



# The Buds

*Society of Daughters of Mary Immaculate and Collaborators*

“There are Somethings, We can't Buy, one of Such Thing is our Childhood. Enjoy  
The Spirit of Childhood...”



**Group photo with the children of St. Cecilia Home, R. M. Thurai on 05.10.2014 after  
the Children's day celebration**

**I**ssue No : 43, October -2014

**Dear Readers, I am very happy to let you know through 43rd issue of "The Buds".**

### LIVING LIFE IN ALL ITS FULLNESS

'Zo' means "to live" in Greek. Writing to live this life in its fullness is all about and that is what I wish for each of my reader of the buds to live life in its fullness!

**What does it mean to 'live this life in all its fullness'?** We have only one life on this Earth. One day is passing and it is gone. When you feel life is meaningful, life is so good, and you have a feeling **'I have everything I need and I am so content'**...then you are living this life in all its fullness.

**How can you live this life in its fullest extent?** *Anyone can live their life in its full extent regardless of money, power, position, material possessions ...etc. Sometimes we think 'if I had that, I would be so happy.'* But **once you get that you will want something else.** It is the same with everything. A poor person thinks rich people are so happy because they have a lot of money to do whatever they want. Paolo Freire's *pedagogy of the oppressed talks of haves and have-nots.* Then why do we see despair among the rich and famous?

**The key to live life full is in you. Your attitude makes life happy or bad...it is your choice.** Check out the lessons from *the life of a flowering plant:*

**Humility:** The person who wants me in this earth created the seed from where I came. Someone who wanted me in a specific location planted the seed. I received water and food until I was established. ***I don't own my life; I was given the life that's mine.*** My abilities, special features, uniqueness are not mine. I was given all these things in me. I am so thankful that I have this life.

### "Enrich the lives"



**Responsibility:** When the planter gives me food and water, I am given a responsibility. Grow as I am supposed to. As I respect the gifts that I have been given, I will live that full potential and share these gifts with others. ***Grab the opportunities as they come or go for it as my abilities and interest take me.***

**Giving:** I am given this life. ***I have to give back something to my creator, planter, and this Earth.***

**Purpose:** I found out the purpose of my life. I am supposed to give beautiful flowers.

**Action:** I have blossomed. My flowers are for everyone to enjoy.

Now I am happy and content; I am living this life in all its fullness by serving the poor and needy in many phases according to the Charism of our Society **"Loving God in Serving the poor to be Fully Human and Fully Alive.** Are you too? *"Life is like a box of chocolates. You never know what you're going to get"*

**Life is full of beauty. Notice it.**

**Notice the bumble bee, the small child, and the smiling faces.**

**Smell the rain, and feel the wind.**

**Live your life to the fullest potential, and fight for your dreams.**

**And let our motto be "Live every day to the fullest - in moderation".**

**I Remain,  
L. Arul Seeli. DMI,**

Dear Sr. Seeli,

I love hearing from you. Your words always make me stop and rethink about how I live my day. Your message was especially meaningful today.

Beverly Earnhart , USA

Dear Sr.Seeli

Thank you very much for your wonderful Buds.

Ajit , Germany

Dear Father Arul and DMI Sisters

Many thanks for your very interesting magazine "The Buds". It is good to read the news of the children and the activities at DMI Children's Home. God Bless you and the children.

Kindest regards  
Margaret Mackay,

Dear Sr.Seeli,

Thank you for The Buds.

Sr.Eugenie Fumiko Fujita,mmcc.  
Representative of ESNAC,

Dear Sr. Arul Seeli,

Thank you very much for the "Buds" .

Best regards  
Anoma Perera

Thank you Sister Seeli for the recent edition of the magazine. I read it with interest. Please continue to be well and best wishes to you in your work.

All the best

Sheila Needham  
ACWW Canada Area President

# CONTENT

## CELEBRATION



## VISITS



## MEETING

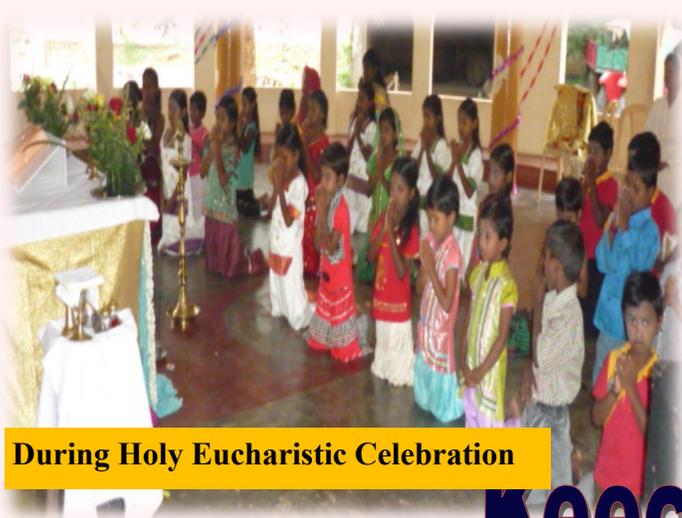
## THOUGHT PROVOKING



## KIDS CORNER

# Snaps of Children's Day

Mr. Robert Rajan , Principal of St. Joseph Matriculation higher secondary School was the Chief Guest. Children's day included with morning prayer followed by Holy Eucharistic Celebration on 11.10 2014 followed by cultural programme.



