



# Newsletter

# SAHAYAMATHA

# YOUTH MINISTRY



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# Editorial

**Dr. Nevil Stephen S.**

Confession holds a vital place in Catholic life, serving as a powerful sacrament of reconciliation that restores one's relationship with God. St. Augustine highlighted that confession brings peace and strength, encouraging the faithful to seek God's forgiveness regularly. St. Pope John Paul II frequently spoke about the transformative power of confession, urging young people to embrace it as a path to personal renewal and holiness. It is a means for spiritual cleansing, enabling the faithful to receive the Eucharist worthily. Hence let us regularly accept this sacrament so that it liberates our burden of sin and open the heart to divine grace. Certainly it will help us to witness miracles in our transient life.



# ചീരവിത്തു വിതരണം

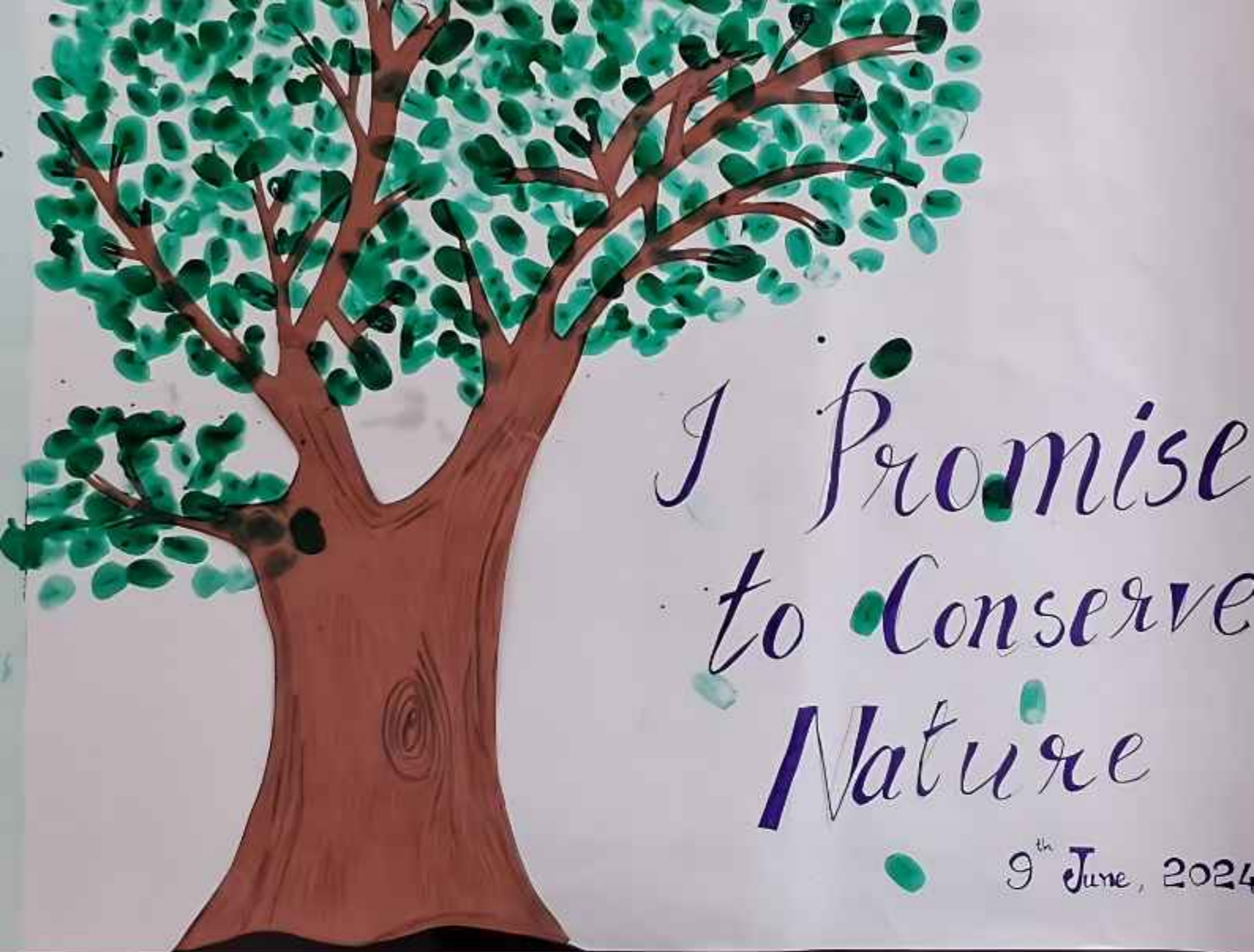


**Reethu Robert**

ഒരു ചെറിയ കടുകുമണിയിൽ നിന്ന് വലിയൊരു വൃക്ഷമുണ്ടാകുന്നത് തികച്ചും കൗതുകം ഉണർത്തുന്ന ഒന്നുതന്നെയാണ്. പരിസ്ഥിതി ദിനത്തോടനുബന്ധിച്ച് നമ്മുടെ ഇടവകയിലെ കുട്ടികൾക്കും യുവജനങ്ങൾക്കും എല്ലാ വീടുകളിലും

വളർത്താനനുയോജ്യമായ ചീര വിത്തുകൾ വിതരണം ചെയ്യുവാൻ സാധിച്ചു. ഈപ്രവർത്തനത്തിലൂടെ ലക്ഷ്യംവെച്ചത്, സ്വന്തമായി ഒരു കൃഷിസ്ഥലം രൂപീകരിക്കുന്നതിനും, പരിസ്ഥിതി ബോധം അവരിൽ വളർത്തുന്നതിനുമുള്ള പ്രജോദനം നൽകുക എന്നതായിരുന്നു.





**Jeena P**

Save our mother Earth was our slogan. On 9th June 2024, Sunday, KCYM members prepared a chart as a symbolic representation where catechism students and youth members could put their thumbprints as a pledge to conserve nature. Parish priest Father Sebastian inaugurated it by adding his thumbprint first. All the young members of our church enthusiastically took part in this innovative and novel program.



