

# THE APOSTOLIC CARMEL

Karnataka Province



Love was born at Christmas

# **Our Dear Sister Shamita**



**Golden with hope be each hour of your life  
Golden with love be each deed you do  
Golden with grace be the words you speak  
To each soul in its hour of need  
Golden with peace be the ways you walk  
May God's love ever be the light  
That gently leads you through the night  
His understandings never cease  
To comfort you and bring you peace  
May God bless you now and always...  
Happy Golden Birthday Dear Sister**

**Wishing you many  
Golden Years Ahead...**

**- Sisters of Karnataka Province**

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*"God so loved the world that He gave us His only son" (Jn.3:16)*  
*It's the Christmas season. Christ came into our world and in Him, we are a New Creation.*

*Christmas 2019 with its clarion call beckons us to be "a new creation", to be filled with faith, hope and joy; to embrace the warmth of faith, love and service that propels us to find hope in the coming of our Saviour, Jesus Christ. We need to be vulnerable, humane and sensitive – in one word – 'authentic'. "Peace to people of good will" was the message the angels brought during the first Christmas. The angels resonate the same message even today.*

*The celebration of the 150<sup>th</sup> birth anniversary of the father of our Nation, all over India, is a strong reminder to us to live and promote with greater zest, the Kingdom values of love, truth, justice and non-violence practiced by Mahatma Gandhiji.*

*We are also in the Sesquicentennial Year of the Establishment of our Congregation in India. It is our pride and privilege to be in Karnataka, where the Mother House resides. We have initiated*



*the year with a simple yet meaningful inauguration. The Superior General's circular giving practical suggestions to march forward and deeper in the love of Jesus inspires us to wipe out the ashes of our commitment, fan the passion into flames, and to follow Jesus in a radical way, giving life and unction to our Apostolic Carmel way of life.*

*Life comes at all of us with shocks and surprises. If we approach these situations with Jesus at the centre, we can turn them around and our people in mission will see Him in us and love us.*

*The Spirit of Christmas lies in the sweetness of our words to one another, the aroma of our deeds that spread goodwill and in the answer to the call for a deeper Christian faith. The winter of Christmas prepares us to face the blizzards of life with profound hope. 'If winter comes, can spring be far behind?'*

*"And now these three remain: faith, hope and love. But the greatest of these is love" (2 Cor 13:13).*

*Wishing all of you dear sisters the Peace and Joy of Christmas and a hope-filled New Year 2020. Praying for blessings from Baby Jesus on your loved ones.*

**- Sr Maria Melissa A.C.**  
*Editor*

# THE POOR ARE GOD'S FAVOURITES

\* Sr Beatrice Pereira A.C.  
*St Mary's Convent, Marjil,*

***“Christ although he was rich, he made himself poor to make you rich through his poverty.” (2 Cor 8:9)***

Jesus in the Sermon on the Mount proclaimed that it is not the rich who are blessed or fortunate, but the poor. The poor seem to be God's favourites. They are called –the *anawim of Yahweh* the poor of the Lord in the Bible. They were desperately in need and were open to receive whatever God wants to give them, his word, himself. The Shepherds, Mary, Joseph, Elizabeth, Simeon, Anna belong to this category. Mary found favor with God because of her total self emptying and the receptivity to the fullness of God's grace. She responded with total openness to God's invitation for the 'Word' to be conceived in her womb and said “Behold the handmaid of the Lord, be it done to me according to your word”. St. Paul in his letter to the Philippians portrays the utter humility of self emptying of Jesus. “Though divine in nature, he emptied himself, taking on the nature of a servant, made in human likeness”. (Phil 2L6-7) For this reason God exalted and glorified him and now his name is honored throughout the world.

God is rich in every aspect. There is no emptiness in God. He is fullness brimming over, overflowing. It is John who says that “Out of His fullness we have all received grace upon grace”. (Jn 1:16) It is God who is always giving, takes the initiatives in His search for emptiness in the human soul. He provides challenges to the soul to surrender, and gradually hollows out emptiness within the soul that He might fill it with Himself. God needs our poverty, our nothingness to fill us with His love and His presence. “Christ although he was rich, he made himself poor to make you rich through his poverty.”(2 Cor 8:9)



What is it to be poor? After the famous judgment St. Francis of Assisi went out without his money, without his clothes, without even his father. It was a cold winter and snowing. Yet he went out singing. And he was singing for joy. And he was joyful not because he was poor but because he was rich. He had, it is true given up his worldly possessions, a few thousands, may be a few lakhs, but now he had much more valuable possessions. He had given up his earthly father, and now God was his father. And since God was his father, everything God possessed was his. He felt that the birds and the trees and the hills and the sky and the animals were all his. When he gave up all, he possessed all. Now he was not poor, he was very rich. Christian poverty means possession of God, the experience of the sufficiency of God's love. I don't need His gifts; I am not dependent on anything else because I possess the Giver, the Creator. How can I possibly want or need any of His gifts or creatures?

The process of becoming 'poor in spirit' is detachment, the ability to let go. Without freedom from attachments we cannot love fully and unconditionally. We are free to love until we are willing to stop clinging to our possessions of one kind or another. Our egos chain us down with a multitude of attachments, to people, to things, to times and places, to reputation and image, to professions and ministries, to power, status and position, to our ideas and practices, to success and to life itself. We can become attached to any number of other things too, like cleanliness, neatness, and order, our likes and dislikes, our preferences in food and drink. We can become compulsive and unyielding about them. That is not freedom. And the list goes on endlessly. Letting go of our attachments requires self-discipline. None of this is possible without putting one's faith and trust in God. It is a surrender of the attachments or inordinate desires we have, one by one in prayer, with total trust and focus on God and His sufficiency. Liberating ourselves from attachments one by one is the work of a lifetime. Trusting God as Jesus did means letting go of everything so as to surrender ourselves and our lives to God. The freedom that comes from poverty enables one to preach, to pray, to praise God and to serve others. Poverty does bring peace and joy.

It was our foundress Venerable Mother Veronica who expressed the experience of her inner joy and peace after her baptism in the Catholic Church in the words: O my God! I had so many things to say to Him that I think I said nothing. I remained engulfed in silence but I felt that I possessed my God. I had everything. The whole world was nothing to me anymore”. His hiddenness drives her to seek Him everywhere, regarding all else as worthless in comparison with the joy of possessing Him. Nevertheless the search for God must be marked with the seal of suffering love. All through her life she went through the purification in the crucible of suffering. She learned to accept in peace the nothingness of her creature hood, the sinfulness of her fallen nature, the helplessness of human weakness to accomplish the slightest achievement in the realm of grace. This was in truth her meeting place with God. In losing all, she possessed All, her God.

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## **GOD’S POWER AT WORK**

**\* Sr Maryse A.C**

*St. Cecily’s Convent, Udupi*

God’s power is at work every moment, everywhere and at all times. We see it in the universe, in the vast wide world, around us and in us.

