

THE APOSTOLIC CARMEL

Karnataka Province



Wear the Scapular devoutly and perseveringly. It is my garment

WELCOME

A warm Welcome to you dear Sr. Shamitha and the Team
The Province opens its doors and windows for you...



*May God be with you
As you charter the road map of Beatitudes for Blessedness for the Province
May the Holy Spirit empower you
To unfold the cotton flowers (suryakanti) of the Province
To be more and more Christ like
Enduring, outgoing and loving in the mission with confidence
May God's blessings surround you and your team in abundance*

*With our prayerful greetings,
Sisters of Karnataka Province*

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When work is done, assigned or by choice, one tends to enjoy what one does and when it is completed, there is a sense of fulfilment.

I think this is what Sr. Rose Agnes feels after her term of 3 years of being editor of Karnataka Vani and co-editor of Flos Carmeli. I thank her for her contribution and all those who cooperated with her through their articles.

With gratitude to God and the Province for entrusting me the work of keeping the life of the Province flowing through Karnataka Vani, I take up my new mission and seek the cooperation of the sisters and their support for the next 3 years.

“A community that cherishes the little details of love, whose members care for one another and create an open and evangelizing environment is a place where the risen Lord is present” (G E 145)

Our communities at Bidar, Veronica Vihar, Pavur and St. Agnes have given us a glimpse of their mission - Railway Child Line and Veronica Vihar for the disabled adults, Pavur – the rare mission of catechizing and at St. Agnes with the A A groups. This speaks of the orientation given to the Province

before the chapter on mission by Bishop Francis Serrao, S. J. where in he told us

Prabhu Christara Shiravaagu

Prabhu Christara Swaravaagu

Prabhu Christara Karavaagu

Deena dalitharige prabhu christara varavaagi baalu.

The Provincial chapter has offered us the Beatitudes, as the road map to holiness for our reflection and action, our communities have amalgamated this with Pope Francis's GE 126 which says "Christian joy is usually accompanied by a sense of humour". The narration of community joy in different ways in the pages of Karnataka Vani shows healthy and joyful communities preparing themselves for the mission ahead of them, thirsting to put more and more of life in their Institutions and other apostolic works.

As we are staring at another year of drought with late monsoon and little impact on the coastal areas, we shall work together at saving every drop of water for our needs and for the farmers and give this project as our gift to our Mother of Carmel on her feast day 16th July and through her blessings offer it to our farmers. May the Mother of Carmel bless our every effort.

The Provincial Superior and team wish each one of you a grace filled feast of Our Lady of Mount Carmel.

- Sr. Maria Melissa A.C.
Editor

HEAVEN' S SCENE

* **Sr. Apoline Baretto A.C**
St. Cecily's Convent, Udupi

(A tribute of gratitude paid to Sr. Carmel Rita and her team on the Province Day for their service of love.)

{Jesus enters in with His mother, Mother Veronica and seven Arch Angels}

Jesus: Mother

Mary: Yes my Son.

Jesus: I can remember Cana today. Last year on this stage itself your chosen daughters enacted my first miracle. Mother, I want to give them my special blessings by giving them to the care of my seven archangels.

Mary: Yes my Son, these daughters daily seek the protection of Michael the Arch angel.

M.V. : My master I am so very happy to enter the portals of St. Ann's where I had made my retreat as a sister of St. Joseph of the Apparition. My heart is overwhelmed with joy to see the seed that I have sown in the unknown now has become a very huge tree spreading its branches to the nooks and corners of the world.

Mary : My daughter Veronica your silent tears have watered that seedling and your fervent prayers have given it enough strength.

M.V. : Oh! My master, my Good Shepherd you carried me your little lamb on your shoulders to see the live story that followed down the years. Oh! My master my master.

Jesus : Veronica I had a purpose to bring you, my mother and my angels to savour the sweetness of gratitude that bubbles in the hearts of your daughters. My beloved Arch angels Michael, Gabriel, Raphael, Uriel, Selaphiel, Raguel, Barachiel how about honouring my chosen daughters?

Michael: I am leading God's army from the foundation of the world. My companies' angels rose against our Creator God. I defeated his

army. Even till today powers of darkness are raising their heads against the church. Sr. Carmel Rita the beloved daughter has piloted the ship of Karnataka during the past three years. Early morning she used to sit at His feet to gaze at the Master. My Master gave her wisdom to discern things and act accordingly. I was by her side all through the journeys.. My Master is very pleased with her so we want to bless her to make her future a blessed one. Her fifty golden years in the service of the church are written in the golden book of life. Brother Barachiel, you are God's blessings, now bless your daughter Carmel Rita and give her a token of love on behalf of all of us.

Gabriel: I am Gabriel the Arch angel. My master sent me to herald good tidings of great joy. In your mission you too have brought good tidings of peace, joy and laughter into the lives of others. You are a rose in the garden of the Apostolic Carmel. A rose always sheds its beauty and spreads fragrance. Dear Sr. Rose Agnes you always radiated bright smiles of cheer and mirth. An amazing M.C. indeed. My Master grins at you when you cause smiles to bloom forth on sad faces. Mary our queen of Carmel was praising you for spreading her devotion to the ACA members. Your encouragement has spurred young minds to think about Flos Carmeli and Karnataka Vani. As a trustworthy steward you have carried out the mission as an assistant to the Provincial Superior. Spread a radiating smile in your future mission. Brother Barachiel bless her with a rose and a token of gratitude in the name of all.

Raphael: I am the Arch angel Raphael. Sr. Maria Kripa your name signifies grace. Yes God's favour was upon you. By spreading sweet smiles you have treaded life's journey with gentle steps. The virtues of motherliness shine in you. Your caring spirit is appreciated by everyone. The mission of forming the young hearts was your lot. May your mission bear fruit in the future. The master is pleased with you. In order to bless you the arch angle of blessing Barachiel now hands over a token of love and gratitude to you. Thank you dear Sister.

Uriel: I am the arch angel Uriel. The angel of fire. I help people to release their fears and anger and help to let go of the past, bringing inner peace, transformation and harmony in life. Nirmala your name

denotes cleanliness and purity. Your gentle voice is a powerful soothing balm. Your simplicity is not hidden in God's eyes. You are the fountain of wisdom. In your blood there is wit and humor and when it flows out, ripples of laughter resound far and wide. Your spirit of prayer is admirable and to be emulated. Simplicity is your ornament. Being the Secretary you had hundreds of little things to do. Your sisters are pleased with you and want to thank you. Here is my brother Barachiel with a token of gratitude to you. May my mother bless you

Selaphiel : I am arch angel Selaphiel. I am an angel of prayer who helps people to concentrate on prayer. I motivate people to express their deepest thoughts and feelings to God in prayer. I have come to bless Sr. Ida Barboza's future mission and to reward her for handling a very tough job. Dear Sr. Ida Barboza my master knows the headache that you went through to handle the matters of education, the changing situations, and the problems that were inherent in them. The master nods His head and says, "Well done faithful servant". I love you and be with you all the days of your life. Dear Sister be secure in God's caring hands. Here is my brother Barachiel to reward you with a token of love and gratitude from all the sisters.

Raguel: I am the arch angel Raguel. My mission is to help people to create order in their lives such as to practice spiritual discipline to go closer to God. Sr. Linet D'Souza you are the youngest of the entire team. My master has granted you wisdom and will power to concentrate and carry out the difficult duty of finance with the weapon of gentleness and simplicity. Your approachability has touched many hearts and they are relieved of their tension. You welcome all with a warm smile. My master is pleased with you and will grant you courage and strength to handle finance once again. Trusted one of God your province trusts you. Now accept a token of gratitude from Barachiel on behalf of your sisters.

Barachiel: I am the arch angel Barachiel God's benediction. I have blessed you and still bless you...

THE WOMAN MOTHER OF MT. CARMEL

* Sr. M. Euna A.C.
Yesu Prem Nikethan, Mangaluru



In the ‘Fall Narrative’ in Genesis, Mary is referred to as **Woman** “A woman’s heel shall crush your head” Her Last Title in The New Testament is also **Woman**. “**Woman** behold your son” Jesus referred to her as **Woman** at the wedding feast at Cana. “**Woman**, what is it to you and Me? My hour has not yet come.”

Both at Cana and Calvary, Jesus sees in her more than a biological mother and to whom He is united by personal casual bonds of affection. Jesus does not see His Mother as we see ours in an exclusive and narrow view but always from the perspective of continuing to do and fulfilling the Father’s Will. “Did you not know I must be about my Father’s Business?” “Who is my mother, brother and sister? Those who do the Will of My Father are my mother, brothers and sisters.” She is not just His biological mother but the partner with Him in fulfilling the Father’s Will at any cost. To do God’s Will at all times is also our calling as Christians and more so as children of our Mother of Mt. Carmel. Her name, as the daughter of Joachim and Ann, is Mary. The angel Gabriel greeted her and said “Hail Mary full of grace, the Lord is with thee.” Down through the centuries Mary is addressed by numerous titles. They are an expression of our ardent love and admiration towards her. Her titles are enshrined in the litany of Loreto and in the Marian prayers and hymns. Only Mary, who has the fullness of grace and did the Will of God along with her Son Jesus, can rightly be invoked with these innumerable titles with affection, devotion and commitment to imitate her in doing the Will of God at all times.

Among the maze of names/titles/devotions ascribed to Mother Mary is devotion to the Brown Scapular of Our Lady of Mount Carmel which holds an eminent place. The title Mother of Mt. Carmel/Mary Queen Beauty of Carmel is a source of inspiration and very dear to us Carmelites.

Mountain is a place believed to be a dwelling place of God. Mary herself is a dwelling place of God and hence the title Mother of Mt. Carmel is but fitting. In the pages of the Bible, Mount Carmel is regarded as a place so peaceful and beautiful that it was thought to be the place where God dwelt. It was at Mt. Carmel that Prophet Eliza challenged the worshippers of Baal and proved that the God of Israel is the one true and living God. Once again it was at Mt. Carmel, Prophet Eliza, after a period of severe drought of two years, prayed and beheld a small cloud as big as a man's hand rising from the sea. He predicted that there would soon be showers of torrential rain ending the drought. This small cloud is symbolic of the **Woman**, heralding the downpour of salvation through Jesus, on mankind in the arid world of evil and sin. See, mankind resisting with might and main to do the Will of God and Jesus submitting with His might and main to His Father's Will and with Him the **Woman** full of grace, the **Woman** hailed today with numerous titles.

An ancient Carmelite tradition relates that Mary appeared to St. Simon Stock, General of the Carmelites, on July 16, 1251 and presented him with a scapular saying, "This shall be the privilege for you and all Carmelites that anyone dying in this habit shall be saved." The scapular, the little habit, that our Lady of Mount Carmel offers us, is only the external symbol or sign of the unceasing maternal care and protection. Those who profess to belong to Mary and wear the habit necessarily must remember to do the Will of God in their lives just as she did and such will surely be saved.

In the past as children, we wore the scapular at all times even while having bath with the fear that if we died without wearing the scapular we would go to hell. A senior Sister, who had not outgrown this childhood fear, would not consent to remove

the scapular when she had to undergo a surgery. We who propagate this devotion to children in the Catechism classes should have the right understanding of this devotion, lest we pass on superstitious belief attaching some magical power to the scapular.

Prayer: Depart from me O Lord for I am sinful. Our Mother, Queen Beauty of Carmel, we pray to you to help us, who are weak, to recognize, accept and repent for our weaknesses – ego, jealousy, pride, self-centeredness, anger, craving for name and fame, subtly hidden within our hearts as and when they manifest themselves. We are weak and so we cannot avoid the impact of our weakness but one thing we can and will always do - be watchful and notice the negative that manifests itself time to time, honestly accept them and lift them up to you for healing and growth. Amen.

