IL RISVEGLIO
THE REAWAKENING

PMI ONLINE RETREAT
13TH - 19TH SEPTEMBER

PMI NATIONAL OFFICE, BANGALORE

“Awake and Arise, Christ will shine on you” Eph 5:14
The Editorial board thanks Rev Dr Francis Kodiyan MCBS, the PMI National Coor-
dinator for giving us an opportunity to collaborate with the PMI Online Retreat 2020.

We thank everyone who contributed their insights and inspirations which make this souvenir rich and beautiful.

We hope you enjoy reading these experiences and learnings and will rededicate yourself to the outreach, release, reformation, rehabilitation and reintegration of our brethren behind the bars.

Thank you.

Mrs. Juliet Crasta
Sr Lini Sheeja MSC
Mrs. Goretti Martins
Mr. Walter Kamble
Bro P. J. John (SG)
Mr. Daryl Gandhi
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Prison Ministry India National team conducted an online retreat for 90 volunteers from 13th-19th September 2020. PMI is grateful to the God of the Lost as it brought blessings in abundance during the days of retreat. The purpose of the retreat was the renewal of the PMI before we could renew our brethren behind the bars. It was a moment of blessing as we started the retreat with a Holy Hour with Blessed Sacrament being exposed to set the atmosphere of the retreat. The blue backdrop beautifully adorned the Blessed Sacrament with the candles illumined the atmosphere. Through we being exposed virtually, but in spirit we felt very near the Sacrament. Every morning at 10 a.m., the retreat was started with the praise and worship followed by the Holy Eucharist with an inspiring homilies preached by Fr Francis Kodiyan which had challenged the core of the retreatants. After the Eucharist, an hour of talk was delivered by experienced and esteemed speakers of PMI. The retreatants were asked to remain in silence and in prayerful atmosphere throughout the retreat through which one can attain the fruits and gifts of the Holy Spirit. Every evening at 17:30 with Rosary we began the retreat followed by Divine Mercy Chaplet, evening talk and Holy Hour. Every day was an unique experience for the retreatants as they were drawn closer to the Lord of the Lost and strengthened them with the deeper experience to serve with more commitment.

Mrs Juliet Crasta, Dongri Unit Mumbai
Lord our loving Father, we thank and glorify you for the divine providence and heavenly protection of PMI volunteers all over India. Merciful Father, we entrust the PMI online retreat – preachers, participants, organizers, sessions, arrangements and equipments into your safe divine hands. Lord Jesus, you invited the apostles to come away with you to a lonely place to rest a while for their sanctification and empowerment. Bless us O Lord to be the lamb of the world, to be the salt of the earth, to be the light of the world, to be the ransom for many, to be the stone rejected, to be the body broken, and to be the blood shed. Anoint us O Lord, with the power of the Holy Spirit and renew us to commit ourselves to search, serve and save the lost. O Holy Spirit, fill us with your fruits, gifts and charisms, let sinners be converted, the sick be healed, the consecrated be renewed, the faithful be strengthened and souls in purgatory be liberated. Shower your deliverance power and lead us to release, reform, rehabilitate, reintegrate and redeem our brethren behind the bars. O Blessed Mary Mother of Our Lord Jesus, mediatrix of sinners, pray for the salvation of the lost and for the reawakening of our chairman, founders, coordinators and the entire PMI family. The saints who suffered and glorified the Lord in prison St John the Baptist, St Paul, St Maximillian Kolbe and all the saints and angels intercede for the anointment and sanctification of all the retreatants. We ask this prayer through Christ our Lord, Amen.

Our Father in Heaven, Hail Mary, Glory be to the Father

“Lord sent forth His Word and healed them and delivered from their destructions” (Ps 107:20)
Rev Dr Francis Kodiyan MCBS, the National Coordinator in his welcome address gave a brief introduction as how to derive optimum benefits from this online retreat and inspired the participants with 6 ‘I’s; introduction, invitation, introspection, investigation, insight and innovation. As Jesus was a man of prayer He invites the PMI volunteers to plunge in the deep spiritual life and this retreat is an opportunity to enter into the depth of our hearts to know the Master and to renew our vocation to PMI. Let our attitude be of a tax collector who went into the temple to pray as he said, ‘God, be merciful to me a sinner’ (Lk 18:13). Fr Francis applied present scenario of COVID 19 and the chaos that has created in the mind of the people. He said that this is the time for repentance. Repent and do penance for the sins of the mankind and the methodology to follow is 5 ‘Be’s; be attentive, be reasonable, be intelligent, be responsible and be in love.

The Significance of the retreat is a time to purify, examine one’s life, to see the divine blue print prepared by Jesus for us, to regain energy and spiritual power, to discern, to say yes to the Lord and no to the devil, to liberate oneself from evil ways and to bring forth virtues and good habits. Fr Francis quoted the words of St John XXII that retreat is an opportunity to shake of the dust that is gathered in our lives, to; (1) renew the world and myself, family, community, church (2) experience God by regaining strength and going back to work. We are like ship’s crew trapped by in a storm struggling to come out of it. Thomas Merton said “God is searching me, Let me be found”. Let this be our desire as mentioned in Psalm 42:1-2 “As the deer pants for water so my soul pants for you God”. This retreat is an unique opportunity and special grace to be with Jesus who came to seek the Lost and the Least.
14th September, 2020, Monday
Since its very conception in 1981 PMI has been using the traditional Jesus Prayer – “Lord Jesus Christ, Son of Living God, have mercy on me a sinner”. This prayer is rooted in Philokalia, a collection of prayers used by the desert spiritual masters of mystical hesychast tradition compiled by Nicodemus the Hagiorite and Macarius of Corinth from the monastery of Vatopedi, Mount Athos.

History
We find the history of this prayer in the book The Way of a Pilgrim and in its second volume The Pilgrim Continues the Way. These books narrate the journey of a Russian mendicant pilgrim. The pilgrim travels to the Holy Land reading and meditating the Holy Bible. While he was meditating on the bible teaching: “Pray constantly” (1 Thess 5,17) he doubted whether pray incessantly is possible or not. To clear his doubt, he was taught the practice of ceaseless inner prayer and communion with God.

Biblical Foundation
Jesus Prayer is rooted in Lk 18,13: “The tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner’.

Power of the Name of Jesus
This prayer proves the power of the name of Jesus. “It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man...
stands before you healed. Jesus is 'the stone you builders rejected, which has become the cornerstone.' Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved" (Acts 4:10-12).

**How to Do This Prayer**

PMI volunteers have been using this prayer with breath regulations. We can also use this with our heartbeat. Through this prayer we beg the mercy of God to come upon all the sinners. Before we begin the prayer “Lord Jesus Son of Living God, have mercy on me a sinner”, we keep silence for some minutes and come to the presence of God. We come to the awareness that God is present in the atmosphere around us. We imagine that when we breathe, through the breath God comes within us and as breath spreads to all parts of the body we are being filled with the presence of God.

We are aware now that God’s presence is not only around us but also within us especially within our heart. With this consciousness, we recite first half of the Jesus Prayer that is “Lord Jesus Son of Living God” together with the inhaling of the breath. We recite the second half of the prayer that is “have mercy on me a sinner” together with the exhaling of the breath. After doing it hundred times or unto when we feel a very personal contact with Jesus, we leave Jesus prayer and immerse in personal dialogue with Jesus or in internal silence enjoying the presence of God in mystical union.

**Fruitfulness of the Prayer**

We taught Jesus Prayer to many prisoners. By practicing Jesus Prayer prisoners enjoyed the freedom within prison barriers. Many prisoners wrote that through Jesus Prayer they could sleep well. When we do prison pilgrimage PMI volunteers always recite Jesus Prayer on the way and offer them to those whom we visit. Through the constant practice of this prayer as Saint James wrote we “draw near to God”, (James 4,8) and as Saint Paul said we become “God’s fellow workers” (1 Cor 3:9) and slowly we grow in holiness. This will lead us to deeper union with the Lord opening our heart to God to reside within us. Remember the path to holiness is prayer. The ultimate aim of unceasing prayer is union with God, that is, theosis.

**Jesus Prayer**

The ultimate aim of unceasing prayer is union with God, that is, theosis.
DAY ONE—REPORT

Awake and Arise, Christ will Shine on You (Eph 5:14)

Inaugural Mass

14th September 2020, being the feast of the Exaltation of the Cross, the volunteers were asked to carry their crosses along the crosses of the prisoners joyfully in order to bring the blessings for whom our service is extended by Fr Francis. The inaugural mass was celebrated by Most Rev Dr Peter Machado, the Archbishop of Bengaluru. The Holy Eucharist was celebrated for all the intentions of the brethren behind the bars, their families and the PMI volunteers over India. Archbishop imprinted the deep meaning and the value of carrying the cross for the sake of the lost ones behind the bars in the hearts of the retreatants by explaining it in depth, “Cross is a blessing as in the Old Testament. Moses lifted up the serpent and the people were healed. Jesus said, ‘And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up. That whosoever believeth in him should not perish, but have eternal life’ (Jn 3:14-15). The cross is a sign of liberation to the humanity. The prisoners are carrying the cross in the closed walls of prisons. We, the PMI volunteers, help them to kiss the cross lovingly and convey the message of glorification after every suffering.

Talk on God’s Love by Most Rev Dr Allwyn D’Silva

After the Holy Eucharist, Most Rev Dr Allwyn D’Silva, PMI Chairman, delivered his talk on ‘God’s Love’. His message on God’s love was quite different as he asked the volunteers to recall their personal experience of being loved by God. “One cannot understand God’s love unless one experiences it personally. Deepest need of human being is to be loved and the greatest liberation is to know and experience the divine love. God loved us before we loved Him and the problem we do not know how to receive that love. There were many times we had not allowed ourselves to be touched and loved, but rather we had placed conditions on God’s love. One cannot demand love; rather it can only be received. We find ourselves vulnerable
in accepting God’s love. Deepest form of love is giving oneself completely to the one who loves us. We need to ask ourselves, ‘did I allow God to love me completely?’ When we experience the divine love in full, it becomes easier for the PMI volunteers to love the broken beings behind the bars.

Bishop Allwyn asked the participants to record a moment where we experienced the depth of God’s love and asked to recall the grace filled feeling. Once we experience God’s unconditional love in the depth of our hearts, then we feel precious, someone who is loved, someone who is wanted by the universe for we can hear God saying “You are precious to me”. The moment you are convinced of divine love we will be able to love the ones who are entrusted to us; for the volunteers of PMI is the brethren behind the bars. Lost sheep is entrusted in our hands by the God of the Lost. “If you say I love God, while you hate your brother or sister, you are a liar. How can you love God whom you do not see, if you do not love your brother whom you see?” (1 Jn 4:20). We received from him the noble commandment: let those who love God also love their brothers. We know all answers of God’s love, but how do we place in action in sharing this God’s love to the prisoners.