Here I would like to recall one or two instances which occurred long back while I was still in the school teaching. On one fine day as I entered class IX to take up the catechism class, I noticed commotion, confusion and loud noise. Even before I could ask the reason for this commotion, in one voice the students blurted out something against their companion ‘Wilma’. I silenced them and started the class with the prayer, No sooner the prayer got over they shouted again . I knew what the matter was and in fact I wanted to correct her (Wilma) who had committed a grave fault privately after the class.







would read the Gospel passage and then reflect on the word of God for about five minutes and then pick up the message it offered to practise it during the day.

The SSLC examination was fast approaching and the boarders were earnestly preparing themselves to face the Public exam. They were permitted to sit up in the night up to 11.00 p.m. for their studies during the examination days.

Normally the leader would switch off the light at 11.00 p.m and then all would go to bed. When all had gone to bed, I would take a walk in the dormitory to see if all was well and then retire for the day.

It so happened that one night as I was taking my usual rounds in the dormitory, I noticed Thelma reading under dim night light, and I casually asked her “Why are you reading in the dim light?” thinking that she was preparing for the next day’s public examination. Her prompt reply was “Sister I’m reading the Bible. I never go to bed without reading it” I was stunned to hear it; could it be true or was I dreaming? Then realizing the truth I turned to God deep within me and thanked Him for yet another marvel He brought in Thelma.

She is now married and well settled in USA. A couple of years ago when she had come to her native place, she came to the convent to pay me a visit. We shared many things of the past, but I was most happy and thrilled when she told me that she still continues to read the Bible, not only she but also her children. I was so thrilled and I expressed my appreciation for her in keeping alive the thirst for the Holy Scripture and yet more for the passing of it on to her children.

Isn’t God’s power still at work? He does work silently, relentlessly, continually and effectively.

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# MY REFLECTION ON EXTRAORDINARY MISSION

\* Sr Sylvia Soares A.C

*St Joseph's Convent, Kundapur*

Happy are those who are merciful to others; God will be merciful to them (Mt. 5: 7). There are four dimensions specified by Pope Francis to live more intensely the journey of preparation for the Extraordinary Missionary month October 2019. You will be familiar with this.

1. A personal encounter with Jesus Christ alive in His church through the Eucharist, the word of God, personal and community prayer.
2. Testimony
3. Missionary Formation
4. Missionary Charity.

I would like to dwell on the first point. It's a personal encounter with Jesus Christ alive in His church through the Eucharist, as the Eucharist strengthens us to do great things.

My encounter with Christ in others is to search for Christ Crucified in others. We find Christ when we faithfully follow the family apostolate in our communities. Some of our communities have kept aside an available day to go out and meet people. We are "Baptised and sent" or "being sent" to proclaim the good news to the simple, less privileged, ordinary, weaker ones, poor, illiterate, youth, those who have lost hope, those who are living in the forest area, those who are at the river side, building workers, cooly workers, daily wagers, sick and lonely in the houses, living at the road side, behind the big multi facet building, underground of the malls, behind the wedding pendals, near the holy places, prisoners, security guards, home guards, our Ex-students those who were poor in studies, fish and meat sellers, plate washing workers in hotels, vehicle parking areas, bus stands and railway stations, so

and so forth. You may be tired of reading the endless list. If not, you are free to add some more things in your missionary reflection too.

It's not easy to follow this faithfully but when Christ is with us who can stand against us? Is it not Jesus our beloved Lord who helps each one of us to do good and make the right choice in order to experience his tangible love for us? As I write my reflection on this matter surely I remember that I am "being sent" for a good cause and I have to make the right choice to encounter Christ in others. Let me conclude by saying that Our Eucharistic Lord strengthens each and every one of us to proclaim the Good news, in our own way pleasing to Him always.

Most of us would be willing to identify ourselves with the conditions laid down in the five preceding beatitudes as those who were in need of help, sorrowful, meek, hungry and thirsty, even merciful. My concern and thoughtfulness towards the future generation could be shown by saving water and greenery around me. This could be added to my extraordinary mission too. When we visit the catholics or others we could inspire them about the environment.

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## INAUGURATION OF THE SESQUICENTENNIAL JUBILEE YEAR

*\* Province Chronicler*

The inauguration of the sesquicentennial year of the Apostolic Carmel presence in Mangalore, India got off to a memorable start with the celebration of thanksgiving Mass offered by Rev. Fr Pius James DSouza OCD, for the faith, courage and dedication of sisters both past and present in the service of youth in India and nine other countries. The entrance procession of 150 sisters with roses in their hands which they placed at the Altar was a symbol of offering to the Lord in praise and thanks for the 150 years of love and service.





After the Mass, the sisters of the entire congregation assembled in St Ann's School Hall with the spirit of joy, hope and gratitude. The resounding voice of the M.C. Sr Melissa made the gathering vibrate in each other's company. The gift of our dear Foundress Venerable Mother Veronica of the Passion to the Apostolic Carmel was voiced out by all with the most beautiful Charism song 'God Alone Sufficeth'. The youngest members of the Congregation, the aspirants and candidates with their gaiety and piety welcomed the gathering with graceful movements to the rhythmic beat of song 'Suswagatha'.

Sr. Maria Shamita, the Provincial Superior of Karnataka Province, all energized with a lovely smile, proudly welcomed all to the inaugural function, especially Sr Mabilia A.C., the assistant Superior General, Sr. Lydia A.C., the General Councillor for Education, the representatives of various provinces, tertians, postulants and the sisters. The rainbow dance was a prelude to the short play 'the story of a seed' which depicted beautifully the milestones of the Congregation over the past 150 years. It was an eternally glowing tribute indeed to our Foundress Venerable Mother Veronica. Her spirit lives in 203 houses of the Congregation and in the hearts of around 1570 sisters who serve God and His people through education and other works of mercy, with unflinching faith in Divine Providence.

As a part of the celebration, the jubilee cake was cut by the representatives of General Administration and various provinces. The celebration dance added colour and splendor to the occasion. 'The Twin Souls, the book authored by Sr Sylvette A.C was released on this occasion; Sr Olivia A.C was recognised for bringing up-to-date the books on A.C. Footprints. Both were felicitated for their rich contribution to A.C literature. Sr Mabilia in her message enthused the sisters to live the charism of the Foundress with greater commitment and dedication. The creative quiz interspersed between the items kept the audience alive and alert by the compeers Srs Lathika and Janet Sequeira. Sr. Lydia honoured the winners. Sr Maria Shubha proposed the vote of thanks. The celebration ended with a festive fellowship meal.

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# SESQUICENTENNIAL FINALE AT TRIVANDRUM

\* **Sr Marilda A.C**

*St. Ann's Convent, Mangalore*

The year 2018 was an extraordinary year for our Congregation. It was the Sesquicentennial Jubilee Year of our foundation in Bayonne, France! The celebrations took place both at the AC Generalate, Bangalore and at Bayonne, France. July 2019 witnessed another very special and unique event! The Grand Finale of the Sesquicentennial Jubilee at the CCR Generalate, Trivandrum, which brought down the curtain to the year-long Jubilee celebrations both at the AC and the CCR Congregations.

At the invitation of Mother Mary Frances, the Superior General of the CCR to participate in their Jubilee celebration, the AC representatives from all our Provinces gathered at the CCR Generalate (All Saints Convent), Trivandrum on the morning of Monday, 15<sup>th</sup> July 2019.

