

# THE APOSTOLIC CARMEL

## Karnataka Province



**MARY, MOTHER OF CARMEL, HEAL THE WORLD**

✦ WELCOME ✦

**Called in Grace  
Accepted in Love  
To serve the A.C. flock...**



**Dear Sr Maria Nirmalini and Srs Linette, Ancilla, Vimala Paul, Nessa,  
Maria Aradhana, Maria Pavitha**

**We rejoice at your election  
Raising our hearts in joy and appreciation  
Corona Virus Pandemic postponed the Installation,  
But we promise our love, support and loyalty  
in prayerful supplication.**

**"A Hearty Welcome dear Sisters"**

**- Sr Maria Shamita and Sisters of Karnataka Province**

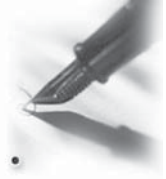
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## Editorial...



*'Look at newness as an obstacle, you will only be hindered. Look at newness as an opportunity, you will surely grow.'* The COVID-19 pandemic has altered our reality, posing newness of life, though in a harsher way than one would prefer. Well, this is the uncertainty of nature and the world itself. This uncertainty not necessarily must seem daunting, instead the awareness of life's uncertainties must prepare us in mind, body and soul to renew ourselves constantly in the face of the new phases of life. The words creativity, innovation, sensitivity and sensibility are brought to life through this pandemic. The entire global community has come together in commitment and compassion towards aiding human life on Earth. We realize now that Mother Earth belongs to us, but more importantly that we belong to her. This pandemic is a cry for help of this Mother. Do we feel her pain? Can we empathize? Shall we ignore her cries with the false assurance that mothers don't need to be cared for?

*I'm certain that your mind and heart is open to Mother Earth's sorrow and that you wish to console and care for her. In trying times like this, it is not our individualistic visions rather our collective efforts that can materialize our care for the Earth, from mere thoughts to manifest actions of prayer, togetherness, empathy, forgiveness, sustainable life choices and indulging in some form of harvesting for the planet. We, humans have the false perception that this universe is a creation of our mental evolution and physical toil over the centuries. We use such a premise to assert ourselves over*

*nature and exploit the natural world. When we begin to acknowledge that the Creator above is the only omnipotent force and that we too are one among his mutually dependent creatures, it is then that we will begin to realize our true status in the universe which is not as superior to other plants and animals as we assume ourselves to be. It is our Lord alone who is more powerful and in whose mercy we not only survive but also thrive in the world.*

*It is rightly said, 'When the going gets tough, the tough gets going'. So also, we must not doubt the Lord's plan or become more cynical beings in the face of calamity. We must seek inspiration from Mother Mary who braved the storms of life with grace, persistence and faith, above all. Our Mother is the sign of hope and salvation and will surely come to our aid as we invoke her in our lives and follow the path set by her son Jesus Christ. In trust and integrity believing that better times are just around the corner and in faith and fellowship we can and we will get through!*

*My sincere appreciation and thanks to our Sisters for their contribution in sending articles for Karnataka Vani.*

*Along with the Provincial Superior Sr Maria Shamita and team, I extend to you our hearty wishes of a happy feast of our Mother - Mary, Queen of Carmel. As we are on the threshold of completing 150 years of our existence in India, may our beloved foundress Venerable Mother Veronica pray for us and guide us to fulfil our mission with greater fidelity and creativity. In the face of her faith and obedience, may we continue to live our lives more enlightened, more faithful and more compassionate towards God and towards each other, as her beloved daughters.*

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

# THE ABC OF THE SECRET OF HAPPINESS

A for ATTITUDE! B for BEATITUDE!!

C for CHRISTITUDE!!! (Christ like attitude)

\* Sr Marilda A.C.

*St Ann's Convent, Mangaluru.*

Beatitudes for 'Holy Hour',  
Beatitudes for 'Review of Life'  
Beatitudes for 'Recollection Talks'  
Beatitudes for 'Prayerful Reading'  
Beatitudes - 'A Way of Life'!  
Beatitudes - 'A Journey to Holiness'!

Yes, this is the result of our Provincial Chapter 2019!

This is not something new; it is purely Biblical in its context. It is the fruit of Jesus' teaching – 'The Sermon on the Mount'.



