

SAMPURNA MONTFORT COLLEGE



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-
MARCH



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FRONTIERS OF CONSCIOUSNESS

The International Conference on the Frontiers of Consciousness was held at Sampurna Montfort College in commemoration of the 20th Anniversary of the college on 28th and 29th of December 2018.



FINISH READING ON PG. 2

INAUGURATION OF SPORTS MONTH

Coming together is the beginning, keeping together progress, working together is success"-Henry Ford
The most exciting and awaited time of the year is here! The Sports Month, 2019!

FINISH READING ON PG. 5



UPCOMING EVENTS

1. Sports day
2. Mismatch day
3. Farewell - class of 2019
4. Graduation ceremony



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Frontiers of Consciousness



The International Conference on the Frontiers of Consciousness was held at Sampurna Montfort College in commemoration of the 20th Anniversary of the college on 28th and 29th of December 2018.

The advisory committee had members from all over the world. We had Dr. Zana Marovic, President of The International Transpersonal Association (ITA) (South Africa), Dr. Regina U. Hess, Board of Directors at ITA and Founder, Ase World Forum (Germany) and Dr. Roy Moodley, Director, CDCP, OISE, University of Toronto (Canada).

From the Indian subcontinent we had Dr. Sisir Roy (Prof.), National Institute of Advanced Studies (India), Dr. Sam Manickam, Director, HAT, and Hon. Director, CAPS Thiruvananthapuram, Dr. Ashok (Prof.), Bangalore University, Dr. Mathew Panathanath (PhD), Founder, Sampurna Montfort College, Director, Montfort Spirituality Centre (Bangalore) and Dr. Jacob Ezhanikatt, counselling, Principal, Sampurna Institute of Advanced Studies (Bangalore).

Keeping up with the theme of the conference the different venues were called Jagrat or the waking state, Swapna or dreaming, Sushupti or the

dreamless sleep and Turiya or sleepless sleep and Samadhi which means "to collect" or "to bring together". The entire 2-day conference included keynote addresses, 9 expert workshops, 8 plenaries and 25 paper presentations.

Participants, mental health professionals and students (undergraduates and post graduates), from USA and Germany and from different parts of India such as Goa, Kerala, Tamil Nadu and Andhra Pradesh presented their work during the paper presentation. Some of the interesting paper presentations included "Bubble wrap intervention and temporary stress reduction", "Dream, A real world within-a conceptual description from the Tatwa-Vada perspective", The role of Reiki healing and mantra reciting on plant's growth- a pilot study" etc.

The keynote address was given by Dr Sisir Roy on the topic "Does Quantum Theory have any scope of Consciousness Studies?" He spoke about the recent studies conducted in the field of Quantum Physics. Research conducted on the importance of quantum physics in recent times has led to the more serious issue of whether quantum theory has any scope in studying consciousness.

Another significant part in the conference were the expert workshops. One such interesting workshop was on play therapy conducted by Ms Mina Dilip in Dhyana. This workshop explored the meaning of play, the scope of play as a therapeutic medium (in terms of tools, materials and activities as well as age groups and psychological disorders that can be managed using play therapy).

Mr Dipankar Khanna conducted a workshop on the topic "Phenomenon of consciousness- everyday encounters with our body, speech and mind." Mr Khanna is a teacher of meditation and a certified trainer of NLP under John Seymour Associates, Bristol, UK. He runs Upaaya, which is Srishti's contemplative practice and research centre and The Garden of Samadhi Mind Centre, both of which are inspired by the Heart Advice of His Holiness, The Dalai Lama. His workshop helped the participants explore the advent of consciousness from its primal sources to the arrayed repertoire of its manifestations. The presentation was in the form of a practical workshop where the participants investigated the various hues and facets via practical cognitive and philosophy exploratory tools.

The conference also witnessed a prominent figure from the field, Dr Regina U Hess. She is a clinical psychologist and a transpersonal body psychotherapist from Germany. She also holds a PhD in transcultural transpersonal psychology (USA/UK). Her session was about "The calling of our Ecological Self: Collective Constellation Work and Shamanic Dreaming a Sacred Vision Quest through the Ages". Drawing on lesser known parts of C.G. Jung's work that are similar to the current deep ecology approaches, in this keynote a map was outlined of how our wounded and dissociated relationship with Nature could potentially be healed.

