

The Apostolic Carmel

Karnataka Province



Golden Bells Ring

May your lives be filled with Happiness & Peace!



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EDITORIAL



Come December and it's 'Christmassy' everywhere with stars, greetings, cribs, cakes, carols, Santa, gifts etc but the 'Boss' of Christmas had no room to be born in a house or a home but was satisfied to be born in the company of animals in a manger. If this was 2000 and more years ago, the reality is He still comes and the Carol goes on ".... .. let every heart prepare Him room" . What's the size, the quality of the room?

We have living examples. Though not a Christian, a KSRTC driver Mr Boregowda from Mandya, Karnataka retired from service after 31 years of service to humanity on 31st October 2018 – not a single leave taken nor a single accident in his career and finally as he retires, he decorated the bus he drove and distributed sweets to the passengers.... celebrated his last day of service to humanity. How many people have found safe destination, the joy of travelling in his care ... indeed he has been an icon for the rest to follow? Yes indeed he had a room in his heart for people.

Anu Priya, a little girl of 7 years from Chennai, was the first one to surprise the world with her donation of her savings of Rs.8,846 which she had collected with great sacrifice to buy her dream bicycle, to the flood victims of Kerala. The little one had a 'big heart' to accommodate thousands of people she had not seen.

Gopinathan, the collector of Dadra and Nagar Haveli, who hails from Kottayam, when he heard of the floods in Kerala, donated Rs. 1 crore to Kerala Chief Minister's Distress Relief fund, from his State, took leave from his office and worked as a camp coordinator for days together until someone recognized his identity and the 'Good Samaritan' the unsung hero, disappeared from the scene.

In the present scenario of political rivalry, Constitutions at stake, mob lynching, #MeToo episodes, shifting loyalties, 'religious scandals', forth coming crucial elections, each of us is called upon by the Lord to make more room in our hearts, of prayer, of kindness, of compassion, of mercy and the role model of a joyful and contented life.... a little more room for Him!

*As I edit this last issue of Karnataka Vani, I appreciate and offer my **sincere gratitude** to all those who contributed articles, 'news and views' to Flos and Karnataka Vani & ACA News letter. Thanks dear sisters for making room for me!*

** Sister Rose Agnes A.C.*

Editor

1. ‘.....AT ‘OYSTER OPERA’

* Sister M. Sujatha A.C.
Yesu Prem Niketan, Mangalore.

During recreation our Superior Sister Maria Anita called the attention of the Community asking us to choose a place for the community outing. There was a rain of names of places:



Soan Farm, Jain Basadi, Hosabettu-Bungalow, Sadhu Merry Kingdom, Vismaya, Pilikula and so on. Something flashed on the curtain of Sister Maria Shruthi's mind - Oyster Opera Chervatur, the majority of us said “yes” - ‘Oyster Opera’. Finally a decision was taken to go to this resort at Kannur.

It was Tuesday, 7th November, a special day for our community members. After Mass, the 11 of us started our journey towards Chervatur. We were excited and eager to see that place. The sisters in charge kept everything ready on time. We reached the Central Railway Station with our light baggage. Three sisters had gone ahead to book the tickets. At 7.00 a.m. the Nagarcoil Express arrived. We boarded the train with great excitement and joy. Once in, each one opened her tiffin box and enjoyed the breakfast. While some of us were busy speaking to one another others spoke to the fellow travelers. We reached Chervatur safe and sound. Unfortunately, the train halted at platform No.2; we had to cross the bridge to go to platform No.1. The youngsters could walk easily but poor Sister Euna found it very difficult to climb the steps. However, there were two of us like angels one to the left another to the right to help her climb slowly but steadily. We proceeded to ‘Oyster Opera’ in a rickshaw. As we reached the place, the owner of the Resort welcomed us warmly. He introduced himself to us and gave us the day's programme.

We were led to one of the several cottages made of bamboos and wood. We refreshed ourselves and had a glass of juice each. We admired the beautiful scenery and the variety of fish in the backwaters and praised God in the silence of our hearts.

Oyster Opera has a beautiful scenery - coconut trees, a river, backwaters, tiny arched bamboo bridges, cottages etc., we breathed the fresh air of the country side and enjoyed the peaceful atmosphere of the place. We clicked a few photos posing here and there.



The young sisters got down to the water and sat two by two in the boats with oars in their hands. Two men instructed us on rowing the boats. Initially, we were scared and clarified a number of doubts we had. As we rowed the boats we

became confident and courageous and went ahead. At 11.30 a.m. we got into a motor boat, along with other tourists: young boys and girls, men, and women. We watched the fish leaping high. We asked the owner, whether we could catch them. He said, “No, We only cultivate the fish here.” After sometime, the driver halted the boat in the shallow water and announced, “Those who like to swim could jump out.” The young boys and girls hopped like frogs into the water one by one. None of us got down but we enjoyed watching them and the scenery around. The younger sisters were sad, that they could not get down to the water. After forty minutes the swimmers returned to the boat. The huge boat brought us back slowly and rhythmically. For the swimmers there was a rain dance. They danced according to the music set for them and got the salt water on them washed away. Some of us were happy to watch the dance. Some others chose indoor or outdoor games they liked most and enjoyed to the full. In time we were fortified with a sumptuous meal with a variety of

dishes. After the good lunch some of us had 40 winks in the cool of the cottage.

At 3 p.m. we were once again in the boat. Wow! It was really an hour's thrilling experience. We sang in the boat and enjoyed watching the beautiful scenery around and praised God. When we returned to the land, we had tea with 'Valapalampodi'.

We thanked the owner of 'Oyster Opera' Mr. Mohamed who says he is a non believer. On our way back home, we were talking, laughing and dancing in the train, talking to the co-travelers and prayed the Rosary too. It was truly a lovely picnic at a lovely spot where we enjoyed ourselves every minute. We were fully relaxed and refreshed. We thanked God for protecting us from all harm and danger. As we neared Mangaluru, we were happy to see our own place.

We thank our Superior Sister Maria Anita for organizing such a beautiful picnic and making it more memorable with her love and thoughtfulness. We will cherish these beautiful memories all our days.

2. 1994 A.C SNOW FLAKES RENEWAL

*Karnataka Province Snow Flakes
(‘Silvarians’), Mangalore*



Mrs. Barbara: How do you do Sister Philorse? I missed you at the SCC meeting of our ward. All the sisters were present except you. We missed you Sister.

Sister Philorose: Oh! I had gone for the Silver Jubilee Renewal Programme in Bangalore, arranged by our Superior General.

Mrs. Barbara: What is that renewal programme sister? Why do you call it so?

Sister Philorose: It is the Silver Jubilee year of our First Profession, Sisters who completed 25 years of religious life after their First Profession. This is the time when the sister is challenged to examine once again the genuineness and generosity of her consecrated life. It is also a time when the sister is expected to progress to higher levels of prayer, in silence and solitude when she will commune with the Lord.

Mrs. Barbara: Can you tell me what you learnt for three weeks in the renewal programme?

Sister Philorose : On October 3rd morning we had the inaugural prayer led by our Directress Sister Lydia, with a beautiful power point presentation. It was a meaningful and participative prayer service. After that we released 33 balloons from the Generalate terrace with our names written on them.

Mrs. Barbara: That must have been very colourful!

Sister Philorose: Yes indeed, Sister Mabilia took up the Formation Ratio. She explained about the blessings and the challenges of ‘Twilight years’. She rejuvenated our call to the Apostolic Carmel, purpose of our call, our mission in the church. She helped us to write our second phase of the “Reform of Life”. We all cherished her classes and advice given to us, her younger sisters.



Mrs. Barbara: I feel like listening to it more attentively. Go on, sister.

Sister Philorose: The following day we had sessions from our beloved Directress on the Mission of Education. She boosted our spirits saying that there should be a difference in the education we impart in our Institutions. What makes a school Catholic? In order to impart Catholic Education we should deepen our personal relationship

with God. Our schools should strive to be welcoming communities, extending hospitality to all. We ought to develop good relationships with the teachers, parents and students. Students should see in us, the qualities of patience, punctuality, politeness etc. Humanity should extend in our class-room teaching. With self-awareness and emotional balance we can extend the compassionate face of Jesus to others.

Mrs. Barbara: Sister Philrose, I have been a teacher in the A.C. schools for many years. I have experienced this compassion and tenderness which comes from God experience. I was really fortunate to meet some very loving, kind and patient sisters in some of your schools. I am delighted to listen a little more.

Sister Philrose: For three days we had sessions from Fr. Joachim Rodrigues OCD. He spoke to us on Contemplation. What is Prayer? Prayer is being in the presence of God. Prayer is a dialogue. Prayer is trusting God in all situations of life. He also explained to us the stages of prayer, the vocal prayer, meditation and contemplation. If we have 3 Cs in our life, i.e. Connection, Communication and Communion with God we can face the 4th C i.e. Challenges of our day today life. In the Community we are not alone. We are related to the blood of Christ. The Community provides us with a formation, place, time and opportunity to become holy and a person of prayer. The ingredients for Community life are: Prayer, Recreation and Common meals. He gave us a real love for the Eucharist. Jesus comes, hides and abides in us through the Eucharist. St Teresa a mystic gives us a call, “Let us my daughters imitate in some way the great humility of Mary whose habit we wear.” It was excellent and our hearts were content. May these thoughts help us to become holy and to live a life which is pleasing to Jesus.

Mrs. Barbara: I got a message from you saying: “I love you, I thank you, I am sorry. What was that sister about?”

Sister Philrose: Oh! That was an exercise given to us by Mr. Shirish P. Sebastian on “Spiritual Leadership”. We learnt much from his sessions. We were introduced to various models of Spiritual Leadership such as: position based leadership, permission based leadership, production based leadership, people development based leadership, and personhood based leadership. He boosted our

knowledge and understanding of ‘submission to authority,’ ‘attitude of gratitude’, ‘to move out from our comfort zone to the effort zone’, ‘health is wealth.’ and so on. He taught us some relaxing exercises, gave some tips on health, love for Scripture reading, and memorizing a phrase from the Bible. It was very good. He himself is a prayerful person. We learnt a lot from him. We thank God for such a wonderful person on earth.

Mrs. Barbara: On Mount Tabor St. Peter said to Jesus, “Let us make three booths and stay here”. In the same way I want to stay here itself to listen more and more from you Sister.

Sister Philorose: How can I forget to share about our beloved Superior General Sister Susheela’s talk peppered with her personal life experiences? We were touched by her sharing of Mission, her personal experiences with God, in the Community and at the work place. Her zeal for the mission as a religious is commendable. She spoke on the different roads that Jesus and the persons in the Bible travelled in order to please God. The road of faith, the road of forgiveness, the road of the Prodigal son, the road to Jerusalem, the road to Gethsemane, the road to Emmaus, the road to humility, and the road to the empty tomb. In life I need to take new roads. Sometimes there will be road blocks. I need to clear them with the help of Jesus and the prayer and guidance of the Holy Spirit. We are called to be committed and God seekers. When we run alone it is a race. When God runs with us it is a grace. May God bless our Superior General, to carry on her mission of shepherding the congregation.

Mrs. Barbara: How fortunate you are to have this Renewal Programme tailored to make you renewed and zealous for God and His Kingdom? I wish I was a religious now.

Sister Philorose: Don’t be excited and regret for your life. Your life is also a vocation, a gift of God, and mission oriented. Sister Liceria, though feeble and sick, took up some highly appreciative sessions on our dear Foundress Mother Veronica. She is filled with Charism in her mind and heart. She explained to us the different aspects of Charism: - Contemplative, Ascetical, Communitarian, Apostolic in Mission, Ecclesiastic and Marian. The Apostolic Carmel

Spirituality is : A passionate love for God, faith the greatest treasure, deep contemplative prayer, love for the Eucharist, a single minded devotion to God and to His Will, zeal for the missions, love for the cross, poverty and detachment, love and loyalty to the Church and a filial love and devotion to Mary. Sister Liceria took us to the Museum of Mother Veronica, the Archives in the afternoon. She was instrumental in increasing our devotion and love for Mother Veronica. May God reward her hard labour of love and keep her in good health.

Mrs. Barbara: Indeed it must have been a mind blowing experience. May Mother Veronica become a Saint very soon, so that she may draw many more souls to God.

Sister Philorose: The eight days of retreat, were the peak days of our 25 years of Religious life. We had a wonderful life-transforming retreat under the guidance of Fr. Joseph CSsR. All of us experienced the personal love of God and His mercy. The prayer, meditation, Holy Hours, reflections, life examples, Eucharistic celebrations, healing sessions, praise and worship were really unforgettable. The preparation for the Sacrament of Confession, the fast, penance and the Gospel passages moved our hearts and transformed us. Each sister's sharing enriched us and helped us to move closer to Jesus. We really experienced miracles during the Eucharistic celebrations. The Tabor experience was wonderful and unfathomable. We were with Jesus the whole day, and He was with us. It was a heart moving experience. We thank God for this wonderful experience.

On the 23rd we had the celebration of our Silver Jubilee. The Generalate members along with the community celebrated our day with great pomp and excitement, singing and praising, verses and wishes, cutting of cake and sharing, clicking of selfies and then deleting them. Then we were off to Goa by train for a pilgrimage outing. We visited the communities in Goa, enjoyed at the beaches, and experienced the missionary zeal of St. Francis Xavier. Our heartfelt gratitude to the Sisters of different communities of Goa who entertained us and made all the arrangements for our stay. We were happy to meet sisters whom we would never have had a chance to meet and greet.