Is there anyone who is not inspired by the 'Beatitudes'? Even people of other faiths, like Mahatma Gandhi, were motivated by it. So, how much more should we as Christians and much more as members of a Religious

congregation, be moved by this great teaching of Jesus? We value the Beatitudes as something that urges us to fulfill our mission. It serves the purpose of our life as Christians and much more as Religious. We take delight in them and cherish them as a precious treasure handed to us by Jesus our Lord and Master.

In his book, *Life of Christ*, Fulton Sheen said this: "The Sermon on the Mount is so much at variance with all that our world holds dear that the world will crucify anyone who tries to live up to its values." Living the Beatitudes in our present scenario is not easy. It requires courage and strength of character.

Our Provincial Chapter 2019, led by the Holy Spirit, found the blue print in the Beatitudes to realize their dream, '...like the Christian's Identity Card... a Portrait of the Master, which we are called to reflect in our daily lives' as proposed by Pope Francis, in his Apostolic Exhortation 'Gaudate et Exsultate'.

Accordingly, the Provincial Chapter 2019 came out with an Action Plan, 'Beatitudes – A Journey to Holiness'. Besides the Action Plan, a paper for prayerful reading on each of the Beatitudes was provided to all our communities every month for the use of Holy Hour, Review of Life, Recollection Talks, etc.

The Superior, in my community, wanted all her sisters to benefit from these reflections. Hence she was gracious in photocopying the same and keeping them in a prominent place for the use of the sisters (I'm sure other communities too have had similar things done). We did make the best use of these 'Papers on Beatitudes' not only did we use for the purpose meant, but much more, in putting them into practice, which is rather an uphill task! At the end of the 'Review of Life' every month, we discussed so as to live up to this particular Beatitude in our community, and accordingly a 'Resolution' was drawn up. For example, the first Beatitude –"Blessed are the poor in spirit..." The Resolution was: 'We shall cultivate attitudes of appreciation and gratitude towards everyone and everything, rather than grumble, complain or criticize'. These practical aspects of the Beatitudes helped us to be better Religious/better Apostolic Carmelites.

We are also given sufficient guidelines in the 'Programme of Life' suggested in the Action Plan, so as to be geared towards perfecting our life of Consecration and Mission in the light of the Beatitudes. Through it we strive to grow towards configuring ourselves



to Christ, making us genuinely 'Christ-centered, Joyful Communities, reaching out in compassion' in today's world.

**Being poor of heart is holiness.** To attain it, we need to practise Charity, Humility and Detachment; deepen our security in God alone, through a childlike openness and trust in His mercy and providence; imitating Christ Poor in a spirit of Carmelite simplicity (keep and use only bare essentials); and by identifying and empowering the poor, the marginalized and the oppressed by empathetic listening and an appropriate response to their needs.

**Knowing how to mourn with others is holiness.** We are called to speak to God on behalf of His people and take His message to them; empathize with persons and become a healing presence in their pain, sorrow, struggles, ill-health and in times of death of a dear one, both in the community and outside; spend time with the elderly and the sick sisters in our communities and offer our services to them; celebrate ‘World Day of the Poor’ (introduced by Pope Francis) through programmes that create awareness as well as outreach.

**Reacting with meekness and humility is holiness.** This is possible, through our kind and gentle dealings with one another, thus creating a family spirit in our community and workplace; and in a spirit of humility and mutual acceptance enabling one another to contribute spontaneously towards community building.

**Hungering and thirsting for righteousness is holiness.** We need to uphold the dignity and value the presence of every sister by communicating with respect and trust and by sharing responsibility; being compassionate in our dealings with our domestic helpers; making discerned decisions for empowering the weaker sections of the society and ensuring that our students study the fundamental Rights and Duties given in the Constitution of India in order to promote a just and humane society.

**Seeing and acting with mercy is holiness.** We are called to be more mission-conscious, by adopting mission stations; and organizing and providing opportunities for sisters to have mission exposure in our mission stations.