The plenary was the highlight of the first day. The session included four delegates, Dr Scott Hoye, Ms Lin Langley, Dr David Paul Smith and Andre R Marseille from Chicago, University of Toronto, Canada, and Douglas College, British Columbia. The sessions were really interesting. The case studies discussed by one of them were on dissociative identity disorder which helped us to understand the concept of consciousness in more detail. Session was led by Ms Lin Langley and her colleague, Curt Shelton. The other topics which were discussed include "Group based life review: design, process, structure and facilitation guidelines" and the fundamentals of Consciousness. One of the delegates also emphasised the importance of integrating eastern and western perspectives to understand about consciousness. He also stated that meditation, lucid dreaming and hypnosis

have an important role to play in defining consciousness.

The second day of the conference included many paper presentations about the Eastern perspectives on consciousness. The workshops held were on Vipassana meditation, Sahaja Yoga meditation, Integrating spirituality in Psychotherapy – Eastern Gestalt approach etc.

One of the presentations which needs a mention was given by Mr Abraham H Khan. He is a Professor and Graduate Director of the Faculty of Divinity at Trinity College in the University of Toronto. His topic was "Consciousness as a luminous point: thinking with Iqbal and Kierkegaard". He discussed consciousness with respect to cross-cultural philosophical thinkers like Muhammad Iqbal and Soren Kierkegaard. The presentation also aimed at highlighting what the self has to do to regain its health or wholeness, to continue as a luminous point.

Mrs Ashwini N V Ganig conducted a workshop in Dhyana on "Mindfulness-based interventions for survivors of trauma and abuse". Ashwini is a counselling psychologist and the Director of Muktha Foundation, Bangalore, an organization committed to prevent abuse. The workshop focused on introducing the nuances of mindfulness and therapeutic interventions based on it. She also discussed the application of mindfulness-based interventions to address symptoms of stress related disorders, and address-

es the potential for using mindfulness based interventions for prevention of abuse at primary, secondary, and tertiary levels. In addition to this, the participants were introduced to current research studies on this topic.

Dr Sam Manickam conducted a workshop in Dharana about "Integrating spirituality in psychotherapy-Eastern Gestalt Approach". Dr Manickam was formerly a professor of Clinical Psychology at JSS Academy of Higher Education Mysore and is the Hon. Director at Centre for Applied Psychological Studies, Thiruvananthapuram as well as the Director of Training and Research at Institute of Community Mental Health, Calicut. He is an internationally known Gestalt Therapy trainer. This experiential workshop aimed at imparting skills to help the participants explore more than the observable and also explored the experiences of clients who hail from multicultural and multi-faith setting from a Gestalt perspective.

This was followed by the valedictory ceremony which was held in Samadhi (Sanskrit word for coming together). The participants felt that the conference will help them in viewing the concept of consciousness through various perspectives. At last but not the least, the speakers and the advisory committee members came to a consensus that they would collaborate in the future to learn from each other and to share knowledge.

Inner Child Workshop

J Lavanya, 1st PC



On the 7th and 8th of October the Inner Child Workshop was organised in Sampurna Montfort College. The workshop focuses on revealing simple ways to give a voice to the child hidden within, so that the adult in us can move on. Every year this intense healing workshop is conducted by Christina Franklin who is an alumnus of our college. She has been a healer for the past 14 years specializing in inner child, breathe work and meditation.

This two day workshop is intense because it involved meeting our inner child and consisted of several activities such as grounding our feelings to earth, sketching a Mandela intuitively, breathing exercises and exploring memories through photographs. The workshop encouraged participants to find parts of themselves that were lost due to factors such as societal expectations, religious beliefs and parental pressures. It was an eye opener to new perspectives and outlooks of life. It equipped participants with simple tools to face critical situations in life.

Personally, I would describe it as a traumatic yet beautiful experience as it was my first healing workshop and I'm glad I was a part of it as I gained much from it. It took me through childhood memories I thought I had forgotten, to feel and experience them again was overwhelming. I truly believe it's a one of a kind workshop and I urge everyone to attend in order to become more aware of the past and present, and thus, have a clearer pathway to our future.

Celebrating International Mother Language Day



Shreya Pooja Deuri, 1st Psy

International Mother Language Day is celebrated every year on the 21st of February. It originated as a linguistic movement and later came to be endorsed by UNESCO with the overall objective to promote linguistic diversity and multilingual education.

A cultural event was organized to commemorate the event at Sampurna Montfort College. A vibrant program was organised by both students and teachers to celebrate linguistic

and cultural identity, with the aim to showcase the beauty in our linguistic diversity.