Talk on Jesus’s Love by Rev. Fr. Varghese Karippery

Rev Fr Varghese Karippery, PMI cofounder gave an inspiring note on Jesus’ love based on his personal encounter with Jesus, who willingly went up to the cross for the redemption of mankind. Cross is the greatest sign of Jesus’s love as He redeemed us through it. The cross which was the symbol of shame became the symbol of love and grace by Jesus. He quoted three last words of Jesus and explained in detail; (1) “Father, forgive them for they do not know what they do” (Lk 23:34). Jesus made the forgiveness possible even on the cross. Every reality can be made positive by our forgiveness. People in prison cells have revengeful attitude. We need to accompany them in their journey to encounter the crucified Christ on the Cross and make all things possible by forgiveness. (2) “You will be with me in paradise” (Lk 23:43). Jesus, even in his pain he thought of the other, even on His cross He redeemed the other. Before His death He converted a sinner and this is the minis-
try entrusted to us. (3) “Father, into your hands I commend my spirit” (Lk 23:46). By receiving His spirit from the cross we become blessing and we are called to preach the crucified Christ.

Jesus was with the people, the marginalized, the poor and the lost ones. Human methodology is 99 or 95, but the methodology of Jesus is one, the failed one, the lost one. Let our methodology be as of Jesus. Though initially we may not find results let us never give up our methodology of the failed one. “Heaven rejoices over one sinner than over 99” (Luke 15:17). First Pope of the Catholic Church was a failure. Though Peter was with Jesus all the time, but when he was needed the most, he was not there. But the Risen Lord made him successful. We have to work till the last. Never give up as we are called by the God of hope. The first missionary was a Samaritan woman near the well. (Jn 4:1-2) First she addresses Jesus as a Jew, then Lord and ultimately as Savior and she became the first missionary to bring people to Jesus. Jesus had different types of people around him all the time; fishermen, murderers, tax collectors, the Samaritan woman. Peter the fisherman gets converted and then he converts 3000 people in one preaching. Tax collector Matthew wrote the gospel. Jesus empowers and upholds people, the down trodden. Jesus upholds everyone and this is the love of the Master. Jesus teaches us that without Him we are zeroes and with Him we are heroes. The volunteers of PMI are blessed; they are elected for a greater task. The work may seem simple but it has great value when we do for the sake of the One who called us.

We have to work till the last.

Never give up as we are called by the God of hope.
DAY TWO

TUESDAY
**Torpedo**

Torpedo is an underwater ranged weapon launched above or below the water surface, self-propelled towards a target with an explosive warhead designed to detonate either on contact with or in proximity to the target. Robert Whitehead (1823-1905), an English engineer, was most famous for developing the first effective self-propelled naval torpedo.

**Torpedo Prayer**

Torpedo Prayer is one of the simple ways of spiritual exercises which Prison Ministry India uses to win over the evil habits and tendencies of individuals like drug addiction, chain smoking, anger, etc. What is significant in this prayer is the power of the name of Jesus. The biblical foundation of this prayer is the words of St Peter, “I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk” (Acts 3, 6). “There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved” (Acts 4,12). With the Name of Jesus, we can do wonders as St Peter did with the lame at the beautiful door of the temple.
Methodology

First of all, we shall have a great desire of liberating a person from his/her bad habits, a great longing for his change and new life. Secondly, we firmly believe – faith dimension - that with the assistance of Jesus we can transform him/her. The third point is visualization. We visualize, imagine, feel that Jesus transforms him/her and he/she becomes not only liberated from his/her weaknesses but also growing in virtues, good habits and spiritual life. Fourthly, we thank Jesus for this person and for the would-be transformation by reciting hundred times the prayer “Thank you Jesus”.

Torpedo Prayer functions secretly like Torpedoes. As torpedo goes beneath the water and destroys the enemy ships without their knowledge this prayer kills evil tendencies and bad habits of individuals without the knowledge of the person. Prison Ministry India has been using this prayer since the first prison pilgrimage in 1986. We have been using this prayer method for the conversion of prisoners. The school children have been doing this prayer very enthusiastically. We give the names and some details of the person to the children and they pray for them.

Fruitfulness

Thank You Jesus prayer may look simple but its power is incredible. We experienced hundreds of miracles through this prayer. During our journeys of prison visit we constantly recite “Thank You Jesus” targeting the prison and our brethren behind the bars. Mere thanksgiving itself will certainly bring forth abundant blessings and a positive atmosphere. Thanksgiving with the name of Jesus would bring thousands of blessings and wonderful positive energy within and around us. Thank you Jesus
Talk on Holy Spirit by Rev Fr Wilfred Fernandes

On 15 September 2020 the morning talk was delivered by Rev Fr Wilfred Fernandes, PMI Central Regional Coordinator. In today’s terminology, the Holy Spirit is like a GPS for us whose battery never goes down. He knows everything. He is the memory of God. ‘Being led’ means living according to Jesus teaching. He is our advocate, our counselor, helper etc. The three basic truths of the Holy Spirit are, He is all powerful, He is wise, He is everywhere. There is this story of a boy who had no shoes, no education, but today he has become a millionaire. He was asked how? He said that whenever he has to make an investment, he goes to the chapel and prays waiting for an answer from the Lord. No matter how long, days, but only when he gets an answer he goes out and invests and so he is a millionaire today. The message is “Lean on to God completely and trust him to give you the strength to do what you need to do”.

He quoted Luke 11:13 “If you know to give good things to your children, how much more God will give”. God will give best to His children and God’s gifts are best. There are 4 ways to be led by the Holy Spirit. (1) Meditate on the Word of God – “This book of the law shall not depart from your mouth, but you shall meditate on it day and night so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success” (Joshua 1:8). (2) Be a doer of the Word of God – People may doubt what you say. But they will believe what you do. (3) Put the Word of God above everything - “My son, give attention to my words; incline your ear to my sayings. Do not let them depart from eyes, Keep them in the midst of your heart. For they are life to those who find them. And health to all their flesh” (Proverbs 4:20-22). (4) Instantly respond to your Spirit – The spirit of man is the candle of the Lord.

Lean on to God completely and trust him to give you the strength to do what you need to do”.

The three basic truths of the Holy Spirit are, He is all powerful, He is wise, He is everywhere.
Talk on Holy Eucharist by Mar Tony Neelankavil

Mar Tony Neelankavil, the auxiliary bishop of Trissur delivered a talk on Holy Eucharist in depth. He started by saying that whenever he sees his role in the prison ministry in his life, it has always confirmed his vocation. Whenever there was confusion in his mind he was strengthened and felt that the people are in need of him and service. Eucharist brings us close to God and to prisons. The mystery of death and passion in the Holy Eucharist is close to people’s suffering. Our God shares and take part in our suffering. Eucharist is just not a memorable event that took place 2000 years ago, but it is a reality. We are not just doing a rite of an incident that happened before, but is again takes place in real time. In the Eucharist we feel the person and not just a rite. Through the sacrament of the Eucharist the people are brought before God.

Eucharist takes away our sin. On the mount Calvary, the thief on the left side did not believe, no hope in life, he was beyond redemption. This is the situation we face daily. Many of them feel lost; feel that they cannot be redeemed. We need to tell them redemptive nature of the Mass. They all are saved by the death of Jesus on the cross. People should be made aware of this (Isaiah 53:4-5) “By his stripes we are healed”. Our celebration shall instill hope and love in them. We encounter Jesus in the Holy Eucharist through which the greatest blessing is showered upon us. Nothing is impossible for God. (John 6:52). Jesus gave his body and said eat it. The people had a doubt how can Jesus give his body to eat. What did you eat when you were in your mother's womb? The baby there is not hungry, but still it continues to receive food from the Mother. In fact the baby is eating the mother. She is offering herself to the tiny baby and the baby begins to grow by eating this food. Jesus gives his food (John 6:54) not for physical life but for the soul and to grow in eternal life (John 6:57). We live on Jesus Christ. This we have to tell the prisoners. In Jesus you are going to change your life.

We encounter Jesus in the Holy Eucharist through which the greatest blessing is showered upon us.
16th September, 2020,
Wednesday
MISSILE PRAYER

Awake and Arise, Christ will Shine on You (Eph 5:14)

GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT, AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

A missile is a guided airborne ranged weapon capable of self-propelled flight by a rocket motor. Missiles have four system components: targeting/guidance system, flight system, engine and warhead. Missile prayer is one of the spiritual weapons of Prison Ministry India to use against the evil powers like individuals, institutions, movements, and sects who purposely and continuously work against us and hinder our mission of redeeming the lost for the greater glory of God.

The Most Holy Trinity

The principle behind this prayer is the firm faith and absolute trust in the Trinitarian God, the Father, the Son and the Holy Spirit, who is the Almighty, the Absolute, Infinite and Supreme power, the alpha and Omega, the omnipotence, the omniscience, and the omnipresence. Before Him all other powers become nothing. This prayer is biblically anchored on the great commission of Jesus Christ “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit” (Mt 28,19) and St Paul’s apostolic blessing “The grace of the Lord Jesus Christ, and the love of God and the fellowship of the Holy Spirit be with you all, (2 Cor 13:14, 1 Corinthians 12:4-5, Eph 4:4-6, 1 Pt 1:2 and Rev 1:4-5).
Missile Prayer

With firm faith and absolute trust in the Most Holy Trinity we pray hundred times “Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be world without end, Amen”. Our intention/ target is to bless the one who endeavors our destruction and hinders our mission in redeeming the lost. We do this visualizing and blessing the individuals or institutions or movements and offering them to the Triune God. The power of the Triune God subdues and transforms them. When the obstacles are removed PMI volunteers would be able to proceed with doing the will of God for the greater glory of God.

The power of the Triune God subdues and transforms them.

PMI members developed this prayer out of their experiences in prison ministry, especially in prison pilgrimage. Many people purposely attempted to obstruct our mission. For instance, though we had all permissions to visit the prison some officers will say excuses such as we have no sufficient staff, come tomorrow and so on to avoid us. We do this prayer before and during our mission in prisons especially when we know that some create unreasonable obstacles for our mission. This prayer functions also as a protective cover around us from the evil spirits and satanic influences. In our nothingness and inabilities, we call upon the Triune God, our Commander in chief to intervene and assist us by calling upon His names. We have experienced unbelievable victories with this super dynamic prayer. This is the prayer of the poor in spirit, for we have nobody else to depend except the Holy Trinity. We are His children doing His mission and He comes to assist us immediately.

