

The Apostolic Carmel

Karnataka Province



OUR LADY
of Mount Carmel
pray for us.



May your lives be filled with Happiness and Peace!



50
years



40
years



25
years



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Editor Speaks...

“The most relevant Congregation for today’s globalised, digitalized, consumerist, workaholic world is the Apostolic Carmel,” said Rev. Fr Joe Abraham CSSR the resource person who held a three day motivational session for the Superiors of our Province in May 2017. Our main purpose is God realization with action and to integrate the purpose with our mission. Our purpose, the reason for our existence as Apostolic Carmel religious in the Church is to provide a model to the world that God alone suffices or matters. The distinct contribution of the Apostolic Carmel to the world is the integration of being Apostolic and Carmel blending prayer and work or shall I say the ability to carry the heart of Mary in the world of Martha.



We are marching towards the Sesquicentennial Celebration on July 16th 2017 stepping into the 150th year of the existence of our congregation. We owe much gratitude to our Superiors General - Mother Marie Des Anges, Aloysia, Josephine, Annunciata, Sylvia, Theodosia, Carmelita, Mariella, Vincent, Agatha Mary and Susheela – ‘Keepers of the Flame’ lit by Mother Veronica and each and every sister who has striven to contribute her share to the growth of our congregation. For those who have reached the eternal shores, we pray that they may enjoy eternal bliss and that those of us who journey may be given the grace by their intercession to move forward in being joyful witnesses for His Kingdom.

While we rejoice that one single woman Mother Veronica who offered her entire being – her professed faith, her family, her fiancé, her position, her loved congregation, her dream and the fruit of her dream may continue to intercede for each one of us, so that we may keep alive her charism i.e God realization in our lives. May the year 2018, the Jubilee Year beckon us to go back and imbibe her zeal for the mission so that we become relevant for our times and society! This will add credit to the early culmination of her cause to be raised to the honours of the Altar. May the joy bells of the Sesquicentennial Jubilee ring loud and clear in each of our hearts!

– **Sister Rose Agnes A.C.**
Editor

SECTION 1: CELEBRATIONS AND SPECIAL EVENTS

1. GREETINGS TO OUR SHEPHERDESS AND TEAM

* **Sisters – St Ann’s Convent**
Mangaluru

On that not very far off day in the year 2016
He placed His hand on you
He chose you, He anointed you
He gave a Mission
To shepherd the ancient stock of Mother Veronica’s Vine



The Apostolic Carmel Karnataka branch,
Now spread far and wide.
To assist you in this your great Mission
He chose, handpicked Sisters
Rose Agnes, Maria Kripa, Nirmala Francis & Ida Barboza
To hold the keys of your coffer
His hand was placed on His faithful foreman Sister Linet D’Souza
Walk blamelessly before me He said
For it is a charge, a privilege, a covenant I make with you.
Do you love me - He asked?
Yes, Lord we do you replied
These young frisky lambkins of mine

I entrust to your care, they are my very own
 Love them, care for them, trace their steps to seek Me
 And Me alone – in Prayer, in sacrifice & loving humble service.

Do you love me – The Lord repeated
 Yes Lord we do. Do you doubt us Lord?
 No – He said, I seek a confirmation from you
 For, yet a greater charge I place on you



Many Institutions, stretched far and wide
 The toil of years of mothers & sisters, old & young
 I lovingly place in your faithful hands
 Gently guide my sheep to be loving shepherds
 To bring My love, My comfort, My knowledge
 To be My feet, My hands, My heart, My voice to all
 Who enter the portals of these famed, beautiful, schools &
 colleges.

I will reward them abundantly,
 I charge you to be the guardian of this apostolate

Do you love Me – The Lord, He asked again
 A little pained, a little confused and bewildered you answered
 Lord, you know it all; we do love you with our entire being
 Then, this last charge I place in your hands
 I have blest you with five talents rich, multiply them, use them to
 Care for – the old, the disabled, the talented and the sick
 Build homes for them, build for Me in the Karnataka vineyard
 Communities of love, take care of my sheep

Be to them and make of them compassionate shepherds
 Forgiving, healing shepherds gentle, caring & good shepherds!
 And this last charge I give you
 Take care of my sheep, who have borne the heat of the mid-day sun
 And have kept the night watch for me
 Now sick & worn, seven bent with age, I entrust them to
 your caring love.

Having given this Divine Mantle he said:
 Fear not, you draw your plans, I will determine your steps
 My Spirit will rest upon you, I, my Mother will be with you
 So saying He your Lord & Master handed over the crook to you

The circle of 365 days has quickly passed
 And the Lord His promises has kept
 He smiles on you from His throne above
 Renews His promise to walk with you for the next 365x2
 For, thrice He asked you "Do you love Me?"
 And thrice you answered, 'Yes Lord, we do.'
 And now: we your flock of Mother House, St. Ann's
 Thank you dear Sister Carmel Rita and the Team
 We'll walk with you, grace will flow and we will grow
 Strong enough to take up our tasks
 Where you lead there we'll follow you.
 With gratitude to God for the year just past
 We'll pray that the years ahead will be rich with fruit
 Garnered all, for the glory of God!



*A single Rose can be
 my Garden....*

2. GOLDEN BELLS – CARMEL NIVAS!

* The Sisters of Carmel Nivas
Bailhongal

“Behold the Bridegroom cometh.....
whose robes are white and clean” was the voice
of the heavenly chorus heard at the early dawn
of 20th April at 5.30a.m. Jesus was there at
Sister Thelma Quadros’ door, to crown her
with a golden crown as a band of sisters
continued singing and leading her to the chapel. A special prayer was
conducted which made all of us raise our hearts and minds to God in
thanksgiving for her golden years.



It was a day to rejoice and sing a jubilant song, sisters gathered
in the refectory to greet her. While the Jubilee cake was cut the
choirs of sisters joyfully sang the Jubilee song and greeted her with
a verse. A festive breakfast which expressed the culinary creativity
of our Sisters highlighted the morning.

The Jubilee spirit was heightened with the arrival of our sisters,
her relatives, Priests, parishioners and the staff members. The
Thanksgiving Eucharistic Sacrifice was offered by Fr. Menino SJ.
During the homily he expressed his deep appreciation for her generous
service to the society in different places to various people in the
mission of the church and her dedicated life of commitment to Christ
for the past 50 years. Our Vows are sacred and absolutely binding,
a total commitment of mind, body, and spirit. Holding a candle Sister
Thelma Quadros renewed her vows and completely surrendered herself
to the Lord.

After the solemn sacrifice of the Mass, a felicitation programme
was arranged in the CVV school hall. The watermelon juice cooled
the sunny heat as they entered the hall. The prayer dance, by CVV
students recalled God’s call to religious life. The greeting song, verse,
display of video clippings of Sister’s mission at Bailhongal, from the
community members and from the staff members expressed their love
and gratitude for our dear Sister Thelma Quadros. The jasmine garlands
added fragrance to the grace filled occasion. A sumptuous meal was

served for the people thereafter. Everybody witnessed this event and expressed her/his appreciation.

Sister Thelma Quadros has reached her Golden Jubilee year and moves into a new spiritual landscape. We the community sisters join with her and pray that she may be filled with a new energy and deeper joy. May she be an inspiration and role model for all of us on our religious journey.

When we work together we bring out the best in each other. This was evident in the splendid cooperation which resulted in the sharing of our sisters' talents for art, creativity, music and unique hospitality whether preparing floral arrangement, liturgy and prayer, meals and menu for the occasion. The end result was the smooth unfolding of the day.

3. CHRISTMAS WITH A DIFFERENCE AT SNEHALAYA

*** Sister Maria Philomena A.C.**
St. Mary's Convent, Mangaluru

The founder and settler of the Snehalaya Charitable Trust Mr. Joseph Crasta was inspired by the path of Mother Teresa. He started with a small home on 26th August 2009 for the neglected, abandoned and ailing people from the streets especially, the mentally ill wandering destitute. Later, he established advanced building facilities for the mentally ill destitute men



at Bachalike, Pavor Post, Kasargod Dist. And this set up was inaugurated and its operation started on 16th March 2014. This institute

is known as “Snehalaya Psycho Social Rehabilitation Centre.” Snehalaya started receiving the abandoned destitute irrespective of religion, caste, creed and status unconditionally with full dedication. Mr. Joseph Crasta and his Snehalaya service teams continue their mission with love, care and services by following “The path of the Saint of the Gutters, Mother Teresa now declared ‘A Saint in the Church’.

The year 2016 was a “Year of Mercy”. This year we decided in the community to celebrate Christmas in a different way. We wanted to extend our mercy and compassion with the poorest of the poor and we chose “Snehalaya” for our celebration.

How did we celebrate it? All the members of the community willingly sacrificed their Christmas gift. The Heads of the Institutions



volunteered to contribute soaps, face towels, toothpaste, tooth brush, sweets and rice to share with the inmates at Snehalaya. On 11th December, Sunday, St. Mary’s band set out to Snehalaya for the Christmas celebration.

We interacted with 130 inmates there, spoke to them, listened to their woes and sufferings. We conducted some simple games for them. We sang Christmas carols, shared our Christmas joy with them by distributing small packets of sweets and gifts. Christmas message was shared by our three sisters in Tulu, Kannada and Hindi. We had lunch with the inmates of Snehalaya and contributed Rs. 10,000/- towards their expenses. All of us felt joy and peace within ourselves. Indeed it was a special Christmas celebration with a difference.

4. COMMUNITY DAY AT ST. ANN’S CONVENT

Sr. Elena: Today is the community day. To think that from all eternity God had planned that the 30 of us would form St Ann’s community 2017-18. Isn’t it wonderful?

Sr. Nithya: And to think that our community forms a part of the mighty edifice of the Apostolic Carmel which the Lord brought in existence 149 years ago. God’s designs are wonderful. The Mother House surely plays an important role in the Sesquicentennial Centenary celebration.

Sr. Lenita: Yes we are privileged to be a part of this edifice. We are especially grateful to God for choosing each one of us to be members of the Apostolic Carmel family.

Sr. Judith: A mighty edifice like this requires a cornerstone and the cornerstone of this edifice is none other than Christ.

Sr. Myrtle: Yes, our lives must be firmly rooted in Christ just as Mother Veronica was. It is Christ who unites us into one family. Mother Veronica was the chosen instrument of God.

Sr. Lolita: So are we. Each of us is unique.

Sr. Reena: Each of us is special and precious to God.

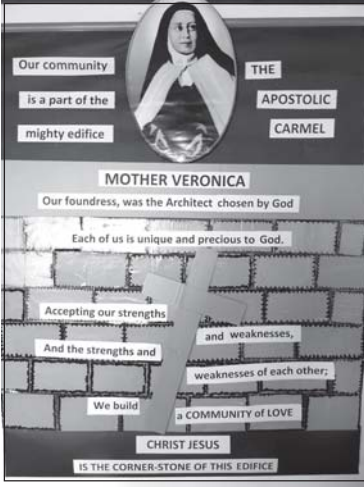
Sr. Dorothy: Each of us has also her strengths and weaknesses.

Sr. Elena: Is it not said that the strength of the chain lies in its weakest link?

Sr. Nithya: True, when we live in community and rub shoulders with each other our rough edges can create problems for us and for others.

Sr. Lenita: But if we allow the rough edges to wedge into each other by adjusting oneself with each other, then we will be able to live in harmony.

Sr. Judith: To do this each of us will have to accept one’s own strengths and weaknesses and also accept the strengths and weaknesses of others.



That will make a perfect jig-saw-fit. *(She demonstrates this with the fingers of both hands fitting into one another)*

Sr. Myrtle: And when we fail, as we will surely do, we will approach each other in forgiving love, asking forgiveness and extending forgiveness before the sun goes down.

Sr. Lolita: That is what Jesus told us to do. But we need to remind ourselves of this throughout the year. How shall we do it?

Sr. Reena: Why not prepare a chart and keep it in a prominent place to remind us....

Sr. Dorothy: That we are part of one edifice whose cornerstone is Christ and we draw our strength from him.

Sr. Elena: Yes that is right. Each of us is different, and when our rough edges fit into each other if we accept one another, that will help to resolve conflicts...

Sr. Nithya: And we can mend our broken relations.

Sr. Lenita: Yes we will prepare a chart.

(The sisters prepare an outline of a chart and put it up on a stand)

Sr. Judith: Every sister could be involved in the final process.

Sr. Myrtle: How?

Sr. Lolita: Each sister is unique, hence each sister, can place a block on the chart, representing herself, against the number she has picked.

Sr. Reena: Yes, that would be good.