The celebrations consisted of a meaningful Morning Prayer conducted by the CCRs highlighting the History of the Congregation followed by a surprise where the hands of the CCRs and the ACs came together to cut the Jubilee Cake! It was a jubilant moment indeed! The day was marked with a solemn thanksgiving Eucharist at 11 a.m. which began with an unique Entrance Procession- two sisters waving symbolic Flags to the tune of the music on either side of the Hall followed by little children dressed as Angels dancing gracefully with lighted lamps. At the end of the procession the unveiling of the photographs of Venerable Mother Veronica and Mother Elias, was carried out by the representatives of both the Congregations. The Archbishop of Trivandrum, with two other bishops and priests, was the main celebrant. The Angelic Choir at the Eucharist created a heavenly ambience. Mass was followed by a short felicitation programme where the valuable services of the Superiors General and the Provincial Superiors of both the

Congregations were recognized. Both the Superiors General were given opportunities to voice out their sentiments on this happy occasion. The peak of the day was the evening's Sound and Light Programme, 'CCR LAUDSTAR – A SPIRITUAL ODISSI'. It was a dance drama, highlighting the lives of Mother Veronica, the Foundress, Mother Elias and the achievements of the CCRs. It was indeed a feast to the eyes! In his message, the Bishop who presided over the programme, appreciated the efforts of both the CCRs and the ACs in coming together at this auspicious occasion. His message ended with a powerful statement: "Aspire to inspire before you expire."

The grand Finale of the Sesquicentennial Celebration was followed by the Solemnity of Our Lady of Mount Carmel, on the following day, i.e. Tuesday, the 16<sup>th</sup> July. A special Morning Prayer and the celebration of the Holy Eucharist marked the day. Before bidding farewell, we expressed our gratitude to the CCR Community through words of appreciation and assurance of our prayers through a blessing song.

We the ACs were indeed overwhelmed with deep joy and gratitude for we were the recipients of God's bounty and goodness experienced through the warm hospitality and generosity of the CCR sisters. Their services were heartwarming. They were at the station with their vehicles waiting for the arrival of their guests arriving at different times; back home they provided us with best of facilities at the cost of renovating the entire Hostel building and the campus specially to accommodate us; all were provided with delicious food and also food for our return journey; we were gifted with of a flask each and a packet of special halwa for our communities. Yes, they were gracious in making us feel at home, thus making our stay a happy and comfortable one.

With our physical parting we treasured a rich legacy of the CCRs in our memories to be cherished always!

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# “OUT OF THE MOUTH OF BABES YOU HAVE FOUND PRAISE, LORD” (PS 8)

\* **Sr Reema Monteiro A.C**

*Bal Yesu Nilaya Convent,  
Maryhill, Mangaluru*

Yes, God took delight in the praises of children and answered their plea and showed them that He is the God of wonders.

It happened on 22 July. As usual Sr Premlatha, the warden had made all the children sleep by 9.30 p.m. When clock struck ten in the night, there was a sudden knock on the community door. The Superior, Sr Sujyothi opened the door to find a few frightened children telling her, that Jasmine, an eight year old child had a fall from her cot and was very sick. Sr Sujyothi informed Sr Adelcia and both of them rushed to the orphanage. They found Jasmine, throwing up her legs as she groaned, without being aware of anything around her. As she was being resuscitated, Jasmine became limp as though she were dead. Sr Premlatha too arrived on the spot. By then most of the seventy seven primary school children in the two dormitories were already awake. They were seen gathered around the statue of the Infant Jesus and interceding for the recovery of Jasmine on their own accord, for they perceived the seriousness of her condition. They prayed spontaneously, sang bhajans and hymns, joining their hands, closing their eyes and on their knees. They did not stop doing so while immediate arrangements were made to shift her in the Betharam Fathers vehicle to Fr. Muller’s Hospital. The sisters at home too continued to pray with the children. Sr Jenita and I accompanied Jasmine to the hospital. At first she seemed to be calm, but on nearing the hospital she became restless once again.

On reaching the hospital, the doctors asked several questions regarding Jasmine’s illness. They injected medication and said that she had to be in the I.C.U. Sr Jenita kept Sr Sujyothi informed regarding Jasmine's condition. It seemed as though the prick of the needle awakened Jasmine; she opened her eyes, smiled and wanted



to get back to the Children’s Home immediately. She did not want to remain in the hospital any longer. She spoke to the Superior herself over the phone.

Here in the orphanage, children were overwhelmed with joy; their prayer of intercession turned to thanksgiving and praising the Lord, for He alone could bring Jasmine back to “life” they said. A few children exclaimed, we trusted in the Lord Jesus and knew that within the period of half an hour, we would get the news of Jasmine’s recovery. We bow our heads to the Lord and say, “Out of the mouth of babes you have found praise, Lord “.

Sr Jenita and I brought Jasmine back to our home by 12.30 a.m. on 23<sup>rd</sup> July. The children received Jasmine with hugs and kisses and thanked Infant Jesus and Mother Mary, for this great miracle for Jasmine and for them too.

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## CLUMP OF UNIQUE CELEBRATIONS AT CARMEL NIKETAN

\* **Sr Manisha P Coelho A.C**  
*Carmel Nikethan, Bidar*

Celebrations do engrave in our memory if they are celebrated in an unique way. Sometimes celebrations **HAPPEN** to be unique but at times celebrations are **MADE** unique only for the sake of coming away from the routine and to **FILL** life with new meaning.

We the sisters of Carmel Niketan under the banner of Carmel Seva Trust had the privilege of celebrating some routine events in a unique manner, thus we had a clump of unique celebrations.

### 1. Girl Child Day

It is obvious that we celebrate Girl Child Day everywhere. But in Carmel Niketan, Sister Christine’s brain worked in a different way. “This time let the mothers celebrate their daughter’s day” she said and the day dawned with joy in Carmel Jamgi Colony and Shastrinagar.

The main feature of this feast was that the mothers had to gift their daughters with some necessary things. This idea had crept into their minds about a month ago during one of the women's cell meetings. They liked the idea. Now the task was to think about the gift they had to give without their daughters coming to know. It was to be a surprise gift.



The celebration went on this way. the programme began at 4:00 pm, with the prayer dance by the girls of Carmel Jamgi Colony. Sr. Supreetha being the animator of Women's Cell welcomed the gathering. Sr. Christine Misquith spoke about the importance of the celebration, regarding how the girls should be empowered. Mrs. Mangala Bhagawath was the resource person. She spoke about the importance of the girls in the family.

A game was conducted involving all. Then the interesting part of the programme arrived, that is to make the mothers and the daughters to sit together and allow them to spend some time to speak to each other. Then the mothers gave their surprise present to their daughters. The children were very happy and they were very grateful to them.

In order to give awareness to the mothers about their need for protection of their girls, Carmel Seva Trust (CST) gave an umbrella each to the mothers and about the purity, neatness and cleanliness of the children, CST gave the daughters a hand kerchief and a cake of bath soap.

CST celebrated the same event in 3 villages. All together 167 women and 155 girl children were filled with joy on the day.