This prayer functions also as a protective cover around us from the evil spirits and satanic influences. In our nothingness and inabilities, we call upon the Triune God, our Commander in chief to intervene and assist us by calling upon His names.
Dear friends,

In today’s gospel Jesus is illustrated as a friend of sinners and tax collectors. Many a time Jesus affirmed that he came to seek the lost, that his mission is to proclaim liberty to captives. He went to the family of Zacchaeus, had dinner with them and proclaimed that his mission is to seek and save the lost. He went to the tax booth of Mathew and calling him he said, “I have come not to call the righteous but sinners for repentance”. He went to the Jacob’s well and befriended with the Samaritan woman telling, “I am the living water whoever drinks from me will never be thirsty”. Among his disciples many were sinners such as Mary Magdalene, Judas Iscariot, Mathew and so on. PMI is anchored on these principles, mottos, maxims and lifestyle of Jesus. Sinners, prisoners, prostitutes, criminals, outcasts, the neglected and rejected of the society are our brothers and sisters and friends. We love them, pray for them, take care of them and dedicate ourselves for them so that they may have life eternal and life in abundance.

St John—Chapter 15 can be considered as a discourse dedicated to Jesus’ close friends and disciples; in verse 13 Jesus states that “There is no greater love than to lay down one’s life for one’s friends” (Jn 15,13). In Verse 15 Jesus renamed his own disciples as friends, “I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you” (Jn 15,15). Jesus called his disciples as his friends and he died for them on the cross to save them.

True friend sacrifices himself for one’s friend. This is the highest expression of friendship. Self-immolation, self-sacrifice, giving oneself totally to save the life of others. This is called martyrdom. St Maximillian Kolbe did this. That is why we took him as our patron. What about us, we PMI volunteers? Are prisoners our friends? Are we
ready to do sacrifices for them? Die for them? Prison Ministry is an expensive ministry. We need to spend our time, talent, energy, wealth, health everything for this cause.

It's not an armchair ministry. Prison ministry is one of the most challenging ministries. That's why we use many military terminologies such as terrorists saving squad, death row commandoes, Antihuman trafficking brigadiers and so on. That's why we use prayer weapon such as torpedo prayer, missile prayer and so on. Ours is a war against evil powers and satanic supremacies. Our task is to liberate our friends from evil powers and satanic influences and for this we need a super dynamic commitment and self-sacrifice. Mediocrity, ordinariness, average, minimum commitment will not bring forth fruits in this ministry. We are called to run an extra-mile. Let us pray to Jesus for this special grace today.

We have reached the third day of retreat. The first day we contemplated on Father God’s and Jesus’ love. The second day we meditated on the Holy Spirit and the Holy Eucharist. These are our sources of energy for our empowerment. Today we will contemplate on the fruits of our relationship with the most Holy Trinity. Sr Inigo will explain the PMI Virtues and Justice Kurian Joseph will explain the role of Blessed Virgin Mary in our ministry. Let us pray in silence for our prisoners, preachers and participants. Amen.

*Prison Ministry is an expensive ministry. We need to spend our time, talent, energy, wealth, health everything for this*
Talk on PMI Virtues by Sr. Inigo SSA

On 16 September 2020 the morning talk was delivered by Sr Inigo SSA, the former superior general and the volunteer of PMI at Tihar Prison, Delhi. She challenged the retreatants as her every word was based on her experience with the brethren behind the bars for 14 years. She said convincingly that they are our brothers and sisters. Jesus was also a man of prayer. Prayer is reality; you will be pulled to suffering. Jesus prayed in two ways “mountain prayer”, where he went all by himself and prayed and “multitude prayer” where he was with the people. We have to be mystic if we want to be missionary and therefore prayer is most important aspect in Prison Ministry. It’s not a social ministry; it is a mission, an ethical and spiritual mission. It is only the involvement of the heart and therefore we need to be renewed by the Holy Spirit. Prison ministry is born out of love. In ancient time a prison was considered as house of captives and a place of punishment. Now it is a home of correction and rehabilitation. Who is a prisoner? The definition of a prison and a prisoner is to be punished and be changed. For us, the PMI volunteers, a prisoner is a human being without voice, no space of his own, being disciplined in every possible way and his movements are curtailed. He is confined in a 40 square feet space.

He is not a born prisoner. They are there because of the society. The prisoners need you as they are deprived of privacy and love, he is kept under close watch, he has no privacy, there is no provision to keep his things safely and no legal aid. In this lockdown situation, we have experienced the restrictions of movement; we are confined to our homes only. What do we actually do in the prison? Prison ministry is not about doing miraculous work among the inmates or securing their release from the prison, of course sometimes we do. Our primary purpose is to instill in them the value of hope. Compassion is a virtue, it cannot be explained, but it has to be experienced. Compassion means sensitivity, generosity. We need to remain non-judgmental; we need to approach them with sin-
cere love. Our presence brings them lots of healing, hope and conversion of hearts. The Prison authorities say that your presence makes a lot of difference as our language and yours is different. The language of prison ministry volunteers should be love, compassion and tenderness. They crave to listen to your soothing voice, and only you can do it. At times we have to be patient. Their self-esteem is very low. They need to be encouraged, given hope and enable them to see the good things in themselves. Therefore we must be ready to accept lots of inconvenience and to rely on the providence of God.

**Talk on Mother Mary by Justice Kurian Joseph**

Honorable Justice Kurian Joseph, former Supreme Court Judge presented on Mother Mary. We celebrated the feast of Seven Sorrows of Mother Mary. But in prison they have 70 sorrows. Prison Ministry is not a service but a ministry. The disciples of Jesus did not do service, they did ministry and it is continued. The first Christian is Mary and she is the tabernacle of Jesus. I have a special attachment to Mother Mary. When I had many ups and downs in my profession, and the storm was rough, I had recourse to Mother Mary. Mother Mary’s virtue is simplicity and holiness. One cannot do this ministry unless one has simplicity and humility. Mother Mary is present in the prisons together with her Son Jesus. Without the guidance of Mary we cannot say we have to love the prisoners.

The meaning of compassion is to love and service. Her presence itself is a blessing. We can ask a question: Is our presence accepted by the people, and especially in the prison. Without compassion and love we cannot be accepted. It has to be like Peter who stood near the golden gate. Peter’s response to the beggar is a big challenge for us. What you ask I don’t have, but what you need is with me. This is a great challenge for us. We have to be simple and holy having the discernment to know what they deserve and need. We cannot give what they want, but give what they need for liberation. We should never work for self-glory. Mary was far away from this, but she was omnipresent. She was positive to accept Jesus. Faith in Jesus and faithfulness to Jesus can always look up to. The other quality she had was that she was a great leader. What is the role of a leader? Mary never claimed it, but always was present. Mother Mary rekindled in the minds of the disciples as she said to the disciples, “Do whatever He tells you” (John 2:5).
THURSDAY
On 17 March 1887, Henri Pranzini brutally murdered Marie Regnault, her servant, Annette Gremeret, and the servant's daughter, Marie, and robbed her jewellery. Within days he was caught and condemned to death. St Therese of Lisieux was just 14 at the time, but she felt compelled to intervene. She came to know that Pranzini was impenitent and was sure of his eternal damnation. To avert that irreparable calamity, she decided to employ “all the spiritual means” she could think of. As she recounts in her autobiography, The Story of a Soul, she stormed Heaven for a man many thought beyond redemption: “I wanted at all costs to keep him from falling into hell and to succeed I employed all means imaginable, feeling that of myself I could do nothing”.

**Power of Holy Mass**

The most important weapon Therese used for the conversion of Pranzini was the Holy Mass. “I offered to God all the infinite merits of Our Lord and the treasures of the Holy Church” for his salvation. She began a battle – a warfare – for the soul of a murderer. She offered her daily Holy Mass for the repentance of Pranzini. As his fate approached, Therese increased her prayers and asked her sisters to join in her mission which continued until he was brought before the guillotine on August 31. The next day, Therese read in the paper that when he was about to put his head into the device, “he turned, took hold of the crucifix the priest was holding out to him, and kissed the sacred wounds three times! Then his soul went to receive the merciful sentence of him who declares that in heaven there will be more joy over one sinner who does penance than over ninety-nine who have no need of repentance! (Lk 15: 7).”
The Little Way

This is “The Little Way” of St Therese of Lisieux which Saint Mother Teresa also followed: to do everything as an act of love for God, to offer all the little and big hardships of life for the conversion of sinners. The most important factor in prison ministry is to lead the convicts to repentance and reconciliation so as to be received in the kingdom of God. Although Pranzini brutally murdered two women and a little girl, a heinous crime that Therese in no way condoned, she did not condemn the man himself. Rather, in the spirit of the Gospel, she prayed for his conversion. Therese found it within her heart to be willing to forgive his terrible crime.

PMI

PMI volunteers have been practicing this method since many decades. According to this method we would take a prisoner as a friend and would pray and make sacrifices for his /her conversion. We participate in the Holy Mass and offer it for the conversion of our friend. We offer our daily spiritual exercises like canonical hours, rosaries, Jesus prayer etc. as well as mortifications and sacrifices for this friend. We write letters, make visits, provide materials needed and request prayer and fasting for this friend from many others. This will be continued until he is transformed.

*To do everything as an act of love for God, to offer all the little and big hardships of life for the conversion of sinners.*
Today’s gospel passage (Lk 7:36-50) reminds me of the peak spiritual experience in my life. On 9th March 1983, I went to the Elijah Ashram, Niravilpuzha in the diocese of Mananthawady, to pray alone for a week, a personal retreat. The Ashram was an estate of the Carmelites of Mary Immaculate (CMI) located in a remote village. It was a marvellous estate with hills, valleys and brooks. Hills were adorned with coconut, pepper, coffee and cardamom plantations. Amid this beauty was a small Ashram with a tiny chapel.

There, in the chapel, sitting by the side of the Blessed Sacrament from morning to evening I read the Bible and prayed silently looking at the Eucharistic Jesus.

On the evening of Friday 11th March 1983, a fasting day as usual, I was in the chapel with the Bible in my hand and was praying. The sun was setting. The sanctuary lamp was burning. From a profound communion with the Lord, there emerged a great challenge, an inner call, a great God experience within me, “Why can’t you dedicate your life to the conversion of sinners? Why don’t you dedicate your life to the cause of sinners”? Knowing that I am a great sinner I asked, “How can I do this myself being a great sinner”? The answer was instantaneous, “I always call sinners to repentance; I always call the weak to be my apostles”. This call within my call was so powerful that it continues to inspire me even today to search, serve and save the lost sheep of Jesus.