THE SACRED CONSTITUTION

* **Sr. Maria D'Sa A.C.**
St. Cecily's Convent
Udupi

Every Government or any organization has got its own Constitution drawn up to be followed by those who belong to it. The purpose of it all, is the smooth functioning of the organization.

Those who belong to the Kingdom of Christ also are being presented with a Constitution to be followed in order to make their lives more beautiful, more joyful and more bright and these constitutions are the beatitudes or rather a set of attitudes to be cultivated in order to have a joy filled life pattern. The articles of the Constitutions gifted to the people of God are the Beatitudes. The first Beatitude speaks of the “poor in Spirit”. If one finds

oneself as the “poor in Spirit” then that person **is in the Kingdom of God**. This is the promise of the Master.

Who is the one who is poor in Spirit? Or how/ when does one become poor in spirit? Just to mention a few; All the prophets were poor in spirit. They realized their own inadequacy and impurity in the Presence of the Almighty and The All Pure One.

In spite of all the inadequacies and helplessness one feels within oneself, the poor one relies on the Grace of God and entrusts oneself to God that brings within oneself, a sense of self Confidence, Courage and Peace.

A poor person has the strength to acknowledge one’s own mistakes and say that powerful word ‘SORRY’.

A poor person is not afraid of being forgotten, being set aside, being ridiculed etc. But knows how to handle one’s own emotions while facing such things, and is not afraid of speaking the truth in love and mercy.

A poor person experiences all the sufferings in one’s body, soul and mind which are brought about by the concupiscence of the flesh and pride of life and experiences the inability to conquer them all without the support of the Grace of God, hence surrenders one’s self completely in the arms of our Heavenly Father who is the only source of life.

When one learns to make just ONE Beatitude as the way of life, automatically the other SEVEN will shine through one’s life. May we be open to receive this Grace from our Lord and Master Jesus Christ and be the True citizens of God’s Kingdom.

POVERTY – A CALL TO FOLLOW JESUS

* **Sr. Nirmala Francis A.C.**
Provincial House, Mangalore

According to Archbishop Fulton Sheen, the two sermons best preached were on the two Mounts - the Mount of the Beatitudes and Mount Calvary. The journey from the Mount of the Beatitudes has to end on Mount Calvary. For anyone who lives the Beatitudes in one's life will face the sneers of the world and be rejected. This is the call to follow Jesus in his own poverty. The ways of the world go against the way marked out by Jesus.

To walk behind him and beside him is to think differently, to live differently and to live an upside-down life. Jesus thought differently and lived differently which made his relatives think he was beside himself. Jesus' complete dependence on his Father kept him calm, trusting in the Goodness and the Providence of his loving Father. It is the kind of trust in the Good Shepherd who provides all our needs and even prepares a banquet for us; we fear no evil for his rod and staff are there to comfort us. Jesus found this life truly blessed and was keen that his followers also enjoy this kind of blessedness. He did not want us to be unduly concerned about or preoccupied with things that would take away our focus on possessing the kingdom that he preached. He said, 'Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on his righteousness, and all these other things will be given you as well' (Matt. 6: 32b, 33)

Pope Francis in his Apostolic Exhortation, 'Gaudete et Exsultate' also gives a call to every Christian to live the Beatitudes. It is the only way to holiness; the way lived by Jesus that led him to the Cross finally. One who follows this way is blessed, happy and holy.

The poverty of Jesus was the poverty of spirit. He says, 'Blessed are the poor in spirit....' Reliance on personal wealth for security is foolish because they do not last 'for moths and

woodworms destroy them and thieves can break in and steal.’ (Matt.6: 19b). According to Pope Francis, ‘Wealth ensures nothing...we can become so self-satisfied that we leave no room for God’s word, for the love of our brothers and sisters, or for the enjoyment of the most important things in life’ (GE 68)

Living the way marked out by Jesus will ‘unsettle us, disturb us and challenge us’ says Pope Francis (GE 66) for it will mean that we have to swim against the currents of the world. ‘Only a dead fish will swim along with the current’ – was told to us in the Novitiate. Going against the flow will cost us. The wisdom of the world cries out, ‘possess, hoard, collect, etc, when the appeal of Jesus is, ‘dispossess yourself, give, share...’ It is the greed of the world that impoverishes one. Mahatma Gandhi says, ‘There is a sufficiency in the world for man’s need but not for man’s greed’.

Where am I? Are the tentacles of the worldly octopus entering the community, drawing me away from Jesus and his ways?

May the poverty of Christ enrich us leading us to true contentment in possessing him alone.

MY AUTUMN REFLECTIONS

* **Sr. M. Carissima A.C.**

Vijaymari Convent, Maryhill, Mangalore.

In my casual talk with class III kids in their catechism class, I asked a question, who is the Holy Spirit? – spontaneously came the answers ‘Holy Spirit is our companion’. In the month of June just before Pentecost the children had sung hymns to the Holy Spirit in the church and that’s why this answer. Could it also be that their catechism text is titled ‘Holy Spirit our Companion’? I do not know but I observed that one hand was still up to answer my question. To my surprise the answer of this little girl was, “Mummy told me, ‘Holy Spirit, the Vibrant Vibe’”. How true it is that even babies give expression to the power of the Holy Spirit.

This incident shook me from within. That evening, when I was sitting and relaxing with the Lord before the Blessed sacrament unwittingly I caught myself trying to verbalize my answer to Jesus' question 'Who do you say I am'?. No spontaneous, creative answer like the kids. But the past experiences were surging up one by one before me. Yes, all at the head level. I was struggling to get an answer from my heart.

A coincidence perhaps, later when I was glancing through the pages of the New Leader May11-31, I was caught up with the article, 'Have you a name for the Eucharist?' This accelerated my search for the answer 'who do you say I am'? I found my mind and spirit wrestling within awakening the powerful gift of self awareness, guiding and leading me towards reality.

Through faith, I do believe that the Risen Jesus is present on our altars in the form of simple consecrated host. The more I reflected, the more restless I was. Gradually one early morning, when the silence of the night was giving way to the rhythmic calmness of the dawn, I felt as though the river of mercy was flowing towards sinners and I said like Peter, depart from me Lord, I am a miserable sinner. I cannot express the silence, the calmness I experienced. Each time I sit in His presence with a heart burdened with harsh emptiness, fatigue, restless nights and morning tears, I experience His limitless mercy and the bonding with the Eucharistic Lord stronger and stronger.

Many lovers of the Eucharist have expressed their sentiments and bonding in different ways. For St. John Paul II, Eucharist was a bond, which united him to God; for St. Ephrem, it is the light and life; for Francis de Sales, Eucharist is the sweetest nectar for salvation; for St. Jerome, Eucharist is the Bread of Heaven, with which we move towards heaven. For our Foundress, Eucharist was her ALL; for Pope Emeritus Benedict XVI, it is the power house of the church and for Pope Francis, Eucharist is the beating heart of the church.

As the personal bonding grows, we begin to taste the glory of the Risen Saviour in the Eucharist in different ways. As for me the feeling of the merciful love of Jesus is becoming more

focussed along with the sense of my sinfulness. It has been a slow, slow process of transformation leading to the Truth.

Jesus' merciful eyes were fixed on the fallen Peter and he came to his senses. In the Eucharist our sinful eyes meet the merciful eyes of Jesus.

When I realize that, the feeling of self-righteousness and pride is my weakness, my humble prayer is Jesus, meek and humble of heart, make my heart like thine and help me to acknowledge You as my merciful Saviour.

I realize that the closer I go to the Lord in deep faith and trust, the greater seems to be my bonding with Jesus in the Eucharist. I may not experience Him lifting me up or spinning me around and carrying me on His shoulders literally but in His great love and mercy I experience the silence and peace in my struggles, in my choices, in my pain, in loneliness, in weariness and in desperate situations of my life. I know that my Saviour Jesus will lead me step by step, till He envelopes me in His loving embrace and presents me to His Father, in my final surrender, in that ever peaceful sleep.

RAILWAY CHILDLINE 1098 **CARMEL SEVA TRUST – BIDAR UNIT**

*** Sr. Christine Misquith AC**

Director

Railway Childline, Bidar

And the Sisters of Carmel Niketan, Bidar

“Play is often talked about as if it were a relief from a serious learning. But for children Play is a serious learning. Play is really the work of Childhood” says Fred Rogers.

The above statement makes it clear that childhood should be enjoyed by every child. No child should be deprived of childhood, may it be born in a palace or in a hut. It is said that children are the eyes of tomorrow and children whoever they are need to be

protected, cared, loved and respected. Yes respected! For God's creation deserves its salute.

The ministry that directly enters into the lives of the children at large is CHILDLINE. At times this has become the lone association that has given back children their CHILDHOOD.

“CHILDLINE” its functions:

CHILDLINE stands for a friendly ‘didi’ or a sympathetic ‘bhaiya’ who is always there for vulnerable children 24 hours of the day, 365 days of the year.

A phone number that spells hope for millions of children across India, CHILDLINE is India's first 24-hour, free, emergency phone service for children in need of aid and assistance. Whether you are a concerned adult or a child, you can dial 1098, the toll free number to access our services. It not only responds to the emergency needs of children but also links them to services for their long-term care and rehabilitation. It has till date, reached out to over three million children across the nation through such calls.

CHILDLINE is a platform bringing together the Ministry of Women & Child Development, Government of India, Department of Telecommunications, street and community youth, non-profit organisations, academic institutions, the corporate sector and concerned individuals.

Childline works for the protection of the rights of all children in general. But special focus is on all children in need of care and protection, especially the more vulnerable sections.

Childline in Action with the vision “A child - friendly nation that guarantees the rights and protection of all children.”

- As a phone number that spells hope for millions of children across India, any call coming into a CHILDLINE centre is attended to by the CHILDLINE teams. This ensures that the calls coming in are attended to, all 24 hours at the phone-receiving centre. Depending on the nature of the call, be it by a child or an adult, the team member responds to it effectively and it could be by going to meet the child first and then linking him or her to medical help, shelter, repatriation, rescue from abuse or even intensive counselling.

At CHILDLINE it is believed that every call is important:

- Not every call at CHILDLINE is an emergency. Street children, especially cynical about helpline services may just call us as a prank, may even get abusive. But it is equally likely that the child might be testing us to see if the call is taken seriously and if our services are for real. Even these calls are taken as an opportunity to strengthen the child's faith in Childline. Treating blank calls seriously can turn the child into a potential caller in times of crisis. Sometimes adults also call us for information. Child or adult, each call at 1098 is important and taken seriously.

How it works today:

The Government of India has presented CHILDLINE as its response to the **Child Rights Convention**. It is a matter of pride for being a one point window, connecting children in need to various NGO's working for child related issues. CHILDLINE works towards ensuring that all children in need of care and protection are aware of and have access to services that are child friendly, available when they want it and encourage them to participate in decisions that affect them.

The country's first toll-free tele-helpline for street children has grown into a national child protection service that operates in over **372 cities** and towns in India.

What does it matter to us???

Yes!!! The matter is surely a privileged one for all the sisters of our congregation, especially for the sisters of our Province. **CARMEL SEVA TRUST**, under the leadership of **Sister Christine Misquith** has ventured another, new, dynamic and challenging mission i.e., Railway Childline.

Carmel Seva Trust, Bidar unit has got the Railway Childline, CHDK (Childline Help Desk) a Central Government Project, in Bidar Railway station. In Karnataka we have only 4 stations where we have Railway Childline and Bidar is one among them and Carmel Seva Trust is one among such NGOs. Carmel Seva Trust has got an additional responsibility to care for the children who are in need of our help.