# *Reviving Nature:*

## **The Seed Ball Initiative**



**Nijo Dawn**

Seed balls, also known as "seed bombs," are small balls made from a mixture of clay, soil, and seeds. They are designed to promote reforestation and wildlife habitat restoration. Originally, this technique was used in ancient Egypt to repair farms after the annual spring flooding of the Nile. The method of creating seed balls was rediscovered by Japanese natural farming pioneer Masanobu Fukuoka. Inspired by this idea, the youth of Sahayamatha Church decided to make seed balls and throw them onto weeded, unused vacant plots, hoping the seeds would grow and help cleanse our polluted air.



“The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.”

Masamichi Fukuoka



Our journey took us along St. Andrew's beach roads, where many such unutilized plots can be found. With a mix of fun, we tossed the seed balls into properties with gates that had been closed for years.

Small actions can make a big difference. By spreading the culture of seed balls, we can contribute to a greener, more sustainable future.







**Raveena R.**

അന്തോണീസ് പുണ്യാളന്റെ തിരുനാളിനോടനുബന്ധിച്ച് കുലശേഖരം ഇടവക കെ സി വൈ എം നടത്തിയ ഡാൻസ് ഫെസ്റ്റിൽ നമ്മുടെ ഇടവകയിലെ യുവജനങ്ങളും പങ്കെടുക്കുകയുണ്ടായി. നമ്മുടെ യുവജനങ്ങൾ മികവാർന്ന പ്രകടനം കാഴ്ചവെച്ചുകൊണ്ട് എല്ലാവരുടെയും അഭിനന്ദനങ്ങൾ ഏറ്റുവാങ്ങി. പരിപാടി സമാപിച്ചപ്പോൾ രാത്രി 12:30 കഴിഞ്ഞിരുന്നു. തിരിച്ചു വരുന്ന വഴിക്ക് മാനവീയം വീഥിയിലൂടെ ഇറങ്ങിനടന്ന് കുറച്ചുനേരം വിശ്രമിച്ച ശേഷം വീടുകളിലേക്കു മടങ്ങി.