(Each sister picks up the number and places her block on the chart against that number.)

Sr. Dorothy: Can you see the rough edges on both the sides of our part of the block.

(Goes to the chart to point out the rough edges on all sides)

Sr. Elena: Yes. That reminds me that we have also to adjust with the other sisters of our congregation, with whom we might have had some differences. We are a part of a wider community.

Sr. Nithya: That is true. How wonderful it would be if all of us were of one heart and one mind.

Sr. Myrtle: Did you notice that while putting the blocks, one or two fell down? A gaping hole would have been left behind if they were not put back.

Sr. Lenita: Yes! In community life what would that mean?

Sr. Judith: I guess if a sister refuses to integrate herself, she would be like the missing block and leave behind a gaping hole in the community edifice.

Sr. Myrtle: That would indeed be terrible! I hope none of the sisters of our community does that. It would destroy our community.

Sr. Lenita: Sister do you recall that there were plenty of hardships in the small community at Bayonne, but the sisters were always happy.

Sr. Judith: Yes, the cross is a part of our daily life. No cross, no crown.

Sr. Myrtle: Then shall we put the cross over the wall of our edifice, so that we accept the crosses that come our way.

(A sister places the cross on the wall)

Sr. Lolita: That would be a very helpful reminder.

Sr. Reena: One more idea! Can we put Mother Veronica's picture in the background so that she becomes a constant inspiration to us?

Sr. Dorothy: That would be really wonderful.

(A sister places the picture of Mother Veronica in the background)

Sr. Elena: We will also sing to Mother Veronica asking her to intercede for us.

(Hymn to Mother Veronica)



5. A UNIQUE EXPERIENCE AT CHRIST UNIVERSITY

* **Sister Maria Marilda A.C**
St. Ann's Convent, Mangaluru

It was around 8.30 p.m. on Monday, 24th April 2017! The Mangalore Central Railway Station was filled with the arrival of the A.C. Sisters from in and around Mangalore. Where were these sisters going? Nowhere but to Bengaluru. Yes, to attend a three - day Seminar on Leadership for all the Sisters in the Teaching Apostolate, at Christ University, Bengaluru.

This seminar was planned and organized by Rev. Fr. Thomas C. Mathew, Vice Chancellor of Christ University, in consultation with our Provincial Superior and Secretary for Education. That's how we landed at Christ University, Bengaluru! We were 142 in number, from all over Karnataka. Besides those in the active apostolate, there were also some senior sisters, who were a part of Mary Immaculate Convent, Bengaluru in the past.

The Inauguration of our (three- day) Seminar was held at 9.30 a.m. on 24th April at K.E. Auditorium of Christ University. Sister Ida Barboza, Secretary A.C. Educational Society, led the Inaugural Prayer followed by an orientation by the Registrar Dr. Anil Pinto. We then had an Interactive Session on "Education-an important mission of the Church" by Fr. Thomas C. Mathew, V.C. Christ University, followed by a session on



"Good Governance" by Dr. Senthil Kumaran, Chief Confluencer – 'The Learners Confluence, Bengaluru'. After a short tea-break we had the next session in groups. The teaching sisters had four groups –viz. the Higher Primary, High School, College and the Professional. The senior sisters had separate sessions arranged for them. Some of

the topics dealt in our groups were – ‘Learning Organization, Organizational Culture, Effective Communicator and Human Relationship etc.

Our next Session – Session II was at 2.30 p.m. on FOLLOWERSHIP by Fr. Benny Thomas CMI, Director, Faculty of Engineering and School of Law. This session on ‘followership’ gave us a lot of insights on who really a follower is. Follower makes the Leadership meaningful. He/She helps accomplish goals willingly, accepting assignments, exhibits loyalty to the group, voices out differences of opinions but supporting the decision of the group, maintains a positive attitude even in confusing or trying times. After this session, we had a brief session on ‘Centre for Social Action’ by Phinu Jose, giving us all the information on Major Developmental Programmes and Activities conducted by them. They include Rural Exposure, Rural and Tribal Community Development, Waste Management, Environmental Initiatives (Prayatna), Transformation (Parivartana), etc. with this enriching session we had a long break. At 6.00 p.m. we had our Evening Prayer followed by the Holy Eucharist celebrated by Fr. Viju CMI. His inspiring homily on ‘Servant Leadership’ and ‘Resonant Leadership’ enabled us to opt for one such Leadership that will make our life worth living. Imagine, so many Servant Leaders - in the Apostolic Carmel!

After Mass once again we assembled in the Auditorium. This time not for a session, but for a unique event! Yes, for the formal Inauguration of the Diamond Jubilee of Mary Immaculate School (MIS) Wilson Garden, Bengaluru. One may wonder why it was held in Christ University and not in MIS. The reason is simple. It was Fr. Thomas C. Mathew, V.C. of Christ University who has also been the Sunday Chaplain of Mary Immaculate Convent for the past 29 years, who thought of having a get together of all the sisters who had lived and worked at MIC/MIS, during these past 60 years. He went a step further in inviting all the sisters in the Teaching Apostolate together with all the EX-MICs for a three - day seminar, during which the formal Inauguration of the Diamond Jubilee of MIS would take place. That’s how we had this Inaugural Ceremony in Christ University. We were privileged to have the presence of Sister Susheela our beloved Superior General at this Diamond opportunity.

The Inaugural Ceremony preceded with a cultural event. The Invocation (prayer dance) was led by our sisters of Lourdes Convent Jayanagar. Their graceful movements did lift our spirits high in awesome wonder! They deserved a prayerful applause! This was followed by some wonderful performances, in the form of dance and song by the students of Christ University. Marvelous! They deserved a thunderous applause!! With this fabulous event, we moved on to the actual event of this evening, the Inaugural Ceremony which commenced with the lighting of the lamp followed by honouring the dignitaries –viz. Rev. Fr. Thomas C. Mathew, CMI, Sister M. Euna, the former Headmistress of MIS and Sister Maria Laila, the present Principal of MIS. Sister Susheela, our Superior General, Sister Carmel Rita, our Provincial Superior and Sister Ida Barboza, the Secretary for Education, carried out this pleasant task of honouring them. We then witnessed a creative presentation of the History of Mary Immaculate School (MIS), which led us to lift our hearts & minds in gratitude to God Almighty for the marvels done in and through MIS over these 60 years. At the end of this event, as we stepped out of the Auditorium we experienced the thoughtful gesture of Sister Maria Laila in giving a little memento to all the participants.

The day ended with a grand dinner hosted by Fr. Thomas. The menu had a special dish – duck meat. After dinner can you imagine what happened? Here a quack, there a quack, everywhere a quack, quack....!! Thus ended the first day of our seminar.

Though a seminar, we did follow a perfect Community Time Table. The next day, 5a.m. was the rising, 5.30-6.30 Personal Prayer followed by Moring Prayer and Mass. After Mass there was Breakfast of course. What do you think was the Breakfast like? – Hot, mouth – watering Masala Dosa! Idli-Vada, String Appams.....with full breakfast, we then got ready for sessions in our respective groups. The Resource persons were moving from group to group on earlier mentioned topics; this continued till lunch time.

In the afternoon was a different type of session-an interesting, relaxing, open air session...yes an outing to Kengeri! On our way to Kengeri, we visited Bannerghatta-where the CMIs have a Residential Pre-University College. It's a little area, where there was a huge rock, now turned into a mighty structure, consisting of six floors – three below the ground floor and three above, including a large

Auditorium! We were wonderstruck at this huge, mighty, high, rock – turned structure! With a cup of tea, we proceeded to Kengeri – a vast area, hving many institutions like Engineering College, Law College, etc all part of Christ – University. At our arrival there, we were offered fresh fruit juice which quenched our thirst and refreshed us. We had our evening prayer there and then went around the place, until all (young and old) arrived at a spot reserved for a Cultural Evening from 7-8 p.m., which was unplanned. It was by the sisters and for the sisters. Within a short time, our sisters got ready with a creative and wonderful programme – Community-wise, Batch-wise and other-wise! Sister Lydia, the General Councillor for Education who joined us on the second day of the seminar was the Chief Guest and Sister Elvira Tellis Nayak from the Western Province, a participant of the seminar, was the Guest of Honour.

It was indeed a wonderful cultural evening! After this we had another grand dinner – Bada Khana indeed. This time not Duck but Quail! Our sisters relished the quail so well (without ‘Manna’ of course) that they wanted to carry with them the ‘Flesh pots of Kengeri’! But alas! We had to return immediately and time was running short for the execution of such a plan. It was almost 10.00 p.m. when we reached Christ University. With a quick bath, we went to bed. The end of the second day!

On the third day, the last day of the seminar we followed the same A.C. time-table in the morning. After Breakfast, sisters were free to visit the Campus. At 9.30 a.m. we got into our groups for finalizing the



Action Plan, an outcome of the Seminar. It was presented at the Plenary Session later. All the groups had done a wonderful job! Hats off to all the groups! The presentation of the Action Plan will soon be circulated to us by Sister Ida Barboza, the Secretary for Education.

The conclusion was the Valedictory, with the limited time available, we had to get ready for it. Here again some creative minds under the leadership of Sister Rose Agnes, worked quickly to produce some rare items like the ‘A.C. March Past’, ‘Positive all the Time....’ etc. At the end, Sister Melissa surmised our sentiments together beautifully at the proposal of the ‘Vote of Thanks’.

Though the seminar ended with lunch the magnanimity and generosity of Fr. Thomas was seen even after. He suggested that the sisters visit the Infant Jesus Shrine at Viveknagar. Accordingly two buses were ready for the purpose. From there we proceeded to our own Home- Lourdes Convent, Jayanagar- an invitation extended to us by our dear Superior General who was present with us on the first day of our seminar.

It was a pleasant surprise to see Sister Susheela and her Team waiting for us at the entrance, singing with a swing –‘...we welcome you...welcome...’ with the warmth of their welcome, we assembled at Carmel Hall, where Sister Marie Lucy, the Superior of Lourdes Convent welcomed us once again and invited us to partake of the High Tea prepared for us. Having tasted and enjoyed every bit of it, we bade good bye to all of them with an attitude of gratitude. God bless the generosity of Sister Susheela our Superior General and her Team, Sister Marie Lucy and the sisters of Lourdes Community!

After returning to Christ University we got ready with our bag and baggage to proceed to the Railway Station. Can you imagine the generosity of Fr. Thomas and his staff? Our supper was well packed. Each one was offered a packet as we got into the vehicle that would drop us at the station. Overjoyed with gratitude for the Excellent Service of Christ University, we left the campus carrying rich experiences and varied memories to be cherished! May God bless and reward dear Fr. Thomas C. Mathew and his team abundantly!

On the first day of our seminar, we were asked by one of the Resource persons to observe the place, the people and the process at Christ University. Let me mention here some of the observations mentioned by the group I belonged to.

PLACE: Clean; Green –Eco-friendly; Aesthetic beauty maintained; maximum utilization of the land; spacious and orderly.

PEOPLE: Warm and hospitable, sensitive to the needs of others, joyful, approachable, duty – conscious; hard-working; responsible; trustworthy; loyal & committed; highly motivated with the vision & mission of the Institution. (viz. EXCELLENCE & SERVICE)

PROCESS: Technology based sessions with experienced faculty; delegation of work; co-ordination among workers; a well planned Waste Management and Water Treatment.

The participants of the seminar will surely agree with me that it was worth attending this seminar on Leadership. Besides receiving a lot of knowledge and rich experiences, etc. it was an opportunity, an occasion to learn something new. The generosity and magnanimity of Fr. Thomas C. Mathew is indeed a lesson to be learnt by all of us. It's in giving that we receive! Let us be givers rather than receivers. Thus prove to be true Servant Leaders!!

6. **EVERYTHING IS NOT BECAUSE OF ME!**

*** Sister M Euna A.C**
Vijaymari Convent

I gave 45-minutes talk to about 60 young sisters of our Province and I was told it was good. But everything was not because of me.