**Keeping a heart free of all that tarnishes love is holiness.** To achieve this, we need to make reconciliation a daily practice to restore peace through mutual forgiveness; promote positive attitude and eliminate ‘terrorism of gossip’; refrain from unhealthy friendships which go against the vow of chastity; reach out to young girls who are the victims of eve-teasing, rape and trafficking and also provide them help for emotional healing;

**Sowing peace all around is holiness.** In order to be peaceful at all times, we are to be aware of the cause of our inner turmoil such as anger, jealousy and greed for power which



disturbs our inner peace, and seek help to handle it; we ought to be responsible to keep confidences; make responsible use of electronic media; promote a life of harmony among students and staff in our Institutions as part of Inter-Faith Dialogue; promote harmony with nature through Eco-friendly projects; and make a responsible use of natural resources (e.g. water and electricity) thus conserving them for future generations.

**Accepting daily the path of the Gospel, even though it may cause us problems is holiness.** To this end, we are called to recognize, appreciate and encourage the expressions of the person’s BEING such as spirit of humility, sincerity, generosity, self sacrifice etc. as a help to grow in the same; and in solidarity with the Christians who are persecuted all over the world, we support them with our prayers and our presence at organized activities in favour of them.

The Beatitudes, as we know, are a set of ‘Attitudes’ that reflect the person of Jesus Christ. It is a journey to holiness – a process of finding the secret of happiness. If we have accepted Jesus as our ‘spouse’, should we not embrace His attitudes and emulate the same? Yes, this is how one can become a true A C (Another Christ) and be His witness all around – beginning in one’s own community, for ‘Charity begins at home’!

Wishing every sister a Pleasant Journey to Holiness, to find the Secret of True Happiness!!



*The Ladder to a Godly Life*

# BLESSING AND INAUGURATION OF SHANTI VIHAR

**A Home of dignity, love and care for Senior Citizens**

**\* Sr Maria Sannidhi A.C.**

*St Agnes Convent, Mangaluru.*

Shanti Vihar - A home of Love and Care for Senior Citizens at Paldane, Kulshekar, Mangaluru was inaugurated by Sr M Susheela A.C. the Superior General of the Apostolic Carmel on 13 June 2020. Rev Dr. Peter Paul Saldanha, the Bishop of Mangaluru unveiled the Plaque, blessed the building and consecrated the Chapel with Eucharistic celebration. The presence of Fr Alban DSouza the Parish Priest of St Mother Teresa Church, Paldane, Fr Paul Crasta and Fr Walter D'Mello made this occasion truly blessed. The architect and engineer Mr Neville D'Souza, the contractor Mr Alwin Crasta with his associates Mr Lokesh and Mr Manoj and their team were part of this inauguration. The ceremony was witnessed by a few A.C sisters, parishioners and a few neighbours.



“Shanti Vihar” is a new endeavor of our Province in memory of the 150<sup>th</sup> year of the existence of the Apostolic Carmel in India, initiated by the former provincial superior Sr Carmel Rita and team, and completed by the present provincial superior Sr Shamita and team. Our beloved foundress Venerable Mother Veronica showed us the way to reach out to the sick, elderly and the rejected by her devoted and loving service with the motto “God Alone Suffices”. It is a holistic and unified three storied building with a courtyard in the centre and balconies on each floor as well as place for recreation. A lift, a ramp and a staircase connects the three floors. However the most attractive spot which surely brings peace and solace to those preparing for their home going is the Chapel.

The generosity of Mrs Gladys Monteiro and her husband late Mr B. V. Monteiro was gratefully acknowledged for gifting the land for this noble cause.

The first community of Shanti Vihar with Sr Maria Asumptha as the Superior along with sisters Benedicta Furtado, Maria Sonal and Erina Fernandes are on this mission. Our good wishes and prayers surround them in this noble work. May the Lord bless the head, heart and hands that blended in the realization of “Shanti Vihar”, a Home of dignity, love and care for the senior citizens. Surely the saying of Jim Rohn - ‘Whatever good things we build, end up building us’ comes true.

This occasion gave us a timely opportunity inspect of ‘lockdown’, to express our grateful thanks to our superior general Sr Susheela A.C. for her dedicated and loving services to the congregation and to our province for the past six years.

