

May these pages, proposed by Fr Jijo Jose Manjackal MSFS - a *Missionary of Mercy* - allow us to open our minds to a greater understanding of Sacred Scripture and ensure that the seed of this Word, sown in our hearts, bear abundant fruit.

Archbishop Rino Fisichella

President, Pontifical Council for the Promotion of the New Evangelization, Vatican City

Fr Jijo Jose Manjackal is a priest of the Congregation of the Missionaries of St Francis de Sales (MSFS). He was born, brought up in Mumbai and was ordained priest by His Excellency Mar Thomas Elavanal, Bishop of Kalyan. In 2016, he was appointed by His Holiness, Pope Francis as a *Missionary of Mercy*, with special faculty to grant remission of reserved sins. He is presently the Vice Principal of St Francis de Sales Degree College and the Principal of SFS Evening College at Electronic City, Bengaluru. He appears on Catholic television broadcasts, releases messages on social media channels, conducts retreats and publishes daily reflections on his website.

Seven years ago, Fr Jijo Jose Manjackal began helping people on their Biblical journey through the Gospels with his guided, short reflections for each day. These were initially sent via emails and messages as Capsules – a nourishment for the soul that longs for God's Word. The encouragement he received from those who were touched by these Capsules, his love for the Scriptures, and the hours spent before the Lord in prayer and personal reflection led him to continue preparing them on a regular basis.

This Second Volume of the Reflection Capsules are based on the Gospel Readings for Cycle C of the Catholic Lectionary and serves as an excellent companion as one journeys through the Liturgical Year of the Church. They contain insightful anecdotes, word plays, inspiring messages, and exhortations to draw closer to the Lord. This book is an excellent aid to spend more time with the Lord – to choose the right path as Mary of Bethany did.

- Joseph Thomas, Co-Editor



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On the Gospels for Cycle C

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FR JIJO JOSE MANJACKAL MSFS

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On the Gospels for Cycle C

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reflectioncapsules@gmail.com

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