It all began this way. When our Provincial Superior, Sister Carmel Rita visited us once, I told her that I was interested in and was answering the Su/Do/Ku, a mind game and a puzzle that you can solve with reasoning and logic, given every day in The Hindu Daily. She said “Why don’t you try the Quiz on the Interior Castle given in the Flos?” Somehow I had not been able to bring myself to read The Interior Castle till then. Now out of deference to Sister’s suggestion I started answering the Quiz for which I had to go through the Interior Castle. It took me nearly 10 days to finish it. Meanwhile Sister Demtrius who had prepared the quiz questions, and to whom the answers had to be sent, had winged her flight to heaven. I was not sure what to

do. Therefore I called Sister Lydia the Chief Editor for Flos Carmeli. She said someone had the answers and so to send my answers to her directly and that she would send a notice to that effect. I e-mailed my answers and was eagerly waiting for the results. Meanwhile no notice came. When at last the Flos arrived I flipped through the pages to look for the result of the Quiz. I found none. Once again I looked through carefully. I went through the contents - no clue whatsoever about the quiz result. I went through the pages once again very carefully and at last found a small notice saying, "since only two have answered no result is announced." I was quite disappointed. However I handled the bad feeling, though it took some time. When the Provincial Team came for the Christmas visit I told her what had happened. She said "Anyway you have profited by reading the Interior Castle." Sister also told me that there is going to be a seminar for the young sisters and that I would be given a slot to speak to them on The Interior Castle.

I was really taken aback. Once again to honour her offer I prepared the talk and all the necessary charts (8 of them).

Sister Melissa said it would be good to present them through the Power Point. I did not know how to go about it. Sister Roseema in spite of her studies and work took photos of the charts and put it in the computer and also made an intention, for the effectiveness of the talk, at the Evening Prayer. Sister Snehal captured them in her pen drive and took the full responsibility of the power point during the talk. On the day, Sister Carissima came to me before leaving for School and said that she prayed for me and wished me good.

When two of the young Sisters came to our Convent before the seminar, Sister Joyce told them in connection with my talk for them "Sister Euna is the best teacher" (If I am so, it is God's gift) My Superior, Sister Maria Jyothi generously gave me money to go by auto and wished me good. Sister Irene Noronha packed all the 8 charts in a big enough bag so that I could use them in case the Power Point disappointed me at the last moment and also got a rickshaw for me to go. Sister Marie Dulcine silently encouraged me in her own way. The Provincial sent me an email to say that I should come by auto and go back by auto and that she would pay for the same. When I reached St. Ann's, the first person I met was Sister Rose Agnes. She was all concern for me asking me if I wanted to have 40 winks.(It was 1.15 p.m.) Sister Ida Barboza's motherly concern (she was my previous superior) was such that she herself carried my bag and left

it in the hall and said that she was waiting to hear the talk and took me to the Provincial's room to meet her. Sister Rosemarie welcomed me and asked me to come for tea and served me sandwiches prepared for the Priest, the main resource person of the seminar. The Priest, the Provincial Superior and three Counselors were among the listeners and were all ears and all smiles during the talk which encouraged me.

Sisters Noelle, Aloysius, Cabrini, Dionetta, Carla, Maria Goretti, Basilissa and other young sisters of the community and whomever I met showed so much sisterly love that I felt I was in the seventh heavens! In fact the Lord did everything through others and me. Sister Edna Furtado, the Superior, came to the refectory to say a 'Hello' to me.

Then what is left for me? - **Only** prayer and preparation and delivery. Everything was certainly **not** because of me.

Contemplative Prayer:

For me contemplative prayer is to be with God who wants to be/is with me.

He wanted to be with the crown of His creation and so He gifted them with the greatest gift of His own image and likeness thus making His permanent abode within them. But Adam and Eve forfeited this privilege and shut the door in His face. God the Loving and Good did not give up on man. In His own time he became Himself man and wished to dwell among us. Here too Herod, who represented us all, tried to get rid of Him right at His infancy. The Pharisees, once again our representatives, wanted nothing to do with God and crucified Him. But God in His wisdom and love sought another way of remaining with us in the Eucharist, in the Church and in the Word of God. God wants to remind us that He loves and cares for us. Every bit of Nature shouts out this touching message of the love of God. Every event, circumstance, person we come in contact with, is a message of love from Him. Every success and every failure is proof of His loving care of us. For me contemplative prayer is awareness of God's longing to be with me and all that He does or prevents happening to me to show that He is with me. The overwhelming gratitude that fills my heart for the Divine Companion during the day comes surging when at prayer. This for me is contemplative prayer. I am wondering what else it could be. What is it for you? If you have a different explanation, do share.

7. CHERISHED MEMORIES OF SARANYA

Sister Nishmitha Sunitha D'Souza A.C.

St. Cecily's Convent, Udupi

Saranya Saranya..... Saranya..... This was the word ringing in our minds, from the next day of our Profession. Why was it so? Oh! Yes because we were all eagerly waiting to reach this abode of joy. With much expectation we awaited this day, preparing ourselves and keeping ready our suit cases. Finally the long awaited day arrived.

With our heavy luggage we the four evangelists from Karnataka set out for the capital of our state, Bengaluru, boarding the Karwar Express! Our Juniors' Directress Sister Maria Kripa accompanied us and led us to Saranya. At last our restless hearts, rested when we entered the threshold of Saranya.

There also arrived nine choirs of angels from the East, six wine jars of Cana from the North, three patriarchs from West, four Magi from Sri Lanka – our companions from all over. We were full of joy to meet and acquaint ourselves with each other whom we had not seen before. But since from our days of Formation our only song was 'without seeing you, we love you...'

Our Directress Sister Joselyn Joseph along with Sisters Beatrice, Ethel and Anila welcomed us warmly. Our chief Shepherdess Sister Susheela gave each of us a loving embrace and wished us well for the coming days. Thus we began our Juniorate programme with our Directress and companions under the watchful care of our Heavenly Father.

Our days were full of fun and gay,
For we were enjoying each moment of our stay.
Journeying with John, Prophets and Paul,
Saying with Mother Veronica that God is our all.
Learning to give Christ through Catechism
Serving His people through A.C. Charism

Experiencing the immense mercy of our God
 Strengthening our lives through prayer to stand every odd.
 Health tips were given to keep us strong
 Media knowledge was imparted to avoid all wrong.
 Connectedness with God to persevere is necessary
 Chapter Repeat Experience was shared to be a visionary.

We eagerly waited for the games hour every day. Not only the ball and rackets would come out but also knives and chilly powder. Yes, your thoughts are right. We were really attached to the mighty poly mangoes of Saranya. You can imagine the juniors with different weapons in their hands. Some with stones, some with sticks, some with pipes...some with plastics to collect the fallen victims. Some were suppliers to send the victims (mangoes) to the production place (kitchen), some chefs were in the kitchen, cutting, mixing, tasting etc. All the twenty six would gather in our common gathering place that is our school ground for battle. Wow! Stolen mangoes really gave a wonderful taste. The next day Sister Ethel would find some chilies, different masala powders, onions, ginger, mustard oil missing from the kitchen. We with one heart and mind were looking for the culprits!

Three months flew like three days. We never felt they were too long. These beautiful months gave us His grace to sing with gratitude a 'Thank You' song. With an unwilling heart we set out from Saranya singing, "Oh what a pitiful parting...soon we'll meet again...we mustn't miss the last bus home..."

We are grateful to the Superior General and her team for arranging this wonderful Juniorate programme.



*The kiss of the Sun for pardon
 The song of the birds for mirth*

8. ORDINATION OF MY COMPANIONS

* Sister Preema Hezel Quadras A.C

Carmel Convent, Ashaniketan



It was on 20th of April 2017 at 3.30 pm at Rosario Cathedral as the joy bells were ringing and the Entrance Hymn went like this.....

ಜೆಜು ಪರಮ್ ಯಾಜಕ್ ಆಮ್ಚೊ ಮೆಲ್ಕಿಸೆದೆಕಾಚ್ಯಾ ವರ್ಗಾಚೊ
ಖುಶಿ ಕರುನ್ ಬಾಪಾಚಿ ಬಲಿ ಭೆಟವ್ನ್ ಜಿಣ್ಯೆಚಿ
ಸೊಡ್ವಣ್ ಆಮ್ಕಾಂ ಲಾಭಂವ್ಚೊ.

I was on my toes to step to the altar because my seminary companions the Deacons trained at Jeppu Seminary, Mangaluru were at the entrance to be ordained as priests for the Diocese of Mangaluru. Realizing my eagerness and zeal Rev. Fr. Joseph Martis the Rector of the Seminary told me “Your time is not yet come. Don’t worry, Sister, our Pope Francis is on the process of discerning the plans for Women Ordination. Soon it may also come to our Diocese. At that time I will suggest your name. You may be the first one to be ordained in the Apostolic Carmel Congregation.”

After studying with them at the seminary for four long years, it was my pleasure to attend their Ordination Ceremony. There was no chance to become a Deaconess either. “Blessed are you among men” was the slogan with which I spent my studies in St. Joseph’s Seminary with these enthusiastic brothers who are Priests today. I

being the only one Sister in the batch, I had unique experiences of their brotherly approach. When I stepped into the Seminary with my fears and worries and tensions, I could hear the Lord whispering “My grace is sufficient for you.” Today along with all my Priest companions I say, ‘Thanks be to God’ for the marvelous works He has done in each one of them.

I being with them as their companion thought that they were happy-go-lucky persons but realized that they had their struggles when they shared them on the day of their Thanksgiving Mass. They had their lot in the family, namely poverty, opposition from parents, death of a dear one, sickness and ill health were the Stations of the Cross in order to embrace the Risen Lord in their Consecration. When I heard all these things I was really strengthened in my Vocation. And I thanked God for the beauty of the call to be a Religious and prayed for His grace to remain faithful to Him. At the end of the Mass they also honoured me as a batchmate and offered me a token of their love through a gift. I prayed for strength and courage for all my companions as they were ordained as Priests for different Dioceses. This is my humble Prayer:

“May the God of Love who has called them enfold them in His Love.

May the God of Peace bless them and keep them Holy
May the God of Joy fill their life with the Heavenly Joy
May the God of Happiness bring happiness in their Mission
And may the Grace of Christ fill them and surround them with his Graces!”
Let this be our prayer for all of them too!



*One is nearer God's Heart in the garden
Than anywhere else on Earth*

- Dorothy Frances Gurney

9. ANUGRAHA SHINES!!

* Sister Marie Christine A.C.

Anugraha, Bellary

Anugraha Foundation School for the Differently Able children has a feather on its cap with the help, support and cooperation of the public, progressing steadily in different spheres. They shine in academics, sports and extracurricular activities. In the month of August 2016 Kalayan Kumar had participated in the State level Foot Ball competition at Zindal accompanied by Sister Sushanthi and he was selected for the State Team to compete at the National level. He went to Assam, Gouhati Nehru Stadium together with the Karnataka Team. There this Team secured a second place. We are really proud about the performance of our students.

In the month of February 2017 two of our students Prasanth and Sai Nikhel with the coach participated in the State Para Olympics swimming competition at Bangalore. Sai Nikhel



won three Gold medals in free Style, Butterfly and back Strokes, where as Prashanth won one Gold medal in Back Stroke. They were selected to participate in National Para Olympics in Rajasthan at Jaipur SMS Stadium.

At the National Para Olympics, two students participated accompanied by Sister Marie Christine. Sai Nikhel won three silver medals and Prashnath won one bronze medal in all the events. We congratulate and wish them well.

FREE MASAN ORGANIZATION has constructed a **Basket Ball Court** for the sports through their generous contribution. It was inaugurated on May 12th 2017 by their grand Master Mr. Abraham Markos. Our children surely will use this facility to win further medals in this event.

Though these Differently Able children are not able to compete academically, God has blessed them with the capacity to achieve in sports. These achievers have become role models for the rest of the students. With a little pat on the back, motivation and encouragement all can definitely shine! They have made Anugraha proud and we praise God for this their feat!

10. UNIQUE EXPERIENCE AT CHRIST'S

*** Sister M. Euna A.C.**

Vijaymari Convent, Maryhill

It is rightly said that Spells need to be experienced, spellbound and not dissected. I can only bow down in awe at what I have seen and experienced.

The Seminar at Christ University was an extraordinary experience bringing our Provincial Superior and the team with a large section of their sheep, young and old together in a heavenly spot. Even our dear Superior General was with us for a day. We were around 141A.C.s in all.

Christ University campus and its extensions are magnificently planned and 'cities' by themselves with stunning structures and elegant layouts & profitable projects.

During the three days, while the young were kept busy on their toes with talks, assignments etc. we the senior sisters, around 20 of us, had a very relaxed time table. To begin with Mr. Antony Williams, a well known speaker who conducts Personality Development sessions all over, gave a talk on



Spiritual Life – mainly his own spiritual experience. It was very edifying listening to a layman’s spiritual experience. Two young lively women taught us some rudimentary yoga exercises suitable for our age group. The scene would have offered an amusing entertainment with each of us awkwardly trying to do the exercises. One of the sessions was allotted for learning flower arrangement and table setting. No doubt we enjoyed it. A Medical Doctor from Senior Citizen Health Service, St. John’s Medical College, spoke to us on Successful Aging. Mrs. Grace a senior staff working in the Social Service department of the Hospital also spoke to us about how they help the old in the villages. Both were interesting and informative. We also watched an entertaining and instructive film ‘SISTER ACT’

We were put up in the Lady’s hostel with all the facilities. We had the lift to take us to our floors. The food was delicious and varied, served to us in the spick span restaurant for the Staff – a well set up large hall.

