



FAMILY LIGHT

Newsletter of Holy Cross Family Ministries, Province of South India



Message from the Director



Family life is the first place where we learn love, patience, and understanding, but it is also the place where we often experience hurt and misunderstanding. In every home, small incidents can create silence, distance, and tension between people who truly care for one another. Yet these very moments also offer opportunities for healing when we choose forgiveness over pride. As reflected in *The Spilled Cup*, reconciliation often begins with simple gestures—a sincere apology, a kind word, or the courage to speak honestly.

Throughout the year, many family ministry initiatives remind us of this call to healing and unity. Events such as the Rosary Rally at Mother of Gold Mines, KGF, One Day Retreat for Couples at St. Joseph's Church, Chengalam, Feast of the Holy Family celebration at Father Peyton Centre, and Try Prayer! It Works – Prize Distribution encourage families to pray together and grow in mutual understanding. Gatherings like Engaging and Connecting with Gen Z and Alpha, Connecting Gen Alpha and Gen Z for a Day of Rosary and Family Prayer at St. Louis Dahisar, Mumbai, and participation in JAGO Conference 2025 help young people and families rediscover the importance of faith in daily life.

Outreach programs such as the Christmas Celebration for the Deaf and Dumb at St. Patrick Church, Bangalore, Family Ministries reaching out to the Hearing-Impaired Community at Kottayam, and the Holy Cross Family Rosary Group Pilgrimage to KGF show that forgiveness and love grow stronger when families pray, serve, and journey together. Moments of remembrance like Remembering Fr. Herve Morissette CSC, along with seminars, prison ministry visits, and family gatherings, remind us that every relationship needs renewal and grace.

Forgiveness is not a single act but a daily choice. Children often show us the way by saying “sorry” without hesitation and loving without calculation. When families choose patience over anger and prayer over silence, the home truly becomes a Domestic Church where faith is lived, wounds are healed, and love is renewed each day.

Fr. Johny Thekkemaly CSC
Director, HCFM
Province of South India

The Spilled Cup

What Families Teach Us About Forgiveness

A reflection on emotional healing in couples and family life



It was a quiet Sunday morning. The family had just returned from church, where words about grace and mercy had been spoken. Yet at home, silence hung between husband and wife — a reminder that it is one thing to hear about forgiveness and another to practise it. The father sat in his armchair reading the newspaper while the mother quietly brought him a cup of tea and placed it beside him without a word.

Outside, their six-year-old son was playing with his ball. One careless kick sent it through the doorway, knocking over the cup. Tea spilled across the table. The boy ran inside and said simply, “Sorry.” In that moment something changed. The father responded gently, “I could have drunk it before it turned cold.” The mother added softly, “I could have told you I left it there for you.” A child’s simple apology had opened a door that silence had kept closed.

“Unless You Become Like a Little Child...”

“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” — Matthew 18:3

Children apologise without calculation. They do not measure whether the other person deserves it or worry about appearing weak. They simply recognise a mistake and respond honestly. In relationships, becoming like a child means recovering this openness — the courage to speak sincerely and repair what is broken. As Jesus reminds us, forgiveness is not limited or counted: ***“Not seven times, but seventy-seven times.” — Matthew 18:22.*** In families, forgiveness becomes a daily decision to begin again with the people we love.

The Architecture of Silence in Relationships

Conflicts in families rarely begin with dramatic arguments. They often grow from small moments — a word left unsaid, a gesture unnoticed, or an expectation unmet. The mother’s tea was an act of care, perhaps hoping to be noticed. The father’s silence reflected hurt he did not know how to express. St. Paul offers practical wisdom for such moments: ***“In your anger do not sin. Do not let the sun go down while you are still angry.” — Ephesians 4:26.*** Anger itself is part of being human, but when it remains unspoken it slowly builds walls between people. Yet even long silences can be broken by a single honest moment.

The Child Who Knew What Adults Had Forgotten

The boy apologised without hesitation. He did not analyse the situation or protect himself from embarrassment; he simply said what was true. That small act softened the atmosphere in the room. The Father spoke honestly, and the mother followed. The tension dissolved. Jesus often placed children at the centre of his teaching because they reveal something adults easily lose — openness, trust, and the willingness to begin again. The child’s apology became the moment that allowed two adults to rediscover that simplicity.