Usually keeping in mind their safety children use the railway transportation for their means either to run away or to escape from the human traffickers who transport children from one place to another. Our duty is to find such children, protect them, counsel, and hand them over to the right authority.

God has provided Carmel Seva Trust with well equipped staff with 1 coordinator, 7 team members and 3 volunteers. The staff works hand in hand and with more interest and watchfulness to rescue the children. It's our privilege that within two months of our training and two months of functioning in Bidar Railway station since February 2019, we have rescued 12 children and created awareness in more than 3500 people in Railway Stations and villages.

As it is the concern of all that many should know about the Childline 1098, so that many disadvantaged children should be protected, outreach programmes, awareness programmes, street plays, and many such programmes are conducted. Pamphlets, posters and handbills are distributed.

A celebration in our Railway Childline, Bidar.



On 17th May 2019 the Childline celebrated “International Child Help Day”, ‘connecting to children’ being its main theme.

As part of this celebration different programmes were conducted which were exhibited in Bidar Railway

Station and in Gunalli, nearby village and the viewers were approximately 570 and 230 respectively.



The programme was inaugurated by Station Master at 6:15 am and included programmes such as street play, skit, song and video presentation. The street play highlighted topics such as Childline 1098, Child care, Child Marriage, Child labour, missing child, run away child, child abuse, child harassment etc. Our staff members who are energetic to work for the needy of the society worked very hard to spread the message of Childline 1098.

CST, Bidar unit owes its gratitude, first of all to Almighty God who has widened our mission exposure to experience and give His love to the needy ones. We are grateful to Sr. Carmel Rita and her team for their quick response for all that was asked. Amidst their busy schedule they kept ready all the necessary files and even the minute details were taken care of. It is because of their attentive support, CST could get this mission. We also look forward to the continuous support from our present Provincial Superior Sister Shamitha and her team.

Every goal of our mission is to get into the peripheries in order to reach the widened Kingdom of God, so as to give always best to our Good God and be able to give His Love to the Last, Least and the Lost.

RICHNESS OF THE HEART - YOUNG ADULTS WITH SPECIAL NEEDS

*** Province Chronicler**

“Let the little children come to me, theirs is the kingdom of heaven” - Mk 19:14.

The differently able children, children of our Heavenly Father were handpicked as special in 1970 by our then Superior General Mother Theodosia and started St. Agnes Special School as a Centenary Memorial of the Congregation. Sr. Maria Jyothi was chosen and sent to U.S. for the training in skills in Special Education.



Sr. Maria Jyothi with humility, love and with an overwhelming sense of concern became a great pillar and backbone in this mission. Having had immense experience and passion in this field, the Province used her initiative once again to start a home for the differently abled adults. The project “Veronica Vihar” was inaugurated on 22nd April 2019 at the Infant Jesus Convent premises, Maryhill, Mangalore.

This has deepened the awareness already created in the society that the differently abled children are indeed a blessing and that they deserve the same rights, opportunities and joys as anyone else. This has also set such parents free of the pain, “Who after us?”



In the past six years a few of the adults with special needs were taken care of at Vijaymari Convent. The present centre has a 30 bed facility so that more can avail of the tender loving care offered by the sisters to live a life of dignity till the end. There is 24 hours staff supervision to attend to their personal needs, emergencies, exercise programmes, nutritious food, medication management, laundry, assistance with mobility and of course social and recreational get togethers with the help of socially sensitized people.

The centre, still is in its growing stage and is trying out ways and means to organize in an effective way to bring out their skills like music, gardening, vegetable chopping, paper bags, craft making that God has gifted them with. Tapping and utilising their skill will certainly make the young special adults feel productive and valued. May “Veronica Vihar” be a home away from home for our young adults with special needs.

RARE MISSION AT PAVUR

* Sr. Monica D'Souza A.C

This year we had a rare mission at Pavur. Sr. Dulcia who can speak Tulu fluently was the main person who took up this mission. Fr. Varghese SDB who came to Pavur in the month of May 2018 on transfer is filled with missionary zeal. He noticed a number of couples living together without the Sacrament of Matrimony. When he enquired he came to know that one of them in every couple was of other religion. So one by one he handed them over to Sr. Dulcia's care who taught them catechism in their language (TULU) which they took in faster. Her loving and gentle, understanding nature drew them to learn catechism with love and enthusiasm. Thus she prepared 6 couples for this year and there are still more to be catechized. She prepared them for Baptism, Confirmation, Communion and finally for Matrimony. God be praised! Hats off to Sr. Dulcia for doing this wonderful work.



The Summer Camp

This year our summer holidays were packed with full time activities conducted in the Parish, for the children of the Parish organized by our Parish Priest Fr. Varghese Chakkala SDB. Brother Dilip SDB and Sister Asha Prima A.C. were the coordinators who kept the children busy and active from 9 a.m to 4 p.m.

The camp was named as “Fun in the Sun”. Plenty of opportunities were provided for the children to learn to pray, meet Jesus in the Bible, hints for value based life and hygienic living through talks, power point presentations, skits, quizzes and songs. Deeper meaning of LaudatoSi was given by an experienced lay person, Mr. James D’Souza (retired teacher) involving children in the street play. Ample opportunities were provided to bring out their talents and creativity through drawing, acting, singing and composing. There was an educative tour to Bekal Fort and a refreshing and entertaining tour to Manasa-Pilikula where children enjoyed to their hearts content.

All the sisters took active part in the camp, rendering their services by taking up value education classes, seeing to the food department, guiding the children during their activities and accompanying them during their tours. The camp lasted from 2nd April to 16th April 2019. It was indeed an enriching and enjoyable time for the children of Pavur.



MISSION WITH GOD'S SPECIAL PEOPLE - THE ADDICTED

* St. Agnes Community

God loves each one of us unconditionally. The experience of his unconditional love however is experienced by different types of people in different ways. In the parable of the 'Prodigal Son' (Lk:15,1-7) the prodigal son comes back when he is stuck without resources to fall back upon; hungry, nowhere to go and, no one to befriend him, having spent all his money. He is welcomed back by the father unconditionally. Suppose the son continued to leave the house again and again, responding to the calls given by his friends the parable would be different.

If a 'Parable of the addicted Son' is written today, it would be different. The addicted son might go back to his ways again and again depending on his friends. One important element that needs to be known here is 'why' the son is taking to drinks or drugs. It could be bad company. It could be lack of love and acceptance at home either by the father or the mother or both. Whatever be the reason, measures have to be taken before deep addiction takes place, knowing the type of addiction and the gravity of the situation.

If the earthly father of the prodigal addicted son is blessed by our heavenly Father with the experience of His love, he will try to understand his son and irrespective of the times he errs, will go after him and bring him back, the parable would have an end like the parable of the Gospel. Let us say that even if he is jailed for being caught for a crime, the father will bail him out, and make the son understand that his father really cares for him and loves him, it is likely he will avoid his bad friends and become a loving son responding to his father's love.

To come to our de-addiction camp, Sr. Jyotsna had the experience of conducting camps for the addicted for 18 years, during her mission experience in Bangalore. She got a lot of

support from the de-addicted group of volunteers. They probably fixed a convenient date so that she was around the place and carried on all the necessary preparations every year. The responsibility of the camp was shared.

Having been transferred to Mangalore in June 2017 and meeting the A.A. (Alcoholics Anonymous) group members, the idea of conducting a similar camp took time to materialize. In 2019, at the community budget session One Lakh rupees were earmarked for the camp. This became a compulsion to get into action.

Heading a Kannada Primary School, the school responsibilities continued till mid April. The camp date was fixed from 1st to 10th of May. Contacting the participants for the camp became the joint responsibility of the different A.A. groups of volunteers who were attending the meeting on the campus. The number of 'guests' was 30. However the number of 'guests' who turned up on the day were 67, more than double of the 'guests number'. The writer of this article spoke to one of the men on the first day of their arrival. He was seated in a corner with his bag, he was from Bhatkal. He said he drank; many times he wanted to give up but started again and again. This time he was determined not to go back to drinks. If the stories were collected of each of the 67 campers, we would have as many stories. Each one's story would be different.

The community was involved in the camp. Two of our junior sisters, Srs. Nischmitha and Jovita started the registration on the morning of May 1st. Sr. Jyotsna sat in the building, to be available to the organizers. The volunteers were around, to welcome the participants of the camp and make them feel at home. Refreshments, meals, tea etc. were served depending on the arrival of the participants. Sr. Pressy, our student nurse tested their pressure. Sisters Janet Sequiera, Roopa Rodrigues and Yvette recorded the same. By evening the admission programme was completed. Superior Sr. Maria Roopa, Sr. Sudeepa and some others visited the camp site everyday, while others showed interest by way of enquiry. Those who could not go prayed. This was the Community participation and involvement.

In some of the cases the withdrawal symptoms were acute. They had to be given the required medication. There were 18 volunteers from A.A. groups. Since the cooking was for a big number, help was needed to cut vegetables etc. for which the community members volunteered. The cooking was done in the kitchen where the Midday meal is cooked for the children of Kannada Primary. Normally simple food was given. Sr. Jyostna is a good cook. She provided some variety on some days.

The campers when they got up in the night went and helped themselves to the rice along with the vegetables remaining in the vessels. So nothing was wasted.

God's unconditional love experience continued during the camp by the generosity of old A.A. members and their friends, so much so the community budget expenditure came down to more than half.

Their experience of God's unconditional love has to be followed up not merely during the camp but also after the camp if the camp impact and effect has to continue. The registration document contains the details of the campers. One of the important remedies to be followed by the campers is to make sure that they attend the A.A. meeting regularly. They have promised to do it in their places. Once in three months they attend the meetings at St. Agnes. If there can be a committed A. A. group who can follow up the regular attendance by way of contact and enquire about not only their welfare but also of their families, this will give them an experience of God's pursuing Love.

Let us pray for the addicted that their addiction to drinks changes into addiction to God.

AN EVENING OF MEMORIES

* **Province Chronicler**

It was that evening when all those who were associated (young and old) with Fr. Thomas C.M.I. assembled in St. Ann's Community Hall, for the informal felicitation programme for Fr. Thomas, Vice Chancellor of Christ University arranged by our Provincial Superior. With sparkling eyes and half moon smiles most of the sisters welcomed father as he alighted from the car. Thirty years of association at Mary Immaculate, Bangalore, yet we were recognised by our names.

On behalf of the Province, Sr. Shamita our Provincial Superior welcomed Fr. Thomas with warm words after the evening prayer by Sr. Dorothy. Sr. Rose Marie read the citation after which the Provincial and the team offered the Phala Pusphpa with the traditional shawl. They said when Fr. Thomas speaks, everybody listens and it was true. He had many words of gratitude for he said, the sisters at Mary Immaculate were a part of his learning from the time he started his spiritual ministry there.

Sr. Melissa expressed sentiments of gratitude. Sr. Rose Agnes emceed the programme. All of us enjoyed the dinner along with Fr. Thomas. The citation is cited for your good pleasure.

Our Tribute to Father Thomas

It's a miracle ! The presence of Col. Dr. Fr. Thomas C Mathew here in Mangalore, in our Province, now at our Mother House. Father we are here to celebrate your presence with us and we want to tell you how much you mean to us. On behalf of Sr. Shamita our Provincial Superior and all the A.C sisters who are connected with you I wish to express our deep gratitude to you. We have grown together for the last 30 years. As I go down memory lane, it was in July 1988 that you took over as our Sunday Chaplain at MIC from Fr. Sabastin. After celebrating the

Eucharist for the 1st time for the semi parish (then it was in the old K G block) as you entered the convent parlour at first sight you fell in love with an A C sister ... Guess who? (Sr. Scholastica) until she left this world, it was a true friendship full of wit, fun and learning ... and this love transferred on to the A C sisters at MIC.