The outing to the Christ University extensions in the east and west of the Metropolitan city, Bengaluru cannot be forgotten. We were two busesfull, screaming and shouting like little children when one overtook the other. And when we arrived at Banerghatta what we saw was beyond description. The Psalmist says that God turns rocks into pools and flint into water. This miracle awaited us there. An enormous rock occupying nearly 2 acres, if I am not mistaken, is cut to such a depth that it now holds three underground floors and the water gushing from the sides is collected and is supplied to the seven floors on and above the ground. We realized taking risk and meticulous planning can result in such marvel. Don’t ever miss to see this when you go to Bengaluru. Here in this extension of the University, Honors in various subjects are offered. Hostel facilities are superb too. From this centre the university, reaches out to a big number of villages around, improving the standard of living of the people along with the fragrance of Christ the Lord.

Having refreshed ourselves with tea/coffee and with delicious small sized special samosas we proceeded, taking a U turn, towards Kengeri. I heard it is an hundred acre land where the Engineering College is situated. You feel non-plussed to see every inch of this vast area beautifully and usefully laid out. All the buildings in all the three

places are of granite stone and the doors, windows and furniture are of highest quality wood. After going about the place we prayed our evening prayer in the St. Chavara chapel and then gathered in the vast and superb auditorium for entertainment. The good and bad of this was we ourselves had to present the programme and enjoy all by ourselves. You can imagine the consternation of the Provincial Superior when told the last moment about it. Sister Rose Agnes rose up to the occasion and organized in no time the programme with all the sisters ever ready to do what they could with Sister Sylvian and her spontaneous humour. Finally it turned out to be a gala time. Indeed the Kengeri campus reminded me of Garden of Eden!

The Valedictory function also had an A.C. mark – trim and perfect. Rev. Fr. Dr. Thomas and his team were profusely thanked, perhaps they deserved even more. Words are not just sufficient to describe it all. We might need a book or two to do it. Behind all this wonder is the person of Dr. Fr. Thomas Mathew C, CMI, Vice Chancellor, Christ University. Our loving, prayerful and warm thanks for this magnanimous gift of Christ at Christ's!

We offer our thanks to our dear Provincial Superior for this golden opportunity and Sister Ida Barboza, our Education Secretary for the part she played so well.

It was hard to leave Christ University. I am afraid some might have left part of them behind there. As for me I have, for I experienced the divine attention through my respected and beloved Fr. Thomas. It was indeed an amazing experience refusing to be dissected! Sisters Roshan, Maria Laila and community together with the Vice Chancellor arranged the inauguration programme of the Diamond Jubilee of Mary Immaculate. It was my surprising privilege to be honoured seated between the Vice Chancellor and the Superior General. I only can say I felt very small and humbled at this their gesture. The Lord often thinks of the poor and small creatures like me to publicly manifest His love for the little ones.

Whether we have left part of us there or not we have certainly an obligation to pray for the V.C, all the Fathers and staff. Human as we all are they need the support of prayer. Let us pray that Christ's Kingdom may grow through Christ University and that the leader and the rest may be delivered from all evil personal, institutional - from

within and from without. It is amazing to know that there are about 18,000 students including Christ School in this august University. Imagine the Christian influence on them all which will certainly seep into the society. Christ's values imparted through excellence in education will by and by transform the society. In fact in all our Christian institutions the same is happening and must happen. We have to take care that our human weaknesses will not come in the way of effectiveness of our Mission. Let us remember with gratitude the mission of Christ University and never forget to pray for the same.

11. COMMUNITY DAY / TOGETHERNESS

*** Sister M. Susan A.C.**

Mary Immaculate Convent, Bangalore

The long awaited day arrived. It was May 21st 2017, celebrated by us as the Community day, along with some other important events. What a celebration! Just to think that we celebrated our Community Day with the entire Province, on Sunday 21 May 2017.

In our community the day marked a three-fold celebration.

The very first reason for celebration is that it is Sr. Roshan our Superior's Appointment day, in the the 2nd year of her 2nd term as Superior in this M.I.C. It was also the day on which we welcomed Sisters Maria Geethika and Sister Marina D'Cunha as the two new members to our M.I.C community.

We are 9 members: '9 choirs of Angels', 'Novena days', '9 precious gems', or whatever you may call the 9 of us. With Sister Roshan as the Superior, the nine of us form one community of worship, fellowship and service.

The day started with Sister Maria Lytta, our Golden Jubilarian, through her morning prayer, imploring God's Blessings which set the tone. Sister Marie Alice with her Mass Introduction brought more inspiration to us. Col. Rev. Dr. Fr. Thomas CMI, Vice Chancellor of

Christ University, made the Community Eucharistic Celebration very meaningful for us. After Mass the Laity greeted our community very graciously.

While our Superior was in Mangalore, St. Ann's Provincial House attending the Superiors' meeting, preparing herself for this day, Sister Marie Alice invited the community to pick up a slip each. The 'ones' formed the 1st group and the 'twos' formed the 2nd group. The 1st group had to see to the Breakfast and Refreshments, while the 2nd group had to see to the Lunch and Tea.

All were actively involved, surpassing the other group in giving surprises as to the selection of the place for each meal and the menu. The result both regarding the menu and the entertainment was unique, with fanciful costumes, which suited the occasion at each meal and the home band, entertained the rest fantastically. We enjoyed our togetherness at this memorable celebration.

Quiz too was conducted during the Refreshments and the winners were awarded prizes during the recreation. We had our recreation in the open air, between the convent and the school, refreshed by the cool breeze from 7.30 p.m. to 9.30 p.m.

We talked, sang a 'Kawalie' in konkani, shared jokes, had a lot of fun. To add to this, a 'Bandi coot' emerged from its hole as a guest which ran non-stop around us to our great amusement.

The two new members Sisters Maria Geethika and Marina D'Cunha shared with us their precious vocation story. Very inspiring indeed. Finally, at 9.20 pm Sister Roshan our Superior gave a surprise gift to each of us, which added much joy, happiness and thanksgiving to our celebration. We ended with Night Prayer. The day that began well also ended well. Together we sang: "Glory be to the Father... to the Giver of all good things indeed!



Bloom
Where you are planted

12. PROVINCE DAY - A DAY TO CHERISH

*** Sister Janet Maria A.C.**

St. Agnes Convent, Mangaluru

“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his worth until it has been reflected back to him in the mirror of another loving, caring human being.” Says John Joseph Powell.

Yes it's in togetherness we find beauty and sense of worth. Such a togetherness is the Province Day. It's one of the most awaited gatherings that comes up once a year.

It was on 24th of April, sisters from various communities set out on their journey to St Ann's Convent. We started the day with the Eucharist. The main celebrant of the Eucharist was Father Alwyn Serrao. The angelic Choir lead by Sister Marilda and the liturgy conducted by the sisters of Ganguli, Kundapura and St Cecily's made the Eucharist vibrant and meaningful.

Soon after the Eucharistic Celebration we gathered in the Carmel Hall at 10.30 a.m. The stage was all set for our performance with colourful decorations. Our morning programme began with a prayer dance by the Trio communities - Vijaymari, Bal Yesu and Jyothi Nivas. They set the tone for the programme with the rhythmic and graceful steps.

A unique welcome was accorded by the sisters of Stella Maris Convent. All of us felt the warmth of it. It was also the Provincial Superior's feast day celebration, kept up at the Province level as her feast was on Holy Saturday. The sisters of Moodbidri seemed to summarise everyone's feelings and prayed and greeted her with a song-Amchi Bhas Konkani.

The Carmelites of Mondankap put together everyone's prayers and wishes and greeted the Provincial Team. As a symbol of love, loyalty and gratitude of every sister of the Province the Ashanikethan community offered a Shepherd's crook to our Provincial Superior. The crook was a work of beauty and delicate art.

And can we forget the queens of the day? They were the Silver, Ruby and Golden Jubilarians .They were felicitated by St. Agnes Community with Colourful Rainbow Colours. The item ‘Excelsior’ presented by St.Ann’s Community beckoned us to take a step forward in our life’s journey. The skit presented by our five little sisters – Our Pancha Pandavaru depicted the dignity and the sanctity of labour. Thanks to Sister Aloysius for choreographing and training the Postulants.

The center part of the gathering was the message by our Provincial Superior. In her message she called upon the sisters to reach out to the society with compassion and a new vision.

The Sisters of St. Mary’s Convent, well known for their entertainment presented their item - ‘Health Tit Bits.’ – Grandma’s recipes in a novel way. The Ladyhill sisters young and old were ready for their dance. They presented ‘Gospel in Action’ in dance-drama form. It was followed by the Yesu Prem Niketan Community presenting ‘Gospel in Action’ in a novel way. Both highlighted the ideas of living the Gospel in a new and creative way.

And do you all know who the M.C of the entire morning programme was ? It was none other than Sister Maria Lathika who performed the best. Then came Sister Rose Agnes with vibrant and touching words of gratitude.

Finally at 1 p.m. we all gave heed to the music of our central province and had a sumptuous meal sharing our joys with those around us. It was the last item of the day. It was a morning to remember and a celebration to cherish as a great Province. Kudos to every sister of the Province!



The Earth laughs in Flowers

- Ralph Waldo Emerson

SECTION 2 : OUTREACH PROGRAMMES & VARIA

1. MISSIONARY EXPERIENCE AT LINGSUGUR

* The Postulants

'Sameeksha',

Provincial House

While we were getting ready to celebrate the Provincial Superior's feast with a programme, our Directress suddenly announced that we the Postulants will have a missionary experience at Lingsugur during the Holy Week. Our joy knew no bounds. We collected books in Kannada, pictures, songs etc for the camp. Sister Aolysius guided us with the significance of the Holy Week. On 9th April, Palm Sunday we left with our Directress Sister Maria Niveditha for Lingsugur and were warmly welcomed by the sisters of Carmel Nivas, Lingsugur.

Visit to the two villages, visiting houses, gathering children and teaching them Catechism, action songs, games etc was a fulfilling experience.



People were warm and friendly, very cooperative too. With the assistance and encouragement of the sisters and the assistance also of Anthoniamma our aspirant we were able to give our best. Thus we spent the first and the second day and it was good!

The third day, thirty one children came to Lingsugur. That was Maundy Thursday and we explained the significance of the three days. The children were happy to listen to us. As they live in distant villages they have the privilege of having Mass only once in 15 days. So they drank in every word that we taught about Jesus. The eagerness of the innocent children and the joy of learning boosted our confidence to give Jesus to them. It was indeed a thrilling experience.

On Holy Saturday Sister Juliana Mary organized a pilgrimage cum visit to Bellary, Anugraha Convent. We visited the shrine of our Lady and were much impressed by the 15 Mysteries depicted. We prayed for three favours. The next station was Anugraha Convent where we visited the Special School. We thanked God for the gift of our own selves. Relishing the loving hospitality of Sister Marie Christine and the sisters we returned to Carmel Nivas, Lingsugur in the evening. Easter was in the company of our sisters. A happy community living experience indeed.

On the last day we presented a short ‘Thanksgiving Programme’ for the sisters. With a wonderful missionary experience, community living, a mini pilgrimage and happy memories we returned with Sister Maria Niveditha, our Directress to St. Ann’s. Our sincere appreciation and gratitude to Sister Carmel Rita our Provincial Superior, Sister Maria Niveditha and to all the sisters at Carmel Nivas, Lingsugur and at Anugraha. May the Lord bless each of them and the people and the children we met!

2. GARODOLLI MISSION EXPERIENCE!

Novices – Sannidhi
Stella Maris, Kotekar

From the time the camp was announced by our Directress – Sister Daisy, we were excited and were prepared well for the camp. We were thinking that it would be a kind of a picnic, but were told that we had to work at faith formation of the children of the village in Haliyal, and so prepared ourselves to conduct a holiday camp for them.