The celebration of language created a platform to celebrate various forms of linguistic expression like poetry, art, songs, film and music. The emcees for the event were Jyoti Mariam Jacob and Roopa Karthi. Poems were recited in Sanskrit by Sudarshan, in Hindi by Simran from 1st PC and in Haryanvi by Neha. Students performed songs in Tamil, Malayalam, Kannada

and Konkani. Maharastrian themed artwork was presented by Aishwarya from MLCU. All linguistic barriers were transcended when Aparna Rajeev and Ashish Matthew performed a moving instrumental piece. Princy from 2nd year PC ushered in the humour by presenting a compilation of funny scenes from Malayalam movies.

The plethora of regional languages presented definitely marked the richness of our country's linguistic and cultural diversity.

20 years of Monfort

Br. George Padikara, Principal and Director of Montfort College, Bengaluru, has been an integral part of this college since its early years playing different roles. Montfort College, founded in 1998 with 8 students, was the first college in India to provide a formal Master's degree course in Psychology. Today, the number of students has grown to 240, which has been quite a long journey. Br. George reminisces with joy his experiences of being a student and working as a faculty.

On the 20th Anniversary of our college, his vision for Montfort is to raise it to the status of a World Class University, specializing in Psychology and Counselling.

The College is working very hard towards updating its curricula as well as implementing new programs in the field of Psychology and Counselling. Br. George was quoted saying "I am personally not in favour of expanding too much so as to lose focus of our original vision, rather remain grounded on our mission and consolidate our core competencies. Everyone at Montfort is respectful and sensitive to one another. My immediate goal is to create a quest among students for learning and facilitate them to make use of the opportunity for personal growth as the course is very demanding". His message to Montfortians is "Work hard with trust in God".

Sanjushree V H, 1st Psy



Inauguration of Sports Month Rainbow Wars 2019

Sneha Menon
2nd PC



“Coming together is the beginning, keeping together progress, working together is success”-Henry Ford
The most exciting and awaited time of the year is here! The Sports Month, 2019!

The inauguration of the Sports month was on 19th February 2019 in the lawn area. Our ever enthusiastic Student Council Members, Jose and Aradhna gave us a brief description of the Sports month. Jose explained that

the theme for this year is Rainbow Wars. The rationale for choosing this theme was to create beautiful memories through togetherness, hope and positive spirit.

The students, teachers and staff members were divided into four main broad teams- Red, Blue, Green and Yellow. They assembled with their respective team colours.

Following this, our Principal, Brother George, was the one who formally

raised the curtain to display the score board for the games teams. He also congratulated the Student Council as well as the Core team for their tireless efforts, without which Sports Month would not have been possible.

Post this, the captains of each house hoisted their respective team colour flag. They further took a look at the Games for the month. The Captains had motivational pep talks with their respective teams and began preparations for the month ahead.

Internship Diaries- by Medha Dey, II MSc Psychology

After our exams finally got over, many 2nd year Psychology students completed a month long internship from various institutions in and out of Bangalore. To help out our juniors, I have compiled a list of places where they can intern in the future, along with some experiences of their seniors.

Experiences

Paroma Bhattacharyya interned at DTDC in Bangalore and her prime interest is in Industrial Psychology. She was under the HR department, working on various things like developing performance appraisal pamphlets, creating different management games, learning about

the recruitment process, etc. She learned a lot during her internship and found it effective and educative.

Jimcy J interned at a de-addiction centre in Pune which specialized in motivational therapy. She took case histories of clients and focused on their behavioural and personality change. Various therapeutic activities were conducted and it was a feel good experience for her and she claimed that it made her feel more 'human'. Janani Prakash interned at an autism centre in Dubai, teaching children and working under an occupational therapist. Focus on sensory integration and catering to the sensory needs of the children were the most essential things she learned. She understood the importance of early intervention and individualized attention. Working abroad made her realize the need for better equipments in India and how technology can go a long way in enhancing the treatment process.

Sunisha N interned at Asha Hospital in Hyderabad focusing on psychiatric and clinical issues. The exposure she got was tremendous and she worked with various age groups—from children to the geriatric population. She worked with clients diagnosed with ADHD, autism, addiction problems, memory problems etc. Observing clients and conducting assessments has been a great learning experience for her.

