



Legion of Mary

STAR OF THE SEA SENATUS MUMBAI

C/o. St. Pius College, Aarey Road,
Goregaon (East), Mumbai - 400 063.

JULY 2026

Monthly Newsletter

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Spiritual Reading for July '26:

**Spiritual Reading: Handbook Ch 29 Pgs 171-172
"Legionary Loyalty"**

Q) Examine how well you set aside personal preferences, follow Council guidance and serve with humility.

Summary of Reports:

Praesidium Reports:

(May 2025 to April 2026)

1. Pariwaro Ki Maharani, Amravati

With 4 members the average attendance was 60.34%.

Works include: Visitations to homes of Catholics and other faith, Sick & Homebound, Hospital, bereaved families.

Projects & Functions: Acies, Mass for deceased legionaries

2. Kutumbachi Rani, Vadali

With 12 members the average attendance was 71.90%.

Works include: Visitations to homes of Catholics and other faith, Sick & Homebound, Hospital, bereaved families.

Projects & Functions: Acies

3. Mother most Admirable, Kandivali (East)

With 9 members the average attendance was 75%.

Works include: Visitations to homes of Catholics and other faith, Sick & Homebound, Hospital, bereaved families, after care of auxiliaries, apostolate to students, Lenten campaign, crowd contact at Mount, helped in parish census, Christmas campaign, Rosary Crusade.

Functions & Projects: Auxiliary Rally, Praesidium Function, Study cum outing, Mass for the deceased legionaries, Mass for sick & homebound.

Senatus Projects & Functions: Acies, Reunion, DA Training, Legion Sunday, Evening with Mary

4. Darya Mata, Madh Island

With 19 members the average attendance was 70%.

Works include: Visitations to homes of Catholics and other faith, Sick & Homebound, Hospital, bereaved families, neophytes, special children, after care of auxiliaries, apostolate to students, mother-to-be, Lenten campaign, Christmas campaign, Easter Campaign, Diwali Campaign, Rosary Crusade.

Praesidium Functions & Projects include: Praesidium Function, Picnic, Mass for the deceased legionaries.

Senatus Projects & Functions: DA Training, Recollection, ACIES, AGR, Evening with Mary, Legion Sunday

Council Reports:

(Period Nov '25 – Apr '26)

1. Mystical Rose Curia, Nepal

The attendance of Curia officers is 75% and of members is 65%. They have 3 DA Senior Praesidia, 1 Isolated Senior praesidia in Damak restarted at the recent visit and 1 Isolated Junior Praesidia in a convent for boarding girls. Reports presented 6/6 visitations 6/6 done.

Works include: Visits to homes of Catholic and other faith, Sick and Home bound, bereaved families, hospitals & institutes, after care of auxiliaries, visit to prison, case works & juniors work in the convent, gardening, cooking helping younger children in studies conducting rosary.

2. Our Lady of Nativity, Delhi Comitium

The attendance of Comitium officers is 83.3% and of members is 71%. They have 11 DA Senior Praesidia, 1 isolated praesidia, 2 Senior Curiae, 1 isolated Junior praesidium. Reports presented of 11 praesidia.

Works include: Visits to homes of Catholic and other faith, Sick and Home bound, bereaved families, hospitals & institutes, marginalized, evangelization desk, assisted in school and college admission, rectification of marriage.

Projects include: Reunion, training, Acies, Comitium Inauguration.

Allocutio: Fr. Anthony Fernandes **(Spiritual Director)**

When our founder Frank Duff, wrote **Can We Be Saints** many may be shocked. This involved lay people participation in the Apostolate. We are speaking of something that was beyond anyone's understanding during the time when he wrote it. Till Vatican II, I hope you are aware that the lay people were only taught that they should *pay, pray and obey*. It was Frank Duff's vision that we can also be missionaries and assist in evangelical work a very radical approach. Lay people can be also saints and they can make saints. Therefore it was providence of God that in 1965, St. Pope Paul VI invited him to Vatican II. It was the first big Ecumenical Council. As I said last time, thanks to the Dominican priests

whom gave him all the support and their institution to stay. When you go to Dublin, witness that the Dominican priests continue to nurture the Legion. They were good to Frank Duff all the time. They listened to him, many Bishops changed their thinking and agreed that Lay people can do much more. Now the same words of 'Can we be Saints' was echoed by Pope Francis, our beloved Pope, in various encyclicals, especially in *Evangelii Gaudium* - Joy of the Gospel. He speaks about saints being in the neighborhood, even saints being in the family. You know, the church has All Saints Day on the 1st of November. I know some of you have send forwards and all. That is not the day to honor saints that have already been recognized. I want you to be really clear about that. That is the day specifically to honor and venerate the saints who are in heaven, whom we don't know.

I would be specific today because the question is very good. How can we be instruments in God's hand? Now one of the things that we Legionaries must have in order to be effective Legionaries is to have the gifts of the Holy Spirit. That is the underlying thing for sainthood and for every Legionary. There are several things that are connected to the Holy Spirit. The Promise is addressed to the Holy Spirit because his gifts make the legionary do great works for God. If you look at the Tessera card and at the Vexillum, it is the Holy Spirit that is focused on. I would like to share with you the seven gifts of the Spirit because every gift is important. All of us Legionaries must know the seven gifts and pray for the gifts which are free. I want you to believe from the core of your heart that in faith, if you pray for a certain gift, you will be gifted. And I've heard testimonies of the same by legionaries too.