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## **CELEBRATION OF 150 YEARS OF THE APOSTOLIC CARMEL IN INDIA**

**(Dance Drama on the life of Mother Veronica  
at Kalaburagi and Bidar)**

**\* Sr Bhakthi Mary A.C.**  
*Carmel Niketan, Bidar*

It’s a joyous moment indeed! For we, the Apostolic Carmelites celebrate the 150<sup>th</sup> year of existence of our Congregation in India. In one of her notices, our Provincial Superior had given some guidelines to make known our dear foundress in our own possible ways. A year ago an idea had crept into the mind of Sister Christine Misquith our Superior. Both the communities (Maria Nilaya and Carmel Niketan) have made known Mother Veronica in and around Bidar. It was necessary to make her known to the people who have not known her at all. Therefore Kalaburagi (the Cathedral) was the place she chose to give a glimpse of Mother Veronica.

Venue being chosen, the question now was ‘HOW’ could we make her known? Of course Dance Drama was ideal. But who would do it in a presentable way in Kannada? Yes,

Mr Richard Alvares, (her cousin) was the person she chose. Sister posted all the necessary writings to Richie. Mr Alvares being a wonderful writer himself, completed a meaningful script, a dance drama on the life of Mother Veronica, which consisted more than 20 songs. When sister received the script she approached Mr Dilip Kadwad, an outstanding musician who is born blind. He gave life to the script and wings to the dream of Sr. Christine. Now the whole recording was in the hand of Sr Christine, having a jewel with her she did not want it to be tarnished. She then remembered Sr. Reethika. With the permission of Sr. Shamita, Sister Christine approached her. As God asked 'whom shall I send' and as Isaiah replied 'Here I am LORD, send me', Sr. Reethika agreed to the plan of Sr. Christine.

Sister Reethika took the full responsibility of the dance drama. She prepared the dancers. From this end Sr. Christine saw to the big budget and all the major responsibilities despite her ill health. Srs. Prima Shirin and Priya DSouza were the coordinators of the programme. Appointment was fixed to meet the Bishop and the Parish Priest of Cathedral, as we wanted the Bishop to preside over the programme.

The celebration was held in the Mother of Divine Grace Cathedral Hall, here on Sunday, February 9, 2020. The ceremony began with the Eucharistic celebration offered by the Bishop of Kalaburagi Dr Robert Michael Miranda with four other concelebrants. The



sisters from Carmel Niketan and Maria Nilaya made the Eucharistic celebration very meaningful by an inspiring introduction,

offertory procession and hymns meant for the occasion. Prior to the Mass, the potrait of Mother Veronica was unveiled.

Bishop preached a heartwarming homily. He connected the day's readings to the life and mission of Mother Veronica the foundress of the Apostolic Carmel. How she became a light to

humanity by dying to herself and how she became the salt by giving taste to so many lives by taking a different route which others had not trod.

To mark this important event, after the Mass we organized a programme in the Cathedral Hall. It was the inspiration of Sr Christine Misquith who worked behind the screen to make it happen. The students of St Ann's Pre Primary Teachers Training Institute, Mangaluru put up a lively life sketch of Mother Veronica for about an hour. The bishop, priests, sisters from the different congregations and the people of the Cathedral Parish witnessed the programme.



The Bishop who presided over the function appreciated the students and encouraged them. He also spoke about how we need to be like Mother Veronica in our modern society by inculcating Christ's values in our day to day lives. How we need to continue Christ's mission by encouraging vocations in our families.

He commended the toil of the Apostolic Carmel in Bidar from the pioneering years. Sr Bhakthi Mary compered the programme. Sr Supreetha proposed the vote of thanks.

On 10<sup>th</sup> February, dance drama was presented to the students of St. Mary's Cathedral, Kalaburagi and St. Joseph High school and College students. On the same day, the 2<sup>nd</sup> show was shown for the students of St. Mary's, Kotnoor. Nearly 2000 school students watched it and they expressed that it was very inspiring. On the 11<sup>th</sup> the same dance drama was performed at Bidar. We had the first show for the students of our own institutions, St. Joseph's Primary and High Schools, D. Ed and CVTI. On the same day, the 2<sup>nd</sup> show was held at Sacred Heart School, and St. Mary's primary school children also attended. In Bidar, about 2000 students viewed this programme. The children in both the places were distributed sweets. Thus making Mother Veronica known in two districts of Kalaburagi and Bidar.

The group of this play consisted of 43 members and were from Mangaluru. They were students, teachers, children and sisters.