Divya B interned at Manasa Neuropsychiatric Hospital in Bangalore where she took case histories, sat in on sessions and attended follow-up sessions. She also administered psychometric tests. A few places to intern in Bangalore:-

- Manipal Hospital
- St. John's Hospital
- KIIMS
- Pearl Sac Quantum Wellness Centre
- Manasa Neuropsychiatric Hospital
- Enfold India
- Asha Niketan
- Cadabams Hospital
- Spandana Hospital

Walkathon 2018

Sakshi
Chaganti, 1st PC

Sampurna Montfort College conducted its first ever Walkathon in November, 2018. The morning started with sleepy faces and faint smiles. Everyone was there at college by 6:40 and started registering for the Walkathon. With a mission of spreading mental health awareness in and around Indiranagar, participants started walking towards CMS hospital. At a distance, our volunteers stood there to provide the participants with bottles of water. With placards in their hands and cheerful smiles on their faces, participants walked through the course of the Walkathon.

The first three to reach the finish line got prizes from the Br. Jacob and Br. George for their zeal and enthusiasm. Participants and volunteers who got medals with Montfort's symbol on it, flaunted it with joy. They promised to participate next year and secure a place in the top three. After the prize distribution ceremony, everyone proceeded to the canteen for a sumptuous breakfast. E-Certificates were mailed to the participants for their contribution towards spreading mental health awareness.



Vipassana Meditation Workshop Anchitha Rao, 1st SIAS

A workshop on Vipassana meditation was conducted in Sampurna Montfort College on the 2nd of February. The workshop was directed by Dr. Advait Kulkarni, Neurophysician at Columbia Asia Hospital, and his team.

The session began with Dr. Kulkarni explaining that Vipassana meditation is an ancient Buddhist meditation technique. Vipassana means "insight" into reality and the technique aims for total eradication of mental impurities, resulting in highest form of happiness leading to full liberation. It is an observation-based, self-exploratory journey that directs attention to physical sensation of the body and mind.

During the session attendees were taught the technique of Vipassana meditation. All who participated reported that it was a refreshing and relaxing technique, which also aided in introspection and reflection on one's own thoughts, feelings and sensations. "I personally felt that breathing by focusing helped me concentrate and focus on my mind. With regular practice, I can improve my concentration and work efficiently towards my goal."- Ranjan, 1st SIAS.

Children's Day 2018

Jose Fernandes
2nd SIAS



On 17th November 2018, the Montfort family celebrated "BALA MELA 2018" with great joy, vigour and pomp. Every member shouldered the responsibility with passion and zeal.

Everything took its shape and form in due time, mainly because of the hearts that felt the same heart beat and the hands that worked to attain the goal. Each of these groups worked together in teams. There were around 336 children gathered who were the 'stars of the day,' they came from various orphanages and Children's homes across Bangalore. The Children began the day with a sumptuous breakfast. A beautiful prayer service was conducted invoking God's blessing on each of us. The main aim of CFI (Child Focus India) was to empower children through friendly and interactive sessions. The theme chosen by CFI was "DREAM". The story station, puppet show, tree

top station, games station and mission station focused on 'Dream - It's the force within you'.

A delicious meal was served to the children and the volunteers, followed by mesmerizing performances by the children who showcased their talent and potential through dance, song and enactment. The Beat boxers and magic show were the highlight of the program. The event ended with everyone dancing away their woes and worries to popular music.

After every sunrise comes sunset, so to every beginning, there's an end. All the children were gifted bags, stationery, blankets and water bottles. A special mention of thanks goes to our generous sponsors FAI (First American India) for sponsoring the gifts. We whole heartedly express our gratitude to each and everyone for their enthusiasm and participation in bringing joy to the faces of the little ones.



Christmas Day
Zeba Asif, 1st PC



On the evening of the 5th of December, we at Montfort college of Psychology enjoyed our annual Christmas celebration. As the tradition goes, we had a Christmas tree lit up for the occasion, a very pretty looking manger and all the students dressed in beautiful shades of red and green adding to the aesthetic beauty of the day. The celebrations began at around 3:30pm. We got into groups and got ready to start the festivities for the evening. Our in-house Santa was the soul of the party, giving away chocolates to all. The evening soon progressed with Carol singing; all 6 groups picked a carol, rehearsed and got as creative as they could while presenting it by harmonizing, acting out the carols and adding a dash of rap.

Several other games were played with Santa quizzing the groups about Christmas facts and traditions as fillers between the games. Each team participated with complete enthusiasm and sportiveness; the lawn roared with laughter and merriment that evening.

