	Lauds
7:30 a.m.	Breakfast (take snacks for tea break)
8:15 a.m.	We leave for the Cathedral of Turin where the Holy Shroud is preserved - Sr. Marcia
9:00 a.m.	Holy Mass and prayer in silence before the Holy Shroud
10:30 a.m.	Visit to the Chapel of the Mother House, the Choir Loft, the Museum, the Cemetery and the School - in groups
1:00 p.m.	Lunch in the Mother House
2:00 p.m.	We return to Via Massena
4:30 p.m.	Visit to the House of Via Massena
7:00 p.m.	Vespers
7:30 p.m.	Supper

21 August – Monday

In the footsteps of Blessed Enrichetta

Timings	Programme
6:15 a.m.	Rising

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

22 August – Tuesday

**We are the dream come true of Our Founders
Their Charism is alive through us.**

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

7:30 p.m.	Supper
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23 August – Wednesday

Visit to Barolo Castle and Shrine of Vicoforte

Timings	Programme
6:15 a.m.	Breakfast Prepare Packed Lunch, snacks
7:00 a.m.	We leave for Barolo and pray the Lauds in the Bus
10:30 a.m.	Visit to the Church, Castle - by Sr. Marcia
11:30 a.m.	Holy Mass in Barolo Parish Church
12:30 p.m.	Departure for the Shrine of Vicoforte (Mandovi)
1:30 p.m.	Lunch break
3:00 p.m.	Visit to the Shrine, Prayer to Mary by Sr. Marcia
4:30 p.m.	Stop at the Shrine of Our Lady of Flowers (Bra)
5:30 p.m.	We return to Via Massena Vespers on the bus
7:30 p.m.	Supper

24 August – Thursday

**It is impossible to go to Jesus
except through the love of Mary**

Timings	Activities
6:30 a.m.	Rising
7:00 a.m.	Lauds
7:30 a.m.	Breakfast (take snacks)
8:15 a.m.	We leave for the Basilica “Mary Help of Christians”
9:00 a.m.	Holy Mass in the Basilica, we pray at the tomb of Don Bosco Visit the Rooms of Don Bosco and the Chapels

1:00 p.m.	Lunch in the Mother House. We thank and wish Good Bye to the Sisters
2:45 p.m..	Visit to the Daughters of Good Shepherd (Magdalens)
4:00 p. m	Visit to Cottolengo
5:00 p.m.	Return to Via Massena
7:00 p.m.	Vespers
7:30 p.m.	Supper. We thank and wish good bye to the Community of Via Massena

25 August – Friday

**God did whisper...
while you tread the birth place of our Religious Family.
LISTEN TO HIM!**

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

26 August – Saturday

The Gift of Communion and the gift of Community

Timings	Activities
6:15 a.m.	Rising
6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
7:30 a.m.	Breakfast
	Shopping

1:00 p.m.	Lunch
4:00 p.m.	Tea Break
5:00 p.m.	Sharing in groups on our journey so far
7:00 p.m.	Vespers
7.30 p.m.	Supper
8:30 p.m.	Recreation - Cameroon

27 August – Sunday

If you knew the Gift of God (Jn. 4:10)

Timings	Activities
7:00 a.m.	Rising
7:30 a.m.	Lauds & Holy Mass
9:00 a.m.	Breakfast
9:40 a.m.	Our Mission by Sr. Jacintha Lectio Divina: The Samaritan Woman Jn 4: 1-42
10:30 a.m.	Tea Break
11:00 a.m.	Oratio and Meditatio
12:00 p.m.	Communicatio - Sharing in groups
1:00 p.m.	Lunch
4:00 p.m.	Tea-break
4:30 p.m.	Lay Associates of Saint Ann (LASA) - by Sr. Jacintha
5:30 p.m.	Sharing in groups
7:00 p.m.	Vespers
7:30 p.m.	Supper
8:30 p.m.	Recreation - Film

28 August – Monday

**Nature and sacred art, are joyful mysteries
to be contemplated with gladness and praise**

Timings	Activities
6:15 a.m.	Rising

6:40 a.m.	Lauds
7:00 a.m.	Holy Mass
	Departure to the Vatican Museum
1:00 p.m.	Lunch – Generalate
4:00 p.m.	Tea Break - Personal work
7:00 p.m.	Vespers
7:30 p.m.	Supper

29 August - Tuesday

Loreto - simple house of Nazareth

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

30 August – Wednesday

Filial Obedience to the Roman Pontiff

Timings	Activities
5:45 a.m.	Rising, we pray the Lauds individually
6:15 a.m.	Breakfast
6:30 a.m.	We leave for St. Peter’s Square

09:00 a.m.	Audience with the Holy Father
1:00 p.m.	Lunch
4:00 p.m.	Tea Break
4:30 p.m.	Evaluation of the Course and Conclusion by Mother Francesca
6:15 p.m.	Vespers
6:45 p.m.	Holy Mass – Thanksgiving
7:30 p.m.	Supper

OUR PARTICIPATION IN THE LITURGY

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

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

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

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

Blessed Francis was full of love for all creatures; he permitted them to love their Creator; he permitted them to touch him; he gave them his permission. Once when



all creatures loved him; they gave him their love; they were twittering, and

at his command they instantly fell silent. At the Portiuncula church, a cicada used to perch on a fig tree by his cell and sing incessantly, so the man of God held out his hand and called to her, “Sister cicada, come here to me.” At once the cicada obediently hopped on to his hand. “Sing, sister cicada,” Francis said, “and give praise to your Lord!” And the cicada immediately began to sing and flew off only when Francis gave her leave.