**2. Grand Parents Day/ Senior Citizens day:**

Usually CST would celebrate Senior Citizens day by bringing them together under the CST banner and giving them some health



320 children from 9 villages, that is Jamgi Colony, Canon Colony, Navadgeri, Gunalli, Sulthanpur, Malegaon, Rasulabad, Valdoddi and Markhal arrived at the gate of St. Joseph's church, and there were our staff of CST, Railway Childline and members of 'Prajavani' leading news paper in Bidar, with smiling faces.

It was a red letter day for both CST and Prajavani which collaboratively arranged so many interesting events throughout this significant day. They set the stage, working hand in hand for the 'responsible citizens of tomorrow'. Dance, singing, Drama, games and magic Show were some of the features of the day and through this the talents of the children were brought out. 'Makkala Habba' was inaugurated and presided over by the children themselves.

Our Carmel Jamgi Colony children beautifully acted out a drama of human trafficking which helped the children to be aware of the different problems children face in the society. There were many competitions like folk song competition and crown making. The children participated enthusiastically and the winners were given prizes.

Mother Veronica's 114<sup>th</sup> Death Anniversary, World Day of the poor, Childline Se Dosti' were other events celebrated at the same time during the single Mega event.

- Mother Veronica's Death Anniversary

Mother Veronica's 114th Death Anniversary was celebrated by





garlanding her photo by a child, depicting the sense of gratitude from the society for the service it has received.

- **World Day of the Poor**

This time we celebrated this event by honoring 23 widow's of our 8 adopted villages by giving them Ilkal Sarees and thereafter sumptuous meals. All the children were given 5 note books and a pen to mark this event.

- **Chidline Se Dosti**

November 14<sup>th</sup> to 20<sup>th</sup> was the week of 'Chidline se Dosti' and our energetic staff made use of the day to celebrate its event. It was Railway Childline staff who took full responsibility of the day.

President of Kannada Sahitya Parishad, Bidar, Tq, Sri. M. S. Manohar encouraged the children with his awareness songs. Prajavani's a separate coloumn named Sahapati was displayed during the programme. Children enjoyed, gaining knowledge and information about many things specially of birds, about which Mr. Chandrakanth Masani, the Chief editor spoke.

**'Kagada Balasi, Kireeta Tayarisi'**

Mr. Manohar entertained the children by preparing a crown and teaching them how to do it. Children enjoyed preparing the crown and at the end of the programme children moved back to their homes wearing 'Self made Crowns'.

**Magic Show**

Magic show stole the whole days programme. Mr. Mallikarjun Tankasale and Mr. Tukarama Bhole attracted the children with different kinds of magic. Children enjoyed every bit of this half an hour.

All together nearly 400 had participated in the programme. All were given Badam Milk and a bun at the beginning. In the afternoon all the participants were served a sumptuous meal. Sr. Christine and the sisters Priya and Bhakthi Mary expressed their gratitude to the staff of CST, railway childline and specially Prajavani and its team, which made the day a memorable one and more interestingly 16/11/2019, Prajavani paper brought out a colourful page, full of the events of 'Makkala Habba'.

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# MY EXPERIENCE AS AN ACA MEMBER

**\* Mrs Babra**

*Nanjangud*

We ACA members have ample opportunities to serve others along with Apostolic Carmel sisters. I am happy to be an ACA member of Nanjangud unit. I learnt to pray, meditate, understand the life of Venerable Mother Veronica and also learnt to make sacrifices to help others. We visit the sick and aged, destitute homes and hospitals.

We ACAs of Nanjangud unit, visited the destitute house run by Mother Teresa sisters of Kolkatta at Mysore. We decided to extend our mercy and compassion with the poorest of the poor. During the meetings, we sacrificed and collected a small amount as a secret offering. Some of the members showed greater generosity towards this cause. Some of us bought things which were required for the people like soap, detergent powder, milk powder, tea, coffee powder, rice and fruits. There are nearly 150 inmates who are well taken care of by the sisters. I found them happier than me. It made me to think, happiness lies in poverty, happiness lies in littleness, happiness lies in togetherness. Luxurious life need not give me everlasting happiness. I was surprised to see joy and contentment in those poor faces.

It inspired me to lead a simple life and to always think of others, specially those who are suffering and struggling in life. The thought that came to my mind was that God takes care of the poor and orphaned people. I thank God for creating such generous, kind, helpful people in the world. This visit and sharing brought immense peace and joy in my life. It made me imitate Christ and be generous to the needy in the society. I thank God for this inspiration and I am grateful for being an ACA member, to be closely associated with our Apostolic Carmel sisters at Nanjangud.

# LORD LET YOUR SPIRIT FALL

*Collected by*

**\* Sr Maria D'Sa A.C**

*St Cecily's Convent, Udupi*

## **Power Capsules of Swami Vivekananda**

“The more we grow in love and see virtue and holiness the more we see love and virtue and holiness outside. All condemnation of others really condemns ourselves. Adjust the microcosm (which is in your power to do) and the microcosm will adjust itself for you”.

“Know that talking ill of others in private is a sin, you must wholly avoid it. Everything is ended if you forgive and forget”.

“India’s gift to the world is the spiritual light ... slow and silent as the gentle dew that falls in the morning, unseen and unheard, yet producing a most tremendous result”.

## **Understanding/Experience of God by Devendranath Tagore (R. Tagor’s father)**

“God is

The Repose of my life  
The Joy of my mind  
The Peace of my Spirit”.

## **Rabindranath Tagor’s intimate address to God**

“They who are near to me do not know that you are nearer to me than they are.

They who speak to me do not know that my heart is full with your unspoken words.

They who crowd in my path do not know that I am walking alone with you.

They who love me do not know that their love brings you to my heart”.

**Enlightenment by St John Paul II Collected from an old copy of ‘Examiner’**

Once Cardinal Swness and Fr Fio Mascarenhas shared with Pope John Paul II at table. One of them spoke and said

“Holy Father the church is like an air plane. The engine is the Holy Spirit. The wings are the Sacraments and charismatic dimensions of church and you are the Pilot”. Then the pope queried ‘And what about the petrol’?”

They had not prepared an answer for that. Then the Pope said: “I will tell you. The suffering of the people of God is the petrol! The church cannot go ahead without it”.

**The comment of the writer:**

The Pope John Paul II in his ailment, preached to the world, a new Gospel - The Gospel of suffering.

“Bread of the world, in mercy broken  
Wine of the soul in mercy shed,  
By whom the words of life were spoken,  
And in whose death our sins are dead.  
Look on the heart by sorrow broken,  
Look on the tears by sinners shed  
And be thy Feast, to us the token,  
That by thy Grace our souls are fed.”

*(Reginald Heber)*

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# Sesquicentennial Finale at Trivandrum

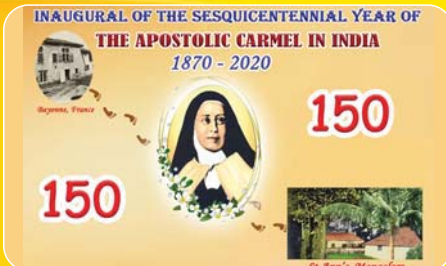




# Get together of our young sisters & their parents



# Inauguration of 150th Year of our Establishment in India







# Congratulations!



## DIAMOND JUBILEE



Sr M. Avellina A.C.