We owe our gratitude to you Father for countless reasons - but for the present we limit ourselves to only 4 major experiences:

One- for being the Spiritual Guide for the sisters at MIC

Sunday Chaplin for almost 30 years- well prepared homilies, regular and punctual (riding on your white scooty) and later arranging with the CMI fathers for daily Mass when the OFM Fathers could come no more. Gave retreats and on Recollection Sundays exhortation. Always a 'yes' to anything you were asked for.

Second - For being a Fatherly figure, a generous provider

We are indebted to you for all the tasty and bountiful meals, snacks, fruits, chocolates, ice cream etc you sent to the sisters. Many of us present here have tasted your bounty now and again. After your foreign trips we received surprises from you. We cannot forget the long outings to different places- the transportation, accommodation, food, sightseeing were all meticulously planned in advance - departure to our arrival at MIC you kept in constant touch to make sure the sisters were enjoying themselves - generosity- How can we ever repay you Father...? You stood with us as a saviour in all our difficulties. We owe you much, much more. No wonder when I met any CMI Priest at Christ Campus while introducing myself as an AC sister from Mary Immaculate - immediate response 'Ha, Fr. Thomas has you all in his heart ... 'Isn't it true Father ...?'

Fr. Thomas is a store house of ideas, his expansive vision is not only limited to Christ Campus but also to MIC and MIS. You contributed much to the Chapel building, Golden Jubilee Memorial and the new block for the State Level School by way

of your vision and guidance. You often conducted seminars for the staff of MIS.

Third - Fr Thomas is a Priest with real zeal and commitment, a professor with a passion for teaching He has always been a guiding light tirelessly burning to empower others. He had a dream about higher education, that's why he invited the teaching sisters of our province about 130 of us for a three-day seminar. Every sister who entered Christ campus tasted the goodness of Christ, the accommodation, input sessions, food, outing and transportation were very remarkable. We consider all of them generous gifts to us and will carry on what we have received. The College staff of our Congregation attended a seminar in Higher Education organized by the Centre for Education Beyond Curriculum. The participants were wonder struck at the natural beauty of the campus, they appreciated the speakers and the input sessions, the hospitality and outings they cherish with fond memories. You were very thoughtful too in inviting all the sisters who lived at MIC during your tenure just for a get-togetherness to recall past fond memories of you and Christ.

Fourth - When Sr. Susheela, our Superior General requested you for accommodation for the guest sisters during the Sesquicentenary celebrations, Father you went out of your way and everything was arranged to perfection. The CCR Sisters appreciated everything at Christ campus, the imprint of Christ remains in their minds and hearts.

Christ has risen to heights because of Fr Thomas's hard work, deep dedication, meticulous planning, preserving and positive accompaniment. He sails into unknown shores exploring the unpredicted, so graceful in his bearing he is a person who has the ability to inspire and drive others to take up challenges. He is knowledgeable and global minded and well-versed in all matters of administration. Every interaction with him has been enriching and enlightening not only to me but to every person. I have always admired Fr Thomas as an awesome personality. He has an aura about him which radiates positive energy and power. A thousand pictures come gushing down the memory lane when I think of you

and see you Father, each picture is so vivid, vibrant and fresh. I can go on and on, but now I gently close the book.

So we congratulate you Father and thank God for the person that you are and I say a big thank you for all your contributions to the A C family. Yours is a life well lived. May the Good Lord continue to lead you forth to be fruitful and multiply in the pastures that now await your graced presence.

VOCATION PROMOTER'S SEMINAR AT NBCLC, BANGALORE

* Sr. Linet Maria A.C.
Yesu Prem Niketan

He was in love with a girl for many days. He thought she will be the partner of his life.

Everything was well planned and he was on his way to propose to her. He diverted from his daily route and travelled on the other one. It so happened that he had to pass by the Church. The priest was reading the Word of God John 1:39-41. Something attracted him, dragged him and made him enter the Holy Place. He waited till the Mass was over, met the priest and made his Confession.

There was a jolt, a jerk in his life that led him embrace priesthood and he is our beloved Pope Francis.

“The life that Jesus gives us is a *love story*, a *life history* that wants to blend with ours and sink roots in the soil of our own lives. That life is not salvation up ‘in the cloud’ and waiting to be downloaded, a new ‘app’ to be discovered, or a technique of mental self-improvement. The salvation that God offers us is *an invitation to be part of a love story* interwoven with our personal stories; it is alive and wants to be born in our midst so that we

can bear fruit just as we are, wherever we are and with everyone all around us”. (Christus Vivit 137-138)

What is happening? Why is the womb of consecrated life sterile? Are we an attractive brand or icon to the modern world? Do the young people see us as men and women of joy? These are the questions to be reflected upon seriously in our Congregation in particular in our Province as the Vocations are dwindling rapidly.

Sr. Reema D’ Mello and I were given the opportunity to attend the IV National Vocation Promoter’s and Minor Seminary Rectors’ Meeting from 13th to 15th June, 2019 at NBCCLC, Bangalore, highlighting the theme on “Redefining Vocation Promotion to Priesthood and Consecrated Life”. The speakers presented different aspects of the theme very well.

Some of the chief ideas highlighted are as follows:

Strategies and methods:

- Pray for vocations
- Pastoral care in the family, parish and schools
- Discernment of Vocations:
 - Candidates for apostolic community and not for therapeutic community
 - Candidates as companions and not as hostellers
 - Candidates as crew members and not as passengers

Seven Steps to Success:

- Vocation Promotion Drive
- Make known the Congregation
- Win over the goodwill of the Diocesan pastoral clergy
- Visit high schools in different dioceses
- Organise Holiday camps
- Conduct student retreats with a special topic on Vocation

Paradigm Shifts:

- Vocation promotion is not ‘*come and see*’ but ‘*see and come*’.

- Vocation is not for the Congregation but for humanity.
- Vocation is never ever once for life but for every phase of life.
- Vocation Promotion not by advertisements but by attraction.

We have to constantly search for better and more effective means of drawing young women to the life-giving springs of our Spirituality. There is much to be corrected and much more to be lived. With the grace of the Divine Sower of the seeds of Vocations, we can hope to succeed.

Unless and until I get a jerk or jolt in my love story, I may remain passive in my calling. So let's welcome all the jerks, there are any number of them, and attract others, to our way of life.

On our part there is no turning back. Prepared for being ignored, our tasks not recognized, being not treated as some others are, our personal difficulties not considered, mortified/ humiliated before others – most of the time from those we expect respectful treatment – a real challenge for the sake of Him who has called us. We will never be the losers since He is the Banker who never fails. The result will be abundant vocations! Yes, St. Francis De Sales has strongly shown us that a drop of honey can attract many than a barrel of vinegar. Let us be that drop of honey...

WHATS APP ! *What the Heck is that?*

*** Sr. Marilda A.C**

St. Ann's Convent, Mangalore.

Let me take you to the world of Riddles.

I'm an 8 letter word

First 4 is the question

2, 3, 4 protects our head

6, 7, 8 is a software

7, 8 are same letters

Who am I ?

Hint: you use this word daily

Ans: Whats App

Yes, it's WhatsApp!

The name 'Whatsapp' is a pun on the phrase What's Up. It is one of the important instant messaging application available on the internet domain.

More than one billion people in over 180 countries use WhatsApp to stay in touch with friends and families, anytime and everywhere. WhatsApp is free and offers simple, secure, reliable messaging and calling, available on phone all over the world.

The purpose of this article is not for an advertisement on WhatsApp. It's true that we get a lot of good material on WhatsApp which is a good source of learning. At the same time there's also a lot of junk coming in and we are exposed to an unwelcome distraction. Besides one can easily fall a prey and get addicted to it.

We are so interested in our whatsapp messages and we do make time for it. But we've very little time for self and for others. When I say for 'self' I mean time for self knowledge. Do I take time off and see what's going on within me (heart & mind) to check if we are on the right track... When we open our 'Mind Whatsapp' we will know what's going on in one's mind- what type of thoughts run across the mind. Let us remember that thoughts become words; words become actions; actions become habits; habits form our character and character makes our destiny! When we open our 'Heart Whatsapp' we will know what's stored there- what type of feelings and emotions the heart occupies. Self knowledge is the best knowledge. If so, isn't it better that we get into the habit of opening our 'Inner WhatsApp' often rather than swipe mobile screen all the time/every now and then?

When we find some good message or article on WhatsApp, we forward it to our friends. But if we find some junk we try to delete it immediately. What about applying the same 'formula' to our spiritual life? Minus or delete the unwanted matter (negative thoughts and emotions) and retain all the good matter (positive feelings and emotions) and forward them to others.

Recently I received a very interesting and inspiring image of the '4 monkeys' on my WhatsApp. We are familiar with the 3 monkeys of Gandhiji (see no evil, hear no evil, speak no evil). Here in this image there are four monkeys. This 4th monkey (busy with the smart phone) is the sum of the first three monkeys (see no one, hear no one, speak to no one). How true it is ! We are expected to close our eyes, ears and mouth to all that's evil but never close our senses to see, hear and speak good! Being sensitive to the needs of our neighbour is our priority. Never close our eyes to see goodness in others, to sense and see the need of another; never close our ears to listen to the pain and sorrow of my neighbour, to hear the cry of the poor and needy; and never be tongue-tied to speak for others, to appreciate and applaud the goodness in others. Does the constant use of my smart phone provide me sufficient time for others?

Finally the fourth ape!

 ThinkingHumanity.com



He is the sum of the first three

**He sees nobody,
hears nobody and
speaks to nobody!**

What a pity that our world seems to be rotating in the opposite direction! What is more surprising is that the 'World of the Religious' is in the process of becoming topsy-turvy!! Don't you agree with me? Jesus said: "You are in the world but not of the world....." (Jn. 17:15-18). The wheat and the weeds' are grown in the same field... (Mt. 13: 30).

We Religious should remember that we live in this world but are not of the world. St. Peter reminds us, "You are a chosen generation, a holy nation God's own people..." (1 Pet. 2:9-10) Yes, we are consecrated and set apart for a particular mission. As Apostolic Carmelites, we are expected to experience the All Sufficing love of God and share the same with all- in our Community and in the field of our Apostolate. Hence our priority should be the achieving of our goal/purpose of our life as Apostolic Carmelites.

Glimpses of the Province Day 2019



Our Warmest Greetings on your Golden Jubilee
Dear Sister Susheela



We give thanks to God for your 50 years of faithful Love & Service
Dear Sisters Carmel Rita & Maria Sheila



Centenary Bells chime at Stella Maris, Kotekar



Tribute to Fr. Thomas CMI



If every sister decides to close her eyes to all that's not good and opens them to see the needs of her sisters and others; close her ears to all types of negative talk, and open her ears to listen to the good things about others, to hear the unspoken words of her sisters in the Community/those at work place; close her mouth tight when tempted to talk ill of others, tend to grumble or criticize, and decides never to close her mouth to speak good of others, to speak aloud issues like social justice and become the voice for the voiceless, then we can truly experience the All Sufficing love of God in our life and share the same with others. Let us also make use of our WhatsApp and other social media to share this All sufficing Love of God with our friends and family.