# *Capturing Nature*

## **Vergila**

As part of dedicating the month to environmental conservation, a nature photography competition was held for the parishioners of Manacaud Church. Youth Director Fr. Jiji judged the event. Many parishioners participated, showcasing their photography skills, and the best photo was selected. I used to think photography was easy, but it requires dedication and focus to capture a great shot. I hope such events will continue to actively involve everyone. Overall, it was a fantastic opportunity to demonstrate our skills.





# Blood Donation



## Neo Dawn

Blood donation is a selfless act that saves countless lives. It fosters a sense of community and compassion, showing the power of human kindness. Inspired by the virtue of blood donation, the youth of Sahayamatha Church decided to donate blood in June, the month commemorating Blood Donation Day. Six of us donated blood at G.G. Hospital in Thiruvananthapuram and felt a sense of contentment and pride from engaging in this life-saving act.





## FOR A GREENER FUTURE!

As part of our efforts to conserve nature, we brainstormed initiatives for June and decided to donate a bicycle to a deserving student that would help both the student and the environment. After inquiring, we identified a girl named Dharshana Dinesh from Karimadom Colony in Trivandrum who received A+ Grade in 10th exam in all subjects. Her father, Dinesh Kumar, a labourer, and his family came to the church on 16th June 2024 after the Holy Mass to receive the bicycle, which was handed over by Youth Director, Fr. Jiji. Fr. Sebastian, our Parish Priest, the Director of Don Bosco Nivas, Fr. Saji, and all the youth members were present for this special occasion.



# Poster Competition



**Jeena P**

An online poster-making competition was held on June 14 for Environment Day, organized by the KCYM Manacaud Unit for Catechism students. The competition had three categories. We received many entries, and the winners were: Ann Mary Roy (first) and Adwik Jyothish (second) in Category 1; Roshan Manoj (first) and Anshel Jyothish (second) in Category 2; Adhela Mathew (first) and Agnes Mathew (second) in Category 3.





# Breath with Nature

**Jisha P.**

To commune with nature, the members of KCYM Manacaud unit decided to spend the early morning of Saturday morning (29th June) amidst nature. After discussing options, we chose to visit St. Andrews Beach for some breathing exercises and to relax our minds. The beach is less polluted, offering a peaceful environment. We left our church at 6 am and reached the beach in just 30 minutes. After spending about an hour there, we returned feeling energized and relaxed.





**Aleena**

# Against Drugs

We, the youth members of SMYM, took the initiative to perform the street play on Sunday after Mass on 16th June. The play's message of hope and redemption resonated deeply, encouraging the audience to make informed choices against drugs. Engaging dialogue and catchy music made the play an effective tool for raising awareness about drug abuse.





**Priyanka**

To connect with nature, the Sahayamatha youth members decided to visit the lesser-known and least explored **Irinchayam Waterfalls**, that is about 18 km from Trivandrum city on 9th June. We enjoyed a walk through plantations and enthralling natural beauty. The atmosphere was damp, dark and cool with dense trees. The area is untouched and free from pollution. We spent two hours enjoying the cascading water and, on our way back, we savored hot tea and spicy snacks.





## Noel Robert

Global warming is on the rise, leading to higher temperatures. To counter this, we often use more electricity, which actually adds to global warming. To address this issue, we decided to install a rooftop solar plant with a capacity of 3 kW. Solar power plants are beneficial in the long run as they provide clean energy. Using solar energy helps reduce coal consumption and deforestation. Any excess electricity we produce is fed back into the grid, benefiting others as well.





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**Dr. Nevil Stephen S., Jeena P.,  
Jisha P., Priyanka, Raveena and  
Aleena George**