The spiritual experience was the moving force behind launching the prison pilgrimage in 1986, behind the launching of the first rehabilitation centre for male released prisoners in Thrissur in 1991 and for females in Thiruvananthapuram in 1992. This experience still empowers me to do marvellous deeds for the Lord. I am delighted to share with you one of my experiences with sinful women like the one we heard in today’s gospel. It happened during our first all Kerala Prison Pilgrimage in 1986. I was doing my first-year theology. The Holy Spirit inspired us to visit rescue homes where women in prostitution were arrested and kept in custody.

After much prayer and filled with the Holy Spirit, we reached the Thavannoor Rescue Home. There were around 60 inmates and 7 children. The whole program was under the leadership of the Presentation Mother Superior, Sr Rosalia. The Spirit of the Lord was powerfully at work during the presentation. From the very beginning all the in-
mates began to weep. We witnessed for the first time the depth of real repentance and penitence. We could not believe that people could shed this much tears. It was just like the sinful woman who washed the feet of Jesus with her tears (Cf. Lk 7,36-50). In other words, this was an explosion of Divine Love. It was an overflow of divine mercy from the Lord and an overflow of human response to this unfathomable grace. Seeing the intensity of the inmate’s repentance, we understood the meaning of Jesus’ words, “In truth I tell you, tax collectors and prostitutes are making their way into the kingdom of God before you” (Mt 21,31). We experienced immense joy and satisfaction of winning people for the Lord.

According to the available statistics there are more than 50 million prostitutes all over the world and it has become one of the most profitmaking industry. The sex industry is worth 200 billion business. What shall be our response to this fast-growing number of prostitutes? Are not they our sisters? Do you know that 90% women prisoners come from sex industry.

I am glad that PMI established many homes for our sisters languished in the sex industry. In 1992 we launched Snehashramam in Thiruvananthapuram. In 1993 Sisters of John the Baptist commenced Ashadeepam in Thrissur, in 1995 Holy Cross Sisters began Jeevodaya in Bangalore, and in 2004 Ursulines of Mary Immaculate sisters launched Karunasadan in Kannur. But is this enough? We need to outreach many more of our sisters in distress to release, reform, rehabilitate, reintegrate and redeem them. Let’s pray in a special way today for our sisters in sex industry and rededicate ourselves for their reintegration. Let us pray for PMI homes for released women prisoners and extend our helping hands to them. Our valuable assistance during this Covid-19 pandemic will highly be appreciated. I have forwarded in our WhatsApp group today the book written by Sr Fidelis entitled Jeevodaya: A Gift of God illustrating the stories of the reintegrated daughters of Jeevodaya. Let there be more and more Snehashramams and Jeevodayas.

We need to outreach many more of our sisters in distress to release, reform, rehabilitate, reintegrate and redeem them.
Talk on PMI Mission by Fr Alexander Kureekattil CMF

On 17 September 2020 Fr Alexander Kureekattil CMF moved the hearts of the retreatants as he poured his experience with the released prisoners in rehabilitation centers with the given topic on PMI mission. Great contributions are done to PMI by Fr Kureekattil in Kerala in an advanced level as he launched the ministry to redeem the ‘hired killers’. A prisoner introduced him to Fr Alexander saying, ‘I am Killer JV’, as he has done achievements in the society. Father spent almost an hour quoting and sharing the scriptures from the Bible. Killer JV had killed 8 people, repented and asked God to give him the heart to love him. Killer JV was in prison for 12 years. Fr Alexander took him to Trivandrum and for 6 years he was with Fr Kureekattil and became a renewed person. Father followed Killer JV everywhere, met all the connected people who use to give quotations for killing people. Fr Alexander realized that Killer JV was very simple deep within. He said, “I realized that if we hold the hands of a prisoner, we will see the tears, for they had gone through hard times in their lives”.

One of the most touching and scary narration was when 4 men came with weapons to kill Fr Alexander and he retrieved back his footsteps and ran to the police station and told them that his life is under threat. The police told him that they had already warned him that criminals will always be criminals, but Fr Alexander was not scared of this episode. He prayed and he slept well and his mission to transform the hard core criminals continued with compassion and communion with God. This story truly gave goose-bumps to all the retreatants. Fr Alexander is truly charismatic, God’s own Son, daring to reach out to people, whom no one would like to be even involved. When you are in communion with God you will be able to touch the lives of such people. He quoted Mother Theresa ‘open your eyes in front of your home’, as we have opportunity to serve and care people. You need not travel far but look around in your area nearby for which your eyes need to be opened. “Unless you

Awake and Arise, Christ will Shine on You (Eph 5:14)
have communion with God, you cannot have union with the prisoners”. Take the risks and we will see the transformation in their lives.

“Unless you have communion with God, you cannot have union with the prisoners”.

Talk on PMI Vocation by Fr Sebastian Vadakumpadan

Fr Sebastian Vadakumpadan, PMI former National Coordinator shed the light on the retreatants on PMI vocation. Prison Ministry is a call within a call. Whenever God calls someone, he asked to do something concretely. We are called to leave everything as he invited us personally to leave everything and take up our cross and follow Him. Every call is a covenant with God. Each covenant takes place inside of you and it is the God who makes the covenant. The moment you are in this ministry you will be controlled – your going will be controlled, your movement will be controlled, your association will be controlled, and your enjoyment will be controlled, because you are entering into the restricted place. I congratulate all our dedicated PMI volunteers who allow themselves to be restricted for a cause. Luke 5:1, at the Sea of Galilee, He called Peter, John, James and Andrew. First miracle of catch of fish and last catch of fish after the resurrection took place at this sea. There is a ‘smell of call’ beside the smell of fish. It is better to be in this sea to think about a call within a call.

God does not use and throw us. God never make the policy of ‘Use and throw’ He is interested in Peter. He speaks to him, He interacts with Peter. God never leaves. If you give something, you will receive hundred fold is the promise of the Master who called personally. Now Jesus tells Peter to cast his nets and he gets rewarded. Obey the Master and don’t depend on your expertise. Peter obeyed the Master even though his field was different from Jesus field. Your expertise has to be submitted before the Lord. It is Jesus who gives you fruit. Be ready to share from what you have received. Peter calls others to share the fishes; ready to share what he has got. No blessings are for the individuals; we are blessed to become a blessing for others. We need to look at Jesus and not the blessings as Peter looked at Jesus. From the miraculous catch of fish he looked at Jesus. He directed his sight from creature to the creator. Nobody comes to you because of your performance. It is the work of God. Your eyes should get entangled with Jesus eyes.
18TH SEPTEMBER, 2020,
FRIDAY
Awake and Arise, Christ will Shine on You (Eph 5:14)

In the first book of Samuel we find a beautiful prayer practiced by David the King. This is nothing but a personal dialogue or discussion with God who dwells within oneself. David’s custom was to consult God before he went for a mission or before he did an important thing. For instance, when David was informed that the Philistines were fighting against Keilah, he consulted with the LORD, “Shall I go and attack these Philistines?” The LORD said to David, “Go and attack the Philistines and save Keilah.” But David’s men said to him, “Look, we are afraid here in Judah; how much more then if we go to Keilah against the armies of the Philistines?” Then David inquired of the LORD again. The LORD answered him, “Yes, go down to Keilah; for I will give the Philistines into your hand.” David and his men went to Keilah, fought with the Philistines, brought away their livestock, and dealt them a heavy defeat (1 Sam 23, 1-5).

At times David used ephod, a sleeveless garment worn by Jewish priests for oracular practices and priestly ritual, to know the will of God. For instance, when David learned that Saul was plotting evil against him, he said to the priest Abiathar, “Bring the ephod here.” David prayed, “O LORD, the God of Israel, your servant has heard that Saul seeks to come to Keilah, to destroy the city on my account. And now, will Saul come down as your servant has heard? O LORD, the God of Israel, I beseech you, tell your servant.” The LORD said, “He will come down.” Then David asked, “Will the men of Keilah surrender me and my men into the hand of Saul?” The LORD said, “They will surrender you.” Then David and his men set
out and left Keilah; when Saul was told that David had escaped from Keilah, he gave up the expedition (1 Sam 23, 9-13).

Through these prayers David was practicing the art of discernment of the spirits which would be very beneficial in PMI ministries. As this is an art, through practice we can attain it and become experts in it. Instead of the Old Testament Ephod we have the Holy Bible, gifts of the Holy Spirit, superiors, spiritual mentors, and ecclesiastical authorities. This consultation with the Lord, listening the command of God or knowing the plan of God and executing it at any cost is core to the PMI ministries. Let us try our best to reach this goal beginning with the consultation or dialogue with the Lord within us. Spiritual life means our friendship with Jesus and friendship deepens along with our dialogues, conversations and consultations. This method of discussing, listening and implementing the will of God is very significant in PMI.
Dear PMI Family Members,

Today’s gospel reminds me of my meeting with Joseph Cardinal Ratzinger, the then head of the congregation for doctrine of faith who became Pope Benedict XVI. On 15th August 1994 Fr Martin Bialas of the Cursillio Movement took me to Cardinal Joseph Ratzinger’s residence at Regensburg. We celebrated Holy Mass, had breakfast and then had a conversation on ecclesial movements. I asked him certain questions: the traditional religious orders and congregations are on the verge of decline; faith of the people diminishes, many churches are closed down, monasteries become military barracks, as head of the congregation for faith what is your response? How do you consider the emerging new ecclesial movements such as cursillio, focolare, Emmaus, Emmanuel, and Jesus Fraternity? He said: “Ecclesial Movements are the new hope in the field of faith. They are the new faith oases, the new buds of the emerging Church”.

In today’s gospel we see a Jesus who was moving from village to village and cities to cities. Jesus’ style was not sitting on a particular place and asking people to come. He was not like the present doctors or parish priests who remain in hospitals or parishes and inviting patients and parishioners to them. On the contrary, Jesus was going to the people, outreaching them, going to their peripheries, searching the lost. PMI Follows this lifestyle of Jesus, PMI outreaches the prisons, rescue homes, streets, juvenile homes, and the like. We are not called to remain in our offices and homes but like Jesus to go out to seek, to serve and save the lost. PMI is a movement, it’s an ecclesial movement. Its an ecclesial movement for the release, reformation, rehabilitation, reintegration and redemption of prisoners and the lost.

Today’s gospel also explains one of the major characteristics of ecclesial movements. Jesus was not alone in his journeys; he was moving from one village to another and from one town to another accompanied by many. The 12 disciples, some women like Mary Magdalene, Joanna, Chuza, Susanna, and many others accompanied him. This shows Jesus was in company. It was a fraternity. It was like a family. Like a community.
It was a movement. It was the beginning of the early Christian Church. PMI has this characteristic. It’s not only of the Bishops. PMI has as its members bishops, priests, religious sisters and brothers, singles, virgins, couples and families. We are a family. We are a community; we are a small cell of the church – the ecclesia. What type of church? Like the early Christian Church, we devote ourselves to the apostles’ teaching, to fellowship, to the breaking of bread and to prayer (Acts 2, 42).