They got a glimpse of Bidar's culture, hospitality, food and sightseeing in Bidar, Kalaburagi and Railway Childline.

We believe, that this troop liked our Bidar culture and we would like to express our thanks to our provincial superior Sister Shamita and the team for their valuable support, Sister Reethika and the dancers for their participation in our programme.

We owe our gratitude to Mr. Satish Joel and his team for the food arrangements throughout those five days, which we appreciated very much.

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## TRUST IN GOD'S PROVIDENCE

**\* Sr Maria Reetha A.C.**  
*Carmel Nivas, Bailhongal.*

“Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is..... Life is good when you are happy, but much better when others are happy because of you.”

This is a beautiful message from our Holy Father Pope Francis which has become true to the Carmel Nivas Community at Bailhongal.

God gave us happiness, joys, and blessings over the past years. Life seemed to be comfortable, happier and everything was going on smoothly without any challenges. In the year 2019 we had to witness the great tragedy which made us aware that God is preparing us to be His fitting instruments for His Vineyard.

The unpredictable torrential rain in the District of Belagavi brought a frightful scene with the collapse of the 20 feet height



RTO wall, causing damage to the school and the convent building. The RTO ground was levelled with rocky stones which rolled and blocked the way of the flowing water. Finding no way the water gushed into our kitchen. The efforts of the sisters

and the male staff of the school were relentless. Finally holes were made in the wall to release this water.

This wake up call alerted the sisters to be more active and enthusiastic. After regular reminders to the concerned Government officials through the personal visits and correspondence, the JCB's were sent; they cleared the debris but the construction of wall has yet to be realized.



“God pushes you to the edge of your limits, trust Him fully; because two things can happen. Either He'll catch you when you fall or He will teach you how to fly.”

It was really a great and a marvellous learning experience. God's presence and assistance was very much felt in this hour of our need. At this time the Providence of God was great, we experienced the prayerful support, words of encouragement, the visit of our Provincial Superior Sister Maria Shamita and Sister Celine Vera. The financial assistance from the Province, Generalate, Eastern Province, Lourdes community and well-wishers strengthened

and revived our spirit to do the needful. We realized that when God wants to move us to bigger blessings, He'll allow a heavy storm to pour on you.

When we were in difficult times, some of the villages of Belagavi district too had their share of sorrow, they too were under water. They were sheltered in the Government School called 'Ganji Mutt'.

The above words of Pope Francis triggered our minds to reach out to these people. We joined hands with the SVD priests and parishioners, collected grains, sanitary items, bed linen, and mats etc. to distribute to them. It was a very heart warming experience to see how the families were put together and they were adjusting with one another with minimum facilities. All these experiences pushed us and urged us to go beyond ourselves.

Finally I conclude quoting ([www.bestenglishquotes4u.com](http://www.bestenglishquotes4u.com))

In Happy moments PRAISE GOD  
In Difficult moments SEEK GOD  
In Quiet moments WORSHIP GOD  
In Painful moments TRUST GOD  
At Every moment THANK GOD

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## NOTHING IS IMPOSSIBLE WITH GOD

\* Sr Rosilde A.C.

*Annunciation Convent, Ladyhill, Mangaluru.*

Annunciation Convent, Ladyhill, needed a new entrance gate and the boundary wall renewed. This was communicated to me by our Provincial Superior. When I began to plan this work, the sisters in my community briefed me the pros and cons of it.

As I perceived the matter; I too felt that it was eco unfriendly and a herculean task to bring down the 7 mighty trees. Nevertheless I had to go ahead, keeping in mind to restore the felled trees.



The first thing I had to do was to get permission from the Forest Department for which I had to visit several times, but I did go with the help of my community sisters. The next step was to seek permission from the Mescom Officer to disconnect the lines from the electric pole while cutting down the trees, for which I had to make quite a few visits. Then I had to struggle to find a suitable person to fell the trees.

Before felling the trees, I had to inform the traffic police Inspector, at Pandeshwar, Mangaluru because the branches of the trees stretched towards the highway. Then I had to inform the police inspector at Urwa, Mangalore City Corporation which I was able to do with the help of a teacher of Victoria High School, Ladyhill.