After a refreshing experience of heart, mind and soul on 27th noon we bade good bye to one another and returned to our own communities to live the lessons we learnt, inspirations that moved us and the examples that motivated us.

Thank you Mrs. Barbara for listening to me so patiently. May God bless you.

Mrs. Barbara: Thank you very much Sister Philorose.

We thank God for giving us this wonderful opportunity to renew ourselves once again after our First Profession and to regain the fervor and love of Jesus in our lives.

We thank and remain grateful to our beloved Superior General, for giving us this golden opportunity with a silver lining. We thank Sister Lydia our dear Directress for helping us at every step, like her own younger sisters. We remain grateful to all the Generalate members Sisters Mabilia, Vimala Paul, Joselyn Joseph, Maria Pavitha, Jennifer D'Silva, Sisters from Saranya and Lourdes community. May God bless us all.

3. BORN ANEW

* **Sister Mary Pereira A.C.**
Annunciation Convent, Ladyhill

“But to all who receive him who believed in his name He gave power to become children of God who were born not of blood nor the will of the flesh nor of the will of men but of God” Jn 1: 12,13.



The inner most desire of men and women is belongingness that gives him/her joy and happiness. Such a longing found its fulfillment in **Miss Thara**. She was the

daughter of Late **Shri Manjunath** and **Parvathamma**, who belonged to a poor family. At the age of 12 she was sick and the Word of God was read and she was blessed. From then on her desire was to belong to Jesus Christ. On account of her poverty she gave up schooling in Standard VI. Thereafter she was sent to work as a domestic worker. For the past ten years she has been working as a domestic worker in a flat. Her fidelity, courage, truth, honesty and commitment need to be appreciated.

Her one desire was to belong to the Catholic Church and God fulfilled this desire in her by providing her with a person named Sunil Pinto to be her life partner. After the Registered Marriage Mr. Sunil looked for a person who could teach Catechism to Thara. So he approached Sister Celine Vera the Superior. The Superior entrusted this mission to prepare Thara for her Baptism to Sister Mary Pereira. Sister Mary Pereira was privileged to get in touch with Thara.

Every evening from Monday to Friday Thara was there for Catechism between 4.15 to 4.45 p.m. and continued her duty. She recorded the prayers in her mobile phone and learnt them by-heart listening to them when she worked. Thara and Sunil both informed the Parish Priest of Katipalla Church and October 12th was fixed for the Baptism. On that day of joy and happiness the Parish Priest of Katipalla baptized and confirmed her and the following day she received her First Holy Communion. Her desire was fulfilled as she entered the Catholic Church. On 23rd October 2018, there were Community Weddings at Pakshikere Church. The Parish Priest helped them to be enrolled for the Community Wedding and they were united in the Sacrament of Matrimony. May God be praised! The great and good God thus fulfilled the inner most desire of Thara and Sunil.

Another event took place in the life of **Miss Shruthi Suvarna**. She is the daughter of **Ashok Suvarna** and **Geetha**. They hail from Mumbai. On account of their work they reside at Kottara Cross in Mangaluru. She lives with her parents and is an employee in the Bank. Her life partner wanted Shruthi to be born anew in the Catholic Church. Shruthi and her parents agreed. Amar was determined to get somebody to prepare her for Baptism. He knocked at the parlour door of the Annunciation Convent and made the arrangements with the Superior Sister Celine Vera.

Since she works for the Bank she could come for Catechism only on Sundays, 2nd and 4th Saturdays and public holidays. Hence more hours of catechizing had to be done on those days. At every sitting Sister Mary Pereira spent more time with Shruthi; so within 45 days she was ready for Baptism. On 27th of October at 10.00 a.m. Rev. Fr. Charles Menezes baptized and confirmed Shruthi. She was received into the Catholic Church and indeed it was a great day of joy and gladness. Shruthi was born anew and entered the portals of the Catholic Church.

Yet another event took place in **Mr. H.T. Sunil's** life. He was the son of Late **Mr. Thammanna** and **Vijaya Kumari**. Since he belonged to the Scheduled Caste he was insulted and put to shame several times in his boyhood. Though it was painful he grew up to be courageous to face life. He got a job in Bangalore and worked there for a few years. Later he went to Dubai and got a good job. He has a pleasant personality and is hard working. During his free time he goes fishing and prepares tasty dishes.

Once he was introduced to a Catholic girl. After they came to know each other, Sunil accepted her, as his life partner. The girl's mother looked for someone to teach him Catechism. They contacted Sister Celine Vera the Superior who once again entrusted the work of teaching Catechism to Sister Mary Pereira.

Sunil's birth place was Madikeri and so, no Parish Priest agreed to baptize him in Mangalore Diocese. The only way to settle the problem was to go back to St. Michael's Church, Madikeri. The Parish Priest welcomed Sunil warmly and after the instructions, he was baptized, confirmed and was given first Holy Communion. In this unique way God led Sunil to the Catholic Church. Sisters Celine Vera and Mary Pereira went to St. Michael's Church, Madikere to be present for his Baptism, Confirmation and first Holy Communion. It was a great day and Sunil's wish and desire was fulfilled as he was born anew.

God's ways are strange. He draws people to Himself in His own ways! We pray that the three new couples may have a happy and contented life and bring up God fearing families.

4. CELEBRATIONS GALORE - CARMEL SEVA TRUST

* **Sister Manisha Coelho AC**
Carmel Niketan, Bidar

Every celebration has a reason, every event needs to be celebrated, every celebration should be enjoyed and every celebration should be a memorable one. Yes, it was the effort of Carmel Seva Trust to celebrate the unique events in a unique manner. Under the leadership of our Coordinator Sister Christine Misquith and the hard work of our CST Staff which includes Sisters Mildred, Manisha Coelho and Supreetha Solomon the two special celebrations i.e. Girl Child's Day and Senior Citizens' Day succeeded in giving identity to the participants.

CST has adopted 9 villages and it always strives to do something more for these people. Every year we would try to bring the participants to our centers for celebrations. And sadly not even a hundred would be present. We do not know how the Holy Spirit works and where It works. Inspirations of the Holy Spirit come through ideas, and touch some and they make the difference. It happened with us the CST staff. The Holy Spirit inspired our Superior cum Coordinator of CST, Bidar unit, Sister Christine Misquith who declared, "Why to bring them here, let us go there". So all of us, as a team launched our programme in the villages.

Girl Child's Day: As we all know that on 8th September we celebrate the Nativity of our Lady and also Girl Child Day, honoring our Mother Mary. In Mangalore it is usually celebrated in a unique manner in the Churches giving special preference to girls. It is common there because of the Catholic background. But in Bidar, with the non Catholics and non Christians we prolonged this celebration for one month. Last year, when we celebrated it in our centre, there were not even 70 who participated, but this year we could reach out to 250 girls of 8 villages. Sister Supreetha Solomon prepared the talk touching every aspect of a woman's life, especially her sufferings and how she can be saved; she showed them videos on child marriage. Our social

workers Teachers Iramma and Sir Suryakanth gave them joy by conducting games and the winners were awarded prizes. The two hours' programme ended with snacks and plantains.

Senior Citizens' Day: We also celebrated the Senior Citizens' Day in the month of October. From the 5 villages there were nearly 148 participants. This celebration gave them importance as usually the senior citizens are neglected everywhere. Through this programme the participants felt that they were identified, cared for and given some importance. They were also members of our Senior Citizens' SHGs. One of our parishioners Mr. Unnikrishnan, a retired medical officer and who is enjoying his old age with his family was the resource person. He gave a talk with examples on how they can enjoy their old age. Dr Prakash also a parishioner had a medical checkup and gave them guidelines regarding their health and diet of the old age.

The participants were given a sumptuous meal, plantain and tiffin boxes with soaps as a token of our love.

'Save Constitution' Rally: The historical event that we stepped into was the 'Save Constitution' Rally.



It was shocking to hear that our Constitution of India was burnt in Janthar Manthar Delhi on August 9th and no citizen or any party opposed or protected it. In Bidar a small group protested it. It was felt that this small group should be a model for others to think deeply on this line. So a meeting of likeminded people belonging to different religions, unions, NGOs, Organizations, teachers, lawyers, engineers etc was called and about 100 of them from our 5 Talukas were invited to the SRS function hall. Sister Christine Misquith the lone woman represented

the women's section. This group was well motivated towards the cause as each one expressed what our Constitution is to each one of us. It is sacred as it is written based on the Scriptures of different religions. It has given equal status to men and women, equal rights and responsibilities and also it has conferred Government facilities to 2A, 2B, 3A, 3B, SC/ ST and above all the right to vote to those who are 18 years and above.

So 12 members were chosen as core group members including Sister Christine Misquith and 25 working committee members. 27 September 2018 was the day of the Rally. This message went to all the 5 Talukas. Committees were formed to call people for meetings there. It was well planned and all worked very hard by calling religious leaders, doctors, engineers, lawyers, school and college authorities, NGOs, women's groups, student federations. The political parties were kept away from the groups. The whole Bidar district was awakened and the people especially the women came in large numbers.

Our D. C. came to the stage to take the memorandum which stated the punishment to be given to culprits and to save our Constitutions. This rally has moved the hearts of the people of other neighboring Districts of our State.

All have taken the message seriously, books have been written on the Constitutions. The Professors of the Gulbarga University went round to give talks to schools and college students; the youth are organizing rallies, talks are given in Self- Help Groups, and competitions are conducted on speeches, skits, Roopakas, poems etc. We have to conscientize our people specially the men, women and youth not to sell their votes for money, alcohol, gold, silver, utensils, sarees etc but to exercise it responsibly.

The whole community was involved in spreading this message to the people around i.e., to go to two Talukas- Bhalki and Aurad respectively, to speak to the CRI Bidar Unit, to the Parish Council Members of St. Joseph's Church, to the staff and students of St. Joseph's High School and College, to the Methodist Church Pastors and delegates nearly 200 of them, the Jamgi Colony, CVTI and Jeevan Jyothi children. A vehicle with cut outs went to many

villages for 4 days announcing about the rally. The Province was informed about the Rally so that they could intercede with God for the success of the Rally. The Rally was successful as the crowd was nearly 50,000 and half the number was women. Indeed a success story of the Carmel Seva Trust!

5. CONSECRATION AND MISSION

* **Sister M. Rosetta. A.C**
St Mary's Convent, Falnir

The sisters of St Mary's Convent were called by Jesus to be with Him alone from 13th to 21st October, under the guidance of Fr Baptist Menezes. Like Elijah, we were waiting at the entrance of the cave to be aware of the gentle breeze of the presence of God. Through internal and external silence we began encountering God and self. Like Abraham, Moses and John the Baptist, we were called apart to be aware of the presence of God. We were to listen to Jesus and become like Him, as Mary did.

The purpose of our call is Consecration and Mission. The plan of God is to bring everything under Christ. God sent His Son so that we may be saved. He came to seek what was lost. We share in this mission. He emptied Himself through His death on the Cross. God glorified him through the Resurrection. Jesus chose twelve apostles to work as a community. The Religious are also called to live in community with Jesus as Leader and with his heart and mind.

The Religious live the vow of poverty in spirit and in fact. They are in the world and not of the world. Poverty is an acknowledgement of God's providential love. Like Jesus, born in the stable and dying on the cross, we are called to be detached from material things. Consecrated Chastity implies to seek God with an undivided heart. Virginity implies fidelity to God's love. We can renew the commitment to the person of Jesus. The religious loves others unconditionally as Jesus does.

Prayer and Work must go together in such a person. For religious, meditation is not to be free from stress but to respond to the call of Jesus to “Come and See”, to experience His comforting presence. Contemplation reaches out to God and others in love. Our vow of Obedience is an act of surrender of our will to God. “Not my will but thine be done”. Through obedience we grow unto the fullness of Christ. Obedience urges us to walk in the footsteps of Jesus to do the Father’s will and complete His work .Obedience helps a religious to discern the will of God through dialogue. Mother Veronica is our model who said “Obedience is my Life”. Spiritual discernment is an attitude of the mind to act according to the will of God, under the guidance of the Holy Spirit.

Mary was chosen by God to be the Mother of His Son. Mary went with haste to serve Elizabeth. She sang the “Magnificat” to glorify God. She comes down to earth to offer service to her children; to wipe their tears. She offers a motherly love to God’s people and leads them to Jesus. From the Gospels we learn radical discipleship, to become like the Master, walk with the Master and suffer like Him. “Take up your Cross and follow Me”.

6. GANDHI JAYANTHI AT KANNUR

* D.El .Ed Students

St. Ann’s TTI, Mangaluru

‘The world is a book, and those who do not travel read only one page’ - St. Augustine

A best exposure for learning can be given by making learning into a reality. To give this experience for the teacher trainees of St. Ann’s Teacher Training Institute, Mangaluru, all was set and ready. As the day drew near, only one chorus could be heard in the college, **‘We are going to Kannur, we are going to Kannur’**.

Finally the long awaited 1st of October came. After all had gathered in the hallowed place of St. Ann’s TTI, we started marching towards the Central Railway Station filled with excitement to start the journey to Kannur District of Kerala.



At 5 a.m. when the sun was just dawning, we began our journey with prayer invoking God's protection over us. Even

the flowers in the fields and the nature around us began vibrating with our joy. The whole compartment of the train was our kingdom. We enjoyed our journey singing and dancing. Finally we reached God's own country. St. Teresa's Anglo – Indian TTI accorded us a warm welcome. The hospitality given to us by the staff and students of St. Teresa's TTI was really touching.