RARE SURPRISES FOR THE YOUNG SISTERS @ ST AGNES

'The Thirteen' on Youth Day
St. Agnes Convent

It was 9th January. The bell for the Morning Prayer rang five minutes earlier than the usual. As this doesn't occur usually, I asked the sister, who sits next to me for prayer, whether there was any mistake. She, too, was puzzled about this. But we were in for a big SURPRISE - for the sisters of our community, had planned to mark this day as 'YOUTH DAY' taking clue from the Mangalore Diocese which is celebrating this Year as 'the Year of Youth'. Sr. Jyotsna set the tone for the day through a beautiful morning prayer. All of us (thirteen in number – Srs. Jyothi, Norine, Vinora, Reshma, Roopa, Janet, Yvette, Meera, Delphine, Pressy, Gloria, Jovita and Nishmitha) walked towards the altar with our lamps lit reminding us of our consecration to the Lord.

The morning Mass was also offered for our intentions. Fr Maxim Noronha, Vicar General, made our day unique by his special prayers for us. This was soon followed by a king-sized breakfast during which all the other community sisters greeted us with a song.

The afternoon promised us many more surprises as we were asked to reach the refectory at 12 noon sharp. Holding our breath, we struggled to leave behind our responsibilities and rushed to the Convent for lunch. Much to our surprise, food was arranged in the Carmel Hall. And even before we could start our lunch, all the Sisters under the leadership of our Superior Sr. Maria Roopa and Sr. Shamita welcomed each one of us by name with a wonderful verse dedicated to us either in English or Konkani. A game was also conducted wherein we had to guess the names of our sisters based on the meaning of their names. A sumptuous meal soon followed, with mouth-watering delicacies, prepared lovingly by our sisters with Srs. Carmita and Jyotsna at the helm. The sisters went all out to make our day a memorable one.

With grateful hearts, we thank our sisters for appreciating the work we do in the community and in our mission and for letting us feel really special. A big ‘Thank you’ dear Sisters.

“HAPPY HEARTS” HOLIDAY CAMP

*** Sr. Christian Misquith A.C.
And the Sisters of Carmel Niketan**

“To me there is no picture so beautiful as smiling, bright eye’d, happy children; no music so sweet as their clear and ringing laughter” says P. T. Barnum. Yes! Child Sponsorship Programme and Carmel Seva Trust jointly took a step forward to help our children to make good use of the holidays by conducting the **“Happy Hearts”** holiday camp. As P. T Barnum says in his above statement, our campers were truly filled with joy for they received what they had never got. They were indeed children with bright eyes, bright smiles and full of joy.

The total number of the participants was ‘250’, and the children were from Jamgi Colony, Haladkeri, Gornalli, Shahpurgate, Navadgeri, Malegaon, Rasoolabad, Sulthanpur, Gunalli, Markhal the neighboring villages of Bidar.

The resource persons were our NTC students of CVTI for 6 days and 14 staff members including 3 sisters from Mangalore,



CST and the campaigners had the privilege of receiving service from the 3 mission minded missionaries who sacrificed their holidays to

give their best to the poorest of the poor; they were Sisters Jenita, Shalini and Thejaswini to whom we are very grateful.

The benefactors in cash and in kind were many for this camp, because after all CST was giving not for those who were filled but for those who were striving to have something. With warm hearts we thank all our benefactors specially, Child Sponsorship Programme, Carmel Seva Trust, Sister Aloysius (who deserves a salute from us, for hers was the Lions share for this camp), CVTI, Kannada Primary School, Nikitha Furnitures, Hungry Project, Sri RajshekharGadha, Sister Sylvette, Superior and Community St. Mary's Convent, Provincial House, St. Ann's Convent, Shaheen College, Dr. Siddhareddi and Maria Nilaya community.

Menu for the camp was: Breakfast at 8.15 am, plantains at 11 am, rice, curry/veg. Biriyani for lunch, Badam milk and Glucose biscuits in the evening.

Our organizing committee consisted of Sister Christine, Sister Anitha Noronha, Sister Priya, Sister Supreetha, Teacher Sunitha and Teacher Latha.

ACTIVITIES:

This camp was a multi performer in the lives of our children. It gave them fun, it gave them knowledge, it gave them awareness regarding many unknown things, it gave importance for their health, it brought out their talents and finally the full involvement of the children in the camp.

Subjects: Every day English, Science, EVS and Mathematics was taught to the children to increase their interest and also to study with clarity.

Co-curricular activities:

We conducted the different activities like yoga, drawing, dance, craft, action songs, games on regular basis to make them active and creative and give more taste for learning



and discover their talents. At the end of the day they were awarded prizes as a mark of appreciation.

Awareness Programme/Outreach programme: Every day we had the assembly and during the assembly ten tips were given each day to improve their health pattern. Class wise children were taken to the Railway Station to give the awareness of the **Railway Childline 1098** and to make them aware of their rights and facilities to avail when the need comes. The Railway Childline staff gave more information about the 1098 to all the children and also they acted out the street play about the child marriage, child labour, Childline, Human Trafficking, through which children came to know about their life as children and how they have to protect themselves. A word of gratitude for the Railway Childline Staff.

Talent show: Every day there were a variety of competitions to bring out their innate talents like singing, dancing, drawing, spell bee, good hand writing, storytelling, alphabet game, indoor games, rhymes, yoga, memory test and quiz. Class wise sports were conducted for half day and many more games were played. Children took an active part and also they were eager to learn many new things. At the end, the best ones were awarded the gift. This encouraged them to do their best.

Outdoor games: Children were taken out for outdoor games to have physical fitness and to relax themselves. One day we had half day sports for all children, the class teachers conducted the games for each class. It was very interesting and children enjoyed it.

Health check up: Children had general check up, eye check up and dental checkup. Doctors were willing to serve the children with warmth of heart and also they guided the children about healthy diet, body hygiene, oral hygiene and other awareness regarding health was given. Each child received Colgate Tooth paste and a tooth brush.

Videos: For Class 5th, 6th and 7th we showed the videos on child marriage which was helpful for all the children to keep watch over themselves and for 1st, 2nd, 3rd and 4th videos were shown about the values and learning, to give more interest in their studies and to encourage themselves that they can do well in everything, to have the positive attitude towards themselves.

Gratitude: We are deeply touched by the interest Sister Carmel Rita and her team, Sister Shamitha and her team took in our camp for 16 days. Sister Aloysius collected funds for our expenses and sisters from a few convents contributed in cash and kind. Our Sisters Jenita from Balagraha, Thejaswini from Ladyhill, Shalini D'Souza from St. Ann's Convent and Anitha Noronha from Maria Nilaya worked very hard for the success of the camp. Our sisters of Carmel Niketan specially Sr. Priya did wonderfully well in this venture of ours. Our working staff and students from CVTI, Carmel Seva Trust, Railway Childline, Carmel Jamgi Colony and Shahpur Gate served sincerely for the all round development of our students. Our Sister Shanthi Priya made available to us the cooking room, store room, all class rooms, play ground, and compound for our use.

Many generous benefactors from Bidar city contributed by their voluntary service and providing food items. Sister Christine and her team is very grateful to God for his Providential Care, support and protection all through the camp. God bless all those who became part of this camp.

We are grateful to our drivers: James, Dhanraj, Jaggu, Raju, Santhosh and Shivraj who brought the children safe from villages in the morning by 8.30 and took them back at 4 pm. Sisters and teachers accompanied them.

The cooking team consisted Raju, Jeevan, Santhoshi and Kamamma who cooked excellently and the children enjoyed the delicious food very much.

Finally the camp ended on May 11th 2019. For the concluding ceremony, we had a grand programme put up by the children and they went back home with lot of learning and happy memories.

100 YEARS!!! STELLA MARIS CONVENT, KOTEKAR

*** Sisters of Stella Maris, Kotekar**

Stella Maris Convent, Kotekar was a special dream of Sr. Marie des Anges, finally realized by Mother Aloysia. This beloved house of A.C. sisters completed 100 years on 28th February 2019.

The plot measuring 5 acres and 28 cents was procured with the help of Dr. L.P. Fernandes, of Fr. Muller Hospital on 16 Oct 1917. The blessing of Stella Maris was fixed for 28th February 1919. Bishop Paul Pereni S.J. blessed it while the sisters sang magnificat and Ave Maris Stella. The Holiday Villa was named “Stella Maris”.

During the first joyful decade, Stella Maris fulfilled a variety of roles and rendered many splendid services as-a holiday Villa, a meeting ground, a place of homely festivities, an oasis of rest, a shrine of prayer, a place of refuge for the ailing and troubled, an institute for religious initiation, a house for study, a fruitful garden, a home for the poor and a centre for evangelization; it was a little training ground, a semi novitiate for the postulants and novices. At the request of the fisherfolk to open a school for their children a school was started in 1935. It was up graded in 1938 to a Kannada medium elementary school. An Orphanage was started simultaneously. In 1994 the province had a novitiate here. On the request of the parents English Medium School was started in 2007, Carmel English Medium School.

None of the convents in our Congregation even dreamt of such variety of apostolate as Stella Maris. Indeed Stella Maris is unique. We are filled with a profound sense of joy and jubilation, for the marvellous works of God. 23 April was a red - lettered day for Stella Maris.

The Eucharistic Celebration commenced at 10.00 a.m. Most Rev. Peter Paul Saldhana, the Bishop of Mangalore was the main celebrant and eleven priests of our deanery concelebrated the Eucharist. The liturgy was beautiful with a hundred lamps burning in front of the altar, melodious singing of our sisters and Bishops inspiring homily.

Bishop had other commitments, so soon after the Mass, representing all the past Bishops we felicitated our present Bishop.

As the stage was being vacated, the refreshments were served. Our stage programme began with the welcome dance performed by the students of Carmel English Medium High school. We had on screen the video presentation of the glorious hundred years of history, the life and growth of Stella Maris over the years.

Stella Maris Convent had 28 superiors over the hundred years. Only seven of them are living. We were privileged to have all of them to be felicitated, Srs. Bertine, Eula, Mary Jane, Aquineta, Dionetta and Henrita. Sr. Eula expressed her sentiments on behalf of all the superiors.

Miss. Maria Kutty, our housemaid had served this convent for 63 years. She is now 83 years old. In appreciation of her dedicated service, she was felicitated.

Our Carmel blossoms put together their melodious voices to a centenary song composed by Simon Pais. It was indeed a sweet melody to our ears. The guests of honour were felicitated and given a memento to last for another 100 years.. a sapling of soursop (lakshmanapala). Our Golden Jubilarians Sr. Susheela the Superior General and Sr. Carmel Rita the Provincial Superior were felicitated.

Vote of thanks was proposed by Sr. Maria Carmel and Sr. Daisy the Postulants directress compered the programme. Fr Denis Suares, our parish priest blessed the fellowship meal arranged for all present.

All were given a pepper plant as a memento of our centenary to plant in their garden to reap the fruit for years to come.

We thank our sisters who came for the choir practise and sang so melodiously on the day. Srs. Bhakti Mary, Esmá Reema Monterio for helping us in the Holy week and Centenary celebration. Some of our sisters came to help us on the previous day and made our burden light. God bless them all. Srs. Theresimina and Maria Roshna from Madonna Convent, Kasaragod came to wish us in the evening and stayed with us for supper. They had gone to Calicut to vote and on their return they visited us. We appreciate their sisterly love.

We thank God for the past centenary and start anew the bi-centenary for which none of us will be present. God provided this golden opportunity for us. May our Stella Maris, the star of the sea, pray for us and lead us on to the eternal shore.