Our guest of honour that evening, Br. Mathew, addressed the gathering about the true essence of Christmas. The winning team was then awarded for their efforts and performance. The event ended with refreshments and everyone was left feeling jolly good!

Report on National Girl Child Week 21st to 25th January 2019



A week-long event was organised by Sampurna Montfort College Family Counseling Centre celebrating National Girl Child Week from 21st to 25th January 2019.

The objectives of the event emphasised on:

1. To promote comprehensive development of girl children
2. To facilitate positive attitude in community pertaining to birth of girl children

The program details are given below:



Day-1

Awareness program was conducted at maternity ward, Sir. C.V. Raman General Hospital.
Theme: Celebrate the birth of a girl child.
No of participants: 18 parents



Awareness talk by Ms. Preetha Thomas, FCC counsellor



Participants of the event



Ms. Manju, Staff-nurse conducting health education



one of the participant



FCC counsellor with the participants



Ms. Preetha Thomas conducting awareness program for the participants

Day-2

FCC counsellor Ms. Preetha Thomas had conducted awareness talk and counseling in maternity ward, K. R. Puram General Hospital.

Theme: Celebrate the birth of a girl child.

No. of Participants: 8 in-patients



Day-3

Awareness activities at Moulana Azad Model School, Medahalli, Bangalore regarding Girl's Glory followed by screening program for the competitions and workshop.

Theme: Celebrate the birth of a girl child.

No. of Participants: 20 girl children



Day-4

A workshop was organised by FCC in collaboration with Sampurna Montfort College on 24th January 2019 from 10 am to 4 pm in Sampurna Montfort College campus on the theme "every girl child is a change agent". Eighty (80) girl children were invited for the event from the neighbouring schools, namely, Mathrutha Nikethan School, Resurrection School and Vidhya Amruth School. The event was organised by FCC counsellor Ms. Preetha Thomas, FCC counsellor Mr. Thomas Abraham and Ms. Geeshma Vijin, and a few volunteers.



Ms. Preetha Thomas, FCC Counsellor speaking on 'Rights of a Girl-Child'

Session 1

- Welcome Address** : Mr Thomas Abraham, FCC counsellor
- Unfolding the theme** : Br. George Padikara, (Director, Sampurna Montfort College Family Counseling Centre)
- Seminar on 'Rights of a girl child'** : Ms. Preetha Thomas, FCC counsellor
- Motivational talk** : Sr. Lamma, Guest speaker (Director, Poussepin Alliance for Social Services)



Session 2

1. Co-curricular competitions
2. Elocution
3. Quiz
4. Fancy dress
5. Interview for girl of the year award



Participants during the workshop



Participants during a candle-light vigil to show that they are an agent of change

Session 2

Valedictory Session

Certificates and prizes were distributed to the participants.

Ms. Nimitha from Mathruka Nikethan School had been awarded with the title "girl child of the year-2019".

Ms. Nimitha being awarded the title 'girl child of the year - 2019'

Overall the program was highly appreciated by the participants, indeed it was rewarding to spend time with the children and create awareness about the importance of the day.



Ms. Nimitha being awarded the title 'girl child of the year - 2019'



Participants during the workshop



Participants during a candle-light vigil to show that they are an agent of change

Day-5

An interactive session was conducted by Ms. Preetha Thomas, FCC counsellor with the B.Sc nursing students as part of 'National Girl-child Week-2019' at St. Philomena's College of Nursing on the 25th January 2019.

Theme: Celebrate the birth of a girl child.

No. of Participants: 80 B.Sc Students



In conversation with the seniors - Maria Senora, 1st Psy

There is yet another batch of students who will be graduating from Sampurna Montfort College this year! Although they all studied at the same college with the same faculty and individuals around, each of them had a different and unique experience to share.

When asked about how the final year of college was going, this is what some of the final year students had to say.

Even though each of these senior's experi-

ences were different, they all agreed that the atmosphere at Montfort is unique to the college alone; this is something that they will particularly miss. They further shared that the approachable faculty and the kind people they met on their journey are elements that will forever stay with them. It seems undeniable that Montfort will be sorely missed, treasured and always looked back upon with fond memories.



Rijul Ballal
2nd Psychology

"What I'll miss most? My friends and the tea stalls we visit."



