From the Director’s Desk

Those of us who work in the mission field follow the mantra of looking after the weak and deprived, the destitute and homeless, the handicapped and differently abled, those at the bottom of the pyramid of our society. For us these become our target group and our reason for working as we do. So much so that I feel it becomes a cliché - ‘I exist to serve the needy’. It is a self-serving feeling of being, in our own way, a Saviour! The feeling is good and boosts our ego. At times, we even look down on those who tend to the rich.

Christmas is a good time for us to reset our bearings, our moral GPS. God’s expression of love for us in the form of His Son, Jesus Christ, is not for any selfish reason. It is God reaching out to us to correct ourselves and our goals.

When we read the Gospels we learn of Jesus’ special concern for those I have described earlier. However, the Gospels also tell us of God’s concern for all mankind. Jesus healed the daughter of Jairus, a prominent leader in the synagogue. He did not say to him - ‘Let your riches be used for her treatment’. Instead, he had the same compassion for her as for any other person he healed. He did not neglect the request of the centurion at Capernaum to heal his servant. He brought salvation to Zacchaeus and his household, despite him being the chief tax collector and a wealthy man. In saving sinners and the sick, Christ made no distinctions. We would do well to follow His example and care for all those in need. Let us not be guilty of reverse discrimination.

In the busy Christmas season of socializing, partying, shopping for self and for gifts to others, we neglect the Christ Child and His teachings. I am drawn to remember the words of Jesus as He gently chided Martha, who accused her sister of laziness because she sat learning from Jesus’ discourse. As Christ said - "For you will always have the poor with you, and whenever you want, you can do good for them. But you will not always have Me!" In this Yuletide let us sit at Jesus’ feet and listen to Him. Those whom we need to serve will always be with us. However, we have to find the time to strengthen our relationship with God and to reaffirm our commitment to Him. This will help us to serve others better.

May the love of Christ pervade our minds and lives, bless each one of us and make us a blessing to others.

Merry Christmas and a wonderful New Year to all from the St. Stephen’s Hospital Family! Dr Sudhir Joseph
Director

Pain or Plan

There are times in everyone’s life when one has to deal with hardships, persecutions, insults and difficulties, especially in the area of one’s weakness. Rather, these trials actually expose the area of our weakness. We all agree that suffering such hardships and persecutions makes ‘PAIN’ inevitable.

The Bible says in Hebrews 12:7 (NIV) - "Endure hardships as discipline; God is treating you as children. For what children are not disciplined by their father?"

So, you see that not all pain you endure is inflicted by Satan. And not all of your pain is a direct punishment of the sins that you have committed.

As Paul says in 2 Corinthians 12:7 (NIV) that - “I was given a thorn in my flesh.”

Sometimes, God will allow a thorn in your flesh to discipline you and produce a harvest of righteousness and peace once you are trained by it. (As written in Hebrews 12:11)

SO HOW CAN WE SEE THE LORD’S PLAN IN OUR PAIN?

Well, the answer to this question lies in the Word itself. When we suffer pain, we focus on the ‘T’ in it. We keep dwelling on what ‘T’ am going through and how uncomfortable ‘T’ am. We host a pity party and add the burden of self-inflicted pain on to the hurt.

Only if we could stop concentrating on the ‘T’ during these painful trials and put ‘T’ i.e. the ‘LORD’ before the ‘T’; we will be able to see our PAIN as God’s PLAN to discipline us.

continued on page 4...
Sports Day - 2016

Choir Concert - Christmas 2016
It is written in Hebrews 12:11 (NIV)-
"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."
It is not about whom or what you are up against, rather about what God is making you in the process.

We are nearing the end of another year in our lives and as we look back, we see that all of us would have faced our share of painful trails. Let us be reassured by the fact that, "God is faithful. He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it." (1 Corinthians 10:13)

We may not understand and see the purpose right now, but God has a PLAN behind the pain which will unfold in the future.

So, let us embrace this festive season and the New Year with God's LOVE, HOPE, JOY and PEACE so that Christ is truly born in our hearts.

God bless us all!