At last the day dawned to bring the trees down. Indeed there was sadness and anxiety. A mass was offered for the success of this work. The sisters and the staff of all the institutions supported me through their prayers. Within 3 days, the mighty trees fell to the ground. What a fall that was! Every passerby would stop and watch that was happening at our site. By now a small portion of the work was done. All along my thoughts of restoring these trees did not fade.

Once again my worries rose to the surface, thinking of disposing these trees. After a couple of days a person from Kulur agreed to buy the wood. I requested the person to expedite the work and clear the ground.

Now the second phase. I started looking out for an architect for the sketch of the gates. Mr Christopher Noronha willingly agreed to give me the sketch along with an estimate. As he was busy, he took a month's time to produce the same.

Towards mid-September, we sent this sketch along with our request to the Provincial Superior and Council, who forwarded it to the Superior General and Council. The Superior General approved of our plan. During this time we had our annual retreat and I am sure the fervent prayer of the sisters from our community bore fruit.

On October 15<sup>th</sup>, the feast of Saint Teresa of Avila, construction work began under the guidance of contractor Mr Maxim Correa. The work began with the entrance gate of the convent. While it was in process, the contractor thought of beginning the work of the second

gate leading to KG and Eng Pry Schools. As he perceived the consequences, he advised us not to have the second gate as it would cause a lot of problems and could be risky to the lives of the little children. Hence, he suggested a road leading from our convent gate towards KG and English Primary School. It was indeed heartbreaking to give away a portion of our land to construct this road on which there were 10 yielding coconut trees Nevertheless with a heavy heart we agreed to part with this portion of the land in the interest of our students' safety. Assuredly with the consent of Provincial Superior and Council.



By the end of four months our Convent/school had a makeover with a new gate, boundary wall, a good road with interlocking.

On 15<sup>th</sup> February, Fr Stany Pereira the Parish Priest of Urwa and Fr Jason Lobo the Assistant Priest blessed our new gate and the new road. We had a short yet beautiful felicitation programme for the workers courtesy Sr Annette. The imbalance of ecology on our campus was restored by planting not 7 but 14 saplings.

Each one of us truly felt 'Everthing is Possible with God'. Thanks be to God for the wonders He worked in assembling so many people not only to beautify our convent and school gate but also with newness of greenary.

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## THESIS DEFENCE AT ST. PETER'S . . .

\* Sr Preema Quadras A.C.

*Mary Immaculate Convent, Bengaluru.*

Defence Defence Defence...

Was the ringtones echoing in every one's heart as we the P.G Students of St Peter's Biblical department were approaching the month of March. Anxiety and fear ruled our minds because of the impending deadline for the submission of the thesis. Our H.O.D Rev Dr David Stanly Kumar considering the constraint of time, postponed the submission date of the research like the extension of the lockdown days. This did bring a wave of relaxation but we still ended up burning the midnight oil. The days were fast approaching and there went a second announcement for the public defence. But we were still working relentlessly and were confused. In the midst of this busy schedule we became delirious and heard the knock from each other's room saying .....

Defence Defence Defence.....

Where will be the Defence.....?

Who is going to Defend first ...?

Defend Old Testament or New Testament.....

These were the questions that arose in the hearts and minds of all of us. Alas! the lot fell on me for 10<sup>th</sup> of March

at 5.15 p.m in St Peter's defence hall. Nevertheless joy filled my heart, for the long awaited moment dawned in my life to present my hard work of the past one year.



God was gracious to

me without whose providence I would not have completed my research. The choice of the theme was Mark 14:32-42 Jesus'

agony and prayer in Gethsemane which I connected to my personal life experience. To begin with, I was impressed in my personal reading of the sacred scripture by the gospel of St Mark and in a special way the passion narrative. Thereafter, in my journey of religious life, as a Tertian preparing for my final vows and attending a month's retreat. I took keen interest in the passion narrative of the Lord and that supported me to prepare for my final commitment. At the end of the day, in a special way, the incident which shattered me completely was the untimely death of my beloved mother. This loss shattered my whole being and pushed me into total darkness. In this time of my haplessness, I was overwhelmed by the scriptural passage Mark 14:32-42 Jesus' agony and prayer in Gethsemane. I was contemplating over how Jesus prayed and was consoled in the impending sufferings he had to undergo. I was strengthened the way Jesus remained united with his "Father" in the midst of the trial that he was about to encounter with. This personal experience propelled me to delve more into the topic and I felt joyous this has strengthened me, my faith and my journey as religious.