On April 18th, we started our journey to Ankola by train. We had a wonderful time together because the bogey was almost empty. We had breakfast brought from Stella Maris Convent and enjoyed the beautiful scenery, and the tunnels that the train passed through. When we reached Carmel Convent Haliyal, the Superior Sister Archana and the sisters of the community greeted us with much love and we stayed there for the first two days. Since the people were having a

retreat by Fr. Franklin and T.K. George, we attended it for half a day. We were inspired by their talks and learned to be grateful for every blessing we have received. Father spoke with many examples, of the Risen Lord having the power to transform us.

We began our missionary activity visiting the homes of the local people at Haliyal and Nagashettykoppa.



Even the non-Christian houses opened their doors to us. We were touched by the love, joy and hospitality shown to us.

After two days, we went to Wada – Garodolli village, our destination. We were welcomed by Father Edwin the Parish priest, Father Stephen his assistant and the three brothers who form a community for Neo Catechumens. They were real brothers to us in providing for all our needs, guiding us in dealing with the children, encouraging us, and appreciating all that we did. They adjusted among themselves, to make us feel comfortable and we greatly appreciate their hospitality extended to us.

We started our life there with full enthusiasm and zeal. We visited the houses and it was a beautiful experience to be with the people. Though we were strangers to them, they accepted us as their own people; forgetting their problems they entertained us; we listened to them as they shared their troubles and pains with us and prayed for them in their homes. We were sorry to know that they had no rain for the past three years and water scarcity is one of the major problems. We were inspired by the generosity and hospitality shown to us and will cherish their love and affection towards us.

We brought the children for the camp every day. They were divided into nine groups from Balwadi to II PUC. They were 60 of them and were with us for seven days from 10.00 a.m. to 4.30 p.m. They were very eager to learn. We taught them Catechism and values

Christmas with a Difference



Live crib of St. Agnes



Shepherds' Greet - Carmel, Modankap



Provincial Team Greet



Giftng Season - Our sponsor students



Christmas all the way!



Christmas Message - Postulants



Joy shared - St. Ann's



With the Senior Citizens - St. Mary's ACAs

Province Day - A Day of Celebration



Our Thanks to you Lord



In Joyful Attention



Rosy Welcome - Stella Maris



Festal Greetings - Carmel, Moodbidri



Sea of Thanks-Provincial Team, Carmel, Modankap



Rainbow Blessings to Jubilee Queens - St Agnes



Health Tit Bits - St Mary's, Marjil



Gospel in Action - Yesu Prem

Sameeksha & Chethana - Inaugural



Sister Lydia Inaugurates!



Praying God's Blessings



Felicitation Programme



A Warm Welcome - Postulants



Our Thanks to You Lord



Happy Wedding Anniversary - Contractor



Our Gratitude - Mr. Christopher, Engineer



Our Thanks - Mr Lancy, Electrician

Leadership Seminar - Christ University



Fr Thomas Inaugurates!



In Rapt Attention



Superior General Greets Fr Thomas



Valedictory - We Pray to Thee



Plan of Action - Presentation !



Positive Energy!



Fr Thomas Appreciates!



The A.C. Seminarisians!

often through action songs; taught them prayers, prepared them for liturgy and trained them for an entertainment programme. We also learnt from them some of their dances and songs.

We took turns to prepare our meals and the priests too ate what we had prepared whether it was tasty or not. We sat together daily to plan for the next day's activity and in the evening to evaluate the activities of the day. This helped us take things seriously, to be responsible and accountable. Sister Mabilia visited us during the camp. She appreciated us, encouraged us and prayed God's blessings over us.

We had a memorable experience of the celebration of the Eucharist in Wada. The people who are Neo Catechumens, come together for the Eucharist once a week, spend time in worship and praise of God, reflecting on their lives, sharing the message of the Word of God etc. We were all around the Altar table, participating in everything; received the Body and Blood of Jesus from the same cup that was passed round. We were very much touched by the faith of the people, their spontaneous sharing of the Gospel message, and the simplicity of their lives.

After spending 10 days with the people of Garodolli village at Haliyal, our hearts were filled with love and affection for them. Though we would have been happy to be with them for some more time, God's will was that we return. So we started our return journey on 28th of April. We were filled with gratitude to God for the wonderful experience of 10 days spent with the people of Gardolli. Sister Linette was ready at the door, with her ever charming smile and open arms to welcome us.

We are grateful to Sister Daisy for not only organizing this camp for us, but for accompanying and guiding us every moment. We are grateful to the Provincial Superior Sister Carmel Rita, for giving us this mission experience. We express our thanks to Sisters Henrita and Archana and their communities for supporting us directly and indirectly, and for their prayer for us. Thanks to all who sent us things and showed their concern for us. We were happy to give Jesus to the simple people especially the children and were greatly enriched by their life and love for us. Yes, we experience the truth of the saying - in giving, we receive. We know that the people were very happy to have us and we will cherish the beautiful memory of the camp. God bless the people of Garodolli.

3. MUNNAR EXPRESS!

* Sisters of Carmel Convent
Modankap

God's timing is the best timing. He is never late. This we felt very strongly when we had planned our community outing to 'God's own country' – Munnar. We were about to miss our train because of the traffic



jam, but we got our train just before five minutes it started.

It was Friday 28th October 2016 a long awaited day for all of us to go out as a community. Three sisters of Seva Ashram enhanced our joy by joining our troop. We felt that God manifested himself to us through the cheerfulness and hospitality of the people in a small hotel where we halted for breakfast. That was just the beginning of God's manifestation to us. He continued to show himself to us through nature. The place was fully covered with the mist and the dewdrops on the leaves glistened like sparkling diamonds when the rays of the sun fell on them. We were really delighted to be in that cool weather. We felt as if we were walking in the cloud. While we were going to the park it was really mind blowing to see the waterfalls and the tea estates in the valley and on the mountain. It was a real beautiful scenery. A canticle which was constantly ringing in my ear was 'the heavens are telling the glory of God, and all creation was shouting for joy, come dance in the forest, come play in the field and sing, sing to the glory of the Lord.....'.

With our hearts lifted up to the Creator of this beautiful nature, we proceeded to find Him in the animals, but this time with little fear of the wild animals. However we saw people who had gone before us coming back from the hill calm and cool, no anxiety, no fear. When we enquired, they said they found a few wild goats on the hill and one of them gave me his binoculars to see whether I could find the wild animals but I found many 'wild goats' wearing colourful clothes (human beings). After having come from such a distance we really wanted to

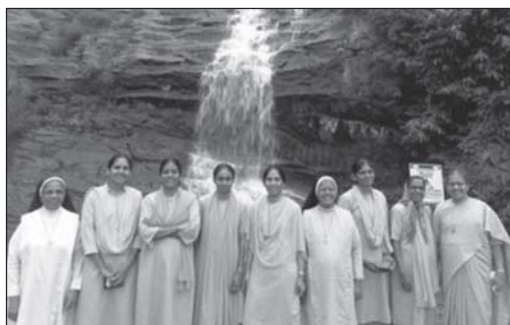
see at least one wild goat. We started climbing the hill with great expectation and suddenly a wild goat appeared from one corner. We tried to take a snap with the goat and it gave a fitting pose as if for a selfie!!!

It was cool weather with continuous shower of mist like raindrops; greenery wild and flowers everywhere. Wow! It was heaven on earth!!! God gave us a chance to suck the divine nectar from His nature. Thank you Lord for the wonderful works of your hands!! It was indeed a memorable moment.

Towards evening our trip was to the beautiful ‘Botanical garden’ –which was like a festival of flowers. There were variety of flowers and medicinal plants and also varied plants. These made us to marvel at the artistic touch of the Master who has made everything differently and wonderfully. It was really awesome! We enjoyed the whole day by being in touch with Mother Nature, which gave us many insights. Above all being together as a community was a heavenly experience.

The next day dawned with many surprises. We began our day by participating in the Eucharistic celebration at the nearby church at Adimalya. Language was not a barrier. We were touched by the great love and devotion of the people with which they participated in the holy Mass. It deepened our faith too.

Then we proceeded our journey to one of the Cathedrals at Cochin, Dutch palace and Synagogue of the Jews and also eco point. After admiring the beautiful scene of sunset, we could



no longer hide our excitement for a ride in the boat. The guide in the boat gave us information about the different kinds of boats, ships and the manufacturing process of the same.

From the boat we could have a clear look around the vast lake, of the boats and ships. It reminded us of Jesus with his disciples in the boat and so we had no fear because we knew that with Jesus beside us we would never sink. All that we saw had a message and much to ponder on the gratuitous gifts of God and the depth of His love.

God is great! He also gave us an opportunity to go to the famous –‘LULU MALL’. Finally our Munnar express band stopped and we proceeded to the railway station. All the new experiences that we had for two days enabled us to connect to God – our infinite source. We felt drawn to God in all that we saw and enjoyed. We are grateful to God for His unconditional love in providing us with many good things and memorable experiences. Our community outing was a real God experience! May He be praised!!!

4. JOYRIDE TO SHAMBUR

Sister M. Rosetta A.C.

Stella Maris Convent, Kotekar

Summer Holidays are most welcome to relax and rejoice in the various functions at Community, Province and Local level. We must have our Community outing. Time is limited. Hurry up! Our plan to go to Dayalbagh, Ujre, was cancelled. We had to find an alternative. With quick planning on the 18th of April, 2017, and hurricane marketing by Sister Jenifer Moras, we decided to fly over to Shambur, far from the maddening crowds, to enjoy the company of sisters and the good things provided by a bounteous God.

The beautiful day dedicated to St. Joseph (19th March, 2017) dawned with bright sunrays. After Mass and breakfast we got ready for our bus ride to Shambur, via Bantwal. Sister Bertine the veteran, Superior of Stella Maris Convent for 9 years in the past, magnanimously offered to be the queen of the House, with domestic helpers to guard her. Under the Leadership of Sister Henrita, our Superior and Sister Jenifer Moras the Headmistress of Carmel School and Major Domo of the day, we set out in the spacious Nirmala School bus, which the students of our campus use. At Kallige, we automatically turned to the left to enter Carmel Convent, Bantwal.

Though the College Exams were in progress, the Superior – Sister Supriya and the sisters welcomed us with great joy. We too were thrilled to see the new Chapel, the new convent building and the College. The Composite High School had a new look too and further repairs were going on. We enjoyed the refreshments and the snacks

and the company of our sisters. You will be glad to recall that Sisters Linette, Preema, and Roshni belong to Infant Jesus Parish, Modankap. With a visit to the Blessed Sacrament imploring the blessings of Jesus on the community and their apostolate we proceeded to Shambur via Panemangaluru.

We went to the Parish Church – Sacred Heart Church, Shambur. The Vicar Rev. Fr. Gerald Pinto, welcomed us. Mr. Alex Lobo, brother-in-law of Sister Preema had brought tender coconuts in his jeep to quench our thirst and which all of us enjoyed. We visited the church for the first time and asked for three favours. We went round and saw the grotto, stage, yard covered with locked in tiles, garden etc. It is the product of creativity of the Parish Priests and the Parishioners who contributed their mite in cash/labour of love.

By noon, we arrived at ‘home sweet home’ of Mrs. and Mr. Assess/Alex Lobo, Sister Preema’s sister and brother-in-law and their family. We relaxed in the cool atmosphere, surrounded by plantain, coconut, areca and jasmine plantations. A tasty non-vegetarian meal was



relished, blessed by the Prayer before meals and the hard labour of the family members. We admired the care bestowed on the paralysed brother of Mr. Alex Lobo. As the older sisters had some rest, the young and beautiful gathered some exquisite white jasmines. With a hearty vote of thanks by Sister Jenifer Moras and the Levitical blessing sung by us, we bade adieu to the family.

On our return journey, we dropped in at St Fidelis Friary (Capuchins) Farangipet. The priests and novices had gone for a funeral. One elderly brother opened the door for us and we saw the renewed old chapel and renovated surroundings and prayed a Rosary of thanksgiving to God for the great day.

Our joyride was a memorable event. Everyone was relaxed and happy meeting people, enjoying the scenic beauty spread all over and seeing new places. Yes, we definitely need such days to rejuvenate ourselves from the regular humdrum of the days.

Looking forward for the next drive....!

5. CAUTION SISTERS, CAUTION

* Sister M. Stanislas A.C.