During Holy Eucharistic Celebration



## Keechalam

Cultural Programme , Christmas Gift , Prize distribution and delicious dinner.



Welcoming the Chief Guest



Month of October and November are the special month in all Children's home to express their hidden talents. Here our children exhibit their talents.

# R.M.THURAI

Morning Prayer and Holy Eucharistic Celebration on 04.10.14



Prize distribution to the winner by Sr. Victoria The Southern Provincial



Sr. L. Arul Seeli delivered message on "The effect on Media of children".



Colourful dance with Excellent Performance



Happiness explored through cake cutting with all the children on dais



Mr. Peter Thomson opened the Exhibition center

# KODIKOTTAI

25.10.2014



Amazing Cultural Events

Inspiring message by Sr. Victoria Southern Provincial

Winners were Awarded by the Chief Guest Mr. Meenatchi Sunderam , from Rotary club .

# VISITS



Miss. Coni and Miss. Karin from Germany had visited our Home Children at Nagapattinam from 21st to 24th October . Their visit was Joyful to the Children.



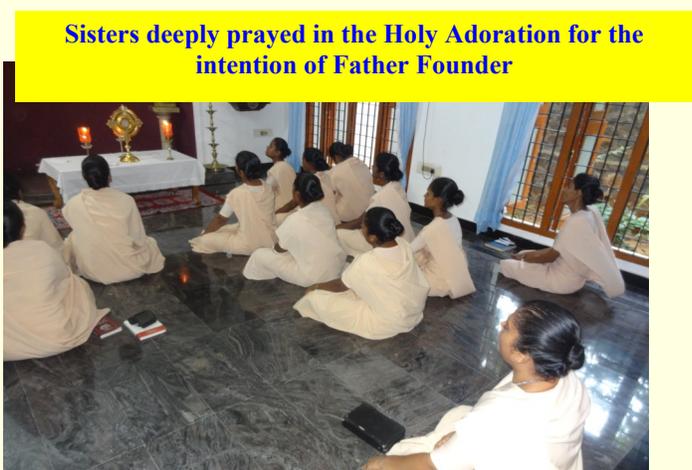
Mr. Susai Michael and Sr.Vasanthi helps in Transalation

# GIRL CHILD DAY



On 12th October National Girl Child day was celebrated at Nagapattinam and made every children to understand importance of Girls and the contribution to the growth of humanity on earth.

# MEETINGS



Sisters deeply prayed in the Holy Adoration for the intention of Father Founder

Rev. Fr. Arul Raj inspired all the sisters to care for the children in a gentle way with Love, Care and concern. Education alone don't bring growth and development rather holistic care of the children brings real development." Feed them with love care then with comfort and educate them with peace of mind"



Report Presentation

Session by Sr. L. Arul Seeli on " Commitment and knowing oneself "

## 13 BRAIN Foods - Boost Your Brain and Memory

*Surge Your Brain Power*

 Almonds increase blood flow to the brain	 Walnuts high in omega 3	 Blueberries improve learning & motor skills	 Broccoli assists in proper brain functioning	 Cauliflower Assists in cleansing white matter in brain & spine
 Ginger anti-inflammatory may help protect from brain disease	 Apples power food for mind, body & emotions	 Watermelon targets Brain Function	 Cabbage High intake of cruciferous may lower risk of brain, lung & prostate cancer	 Lettuce helps increase blood flow to the brain & cleanse blood plaque
 Cantaloupe/Rockmelon supports the brain	 Pine Nuts helps stimulate brain activity			

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## 5 Golden Health Tips

- \* 1 Apple / Day = No Doctor
- \* 1 Tulsi Leaf / Day = No Cancer
- \* 1 Lemon / Day = No Fat
- \* 1 Cup Milk / Day = No Bone Problem
- \* 3 Ltrs Water / Day = No Diseases

# AWAKENING

## NATIONAL CHILD HEALTH DAY



Child Health Day in the United States raises people's awareness of how they can protect and develop children's health. This event is annually celebrated on the first Monday of October. On this day, the President invites "all agencies and organizations interested in child welfare to unite on Child Health Day in observing exercises that will make the people of the United States aware of the fundamental neces-

sity of a year-round program to protect and develop the health of the children of the United States". **On October 4, 2013, President Barack Obama signed a Proclamation proclaiming Monday, October 7, 2013, as Child Health Day. "I call upon families, child health professionals, faith-based and community organizations, and all levels of government to help ensure America's children stay healthy."**

The important day, nobody knows about it. Do you know?