Sr Mary Bertine A.C.



Sr M. Cyprienne A.C.

## GOLDEN JUBILEE



Sr M. Apolina A.C.



Sr Maria Prathima A.C.



Sr Marie Lucy A.C.



Sr M. Prescilda A.C.

## RUBY JUBILEE



Sr M. Clare A.C.



Sr M. Elena A.C.



Sr M. Fidele A.C.



Sr M. Supriya A.C.

## SILVER JUBILEE



Sr M. Praneetha A.C.



Sr Maria Annette A.C.



Sr Maria Myrtle A.C.



Sr Maria Ranitha A.C.



Sr Maria Sushanthi A.C.

# “CARMEL FUSIA 2K19” ORGANIZED AT CARMEL ENGLISH MEDIUM SCHOOL, KOTEKAR

\* Sr Jenifer Moras A.C

*Stella Maris Convent, Kotekar*

“Carmel Fusia 2K19”, the great event of Exhibition was organized at Carmel English Medium School, Kotekar on 31 Oct 2019. The inaugural commenced by invoking God’s blessings on the gathering through a prayer song after which the Vice Principal

Sr. Lavi Shanthi A C welcomed the gathering. The exhibition was inaugurated by the chief guest Dr. Mrs. Farita Veigas, Principal of St. Aloysious institute of Education Mangalore, she was accompanied by Sr. Archana A C, the joint secretary of our institution,



Sr. Jenifer Moras the principal of the school, Sr. Carmel A C the Headmistress of Stella Maris Hr. pry school and Mr. Stany Rodrigues, the Vice president of the PTA.

Dr. Mrs. Farita Veigas congratulated the teachers, students and parents for their innovative and creative minds which were portrayed through their exhibits on Art, Science and Sculpture. She motivated the students to take active part in such activities where in they can give expression to their creative thoughts and ideas.

The visit of Mr. U.T. Khader, the former Health minister of Karnataka was a boost to all gathered. He appreciated the school for giving an opportunity for the students of neighbouring schools to benefit from this exhibition to enhance their knowledge and skills.



The exhibition was a feast to the eyes of the visitors who were impressed with scientific skills, innovative ideas and artistry. They appreciated the efforts behind the exhibits. The students also learnt the value of research work,



organizational skills and team work while putting up such an event on a grand scale under the guidance of their teachers and parents.

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# AN UNIQUE CELEBRATION AT SHANTHI NILAYA

\* **Shanthi Nilaya Sisters**

*Nanjangud*

“We are called to know and show that God is able to fill our hearts to the brim with happiness; that we need not seek our happiness elsewhere, that the authentic fraternity found in our communities increases our joy; and that our total self-giving in service to the church, to families and young people, to the elderly and the poor, brings us life-long personal fulfillment”. – Pope Francis.

We are a small community of 7 sisters headed by Sr. Florine Pinto our superior, our shepherdess, leader and guide. The idea of building communities is very Christian. It is a Christian mission and a dire need today, especially as individualism and isolation are promoted by the media. Christians do not live as tiny islands; more over we live and find meaning in communities. The central idea of community is love, and love builds the community.

To celebrate this unity and fraternity we had a meaningful celebration in the month of August. On a Sunday afternoon we gathered in our recreation room, which was decorated with flowers, thoughts and photos of sisters. We began our celebration with a meaningful prayer service. We prayed and appreciated each sister, mentioning her goodness, followed by a fellowship meal in an unique way.

For recreation at night we had entertainment and games. All enjoyed the day. Our Superior, Sr. Florine Pinto encouraged us to continue this love and care, bonding and fraternity in our community living. This celebration has brought us closer to Jesus and helped us to remain united and open to each other in the community.

## **Pilgrimage to Maddur:**

The month of October was a special month declared by Pope Francis as Extra ordinary Missionary month (EMM) in view

of the centenary of Maximum ILLUD – an apostolic letter of Pope Benedict XV in 1919, which emphasized the missionary mandate- Missio AD gentes.

Recently, Rev. Antony Maria Platey (Rajendra Swamy), one of the great missionaries of the then Mysore mission was announced as Servant of God in the diocese of Mysore with the approval of the church. His shrine at Chikkarasinakere, Maddur Taluk is declared during the month of October-2019 as a special place to visit, pray and receive the plenary indulgence. Individuals and groups could go to this centre of faith during this October month to receive special blessings.

We Shanthi Nilaya community, ACA members and Carmel Blossoms altogether 30 in number, visited this place and made a little more study of the Servant of God. His life of dedication, prayer, sacrifice and zeal for the mission strengthened our faith and filled us with more zeal to continue our mission here at Nanjangud. All of us were filled with graces during this pilgrimage. We thank God for our missionaries who planted seeds of faith in India and made us children of one true God.

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## COMMUNITY TOGETHERNESS

### \* Sisters of Carmel Convent, Gangolli

We, the band of sisters of Carmel Convent Gangolli set out to Mysore for an outing to relax, refresh and revive ourselves experiencing God's Love, in spite of heavy rains, kyarr and Maha cyclones in Arabian sea. It was planned meticulously by our shepherdess Sr. Therese Jyothi and we enjoyed it to the brim. Travelling by AC coach was a first experience to all of us. As we entered the portals of Mysore we experienced the cool weather and the warm welcome from our own sisters at Saint Joseph's Convent Mysore. After refreshing ourselves we joined the Eucharistic celebration at St Joseph Cathedral Mysore.







exhibition. After shopping we returned to our convent. We thanked our sisters at Bannimantap for their loving generosity and hospitality. The pleasant weather kept us healthy. Our chuku buku train reminded us to pack our luggage and get back home. We did have a joyous, wonderful, awesome outing.

We thanked our Superior Therese Jyothi for organizing such an outing.

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### “CELEBRATIONS!”

#### Surprises galore on Sister Claretta’s 80th Birthday 9th November 2019

\* Sr M. Susan A.C  
*St. Joseph’s Convent  
Bannimantap, Mysore*

The beautiful feast of the “Dedication of the Lateran Basilica” opened wide its doors, as Sr Claretta walked in and placed a lovely pink decorated lighted Candle on the Altar, offering herself anew to the Lord our Triune God, as it was her great and wonderful day, “80th Birthday!”

We the choirs of angels sang a song of ‘Praise and Thanksgiving’ as this new day dawned.

Like St Paul, Sr Claretta could rightly say: “when I am weak, then I am strong”. But the Psalmist shouts aloud: “80 for those who are strong”

Sweet soothing balm-like-music filled the Lord’s house, and





the youngest member of our community Sr Maria Betsy, led us into the Festive Morning Prayer, indeed it was a meaningful ‘STARTER’ for this great and beautiful day “80th Birthday”.