We got ready for the great event – the celebration of the 150th Gandhi Jayanthi in collaboration with the students of St. Teresa's Anglo Indian TTI. It was the first event in the history of St. Ann's TTI to celebrate it jointly with the students of another State. It was a memorable event for we felt our solidarity with the suffering brothers and sisters of Kerala, who witnessed a great natural disaster this year. We also learnt their culture and way of life.

After the programme, we began our day's outing to the various places in Kannur. First and foremost, we visited the Angelo Fort, where we spent a lot of time learning the history of the place. Several war weapons were exhibited. Our next visit was to Arrakkal Museum, where we saw the various traditions of Kerala. We felt that the clock was racing very fast. ... Soon a half day had passed.

Then after regaining our energy in the Indian Café, we visited a snake park and the world of animals. We were really excited to see God's beauty reflected in His creatures. The park was maintained very well. Then to our surprise, we visited the Parasini Kadva Temple and a Mosque which was really a good experience as we felt the bond of unity as one family of St. Ann's.

In the evening, we relaxed sitting near the Payambalam beach and enjoyed games on the beach. We proceeded to the baby beach

and from there to the Holy Spirit Cathedral. There we spent a few minutes thanking God for granting us the entire day's blessing. Our tour was meaningful; all were together, ate together and played together. We enjoyed our educational tour together like a family.

Freedom brings responsibility and this is what we learnt from our educational tour. For, yesterday is but a dream and every tomorrow is only a vision, but today well lived makes every yesterday, a dream of happiness and tomorrow a vision of hope. 'Look well, therefore to this day, such is the salutation of the dawn'.

We thank the Principal, Sister Maria Lekha A.C. who made all the arrangements for every part of our enjoyment and stay. We sincerely appreciate Sister Lucy George, the Superior and all the sisters of the community for the warm hospitality, kindness and concern expressed in different ways. We owe our thanks to Mr. Jenson the staff member who was our guide throughout the day. We join our hands & pray God's Blessings on each of them.

We learnt several things from our co-companions of St. Teresa's TTI, Kannur, and appreciate their sense of responsibility and sensitivity. We express our sincere gratitude to the staff members for their cordial hospitality. Finally our special thanks to our dear Principal Sister Maria Shubha & the staff members whose constant help, guidance and companionship added to our joy.

7. GRACE-FILLED DAYS

* Sisters of Carmel Nivas
Bailhongal.



The dawn of October 16, 2018 brought along with it a feeling of great joy, and expectations as the community was eagerly waiting for the visit of our dear Superior General Sister

Susheela and the Bursar General Sister Maria Pavitha. The children of the Special School waved their colourful balloons and welcomed them as they arrived accompanied by the sisters.

‘Carmel is a garden of love’; the flowers of the garden in front of the convent had spread its fragrance and the tiny tots of the Children’s Home dressed in colourful dresses with the beautiful smiles on their faces and joy in their hearts extended a warm welcome to our sisters. The Lord of Lords and the Master of the house awaited them in the chapel for a short prayer. A gesture of love was expressed to our sisters through a melodious welcome song by the community sisters which doubled the joy of the day.

The climax of the day’s celebration was the March Past. The school band raised the sound of the drums and the flutes leading them to the school hall. The picture of the guitar and the words on the backdrop of the stage “Music can change the world because it can change people” captured the attention of everyone. Various cultural events were organised to celebrate their visit. The interesting Bahubali welcome by the little ‘kings and queens’ of Standard I was the glamour of the day.

The compeers cum students were on their heels and toes to exhibit their talents at this occasion. The cultural programme consisted of a variety of cultural items and PPT presentations which highlighted the progress and the development of the schools in successive years. The golden words of our Superior General and her approach towards students made a great impact on them. She met the school staff as well as the supportive staff and appreciated them for their generous and sacrificing spirit and thanked them for joining hands in our mission.

Her talks on ‘Living our charism and community life’ to the sisters were enriching and thought provoking enabling the sisters to see everything in the right perspective and to realise that we are infinitely loved by God.

The children of the Children’s Home entertained our sisters with their Action Songs. The Superior General made them to repeat a few positive phrases in Kannada (nanu olleyavanu/olleyavalu) I am good, (naninda ellavu madalu sadya) I can do it, (Devaru nanna jyote

eruttare) God is always with me,(nanu jaya galisuvenu) I am a winner, (evattu nanna divasa) Today is my day.

The next day the sisters of the community in their colourful costumes recreated with the sisters after which both of them took us to different countries with their graceful dances. All of us were in a joyous and a happy mood.

The AC Associates also met the Superior General who briefed them on the theme 'Mary in our life' and 'the devotion of the Rosary'. The meeting of domestic workers was scheduled in her programme. She made a beautiful prayer in Hindi and told them to be cheerful and happy in their life. She paid a visit to our Mission Moderator and the Administrator of the Belagavi Diocese after which she proceeded to the community at Haliyal.

The three days spent in the company of our Superior General Sister Susheela and the Bursar General Sister Maria Pavitha were really grace-filled days to be remembered and cherished. They were the days of joy and blessing for all of us. We thank our sisters for their support, keen interest, love and encouragement given to us. May they experience God's protecting hand leading and guiding them always.

8. THE JOY OF COMING TOGETHER

*** Sister Nithya D'Souza**

Maria Nilaya Convent, Bidar

We the sisters of Maria Nilaya Convent were interested in bringing all the children of the four hostels together, almost 150 of them on two occasions, that is on September 8th the Girl Child Day and for Deepavali. It was a surprise to all of them when they were told on the day to present a small programme. What a joy it was to see the spontaneity of the children! The joy of the children was so great that each one of them volunteered to give some item or the other.

Together with this programme the real significance of the celebration that is the importance of the girl child and the value of education for girls were given to them by the guest, Ms. Kavitha Hushare. On Deepavali day the meaning of 'Diwali' was given to them i.e. Deepa standing for light and Vali for something arranged in a line. We were happy to hear from the children that we need to cast out the darkness of jealousy, hatred, anger etc. and bring in the light of forgiveness, love, joy and peace. The children asked the Sisters in turn to dance with them; all of us joined each one, to one of the groups and danced with the children. We concluded the celebration with supper together with the children. At the end we could experience the joy in every heart.

9. JUBILEE BELLS ... SEVA ASHRAM, PAVUR

*** Sisters, Seva Ashram, Pavur**

“Will give thanks to you O Lord, with all my heart; I will tell of all your wonderful deeds”. Ps. 9:1

A Jubilee is an occasion in one's life, or in the life of an institution, to look back on our goals and achievements, which we set on the day, we embarked on this journey. We have crossed miles, we have grown and many events have taken place. In all this, one thing is sure, that the God of History has walked with us especially with the pioneering sisters and all those who rendered their labour of love. God has walked with us as a cloud by day and a fire by night. All through the past years, He has been faithful to us, therefore with gratitude and humility we say, 'Thank you, O Lord'.



The Jubilee year started with golden rays emerging brightly on 12th September 2017. It became a meaningful and a joyful celebration as our Provincial Superior was with us on her Canonical Visitation.

The inauguration of the Jubilee year started with the Eucharistic Celebration in our Chapel. During the year we continued the remembrance of our Golden Jubilee mainly by giving attention to our spiritual life. We are here for the people and so every day we lifted our people up to the Lord at prayer. We increased our visits to the families, especially to the needy. Efforts were made to get help for some who were helpless.

As the community is small in number and among them 60%



on the bonus group, we were wondering whether it is possible to invite others for our celebration. But with the boost given by our Provincial

Superior Sister Carmel Rita and Sister Rose Agnes we started our preparation vigorously from the month of September itself. Our newly elected Bishop Peter Paul Saldanha before he took charge said ‘yes’ to our request to be the main celebrant at the Eucharistic Celebration and the President for the programme in spite of his previously fixed programme. We were also lucky to have our dear Superior General Sister Susheela who agreed willingly to be present though it caused her inconvenience as she had her Visitation Programme in our Province. We are extremely grateful to both of them.

We are grateful to the sisters of our convents who helped us with cash and kind to get things ready for the celebration. Our special thanks to Sisters Lavi Shanthi, Carmel, Santhosh Mary, Pramila, Vijaya Crasta, Jenita and a few of our parishioners for spending so much time for choir practice to make the Liturgy meaningful with their melodious singing. It was very kind of Sister Irene Noronha to have spent four days here to see to every little detail of the celebration. We appreciate the generosity of our Sisters at Stella Maris, Kotekar, who spent so much time in putting up all the decorations. May God bless them all.

The most important part of the Golden Jubilee of our Convent was the Eucharistic Celebration. Our newly ordained Bishop of Mangalore, Rt Rev. Peter Paul Saldanha was the main celebrant together with six priests as concelebrants. As it was his first visit to the parish, we, along with the parishioners welcomed him at the gate with garlands and bouquet of flowers, followed by the entrance procession with 50 sisters holding lighted diyas and a golden family tree representing the 50 golden years of service at Pavur.

Gratitude overwhelms in the heart of every person in the village of Pavur. These are the wandering tribe of S.C families whom Fr Alexander Camissa S.J. took the initiative to settle them to a normal life and sowing the seed of faith baptized them. The Bishop in his homily appreciated the selfless service of the sisters in this remote area for the past 50 years. After the Eucharistic celebration all were served cool refreshments and then all of us assembled in front of the open air stage for a short programme.

Sister Maria Shubha was on her toes to compeer the programme. We began with a prayer song led by the sisters. It was followed by a welcome dance by the students of the Don Bosco School. Sister Monica our animator accorded a warm welcome to the gathering. The history of Pavur of the past 50 years was made alive by Sister Evelyn Marie. Since the President of the programme, our Bishop had to leave early, the Presidential Speech was anticipated. He spoke to us on being a 'light to the people' of this place. He compared the role of a religious in the church to that of a mother in the family whose presence is valued when she is absent. The Bishop was then honoured with a shawl and a garland. A sapling of an evergreen tree was presented to him as a token of our love.

It was now time to honour the pioneering sisters and the Superiors who had endured all the pains and aches during the early years and had toiled hard for the growth of the Institute. The day's programme was more meaningful as Sister Bertine, one of the first band of pioneers was in our midst. Though old and feeble she had made it!

We could not think of leaving out the priests who were generous in joining their hands in our mission and reaching out to our spiritual needs too. Though six of them were invited only Fr. James D'Souza, Fr. Aloysius Santiago and Fr. Varghese Chakala attended the programme and were honoured. All the guests of honour appreciated our mission here and wished us well. The Superior honoured all the dignitaries with a shawl and a potted plant as a sign of gratitude. Sister Shanthi Laveena then proposed the vote of thanks.

If Pavur mission is existing today, it is because of Sister Frances Therese, the strong pillar who continued with a daring spirit in spite of the Superior General asking her to close down the mission. Since she was unable to travel to be present for this unique day, Sisters Dulcia and Monica D' Souza went to Fatima Convent, Goa to felicitate her personally. She was over joyed to be honoured and to see the photos of the programme of the day as past memories came alive to her. We remain grateful for her selfless, dedicated and committed life which is an example for us to admire and imitate.

The most important and the final part of the celebration was the fellowship meal, a symbol of love and togetherness with the people among whom and for whom we lived and worked. A sumptuous meal was served for all the parishioners and the sisters. It was a beautiful opportunity for all our guest sisters to mingle with our poor people. The old and the young enjoyed the meal to their hearts' content. We had sufficient food left to share with the inmates of Snehalaya Ashram, a home for the Destitute nearby.

May the Golden celebration of this mission be a means to strengthen the faith of the people and to bring many opportunities for their integral growth. Through the intercession of St Joseph the worker, may the people of Pavur come to realize that they are God's people and He is their God.

10. KEEP PACE WITH CHANGING TIMES

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

Colourful blossoms, flowing waters and moving clouds always remind us that there is something which fills our life with fragrance, freshness and hope. This is a constant reminder for us to move on with ever growing vigour and zeal serving the Lord as faithful and watchful stewards. This stewardship calls us to face the challenging



world while witnessing the kingdom values despite the changing times and tastes. Education is one such field of apostolate which requires us to be constantly on the watch as it is a process which is ever evolving and ever changing. It is a dynamic process. As persons in the field of education we need to keep pace with the changing times. With this purpose a seminar was organized for the sisters in the apostolate of Higher Education by the Superior General.

We were a group of 36 sisters gathered in the Christ University campus for a week's seminar on Higher Education. It was an enriching seminar organized by Sister Lydia A.C., the General Councillor for Education in collaboration with the Centre for Education Beyond Curriculum, Christ University, Bengaluru. There were various resource persons from the University. Every session was very enriching and rejuvenating as we traced back the roots of the Apostolic Carmel mission through the insightful and experiential sessions of Sisters Lydia, Olivia, Mabilia and Vimala Paul. Group

discussions and interactive sessions helped us to interiorize and develop our Personal and Institutional Plans of Action.

The topics dealt with were very relevant to our times. They helped us to understand the need for rewiring ourselves and become passionate about our mission of education, to develop qualities of leadership and skills of interpersonal relationship, identify and manage human resources, grow in our EQ, make the effective use of Technology in Education, be empowered to empower, understand organizational culture and work values and above all to develop level 5 leadership which is 'servant leadership' and that is the need of the hour.

Servant leadership is what Christ urges us to practise. Only then we will be able to inspire others and be beacons of light in the lives of many a youth. As Apostolic Carmelites we are to be rooted in Christ and make our colleges really Catholic and God-centred through our life example.

Being a beginner in the field of Higher Education this seminar gave me an opportunity to explore new vistas of Higher Education and also understand the zeal and charisma of the Apostolic Carmel through the insights and sharing of experiences of various resource persons and our sisters. The dream of a valiant woman and the pioneer in the field of Higher Education, Mother Aloysia was made to come alive to us through these insightful and thought provoking sessions.