We find in today’s gospel another significant aspect of the ecclesial movement, the sharing dimension. All those accompanied Jesus provided for the Jesus movement out of their resources. They contributed greatly to the early church from their generosity. That’s why we read in the Acts of the Apostles, “Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved” (Acts 2, 42-48).

Today is Friday, the Friday of the retreat. Today for us is the confession day. I hope you already made an appointment with a priest. To participate in the paschal mystery of Jesus I recommend that today we fast and practice alms giving. Prayer, fasting and alms giving are the three traditional Christian ascetical practices. I will be forwarding the PMI bank account in our WhatsApp group so that you can forward your alms. PMI style is begging and with humility today I beg you for your alms, your offerings. Also today let’s do the way of the cross instead of Rosary. I have forwarded the way of the cross written by Sr Lini Sheeja, our former national secretary. It’s called Sound of Silence and it’s a way of the cross written taking into consideration of the sufferings of prisoners.

In May 1998 Pope John Paul II under the leadership of the Pontifical Council for Laiety with its president James Francis Cardinal Stafford convened a world congress of the ecclesial movements at St Peter’s Square. At that time, I was there in the Vatican serving as personal secretary to Edward Idris Cassidy, the president of the Pontifical council for promoting Christian Unity. The theme was Ecclesial Movements: Communion
and Mission on the Threshold of the Third Millennium. In his message Pope Saint John Paul II proclaimed that New ecclesial movements represent one of the most significant fruits of the springtime in the Church which was foretold by the Second Vatican Council. Ecclesial Movements are a gift of the Holy Spirit to the Church. All of them exist to help members become more actively involved in the practice of their faith in the Church. All of them witness to Christ in different ways in the world. Dear friends, PMI volunteers are called by Jesus to accompany him, to move with him. We are a movement, an ecclesial movement. We march ahead together with Jesus in search of the lost. In this endeavor we shall not be preoccupied with what we gain, instead we shall be preoccupied with what we give, contribute. Let us feel that we are a family, a family of Jesus, we are a community, a small Christian community. Let us pray for our community members especially for those who are sick – Fr George in St John's and many others who are infected with Corona virus. Tomorrow Aruna, a released prisoner who underwent a major operation will be admitted at St Martha’s for the second operation, let us pray for him. Let us pray for our bishops, priests, religious and laity. Let us pray for our brethren behind the bars and for their families. Next week we dedicate in visiting prisoners’ families to provide financial assistance to their children for their education.

Ecclesial Movements are a gift of the Holy Spirit to the Church.
Talk on Sin and Repentance by Fr Sebastian Theckanath

On 18th September 2020 Fr Sebastian Thekkanath, PMI former national coordinator took the retreatants through the important theme of ‘Sin and Repentance’. We all are rendering our service to a group of people who are branded as sinners or about whom we think they have to repent on their sins, because they all are caught in some wrong actions and accused of such actions. Sin is an attraction to the world and it gives burden. Repentance is an attraction to God and His love lightens the burden. Sin separates us from God. Christian life is a war against Sin. It is a continuous fight against sin. The greatest commandment is “You shall love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, love your neighbor as yourself” (Lk 10:27)

Prison Ministry is a special ministry different from all other ministries of the church. We cannot compare any other ministry with the service inside the prison. People inside the prison are confined to the four walls of prison. They are branded people accused of some crime. General public look at them in a different way. They are wounded people, isolated people, psychologically down, depressed people with grudge, and nobody believes them. But look at ourselves we are also sinners before God, our Creator. We cannot say keeping our right hand on our chest, we are perfect: we have no stain of sin. Repentance is not an option, but it is a commandment of God. There are only two types of people in the world; sinners who are caught and put into the prison as accused and sinners those who are not yet caught and we are those people.

W are also sinners before God, our creator.
Sin is poison. Poison spreads. In the prisons we are meeting people who have been wounded and hence vulnerable. If PMI volunteers are not transparent/pure as crystal, the sin in them can affect the prisoners. Hence the need for PMI volunteers to take confession more seriously and more often. Confession is a mirror through which we can see our inside, see the dirt inside us and when we accept them, the lord cleanses them through his blood. How often do we need to make our confessions? Jesus said to Simon: “And I tell you that you are Peter, and on this rock I will build my church. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven” (Mt 16:18-19). The modern day problems are we have lost the sense of sin, we justify our sins, we find external cause for our sins, we live mediocre lives without being responsible for our lives.

What is sin? Sin breaks the relationship with God, with oneself, with others and with the nature. What is my sin? How close or far away am I from my god? God is Holy and me being His child what is my destination/target? God has called us to live, not in impurity but in holiness (1 Thess 4:7). But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin (1 John 1:7). Not only that; we feel secure in God because of Christ Jesus, our Lord, through whom we have been reconciled. Jesus’ call is not just oriented to an outward expression, but conversion of the heart, interior conversion. External works without interior conversion is sterile and false. Interior repentance is a radical reorientation of our whole life, a return, a return to God with all our hearts is an end of sin, a turning away from evil, with repugnance toward the evil actions we have committed. None of us exempted from the Sacrament of Confession. Feel sorry for your sins, cry out to him for forgiveness and healing. Feel His arms around you as He waits for your return as the father waited for the return of the prodigal son.

*Jesus’ call is not just oriented to an outward expression, but conversion of the heart, interior conversion.*
19TH SEPTEMBER, 2020, SATURDAY
Awake and Arise, Christ will Shine on You (Eph 5:14)

Lord Our Loving Father, we praise and worship you/ together with Jesus Christ/ who taught us to visit the incarcerated. We thank and glorify you/ for sending your only begotten Son Jesus/ to proclaim liberty to the captives/ and saving us through His unjust imprisonment/ and death on the Cross. Merciful Father, give us the grace/ to see your face in our brethren behind the bars/ and help us to remember them/ as though we were in prison with them.

Beloved Father, we entrust into your compassionate hands/ our imprisoned brethren, sanctify them by your precious blood/ and anoint them with your Holy Spirit. Illumine their hearts/ to accept the present traumatic situation, give them the grace of repentance and forgiveness. Inspire their family members and society/ to accept them in spite of their frailties and failures. Fill us with the fruits, gifts and charisms of the Holy Spirit/ so that we may be empowered to transmit/ the unconditional and forgiving love of Jesus to prisoners.

Bless the prison staff/ that they may be kind, gentle and understanding/ towards those under their care, sanctify and strengthen the victims/ that they may reconcile with those who offended them. Mary, Mother of Jesus/ pray for the reformation and rehabilitation of our brethren behind the bars. We ask this prayer through Christ our Lord. Amen

Our Father, Hail Mary, Glory be

Mother Mary, Pray for us

St Maximillian Kolbe, Pray for us

Venerable Francis Xavier Van Thuan, Pray for us
Dear Friends,

Today’s Gospel illustrates the parable of the sower. Some seeds fell on the way, some on rock, some amidst thorns and some on good soil and brought forth 30, 60, and 100 fold fruits. We all wish to bring forth 100 fold fruits in our efforts. How this would be possible? Why many of our prayers are not answered? Why many of our dreams did not realise? I would like to share with you my personal experiences of bearing 100 fold fruits which I learned through the Prison ministry. This method consists of 8 stages, it’s an eightfold path for our dream realisation.

1. Dream

First of all, we shall have dreams. Wishes. Seeds to sow. Have a desire, have some seeds, have a dream, divine dream, great dream for prisoners, for their release, reformation, rehabilitation, reintegration, redemption. Do you have such dreams? Have dreams for the lost, for the lost sheep entangled in prison. Though we may not have dreams, God has great dreams for us. “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jer 29, 11). Jesus had a great dream. Divine dream. Concrete dream. Salvific dream. “From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life” (Mt 16,21).

Dream and prayer shall be concrete and not abstract. Often, we have abstract dreams and abstract prayers. For instance, when we pray “Lord Jesus please reform and rehabilitate prisoners”. This is abstract. Will not work out. Concrete prayer means Lord Jesus Radhakrishnan in Bangalore Central Prison needs release, he has no money to pay the security fees. Please inspire someone to assist us with money and let him be released. Let our dreams be divine and concrete.

2. Green Signal

Our dream and prayer shall be approved by Father God. It shall be the will of God,
plan of God. And not for our selfishness. We need to make sure that this desire, dream is not against the ten commandments, not against the teachings of Jesus and the Church. And we should get a green signal regarding this dream either from our spiritual father or from our superiors. We need a green signal telling that this is in accordance with the plan of God, you can go ahead with this.

3. Visualisation

If you can see the invisible, you can do the impossible. We need to concretely visualise the net result, the final product, the 100 fold fruits in advance. We need to feel it with our five senses that after the prescribed time, our prayer will be heard, the dream will be realised and we praise and thank God for it in advance. We see Jesus practising this method during his public life. “As he approached Bethphage and Bethany at the hill called the Mount of Olives, he sent two of his disciples, saying to them, “Go to the village ahead of you, and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. If anyone asks you, ‘Why are you untying it?’ say, ‘The Lord needs it (Lk 19,29-31). Visualisation is very powerful in dream realization.

4. Firm Faith

This is called the fourth dimension, the faith dimension. We not only visualize the realization of the dream but also believe that with the assistance of God, and with the assurances of Lord Jesus we can do even the impossible. Lord by his grace make it possible. And believing that my dream is going to be realized by the grace of God we thank God in advance. Continuous thanking, believing and visualizing make the atmosphere suitable.

5. Passion – Work Hard

Hard work is the secret key to dream realization. The moment we get the green signal it becomes our highest responsibility to realize it at any cost. Our passion, our hard work should reach the stage of fully immersed and fully involved. We should reach such a phase that there is no other thought, no other work to do except this dream realization. Paulo Koylo’s The Alchemist explains it well: King Melchisdeek tells the shepherd-boy Santiago, “When you really desire something, the whole world makes conspiracy to help you to attain it”.

Usually what happens to us. After some days of hard work, we lose our interest and commitment. If we use the terminologies of Sigmund Freud, Pleasure Principle begins to haunt us instead of Reality Principle. We overcome this temptation with the
gift of perseverance and continuity.

6. Constant Prayer

Hard work is not enough. We need to call upon the Lord asking his divine grace. We shall ask prayers from many others. Depending on the greatness of the dream we need prayer assistance from as many people as possible.