HURRYING TO HARIHARA

* **Sisters of Yesu Kripa**
Shimoga

Let me introduce our community to you dear Readers. Like the '**Pancha-Pandavas**' we are just five, no less. There is great strength in a few who can work in unison for a common goal. Just as the fingers of the hand coming together can pick up grains of rice from the plate or when needed can lift up a whole bag of rice so is the Community spirit at **Yesu Kripa** Shimoga. Let me now go on to tell you how we went in haste to Harihara on our Community Day. It was May 26 which was our Community Day, and there was much preparation on the previous day in terms of

keeping ready for special morning prayer and the domestic celebration to follow. So in the morning we assembled in our little chapel to receive the blessings of our Lord on our Community. The sisters wanted to do it symbolically and so there were 5 flower pots placed in front and each was asked to go and water the pot of her choice. This was to indicate her contribution towards the growth of the community. Next we were asked to place a flower in an empty Vase telling others that though we are of different personalities we have come together to live in one House/Vase/Community. We can blend together and give joy through whatever we are skilled to do just by our being sweet scented flowers in the Lord's garden.

After the prayer we moved to the refectory hoping to see a special menu planned for the day. Instead we were in for a surprise! Our cook had not come! So without wasting much time we quickly planned to fry eggs for bread and opened the fridge to find cheese to make our breakfast special. By 8 a.m. we had to be in the Parish church to keep ready for Mass. Soon after the Mass, all five of us with our Aprons on, got ready to prepare the noon lunch, each one contributing the little knowledge they had about cooking. By 12 noon we were able to set the table with delicious salad, a meat dish, vegetable and fruit salad as desert. Thus what we did symbolically became a reality through our joyful participation and contribution in community living.

While at table we discussed what we could possibly do in the evening. Among the five suggestions that came up, one sister suggested that we could go for an outing to see a new place. This seemed possible when the choice was Arogya Matha Shrine at Harihara. So we decided to visit Arogya Matha Shrine at Harihara a popular pilgrim centre in Shimoga. With excitement in our hearts we were ready by 2.30 p.m. and reached the place by 4.30 p.m. Like Mary going in haste to meet Elizabeth in the hill country we journeyed forth in a hurry to meet Mother Mary on our Community Day. We prayed in front of the miraculous statue of our Lady for all our near and dear ones. We remembered specially our Congregation and in particular our Province. We visited the Museum and learnt the history of the place. Then all five of us got into an

auto rickshaw and went to see the house of the Brahmin and the River in which he found the miraculous statue of our Lady. A small church is being built in the place of the Brahmin's house. By 8 p.m. we returned to the convent and once again all worked hand in hand to prepare the supper.

At the end of the day every one of us felt that our Community Day was very special- **A Day to Remember!** We thanked God for giving us this unique experience to strengthen our bond with one another, bring joy by our presence and service and having a holy yet educative experience at Harihara. The sweet memories of the day still linger in our hearts and minds.

CELEBRATE 26TH MAY 2019

* **Sr. M. Susan A.C.**
St. Joseph's Convent, Mysuru

A day to celebrate, a day to rejoice, a day to forget all our struggles and pains, a day to refresh, a day to rejuvenate was 26th May, a day filled with celebrations.

So we began on the eve of these celebrations. On the 25th May, we welcomed our newly appointed Superior Sister Flavina, who arrived around 5 am, from St. Ann's Provincial House Mangalore, after attending the Superiors' Seminar, under the direction of Sr. Shamita our newly elected Provincial Superior of Karnataka Province.

At our Evening Prayer "Besp", we welcomed our Superior, and paid our allegiance of Love, Loyalty and Obedience, "into your



hands Sr. Flavina" in the presence of Jesus in the Blessed Sacrament.

We then proceeded to the Refectory, which was well decked for this evening meal, we

welcomed our Superior in song, and a verse. Each of us recited a stanza and offered her a flower each, and enjoyed the lovely dinner.

“26th May 2019” dawned brightly, as we began celebrating “Our Community Day” offering ourselves to the Triune God, and paid our homage to the Trinity, our model of unity in diversity.

The Liturgy was a celebration indeed, each part of the Eucharist highlighted for this occasion.

We the four old members: Sisters Claretta, Dolora, Susan and Maria Bedsy, and the four new members: Sisters Flavina,



Celine Vera, Maria Geethika and Maria Joyce, the 8 wise virgins kept our lamps trimmed and burning, and due to the famous traffic jam, the big golden coloured bus arrived around 11 am instead of 10 am. Our St. Joseph’s Community with its eight members assembled at the Convent Entrance ‘New Iron Gate’, and welcomed the 26 Golden Jubilarians, who arrived from Saranya Generalate Bangalore, with golden coins “*chocolates*” fitting for this occasion. They freshened up, and we offered them refreshing refreshments rich and rare, we greeted them with a golden jubilee song and a verse, and presented to each one of them, a golden packet, with a token of remembrance of Mysore, as they left behind “fond lovable memories”.

Guess who the 26 golden jubilarians were: Sisters Alcina, Henrita, Zita, Marieta, Sunitha, Fabiola, Preethi, Roslinda, ***Susheela***, Cynthia Cutinha, Shamila, Carmel Rita, Matilda Madtha, Roshan, Chrissie, Doris D’souza, Shalini, Linette, Premila, Maria Sheila, Noelle Marie, Lydia, Noreen, Jilian, Theresia and Maria Alexina. (Sr. Emma Maria incapacitated, and Sr. Marie Nelly R.I.P. Their absence was greatly regretted).

Spot out the ones whom you know, and if you know all the 26 of them, the reward will be yours. Congratulations!

Being our “Parish Feast” on this same day, soon after lunch, the new comers Sisters Flavina, Celine Vera, Maria Geethika and Maria Joyce rushed to our Parish “Virgin of the Poor” and participated in the Parish celebrations. Their presence was greatly appreciated. God Bless them!

On their return they visited the Bishop of Mysore Rt. Rev. Dr. K.A. William on an appointment, requesting his Lordship’s blessings. He was happy to meet the four new comers to St. Joseph’s Convent, Bannimantap, Mysore, as the new Bishop’s House is under construction, ‘work in progress’ just opposite our Convent and School. God bless our rapport in the near future.

With a hop, skip and a jump, we reached the close of this festive day. Recreation was from 7.45p.m. to 8.30p.m.

With Sr. Susan as our M.C. we had an organized recreational programme. Sr. Flavina our chief guest and our newly appointed Superior and the only audience, all in *one*, she enjoyed the Actors and Actresses: Sisters Claretta, Dolora, Susan, Celine Vera, Maria Geethika, Maria Joyce and Maria Betsy’s “performance”: Prayer Song, Welcome Dance, Crowning the New Superior Sr. Flavina with the famous “Mysore Peta” by the Organizer, Garlands and Bouquets by each member, blessings in stanzas, Action Song, Orchestral Song in Mozambique, Skit, Scriptural Action Song. Well done! to our new experienced Photographer Sr. Maria Joyce. After each item “CURTAIN”.

Then precious words flowed from the mouth of our young new Superior Sr. Flavina. She thanked each sister by name, and gave a special thanks to our dear Sr. Claretta who as the 1st Consulter is always behind the screen - planning, organising, arranging, encouraging, fulfilling all her plans for the unity of the community.

With light refreshments, we concluded with night prayer led by the MC.

Indeed “26th May 2019” was really a wonderful day full of “celebrations”. A Memorable Day, Hurrah!

SEA VIEW COMMUNITY DAY

* **Sisters of Carmel Convent**
Gangoli

We the 'Eight Be-attitudes' of Carmel Convent, Gangoli, rose with joy and enthusiasm to celebrate Community Day. In the presence of the Eucharistic Lord who is the source and center of our community we gathered together to seek his blessings during Morning Prayer.



Thereafter we had sumptuous breakfast and moved to the parish to participate in the Eucharist with the Parish Family. With 'Elnino' hitting hard at us especially at the sea shore we took recourse to tender coconut to cool our body and refreshed ourselves. Lunch was provided by our own famous Carmel Convent Caterers with our Konkani specialities Sanna-dukori, Bokro, Combo and salad.

We then ironed our beds for some time and got up with zeal to pray our Evening Prayer. Meanwhile our Superior was all on her heels tip-toe to arrange for a vehicle to give us a surprise. Yes, indeed it was a surprise but in usual Jadka Gadi which led us straight to the light house nearby. A large number of mini boats on the seashore welcomed the new community of Carmel Convent. Just as we were humming 'Author of Beauty God...' our students from all sides surrounded us and accompanied us to climb the rocks that reminded us of Mount Carmel. We enjoyed the sunset and indeed it was a feast to the eyes. Our hearts and minds were raised aloft with gratitude and joy to the creator for the wonderful beauty of creation.

One of our catholic teacher whose house was nearby invited us to her house. They shared their joys of being close to the seashore and also the anxiety and the fear they experience with the arrival of each monsoon causing all havoc with storm that



uproots the coconut trees and damages the houses. We spent some time with them and prayed with her family thanking God for her parents who recently celebrated their Golden Wedding Anniversary.

Thus our community day was a wonderful and refreshing experience which united us to the creator and with one another in the bond of love.

A UNIQUE PILGRIMAGE

* **Sr. M. Devina, A.C.**
Vijaymari Convent

When the news was broken that there would be a pilgrimage to Velankanni arranged under the leadership of Sr. Marie Lucy for our 3 communities of Maryhill and Jyothi Nagar, most of the sisters of our community wanted to join the same but due to some important commitments 3 of the sisters could not make it. Together with the members of three other communities, we were 14 in number. What an excitement we experienced as the day 1st March dawned, on which by 6.15 am, we would start by a van to the railway station. Within 25 minutes we saw the train halted right in front of us on platform no.1. We alighted without much hustle and bustle, got into our seats and berths and settled down for a long journey by train and then by bus. We reached the spot the next day at 3.30 am only to find the sister's quarters gate still locked and the lady in charge would open it only at 5.00 am. This created a bit of panic. We needed a few wash rooms at least! To our great relief we found them, though they lacked plumbing and electricity. Anyhow we managed with some payment at the entrance.

We prayed to Velankanni Matha to allow us to enter our quarters as early as possible. Till then we got some place on a

clean stage to deposit our belongings and to lie down for a while. Very soon it was made known that the Don Bosco sisters quarters were open at 5.00 am and through that entrance we got in and found all that a tired pilgrim needs. We had a good rest till it was



time to have our breakfast at the hotel just across the road. All of us did justice to whatever we ordered for and then went to meet Jesus through our Mother of Velankanni. We were able to offer Mass in English right on time in a spacious church and the people who already filled it to capacity, willingly offered us seats as most of us were senior pilgrims.

After fortifying ourselves spiritually with the Holy Eucharist and breaking of the Word of God, we went to the Adoration chapel which was air conditioned. We spent some time thanking the Lord for his protecting care all along the way and then some of us went for confession, with due preparation. We visited our Velankanni Matha's shrine, museum, Mother Theresa sisters convent and the sea shore. There were a number of shops on either side of the way to the sea shore, selling a variety of items just for Rs.10/- or Rs. 20/-, which was an added attraction to all the pilgrims.



There was a shrine as we entered the Velankanni church and it led to the Ave Maria church wherein we could write our intentions and put them in the box, offer Masses or donations in cash and kind etc. Then we went to the Morning Star church to offer the Eucharist on the 2nd day, which again was in English. Holy Masses are offered every hour in various languages. Next, we proceeded to make the way

of the cross, in turns. In the middle we saw a stretch of sand all along the stations of the cross and people moving on their knees, from one end to the other in the hot sun as part of their vow or penance. It was very inspiring to see. On the third morning, we had the privilege to participate in the Mass offered by a Carmelite priest in Goan Konkani.

On the same day, Velankanni Matha inspired and urged us to meet the Poondi Matha at Poondi via Thanjavur, once capital of Chola Kings. A van was sponsored for us by a devotee and we gladly proceeded there. It was a Minor Basilica, very pure and bright to behold. This shrine is also known as the shrine of our Lady of Immaculate Conception. After a visit to the cave of Holy Land in miniature, we met together to pray the Rosary and evening prayer before the statue of our Lady of Lourdes, brought from France by Fr. Beschi S.J. and has been here ever since, 150 years or more. This statue is known as the 'Miraculous Statue of our Lady of Poondi'.