As the world changes, we are invited to read the signs of the time and keep pace with the fast growing world and adapt the changes in our personal life as well as in our mission while being rooted in the kingdom values and not compromising them for momentary success and fame.

May our Congregation which has enlivened the lives of thousands of women through the Mission of Education continue to empower women to become beacon lights and light houses in the society thus transforming our country into a haven on earth. Our sincere appreciation and gratitude to the Superior General and her team, in particular to Dr Sister Lydia who organized every detail of the sessions!

11. 'A PICNIC' WITH A DIFFERENCE!

* **Sister Angeline Mathias**

St. Mary's Convent, Falnir

One day Sister Maria Gloria our Superior asked how many sisters would want to go on a picnic? It was a big surprise. No hand came up except Sister Angeline Mathias'. Normally due to knee pain she does not go anywhere but to the surprise of all, her hand was high up, so the Superior had to make a choice. Our domestic workers were



working hard so Sister Angeline and Sister Maria Gloria along with the three of them got into a car at 8.30 a.m.

Sister Angeline had not been to the new Chapels at the Fatima Retreat House and Stella Maris Convent. So they went to these two places. They prayed silently in the Chapel of the Fatima Retreat House and were filled with joy. From there they proceeded to Kotekar. Sister Maria Gloria had already informed the Sisters there. All of them were waiting with love and joy. It was a happy get together. Our next visit was to the Infant Jesus Shrine. We also had a glimpse of the Infant Mary Shrine.

The three working girls went to visit the Kateel Temple. Later, we proceeded to the Shrine of St. Pope John Paul II. We had our lunch in a Dining House. Sister Angeline had a great desire to have Masala Dosa and tender coconut water. The Superior satisfied her request. We were back home by 2.30 p.m. after our mini tour. It was worth raising the hand. It was a fine drive with just five! PRAISE THE LORD!

12. 'REFRESHED AND RENEWED

* **Sister M. Silvian A.C.**
Annunciation Convent, Ladyhill

It was indeed a wise decision of our Superior General and her team specially that of Sister Lydia the Councillor for Education, to plan a refreshing seminar , for the Heads of all the Higher Primary Schools from 16th to 24th June 2018. We were given a cordial and a very warm welcome by the sisters.



On the 16th all of us met in the Chapter room at 9.00 a.m. for the Inaugural Prayer Service. Sister Mabilia took up a session on Mother Aloysia, the 2nd Superior General. Mother Alyosia instructed the sisters of her community on how to teach the little ones, and how to make themselves effective teachers. Our important task is to be with them, correct them gently and later they will be our reward. She encouraged all of us to read Mother Aloysia's autobiography. Sister Lydia after giving us the time table for the week took up a very motivating and enlightening topic on "What makes a school Catholic?" She emphasized on 'Catholicism' which has a strong emphasis on communal nature of human existence.

Morning and Evening prayer, Mass, Confessions, disciplinary activities do not make our schools Catholic. So, then what makes it? - doing more good than evil, being responsible for ours and others well-being, accompanying our students specially the poor and those who are weak in studies, by gentle, loving approach to parents during

admissions respecting the dignity of parents and having a welcome culture will bring in joyful warm relationship between parents, teachers and locals. That was the first day & it was good!

Mrs. Jaicy George took up the 2nd day on 'Leadership Skills'. She conducted a group game to make a working machine..... we were divided into 8 groups. To build bridges you need, as leaders, to develop three areas: Self, Group and Society. She also helped us to know the 10 traits of a highly effective Principal. Comparing a Principal to an eagle she brought out clearly the holistic approach a leader should inculcate in her staff and students.

She insisted on the purpose of education not by 10/10, but by inculcating values in growth building persons. An ideal principal is: open to a feedback, a team player, a problem solver, an organizer, a goal setting leader, one who leads by example, focused on education, vision and mission and one believes in her staff and approachable. The acronym 'SPICE' would specify the qualities of a true leader.

1. Spiritually rich and balanced
2. Physically fit and strong
3. Intellectually well read and updated
4. Community builder and Communicator
5. Emotionally balanced

Only then she can be a pro-active person. She enlightened us on people who had scaled heights and finally fallen badly like Nirav Modi, Vijaya Mallya, Shrikanth and

People who were rooted in the Lord and built a strong tower with a strong foundation and had no fall like that of Mother Veronica, Mother Teresa, Abdul Kalam, Nelson Mandela and Medha Patkar. And it was the second day and was very good!

Mrs. Tanuja and Nirmala highlighted the point on "Experience learning" – the practical way of learning in the 21st century. It was brought to our notice that "Smart board" gives only information, it isn't making them smart, but making them 'bench glue'. Through various activities she taught us how to engage children in the class rooms while teaching subjects like Maths, Science and Social Studies. The mindset of the society today is 'if a bridge collapses catch the engineer if the road is bad in shape catch the contractor, if a child fails

in life catch the teacher'. Through practical examples and discussions we learnt that we cannot close the door to **children's thinking** but teach them to **explore**. And the third day too was good!

The 4th day was truly global at the 'Global International School'. The Principal and the Co-ordinator together with the staff extended a very warm welcome with a hot cup of coffee and snacks. We were surprised and taken aback by the very structure, style and way of functioning of the school, with the strength of 15,000.

All cultural events with photos, their annual report, activities conducted, and classroom sessions were brought to our focus through Power Point Presentation. The student leaders took us round the school.

It was a visit of gratitude with an attitude of wanting to learn more from an active and vibrant group of leaders. And the fourth day was indeed very good!

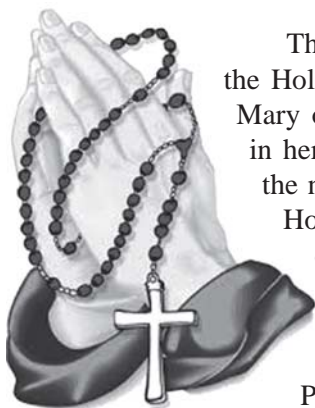
'Every generation is an upgraded generation' said Shirish Sebastian the Speaker of the day, as he introduced his topic as "Generation of 2G, 3G & 4G. He told us that his father was a sage on a stage and they sat at his side..... "Today my children sit on my father's chair, waiting for nobody, and giving a place to sit is never to be dreamt. To this generation I have to be like a 'Genius Tailor'. An ordinary tailor stitches every day, the same thread and the same machine – no change. We have the same children, same books, same activities and we end up selecting useless parts and spirits for the 21st century! Make yourself a Genius Tailor –as Teachers. Learn everyday from anyone something new. Cook a dish, play an instrument, read a new book, walk to the library, every time think out of the box. Begin at 5% and you will reach 50% slowly, 'you are not here to compete but to complete God's plan in your life'". Indeed the fifth day was creative & good!

Having learnt from six resource persons we have realized that we as spiritual teachers whose task is to move people from where they are – to where God wants them to be, we realized our responsibility to read, to update, to learn, to attend different occasions/functions to learn so that we become innovative and make our school atmosphere vibrant with life, bubbling with activity and happy smiles.

With grateful hearts **we the 64** thank our Superior General and the team and in particular Sister Lydia who planned the details for making us move from the head level to the heart level and thus making us know the essential competencies one should have to be a good leader!

13. DEVOTION TO THE HOLY ROSARY

* **Sister Marie Christine A.C.**
Anugraha Convent, Bellary



The month of October is especially devoted to the Holy Rosary. Through this devotion we honor Mary our Mother more profoundly. Mary herself in her apparitions has made known to the world the need and importance of the recitation of the Holy Rosary. Mary is hailed with the title of our Lady of the Rosary or earlier as our Lady of Victory for the remembrance of the 16th Century Naval Victory which Europe secured against the Turkish invasion. Pope St. Pius V attributed the victory to the Blessed Virgin Mary, who was invoked on the day of the battle through a campaign to pray the Rosary throughout Europe. The Rosary is considered a perfect prayer because it consists of the whole History of Salvation, and its center is not only Mary but also Jesus. In the early Church all the faithful recited the Rosary with the Our Father and Hail Mary. Later the clergy and the religious, who knew to read, started the recitation of the Psalms. Therefore the Rosary is not only a vocal prayer but also leads to mental prayer.

During the month of October the statue of our Lady was taken to every family in our parish of the Infant Jesus Church and the Rosary was prayed in each house of the wards. Finally one house was chosen to celebrate the Eucharist and all the members of the families gathered there. So in our ward on 31st October at 5.30 p.m. we started praying the Rosary and finally reached Anugraha Convent at 7.30 p.m. After the Rosary the Eucharist was celebrated. Our

Parish Priest Rev. Fr Ponnuswamy was the main celebrant. Nearly 15 of us were present for the whole celebration. After Mass all of us had a simple family meal together and rejoiced with our Mother Mary. It was a unique event for the people of the ward to be a part of the celebrations in the Convent.

14. HEADS, HEARTS & HANDS REJUVENATED!

* Sister Maria Gracilda A.C.
St. Joseph's Convent, Mysuru

“...to live gratitude is to touch Heaven” Johannes A. Gartner



Yes nothing is more honourable than a grateful heart. Here am I on behalf of the Principals/ Headmistresses of the Higher

Secondary Schools to express my feelings and experiences of the Seminar as well as a few words of gratitude to Sister Susheela the Superior General and her team, in particular Dr Sister Lydia for having organized this seminar for us, to Sister Carmel Rita the Provincial Superior and her team for having trusted us and assigning the responsibilities in our hands, to our Superiors, Assistant Headmistresses and everyone who helped us to refresh, to renew, to re-energize, to replenish and to re-build our lives through this seminar. In turn we say “Thank you and God bless you”.

“As the Father has sent me I also send you” Jn 20:21 “Do whatever he tells you....” Jn 2:5. “Be true religious and not pious teachers” Venerable Mother Veronica.

The above quotes give each of us as educators more so as consecrated religious a signal that we are persons of God who are committed and enthusiastic to transform self and others.

The following sessions taken up by different Resource Persons inspired, enlightened, motivated and directed us in varied ways.

- The Characteristics of a Catholic School- The History of A.C. Education – the Vision/Mission of Mother Aloysia the Founder Principal of AC Education by Dr Sister Lydia A.C.
- Schools for the 21st Century by Dr G. Shridhar
- Unique Style of leadership – ENNEAGRAM by Sir Valerian Sequiera
- Creative Leadership by Sir Shirish P. Sebastian
- A Leader’s Camp under the theme “Celebrating Impact” held at Global City International School, Bengaluru.
- School Leadership in a Changing World by Rev. Fr Robert Menezes S.J.
- Polarities of Religious Life by Sister Vimala Paul
- Action Plan – Dr Sister Lydia A.C.

Here below is the gist of the seminar written in the form of a verse.
St. Ann’s – a Holy Seat of A.C. Education
‘EXCELSIOR’ is the basic Motto of AC Education/Foundation
Always Greater, Always Nobler, Always Higher-Vision of the AC Institution

Lived and taught by Mother Aloysia the Founder Principal of the AC Congregation
Although young, inexperienced yet outstandingly intelligent,
Raised the standard of the AC Education giving all a good report
Indeed a gift of qualitative, innovative methods of academic excellence
Has set the benchmark to each of us to live with accuracy and genuineness

A clarion call to be the face of God whom we experience in prayer
Avoid being ‘Red ink people’ rather become persons of compassion and care

Centenary Chimes - St Cecily's



Platinum Bells Peel - St. Ann's College of Education



Jubilee Bells at Pavur



Golden Bells at Shantibi Nilaya



Our mission is to be a **‘Guide by the side’** and not a sage on the stage

Dedication to duty compounded with love & thoroughness will lead to change

In today’s Info tech age we can’t be ‘frogs’ with methods of old
Think different things – words have wings- Think creative thoughts
Discover the **‘Hidden Curriculum’** of the school – prepare all rounders

Be super heroes – AC heroines by inculcating a blended learning system.

A leader creates the culture in an Organization

If implemented with right spirit sure is our destination – Salvation
Indeed we are privileged to be the precious human beings in God’s Creation

Excited to discover **‘Our unique style of leadership’** through our contribution

A Leader’s camp at GCIS – Global City International School

Opened a new world of creative methods and empowering rules
Homely atmosphere – systematic organization, administration of delegation

Students full of life & cheer, spontaneous and learning all aspects of education

As leaders we need to come out of our ‘Comfort Zone’

Walk the paths of ‘risks & adversities’ ‘humiliations & strife’ to reach our goal

Develop an attitude of Childlike, Gratitude and Appreciation

Leading all who come on our way to their destination.

Our task is not to compete but ‘complete’ one another

Warm heart/ cool head along with smiles can alone build the other

A stress free life definitely will bring in blessings of good health

Prayer, Nature Walk and Good Relationships, contribute to life’s wealth.

Make a difference, set clear expectations and goals for students' achievement

Failing to plan is planning to fail – develop a sense of time management!
Promote a climate for regular teacher interaction and classroom instruction

Inspire confidence; develop team spirit for excellence & effective communication!

We thank you sisters for all the insights and experiences you have shared with us and made our lives rich. Thank you for giving us your best. Life is 10% of what we make it and 90% of how we take it. God gives us the ingredients for our daily bread but He expects us to do the baking. Similarly we shall strive to compete with our super fast world without missing our goals. I believe that nothing is impossible to a willing heart. We shall be original, creative and innovative in our thoughts, words and actions.