PRAYER TURNS

NAME	Day/ Month of August
Sr. Maria Fay Sr. Renvilda	11th - Memoria of Saint Clare (page 852) Psalms from Friday 2 nd Week Ordinary Time <u>Prepare</u> for the Holy Mass – Reading, hymns
Sr. Mathew Sr. Ann Mary	12th - Memoria of Our Lady on Saturday – paper sheet Holy Mass in St. Mary Major – Only participation.
Sr. Reena Sr. Victoria	13th - Sunday XIX– 3 rd Week O.T. <u>Prepare</u> for the Holy Mass – Reading, intercessions
Sr. Showrilu Sr. Ernestine	14th - Memoria - St. Massimiliano Kolbe. Lauds - individually <u>Prepare</u> : Holy Mass at the tomb of St. Peter in English
Sr. Marlene Sr. Jeba Sr. Thelma	15th - Solemnity, Assumption of Our Lady The Holy Mass in English <u>Prepare</u> : Readings, prayers of the faithful, hymns
Sr. Mary Joseph Sr. Priscilla	16th - Wednesday - 3 rd Week O.T. – paper sheet Holy Mass in St. Paul’s Basilica – only participation
Sr. Theyyamma	17th - Thursday - 3 rd Week O.T.

Sr. Celestine	Holy Mass – Reading, Hymns
Sr. Eveline Sr. Amala	18th - Friday: Holy Mass – Reading, Hymns We carry our Breviaries – Lauds on the bus
Sr. Daya Sr. Theresa	19th - Saturday - 3 rd Week O.T. Holy Mass at the Consolata - only participation
Sr. Jacintha C. Sr. Anastasia	20th - Sunday XX – 4 th Week O.T Holy Mass at the Cathedral of Turin – only participation
Sr. Kathreena Sr. Vivian Sr. Reena	21st - Monday 4 th Week O.T: paper sheets Holy Mass in the Church of Bl. Mother Enrichetta – to be prepared in Italian/English
Sr. Pauline Sr. Anne	22nd Memoria –Our Lady Queen and Mother. Prepare for Mass: Reading and hymns
Sr. Bilasi Sr. Anna Maria Sr. Jacintha S.	23rd - Wednesday 4 th Week O.T – paper sheets Holy Mass in the Barolo Parish – to be prepared in Italian/English
Sr. Maria Rose Sr. Norma Ekka	24th - Thursday 4 th Week O.T Mass in the Basilica – only participation
Sr. Lizzie Sr. Jessy	25th - Friday 4 th Week O.T – carry the Breviary. Prepare for Mass: Reading, hymns. Rosary...
Sr. Mary S. Sr. Rajendra M.	26th - Saturday 4 th Week O.T. Prepare for Mass: Reading, hymns
Sr. Philomena Sr. Jacintha M.	27th - Sunday XXI - 1 st Week O.T. Prepare for Mass: Reading, hymns
Sr. Mary Thomas Sr. Pulcheria	28th - Monday - Memoria of St. Augustine 1 st Week O.T. Prepare for Mass: Reading, hymns

Sr. Ernestine Sr. Lilly Sr. Magdalene	29th - Memoria - The Beheading of St. John the Baptist Paper sheets: Lauds and Vespers. Rosary Holy Mass - only participation
Sr. Chinna T. Sr. Regina Sr. Renvilda Sr. Marlene	30th - Wednesday - 1 st Week O.T. Thanksgiving Mass in English: prepare introduction, prayers of the faithful, hymns.

PRACTICAL INDICATIONS FOR THE LITURGY

- ✓ The Lauds and Vespers will be in English: For Memoria, we take the hymn, from short reading onwards to concluding prayer from the proper of Saints and the Psalms of the day. For Feast days all from the proper of Saints.
- ✓ The hymns for Holy Mass are indicated (on a wooden stand), by the hymn number and a small card, according to the colour of the book (Hymnal) – light blue, dark blue, white.
- ✓ The hymns for Mass could be sung in English (from Joyful lips) and in Italian. Please ask help from Sr. Nini, Sr. Reena and Sr. Joseline.
- ✓ The Holy Mass will be in Italian and thrice in English: at the tomb of St. Peter, Assumption of Our Lady and Thanksgiving Mass on the 30th
- ✓ When the Holy Mass is in Italian, the First Reading and Responsorial Psalm will be in English.

In Communion with the Praying Church

That all tongues be loosened singing the same hymn of praise. Through the Liturgy of the Hours, we become the voice of the Church, the Bride that praises God and intercedes for humanity. In allowing ourselves to be moulded by the Liturgical Year we relive

the mysteries of the life of the Son of God in communion with the whole Church (C 106)