St. Agnes Convent, Mangaluru

‘The Prayer to our Lady of this House’ which we recite at the end of our Evening Prayer, invoking our Lady’s help to keep her hand over us, is never for any reason set aside. It happened that a new edition of the Prayer was sent and when it was read out at a common session, one of the sisters objected to adopting it as it missed the mention of ‘SNAKES’ among the various calamities that could strike. While the majority had kept silent, a strong dissident voice said, ‘NO’, so the Prayer was black listed and immediately set aside. See how powerful that voice had been! *It was throwing out the baby with the bath water. One can’t think of living at St. Agnes without a dread for the creeping reptile which God condemned from the very beginning (Genesis 2).*

The sisters living on the ground floor, besides locking their doors, place a wooden bar across the door lest a reptile slithers in. There is reason for these fears as when Sister Merici entered her room, she saw a snake coiled in



perfect concentric circles much to her shock and dismay. Being bold and having handled them to their destruction before, she gave a hard blow seemingly on the head but missed the point and it jumped quite a height and moved into Sister Melita’s room. It had to see a fatal end there. Another time when Sister Daniella had got up in the wee hours of the morning to go to the toilet, there seemed to be a rope and she kicked it with her foot and it took a full leap of about 20 feet to reach Sister Jeswina’s room. Only then she realized that it was not a rope but a snake. There are many such episodes when sisters have seen them moving along the corridors of the convent. That is a signal to passers- by to avoid the corner, walk towards the centre and ask for assistance to move them out.

The position of our ground floor is only 4 inches above the ground where we have the flowers and the like. It not only is a show piece of lovely flowers –anthuriums, lilies, shoe flowers of various hues, orchids and several others but also the haunt of rats which eat up the bulbs of lilies and gerberas, and uproot the plants when they find no food for the day and snakes make their home where rats reside to provide themselves food for their sustenance. The mongoose also keeps looking for its prey. On one occasion, the rats had bored a hole in the wall and made it their passage to move in and out of the convent. The wily snake found its way into the house and nestled on a mat where our Bidar students slept. On discovering it all entrances were immediately blocked and the exit doors firmly locked before going for a well deserved sleep.

It was time to go to bed and having fixed the mosquito net firmly around my bed I got into my bed for a good night's sleep. A good sleep I did enjoy but when I woke up at the rising bell I saw a red ribbon coil on my pillow. I looked with a curious eye how the ribbon coil could have landed on my bed. On closer examination, I discovered that it was a millipede. How it had strayed into my room in spite of the barrier and had climbed up and sneaked on-to my bed is still a mystery to me. With a feeling of nausea I almost closed my eyes. There was no time to waste. I took hold of the pillow and dashed it to the floor. I took a waste paper, gathered it into it and threw it out through my window. I couldn't imagine that I had slept the night through with this hairy creature jostled in my hair.

In spite of blocking all entry points, some still find them, moving slowly along the corridors. The 'Laxman Rekha' has failed to do its job. One morning I got up with a severe pain in my eye and the lower eyelid was paining severely. The only remedy I could possibly think was to take a tumbler of hot water and press a hot pad against it and continued doing the same maneuvers for three consecutive days, but with little improvement. A week passed and when I touched the eye lid, I felt something rough and was afraid that my contact lens might have slipped from its place. I *rang up to the Ophthalmologist* for an appointment, but he was too busy and was not available till the end of the week. Since I could not wait any longer, I rang up to another doctor and he called me that evening. The doctor looked at my eye and using his pincers he stretched out my lower eye lid. He asked me

whether we had cows or dogs in the house. I told him there weren't. There is a tick/flea which usually infects only them. He gently took out the knit with the pincers and put it on a paper and showed it to me. I saw it moving steadily on the paper being well fed with my blood for a week and had gained much weight. He crushed the paper and threw it into his waste paper basket. When it entered my eye it had punctured a tiny blood vessel and was feeding on the blood that flowed incessantly. Unknowingly I had fed it on a sumptuous meal. The eye was black as the bleeding did not stop immediately. The doctor prescribed some tablets for a week that it might not turn septic. Thus ended the ordeal of my painful eye.

I spray diluted dettol every day, in my room and on my bed just before going to sleep to prevent any **creature from invading the privacy of my room/bed.**

Don't ever think of snakes or any of the 'creepers'/sneakers if you are transferred to St. Agnes. They are friendly and harmless and find joy in being with sisters!

6. EMPOWERED, EQUIPPED & ENERGIZED

*** Sister Adelcia A.C**

Maria Nilaya, Bidar

I am 73 going on to 74, yet this fact did not come to my consciousness to disturb me, I thought. I was given a privilege to undergo training on Spiritual and Pastoral Care at the Catholic Hospital Association of India (CHAI) Training Centre, Secunderabad by the director of Mother Theresa Hospital Gulbarga. I help in the de-addiction of alcoholics in this hospital.

I gathered all my enthusiasm and went with haste for the training. I left for Secunderabad after a hectic time



during a 21 day camp for alcoholics. I experienced a lot of fatigue and then easily caught an upper respiratory tract infection- throat pain and fever. I attended the training course however. On the evening of the third day as I got up from the seated position from my bed, my lower back bone (Two Vertebrae) gave way. The excruciating pain and other effects that followed gave me a complete bed rest, away from my place and community.

But the wonder of it all was that my Lord used my disability to empower me, equip me and energize me and helped me to use my disability as a source of healing and empowering others. I was provided with the best of medical and nursing personnel. Thirty of my batch mates, the staff and helpers and another fifty participants undergoing another training course in the same campus came to my aid. Some helped in shifting my things to the ground floor bed room, others provided all my meals in my bed room itself; a few washed my clothes, swept and swabbed my room. Some sisters gave me alternate therapies and accompanied me to the diagnostic centre. Their visits encouraged me to keep on smiling despite a few sleepless nights I suffered. The spiritual helps and services provided enabled me to accept my situation with peace. The organizers at CHAI facilitated all the care needed for my recovery as in a loving family. When I resumed my training course after 14 days of bed rest, the Lord helped me to participate in all the trainings enthusiastically. My batch mates rallied round me and helped me to keep pace with the course. The Lord used me in assisting other participants, in editing and correcting the many assignments we had as part of the course, to be done in groups. I had the opportunity to extend healing to some of the participants as well.

My superior was ready to come to the spot and take me to Bidar. As travel was contra indicated during the period, I was required to remain in Secunderabad itself. My sisters of the community supported me through their constant prayer, telephone calls and concern. Now I am back in my community, my recovery is facilitated in every way possible and I am empowered, equipped and energized to take up the mission entrusted to me with the alcoholics in Gulbarga. May God be praised for those caring hands, thoughtful deeds, loving concern and healing balm bestowed on me by each and every one. May all be blessed by the Lord!

7. A DAY OF HEALING

* **Sister M. Susan A.C.**

Mary Immaculate Convent, Bengaluru

“The following Prayer Service was conducted on 31st December 2016, a healing balm and promoted relationships. Hence, I am sharing it through Karnataka Vani, with the hope that it will be of use to others”.

Adoration before the Blessed Sacrament Exposed: 7.45 – 8.45 p.m.



Hymn: "Humbly we adore thee..." No.123 'Praise the Lord' Book.
(Silence)

Leader: Take any posture you like, that will help you experience God during this last Hour of Adoration in 2016. Be wide awake; be watchful, grace will touch the core of our being, during this precious hour.

Leader: On this the last day of the year 2016, our hearts, our minds, our souls, our whole being, are filled with Adoration, and so we pay our Homage, our Worship to our God, the living Triune God: Father, Son and Holy Spirit, present in the Eucharist before us.

Leader: We shall now spend a few moments giving expression to our deepest sentiments of Adoration:

Our Response after each invocation: "I adore you"

- You are my God "I adore you"
- You are my Saviour

Kindly add on

- You are my Friend **"I adore You"**
- You are my Good Shepherd **"(Kindly add on...)"**

Hymn: D.38 'With Joyful Lips Book.'- 'Lord I adore You...'

Leader: As we look back at the year 2016, which has come to its close, we may have deep within our souls some "REGRETS" i.e., our "REPEATED SINS", which destroy our community life and which only the Precious Blood of Jesus can erase, blot out fully from our souls.

Loving Father, Son and Holy Spirit, in Your Eucharistic Presence, in whose presence we are now seated we know You can read our souls through and through, and how, truly sorry we are for these are "REPEATED SINS", faults, failures, short comings, limitations. And we know that no sin is hidden from your living Triune God's eye. But You, our God is merciful, compassionate and loving, ready to cleanse our sin-stained souls with Your Precious Blood.

We shall now spend these precious moments asking Jesus to cleanse our souls with His Most Precious Blood, which He shed for us in His Passion and Death on the CROSS. He paid the price to save us by His Blood. No sin, no failure, is too great for our merciful God to FORGIVE. With childlike confidence we pray:

Our response: "Christ loved us, and has washed away our sins, with His Blood".

- For my negligence....."Christ loved us, and has washed away our sins, with His Blood".
- For my lack of union with God dwelling within me
- For my indifference

Please add on

Hymn: No.166 'Praise the Lord' Book... 'In the name of Jesus'

Sing: "In the Name of Jesus....."

Leader: We shall now pray for the protection of the Precious Blood of Jesus:

Our Response: "By the Blood of Jesus"

- I am purchased and washed..... **"By the Blood of Jesus"**
- I have peace with God, to enter His presence and have fellowship with Him..... **(Kindly add on)**

Leader: Jesus now speaks to us in Colossians Chapter 3: 12 – 21. Jesus’ words are life giving words, it’s like a double edged sword, it pierces our hearts through and through; happy are we as God’s Word touches the core of our being, for a life of “total forgiveness” in the coming New Year 2017.

Word of God: Colossians Chapter 3: 12 – 21. (Short Pause)

Hymn: N. 17 ‘With Joyful Lips Book’. “Lord you have touched my heart’

Leader: Let us now spend precious moments, praising and thanking God, for the blessings we have received, through others:

Our Response: “We praise and thank you O Lord”

- For giving us Pope Francis a Leader after your own heart.
- For our Archbishop, Bishops, and for all our Priests, as they strive to bring the Laity and the Religious, closer to God through their homilies and spiritual guidance.

Kindly add on

Leader: Merciful Father, Compassionate Jesus, Holy Spirit our Healer and Guide, we thank you for this Hour of Prayer: gazing union, and stillness in your Divine Presence. In the year 2016, You accepted each one of us deeply, in spite of our lack of forgiveness towards each other at times.

Lord, deepen our understanding of the power of your Cross and Crucifixion, help us be aware of your Divine Presence within us, and thus be able to love and respect your Divine Presence in each other in the coming year 2017. Lord, help us strive one day at a time, one hour at a time.

This is the test of a clean heart: “to have the capacity, the ability to “Forgive” each day, before the sun sets. To forgive as Jesus forgives me in the “Confessional”, i.e. “Total Forgiveness”. Is this possible? With GOD living in me, nothing is impossible. Jesus forgave His enemies from the CROSS. God’s GRACE is in the CORE of my being, so it’s possible to “FORGIVE TOTALLY”.

Leader: So now, while soft music is being played, we shall spend some time, forgiving each sister in our community, in the silence

of our hearts, in the presence of Jesus in the Eucharist, promising the Triune God: Father, Son and Holy Spirit, that I will forgive every sister or sisters whom I have wronged and who has wronged me, no matter what the year 2016 has been, and then we could receive Jesus' Body and Blood worthily, with a clean heart at tomorrow '2017 the New Year's Liturgy'.

Demonetization was forced on our country by our Prime Minister Sri Narendra Modi and we cooperated fully. But Jesus in the Blessed Host, Sacred Host, Exposed before us on our altar, PLEADS with each one of us this evening/night to FORGIVE each other, "Total Forgiveness" as Jesus forgives me. (Play soft instrumental music –)

Leader: God's grace has touched the core of our being, so now like children, let us call upon Abba Father and sing: L. 22 W.J.L.

Conclusion: After we sing the hymn: "**Let us bow in adoration**", we shall go in procession to the Altar, and bow before our Triune God: in His Eucharistic Presence, and receive 'Special Blessings', the grace to be able to "forgive totally", the wrongs I might have done to others, and the wrongs others might have done to me during the year 2016.

Let us now arise and come close to the Altar, before His Eucharistic Presence, to receive His Special Grace, to walk into the New Year 2017, confidently, with a clean heart, with the Triune God dwelling in our hearts.

With God dwelling in the core of our beings, let us "EMBRACE EACH OTHER" in the presence of Abba Father, Jesus and Holy Spirit present in the "**Eucharist**". (Pause)

Hymn: G.23 'With Joyful Lips' Book. "Great Things Happen ..."

Leader: As Mother Mary was watching the inner healing taking place in each one of us during this hour of 'Eucharistic Presence'; and with "total forgiveness" in our hearts we have embraced each other, so now with gratitude let us pray to her one '**Hail Mary**'.