The Prodigal Son: A Portrait of Forgiveness in a Family

The Parable of the Prodigal Son (*Luke 15:11–32*) offers one of the clearest images of forgiveness within a family. Scripture tells us, ***“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son...”*** — *Luke 15:20*. The father did not wait for the perfect apology; he ran toward his son. Forgiveness moved first. This challenges a common instinct in relationships, where we often wait for the other person to apologise before softening our hearts. Sometimes healing begins when someone chooses to take the first step.

When Resentment Protects and When It Imprisons

Resentment can sometimes protect us by signalling that something important has been hurt. But when it lingers too long, it begins to imprison the heart. From the cross, Jesus prayed, ***“Father, forgive them, for they do not know what they are doing.”*** — *Luke 23:34*. Many people hurt others not fully understanding the impact of their actions. Recognising this does not excuse the harm, but it can open a path toward forgiveness. Children often sense emotional tension long before adults acknowledge it, reminding us how deeply the spirit of forgiveness shapes the atmosphere of a home.

Practices That Can Help Couples and Families Forgive

Forgiveness is not a single moment but a practice that grows gradually. Resentment often survives because the mind repeatedly returns to the hurt. Mindfulness invites us to notice these emotions without allowing them to control us. The Psalms reflect this honest struggle: ***“How long, O Lord? Will you forget me forever?”*** — *Psalms 13:1*. Honest prayer allows pain to be expressed while slowly guiding the heart toward peace. Painful experiences can also teach us deeper truths about ourselves and our relationships. Joseph, speaking to the brothers who betrayed him, said, ***“You intended to harm me, but God intended it for good.”*** — *Genesis 50:20*. Finding meaning does not remove the pain but can transform how we carry it. Forgiveness also becomes easier when we remember our own need for mercy. Jesus said, ***“Let any one of you who is without sin be the first to throw a stone.”*** — *John 8:7*. Remembering our own imperfections can open the way to compassion.

The Cup That Was Never Just About the Tea

The family in this story had heard about forgiveness at church that morning, yet the real challenge was bringing those words into everyday life. As the apostle James reminds us, ***“Do not merely listen to the word... Do what it says.”*** — *James 1:22*. The boy’s apology reminded his parents how simple repair can sometimes be. Forgiveness in families rarely happens in dramatic moments. It appears in small gestures — a gentle word, a quiet acknowledgement, a willingness to say, “I could have done differently.” Families are where we are most human: capable of hurting one another, but also capable of healing. Forgiveness does not erase the harm, but it chooses the healing. As Scripture reminds us, ***“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*** — *Ephesians 4:32*.

Fr. Royal Nazareth, CSC
Programme Director
Peyton Institute for Families

“Fr. Raymond, C.S.C.: Priest, Teacher, and Champion of Family Prayer”

Courtesy: www.holycrossusa.org

Fr. Raymond, C.S.C., was born in Old Town, Maine, on March 5, 1944, to Joseph and Lydia (Belanger) Raymond and is the eighth of twelve children. In 1964, he entered the Congregation of Holy Cross and made his First Vows on July 16, 1966. In 1967, he earned a bachelor's degree in philosophy from Stonehill College in North Easton, Mass., and in 1971, he earned a Master in Theology (M.Th.) from the University of Notre Dame in Notre Dame, Ind. He made Final Vows on April 1, 1970, and was ordained a Holy Cross priest on April 3, 1971.



After ordination in 1971, Fr. Raymond taught at St. Joseph's High School in South Bend, Ind., before he transferred to teach and coach at Notre Dame High School in Fairfield, Conn., from 1972-1974. Beginning in 1974, he served as director of vocations for the Eastern Province of Priests and Brothers of the Congregation of Holy Cross for the next five years. From 1979-1992, he served in campus ministry at Stonehill College in North Easton, Mass. During this time, he also served as director of Candidate Program, director of Holy Cross Center, assistant Dean of Students, and director of Residence Life. In addition, he served on the Board of Trustees of King's College in Wilkes-Barre, Penn., and Stonehill College, and on the Board of Directors of Holy Cross Family Ministries. From 1993-1994, he served as pastor of Saint Francis de Sales Parish in Bennington, Vt. From 1994-1998, he was assigned as assistant provincial, vicar for the Eastern Province, before serving as provincial from 1998-2000. In 2000, he moved to Hollywood, Calif., to serve as national director of Family Theater Productions until 2014. From 2014-2022, he served as president of Holy Cross Family Ministries in North Easton, Mass., before residing and assisting at Stonehill College until his passing.