7. Open to the Spirit

Wait for the opportunities. The Lord will bring to us the right persons, right opportunities, and situations. We need to rise up to the occasion and make use of the opportunities. God will not send his angels with a sack of money. But he will provide us the occasions and circumstance to work upon. Be led by the Spirit. Listen the Lord within us and act promptly.

8. Speak out

Speak out is a courageous action of faith. Before the realization of the dream we speak out to our friends that Lord Jesus going to bless me with the realization of this dream.

Conclusion

We have the first and second PMI rehabilitation centers in Thrissur and Trivandrum following this methodology. We have the national office, Kolbe Home, RRDC and Van Thuan Home following these steps. The secret of making something work in our lives, is, first of all, the deep desire to make it work. Then the faith and belief that it can be done. Then to hold that clear definite vision in your consciousness and see it working out step by step, without one thought of doubt or disbelief.
Talk on Renewed Life by Most Rev Dr Allwyn D’Silva

On 19 September 2020 Most Rev Dr Allwyn D’Silva, PMI chairman enlightened the retreatants on ‘Renewed Life’. As you have listened to a number of talks during this retreat it’s time to examine ourselves as we are at the end of our retreat. Talks are like chewing gum. Chew them and examine yourself. Let us ask ourselves, what treasure do I carry from these past few days. The first treasure is the realization of what we are and what we have is a gift of God. “Can a woman forget her nursing child or show no compassion for the child of her womb? Even these may forget you, see I have inscribed you on the palm of my hands” (Is 49:15-16). Yahweh is telling us, you are precious. Experience that we are God’s gifts. The moment we realize we are God’s gifts we learn that the others too are the gifts of God.

The second treasure is we are redeemed. Having this experience of redeemed makes oneself a joyful. One need to overcome one’s fear, anger, hurts. The hurtful memories need to be healed. Once you are healed of your negativity you will accept yourself and will love yourself. In life we have make the choices to treasure every moment.

I choose to be happy
I choose not to be offended.
I choose to accept responsibility and not to blame.
I choose to be lovingly silent and not react.
I choose to let go and not be stubborn.

Another treasure we can hold for ourselves is change the way to look at others. Look with the eyes of Jesus as Jesus looked and the person changed. Thomas Merton says, “Anxiety is a mark of spiritual failure”. We must believe in ourselves that we are capable, many a times we are anxious. One who trusts God has no right to be anxious. Think differently that we are capable and God is with us. “This is my commandment, that you love one another as I have loved you” (John 15:12). Go out

One who trusts God has no right to be anxious. Think differently that we are capable and God is with us.
and show the Kingdom of God to others. As we take tablets to increase our immunity during this Corona Virus Pandemic, the act of kindness will keeps us highly immune against sin.

**Call to be a Blessing to the Broken Beings—Sr Lini Sheeja MSC**

As concluding talk Sr Lini Sheeja MSC, former PMI national secretary invited the volunteers to be a blessing to the broken beings. “Jesus took bread, gave thanks, broke it, and gave it to them, saying, This is my body given for you; do this in remembrance of me” (Lk 22:19). The first act of Jesus is ‘took bread’. We are taken in God’s hands. When He took us He had a purpose. Before we were born, we were in His hands. His hand is always safe; nothing would harm and there is no fear when we are in His hands. God took us, because He trusted us. There are hundreds of ministries. But, we are chosen by God for this unique, noble ministry by the God of the Lost for a purpose. The second act is ‘gave thanks’. After having taken us in His hands, He looked up to heaven; He looked up to His Heavenly Father and thanked for the gift of us. We are counted and our service is counted. Jesus asks us to commit ourselves in our selfless service to Him through which we can glorify the God of the Lost together with all the heavenly angels and saints. The third act is ‘broke it’. Let us cast our nests into the deep water, to know ourselves. His personal invitation to each one of us is to break ourselves. To taste the sweet coconut water, we need to break the outer and hard shells of it. Let us break ourselves from anger, break our pride, jealousy, ego, disunity and break from our own comfort zones to reach out to the broken ones behind the bars. The final act of Jesus in this passage is ‘gave it to them’. Jesus has given each one of us to our vulnerable brethren and their families in humble service.

She reminded the retreatants on begging style as she said ‘feel blessed to beg’. The life in prison is unspeakably different from the life of an ordinary person outside. Our brothers and sisters behind struggle with the life inside. We have four basic principles to be effective ministers in this ministry and to do wonders in the name of Jesus Christ. (1) Prayer our powerhouse (2) God’s providence our bank balance (3) Inconvenience our convenience (4) Begging our lifestyle. Prison ministry is a continuous struggle for our brethren behind the bars and this struggle is expressed by our begging lifestyle. God blesses us in our struggle. Why do we follow this lifestyle? The reason is very simple as it touches the hearts our inmates in the rehabilitation centers. Very of-
ten they say, ‘Our fathers and sisters are begging to feed us and help us’. This itself makes them changed persons. Go out of your to beg to feed our brothers, sisters and their children whom God has placed in our care. Let us not be ashamed to beg, rather feel blessed to beg. Begging is grace given to each volunteer by the God of the poor, by Jesus who had no place to be born, to place to lay His head. We beg to make them kings and queens. Let our attitude be, they are the kings and queens and we are servants.

**Inner Healing led by Rev Fr. Jose Vettiyankal VC**

This last session of the retreat was the time for Inner Healing which was led by Rev Fr. Jose Vettiyankal VC, the director of Logos Retreat Centre Bangalore. Father Jose prayerfully led all into this healing session with his talk on Inner Healing. To have inner healing we have to say the Inner Healing Prayer. Transfix your hands above your chest them in a form of a cross about half a foot away from your chest. Moses put a piece of wood in bitter water; it was changed into sweet water. Similarly, the power of the cross can change all our bitter memories and experiences into sweet ones. Imagine that white rays are radiating from the cross to your hearts, where all the bitterness is stored up. These powerful rays bring the inner healing that you need.

We have 7 stages in our growth, developments and so the inner healing should take place in all these 7 stages. We need to pray over each stage and Lord Jesus goes back to those stages and heals us of those painful memories. This will happen only if we are open to His grace and healing touch. Fr Jose asked the retreatants to cry out to the Lord when the Blessed Sacrament will be exposed. Believe that the Jesus our healer is here in our midst and all things are possible if we have faith in Him.

- Prenatal – 9 months and nine days.
- Infancy – 0-5 years
- Childhook – 6 – 12 years
- Adolescence (teens) – 13 – 19 years
- Youth – 20 – 35 years
- Middle ages – 36 – 60 years
- Senior Citizens – above 60 years
And RIP is the last stage there we don’t need inner healing. God takes us completely to Him. In all 7 stages we need healing. Because we are not 100% perfect and all have some kind of manifestation of negative memories in one or the other stages. Only Jesus can heal. He is the physician of the mind, body and soul.

The manifestation of negative memories can be in 3 areas:

- **Body** – Psychosomatic disease
- **Mind** – Emotional imbalance and instabilities, psychosis and neurosis, personality disorder, fear, anxiety, phobia etc.
- **Soul** – Spiritual problems such as scrupulosity, faith in fatalism, criminal and sinful tendencies etc.

Only Jesus can heal. He is the physician of the mind, body and soul.

Some manifestations of inner wounds will prevent to achieve something good in your life. There are some manifestations of the inner wounds that will lead you towards sin. There are times; we may not receive inner healing because we have not confessed our sins. The reasons of inner wounds are unloved experiences, feeling of rejection, trauma, negative feelings, ancestral causes/parental causes, diabolical causes. The remedies to these are walk along with Jesus towards the past stages of growth, unconditional forgiveness, inner healing adoration led by a person who has the gift of inner healing, ongoing inner healing prayers, deliverance and protection prayers, infilling prayers/anointing prayers, prayer of praise, worship and adoration.
Awake and Arise, Christ will Shine on You (Eph 5:14)

Jesus, you are the same yesterday, today and forever. Come into my yesterdays; into my wounded feelings and negative events to transform them for my favor and good. Jesus I pray over all these negatives that happened in my life and feelings such as rejection, unforgiveness, sorrows, fear, loneliness and failure and so on. I pray over them all. Jesus, come into my bitter experiences and change them into sweet memories. I pray and forgive all who have offended me unjustly and bless them more than you bless me. Jesus alone will hear our prayers. “Jesus is sufficient for me” (2 Cor 2:16).

**Final Blessing**

After the talk on healing, it was followed by exposition of the Blessed Sacrament wherein the Fr Jose invoked God’ blessings and protection over the retreatants. It was a moment of grace and heavenly experience as everyone were gazing at the Eucharistic Master pleading for His healing touch. The participants started counted their blessings as the whole retreat brought blessings in abundance. Counting all the blessings during this final hour of the retreat all the retreatants thanked and praised the Holy God together with the angels and saints in heaven for the hundred fold blessings we experienced personally and the PMI family as a whole.
PMI Online Retreat 2020 - A week to be cherished

It was indeed a very great privilege to have attended this week long online retreat. It was indeed unique. The hard work and the dedication of the National Team clearly manifested during the retreat scheduled. I am really grateful to Rev Dr Francis Kodiyan, Sr Lini Sheeja, Daryl with the blessings of our Chairman Most Rev Dr Allwyn D'Silva and of course all the speakers who gave spirit filled talks enlightening all the participants. Though I have been in this ministry for 30 years, this retreat has evoked once again a deep love for this ministry and all those who suffer behind the bars. All the input sessions were inspiring and helped me to grow in knowledge and wisdom. The concluding session was a blessed one, wherein a powerful presence of the divine healer and his miraculous healing touch was experienced.

PMI Online Retreat 2020 - Re-dedication to Lord Jesus

The PMI Online Retreat 2020 was an amazing experience for me. It was an invitation from Jesus to awake, arise and listen to what he wants to tell me, in order to deepen my commitment to the Prison Ministry. It was a golden opportunity to be united with Jesus and find myself. It was a significant time to be with the Lord who identified himself with prisoners and experienced the plight of a prisoner, reformed and redeemed them. It was a time to examine my life and shake up the dust gathered in my life and renew myself, renew my prayer-life, my love for God and the Holy Spirit and my friendship with Jesus. This retreat was a time to purify myself and inculcate good habits and virtues and become a blessing to our brethren behind the bars and bring healing, hope and conversion of hearts. Our ministry is a vocation. We are called to be mothers and fathers to the voiceless, the helpless and the marginalized and bring comfort to them in their time of suffering, struggles and pain. Our mission as PMI Volunteers is to become another Christ to the world and re-dedicate ourselves to search, serve and save
the lost.