Let me conclude with a few thoughts on Leadership :-

- “A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He/she does not set out to be a leader, but becomes one by the quality of his/her actions and the integrity of his/her intent.”
-Douglas MacArthur
- “The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant.”— **Max De Pree**,
- “Don't follow the crowd, let the crowd follow you.”
— **Margaret Thatcher**
- “As we look ahead into the 21st century, leaders will be those who empower others.”—Bill Gates

Let's strive to be one such!

15. SUCCESS STORY OF THORANA SRIDEVI

* Sisters, Carmel Niketan, Bidar

I am Sridevi Thorana D/o Galeppa from Gornallie Village of Bidar District. I am a poor and disabled girl. I did my computer studies in the year 2005 at Carmel Vocational Training Institute through the kindness of Sister Christine Misquith A.C. and also with



the great help of the Sponsorship Programme of Caritas Prague. I did my computer studies free of cost and after completing my studies through a project called Computer (DTP)

Center for disabled students of Caritas, Sister Christine helped me to set up a Computer Center. Now after some years, I have reached a position where I am able to give training in Computer Studies. With my earnings I am able to get 5-6 new Computers and train students. Along with my Computer Centre, I am also able to give my service as Computer Operator in Basava PU College and C.V. Raman PU College. During my working hours my brother looks after my Computer Center. From 2017 onwards I have been working in the Deputy Commissioner's Office at Bidar as a Computer Operator in Outsource Basis. I am very happy to render my service to the public.

On 1st November 2018 – on the celebration of Karnataka Rajotsava I received the Best Social Worker Award by the District Administration Committee, Bidar. I have been honoured at the 18th Indian Poetry Samelana at Bidar. I was honoured as Self-Employed Women in the 5th Kannada Poetry Sahithya Parishath, Bidar and honoured by the Taluka Sahithya Parishath, Bidar.

We are six in our family – my parents and four children. I have two younger brothers and a sister. My first younger brother Mahesh

is doing his M.Com and helps me to run the Computer Centre successfully. My second younger brother Sangamesh has completed his B.C.A studies and my sister has completed her Engineering studies.

My sponsor parent Bullovova Jana of the Child Sponsorship Programme of Caritas Prague gave me, a disabled person the golden opportunity to brighten my life by getting free education at the Carmel Vocational Training Institute, Bidar. It is really a blessing to thousands of young, poor girls to make their future confident and bright. I am really grateful to Sister Christine Misquith who played God's part in my life as well as in the lives of many poor youth who studied like me. I am now empowered with the job oriented skills and through it I am living happily and am contributing a lot to the society. I am very happy to live a valuable and independent life through the project of Child Sponsorship Programme, Caritas Prague. I am very grateful to Caritas Prague and Sister Christine Misquith A.C. May their good work continue and reach needy persons like me!

16. THE FALL OF THE GREAT WALL!

*** Sister Rose Agnes A.C.**

Provincial House, St Ann's Convent

The worst floods and rains of the century devastated the people, lands, crops, animals, houses, coffee estates of Kerala, Madikeri and Kodagu. Many people were buried alive, went missing only to be found



The wall resting on the Hostel

dead. The loss was colossal. The pain, the grief of losing dear ones and everything cannot be humanly estimated!

While both Kerala and Karnataka shared in the tragedy, **the Mother House of the Apostolic Carmel, St. Ann's Convent** went through a terrific tragedy on the night of 18th July when at 1 a.m. a group of three men came and rang the bell of St. Ann's Convent only to convey that that the 'Great Boundary Wall' of St. Ann's behind the Carmel School had collapsed and tilted resting on the Hostel wall which accommodated over fifty men. Any time their hostel building



The debris cleared - the Hostel intact!

could collapse! A great miracle indeed! St. Ann, Our Lady of Mount Carmel had held the wall and saved the lives of the hostellers. A forty feet wall built with granite stones in 1997,

costing Rs. 60 lakhs, under the supervision of the then Superior Sister M. Yolaine of revered memory had gone down. Water was flowing into the basement of the hostel and had already destroyed the books in the shop and the goods of another shop as the hostel building had housed some shops in the basement.

The pressure of the hostel party to excavate the mud immediately was severe. Sister Maria Kripa, the Superior was very much tensed. The sisters of the community assisted in drafting the letters to the D.C., the Tasildhar, the Police Station and the Corporation. Several officials, engineers and even Mr. Ivan D'Souza, MLC visited the spot. Taking each of the party to the site of the collapsed wall and the dingy, ill kept hostel was a terrific task. The ones who visited were awestruck looking at the mighty wall slanted and the miracle of the lives and the hostel building saved.

No one was prepared to undertake a reconstruction of such a dangerous disaster!

Finally Mr. Neville D'Souza, our engineer undertook immediately the mighty task of removing the mud and rebuilding the mighty wall.

The re-construction of the collapsed portion of the wall was estimated to be Rs.75,00,000/- and the immediate permission was sought for from the Superior General and the Council. However in the execution of the task more tragic surprises awaited. Another 100 feet length and 40 feet height needed immediate attention. The place of construction was such a narrow space it would be impossible to undertake this task again. Once again re estimates had to be done and the plans are sent up for approval. Now the total cost of the entire construction would work out to Rs.2 crore.

The budget of St. Ann's Convent, Mother House has been completely washed out with the rains and the floods. They



Heaped Mounds of Mud & Stones

will have to look forward for a second budget of the year 2019-20 to make up the loss very quietly. Though applications were submitted to the Government through the MLC, nothing is coming forth as they consider it as a private property. Such are the ravages of rains this year. For the first time in the history, the schools were closed for 8 days in Mangalore though not continuously.

Though finance is a big blow to St. Ann's, **God has had mercy on us as**

He saved the lives of the people and also the loss of the hostel building. The work is in progress, a very risky job due to the constraints of space availability. Anyone who walks into the compound of Carmel School is greeted with a mountain of mud excavated from the site of the collapsed wall. May God be praised for the **Miracle** and may the workers at the construction site be protected to complete the task of the **'Great wall of St. Ann's!**

17. THE SESQUICENTENNIAL JUBILEE

* Sister Sylvia Soares A.C.
St Joseph's Convent, Kundapur

Come on, let's celebrate the Sesquicentennial Jubilee
Sisters gather in cheerful glee
To meet one another in joyful mirth
Ringing up to one another
For careful, faithful planning
Why? The Sesquicentennial Jubilee
Recording beautiful hymns and audios
Clicking images for Bulletin Boards
Grabbing pointed pens to scribble few lines.
Concentrating on pictures of Mother Veronica
Eyeing and browsing the computer online
Insights and websites of our province and congregation
Why? The Sesquicentennial Jubilee
Acting out plays on Mother Veronica
Composing sweet and melodious songs
Writing pages and pages of articles
Rehearsing the material gathered
Hush and rush of the Community sisters
Volunteers and withdrawals the daily routine
Why? The Sesquicentennial Jubilee
Mobile on the left hand, pen in the right hand
Eyes on library books, grazing material
Banners and posters hanging on walls
White papers, coloured papers A4 size, A3 size
Legal or letter sized matters and pieces.
Photography, choreography, biography and videography
Why? The Sesquicentennial Jubilee
A waking call for laziness to fall
Some were ready, the others busy
Some wanted ribbons, some needed decorations
Projectors on hire, computers and
Bags heavy with cables

Tables dragged now here, now there,
At the corner or center, up and down
Many things to tell but only few spelt
Ringing and chiming the community bell
To proclaim our dear, beloved Mother Veronica!

18. 'TIN JUBILEE' A JOYFUL MEMORY

*** Sister Lavina Anitha A.C.**
Carmel Convent, Ashaniketan



Give thanks to the Lord for His Love is eternal. With sentiments of gratitude we the Ten plus Finally Professed Sisters are here to share our memorable divine and human experiences from 16th August to 24th September 2018.

The day on which we started our journey was a flood filled one.

Though we the Pancha Pandavas, Sisters Jenifer Moras, Jyothi Pereira, Dulcine, Rita Pinto and Lavina Anitha (our two companions Sisters Agnes Thangaraj and Shalini Monteiro in Lourdes Community, Bengaluru waiting eagerly for us) had booked the train tickets, the torrential rains stopped our train and at the last hour with the assistance of Divine Providence we managed to get Sugama bus tickets to reach our destination Sugama (safely).

In the evening of August 16, we assembled at Ashaniketan Convent for supper and with the blessings of Sister Magdalene the Superior of the house and all the community members we set forth at 9 p.m. to board the bus at 9.30 p.m. Imagine our journey to Bengaluru sitting on the last row of the bus! But we reached Bengaluru intact safe and sound with a little body pain.

The long awaited day arrived to meet our batch mates of other Provinces. Seventeen out of Twenty five had arrived on August 17.

It was a happy reunion! Thanks be to God! That day was spent in resting and sharing. You may wonder why only seventeen reached the destination and not all the twenty five. The reasons are the rain, train, aero plane and government. Sister Sandra Maria couldn't arrive because of the floods in Kerala; as Noah came out of the ark after the rain subsided, she also reached



Bengaluru on August 22, now our number increased to 19. In order to make the Sri Lankan party to join us, prayers were sent up to heaven through the intercession of our Revered Foundress Venerable Mother Veronica to see that visa is given to our companions of Sri Lanka to attend the course. A miracle took place! They got the visa and joined us on 25th August. We were overjoyed, no words can express it. All this is only about our arrival.

The 'Renewal Course' as the name suggests was an awesome renewing programme. Each session enriched, enlightened, empowered and encouraged us to go forward in life with our purpose of life in the forefront of our being. The peak of our renewal time table was the 'Attitude Retreat'. This Retreat called us forth to put on the Attitude of Christ at every moment of our life. The eight-day retreat vanished like a cloud. A novel, enriching experience indeed!

22 days in Saranya passed off so quickly and the day dawned to board the train to Delhi (Karnataka Express) on September 9. We set out to the capital city of India. After two nights' journey we were in Delhi, warmly welcomed by the sisters of Carmel Convent, Delhi. As soon as we reached there we refreshed ourselves and set forth to see the beautiful Aksara Dhama, which is a place worth visiting. The next day we had Agra Darshan. We were delighted to see the world famous Taj Mahal, the Red Fort (which we see every year on the television on August 15). The next day we were led to see Delhi Darshan, everything was good and the monument which made a very good impact on me was Kutub Minar. Very tiny and beautiful

carvings can be observed on this monument. In the evening we could shop till we dropped. The sisters at Carmel Convent, Delhi were very cordial and hospitable. Sister Maria Sumita, the Superior and the sisters provided us with whatever needed for our stay and our journey back. Sister Marie Jenifa was our constant guide in the Capital city. From there the 'chuku bukku bandi' took us to Patna, the capital city of Bihar. The railway station here was decorated to welcome the Tin Jubilarians. The Provincial Superior, Sister Doris D'Souza and her Councillors along with the sisters of the house welcomed us creatively. Within no time we felt at home. There we visited places like Patna Museum, the River Ganga, Pataliputra, Rajghat, Bodgaya, Nalanda, all the historic places, and the Bishop. Our joy was enhanced by the cordiality shown by the five communities of Patna. We left Lalloos' 'Uru' and proceeded to Kolkatta, Mamathama's 'Uru'. We were warmly welcomed by the Provincial Superior Sister Marcella and her team. Sisters Bondana, Lavina Rodrigues and Joyful Mary assisted us on our tour. Here we visited the Science city, Eco garden, Mother's wax museum and a number of Convents of the Eastern Province, the Retreat Center, 'Divya Darshana', Mother Teresa's house to enrich and enlighten us. The last day was the 'big bazaar visit'; things are very cheap here but our luggage was full.

With grateful hearts we the Tin Jubilarians thanked God Almighty and all those who were responsible for this our refreshing, renewing and enriching programme and returned to our communities on September 24.

Our gratitude to our dear Superior General Sister Susheela who organized this Renewal Programme for us, to Sister Vimala Paul the Directress who helped us in every way possible to make our renewal fruitful, Sisters Liceria, Mabilia, Lydia, and Fr William Sequiera for their inspiring sessions, and Fr. Paul for the wonderful retreat. We sincerely appreciate the three Provincial Superiors, Sisters Nirmalini, Doris D'Souza and Marcella and all the sisters of the above three provinces for their cordial welcome and warm hospitality during our visits.

We also remain grateful to our Provincial Superior Sister Carmel Rita for giving us this opportunity. We thank our Superiors and

sisters of our communities for shouldering our responsibility in our absence. Our thanks are due to the Heads of institutions and colleagues for their help and prayerful support too. Sisters we have so much to tell about our Renewal Course but the space is a constraint. It is our earnest prayer that God may bless everyone who contributed her share to make this programme fruitful and that we may strive constantly to put on the 'Attitude of Christ'.

19. UNSUNG HEROES OF LADYHILL

*** Sister Pushpa Pinto A.C**
Annunciation Convent, Ladyhill



“Well done and trustworthy servant you have been trustworthy in a few things, I will put you in charge of many things, enter into the joy of your master”
Mt.25:21

‘It’s not the honour that you take with you, but the heritage you leave behind’. Getting a Notice from the Department is very common and eats up our brains. Sometime on the last day of September a Notice arrived which made us do some soul searching. It read this way, ‘On the 150th year of Gandhi Jayanthi honor a local labourer’. When the Headmistress and the staff members merged their thoughts together a brain child was born. We posed a question and said, ‘Why can’t we honour our own supporting staff that renders selfless service to our institution by seeing to the welfare of our students and ensuring their safety?’