In this cathedral, a Blessed Priest Fr. Lourdu Xavier's grave is there and people flock to it and pray placing their hands on it. There is a beautiful Rosary park which lends itself to prayer. We found it difficult to part from this place (with 20 Mysteries). Then we moved on to Sr. Preena's aunt's house, very close to the church. They had arranged supper for us and we rested till 2.30 am. Thanks to their generous hospitality, they even packed breakfast for us for the journey.

We forced ourselves to be ready at 2.30 am and sped on our way by van to the railway station, where we boarded the train at 4.30 am. The seniors rested till 11.00 am, while the youngsters played games with joyful glee. The Mount Carmel mini bus was ready to welcome us at 10.00 pm at the Mangalore Central Station to take us back to our home - sweet home. The sweet chirping of the birds on all the trees at Velankanni and Poondi was simply marvelous to hear. This melodious medley resounded and reechoed, as the birds chirped at Vijaymari at 5.30 am for us to get into our daily routine on 05.03.2019. God bless all our 4 communities and the organizer Sr. Marie Lucy.

OUR COMMUNITY DAY

* **Sr. M. Sujatha A.C.**

Yesu Prem Niketan

Let life be a constant celebration of Your love O my God. Indeed everyday is a celebration, celebration of God's unconditional love and goodness. The 9th of June was a special day of celebration at Yesu Prem Niketan. First and foremost it was Pentecost Sunday, a day to celebrate the birthday of the Church with great rejoicing.

We had also planned to celebrate our Superior's appointment day and our community day too on this auspicious day. The morning was suffused with Meditation, and Prayer appropriately prepared with a plant placed before the altar as a symbol of the community. It was very meaningful and inspiring. Rev. Fr. Pius James D'Souza O.C.D., Episcopal Vicar for Religious offered Mass. We felt united with God and one another as we sang devotionally well chosen hymns and participated in the Eucharist. In his homily the priest stressed on building a joyful community and quoted Pope Francis "I want to say one word to you and this word is joy. Wherever consecrated people are, there is always joy. Communities are heaven on earth if every individual thinks of giving himself to another.

After the sumptuous spiritual meal we greeted one another and had Mangalore special 'Sorpoathail' and 'apam' for breakfast.



We met again at 10.30 a.m. with a lot of noise to relish the sweetness of 'palloda' and dry fruits. The lunch prepared by our dear Sr. Laveena and the girls was delicious.

At 1.30 p.m. the vehicle arrived to take us to VAZCO Resort at the Someshwar beach. There was an air of excitement as we boarded the van. Here a word or two about this resort and our Sisters. The Resort belongs to Mrs. Mary Vaz a great friend and benefactor of our convent at Kotekar. She would anything for the sisters in gratitude for their act when she was in dire need.

Mr. Manohar greeted us with a smile and related how Mrs. Vaz entertained the sisters and the Orphans in the resort. To begin with we were served soft drinks and we felt refreshed. Next we were led to a spacious hall where, there was a lot of games material was. We played all sorts of games: Chinese Chequer, Ludo, Badminton, Table Tennis etc. for nearly an hour. Sr. Maria Anitha our superior reminded the entertainment team to do the needful. With no loss of time Sr. Veera's whistle blew and we were divided into three groups. The groups had to collect anything and everything available for the group. One should have seen the sisters, young and old running all over and grabbing whatever they saw, stones, carpets, twigs and what not. At the end of the five minutes the groups were asked to create anything they wanted with the material collected but in silence. It was a challenge. The groups busied themselves intently and excitedly with their creation. Five minutes later the whistle blew again and we were all gathered in front of Sr. Vera. She asked each group to explain their work. The first group had propped up one of the youngest and the shortest sister on a table, squatting and with closed eyes trying to pray. She was surrounded by and decked with all the material they had collected. They explained that one, especially a Carmelite, although surrounded by the mundane should be detached from them and attached to God alone. The Second group had managed to put up a shop with sports material – bats and balls rackets and shuttle cocks, sun hat etc. They had a small plant in front of the shop to say they were trying to be eco friendly. The third group had once again a sister in the meditation

position but this under the table, representing a cave. She too was surrounded by all sorts of things they had collected. Their message was, one cannot truly be united with God if attached to the mundane. O how we enjoyed it all.

The staff of the Resort led us to one of the ten posh resort houses which was fully at our disposal. Here we were served hot tea/coffee and freshly fried snacks free of cost. Quite refreshed we relaxed, sang all kinds of folk songs and freely danced to the music on the mobile as we were by ourselves.

After sometime we recollected ourselves and prayed our Evening Prayer with love and devotion. Our next move was to the Beach. The sea was walled off with huge boulders and we were warned not to go beyond the wall as the sea was rough and the waves rose very high. We had to satisfy ourselves without getting into the water. The youngsters climbed up the uneven stone wall clicking selfies and taking pictures of the ferocious sea etc while the older ones watched the Majestic sea, reminding them of the power of God. Back at the resort the youngsters having lost the opportunity to dip their feet into the sea water were tempted by the swimming pool and without much ado they were in the water. A few watched them and the others spent time with the manager listening and talking to him. We asked him to convey our regards and good wishes to Mrs. Mary Vaz's son who is now the owner of the resort now residing in Germany with his family. Here we must remember that Mrs. Mary Vaz's mortal remains (bones) were brought from Switzerland by him and are buried in our cemetery at Kotekar. We were truly amazed at the warm hospitality and generosity shown us, by him and the staff of the Resort. The day full of joyful experiences was coming to a close and we were on our back to our sweet Home of love YESU PREM NIKETAN feeling grateful and closer to God and to one another.

We are indeed grateful to Sisters Aquineta and Lorna Mary who willingly offered to keep house.

THE CARMEL BLOSSOMS 4th INTERNATIONAL CONGRESS

*** Anwika Miranda**

Class VIII C

Mount Carmel Central School

Mangalore

Three of the Carmel blossoms representing MCCS (Jessica Miranda, Abigail Crasta and Anwika Miranda) along with the Carmel blossoms representing the Karnataka province, travelled the night of 7th of April, 2019 to the destination that gave us the most exciting experience of our journey as Carmel Blossoms – the 4th International Congress at the Apostolic Carmel Generalate, Bangalore from 8th to 11th, 2019.

It was a four day meeting for the Carmel blossoms who represented 8 provinces – the Central, the Karnataka, the Eastern, Western, Northern, the Southern, the Sri Lankan Provinces and the African Region. The theme of the congress was ‘The Carmel blossoms – Friends of Jesus.’

The main aim of the congress was for the Carmel blossoms to experience the love of God, and of other Carmel blossoms, to realize our role as Carmel Blossoms and to give Jesus to others. The four days were filled with prayer, training and bonding activities all based on the theme. Every day we had morning meditation to relax and refresh our minds and souls, Eucharistic Celebrations with meaningful sermons to strengthen us in our faith, ice-breaker sessions to bond with Co-Carmel blossoms, talks from some great resource persons on how we can become friends of Jesus, Rosary along with the attractive PPTs at night and good food with great company that made none home sick.

The inaugural was a very special one as we received the honor of a special session by Sr. Susheela A.C., the superior general, who addressed us and made us feel at home and ready

to make the most of the days. Other special activities on the other days included quiz on the gospel of John, skits depicting Carmelite saints as Friends of Jesus and praise and worship by Jesus youth Bangalore.

Evidence that the congress was a great success and a special four days for the Carmel blossoms was the tears in everyone's eyes as they bid adieu to the fellow Carmel blossoms and the feeling of joy and gratefulness that filled our hearts for this unforgettable experience. We all cherished it and will look forward to be a part of it again.

We thank Sr. Susheela A.C, the superior general; Sr. Lydia A.C., the general councilor in-charge of Carmel Blossoms; Sr. Ida Barboza A.C, in-charge of Carmel Blossoms of Karnataka province and all the sisters who made it possible for us to have this great experience of having Jesus as our greatest friend. Long live Carmel Blossoms...



BEATITUDES ARE A WAY TO HOLINESS

(St. Mary's Marjil getting into the heart of the Beatitudes
- enacted on the Province Day)

(Mrs. Sunitha goes up and down on the stage)

Sunitha : Hmm ! What guts of that silly woman ! Last Wednesday during S.C.C ward meeting she insulted me. That mirror method - nonsense of the class. It exposes you and makes you bare before others. Mrs. Anitha pretends that she is holy person. She spoke nonsense. Look at her courage to point a finger at me. Wait I will teach her a lesson.

(Mrs Anitha comes that way – returning from the market)

Anitha : Hello Sunitha, good evening.

Sunitha : (In rough voice) Good evening saint Anitha

Anitha : (**With a surprised tone**) Why Sunitha, look at me, are you angry? What's the matter?

Sunitha : Matter, it seems, matter! What a big pretender you are. Last week during that ward meeting you insulted me before everyone, didn't you see the smiles on the faces of others?

(She brushed her aside and was about to go)

Anitha : Sunitha, please listen and spare a few minutes for me (**Anitha knelt at her feet and said**) My dear Sunitha, pardon me, I haven't pointed my finger at you, neither did I hurt you. I am sorry. Forgive me.

Sunitha : (**Her heart moved, she lifted Anitha up and said**) I am sorry for my rude behavior; you have opened my eyes. (**embraces her**) Anitha dear, it is Mrs. Sandra

who phoned me and said that you insulted me. She is a big gossiper. Wait, I will question her.

Anitha : No Sunitha, please don't do that; finally it will be like a wild fire. Forgive her, didn't Jesus teach the same and showed in action on the cross? Let's pray for her.

Commentator: Humility is not stupidity, neither meekness the result of a weak character. Meekness is strong as the mighty cedar which controls oneself. **(as they are about to go they stopped. Voices like fighting are heard)**

Sunitha : Anitha, What is that noise? It sounds like a bomb blast between India and Pakistan. **(Meanwhile Mrs. Renny with a stick in her hand and Frenny with a broom come from two sides)**

Renny : Look at her size by daily swallowing fowl curry. All her chicks, hens and cocks are in my vegetable garden. Just a week since I have sown the seeds and seedlings have just sprung up. All the tender seedlings are in their stomachs. **(Shows the stick)** I will break their legs and throw them in your compound. Take care, otherwise I'll

Frenny : Otherwise, what will you do? See what I am holding in my hand, look clearly **(ha,ha,ha,ha,ha. Laughs)** I will sweep you from head to toe, then my sweet broom will lavish hundred kisses on your back. Tell me, is it enough or want some more.

(While both raise their weapons, Anitha stands in their midst with a tone of authority, silences them, puts their stick and broom down and in a gentle tone calls them friends and hugs them.)

Anitha : Frenny and Renny, I am no one to condemn you. I humbly beg of you to close your eyes for a few seconds and look at the cross and the arms which are outstretched to embrace you. May He pour forth His peace in your hearts (**Any soft music**) (**Both of them open their eyes and wipe them with their handkerchiefs, without speaking a word, Frenny goes towards Renny, embraces her and both cry on each other's shoulders. Anitha invites Sunitha, Frenny and Renny to her house.**)

Anitha : Come, come, for I have prepared Manni for tea. Let it cool our hearts and minds. (**They go**)

Commentator : Peace is flowing like a river, let it flow through me, to you and to all, and let it's ripples spread far and near and reach to every human being.