“NEW BEGINNINGS”

How often we wish for another chance
To make a fresh beginning.
A chance to blot out our mistakes
And change failure into winning,
And it does not take a New Year
To make a brand new start.
It only takes the deep desire
To try with all our heart.
To live a little better
And to always be forgiving
And to add a little sunshine
In the world in which we are living.
So never give up in despair and think you are through
For there's always a tomorrow
And a chance to start anew!

- Helen Steiner Rice

The Sun is in Your Hand

Sister Christine Delphine Das A.C
Yesu Prem Niketan, Mangaluru

It was the golden time; an enrapturing moment to see
The crimson sun immersing himself into the soul of the deep sea.
As I sat at the shore enjoying the beauty of the sunset
The two little girls playing around caught the attention of my sight.

One of them said, "I want to hold the exuberant sun in my hand!"
"How is it possible?" the other one questioned.
"I'll tell Papa to take a pic with my palm open and outstretched,
And then, the sun will be always in my hand.

The conversation seemed to be interesting to me, sitting at a side,
As I watched the gentleman fulfilling the desire of the little child.
"Bring your hand forwardlift a little higher"
Widen your palm, straighten your back"
Were the instructions of the photographer.

Ah! At last! What a beauty it was to see the round sun,
In the hand of a five year old girl!
"Papa!" she exclaimed,
"Now my friend and I, both want to hold the sun in between our hands".
The man arranged their hands in such a way,
That it seemed as though the hand of one child was above the sun,
And that of the other below the sun
They just loved to see that!

"Papa, this is my last request!"
"Tell me, my princess do you now want to kiss the sun?"
"Yes of course, is it possible?"
The two girls were made to bring their hands and necks forward
And whirl their lips toward the sun
And here! They kiss the sun!

The innocent eyes, sparkled not only with contentment
But also with the joy of ultimate fulfillment.
I reflected

After all, it's an empty hand with absolutely nothing in it
Yet what makes them happy?

Yes, only when there is a passionate desire in the heart,
An empty and surrendered hand can make us feel great,
Only when there is an urging fire in the soul
Having nothing, gives us a feeling of possessing everything.

Just a strong desire
And a total surrender
Can make the SON of GOD
Dwell in our hearts forever.

8. MOTHER CHURCH'S GIFT TO RELIGIOUS LIFE

* Sister Maria Kripa A.C

Provincial House, Mangaluru

The Second Vatican Council has offered clear and abundant guidelines for the needed reform in Consecrated Life. As we read *Perfectae Caritatis*, it spells out beautifully the true nature of religious life and is worthy of meditation; it appeals to spirituality, prayer, obedience, love, and so on which helps us to be enthusiastic in living up to our religious commitment. Religious life, being a gift from the Holy Spirit to the individual religious and the Church, depends especially on fidelity to its origins, fidelity to the founder & to the particular charism.

The true “spirit of the Council” was described at its inauguration by Saint Pope John XXIII when he said that the Council wishes “to transmit the doctrine, pure and integral, without any attenuation or distortion”. And he continues: “Our duty is not only to guard this precious treasure, as if we were concerned only with antiquity, but to dedicate ourselves with an earnest will and without fear to that work which our era demands of us. It is necessary that adherence to all the teachings of the Church in its entirety and preciseness be presented in faithful and perfect conformity to the authentic doctrine, which, however, should be studied and expounded through the methods of research and through the literary forms of modern thought. The substance of the ancient doctrine of the deposit of faith is one thing, and the way in which it is presented is another”.

Today we can look with gratitude at the Second Vatican Council, which provided clear guidelines to distinguish between the substance of the deposit of the faith and its circumstantial manifestations. According to the Council, “Church authority has the duty, under the inspiration of the Holy Spirit, of interpreting these evangelical counsels, of regulating their practice and finally to build on them stable forms of living”.

Both Church authority and the tradition of the Church throughout the centuries have spelt out what the substance of consecrated life is.

Pope Benedict puts it this way: “Belonging to the Lord: this is the mission of the men and women who have chosen to follow Christ — chaste, poor and obedient — so that the world may believe and be saved”. “In calling you God says to you: ‘You are important to me, I love you, I am counting on you’. Jesus says this to each one of us! Joy is born from that! The joy of the moment in which Jesus looked at me. Understanding and hearing this, is the secret of our joy.” (Pope Francis)

“People today certainly need words, but most of all they need us to bear witness to the mercy and tenderness of the Lord which warms the heart, rekindles hope, and attracts people towards the good. What a joy it is to bring God’s consolation to others!” Pope Francis entrusts this mission to consecrated men and women: to discover the Lord who comforts us like a mother, and to comfort the people of God.

Service in the Church arises out of the joy of meeting the Lord and from his call. This mission is to bring to the men and women of our time the consolation of God, to bear witness to his mercy. In Jesus’ view, consolation is a gift of the Spirit, the *Paraclete*, the Consoler who comforts us in our trials and awakes a hope that does not disappoint. Thus Christian consolation becomes comfort, encouragement, hope. It is the active presence of the Spirit (cf. *Jn* 14:16-17), the fruit of the Spirit. And *the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control* (*Gal* 5:22).

DOCUMENTS ON RELIGIOUS LIFE

VATICAN II: THE CONCILIAR AND POST CONCILIAR DOCUMENTS ON RELIGIOUS LIFE:

1. Vatican II, *Perfectae Caritatis*, 28 October, 1965
Decree on the up-to-date Renewal of Religious Life
2. Paul VI, *Ecclesiae Sanctae II*, 6 Aug. 1966
Norms for implementing the Decree, on Up-to-date Renewal of Religious Life

3. S.C.R.S.I., *Renovationis Causam*, 6 Jan. 1969
Instruction on the Renewal of Religious Life
 4. S.C.R.S.I., *Venite Seorsum*, 15 Aug. 1969
Instruction on the Contemplative Life and on the Enclosure of Nuns
 5. S.C.R.S.I., *Dum Canonizarum*, 8 Dec. 1970
Decree on Confession for Religious
 6. S.C.C.E., *Instructio a Sacra Congregatione*, 1 Feb. 1971
Declaration on Co-education in Schools Run by Religious
 7. Paul VI, *Evangelica Testificatio*, 29 June 1971
Apostolic Exhortation on the Renewal of Religious Life
- VATICAN II: MORE POST CONCILIAR DOCUMENTS ON RELIGIOUS LIFE:**
8. S.C.D.W., *Sacris Religionis Vinculis*, 2 Feb. 1970
Introduction to the Rite of Initiation to the Religious Life
 9. S.C.D.W., *Mos Virgins Consecrandi*, 31 May, 1970
Introduction to the Rite of Consecration to a life of Virginity
 10. S.C.R.S.I., *Par une letter*, 10 July, 1972
Acts of Special General Chapters
 11. S.C.R.S.I., *Sacra congregation*, 25 Jan. 1974
On help to be given to those who leave Religious Institutes
 12. S.C.R.S.I., *Processus judicialis*, 2 Mar. 1974
Decree on the expulsion of Religious who have taken Perpetual Vows I an exempt Clerical Religious Institute
 13. S.C.R.S.I., *Quitte ton pays*, 1976
Religious obliged to assist aged or sick parents
 14. S.C.R.S.I., *Mutuae relationes*, 23 April, 1978
Directives for Mutual Relations between Bishops and Religious in the Church
 15. S.C.R.S.I., *La plenaria*, January, 1981
The Contemplative Dimension of the Religious Life
 16. S.C.R.S.I., *Le scelte evangeliche*, January, 1981
Religious and Human advancement

Note:

- S.C. Rel. – Sacred Congregation for Religious (known as S.C.R.S.I., after 1967)
- S.C.R.S.I. – Sacred Congregation for Religious and Secular Institutes
- S.C.D.W. – Sacred Congregation for Divine Worship
- S.C.C.E. – Sacred Congregation for Catholic Education

Apostolic Exhortations on Religious life by Popes:

Vultum Dei Quaerere On Women's Contemplative Life	Pope Francis	2016.06.29
Vita consecrata / Consecrated Life On the consecrated life and its mission in the Church and in the World	SAINT Pope JOHN PAUL II	1996.03.25
Pastores dabo vobis / Shepherds After My Own Heart On the formation of priests in the circumstances of the present day	SAINT Pope JOHN PAUL II	1992.03.25
Redemptionis Donum / The Gift of the Redemption On the consecration of religious in the light of the mystery of the Redemption	SAINT Pope JOHN PAUL II	1984.03.25
Evangelica testificatio / The Evangelical Witness On the renewal of the religious life according to the teaching of the Second Vatican Council	BLESSED Pope PAUL VI	1971.06.29



*Every Flower is a Soul blossoming
in Nature*

MY MISSION EXPERIENCE IN BIDAR

*** Sister M. Freda A.C**

Maria Nilaya, Bidar

It was my dream from the time I had joined the Apostolic Carmel to work in Mission stations. I was a bit disappointed when I learnt that our Congregation's main apostolate was Education. Since I had obeyed God's will I felt He would lead me, for His hand was always on me.

My two years' experience in Bidar is unique. I landed in Bidar in the month of July 2015 along with Sister Roseema just before the feast of Mount Carmel. Mount Carmel Feast is an occasion where the ACAs and Team members (consists of Priests and Nuns of Bidar centre) join us in our celebration. We have Mass in the evening. Many of the ACAs come for the Eucharistic celebration and we have dinner along with the Team members and the ACAs. Hence it is a memorable day for me.

Here at Bidar, the people clap their hands while singing hymns and keep correct rhythm during singing. So one's whole mind, spirit and body are involved in the celebration. It is the culture of the place. The students use congo and symbols for Mass so daily mass itself is very solemn, and meaningful. We have Mass in Kannada in Indian style. We have very few Catholic students in our Institutions. Most of them are Methodists and of other sects and a few are Hindus. All of them take an active part during Mass and other activities. Bibles are made available to them, hence all of them follow the Bible during Mass readings.

Almost on all the Sundays we have SCC meetings. Those of us who do not have SCC meeting on any Sunday go for house visits. We visit the houses of Catholics, Christians and non Christians as well. They feel very happy when we visit them. They consider that we are in the place of God and we are respected. They trust us and our words. We listen to them and before we leave we make a small prayer for them and with them. Most of them want us to visit their houses and make a prayer.

We have a special mission station called Jamgi, where we go often, besides SCC meetings. Every Friday we visit their houses. Last year we used to pray Rosary with them, read the Word of God and sing bhajans. This year the Parish Priest joins at 8 p.m. for Rosary and celebrates Mass. There are nearly 43 Catholic houses. Since it is quite far from our convent, we go by auto. The moment the children hear the sound of the auto, most of them come running with broad smiles and they rally round us holding our hands and do not want to leave us. They remain with us till the end until we leave the place and feel quite happy with our presence. On Sundays and Feast days and special occasions, our CVTI bus is arranged to bring them for Mass.

Many of the people of Bidar are very poor and depend on rains for work. Rains are rare in Bidar. People have work only if it rains otherwise most of them do not have work since most of them work in the fields. They grow jowar, wheat, thogari (dal) and sugar cane. Rotti and dhal is their daily food. On special occasions Biryani is their special dish and the food is very pungent. The people are coolie workers whom we are catering to and their daily wage is Rs 50/-.

My dream was that I must work in the mission areas but health gave way. As a candidate I had been to my priest uncle's place, Mundgod who then was the Director of Social Apostolate. I used to go with him to the villages at night for people could afford to come for the meetings or sessions or programmes only at night after 8 p.m. like here at Bidar. Though I had expressed to my then Provincial Superior she told me that she wanted me in the Formation. Perhaps it was God's will that I should be in the Formation. When I saw the zeal of Sr. Christine, slowly I whispered in her ears during the Provincial Chapter that I would like to work in the remote areas. She too might have coaxed the Provincial Superior on my behalf. I am filled with joy to mention that I am a budding missionary.

Thus I landed in Bidar. First year of mine was a 'come and see programme' because I used to be out of station often either for classes or seminars or courses and so on...

From last June onwards as I took over from Sister Christine as the co-ordinator of ORBIT, I am fully involved in the Social apostolate at Bidar district. Though this is the first experience for me, the meetings

at ORBIT, the sessions there challenged me to step into the deep. By the grace of God I took it as a challenge to work for the downtrodden of the society. So far we had Women sangas (Self Help Groups) now I have started Mahasangas and sangas for senior citizens and children. It is quite interesting to note that when I go to the villages the old men and women wait for me on the day we have sangas. They ask well in advance whether sister is going to come. I love their cute smile that encourages me. Children too rally round me to get my broad smile and chocolates to sweeten their mouth. They are given some inputs for their day today life. They receive God's Word like honey from the rock.