I owe my gratitude to Sr Carmel Rita my former Provincial Superior and Sr Maria Shamita the present Provincial Superior.



I am also grateful to my sisters who supported and encouraged me in every way till the end of my stay and studies at St Peter's Pontifical Seminary Bangaluru.

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## SAVED TO SERVE ... TOWARDS SILVER

### JUBILEE LINES...

\* Sr Annette A.C.

*Annunciation Convent, Ladyhill, Mangaluru.*

The Lord protects the simple... He saved me when I was humbled... Ps. 116: 16. I quote this, to review my life in a bird's eye view, as the actual date of my Religious Silver Jubilee is on April 29, 2020. I was proud that my batch, was made special by God's destined plan because we were the privileged last batch of novices trained at Maryhill, Mangaluru. Our solemn First Profession was in 1995 and Perpetual Profession in 2000. And silver Jubilee 2020 with lockdown feelings within and Lock down outside...

I don't have a glamorous vocation story to narrate but it's time for me and my companions to recall, ponder and wonder at the mercies of the Lord. So I thought of adding a few silver lines of my initial life of vocation in the Karnataka Vani.

When I was a child, the most joyous time was when my two elder Religious Sisters (B.S.) came home for their annual holidays. It was a loving atmosphere because they showered extra love and care on me which I felt I deserved, for I was the youngest of the nine children (one brother and seven sisters). When they went back, my only play-thing was a piece of my mother's sari which I used to put as a veil and look into the mirror and imagine myself as a religious sister. I was privileged to wear many dresses of different styles, as my three older sisters who working in Mumbai used to bring them for me. I felt proud and privileged to wear them to college. Those days, the Govt. Jr. College where I studied permitted us to wear coloured clothes. It was vanity to hear the compliments of my friends when they saw me in new dresses.

Passing out of this college was indeed a great achievement of my life because in these two years I was more at home helping my parents, than in college. I can say that I was the 'Home Minister' while my parents and brother toiled in the fields with

other workers, I used to cater to their needs with the help of my mother.

When the P.U.C results were declared, with a heavy heart I went to see them. Students were flocked in the portico checking out the results. I too had my fears and doubts. I was shocked when I didn't find my name in the 'Pass List'. I went into the college office to enquire and the attendant with a frown on her face reprimanded me saying "Why are you here, when you have passed in all the subjects?" I was speechless.

My heart's desire was to become a teacher. But the chaos within me made it hard for me to decide. It was then, I remembered my best friend who came from a humble family, yet good in studies and often I was a good Samaritan to her. One day I discussed with her about my desire and we decided to go for T.C.H. The very next morning we applied in three different institutions. To our surprise we received the call for interview from all the three institutions. My friend went ahead and now is a teacher in a Government school in Mangaluru, but I was still in "Wonderlaa", hesitant to take a call.

Meantime I was turning the pages of *Sevak*, *Rakno* and other Konkani magazines to check on the advertisements of different religious congregations. I desired to join a new congregation. I wasn't happy with my search, hence enquired with my relative, who mentioned a few congregations, out of which I could easily grasp the name A.C. (Apostolic Carmel). She also directed me towards St Ann's Convent, Mangaluru.

"Even when we doubt, God believes in us and never gives up on us" says Catherine Pulsifer. My empty soul started its journey as I entered the portals of St Ann's. As I was entering the premises of St Ann's, I felt something strange within me and desired to become a sister, like Cloistered Carmelite and at no cost I would change this decision of mine. I met the superior of the convent and told her about my decision. Then I met the then Provincial Superior Sr Agatha Mary who supported my decision to join the convent.

When the appointed day dawned to join the candidature and as I had come without the knowledge of my family members with

the fear in case I wouldn't be able to continue my journey in the congregation and would have to return to my family. I kept this as a secret from all including my parents. But there was one person whom I could trust that was my brother. His words weren't encouraging though because they were already two before me, but I was assertive and requested him to keep this as a top secret.