By acknowledging their service, we try to instill in our students the lasting values of acknowledging the sacrifice of their own parents, who slog for them day and night. Through this we teach them the etiquette to be courteous and grateful to any person who helps them. Great people have always understood the dignity of labour and of the labourer too. Many a time we take for granted persons who serve us. Every person needs a pat on one's shoulder and a word of appreciation. This was an eye opener for the entire staff and students to recognize and acknowledge the services rendered by our support staff (attenders, peons)

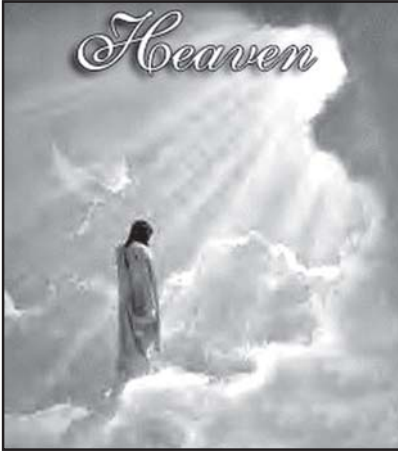
It was that auspicious/ memorable day Oct 2, 2018 at 9.15 a.m. the staff and students gathered in the Ladyhill Victoria High School Hall for the programme to celebrate the 150th birthday of the Father of our Nation, Mahatma Gandhi. We began the programme with a meaningful prayer service. At the end of the programme the four support staff members were called to the stage by the Headmistress Sister Maria Ujvala. Teacher Wilma Lobo introduced them one by one. Their good qualities, faithfulness to duty, obedience to authority, service rendered to the students, punctuality, loyalty and the spirit of dedication was praised and acclaimed. Honouring them with a shawl, a gift, cash and flowers by the Headmistress, staff and students followed. It was such a pleasant surprise for Mr Gopala, Mrs Sharanitha, Mrs Greta and Mr Ashok, who would never, have ever dreamt of it in their lives. This little act of sincere love brought about a tremendous change in their lives in showing greater zeal, commitment, dedication, and a sense of duty for the cause of the institution. This worked as a powerful boost and truly it was a reality.

I conclude with the words “if a civil society wants to prosper and advance it will only happen when the contribution of every citizen is acknowledged and honoured”.

20. WHERE IS HEAVEN?

* **Sister M. Shalini A.C.**

Carmel Convent, Asha Niketan



When we utter the word heaven, our eyes, mind and even the neck is lifted upward to the sky. By the way, “Is heaven up, in the sky”? Let us find out where heaven is. Can one pierce through the clouds and see it inside the sky and have a glimpse of heaven? Many will say no, the innocent children may say, ‘yes’ and believe.

Let us enter the mind of a little one. A little girl Mini, was told by her parents and the teachers, that God is up above in the heaven and He is watching all that you do and say. The child got into such curiosity that she wanted to see God, Jesus, Mother Mary and the beautiful angels. She knew it would be a hard job and she will not succeed alone. She called her classmate Maxie who was her neighbor, and asked him to meet her and told him her desire and the plan to pierce through the sky and see heaven, but she needed long poles. So they planned to join two longest poles, straightened them up and tried to pierce through the sky. The more they pushed it up the more they realized it was not possible. Just then the Parish Priest came home for House Blessing. The children were missing in the house and to the surprise of the parents they refused to come immediately saying, ‘Please give us some time we want to see heaven and then come’.

The Parish Priest approached the children and saw their efforts and said, ‘I too will help you,’ and lifted one of them up and said, ‘Now push the poles and you may succeed’. But all was in vain. He then took them home and sat with them and tried to explain about heaven and where heaven is.

He began saying, 'Dear little ones, heaven is where God is. God is in your heart, He is present in every one, He is around you in creation, He is very much in a family and that is your own home. Heaven is where there is Faith, Hope, Love Joy and Peace and all are happy. Holy Father Francis speaks so much about Family, and he wants every family to be holy and joyful and this is heaven on earth! This is seen; and felt by the members of a family and all families when they live this way, the whole world is heaven! Now let me give you a small example listen carefully'.

A great artist, wanted to paint "the most beautiful thing in the world." He asked three people what they thought it might be.

"Faith" replied the clergyman, "You will find it at every altar".

"Love" said a young bride. "Love builds poverty into riches, it sweetens tears; makes much of little. Without it there is no beauty".

"Peace" is the most beautiful thing in the world," answered a weary soldier. "War is ugly. Wherever you find peace, you find beauty." Beauty in everything and smiles around.

The artist on his way home wondered and said to himself, Faith, Love, Peace! How can I paint them? Entering his home he saw faith in the eyes of his children and love in the eyes of his wife. And in his home, he saw and felt the Peace that Love and Faith had built.

So he painted "the most beautiful thing in the world" and he called it "Home"

Maxie: Father I have a question. Our teachers and sisters who come to visit us said if we are good we will go to heaven if not we will go to hell. Is there a story about hell?

Parish Priest: "My dear children, heaven and hell are both present on earth. Our home can be a heaven or we can make it hell."

Mini: Father I am confused now. I shall ask our sisters about this when they come to visit us.

P. Priest: To tell you in short, "Hell is where God is absent. Where there is anger, jealousy, revenge, back-biting, shouting, fighting, unforgiveness, and all such evil. God cannot stay in such a home, and

there if we bring in faith, hope love, forgiveness, adjustment, smiles and joy, then God comes in and it is heaven on earth.” Our Holy Father is stressing on making our lives holy and make this place a heaven on earth. One cannot pierce through the sky to see heaven, but pierce through one’s heart and see what is inside, and get rid of all that is not holy and bring in God and make our heart, our home a heaven.

Mini: Father we feel happy and learn a lot when sisters visit our home. This is heavenly feeling isn’t it? This is what happens when sisters come home:

- The sisters speak to us lovingly, pray with us and for us.
- We share our joys and sorrows, success, failures, difficulties we face, like our studies, our school, mummy and daddy’s problems. Mamma and grandma speak about bigger problems, and we go out to play when they speak.
- Sisters encourage us to pray the daily family rosary, read the Word of God, to go for regular Catechism, Mass, and Confession and many other things. And we are free with them, and eagerly wait for their next visit.

Maxie: Father, we have realized the power of prayer in our family life, and we experience it in our own individual life. God has protected us every day; we are doing well in our studies.

Parish Priest: Dear children, I have to go back now. Now you consciously enjoy heaven on earth by experiencing it in your home. Ask the sisters to come regularly to your homes, God bless you.

Maxie and Mini: Father thank you, but **we want to see God**, Jesus, Mother Mary and all the Angels with our eyes, if we can get a chance.

21. WORLD DAY OF THE POOR

* **Carmel Niketan Sisters**

Jamgi Colony, Bidar

In response to the call given by Pope Francis to observe the last Sunday of the Liturgical Year as the World Day of the Poor, the Carmel Niketan Sisters, Sisters Christine Misquith, Mildred, Manisha

**A little bit of mercy makes
the world less cold and more
just.**

Pope Francis

and Supreetha were very much involved in celebrating the same in the Jamgi Colony and in the District Jail, Bidar.

There is a strict rule by the Chief Superintendent of the Jail that we should not meet men prisoners but can visit women prisoners. So we wanted to give lunch to all the 220 prisoners as a mark of our love and concern for them. We got the permission to cook inside as we cannot take food from outside. We sent our Auto Driver Raju and Jeevan his relative to cook chicken biriyani for 190 prisoners and 30 plates of vegetable biriyani. The inmates were very happy to have this food which they do not get normally. The Chief Superintendent said that the food was excellent and tasty. “The poor man called and the Lord answered”.

We celebrated in our Jamgi Colony the Day of the Poor. Our Mother Veronica ward celebrated Mother Veronica’s day grandly. Sister Mildred is the Animator of this ward. The ward took the responsibility of preparing for the Liturgy by giving a suitable introduction with a brief history of Mother Veronica. In the evening from 6.00-8.00 pm there was a programme in the colony for all including the people of other faiths. There was prayer, dance, a talk on Mother Veronica, a tableau on Mother Veronica and three games-American Housie Housie, Tug of War and Breaking the Pot. The whole colony was involved and there was much rejoicing. It was a unique experience for them. This was followed by honoring 16 widows of the colony who are poor, lonely and some of them very old and we decided to give them each a soft mattress to sleep on in this

winter season. They were very happy with this gift. Their family members were also happy and the whole colony too. Sister Christine Misquith gave in brief the significance of the day. After the concluding prayer and the prayer before meals, rice and curry was served for nearly 350 people by the people of Mother Veronica's ward. Generosity of the poor and love for their clan has no boundaries. God loves a cheerful giver.

22. “V R 4”

* The Sisters

Carmel Convent, Pezar



We are only four, but never bored to be together here. We find **life and sound** all through the day and at night too, **light and sound** because

the MRPL plant is just opposite our Convent. We see fire which brightens up not only the place around, but also the sky, our eyes and our hearts too.

The joy of being a small family of four is that we have plenty to give and to share. Love, understanding, adjustment, sacrifice is in great demand and we cannot escape. So our life here is brightened with the sunlight during the day and MRPL lights at night.

In a family, the father the head of the family, goes out to work and earns to feed his wife and one or two children. Our family of Pezar Community has no visible father, but we have a visible mother, Sister Vera, our superior who goes to teach in the High School, earns and sees to the maintenance and the welfare of the family (Community).

We are three in the house the two retired ones but never tired-cheerfully doing to keep the community going-cooking, compound work, marketing, cleaning and so on. We have just one young blessed junior. We find her, though just a first year junior, well adjusted to live in a small happy community. She has truly grown in all aspects! The Holy Family of Nazareth had three visible members and the fourth one an invisible member, the Holy Spirit. We at Pezar have all the four visible members and this adds to our joy and keeps our mission specially the family apostolate going.

We do have a satisfying experience of God. Prayer and all the practices of the Apostolic Carmel are given the priority. This is our **‘Power’** that keeps us going for, we have no guests coming in, no visitors (A.Cs), and not many programmes to attend and yet we are a happy family.

The MRPL shares with us the heat, dust, noise, bright lights and so on. We do not complain. We exist in peace side by side with it and not in pieces. Our sharing and giving keeps us happy, prayerful and joyful. Our Holy Father Pope Francis will be happy to know about our community.

With this rich experience we move out to the families. People here are simple and accept us, listen to us and we listen to them. We do share our ‘God Experience’ with them and in turn we return enriched and strengthened by their way of life. Thus we receive and give in a big way. The simple faith of the people, their power of endurance in sufferings, their spirit in facing small and big challenges, their anxieties which are too many, their dreams for their family specially for their children all this puts us to shame. For, we enjoy the hundredfold promised by Jesus to His close followers.

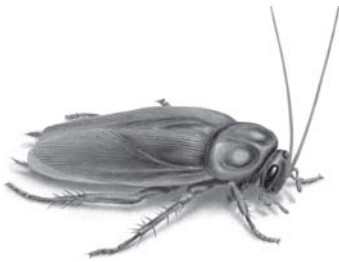
We are grateful to Holy Mother the Church and our Province who took up this family apostolate in right earnest and encouraged us to implement the same. We shall and want to continue this spiritual mission and we pray that our Province may draw people closer and closer to God day by day.

Our ups and downs do not keep us down but take us up for our upward journey which leads us to our outward journey. All are welcome to ‘Come and See’, ‘Taste and Feel’ the presence of God in and out in our surrounding.

23. WHAT A COMMOTION!

* **Sister M. Stanislas A.C**
St. Agnes Convent, Bendore

After a tiring, energy drain session a bevy of ladies entered a restaurant, to revive their spirits with a strong cup of tea. Hardly had they been there, and taken their seats one of the ladies scrambled up her seat with a loud cry and stamping of her feet. Not knowing why this alarm, all were concerned and fearing the worst, kept thumping and stamping their feet and attracted a lot of attention from those in the restaurant. The waiter enquired what the commotion was all



about. He noticed a creature on the lady's dress. He flicked it with his two fingers and it flew out through the window. *A flying cockroach!* Who ever heard of a flying cockroach! I saw them only creeping about on our floors!

She came down from the chair and burst out into loud laughter, half embarrassed and half ashamed of herself for causing all this flutter. Everyone had a hearty laugh to think that these ladies were ignorant of a flying cockroach!

Oh, the cockroaches! A real menace! As I was lying on my bed for a siesta, I noticed a cockroach just having a 'recce', before my bolted clothes cupboard. On several occasions, I saw it but it moved away. I was not concerned about its presence as I found my clothes all intact and no movement or sign of any sought. One day as I needed the guarantee for some repairs of my watch, I opened the box containing the guarantee. Out flew one of the cockroaches almost snuffing my breath out of me. On first impulse, I closed the box, but overcoming the initial shock, opened it again to retrieve the guarantee.

Oh! The mischievous cockroach, just a whisker is enough for it to enter and inhabit the place. The whiskers of a cockroach - the powerful weapon it uses to make its entry anywhere, anytime without anyone noticing it!

When Sister Maria Jyotsna came here on transfer, the first place she wanted to visit was the kitchen as cooking is her hobby. As she entered the kitchen, the cockroaches, acknowledging the presence of their mistress/master encircled her feet to welcome her with a warm embrace. As she shook her feet and brandished her hands to drive them away, they proceeded further, to imprint their whiskered face against her face. Oh, what a strange situation to enter this place to be so attacked instead of being greeted!

Her next move was to meet the Superior to request her to send all the Sisters to get rid of them. The following day, being a public holiday, all directed their steps with their colourful aprons with their leader to the kitchen. Bubbling hot water was kept ready and poured into every nook and crevice of the kitchen and the welcoming cockroaches received the warmest embrace of hot bubbling water leading to their extermination (like a bath of the German Auschwitz camp). The following day there was a complete cleaning up of the carcasses. The 'mass funeral and burial service' was fully delegated to the sisters. The masons did a complete cleaning and polishing of the place and a thorough washing. The place was fully renewed.