Fr. Raymond received the Genesis Award for outstanding service on the Board of Trustees of Stonehill College in 2000. The book, “The Family That Prays Together Stays Together: A Bead-by-Bead Family Guide through the Mysteries,” written by Fr. Raymond, guides parents and families on how to pray and reflect on the mysteries of the Rosary. Fr. Raymond was preceded in death by his parents, sisters Ramona King, Winifred Searle, Theresa Ouellette, Alfreda Mower, and brothers Ovilla, Romeo, and Octave. He is survived by his brothers Deacon Hector, Edmund, Richard, and Gerald, and many beloved nieces and nephews.



Holy Cross Family Ministries Orientation Seminar

Holy Cross Family Ministries organized a two-day Orientation Seminar on January 15–16, 2026, at the Peyton Institute for Families, Sakalavara, Bengaluru. The seminar brought together around 30 priests, religious, and lay collaborators from the Holy Cross Provinces of South India, Tamil Nadu, North East India, and St. Andre Province. Organized under the leadership of Fr. Johny Thekkemaly, CSC, the program aimed to strengthen and equip participants for effective family ministry, inspired by the vision and legacy of Venerable Patrick Peyton.

The seminar featured a series of insightful talks, workshops, and interactive sessions led by distinguished speakers including Fr. Lawrence D'Almeida, CSC, Fr. Roy Thalackan, CSC, Fr. Arul Raj Gali, CSC, Fr. Pinto Paul, CSC, Fr. Charlie McCoy, CSC, Dr. Lisa Gulino, and other resource persons. The sessions addressed contemporary challenges faced by families, the importance of family prayer, leadership within families, and the role of families as the “Domestic Church” in today’s world. Participants also engaged in practical discussions and action planning, identifying pastoral initiatives to strengthen family life in their respective regions.

The seminar concluded on a hopeful note with renewed enthusiasm and commitment among the participants. It served as a meaningful platform for collaboration, reflection, and strategic planning, empowering leaders to promote prayer, faith formation, and family unity in line with the mission of Holy Cross Family Ministries: to support and renew families as the heart of the Church.



Nurturing Faith at Home: Launch of Family Light 2026



Holy Cross Family Ministries, Province of South India, marked a significant milestone with the publication of Family Light 2026, a devotional guide offering daily readings and reflections for families. Brought out for the first time, this initiative aims to encourage families to deepen their faith life through regular reflection on the Word of God and prayer within the home. The publication reflects the mission of Holy Cross Family Ministries to strengthen families spiritually and to promote the practice of prayer as the foundation of family life.

Family Light 2026 was officially released on January 15, 2026, at the Peyton Institute for Families, Bangalore, during the Holy Cross Family Ministries Orientation Seminar. The book was released by Fr. Pinto Paul, CSC, International Director of Holy Cross Family Ministries, along with Fr. Charlie McCoy, CSC, International Vice President, Dr. Lisa Gulino, Fr. Lawrence D'Almeida, CSC, Provincial Superior of the Province of South India, and Fr. Johny Thekkemally, CSC, Director of Holy Cross Family Ministries for the Province of South India. The publication is intended to serve as a spiritual companion for families throughout the year, helping them reflect on the daily Gospel and grow together in faith.

Spreading Hope Through Prayer at Bengaluru Central Prison

Holy Cross Family Ministries (HCFM), in association with Prison Ministry India, continues its outreach to the inmates of Bangalore Central Jail, Parappana Agrahara, Bengaluru, promoting prayer, the Rosary, and Marian devotion. Inspired by the mission of Venerable Patrick Peyton, the HCFM team has been visiting the prison regularly for the past eight months. During these visits, the celebration of the Holy Eucharist, the recitation of the Rosary, and communal prayer gatherings invite the inmates to experience God's mercy and find strength through faith.

The ministry also offers the Sacrament of Reconciliation and personal interaction with the inmates. Through devotion to Mother Mary, they are encouraged to entrust their struggles and hopes to her care. These moments of prayer and reflection bring encouragement, healing, and renewed hope, reminding the inmates that they are not forgotten by the Church or by God.