Sr Lily UFS, Provincial Superior and her Team joined us for the Eucharistic celebration at 6.30 am and soon after Mass they greeted Sr Claretta and presented her with a lovely Rose sapling, a Flask, a Birthday Card and lavished on Sr Claretta affectionate ‘80th Birthday’ embraces. A surprise indeed! Usually only on Mondays the Ursuline community comes for Mass to our chapel. This was indeed a great surprise.



- Sr Susheela A.C. our Superior General messaged the ‘80th Birthday’ wishes.
- Sr Maria Shamita A.C. our Provincial Superior in Mangalore phoned and wished Sr Claretta on her 80th Birthday and rightly deserves the Provincial Superior’s encouraging, supportive, loving wishes.
- Our Teaching Staff were hurrying and rushing to School, but as “Man proposes God disposes.” And so Sr Maria Geethika, the Headmistress announced the Official News that : “today is declared a holiday due to the Ayodhya issue”, so all the sisters will be at home. God cares for the ‘80th Birthday’ celebrations too! Their surprise holiday added much joy on this day of togetherness at home.
- At 10.30am Refreshment time, ‘Online Parcel’ arrived for Sr Claretta. “Kuzhallappam” (Kollalapum) from Kerala through the High School Clerk Lajju. Hats off to Sr Maria Geethika for giving this big surprise joy to Sr Claretta.

- Masala Dosa for Breakfast, Biryani for Lunch, Gooliya keer for Tea snacks. Guess why these choicest dishes? “Our mission is to give JOY in little things says Sr Lily UFS Provincial Superior.” God Bless ‘Mercy’ and ‘Bimla’ our two loyal Domestic Workers for their selfless toil in preparing tasty dishes as they both know and love Sr Claretta for the past 5½ years, and they too have imbibed her generous ways.
- Around 3pm two guests arrived from Bangalore sent by Mrs. Maria Madtha the beloved niece who had to attend the ‘International Conference at Pune’ on 9th November, so she requested her two friends to visit her Aunt Sr Claretta and convey ‘80th Birthday’ wishes on her behalf. What a noble gesture!.
- Around 4.30 pm Sr Florine Pinto A.C. Superior of Shanthi Nilaya Convent Nanjangud, arrived with her community members, to greet Sr Claretta. They brought a Birthday Cake and while Sr Claretta cut the ‘80th Birthday Cake,’ they sang a melodious Festal cum Birthday song as it was Sr Claretta’s Feast day too. Sr Florine Pinto garlanded Sr Claretta, and presented her with a big Flask and a box of Chocolates. Wonderful, Caring Superior indeed! May God reward her.
- There was more to come. Around 5 pm Rev. Fr. Varghese CMI Provincial Superior of Mysore Province, with his 1st councillor Rev. Fr. Joseph CMI, greeted Sr Claretta in our parlour, he felicitated her with a lovely warm cream coloured shawl and also presented her with a big box of ‘dry fruits,’ “Reap what you sow, sow what you reap!”
- Rev. Fr. Dominic Vas OCD, the President of CRI of Mysore Diocese cum our Convent Confessor, greeted Sr Claretta on her 80th Birthday in person.
- The day was filled with phone calls from sisters all over the AC world, Sr. Veronica from Kenya, her nieces from Canada, Sisters from Bangalore and Mangalore, relatives, friends, well wishers, staff and old students. No calls went unanswered.
- During our Recreation at 7.45pm Sr Celine Vera conducted the game “passing the parcel” thus she involved each



# TWIN CELEBRATION-15<sup>TH</sup> AND 20<sup>TH</sup> AUGUST

\* Sr Devina A.C  
*Vijaymari Convent*

**Senior Citizens Day:** Oh how wonderful and delightful that our young sisters should have thought of celebrating Senior Citizens Day on 15<sup>th</sup> of August.

We were asked to sing, play, dance, eat and enjoy, also get gifts. It was a pleasant surprise given to us to senior citizens. On the evening of 15<sup>th</sup> August our young sisters were hustling and bustling in the kitchen busy like bees. Some of us the seniors thought perhaps too many



cooks spoil the broth. Anyway, when it was time for evening prayer they were all at the Lord's feet with a meaningful evening prayer, selected suitable hymns, introduction and psalms. We the seniors sensed there must be something to follow in the refectory too. As we entered the refectory, it was so well decorated with everything new except the furniture. There was a song, wishes and tasty dishes. We did justice to everything and then gathered in the recreation room. Do you know the fun we had. After a prayer song, there was a skit by the youngsters followed by games for us - with a balloon on our forehead we had to take a complete round in the recreation room and we tried to balance it somehow with our unsteady feet and shaky bodies. Then we had a different housie housie game, with a king, queen and the railway line. It was enjoyable. Besides the prizes for the winners, all of us were given a gift each. The seniors expressed their heartfelt thanks to the youngsters for making this day a memorable one.

**Konkani Manyatha Divas:** August 20<sup>th</sup> marked the Konkani Manyatha Divas. On the previous day itself we as a community resolved to speak in Konkani and to have traditional food items



born and brought up in Konkani was asked to be the judge of our extempore competition. Though there were deserving winners in the competitions all were given useful prizes which made us happy. Then followed the vote of thanks and concluding night prayer in Konkani. Our senior most Sr. Carissima delivered vote of thanks with concluding, suitable remarks, wishing well to Konkani Matha Konkani lovers, poets, writers and all of us children of Konkani Desh. Long live Konkani Matha - Jai, Jai, Jai Konkani.

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## WASTE TO WEALTH

\* **Sr Rosetta A.C**

*Ladyhill Convent, Mangalore*

During this century, we hear a lot about “Waste to wealth”, recycling etc. Though we did not use these scientific terms, we did recycle old sarees into skirts, blouses, dusters etc. Kitchen waste, cow dung, human waste has been converted into bio gas as fuel. Solar energy is used in solar lights, solar heaters etc.

Greta Thumberg, the Sweedish teenager began a global movement by skipping school and demanding action on climate change angrily thundering “How dare you” at the world’s most powerful leaders during the UN climate Summit for the action.

It was also encouraging to see the senior priests in the Joseph Vas residence at Jeppu, keeping themselves happy and active with a vegetable garden in addition to the other relaxing moments.

On my part, I have made use of colourful advertisement material to produce cards for Birthdays, Feast Days, Jubilees and other occasions.

I have prepared cards with scriptural quotations like “Look at the lilies of the field” or prayer like “Mary, Star of the sea, pray for us” or stanza of hymn for “Sun and Lotus”.

I have prepared book marks from the old catalogues of St. Joseph’s art works, with mini pictures of Christmas, Easter, Holy Communion, Saints, etc.





the principles of love, peace and respect for every religion. On the 2<sup>nd</sup> day, the students of class IV enacted through a musical skit in Hindi ‘Mohan Se Mahatma Tak’ highlighting his birth and culminating in his becoming the father of our Nation. On the 3<sup>rd</sup> day, the students of Class I depicted the values of truth, peace and non-violence very radiantly through dance, and the dialogues in Hindi caught the attention of the audience.



The school also is taking active part in the year long programme given by CBSE with activities marked month-wise.