(four young girls appear on the scene - Preethy, Smitha, Neetha and Reetha)

Preethi : Friends, in our St. Antony's ward, there are a number of rich people. Some swim in the waters of wealth but I haven't come across any helping others except Mrs. Anitha. I am indebted to her. My M.Com degree was possible because of her generosity, which even her left hand does not know.

Smitha : Is it Preethi ? I too am a beneficiary of it, my mother is eternally grateful to her.

Neetha : (**Neetha shook their hands and said**) What about me? I too have tasted the sweet honey.

Reetha : Mine too is the loud secret. From K.G to P.G, all my studies are seen by her. May God bless her. Friends, shall we pay her a surprise visit?

Three : Sure, sure, indeed we shall go.

Neetha : Let me call her and to see whether she is at home?
(Phone gets a positive reply)

(At Anitha's house)

Anithas : Welcome young ladies, have you brought me good news of your results?

Four : Yes, aunty, all of us have got distinction.

Anitha : Congratulations dearies. May God be gracious to you and bless your future. I'll get some coffee to refresh you.

Four : Wait aunty, we want to speak to you.

Preethi : Aunty, please tell us the secret of your humility and generosity.

Anitha : Children, it is true that God has given me a lot of wealth. I am not puffed up because of the wealth. I always depend on the providence of God. I keep my heart empty for Him to be filled by His love. Wealth cannot possess me, it comes and goes, it has to be shared with the needy. Didn't Jesus say. "Blessed are the poor in spirit for theirs is the kingdom of heaven?" I keep my heart pure and see God in others. I offer the pleasant to God and keep the unpleasant for me.

Smitha : Aunty, my heart overflows with joy. We see God in you and you have taught us the values of the Kingdom.

(At that time, someone rings the parlour bell)

(As Anitha goes out, Riya cries and holds Anitha)

- Anitha : What's the matter child? Don't cry, come on tell me, my dear, what happened?
- Riya : Aunty, the owner of the house has put us out. We don't have a house. My mother could not pay the rent for 6 months. Pappa is sick, he can't work.
- Anitha : **(Goes inside, brings a cover and hands over as she wipes her tears)**
Riya, tell your mother to come and meet me in the evening.
- Riya : Yes, Aunty, thank you very much. **(goes away)**
- Anitha : My young girls, I want to comfort them. They have endured enough and more all these years. I have a small vacant house, I shall invite them to settle there. Young ladies, when you are free come and see me, I feel very happy by your presence.
- Four : Yes, Aunty, we shall surely come. Thank you very much. You have opened our eyes..... Bye...**(they go)**

All sing - There's a peace in my heart...

A. C. FOOTPRINTS. Vol. 8. Pages 111 to 200

* Sr. M. Aquina A.C.

(Kindly send the answers to the Editor of Karnataka Vani by October 15th 2019. You could mail only the answers as Across...1, 5, 7 back... etc, with or without the grid to the Email ID - srmelissa@rediffmail.com)

ACROSS.

1. A student of St. Agnes, showed a special ability in Mathematics. She had a thirst for knowledge. One time, she felt drawn to Contemplative life, with leave of absence she tried but in a year's time she was back in Apostolic Carmel. She developed Rheumatoid arthritis. As she was an intellectual, she shared her knowledge with candidates, postulants and the juniors. Took up catechism classes for aids patients daily. She passed away at the age of 60. (8, 6)
5. She asked to be accepted as a Postulant after her first year Arts. As a Sister, graduated and secured First class in English and French; also gold medal for highest marks in Christian Doctrine. She privately completed her M.A in English. In 1952, she was in England studying for M A second time. After retiring, she was in charge of Nursery class. She was ready to be of service and would not refuse any one. (9)
7. She was born in North Pass, a little village in the Andaman. As a Sister, she was full of life, ever ready to help. She used her talents for singing and dancing. Her needs were few and she lived a simple life. She was bubbling with ideas for Biblical role plays which the children cherished fondly. She just lived 25 summers. (4, 6).

10. She was the first lay staff Teacher appointed at St. Joseph's school, Kundapur. Determination and perfection in everything were the outstanding qualities of her. She was a great help to the parish priest to instruct the people to receive Sacraments. She with apt teaching aids would fulfill her task. She did this till the end. (7)
12. In her 86 years of life, 61 years she served as Infirmarian, Refectorian and in charge of Boarders. She was a loving, caring person with an understanding approach. Fr. C.R. Prabhu, the Vicar General of Jamshedpur had taken two hours leave from his hospital bed in Mercy Hospital to concelebrate at her funeral Mass with 15 priests. (8)
15. The poor were her special children. She slogged and toiled to alleviate the heartache of the have-nots. She was artistic, creative and had a green thumb. She lived out St. James' admonition in his letter ch. 2:14 -17. (9)

BACK:

2. Born in Uganda, lost her father at the age of 4 years. At the age of 7, her step father used to call her 'Little Mummy'. Late Sr. Marina's life made her decide to join the A.C. At 43, she was detected of Cancer. Sr. Vincent, the Superior General wrote to her these encouraging words. "It was indeed very inspiring for me to see how you have responded to the Lord's special call to follow Him very closely all the way to the Cross. You have been and are still growing into His fullness....."(10)
6. In her later years she spent much of her time in the chapel, reading and praying with retired Sisters. When the little ones came to the chapel, she would teach them about Jesus, encourage them to read the Bible. This was her mission and apostolate. (8)

8. The communities in Kerala were happy to have her with them for she was self effacing and served the Sisters with love. Every day at 4 p.m. she used to lead a group in charismatic prayer in the chapel. After returning from Potta Retreat Centre to her convent to Tellicerry, she said, “God’s plan for me is to suffer”. (8)
9. She had great interest in her students and their families. She loved the poor students and was interested in drop outs too. While disabled due to amputation of both the legs, she offered to total up marks in the answer paper, mend the clothes and cover the hymn books; and teach English to working boys. (7)
16. Laughter and tears were two things that came easily to this Sister. Meals and recreation were as important to her as Prayer. The AC-ness radiating from her deeply impressed those who lived with her. (5)

DOWN:

3. Being the only daughter, her father was unwilling to send her to the convent. “Aren’t you my only daughter?” She replied, “Baba, Jesus is also only child.” She worked very hard in Dhyavanava with Sr. Ottilia. Though she had little formal education, she could converse in Konkani, Kannada, Tulu, English, Hindi and Malayalam. (7)
4. Of the 56 years of Religious life, she spent 47 years at Tambaram. She conducted Adult Education classes for domestic workers of the vicinity from 1.30 to 2.30p.m for some years. She was a part of Sunday catechism, Charismatic and intercessory prayer groups; attended every talk and course in the Parish, called herself a true parishioner. (7)

UP:

- 11. In 1995. she arrived at Faustina Villa; quickly adapted herself to the new place at the Children’s Home. Her ability at handicraft, flower making and knitting was utilized. At her funeral one of the young girls prayed, asking the Lord to take our Sister quickly to His embrace and reward her for what she had been to them. (7)

- 13. Prayer was a transforming influence in her life. It helped her to tide over difficult situations. For the last 16 years, she had been suffering from a weak heart. She continued to manage the kitchen and some years did the washing of community linen. She had arthritis. With this condition she arrived at Ajni, Nagpur and lived her last 20 months. (7)

- 14. Neatness and order were typical of her. She found relaxation and joy in tending the plants. Vegetable saplings planted in empty cement sacks bore fruit in plenty in a few months. Her green thumb made everything beautiful. She loved little children and took great interest in teaching them and being a mother to them. (7)

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

Western Province:

1. Sr. Angelita A.C.
2. Sr. Elvira Tellis Nayak A.C.
3. Sr. M. Christalina A.C.
4. Sr. Margaret Angela D'Souza A.C
5. Sr. Jean Marie A.C
6. The Novices, A.C Training Centre
7. Mount Carmel Convent, Ajni, Nagpur
8. Sr. Florence Mary, Nuvem, Goa

Northern Province

1. Sr. Alcidia A.C

Southern Province:

1. Sr. Maria Vimala A.C

Eastern Province:

1. Srs. Marie Castelina, Maria Rajani, Maria Vera A.C
2. Sr. M. Belina A.C.
3. Sr. Pramila Lolita DSouza A.C.

Centre

1. Sr. M. Flavia A.C.

Sri Lanka Province:

1. Sr. Mary Dilka A.C
2. Sr. M. Biumi AC

Karnataka Province:

1. Sr. Maria Prathima A.C
2. Sr. M. Felician A.C.
3. Sr. Maria Merlyn A.C.
4. Sr. Marie Alice A.C.
5. Sr. Maria Premitha A.C.
6. Srs. Hilda Menezes & Devina A.C
7. Sr. M. Avita A.C.
8. Sr. M. Henrita A.C
9. Sr. Stanislas A.C.
10. Sr. Maria Anita A.C
11. Sr. Teresa of Avila A.C

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

Date	Name of the Sister	Relationship	Name of the deceased
11.12.2018	Sr. M. Chrisette A.C	Father	Mr. Victor C. D'Souza (70), Loretto
29.12.2018	Srs. Shalini A.C & Silvian A.C	Sister	Sr. Veronica Kamath (72), Kolkatta
30.12.2018	Sr. Rita Pinto A.C	Brother-in-Law	Mr. Alwin Mascarenhas(42), Derebail
25.01.2019	Sr. Hilda Menezes A.C	Sister-in-law	Mrs. Therese Menezes (70), Bejai
30.01.2019	Sr. Leena Fernandes A.C.	Sister	Mrs. Irene D'Cunha (73), Mumbai
03.02.2019	Sr. Monica D'Souza A.C	Brother	Mr. Saturnine D'Souza (90) Modankap
17.02.2019	Sr. Cynthia Pinto A.C	Brother-in-law	Mr. William Pinto (79), Perampalli
01.03.2019	Srs. Therese Shanthi & Livia A.C	Brother	Mr. Rocky D'Souza (48), Vijayadka
24.03.2019	Sister Florine Pinto A.C	Sister	Mrs. Benedicta Pinto (87), Hospet
24.03.2019	Srs. Jyothi Priya A.C & Jyothi Crasta A.C	Father	Mr. Daniel Crasta (80), Narampady
14.4.2019	Sr. Lucy B. Rodrigues A.C	Brother	Mr. Timothy Rodrigues (84), Farla
19.4.2019	Sister Hilda Menezes A.C	Sister-in-law	Mrs. Leena Menezes (85), Chennai
27.4.2019	Sister M. Sneha A.C	Sister	Mrs. Benedicta D'Sa (68), Agrar
3.3.2019	Sr. M. Vera A.C	Mother	Mrs. Irene Carmine Pinto (69), Saverapura, Paladka
16.5.2019	Sr. Rose Agnes A.C	Sister	Mrs. Cecilia Saldanha (86), Shirva
13.6.2019	Sr. Florine Pinto A.C	Sister	Sr. Norebertine A.C (79), Digwadih
15.6.2019	Sr. Evelyn Marie A.C	Sister	Mrs. Carmine Fernandes (92), Bengaluru
22.6.2019	Sr. Merici A.C	Brother	Mr. Victor Menezes (76), Mumbai
22.6.2019	Sr. Therese Teena A.C	Father	Mr. Norbert Vas (56), Shimoga

OUR GRATITUDE

Sincere thanks and our Appreciation



*Best wishes for your future mission
Sincere gratitude for walking with us
with unstinted love from the
benevolence of the Almighty
May you have all His blessings in plenty
May God go with you and be gracious to you.*

*With deep gratitude
Sisters of Karnataka Province*

SAVE WATER

Every drop counts...



LET'S
SAVE
THE **WATER**
TOGETHER

There are a number of ways to
SAVE WATER
and they all start with you...