**Dr. Shilpa Shamsheer**  
Senior Resident  
Dept. of Anaesthesia

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**Wedding Bells**

Ms. Rebecca Massey (Nursing) with Mr. Alwyn Massey  
Ms. Heena Vincent (Nursing) with Rev. D N Abhay  
Mr. Vinit Thakur (Medical Records) with Ms. Hephzibah Baby Kutty  
Mr. Rupesh Masih (Pharmacy) with Ms. Sunehra  
Mr. Kunal Singh (OT Technician) with Ms. Anuradha  
Mr. Ankush (Nursing) with Ms. Sonia  
Ms. Anubhuti Yadav (Nursing) with Mr. Deepak  
Mr. Rishi Dev (Laboratory) with Ms. Amrita Toppo

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**Retirement**

Dr. Marcen Pant (Pathology Department) retired after 14 years of service.

Mrs. Mary Sarma, Principal College of Nursing retired on 30th September 2016 after serving the institution for 27 years.

Mrs. Ramrai (Community Health Department) retired on 31/07/16 after 30 years of service.  
Mr. Ramphal (Housekeeping) retired on 31/08/16 after 38 years of service.  
Mr. M.K. Chadha (Accounts) retired on 05/10/16 after 37 years of service.  
Mrs. Mohra Sonar (Community Health Department) retired on 31/10/16 after 35 years of service.  
Ms. Enid Lyal (Community Health Department) retired on 31/10/16 after 30 years of service.  
Mr. Leslie Young (Accounts) retired on 30/11/16 after 39 years of service.

We wish all these ex-employees a Happy Retired Life!

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**Mobile Phone**

'On-the-spot Poetry Competition Prize Winner.'

In today's world of money,  
You can have pleasure of good company,  
You won't find yourself alone,  
If you own a mobile phone.

Mobile phones keep you in contact,  
Keep relationships intact,  
Not only can you do messaging, voice and video calling,  
But also watching movies, internet surfing and e-mailing.

They keep your fingers and mind busy,  
Bookings and money transactions are now easy,  
With endless number of applications download,  
You will never find yourself getting bored.

**Ms. Feba Geevarghese**  
Additional Vice-Principal  
College of Nursing

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**New Members & Promotions**

Mrs. Malini Singh Bhatti (Officiating Principal of College of Nursing & Associate Professor on deputation from CMC Ludhiana)  
MS. Prema Sharma (Tutor (M.Sc.), CON)  
Dr. Satya Shiva Munjal (Junior Specialist, Neurosurgery Department)  
Dr. Omprakash (Specialist, ENT Department)  
Dr. Shiri Bose (Dermatology Department, SSHHG)  
Dr. Harshamran Singh Nagpal (Radiology Department, SSHHG)  
Dr. Prof. Brij Krishna Dhaon (Consultant Retainer, Orthopedics Department, SSHHG)  
Dr. Sabina (Consultant Retainer, Oncology Department)  
Dr. Anusharman Sharma (Specialist, Pediatric Surgery Department)  
Dr. Ajay Mehta (Consultant Retainer, Anesthesia Department, SSHHG)  
Dr. B. Angelynn Singh (Junior Specialist, RFMU Department)  
Dr. M. Catherine (Consultant Retainer, Anesthesia Department)  
Ms. Shouni Thumra (Med Lab Technician, Laboratory)  
Ms. Pritee Wanjari (Community Health Dept, Nand Nagri)  
Mr. Amit Barthwal (Technician, Respiratory Medicine)  
Mr. Rohit Kumar Gupta (OT Technician)  
Mr. Kunal Singh (OT Technician)  
Ms. Ankita Tiwari (E.C.G. Technician)  
Ms. Rini Mathew (Accounts Asstt.)  
Mr. Rohit Massey Lal (Accounts Asstt.)  
Mr. Jacob John (Asstt. Personnel Officer)  
Mr. Azhar Abbas (Med Lab Technician, Pathology Dept)  
Mr. Ram Manohar (Med Lab Technician, Pathology Dept)  
Ms. Esther Samuel Williams (Clerk Gr I, CON)  
Mr. Stephen Mandal (Clerk Gr II, Dietary)  
Ms. Mayanglambam Premika Dev (Technician, Neurology)  
Mr. Amit A. Singh (Catering Supervisor, Dietary)

We welcome all the staff members who have joined the various departments and the St. Stephen's family.