Visit of Fr. Charlie McCoy, CSC and Dr. Lisa Gulino to Father Peyton Centre, Bengaluru

On 18 January 2026, Fr. Charlie McCoy, CSC, and Dr. Lisa Gulino visited the Father Peyton Centre, Holy Cross Family Ministries, Viveknagar, Bengaluru. They were warmly and wholeheartedly welcomed by the Holy Cross Prayer Group with great joy and respect. During the visit, Fr. Charlie and Dr. Lisa shared about the vision of Fr. Patrick Peyton and the mission of Holy Cross Family Ministries around the world, encouraging families to grow stronger in prayer and unity.

Fr. Arul Raj, CSC, Executive Secretary of the CCBI Family Commission and pioneer of HCFM in India, was also present for the gathering and was honored in a special way. The visit was a moment of grace and encouragement for the prayer group members. It strengthened their commitment to family prayer and the ministry of the Domestic Church. The gathering concluded with prayer and fellowship.



Rosary Making with Prayer – A Blessed Initiative of Holy Cross Family Ministries

Holy Cross Family Ministries, Province of South India, began a new initiative to promote devotion to the Holy Rosary by encouraging members to make rosaries with prayer and dedication. The members of the Holy Cross Family Prayer Group, Viveknagar, were given special training on how to make rosaries so that they could actively participate in this meaningful ministry.

On 23–24 January 2026, Sr. Maria Priyanka guided the members step-by-step in learning the art of making rosaries. Along with the practical training, she also explained the spiritual meaning behind this work. The main intention of this initiative is not only to make rosaries, but to “pray and make the Rosary” for the individuals and families who will use them.

This initiative helped the members understand that every rosary made with prayer becomes a source of blessing, bringing faith, peace, and unity to many families.



Rosary Rally at Mother of Gold Mines, KGF on 6 December 2025



One day retreat for the couples at St. Joseph's Church, Chengalam, Kerala on 21 December 2025



Feast of the Holy Family being Celebrated at Fr. Peyton Institute for Families, Bangalore



Family Ministries Reaching out to Hearing Impaired Community at Kottayam, Kerala on 17 November 2025



Engaging and Connecting with Gen Z and Alpha on 30th November 2025 for the Catechism Children of Basavannapura, St. Antony's parish, Bangalore at Peyton Institute for Families, Bangalore.



Connecting and Engaging Gen alpha and Gen Z for a day of Rosary and Family Prayer at St. Louis Dahisar, Mumbai



HCFM at जागो Conference 2025 (JAGO) on 29 -31 December 2025



Christmas celebration was organized for the Deaf and Dumb on 14th December, 2025 at St. Patrick Church, Bangalore.



"If families give Our Lady fifteen minutes a day by reciting the Rosary, I assure them that their homes will become, by God's grace, peaceful places." - Ven. Patrick Peyton

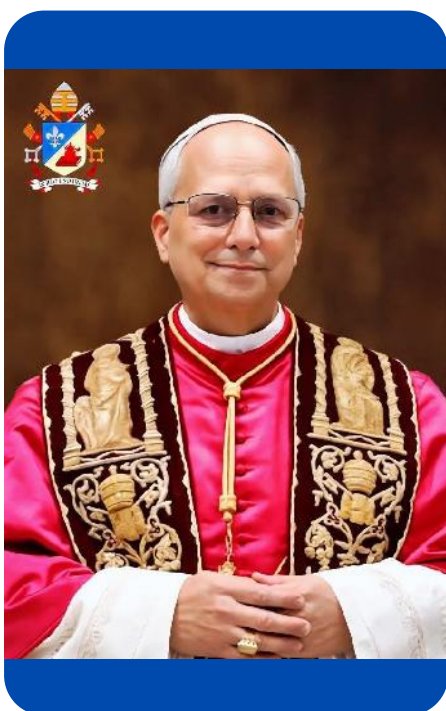
Holy Cross Family Rosary group from Viveknager went on a pilgrimage to Kolar Gold Field (KGF)



Try Prayer! It Works Winners and Prize Distribution



Remembering Fr. Herve Morissette CSC. Pioneer of HCFM in India



POPE'S INTENTION

March: For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

April: For priests in crisis

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.