My thoughts went to my own home where we had a meat shelf, where prepared/ cooked food was kept. When we felt a need to keep our motor rolling, we opened it to see if there was anything we could munch. Carelessly, opening and closing it facilitated the entry and making it the home of encroaching insects. A day of reckoning! The shelf was cleared of all the boxes and utensils. The meat shelf was carried into the open and hot steaming water was poured in. The cockroaches squirmed and cried and gave up their life.

It was a custom in our homes to have kongi and the previous day's curry-(paize ani kalchi kadi, also chutney, papad, pickle, etc) for breakfast. Most often something of the previous day's fish curry used to be served. One blessed day my mother served breakfast for us all. My eldest brother came in first and served his breakfast. My mother, who had a soft corner for the eldest, came in to put some piece of fish .On this particular day, he got a piece of fish bone and relished chewing it while he had his kongi. To his great consternation he saw something more than a bone. It seemed to have wings- only it did not

fly. His temper rose high as he screeched, “Mamma, what is this?” We who were close by his side chimed in: “cockroach; cockroach” it is surely tasty as the Chinese and Japanese relish it.

Was it not tasty, delicious, and sumptuous! Oh! The Chinese can’t have a festal meal without it!

24. 50 GLORIOUS YEARS!!!

*** Sisters of Shanthi Nilaya**
Nanjangud

This year 2018 is a very special year for the Apostolic Carmel Sisters in Nanjangud. We officially inaugurated the Golden Jubilee Year with a short and elegant ceremony on November 11, 2017. We solemnly celebrated the Golden Jubilee of our convent and the school on November 16, 2018.

Our loving Father in Heaven has showered His unconditional love on the Apostolic Carmel presence for the past 50 years in Nanjangud. Our hearts are filled with gratitude, as we repeat our chorus of thanks to God for His bountiful graces showered on the community and institution from its very inception.

This day reminded us of the sweat and toil of those who served in our Convent, those who collaborated with us, the staff in our school and the families who placed their trust in us and helped us to grow to what we are today. We celebrated the achievements, victories and many blessings we received through our benefactors, well wishers and friends.

For a period of five decades, the school has been unflinchingly forming integrated and empowered students. Our alumni have excelled in various fields, many of them being very successful in varied paths of life. Sometimes the service we have rendered to the Nation may seem small considering the enormity of our country but it is important to realize that little drops of water when combined make the mighty ocean.

God chose Mr. Thomas D'Souza, a copper merchant of Nanjangud, to inspire the then Bishop of Mysore, Most Rev. Matthias Fernandes to open a school at Nanjangud. At the request of the Bishop of Mysore, Mother Theodosia, the then Superior General requested late Sister Carmencita, the then Superior of St. Joseph's Convent Bannimantap, Mysuru, to take it up. She was the one whose heart God had touched to work for the poor and marginalized. God's ways are different and unique.

On June 4, 1967, a Nursery School was opened with a few pupils on roll. Since there was no house at Nanjangud the Sisters travelled up and down nearly 23kms. every day from Mysore to Nanjangud. A tedious journey indeed for the sisters! Late Sisters Hermangild and Glyceria were the first teachers in this tiny school. Meanwhile Mr. Thomas was asked to look out for a small house at Nanjangud and he provided a house on rent near the Railway Station.

Sisters were praying and searching for a proper place to begin a school at Nanjangud. After much search and struggle for a proper place – 5 acres and 11 ½ guntas of land along the Mysuru–Ooty road was purchased for Rs. 21,000/- and the same registered.

Dwelling place of God: After much prayer and struggle God was gracious to our dear Sisters. Mother Theodosia opened the convent on September 15, 1968. Sisters Carmencita, Fidele and Katrina were the pioneers of this house with Sister Carmencita as the first Superior of the house. They worked tirelessly for the well being of the house and the school.

A good number of developmental activities and educational programmes were carried out during the present year as a part of the Golden Jubilee celebration. The main project of the Golden Jubilee was the inauguration of the newly-constructed building for PUC. After its blessing there was the felicitation, the releasing of the Souvenir, the ex-students're union and the cultural programme.

Back in 1968, when the school began its journey under the guidance of Sister Carmencita, it just had a handful of students and a few dedicated teachers. The students were moulded by many dedicated sisters and teachers. The motto of the school, *'Service and*

love' reflected the conviction that the welfare of humankind requires that each one of us contributes to society.

November 16, 2018 was the red letter day for us in Nanjangud. We celebrated the Golden Jubilee of the convent and school in a grand manner. A Thanksgiving Mass was offered at 10 a.m. by Most. Rev. Dr. K. A. William the Bishop of Mysuru. The neighbouring parish priests, parishioners, well-wishers, benefactors, ex-students, teachers and our own Apostolic Carmel sisters were present. We were delighted with the presence of our dear Provincial Superior Sister Carmel Rita, Sister Lydia and Sister Ida Barboza. After Mass there was a short felicitation programme for the past superiors and the present one. The whole programme ended with a fellowship meal.

At 4 p.m. there was a cultural programme to mark this occasion. Students from each class presented their item with great elegance and pomp. More than four thousand audience witnessed this outstanding performance by our zealous students of Nanjangud. To mark the Sesquicentenary of our existence and 50 years in Nanjangud a short dance drama on Mother Veronica's life and the History of the Convent was acted out. We felicitated the past and present Headmistresses, well wishers, retired teachers and benefactors. Sister Lydia, the chief guest of the programme appreciated and encouraged us. Sister Carmel Rita, in her presidential address, recalled the past sisters' hard work, and praised God for their gift to us. All the officials of the Educational Department appreciated the work done by the Apostolic Carmel sisters in Nanjangud.

We remain grateful to God for His continuous help and guidance throughout our life. We experienced His constant support and help. We are grateful to all our sisters, well wishers and benefactors. We owe our gratitude to our Superior General Sister Susheela, to all the sisters at the Generalate, our Provincial Superior, Sister Carmel Rita and her team for their constant support, guidance and help in our mission here in Nanjangud. May the good Lord give strength and courage to Sisters Florine Pinto and Tresilda, and to all the community members to carry on their mission fruitfully. May God bless us all.

25. CENTENARY BELLS CHIME AT ST CECILY'S CONVENT, UDUPI

* **Sister M. Gracy A.C.**
St. Cecily's Convent, Udupi

The much awaited day dawned on November 29, 2018. The grand centenary celebrations of the day began with the Solemn Thanksgiving Mass offered by the Most. Rev. Dr Peter Paul Saldanha, Bishop of the Diocese of Mangaluru along with nine other priests of the Udupi Diocese.

The Bishop was felicitated after the Eucharistic Celebration, during which he appreciated the growth and the cooperation of the people of Udupi. Refreshments were served and the formal function began with a welcome dance by the little ones of St Cecily's English Medium and St Cecily's Kannada Medium Primary Schools after which Sister Maria Maisie, the Superior welcomed the gathering.

A brief history of the Institution 'Gratitude of a Hundred Generation' was presented to the gathering. Later, the former Superiors of St Cecily's namely, Sisters Nirmala Francis, Aquineta, Ida Barboza, Vincenza, Rosetta, Shaila and Pushpa Pinto were felicitated. Sisters Apoline Baretto and Maria Vibha briefly presented the mission of the Superiors in Udupi. Sister Ida Barboza on behalf of the Superiors shared her enriching experiences and reminiscences.

The AC Associates then sang a lively greeting song composed by Sister Apoline Baretto and the music set by Rev. Fr Valerian Mendonca, the Parish Priest. In his address the Parish Priest gave an account of real examples of St Cecily's reaching out to people of other religions. Sister Carmel Rita the Provincial Superior and Sister Susheela the Superior General appreciated the efforts of St. Cecily reaching out to thousands of children. The whole programme was compered by Sister Gracy and Sister Benedicta Rebello proposed the vote of thanks.

Fr William Martis then blessed the fellowship meal that was arranged for all present.

The Centenary Celebrations in the evening started off with the Inauguration of the newly built Centenary Memorial Block. Sister Susheela, the Superior General, inaugurated the newly built block and Rev. Dr Gerald Isaac Lobo, Bishop of Udupi Diocese blessed it.

The formal entertainment programme followed with the prayer song by the P.U.C students, a welcome dance by the students of Kannada Primary School and an action song by the Tiny Tots of the Preparatory School. 'Down the Century Lane' a narrative act was presented in a creative way recalling the history of St. Cecily's directed by Sister Rose Agnes.

Most Rev. Dr Gerald Isaac Lobo, Bishop of Udupi Diocese was the President, Sister Susheela, the Superior General was the Chief Guest and a host of others were the Guests of Honour. All the dignitaries gave their messages. Trisha, Shirish, and Sana our present students were felicitated for winning in the State Level events and Thanushree for her entry into Guinness World Record.

Sri Oscar Fernandes and Sri Pramod Madhwaraj, the Ex-Cecilians were felicitated for their commendable work for the society and five Ex-Cecilians for their achievements in Sports.

Mr Nevil D'Souza, Mr Prasanna Kedlaya and Mr Rajesh Shenoy were felicitated for their service in building the Centenary Memorial. Sister Susheela, the Chief Guest released the Centenary Souvenir.

The cultural extravaganza performed by the students of all the five institutions enthralled the audience. A play about spreading love, peace and service was performed by the students. A large number of students, parents, sisters, ex-cecilians and the public were present for the entire programme. Soft drinks and a piece of cake were served to the entire audience.

On November 30, the 'Ex-Cecilian Meet' was held on the school grounds. The programme commenced with Mr Gopal Poojary, the retired attender ringing the bell which was followed by the lighting of the Lamp by a few former Ex-Cecilians. Later the retired teaching and non teaching staff were felicitated. The famous Actress Vinaya Prasad and Veena Bannanje, a well known author shared their

nostalgic memories of their school days. Sister Rose Agnes the former Principal of St. Cecily's Composite P.U. College, addressed the gathering and expressed her joy and appreciation of the programme.

The cultural items included Yakshagana on 'Punya Koti', a stunning dance performance by the Bhargavi troupe, playing of the saxophone by the famous 'India got Talent' Anjali Shanbough, an Ex-Cecilian and other skits and dances—all by the Ex-Cecilians.

The entire programme was compeered by Mr Sandeep Rai, and Ms. Amrutha. Sister Maria Vibha gave the welcome address and Mrs. Savitha Shenoy, the Vice President proposed the Vote of Thanks. The programme ended with dinner for all those gathered at the function. A great and memorable celebration indeed!

26. ST ANN'S COLLEGE OF EDUCATION CELEBRATES PLATINUM YEARS!

*** Sister M. Dorothy A.C.**
St. Ann's Convent

The year 2018 is a propitious year in the chronicles of St Ann's College of Education. Within the hallowed portals of this great institution the teacher educators hold the challenge to be dedicated and committed to service to the society. St Ann's College of Education (Autonomous), Mangaluru, a premier teacher education college in the west coast, is a summit of many endeavours in imparting quality 'Teacher Education'. November 30, 2018 was a very special day to recall the blessings of the past 75 years.

The day began with a Thanksgiving Mass celebrated at St Ann's Convent Chapel by Most Rev. Dr Peter Paul Saldanha, Bishop of Mangalore Diocese along with eight concelebrants. The student teachers, staff and alumnae symbolically carried seventy five lamps to the altar singing the praises of God. This was followed by refreshments to the invitees and the guests.

The wonderful evening began with the receiving of the President Sister M. Susheela, Superior General, followed by the chief guests Sister M. Carmel Rita, Provincial Superior, Dr Sister Lydia Fernandes, Former Principal and General Councillor for Education, Mrs Philomena Lobo, KES, Secondary Education, Department for Public Instruction accompanied by Rev. Fr J.B Crasta, Rector of Rosario Cathedral, Sister Ida Barboza, Secretary, Apostolic Carmel Educational Society, Mr. Abdul Latheef, Corporator, Mangalore City Corporation, Dr. Mercy Pushpalatha, Programme Consultant in South Asia, United Board for Christian Higher Education in Asia being the Guests of Honour.

Dr Mrs Vijaya Kumari S.N, Associate Professor and the Convenor, St. Ann's College of Education, Sister Maria Kripa Superior and Joint Secretary, Dr Sister Clare, Principal were also present. The formal programme began invoking God's blessings through a prayer song. A vibrant fusion of traditional sounds and rhythms with various dance forms of our country led by the B. Ed. students was performed to traditionally welcome the gathering after which Dr Sister Clare, Principal formally welcomed the audience. With a blend of quality of melodious voices, the M.Ed. and B.Ed. students sang the Jubilee Song composed by Rev. Fr Ben Britto Prabhu O.F.M

A video presentation of the 'Reminiscences of the Platinum Years' – a report that places on record the achievements of the past as well the focus for the future was presented by Dr Sister Clare, Principal, Mrs. Rose Pinto, Sister Dorothy and Sister Zeena highlighting the impressive academic records of the past 75 years.

To equate performance with attempt and surpass the curricular activities, the B.Ed. Students in the present and the past were recipients of many awards. The deserving students were honoured by Rev. Fr. J.B Crasta, Rector, Rosario Cathedral, Mrs. Philomena Lobo, KES, Director, Secondary Education, Department of Public Instruction, Sister Carmel Rita, Provincial Superior, and Dr Sister Lydia Fernandes, Former Principal and General Councillor for Education, Apostolic Carmel Generalate.