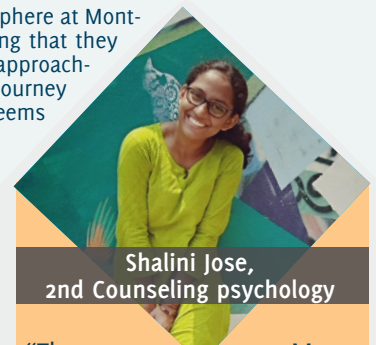
Imtisangla Jamir,
2nd Psychology

"I'll miss the people and the bond we all have here. There is a 'family kind of feeling' at Montfort College."



Shuchita Sehgal,
2nd Psychology

"The first three semesters were more hectic, as compared to the final year. I felt accepted even though I'm not from the South. Montfort always made me feel good!"



Shalini Jose,
2nd Counseling psychology

"These two years at Montfort were the best two years of my life. It went by so quickly! I will really miss my set of 'antique' friends. I'm reminded of the day Bro. George told us that this would be our home away from home and slowly Montfort became that and will always remain the home that I will cherish."

Snippets from MLCU Final Year Students - -Javeria Imam 4 MLCU

As the academic year 2017-2019 is coming to an end, the students of MLCU final year share some thoughts about their journey in Sampurna Montfort.



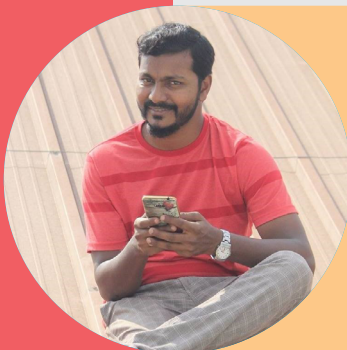
Keren: "I can only liken my time at Montfort to that of a seed growing into a plant. There was always warmth, resources and empathy. There were standards to meet and deadlines to greet but always coaxing us to move onward. And though the final year looked as arduous as a climb up the Mt. Everest, it came with its own valleys of respite, support systems and life lessons. Thank you, Montfort, for the spectrum of experiences that now look like a rainbow."



Shambhavi: "I always see Montfort as my driving force. The day I entered the campus I sensed positivity and hope, and I experience this every time I enter the campus. I have had the best of two years with sharing, caring, and unconditional support by everybody. There has always been an anchor when it was overwhelming to handle myself and Montfort has lifted my spirits up and boosted with confidence when I did not believe myself. Thank you, and I am grateful to every person whom I have met from Montfort."



Sangeetha: "I walked into Montfort SIAS campus with thirst and zeal in my belly. Two years in being a student yet again... but this time with more authenticity, genuineness and crazy hard work! It sure wasn't easy. Learning, unlearning, sharing, multitasking and having fun thru this roller coaster ride, I am rediscovering myself. I see a new journey has begun and I am so grateful for this experience indeed. Thank you team SIAS and all my lovely batchmates!"
Love and good cheer, Sangeetha.



Santhosh: "I stepped into Montfort as a man, a religious, a human in a certain sense. Now I walk out of it as more human having learnt to understand people without being judgemental, empathize with people instead of sympathizing with them. I did at Montfort whatever I could not do when I did my graduation. I played, sang, danced, organized certain events and took part in cultural activities. Montfort experience has been a great blessing in my life to learn, unlearn and relearn human values that make me bloom where I am planted. Being with classmates from different cultures and walks of life, I have learnt how to adjust and make little sacrifices to enrich my life and relationships... I walk out of this home with joy and confidence though leaving the members is very painful."

Jessie: "I felt home away from home and the journey to unlearn and learn has been an adventurous one for me. I miss my loving, inspiring, amazing ...so empathetic faculty members and above all the administration staff members are just so helpful and kind-hearted. I would sincerely appreciate and miss them. I was always amused at the non-teaching staff for their commitment and cheerful approach that just calms your nerves the moment they greet you. I will miss my colleague who taught me to journey along the smooth and rough and tough road of life with their experiences and presence. I am going to just feel their absence"

LIBA MONTFORT EDITORIAL

ELIXIR MAGAZINE



LOOKING FOR SMART IDEAS

Opportunity to Publish your articles, reviews, artwork, poems, photography, quizzes... anything creative, fun and unique!



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Interested People can send their contribution, to our E-mail ID, with the subject line being your name and class, and your contribution Title.



EXHIBIT YOUR TALENT

This will serve as a platform to show off our creativity and passion, and we eagerly look forward to your submissions!



PROMOTE OUR COLLEGE

Montfort hasn't seen a magazine publication in years, let's change that this year!

Looking Forward for your contributions from all our Montfort Community

For Submissions
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