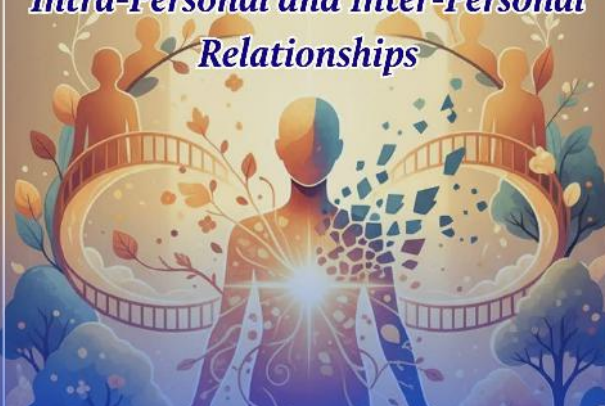
May: That everyone might have food

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

UPCOMING ACTIVITIES AT PEYTON INSTITUTE FOR FAMILIES


Peyton Institute for Families

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Learn pastoral ways to accompany and support families in ministry



13 - 17 Apr 2026

Register Now Course Contribution: 7000/-
(Accommodation, Course Material, Food)

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LEADERSHIP OF FAMILY MINISTRIES



The Leadership of Family Ministries Workshop is a learning initiative designed to equip pastoral leaders, and ministry coordinators with the skills, insight, and vision needed for family-centred mission work.

May 17- June 7 2026

Topics Covered

- Pre-Marital Guidance
- Ministerial Leadership
- Family in Indian context
- Data-based decision making
- Networking for Effectiveness
- Program planning and Evaluation
- Amoris Laetitia and Pastoral Plan
- Parenting: Challenges and Opportunities
- Basic Counseling Skills and Pastoral Counseling

Course Contribution Rs 15,000/-
(Includes all course fee, self-contained workshop, accommodation, food and course materials)

VENUE:
PEYTON INSTITUTE FOR FAMILIES
BANGALORE

To register, please click the
Following link
APPLICATION FORM

Jointly Organised By:
Peyton Institute for Families CCB: Family Commission



Scan me for Location

Contact: Fr. Shiju Joseph: +91 8050571115; Fr. Arul Raj: +91 9900517523
(Limited/ Partial sponsorship may be available. Please contact Fr. Arul Raj at arulraj.gali@gmail.com)

Prayer for a Favor through Venerable Patrick Peyton, C.S.C.

God, Our Father, your wisdom is displayed in all creation and the power of your grace is revealed in the lives of holy people, who inspire us to trust you more fully and to serve others more generously. In a unique way, you blessed the life and work of your servant, Father Patrick Peyton, C.S.C., and made him a fervent apostle of Mary, Queen of the Holy Rosary and Mother to us all.

Through his intercession, we ask for this favor.... Please grant it, if it is for your honor and glory, through Christ Our Lord. Amen.

Our Father, Hail Mary (3 times), Glory be.... Amen.

*For further information or to report any favour received through Ven. Peyton's Intercession please contact: **Father Peyton Centre, Holy Cross Family Ministries, Viveknagar, Bengaluru - 560047***

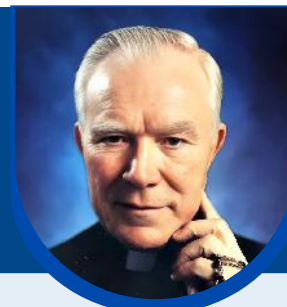


PRAYER FOR THE BEATIFICATION OF VEN. PATRICK PEYTON

Dear Jesus, Father Peyton devoted his priestly life to strengthening the families of the world by calling them to pray together every day, especially the Rosary. His message is as important for us now as it was during his life on earth. We beg you, therefore, to hasten the day of his Beatification, so that your faithful people everywhere will remember his message that the family that prays together stays together, will imitate him in his devotion to your Mother and ours, and will be inspired by his holy life to draw ever closer to you with childlike confidence and love. Amen.



HOLY CROSS FAMILY MINISTRIES PROVINCE OF SOUTH INDIA



GLOBAL TRY PRAYER! IT WORKS! CONTEST 2026

Theme: "Prayer: Encountering Jesus, The True Hope!",

Categories: Artwork | Poetry | Essay | Video

Participants

Children enrolled in a Catholic school, religious education program, parish, or other organization, including home school, are eligible to enter. Participants may choose from any of the four categories, but may only submit one entry.