The **gift of wisdom** is to understand the mind of God. It is such a precious gift that Solomon was asked for anything, and he asked for wisdom. There were kings and queens who came to listen to him. If we want people to listen to us when we go on our visitation and so on, we must have the gift of wisdom. Can you imagine the impact? Whether it is a one-to-one contact, whether it is home visiting, whether it is hospital visiting - If you know the mind of God and see the world through God's eyes, you're able to connect so easily.

The **gift of understanding** - to understand the mysteries of faith. The mysteries of faith - the mystery of the Trinity of salvation, the mystery of Corpus Christi - the feast we celebrate today, the

mystery of Incarnation. Why did God become man? Once we understand the Faith, then only we are able to share. Again, Pope Francis wrote in *Evangelii Gaudium*, you cannot give what you don't have. If the mission of the Legion is to give Christ to the world, then we must have this gift. This will also help us be an apologetic and defend the Catholic Church.

Then the **gift of knowledge**. The gift of knowledge is a gift that will help you to have knowledge of scripture, have knowledge of the Handbook and also connect with it, quote it, refer to it. All the officers, first must have the gift of knowledge. Sometimes you know, but it doesn't come at the right time. If somebody is asking you questions, a young Legionary is asking questions - it is a gift of knowledge that will help you to say, you know, it is written over here, it is written there and so on. So that's the third one.

The fourth one is **gift of counsel**. The gift of counsel is the ability to guide and to seek guidance. That is again so important when we visit people when they are disturbed in their Faith, when we visit lapsed and lost Catholics to guide them back. We need to have the gift of counsel or we will not be effective. The Holy Spirit will work in you, He will put in the right words. I've seen today some of the case works - for that you need the gift of counsel. Whether it is the marriage being blessed in the church or other situations, we will be made humble to seek for guidance too.

The fifth gift is the **gift of fortitude**. In today's day and time, with the big thing hanging over our heads - the Anti-conversion Bill. The gift of fortitude will empower us, will strengthen us to be courageous for the Lord. Like those apostles who went into hiding, Mother Mary was empowering them - the first Novena - nine days between Ascension and Pentecost. Once they received the gift of fortitude, the Apostles were able to go anywhere and even die for the Faith. The gift of fortitude also will help you to build in your resilience in this very difficult time in the world.

The sixth is the **gift of piety**. The gift of piety is to understand what is true spirituality. There are great Saints, there are very young Saints. I'm a big fan of St Teresa Liseaux or St. Teresa of the Child Jesus. She speaks of the Way. She says spirituality is

nothing but going to God and surrendering yourself totally - no boasting, surrendering yourself and seeking God's peace and love and sharing with the world. Sometimes we go with a boastfulness.

He knows our thoughts. He knows everything what we do in secret. So the gift of piety is faith in action... Saint Teresa of the Child Jesus was scandalized - 'I see people who are doing mortification, fasting, this and that but they were living non-Christ lives, they were not loving'. So let us not be in that situation.

The seventh one is the **gift of the fear of the Lord**. The gift of the fear of the Lord simply means the fear of hurting him, not the fear as in frightened - the fear of hurting him. For that we need to have the examination of conscience. When we have the gift of the fear of the Lord, somehow the Holy Spirit will work in us and when we tend to do something wrong, when we try to think of a wrong act, the gift of the fear of the Lord will say that is not what God wants me to do. It is only when I do God's will, I am pleasing to Him.

This, I believe, is the road to Sainthood and every legionary must not shy away from wanting to be a Saint. **AVE MARIA**

Nepal visit Report

Sr. Cassina & Bro John visited Nepal from 7th to 19th May 2026. They attended the Curia and officers meeting. Training conducted on Leadership & commitment for officers. Curia officers were individually trained on their roles. Visited the 3 DA Sr praesidia and the isolated junior praesidium in Banyataar. Parishioners were met at the Cathedral parish to look at starting an English praesidium. Recruited 5 members.

Damak was visited along with the Curia spiritual directress and the praesidium was restarted with 14 members. 2 new officers appointed. A new praesidium at Elam a sub-station in Damak with 10 members and all 4 officers were identified.

We thank the parish priest and spiritual directress for their help & encouragement in supporting the Legion in Nepal.

A N N O U N C E M E N T S:

- Please visit the Senatus website – <https://www.mumbaisenatus.in>
- The Legion Congress will be held on Sunday, 23rd August 2026 from 9.30am – 4pm. Local Council Officers are invited to attend the Legion Congress (President + 1 officer).
- Please continue to propagate the beatifications of Br. Frank Duff, Edel Quinn and Alfie Lambe.
- Please pray for legionaries who are ill and those going on extensions and consolidations.
- Next Senatus Meeting will be held on 2nd August'26 at 3.00pm at CSP Hall, Goregaon Seminary.

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