Child Health Day is a special day dedicated to raising awareness of the importance of our children's health. Let us join in **keeping our kids active, healthy and hydrated can be a daily challenge.** Every Tennessean can have a positive impact on the health and well-being of children. Parents can help their kids stay active and encourage healthy eating habits. **Schools and communities can create environments that foster healthy lifestyles.** Health providers can promote regular check-ups and immunizations and help children and families manage childhood diseases. **Together, we can secure a healthier future for all of Tennessee's children.**

## WORLD DIABETES DAY

**World Diabetes Day** was first introduced in 1991, and founded by both the International Diabetes Federation and the World Health Organization. In reaction to the rise in cases of Diabetes worldwide, it was decided to choose a day of the year to raise awareness of Diabetes and related causes. The day chosen was the birthday of Sir Frederick Banting, a medical scientist who co-discovered Insulin and was the first person to use it on humans.

The theme of World Diabetes Day regularly changes. For example, the theme for the day between 2009 and 2013 was education and prevention, and in the past such themes have been used such as human rights, lifestyle, obesity, the disadvantaged and vulnerable, and children/teenagers. Various events around the world mark the day including raising awareness in the media, lectures and conferences, sporting events, and leaflet/poster campaigning. **"Going blue"** is another global event to mark the day, where people wear blue and landmark buildings and monuments around the world are lit up in blue, to help spread awareness of the day.



**Act today to change tomorrow.**



# Thought Provoking

## Life is all about leaning, adopting and converting

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her, he asked. "Daughter, what do you see?" "Potatoes, eggs and coffee," she hastily replied. "Look closer", he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. "Father, what does this mean?" she asked. He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new. "Which one are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

**We learn from this story is:** In life, things happen around us, things happen to us, but the only thing that truly matters is how you choose to react to it and what you make out of it. Life is all about leaning, adopting and converting all the struggles that we experience into something positive.



*Life is all about  
leaning,  
adopting and  
converting*

[www.rishikajain.com](http://www.rishikajain.com)

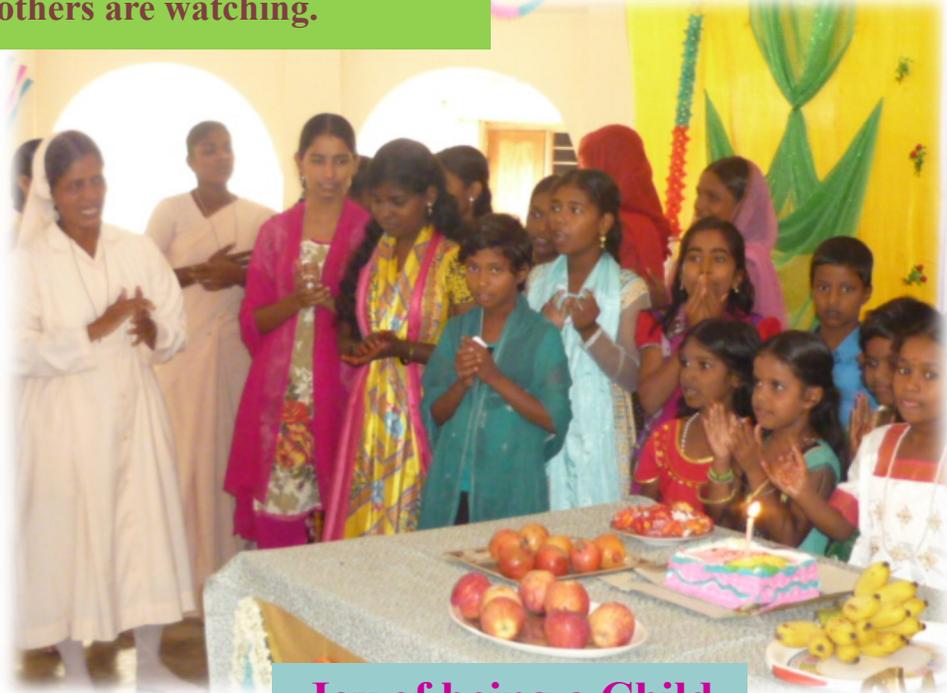
# KIDS CORNER



Girl children are on the play ground playing and others are watching.



Remarkable dance by kids



Joy of being a Child



Excellent explanation of their exhibition " Rain water Harvesting and protecting the Forest