To recognise and reward the achievements of those special people in the form of Alumnae, Former Principals and all those who have contributed in a special way, five outstanding personalities were cordially felicitated for their unending pursuit of excellence. They were Mrs. Philomena Lobo, KES, Director, Secondary Education, Department of Public Instruction, recognised as an impeccable philanthropist and a distinguished Alumna, Sister M. Vincenza for her laudable services as the former Principal of St. Ann's College of Education from 1973-1989, Dr Sister Lydia Fernandes, General Councillor for Education, and Former Principal, St Ann's College of Education from 1989-2003 and identified as the sculptor of determination and self-confidence for ceaselessly chiselling excellence among the students and Staff, Sister Susheela the Superior General, a person coupled with delegation and resourcefulness and is the highest authority of the Apostolic Carmel Educational Society, Karnataka Province, Dr Mercy Pushpalatha, Programme Consultant in South Asia, United Board for Christian Higher Education in Asia and Former Principal of Lady Dock College, Madurai for being an eminent personality influencing people across the globe through her benevolence and goodwill.

Dr Mrs Vijaya Kumari S.N, Associate Professor, Dr Mrs. Flosy D'Souza, Associate Professor, Sister Dorothy D'Souza, Vice Principal and Mrs. Anitha Gomes, Graduate Assistant and Alumna, St. Mary's High School expressed words of felicitation at the honouring ceremony.

For a milestone to be cherished, the College brought out a Souvenir as a memory containing exemplification of accomplishments from these platinum years where many great minds have contributed their vision in this Platinum Jubilee Souvenir and the guidance has been done under the editorship of Dr Flosy D'Souza, Associate Professor, St Ann's College of Education. Sister Susheela the Superior General, along with other dignitaries released the souvenir as a token of remembrance.

The Chief Guests enthused the audience through their significant messages. Rev. Fr J. B. Crasta, Rector of Rosario Cathedral spoke on how we as teacher educators need to be veritable 'torch bearers' to the society keeping in mind the spiritual and professional development

of oneself. Sister M. Carmel Rita, Provincial Superior, gave a stupendous note focussing on how one needs to be more self-reliant and achieve high goals.

Dr Sister Lydia Fernandes, Former Principal and General Councillor for Education, emphasized on four important points which spoke about how each one of us as teacher educators need to come out of our comfort zones in order to harness the hidden talents and grab every opportunity to prove ourselves to the world as successful women leaders.

Mrs Philomena Lobo, KES, Secondary Education, Department for Public Instruction in her talk awakened an explorative zeal by sharing her past experiences in the college and her professional career.

Dr Mercy Pushpalatha, Programme Consultant in South Asia, United Board for Christian Higher Education in Asia and the Guest of honour, in her message thanked the Management for being very supportive in all the scholastic activities of the college and expressed appreciative thoughts on how the college should strive in preparing women teachers for the society.

The President Sister Susheela, Superior General, in her message reflected on how each one of us needs to look forward to grow in overall excellence and welcome every opportunity that contributes to the educational process.

The students created a shimmering and an impressive performance through a dance drama entitled 'Jnana Jyothi' directed by Vidhwan Suresh Attavar that expounded the history of our College where the light of knowledge was imparted through the charisma of our Foundress Mother Veronica whose interest was in the welfare of women and the upliftment of the neglected masses.

The Programme ended with a thank you note by Dr Sharmila Mascarenhas, Asst. Professor.

Mrs Rose Pinto, Asst Professor, St Ann's College of Education compeered the programme. The Convener of the Programme was Dr Vijaya Kumari S.N, Associate Professor.

A. C. FOOTPRINTS. Vol. 8. Pages 1 to 110.

* Sister M. Aquina A.C.

(Answers to be sent to the Editor of Karnataka Vani by 15th April 2018. You could send it to the Email.id (roseagnesac@rediffmail.com or acroseagnes@gmail.com) You could send only the answers as (Across ... 5, 7, 8, down.. etc without filling in the grid)

ACROSS.

5. During the World War, scarcity made people anxious because essential commodities were not available. But this Sister had clever devices to keep the Sisters, teacher-trainees, boarders and domestic workers satisfied. She would stand by the door and watch the Sisters relishing the food at table prepared by her. (6)
7. Why do we love you? Because you are not our BOSS, but our Headmistress: candid, efficient, loving, ideal, noble, and assiduous. These words were written as festal greeting on one of her cards. Her outstanding characteristic was her compassionate love for the poor, the neglected and the unloved. (6)
8. Early years of religious life were hard work and unswerving fidelity to the Lord. Her fidelity to prayer, concern and thoughtfulness for others was remarkable. She had a heart full of love and faith. People observed that she was 'a Sister always at prayer'. (6)
10. Her needs were few and simple. A fan in summer and a blanket in winter were not really necessary. She took delight in simple joys such as taking dogs for a walk and talking to them. She had extraordinary love for gardening. She knew every plant and rose by name. (7)
14. From her wheel chair she used to sew clothes for Sisters and inmates of the convent. She had a special talent for cooking. A stove was installed in the anti refectory and she would prepare delicious soups and custards on Sisters' feast days. (10)
16. In spite of her age and disabilities, she would never allow a stain of coffee, tea or curry remain on her clothing. The sewing machine and the iron were her special care till the last. She could not understand how educated people could handle things roughly, sit or walk in a slovenly way. (3)

17. Two maternal aunts were about to leave the house, to join a convent. Their mother took them near the altar, said a prayer to the Sacred Heart and consecrated them. This influenced the little girl who was watching them. "I too want to dedicate myself to the Lord; one day I'll follow them." She kept her promise. (5, 6)

BACK:

3. This Sister comes in the category of people who are respected, accepted, even admired, but not always easy to fall in with. A perfectionist, whom several tried to avoid, but who avoided none. (8)
6. Sister was guileless, simple, humble and deeply spiritual person. Her selfless zeal sometimes put her into difficult situation. None can deny her novice-like, meekly admitting her mistake, bearing no grudge. The Sisters of Margao valued her virtuous life and mention it in her obituary. (7)
9. A strong community spirit characterized her. Unmindful of her suffering she served God and humanity with faith and love. She had prayed for two favours, viz., to die on a Sunday, and to be spared a lingering death. Both these petitions were granted (6)
13. She was one of the Sisters who followed Montessori Course under Madam Montessori. At the age of 69 she came from Sri Lanka to Maryhill and taught art to the Novices for 4 months. (9).
15. She took her illness in her stride... No murmur escaped her lips. She had picture of certain Sisters in mind and often called out to one of those Sisters. She had an accidental fall. The writer of her obituary reflects on it saying "Do people have to fall like the Master? Does a fall precede death?" Her peaceful and joyful submission leaves us yet another reminder that "underneath are the everlasting arms." (8).

DOWN:

1. Love for people was the secret of her sanctity. She lovingly reached out to teachers, workers, friends; showed keen interest in their problems. Her prayer for them and with them was most touching. She had a special charism for caring for the sick. She would put herself to any sacrifice and discomfort for their well being. (9)

- 2. She played hide and seek game in her education. As a child she took her bag and tiffin to school, escape from the teacher’s eye and run to the nearby forest and sit on a tree and in the evening, return home. A group of boys spotted her and told the parents. No efforts of her parents yielded fruit for she enjoyed working rather than going to school. (6)
- 4. This Sister was an excellent teacher, endowed with charismatic gifts. She was a gold medalist in Guiding, so the motto of the girl guides always rang in her ears. Though retired from school, she never retired as a teacher; continued her mission with the grownups in Calicut. (4, 5)

UP:

- 11. When she was a little girl, she felt that the Crucified Lord was directly calling her. Her mother who was earning became blind. At the same time, her father retired. She had to earn to maintain the family. She felt the inner struggle unbearable. She prayed hard that her mother be cured. But after ten years, her mother passed away. (7)
- 12. Throughout her life, one could sense her compassion, affection and fidelity. Her unswerving faith in Almighty God was the rock on which her life was built. And for her, to know Christ was the best knowledge. Her outstanding qualities are cheerfulness, confidence, generosity and gratitude. (8).

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Results of the Quiz on A.C. Foot Prints: Congratulations!

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|---|----|
| 1. Sister Maria Premitha A.C., Annunciation Convent, Ladyhill | 18 |
| 2. Sister M. Prathima A.C, Carmel Convent, Pezar | 18 |
| 3. Sisters Hilda Menezes & Devina A.C, Vijaymari Convent | 17 |
| 4. Sister Marie Christine, Bellary | 18 |
| 5. Sister Marie Alice A.C, Carmel C, Ashaniketan. | 18 |
| 6. Sister M. Felician A.C. St. Cecily's Convent | 18 |
| 7. Sister M. Avita A.C, St. Mary's Convent, Marjil | 18 |
| 8. Sister M. Stanislas A.C, St. Agnes Convent | 18 |
| 9. Sister Angeline Mathia, St. Mary's Convent | 18 |
| 10. Sr. Maria Anita A.C, Yesu Prem Niketan | 18 |
| 11. Sister Lucy Benedicata A.C, St. Ann's Convent | 18 |
| 12. Sr. Teresa of Avila A.C. St. Agnes Convent | 18 |
| 13. Sr. M. Henrita A.C. Yesu Kripa, Shimoga | 18 |
| 14. Sister Maria Merlyn A.C., Carmel Nivas, Bailhongal | 18 |
| 15. Sr. Marie Christine A.C, Anugraha, Bellary | 18 |

Centre

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| 1. Sister Falavia A.C, Lourdes Convent, Bangalore | 18 |
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Western Province

- | | |
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| 16. Sister Jean Marie A.C. Nuvem, Salcete – Goa | 18 |
| 17. Sister Florence Mary, Holy Rosary, Goa | 18 |
| 18. Sister Puja Mary, Ishwardaan Convent, Pune | 18 |
| 19. Sister Christalina A.C. Fatima Convent, Goa | 18 |
| 20. Sister Elvira Tellis, Carmel Convent, Gandhidham | 18 |
| 21. Sister Angelita A. C. Mt. Carmel Convent, Pune | 18 |
| 22. Carmel Convent, Ajni, Nagpur | 18 |

Southern Province

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| 23. Sister Maria Vimala Providence Convent – Calicut | 18 |
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Northern Province

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| 24. Sister Alcidia A.C, Jamshedpur | 18 |
|------------------------------------|----|

Eastern Province

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| 25. Sr. Leena Mary A.C. Carmel, Kurseong | 18 |
| 26. Sister M. Belina A.C. Divya Darshan, Barackpore | 18 |
| 27. Sr. M. Vera. M. Rajani & Marie,
Carmel Convent Steel Township | 18 |
| 28. Sr. Pramila Lolita D'Souza, Carmel Convent, Sadew | 18 |



*Show them your merciful love Lord,
Grant them eternal rest*

Date	Name of the Sister	Relationship	Name of the deceased
21.08.2018	Sister M. Sneha A.C.	Sister	Mrs. Therese Pereira (65) Ferar
22.08.2018	Sister Grace Fernandes A.C	Brother	Mr. Dolphy Fernandes (68) Manipal
26.08.2018	Sister Maria Lyta A.C.	Brother-in-law	Mr.Fredrick Rodrigues (72) Bejai, Mangaluru
02.08.2018	Sister Maria Ranitha A.C.	Father	Sebastian D'Souza (90) Narampady
15.09.2018	Sister M. Olivia A.C.	Brother-in-law	Mr. Vincent D'Cunha (66) Bendore
18.09.2018	Sister M. Gracilda A.C	Mother	Mrs Celine Cardin (84) Gangolli
17.09.2018	Sister Lorna Mary A.C	Brother-in-law	Mr. Joseph Alvares (79) Bondel
20.09.2018	Sister Sylvia Soares	Brother-in-law	Mr. Lumen Crasto (42) Kuwait
25.09.2018	Sister M. Xavier A.C.	Brother	Mr. Antony D'Souza (86) Mumbai
09..10.2018	Sisters Ancilla A.C. Asuntha A.C	Father	Mr. Sylvester Pais (64) Madanthyar
07.11.2018	Sister M. Carmel Rita A.C	Brother-in-law	Mr. Thomas D'Souza (81) Pune
07.11.2018	Sister Maria Smitha A.C	Sister	Mrs. Celine D'Souza Mulky
13.11.2018	Sister Jenifer Moras A.C.	Brother	Francis Moras (48) Miyar
15.11.2018	Sister Lilly Mascarenhas A.C	Brother-in-law	Mr. Jacob Crasta (85) Arwa
20.11.2018	Sister Vinitha Swetha A.C.	Mother	Celestine D'Souza (57) Modankap
24.11.2018	Sister Maria Goretti A.C.	Sister	Sister Dorinda A.C (84) Bokaro
27.11.2018	Sister M. Basilissa A.C.	Brother	Mr. Elias Baretto (68) Modankap
30.11.2018	Sister Julie Ann A.C.	Brother-in-law	Mr. Isidore Pereira (82) Kirem

* * * *

Jubilee Bells Swing

May your lives be filled with Happiness & Peace!



70 Years



60 Years



50 Years



40 Years



25 Years



.....all the armies that ever marched, all the navies that were ever built; all the parliaments that ever sat and all the kings that ever reigned, put together, have not affected the life of man upon this earth as powerfully as has that one solitary life.

- Dr James Allan Francis



Warm Christmas wishes, loving greeting and grace-filled New Year 2019 to our dear Sister M. Susheela, Superior General, her Team, all the Provincial Superiors, their Teams, Regional Superior and her Team and to all the sisters of the Apostolic Carmel. May this Christmas bring you comfort, joy, peace and happiness to last throughout the coming year!

From : Sister Carmel Rita & her Team and all the Sisters of Karnataka Province