PMI Online Retreat 2020 - A week to be cherished

Expressing my feedback it was truly awesome. Every care was taken and time management excellent thanks to Rev Dr Francis Kodiyan and the team. We were truly blessed to be a part of the wonderful first Online Retreat of PMI 2020. It helped me to grow more spiritually— not only myself but my family too as they got an opportunity to participate in the retreat and know about the same. We used to get ready at 0930 till the afternoon session was over and were eagerly waiting for 1730 to begin till the end. Participating in the Divine Mercy and Rosary was so enriching as a big family. When it was over we felt the absence of the entire PMI family. My family is aware about this beautiful ministry and knows it is not social work. Each speaker has shared their personal experiences which touched my heart. It makes me to be more conscious and empathetic. How our actions as PMI member should be CHRIST like to make our children and everyone around us feel when we go behind the walls and how PRAYERS are very important. Inconvenience is our convenience and begging is our lifestyle to take away always from this retreat.

PMI Online Retreat 2020 - A life-changing weekend

This was my first time doing a spiritual retreat on-line and I'm so glad I made it. It was indeed a life changing weekend guided by the Holy Spirit. All praise and glory to Jesus! The preachers were truly spirit-filled with vast experience. Their sharing has had a deep impact on my Spiritual life. This Retreat was indeed a need to move forward in the prison ministry as I visit my brethren behind the bars once the lockdown is lifted. All praise to our Lord and Savior Jesus Christ.
PMI Online Retreat 2020 - A spiritual enrichment

I sincerely thank all the organizers of Prison Ministry India, for the well-organized, fruitful and spirit filled retreat. It has really touched, enlightened, motivated, inspired and strengthened me. The talks and preaching were very engaging, it was a link of personal sharing experiences, a heart to heart talk, day to day realities, practical examples including the failures and challenges faced in this Ministry. Through this retreat, the living Word of God was imparted to us that made me not only reflect and ponder, but also to strive hard and give my best as a volunteer for the mission. We are called to serve with continuous fasting and prayer to make the impossible possible. It helped to reflect on the life and pain of the inmates and the mission we are called to serve through Jesus Christ. We all need the dedication and guidance, to give and share God's love to the inmates, thus spreading a living message to others as we serve in this Ministry. The Holy Eucharist and the Holy Adoration were a special union and covenant with me and My Lord. I thank and praise God for enriching all our spiritual lives through this retreat which was a refreshing review, deepening the graces we received.

With immense joy and gratitude to God and His Son Jesus for the wonders he worked in and through Fr Francis, Fr Rajendra, Sr Lini and the team, who worked without any reward for the success of PMI Online Retreat. Thanks for all the resource persons who enlighten and strengthen us spiritually during this time of crisis.

God bless you always. Thanks.

Brother Andrew Pereira

Congratulations Fr. Francis and all the organizers for your tireless work to make this retreat memorable. Inspiring talks, songs, adoration, prayers helped to have new insights. Thank you very much. God bless everyone.

Sr Shiny SDS
Thank you Fr. Francis Kodiyan, Sr. Lini, once again may God shower abundant blessings on you all and also on all the volunteers.

Congratulations
And thanks

Thank you Fr. Francis Sr. Lini and all the team members for your dedicated service to us these days. It has been awesome. Praise God. Let us sing His praises always.

Thank you so much fr. ..for this gracefilled retreat...very useful and energized by the Jesus and his words. ...

Great thanks Rev. Fr Francisco kodian for organised wonderful healing session, it is difficult to put appreciation in words may good God bless him and all his team, always once again big......... Thanks

Thank you for all the wonderful days of Spiritual teachings and ended so beautifully with deep cleansing and healing of our hearts, body and mind. Thank you Fr Francis, all the Speakers, Sr Lini, organizers, Daryl, Choirs, Sr Fidelis, Fr Rajendra and Sr Rosily.

My heartfelt gratitude to each and every one who made this Retreat possible for us. I am deeply touched. Every speaker spoke with wisdom and filled us with newer insights and so enriched us immensely. Feeling a void in my heart as I bid goodbye. God bless you in abundance dear Rev Fr. Francis Sr. Lini, Daryl and all team members. You have taken great pains to make this retreat a memorable one. Thank you and God bless you.

Thank you Fr. Francis Sr. Lini and all the team members for your dedicated service to us these days. It has been awesome. Praise the Lord. Let us sing His praises now and always.

Thank you fr, Francis all the speakers, sr, Lini organizers Daryl Choirs, sr, Fidelis, Father Rajendra and Rosily thank you for all the holidays of spiritual retreat and adoration.
~Lili P Vaz
Our heartfelt gratitude to you Fr.Kodiyan,Sr.Lini ,Daryl and the entire team for organising this amazing retreat. We were blessed to be a part of it. God bless you all for your great contribution to PMI.

~Inigo
Thanks Fr. Francis, Sr. Lini, Fr. Rajendran, the New President and other team members for your meticulous planning and successful completion of the mission. Congratulations. God bless you.
I want to thank all the participants for your generous words of appreciation of my talk also. God bless you all.
Sr. Inigo

~Josephine
Thank you Fr Francis and sr Linni and Daryl and all the organizers. All the resources persons. Bishops Allwin sorry if I left out any one. This Retreat is a challenging one where we each one of us have to experience God’s Love so that we can radiate this Love to our brothers behind bars. Yes we are ready to take this challenge with the Holy SPIRITS inspiration and guidance. We are healed in this Adoration to heal our brothers behind the bars. Thanks once again God Bless PMI.

~Antony Jose Prakash
Thanks all team

~Michael
With immense joy and heart full of gratitude, I thank you Fr. Francis, Fr. Rajendran, Sr. Lini, honorable preachers, Sisters, Mr. Gandhi and all who were involved in conducting the retreat. It was a great spiritual experience of the Love of God and Love of Neighbor. Special thanks to all the participants for adding life to the retreat. How can I forget the intercessory worriers. Thanks for praying for us. Once again thank you one and all. Gn. Tc. Keep smiling. God bless you.

~Sr. Reena
Thank you very much Fr. Francis Kodiyan, Sr. Lini and all the team members for guiding us to experience God’s love profoundly through different inspiring speakers. Congratulations for taking up a new step to invoke all PMI Volunteers to keep up the spirit more zealously.

~Joyce
All Praise and Glory to Our Jesus Christ,
In Christ Jesus I take this opportunity to thank Dr.Kodiyan, Sr.Liny, Mr. Daryl and the entire team for giving us to experience the spirit filled retreat. We and our Family are indeed Blessed.
Thank you.
God Bless.

~Sr Magdaline
Congratulations Fr.Francis Fr.Rajendra and Sr.Lini .Thank you so much God bless you

~Eunice Fernandes
Thank you Fr Francis, Sr. Lini, and Daryl and all the organizers, the choir who led us through prayer and song, and ALL the Preachers with their testimonies powerHis Love so Divine that we can radiate to our brothers anThankers behind bars.
THANK YOU
PMI Online Retreat (13th – 19th September 2020)

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Shiney

Congratulations fr. Francis and all the organizers for your tireless work to make this retreat memorable. Inspiring talks, songs, adoration, prayers helped to have new insights. Thank you very much. God bless everyone.

10:00 PM

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WWK

Thanks Fr., Francis, Sr. Lini, Fr. Rajendran, and other team members for your meticulous planning and successful completion of the mission. This Retreat was a challenging one where I am sure that each one of us have experienced God’s Love so that we can radiate this Love to our brothers behind bars. Yes we are ready to take this challenge with the Holy SPIRITS inspiration and guidance. We are healed in this Adoration to heal our brethren behind the bars. Thanks once again God Bless PMI.

10:03 PM

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MARIA A D’SOUZA

Cried after the RETREAT so much we were looking forward my Family too. Love you all we are BLESSED to be UNITED in this AWESOME LOVE. Please KEEP us in your DAILY PRAYERS🙏🙏. LOVE to one n all n hoping we get an opportunity to visit our HOMES🙏.

10:07 PM

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cecily

I have attended so many but this is a very memorable and unique one because every preacher shared their life experiences I am so glad and grateful to god and to everyone for God’s holy spirit working.

6:15 AM
Rev. Fr. Francis Kodiyan, MCBS, introduces our esteemed speakers for the Retreat.

**Most Rev Dr Allwyn D’Silva**

I always praise and thank God for the gift of our Chairman, Most Rev Dr Allwyn D’Silva. Like Father Abraham he has been a blessing not only to PMI but to the whole universal Catholic Church. Like Abdul Kalam he is one of the ignited minds of the CBCI. Like Stephen Hawking his ministry ever expands to the endless universe by his teaching on Laudato Si. Like Jesus he continues the mission of seeking and saving the lost amidst the Indian prisons. Like Mother Mary he always says yes to PMI and especially to Fr Francis and ever available for PMI programs. Let us praise and thank God for such a chairman. Hearty welcome dear Bishop Allwyn for your valuable message on the spirit-filled renewed life.

**Mar Tony Neelamkavil**

I am privileged to welcome Bishop Mar Tony Neelankavil, the auxiliary bishop of Thrissur archdiocese, and son of NA Ouseph, famous chevalier of the Kerala church. We studied together at St Thomas Apostolic seminary and we worked together as members of Jesus Fraternity. After his studies he was sent for higher studies at Catholic University, Luvein. His doctoral thesis was Towards an Intercultural Hermeneutics of Trinitarian Harmony. He served as dean of Studies at Mary Matha Major Seminary Thrissur, Chaplain of St Marthas, Director of Jesus Fraternity and chaplain of Special Subjail, Thrissur. He is the president of the doctrinal commission of Kerala Catholic Bishops’ Conference as well as of the Syromalabar Church. Dear Bishop Tony, most warm welcome to this PMI online retreat.
Fr Varghese Karippery

PMI was born and brought up out of the deep, genuine love of Fr Varghese Karippery for the Lord and for the Lost. Fr Varghese Karippery, the PMI co-founder was the first director of Snehashramam, the first rehabilitation center for men released prisoners at Thrissur. He was the first PMI national coordinator who launched the ministry in Bangalore in 1994 in a cowshed at Huskur. He authored many books on PMI spirituality and reformation methodology and fathered many other movements such as Sarathi – a helpline for taxi drivers, Ladyglobal, Christold, Global Children, Shantisamaj, and so on. Dear Fr Varghese, hearty welcome to the PMI National Executive Meeting.