I have also been counselling the alcoholics and their wives in their houses; the alcoholics, young or old give respect to any sister; they are very good at heart, they have no will power to endure their tensions; besides this I also visit and counsel families with conflicts.

I love to work with these people and give them value based training programmes to stand on their own feet and help their families. It is heartening to see that some of these people come up in their lives and improve the standard of living and deepen their faith and trust in God and live happily. I thank God for this opportunity He has given me to work for these people of Bidar.



The fragrance of flowers spreads
only in the direction of the wind.
But the goodness of a person
spreads in all directions.

- Chanakya

SECTION3:BRAIN VITA..QUIZZES AND COMPETITIONS

– Sisters Aquina & Apolina

A C FOOTPRINTS VOLUME 7 (pages 1 -102)

(Answers to be sent to the Editor of Karnataka Vani by October 31, 2017. You could send it to the email id – (roseagnesac@rediffmail.com or acroseagnes@gmail.com)

X

1											X	2
											3	4
5											6	
	7											
	X	8										
	9	Across						X				
10		1.	Easter Lilies bloom in April and May but, the day this Sister died a single white lily bloomed in the convent garden that was placed beside her coffin.									
		7.	She would use such apt and descriptive words in Konkani that all would wonder at her excellent choice of words. She bore no grudge, just outspoken. She could be XilledX a crystal clear diamond, revealing her inner simplicity bluntly and clearly.									

X

X

8. 'Jesus be Jesus to me' were the words she repeated as she embraced the community who had gathered to take leave of her. She was going for her tri – monthly check up, which became her last.
9. Born in 1919 was a student of B.Ed college in 1961; 1966 became the Principal of B.Ed. Her zeal to enthuse our Catholic youth to live the Gospel values led her form 'Disciples for Jesus'. She conducted camp for 15 days in Milagres Church Falnir though physically on the decline. She died 8 days after the camp.
10. After serving eleven years in schools, being the Superior at Aldona she was send to St. Ann's to take the B.Ed. Whether in India or Kuwait, her dealings with the parents, teachers and students were wonderful for she was blessed with a listening heart.
13. Despite a defective finger, she would attend to all the correspondence promptly and thoroughly. Quick in mind, she had the gift of detecting errors, pin – pointing the problem, absorbing the total situation and working out solutions.

Down:

2. The clothes stitched by this dear Sister had a finish about them.
4. The Sister replied the Doctor who inquired after her health "better than yesterday" but he wanted to examine her, told her to lie on the bed. Before he could examine her, the divine physician took her to Himself.
5. This candidate came alone to Trincomalee convent at midnight 12.45 a.m with rosary in one hand and a bundle of clothes in another.
6. Somehow she humbly said "though she was a tremendous success as a Headmistress, she was a failure as a Superior".

Back:

3. The Sisters wrote about this Sister at her death, "This was a religious with a determined mind and a spirit of perseverance. She had the capacity and capability to execute and succeed in any job entrusted to her.
6. Who said "though she was a tremendous success as a Headmistress, she was a failure as a Superior".

12. This Sister had in her a healthy combination of the Sacred and profane. Well versed in Sacred Scripture, Spirituality and Charisma of our Foundress, M.Sc in Home Economics Education, Diploma in Regina Mundi Rome, formator at Maryhill and then Principal of Mater Dei Goa. She was most at home in kitchen, planning a menu, marketing and giving surprises to Sister on Feast days.

Up:

11. A false report was given to the Superior General about the malignant sickness of this Novice’s mother. She faced this trial bravely with the encouragement of her confessor.

An Easter Puzzle

To complete this puzzle fill the spaces according to the clues given

1. R - - - - The angel said, “He is _____”
2. – E - - - - - - - Jesus’ tomb
3. - - S - - - The man of Arimathea who buried the body of Jesus
4. - - - U - - - - - Where disciples returned after Jesus was taken up into the clouds
5. - - - - R Jesus forgives, commissions him
6. - - - - -R – Where Jesus was crucified
7. - - - - - -E Jesus said to Thomas, “do not persist in your unbelief but ..”
8. - - - - - / - - C - - - - - One of the twelve who didn’t see the risen Lord
9. - - - - / - - - - T Through which the disciples received their power
10. - - - - - / - - / - - I - - - Where the disciples were when Jesus was taken into heaven
11. - - - / - - - - - - O – The act of Jesus’ being taken into heaven
12. - - - - / - - - - - - N - The woman to whom the risen Jesus first appeared

Answers:

12. Mary Magdalene 11. The Ascension 10. Mount of Olives 9. Holy Ghost (Spirit) 8. Judas Iscariot 7. Believe 6. Calvary 5. Peter 4. Jerusalem 3. Joseph 2. Sepulcher 1. Risen

SHAMAGRAMS

You'll find these answers from the letters in the word SHAMROCK. Read the following definitions and figure out the words.

Definition	ANSWERS
1. An Irish country	1. _____
2. A month in the year	2. _____
3. A limb of the human body	3. _____
4. An article of clothing	4. _____
5. Noah's second son	5. _____
6. The fourth planet of the sun	6. _____
7. A framework for holding things	7. _____
8. To chop or cut crudely	8. _____
9. One of the four Evangelists	9. _____
10. A common means of transport	10. _____
11. An article used to disguise	11. _____
12. A male sheep	12. _____
13. Mineral matter	13. _____
14. Counterfeit	14. _____

Answers:

1. Cork 2. March 3. Arm 4. Sock 5. Ham 6. Mars
7. Rack 8. Hack 9. Mark 10. Car 11. Mask 12. Ram
13. Rock 14. Sham

RESULTS OF THE QUIZ

Sl. No.	Names	Laudato Si	A.C. Foot Prints
		20	22

Western Province

1	Sr. Elvira Tellis Nayak A.C.	20	22
2	Sr. Maria Christi A.C.	20	22
3	Sr. Jean Marie A.C.	20	22
4	Sr. Rosehera Furtado A.C.	20	22
5	Sr. Maria Janet A.C.	20	-
6	Sr. Angelita A.C.	20	22
7	Sr. M. Josina A.C.	20	22
8	Sr. M. Verita A.C.	20	-
9	Mount Carmel, Ajni	20	22

Southern Province

1	Sr. Maria Vimala A.C.	20	22
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Eastern Province

1	Sr. Juliet Shanthi A.C.	20	22
2	Carmel Convent, Kolkata	20	22
3	Sr. Maria Deepika A.C.	20	22
4	Carmel Ahem, Diphu, Assam	20	22

Sri Lanka Province

1	Sr. Vasanthmalar A.C.	20	-
2	Carmel Convent, Pussellawa	20	22

Karnataka Province

1.	Sr. Thelma Quadros A.C.	20	22
2.	Sr. M. Aloysius A.C.	20	22
3.	Sr. Angeline Mathias A.C.	20	22
4.	Sr. M. Felician A.C.	20	22
5.	Sr. Maria Vinutha A.C.	20	22
6.	Sr. M. Flavia A.C.	20	22
7.	Sr. M. Avita A.C.	20	22

8.	Sr. M. Apolina A.C.	-	22
9.	Sr. Henrita A.C.	20	22
10.	Sr. Teresa of Avila A.C.	20	22
11.	Sr. Maria Premitha A.C.	20	22
12.	Sr. Juliana Mary A.C.	-	22
13.	Sr. Maria Merlyn A.C.	20	22
14.	Sr. Marie Alice A.C.	20	22
15.	Jyothi Nivas, Jyothinagar	20	22
16.	Sr. Maria Anita A.C.	20	22

*We can Complain
Because Rose Bushes
Have Thorns
or Rejoice because
Thorn Bushes
Have Roses*



Show them your merciful love Lord, grant them eternal rest

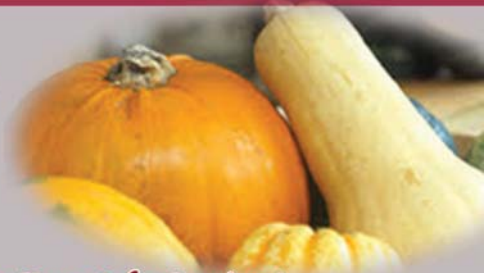
Date Name of the Sister Relationship Name of the deceased

21.11.2016	Sister Rosilde A.C.	Brother-in-law	Mr. Charles Crasta Bajal
30.12.2016	Sister Fidele A.C.	Brother	Mr. Lawrence Pinto Agrar
04.01.2017	Sister Nympha D'Souza A.C.	Brother-in-law	Mr. Michael D'Souza Bondel
04.01.2017	Sister Maria Anita A.C.	Brother	Bro. Denis Cutinha Chennai
05.01.2017	Sister Nympha D'Souza A.C.	Mother	Mrs. Florine D'Souza Kirem
06.01.2017	Sister Valeriana A.C.	Brother	Mr. Francis Xavier Strella, Bondel
16.01.2017	Sister Zita A.C.	Sister-in-law	Mrs. Judy D'Almeida Nasik
12.01.2017	Sister Juliana Mathias A.C.	Brother-in-law	Mr. John D'Souza Moodubelle
30.01.2017	Sister Maria Assumpta A.C.	Sister-in-law	Mrs. Celine D'Souza Agrar
02.02.2017	Sister M. Dulcia A.C.	Sister	Mrs. Eveline Lobo Neermarga
06.02.2017	Sister Judith Frank A.C.	Brother	Mr. Vincent Frank Modankap
24.02.2017	Sister Meena Fernandes A.C.	Father	Mr. Kambil S. Fernandes Karwar
27.02.2017	Sister Dionetta A.C.	Sister	Mrs. Teresa D'Silva Pangla
02.03.2017	Sister Rosemita A.C.	Mother	Mrs. Victoria D'Costa Puttur

03.03.2017	Sister Maria Anita A.C.	Brother	Mr. Emmanuel Cutinha Kulshekar
07.03.2017	Sister Maria Anita A.C.	Sister-in-law	Mrs. Shobha Cutinha Bengaluru
23.03.2017	Sister M. Devina A.C.	Sister	Mrs. Cecilia Fernandes Udyavar
03.04.2017	Sister Irene Noronha A.C.	Sister	Mrs. Lily Fernandes Manipal
23.04.2017	Sister Jayantika A.C.	Father	Mr. Philip D'Souza Gangoli
23.04.2017	Sisters Stella Mary & Flavia	Brother-in-law	Mr. Philip D'Souza Gangoli
29.04.2017	Sister Florine Pinto A.C.	Brother	Mr. William Pinto Paldane, M'lore
31.05.2017	Sister Maria Assumpta A.C.	Sister	Mrs. Lucy Lasrado, Puttur
02.06.2017	Sisters Maria Jyothi & Maria Shiela A.C.	Brother	Mr. Christopher D'Souza, M'lore
10.06.2017	Sister M. Louella A.C.	Sister	Mrs. Cecilia Periera Katapadi, Udupi



Veg Dhamaka!



Competition Galore! – Only for Karnataka Province!

Kin Mela:

1. Ash Pumpkin, White Pumpkin, Sweet Pumpkin

- All communities are welcome to participate either in any one or all
- a photo of the biggest one will be sent and the weight will be specified

Gourd Mela :

1. Bitter Gourd, 2. Snake Gourd 3. Ridge Gourd

- Welcome to participate in all gourds or any one of them
- Length and the weight of the biggest one produced will be specified
- A photo of the same to be sent

Veg. Mela:

1. Spinach 2. Brinjal 3. Lady's Finger

- Biggest spinach leaf grown in your garden - photo with the length and the width to be specified
- Weight of the brinjal to be written and a photo of the same to be sent
- Lady's finger - the length of it to be specified and a photo to be sent

Note: All photo, copies to reach the Editor by 1st November 2017

- Vegetables should be grown in your kitchen garden or even in bags or terrace
- Minimum 5 entries should be there to consider for prizes.
- Prizes will be awarded (I,II,III) on the Province Day – 15th April 2018 for each - Kin, Gourd, Veg separately (Total 9 prizes)
- Do not miss the chance. It is healthy to have our own vegetable. Medical Bills will be definitely less! But more than that we will have the joy of seeing the fruit of our hands...
- Hurry Up ... Try your Luck!



*If men knew what eternity is,
they would do everything to change their lives.
Our Lady of Fatima*

*Sister Carmel Rita & the Team, all the Sisters of the Karnataka
Province extend their loving greetings and prayers on the
occasion of the Feast of our Lady of Mount Carmel*
To

*Sister M. Susheela, Superior General & the Team
Provincial Superiors, Regional Superior and each Sister of
the Apostolic Carmel spread across India and abroad.*