In October, we focused on ‘Social Service’. The students of Class IX with compassion in their heart organized a sports meet for the students with special needs at St. Agnes Special School, Bendore. The students of Class XI conducted sports events to the neighbouring students of Infant Jesus Primary School. In both these events, the students themselves organized and conducted various sports events and awarded the winners with medals and prizes and served refreshments to all. The students of Class X and XII visited the Home for the Aged at Maroli, interacted with them with a short cultural programme, at the end things which are useful in their daily living were gifted.

In November, we conducted activities related to ‘Health and Physical Fitness’. Meditation, pranayama and yogasana were conducted for the students on a regular basis. The students of Class II were asked to be mindful in taking care of nature by watering the plants in the school garden and cleaning the surrounding area of the school. The students of class III paid tribute by conducting a Padayatra to one of the



neighbouring schools. They carried with them the message of peace, truth and non-violence through placards and posters. Our students also shared a fruit each with the students whom they visited and gave them awareness on junk food and healthy food.

Through these various programmes, the meaning of love, peace, service and compassion was felt in depth by the giver and the recipients. These acts of goodwill and many more in the coming months will be indeed a fitting tribute to mark the 150th celebration of Mahatma Gandhiji.

- **Principal, Staff & Students**  
Mount Carmel Central School

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## AN UNFORGETTABLE EXPERIENCE

It was a wonderful time for the staff and students of St. Ann's TTI, Mangaluru during their Annual NSS Camp at Jyothinagar, Kavoor - the place which reminds us of the labour of love put in by our late Sister Viventia A.C., the pioneer in this mission of love. The band of 71 Teacher Trainees participated in the seven days camp and had an unforgettable experience during those days. Thanks to the generous and willing 'YES' of Sr. Stella Mary A.C. and her little community of sisters - Preema, Premika and Vijaya who were a great support in our camp activities. They made arrangements for our spiritual needs as well. Despite the water problem, we were provided with enough water, to meet our needs. In a word, this community was a community of the Early Christians whose life was a Gospel, read by our staff and students of our college.

It was a learning experience for the students to know the difficulties of the people in the village and especially in this particular colony. For us, the day began with yoga, prayer and meditation. Thereafter was the hoisting of the NSS Flag followed by breakfast and then cleanliness of the surroundings. The students involved themselves wholeheartedly in the shramadan, cooking and later went around the colony creating in the people awareness on the Bad Effects of plastics and the need to eradicate plastic, tobacco and other intoxicating drugs. They also spoke on the need of education of the girl child and on other environmental issues.

There were several guest Lectures - Mr. Francis Menezes President, 'Jalayodhara Sangha' Bolkunje, Kinnigoli who spoke on Rain Water Harvesting, Mr. Ishwar Moolya, Science Teacher, Tippu Sultan High School, Kotekar, who highlighted the need and necessity of Clean Body and Healthy Mind. Mr. Narendra Nayak, Retired Professor KMC Hospital, Mangaluru spoke on Superstitious Belief and Scientific Outlook, Dr.(Sr) Judy Lewis UFS, Lawyer and Councillor spoke on the need of Counseling Skills among Teachers. Thus, our trainees benefitted much from all these useful insights given by the speakers. The students of Jyothinagar Kannada Higher Primary School were taught craft work by our students. Teaching these little ones was a joyful experience for the trainees.

For the participants who never had the experience of working in the kitchen, this camp was an opportunity to learn the household chores, more over to learn to adjust with minimum basic needs. Every evening, the students gave a cultural programme with a message to the people of the locality who came in large numbers. Their support was commendable in every programme of the camp.

Thus, the teacher trainees who will plunge very soon into the society will surely be helpful in rendering their service to the society.

We are grateful to all those who rendered their service in various ways- our sisters, staff, students, parents and well wishers. Our special thanks to our sisters at Jyothinagar and the old students of Vidhyajyothi School for their selfless service to us in every way possible. May we live up to this spirit of sharing and hard work.

**- Principal, Staff & Students**  
St Ann's T.T.I., Mangaluru

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## SEPTEMBER 2<sup>ND</sup> – A RARE EXPERIENCE

\* **Sr Meera D'Souza A.C**  
*St Agnes Convent, Mangalore*

The dawn of September 2<sup>nd</sup> 2019 brought along with it feelings of great joy and expectations as we the young sisters of Karnataka Province eagerly waited for the get together of our parents.

It was an awesome experience for us as it was for the first time other than our professions, we were coming together as a family. Since it was a new beginning and a new adventure we could call it a RED LETTERED DAY in the history of Karnataka Province.

We the sisters, those who were professed from 2009 till 2019 were happy to meet our parents along with some of our siblings. It took us back to the day of our profession.

“No family is perfect ..... we argue, we fight. We even stop speaking to each other at times, but in the end family is family..... The love will always be there.”

This is our experience in our own families. This family get together was the time to get back to our old sentiments with which we lived in our homes. Our parents were blissful to see us as Apostolic Carmelites.

The day began with the Eucharistic celebration offered by Rev. Fr. Clifford Fernandes. The homily stressed on the importance of the family in fostering the Vocation and in nurturing it. After partaking in the Spiritual Banquet we were led to St. Ann’s High School hall where we enjoyed every second. This was a day filled with songs, dances, games and relaxation.

Our Provincial Superior along with her team and Province Vocation Team had meticulously planned the day’s programme. We were happy to showcase our talents to our parents, some of us sang, some danced and others acted. We even conducted games for our parents and siblings. Finally we had lunch followed by ice cream, together with our parents. To add colour to the day there was “mass Dance” where in we danced with our parents and siblings and enjoyed ourselves throughly.

“The family is the test of freedom because the family is the only thing that the free man makes for himself and by himself” – Gilbert K. Chesterton.

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## **A.C. FOOTPRINTS. VOL. 8. Pages 201 to 269.**

(Kindly send the answers to the Editor of Karnataka Vani by May 15<sup>th</sup> 2020. You could mail only the answers as Across...1, 2, 4 back... etc, with or without the grid to the Email ID - srmelissa@rediffmail.com)

### **ACROSS.**

1. In her funeral oration the priest spoke thus: “Sister had been going through the experiences of ‘Dark Night of the Soul’ since the day of her paralytic stroke, and the Lord was pleased to grant His faithful servant the experiences of the “Living Flame of Love’, when He called her to the home of the blessed. It was the feast of St. John of the Cross. (5,8).
2. Gifted with a keen intellect, rare creativity and an aptitude for teaching, an expert in research Methodology, she served as a resource person. She was involved in curriculum planning for B.Ed. and High School students on environmental education. She was gentle and lover of nature, animals and birds. A lame crow, who visited her room daily after her breakfast, was also found flying outside her hospital window during her last days. (6,4).
4. She used to attend Cenacle prayer meetings. Whenever she would visit homes where there was a death to console people. Her favourite prayer was “Mary my mother, my refuge, transform me fully to be like Jesus” (8).
8. In spite of the awareness of the killer disease in her(cancer) she kept her cool, devoting herself to the mission. Her students and their parents held her in high esteem. Many of those lived with her say that she was incapable of hurting others.(7).
11. Lions’ Club Bokaro Thermal, awarded her the ‘Best Teacher Award’ in 1997. In the Community, she was called ‘Simeon’ for she prayed arms lifted up, with unction, with a prophetic tone, loud and distinct, deliberate and clear. (9)
14. Generous and thoughtful in various ways, ready for service whether in the community or school, she was appreciated for all she was and did in the convents and institutions where she toiled for forty years. (8)