Justice Kurian Joseph

Honorable Justice Kurian Joseph hails from the Ernakulam Angamaly Archdiocese, from the land of Aadi Shankara, the great Indian philosopher who taught us Aduaitam. From early childhood onwards Justice Kurian Joseph is a hardcore Catholic and grown to the heights of Supreme Court Judge through Catholic pious movements and associations. Proudly I recall one unforgettable experience with Justice Kurian Joseph. In 1998 he came to the Vatican to take part in the Asian Synod. The Cardinal in charge of the synod of bishops welcomed him in the presence of Pope Saint John Paul II as the supreme court judge in India but in reality, at that time he was not yet the supreme court judge. Kurian joseph began his intervention stating “I am not supreme court judge but only a high court advocate”. Then the Cardinal told him he will soon become the supreme court judge. And that prophecy realized on 8th March 2013.

The most important daily duty in his life is participation in the Holy Mass and reception of the Holy Communion. He not only participates daily in the Eucharistic sacrifice but also lives a Eucharistic sharing life. For instance, he donated his heritage property to MCBS for the rehabilitation of beggars called FBA – Friends of the Birds of the Air, founded by Fr George Kuttickal, one of the pioneers of PMI. You might have read about him in the September issue of Prison Voice. Honorable Justice Kurian Joseph is a great devotee of Blessed Virgin Mary and many asked me to call him for the talk on Mother Mary. When I called him very gently, and humbly he accepted our invitation. Dear and honorable Justice Kurian Joseph most cordially I welcome you to this PMI online retreat.
Fr Wilfred Fernandes

Fr Wilfred Fernandes hails from Solapur, Maharashtra and belongs to the Pune diocese. He is the Central regional co-ordinator of PMI and serves also as the Maharashtra state coordinator. He is a man of innovation and of creative intelligence. He has introduced the PMI Half Marathon for PMI in Pune and initiated many new steps in the history of PMI such as PMI Parish Units, PMI Youth Wing, PMI Music Club and so on. Above all his creative endeavors, I appreciate him for his challenging and daring ministries to prisoners during the Covid-19 Pandemic. Everyday Pune PMI team members were visiting either prison or prisoners’ Families. With highest appreciation and with most warm thanks I welcome Fr Wilfred to this online retreat.

Rev Dr John Ponnore

Fr John Ponnore, my soulmate, hails from Parapur in the archdiocese of Thrissur, Kerala and was ordained priest for the Archdiocese of Raipur. I met him at the Pontifical Gregorian university, Rome. We studied together Spiritual theology and he has published his doctoral thesis with the title: Spirituality of the Diocesan Priest. He is one of the editorial members of the Reformative Explorations of PMI and used to write articles in it. His last article was on the spirituality of Reformation. He is the deputy secretary general of the Chhattisgarh Bishops’ Conference and serves as the director of Chhattisgarh bishops conference commission for Bible, Catechesis, and Catholic Information. As a good shepherd he serves his parishioners and recently he participated in the PMI online training program and now dedicating his life in searching, serving and saving the lost. Dear Fr John, most warm welcome.
Fr Jose Vettiyankal VC

I am delighted to welcome Rev Dr Jose Vettiyankal VC and his team to the final session of PMI online retreat. We studied together at St Thomas Apostolic Seminary, Kottayam and he was very much involved in the Jesus Fraternity movement in the 1980s. Fr Jose belongs to the Vincentian congregation and is a renowned retreat preacher. Ever since his ordination on Jan 4, 1988 he has preached all over the world. He has served as tribunal judge in the Archdiocese of Mylapore in Tamil Nadu and defender of Bond in the Archdiocese of Kottayam in Kerala. He was the Provincial Superior of the St Joseph Province of the Vincentian Congregation. At present he serves as the Director of Logos Retreat Centre, Bengaluru, India. Fr Jose is appointed as the official Exorcist of the Archdiocese of Bengaluru, India. I praise and thank God for the blessing of having Fr Jose for the final session of PMI online retreat. May the Holy Spirit come upon all of us to enlighten and anoint us.

Dear Fr Jose hearty welcome to the PMI family for your talk on inner healing and anointment of the Holy Spirit.

Fr Sebastian Theckanath

Fr Sebastian Theckanath hails from the Ernakulam Angamaly Archdiocese and served as the second PMI National Coordinator. He took the PMI baton from Fr Varghese Karippany and led the ministry to its heights especially to the CBCI recognition. We studied together at St Thomas Apostolic Seminary and thus he knows the pulse, style and spirituality of PMI. He has many degrees like MA Sociology, MSc Psychology, MEd, and degrees in Hospital Administration, and Human resource Development.

It was in the fourth PMI National Gathering held in Mumbai in 1998 that Fr Sebastian Theckanath was elected as the PMI National Coordinator. He led the fifth national convention in 1999 in Calcutta and the sixth in Hyderabad in 2000. On 24th August 2000 under his able leadership PMI was officially recognized by the CBCI. Let’s give our applause to Fr Sebastian for this great achievement. He also spread the fragrance of PMI to many countries by participating in many international conferences convened by organizations such as Cure International, Prison Fellowship International IC-
CPPC and so on.

At present he is the director of Sarathi movement – an organization founded by Fr Varghese Karippery for the welfare of Auto and taxi drivers working under the Kerala Catholic Bishops’ Conference.

Dear Fr Sebastian most cordial welcome to this online PMI retreat.

**Sr. Inigo SSA**

Sr. Inigo was the Superior General of St. Anne's Congregation, Chennai for two terms. She was the only delegate elected by South Asian women religious to be at the Synod of Bishops in Rome in 1994 on "Vita Consecrata".

Thereafter she was a much sought after person to facilitate the General and Provincial Chapters of various Congregations and to address various gatherings of Bishops, Priests, Seminarians, Nuns and the laity both in India and abroad. She has helped many religious in more than 10 countries like Philippines, China, Japan, Singapore, Malaysia, Sri Lanka, Bangladesh, Myanmar, Hong Kong, Kentucky in USA and Thailand besides some 120 Congregations in India.

After completing her mission as Superior General of the Congregation, she moved to Delhi to render her service at Tihar Prisons – one of the biggest prisons in Asia with 18,000 inmates, bringing solace and meaning in their life for more than 10 years.

She is also a contributor of articles at times to Catholic Media like In-Christo, New Leader, Voice of Delhi, Prison Voice, Religious India, Ignis etc.

**Fr Sebastian Vadakumpadan**

Fr Sebastian Vadakumpadan, who was the PMI National Coordinator for the last 14 years, led this movement like a good shepherd seeking and saving the lost behind the bars. As national coordinator and CBCI secretary to PMI he guided us with the faith of Abraham, passion of Elijah and leadership qualities of Moses. Under his able leadership PMI reached the heights of Catholic Bishops Conference of India (CBCI), Federation of Asian Bishops Conference (FABC) and International Catholic Commission for Prison Pastoral Care (ICCPCP).
His dream to have a home for prisoners’ children was realized through the establishment of Kolbe Home in 2015 in Bangalore adjacent to the PMI national office where 18 children pursue their studies. Purchasing a plot of land at Karjat between Lonavala and Mumbai for the Central Regional office and a rehabilitation center for released prisoners will be written in golden letters in the annals of PMI. Credit goes to him in launching the North East Regional Office at Guwahati, Assam in collaboration with Ursuline Franciscan Congregation. Another great achievement of him would be the introduction of Prison Ministry Sunday Celebration on the second Sunday of August in all Indian Catholic parishes.

Fr Sebastian authored many relevant books published by PMI. They can be considered as textbooks for PMI students, and are significant in the formation of prison ministry volunteers. Some of his major writings are: Prison Ministry India- Volunteers’ Guide, Our Hearts Were Burning – Prison Ministry India Volunteers’ Handbook, Undertrials in Criminal Justice System of India, The Justice that Heals Not that Kills, and Create Homes Not Cells.

On May 31, 2019 he was transferred to his archdiocese and took charge as the director of Bharat Matha Law College and parish priest of St Joseph's Church, Aluva. With immense gratitude and highest appreciation, I welcome you to this online retreat.
Awake and Arise, Christ will Shine on You (Eph 5:14)

♦ Sr. Adele Korah SCCG
♦ Br Alex AP
♦ Fr Alexander Kureekattil
♦ Mr Alyster Fialho, PMI Mumbai Unit
♦ Ms. G. Amala Rani
♦ Mrs. Amira Peter, PMI Unit Animator, Good Shepherd Church, Pune
♦ Br Andrew Pereira
♦ Mr Anil Mullick
♦ Fr. Aroka Doss
♦ Mr Ashok Kumar
♦ Sr Beena SDB
♦ Fr Benny Pachanal
♦ Ms Betty Goes
♦ Brigit Michael
♦ Sr Clara
♦ Sr Celine SOC
♦ Sr Cisily
♦ Sr Diana CTC
♦ Mrs Daisy Mathew
♦ Mr Daryl Gandhi
♦ Fr David MSC
♦ Fr Dion Isaac
♦ Mrs Eunice Fernandes
♦ Mrs Fay McKinley, Dongri Unit Mumbai
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Sr Fidelis
Fr Francis Kodiyan
Fr George Kalassery
Sr Gertrude
Mrs. Goretti Martins, PMI Goa Unit
Adv Grace Saxena
Mr Grecian Correa
Mrs Gwen Menzies
Sr James St Anne’s
Sr Jean, Dongri Unit Mumbai
Sr Jemma DHM
Mrs Jesse Dsouza, Dongri Unit Mumbai
Mr Jesuraja K
Sr Jobina
Fr John Areekal
Bro. PJ John, SG, PMI Unit Salem Diocese
Ms Josephine Arockiasamy, PMI Dongri Unit, Mumbai
Mr Joyce, Dongri Unit Mumbai
Mr Jude Francis
Mrs Juliet Crasta, Dongri Unit Mumbai
Sr Kokila
Mrs. Lili P. Vaz, Dongri Unit Mumbai
Sr Lini Sheeja MSC
Sr. Liceaax Therese
Ms Loretta Gonsalves, Dongri Unit Mumbai
Sr Magdaline Sohtun MSMHC
Ms Maggie
Sr. Marcellina Aguiar CCV, Dongri Unit Mumbai
Margerie Correa
Ms Maria D’Souza
Mrs Maria Fernandes, Dongri Unit Mumbai
Sr Maria
Mrs Maria Augusta D’souza, Dongri Unit Mumbai
Sr Maria Jacintha
Sr Maria Joseph
Sr. Maril Lalbiakdiki
Sr Mary James
Sr Mary Jitha
Sr Melania
Bro Michael Sacred Heart of Jesus
Fr Michael Francis
Mr. Michael Martins, PMI Goa Unit
Mrs. Nancy Misquith, PMI Pune
Fr Nirmal Minj SJ
Mr Oswald D’Cunha, Dongri Unit Mumbai
Mr Prakash
Ms Prasanna Kumari
Fr Rajendra
Sr Rose
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