Categories

- **Grade-group 1:** LKG-3 (Select one each of best artwork, poetry, prose, and video)
- **Grade-group 2:** 4-6 (Select one each of best artwork, poetry, prose, and video)
- **Grade-group 3:** 7-9 (Select one each of best artwork, poetry, prose, and video)
- **Grade-group 4:** 10-12 (Select one each of best artwork, poetry, prose, and video)

Contest Procedures

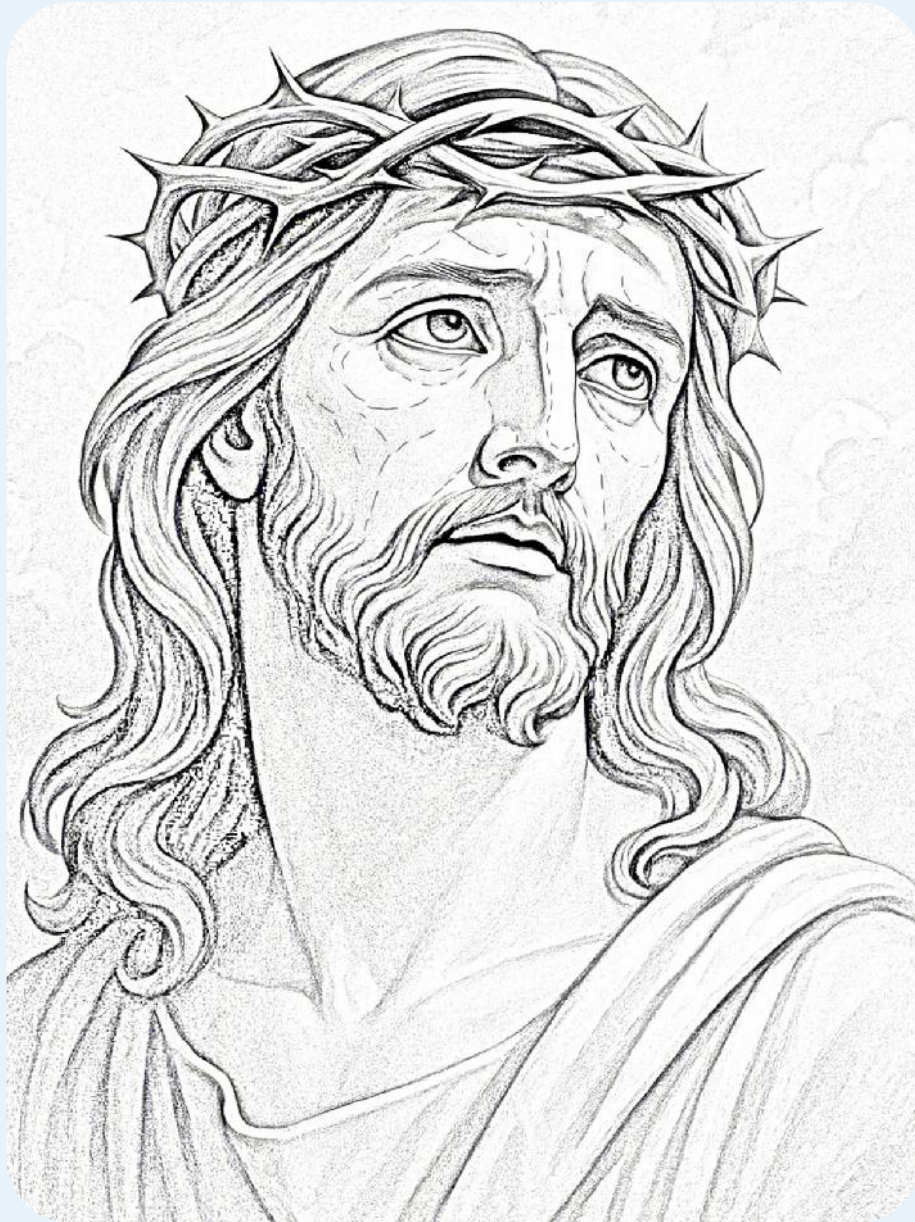
- **PROSE** – Submit an essay of 50 to 100 words on A4 size paper.
- **POETRY** – On A4 size paper submit a poem minimum of 10 lines and a maximum of 30 lines.
- **ARTWORK** – (painting, drawing, scrapbooking, or collage) Any of these can be submitted on no larger than A4 size paper. Also, include a brief description of the work.
- **VIDEO** – Videos can be no longer than two minutes. Ensure the file is saved and uploaded in MP4, MOV or MPEG format and in Standard Definition.

The roles of family members

As a family, we encourage you to complete the Family Activity. Go through each of the steps, contemplate the prompts, and finish in prayer together. If they need it, assist your child with their Try Prayer! It Works! Contest entry. Guide them in brainstorming story ideas and help in safely executing their submission.

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Colour the Sheet : Passion of Jesus Christ



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