15. As a girl, she went to work in Bombay to supplement the family income. As a Sister, she was often seen caressing and talking to plants, chickens and domestic animals; and they flocked to the sound of her voice and responded to her love.(6)

**UP.**

10. She was a lively person, enlivened the community with narration of jokes and amusing incidents. Gifted with melodious voice sang lustily the songs learned in her school days. She would recite extracts from poems and jokes of bygone days. (8).
11. She helped many adults to become Catholics. She went all out to care for the poor. She listened to their tales of woe and offered relief both spiritual and material. The Parish Priest said that she, not only helped people for their materiel needs, but also healed their souls. (5)
13. AT night recreation, she used to read an article of the constitution; then narrate a short story, more often spun from her vivid imagination. The community used to enjoy her sense of wit and humour, and her smile, a reflection of her guileless soul. (9)

**DOWN.**

1. Boarders had a special place in her heart; she lovingly cared for them. Her winning smile and gentle ways made them run to her for every need. Obedience took her to Kulu Valley. She must have been delighted with the scenic beauty, yet had to cope with the severe cold and moments of loneliness as well. “Moments of loneliness “she once said to some “are a blessing for us. They teach us to cling to Jesus”. (4,4).
3. Try as we might, we cannot recall a single occasion when Sister, in any way seemed dissatisfied. This was so for, her two occupations were prayer and service. Hers was a healthy mind in a sickly body. She did her duty in time and kept company with the Lord. When asked, she answered, “some days I am in the well, and sometimes outside the well”. (8)
5. Many Priests from De Nobili, Digwadih, used to come to her for prayer for their special intentions. Some attributed the favours they received through her intercessory prayer. Compassion for the weak, the sick, the lonely, was one of her special traits of character. (6)

**BACK.**

- 6 This Sister was appreciated for her thoroughness in whatever she undertook. She was adept at needlework. Her skill in lace making and embroidery was remarkable. She completed 83 years in 2000. She died on 12<sup>th</sup> September. (8)
- 7 At the age of sixties the Angel of death called her home. Previous evening, she accompanied a Sister to the dentist. After supper she felt a little uneasy and went to bed. She was restless, experienced pain in the left side. Visited National Hospital next morning. Doctors found her condition quite bad. There she suffered a severe heart attack. Doctors did their best, but God took her at 6.30 p.m. the same evening. (7)
- 9. Besides teaching in school, she directed Bulbuls and Guides. In teaching, she showed great concern for every child. She composed short and simple Biblical plays and songs which her students acted out. Having retired from active teaching, organized remedial classes for school dropouts and backward students. When she became really feeble and had to depend on others, she would say “I must let go everything. It’s hard to say ‘yes’ to God’s will. I pray, He gives me strength to say, ‘Thy will be done’”. (7)
- 12. She loved Cindy, the convent dog. It had to be guarded against any dog intruding into the convent. Winter clothes, special bedding her skillful hands were producing for it. Cindy lived in state as long as this Sister was around. (7,1,4).

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# Results of the Quiz on A.C. Foot Prints

Vol. 8 – Pages 111 to 200

**Congratulations! Well Done!!!**

## Centre

1. Sr Flavia A.C., Lourdes Convent, Bangalore

## East Africa Region

1. Sr Maria Kripalini A.C, Kenya

## Sri Lanka Province

1. Sr M. Biumi A.C, St. Ursula's Convent

## Western Province

1. Sr Anitha Roselin A.C, Mount Carmel Convent, Navarangpura
2. Sr Florence Mary A.C, Nuvem, Goa
3. Sr Theodomira A.C, Apostolic Carmel Training Centre, Pune
4. Sr Elvira Tellis Nayak A.C, Gandhidham, Gujarat
5. Sr Margaret Angela A.C, Carmel Convent, Bandra
6. Sr M. Christalina A.C, Fathima Convent, Margoa

## Eastern Province

1. Sr Maria Deepika A.C, Carmel Convent, West Bengal
2. Reneeta D'Souza, Second Year Novice
3. Sisters Marie Castelino A.C, Maria Rajni A.C., Maria Veera A.C.
4. Sr M. Roslinda A.C, Carmel Ahem, Diphu

## Southern Province

1. Sr Maria Vimala A.C, Providence Convent, Kozhikode
2. Sr Nereus A.C, Carmel Hill Convent, Calicut

## Karnataka Province

1. Sr Prathima A.C, Carmel Convent, Pezar
2. Sr Felician A.C, St. Cecily's Convent, Udupi
3. Sr Juliana Mary A.C, Yesu Kripa Convent, Shimoga
4. Sr Marie Alice A.C, Carmel Convent, Ashaniketan
5. Sr Hilda Menezes A.C, Vijaymari Convent, Maryhill
6. Sr M. Avita A.C, St. Mary's Convent, Marjil
7. Sr Henrita A.C, St. Mary's Convent, Marjil
8. Sr Ida Barboza A.C, Mary Immaculate Convent, Bangalore
9. Sr Maria Anita A.C, Yesu Prem Nikethan, Bendore

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

<b>Date</b>	<b>Name of the Sister</b>	<b>Relationship</b>	<b>Name of the deceased</b>
04.07.2019	Sr Marie Chrisitne A.C	Sister-in-law	Mrs Sylvia DSouza (60) Borimar
24.07.2019	Sr Melissa A.C	Brother-in-law	Mr Marcel Picardo(75) Mumbai
04.08.2019	Sr Maria Priya A.C	Mother	Mrs Irene Lobo (82) Taccode
14.08.2019	Sr Agatha Mary A.C	Brother-in-law	Mr Maurice Mascarenhas (94) Vittal
25.08.2019	Sr M Avita A.C	Brother-in-law	Mr George Francis Pinto (73), Kulsheker
04.10.2019	Sr Maria Smitha A.C	Brother	Mr Jerome DSouza (83), Pakshikere
13.12.2019	Sr. M Vincenza A.C	Brother	Fr Ladislaus S.J (83) Belgaum
31.10.2019	Sr M. Cyprienne A.C	Sister	Mrs. Eleyamma (81) Muvathupura
08.11.2019	Sr M. Olivia A.C	Sister-in-law	Mrs Cynthia Saldanha (66) Kasargod

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The star of Bethlehem shone  
when Christ was born  
In the darkest nights,  
Christ's love still shines the brightest



Warm Christmas Wishes, loving Greetings and grace filled New Year 2020 to our dear Sister M. Susheela, Superior General, her Team, all the Provincial Superiors, their Teams, Regional Superior and her Team and to all the Sisters of the Apostolic Carmel. Wishing you all the gift of faith, the blessing of hope and the peace of His love at Christmas and all through the coming year...

*From  
Sister Maria Shamita, her Team and  
all the Sisters of the Karnataka Province*



**SAY  
TO NO  
PLASTIC  
GO GREEN!**



**Ways to  
Reuse Plastic**