No sooner, the secret was out of the bag, when my sister Lorna who was 6 years older than I, also came to St. Ann's to join the religious life. I was shocked yet happy to see her and enquired "what was she doing here?". She and others who heard this must have wondered at my question but I was the only one who knew the secret of it. She replied "I am here to fulfill my promise made to Sr. Christine Misquith 5 years ago. Indeed she had kept her word. Coming to my journey of Religious life I loved the year of candidature. Our directress was a very kind person, who never asked me any personal questions and was liberal in a few things. Deep within her she had a fear if I had informed my parents of my decision. For, secretly she must have seen me weep many a times feeling homesick. Hence, very gently she requested me if she could meet my parents.

Towards the end of our candidature, my mother, brother, my sister Lorna, Provincial Superior along with the candidate directress were in the parlour to decide whom to send to the Postulancy, though all were of the opinion that Lorna being six years older than I deserved to go that year and I could wait till the next year. I immediately replied "I want to go with my batch".

The first year of Novitiate came to an end. In the second year, we were sent to communities for the "Apostolic Experience". As I returned from one such visit I had a shocking report of my Apostolic Formation. Despite living to their expectation and adhering to every rule of theirs, the report sent was not favorable. Sadly, I shared with my Novice Directress but "You know me better than they do." From then on my directress loved me more than before. I was free to share my inner lockdowns, which were buried deep in my heart for many years. To my good fortune she understood me deeply, because of which I grew to be a better person.

Permit me to narrate a miracle in my life which saved my vocation. Many a times in my unguarded moment I wanted to quit from this vocation. On a certain day I decided to go home all by myself. I planned my exit. That night quietly I packed my belongings planning to leave early in the morning. Even at that weak moment I had the urge within me, to meet Jesus in the Eucharistic celebration. After which I went to my cell and from the depth of my heart knelt in the presence of the crucifix. That was a moment of silence only with my master and I had nothing to say. I came to my senses when the bell rang for the first session. As I opened my eyes, and looked around the crucifix, I could see an array of shadow of crucifixes. I could not believe what I saw. So I got up to check, but in vain. Then I asked Jesus: “Lord what do you want from me? came a reply, “Are you prepared to bear crosses in your life my child?”.

There are many other similar incidents which I want to relate but I have to leave place for others too. Today, I am proud of my initial struggle which was for a definite call. I am happily connected to Jesus through my vocation and this credit goes to my formators. This article of mine is to create awareness that despite our temptations and weakness we can hold on to our commitment when we surrender and make Jesus as the centre of our life. I owe my gratitude to my directresses who were persons of prayer, hence were able to guide, guard and discern God’s plan in my life. At this crucial time of dwindling vocations, I urge my fellow Sisters to love each one in the community for we have left behind everything dear to us. And now, in you we find our parents, our siblings. It is you to whom we look upto.

A priest during the retreat said: “If a candidate enters the gate of the convent desiring to join the religious life, it means that she has a vocation from God.” How consoling to hear that statement. For most of us, we had our own doubts whether we are really called by God or not.

“We fall, we fail, we break, but we rise, we heal, we overcome” says a successful Quote line. So also, every sister has her own story to narrate. Why don’t we tell others and give glory to God, who protects the humble and meek and leads to save



many more souls? For all of us, the initial stages of religious life are more important to celebrate than any event. And hoping these silver lines will be merged with golden years...

I conclude with my favorite Scripture quotation, "I can do all things through Christ who strengthens me." I also want to write a few lines of a hymn to express my deepest sentiments of love and gratitude to Jesus my all :

I want to thank you Lord, for always being there,  
whenever I need you.

I want to let you know I'm glad You care  
Just want to thank you Lord for being there.

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## **LEARNING NEVER STOPS DESPITE COVID-19**

**St Agnes Centre for Postgraduate Studies and Research Progresses  
to virtual classes and Online Counselling Services**

**\* Sr M Vinora A.C.**

*St Agnes Convent, Mangaluru*

The COVID-19 Pandemic has made a global impact in the past weeks and continues to impact most of the sectors, with the education sector being one of the most affected. The demanding needs of the situation leading to the sudden announcement of the lockdown has resulted in the abrupt closure of regular classes. However, most education institutions across the country have risen to the occasion, progressing to the virtual class mode.

The faculty members of St Agnes College have also smoothly transited to the virtual modes of teaching and teachers of various departments have been using different virtual modes to reach out to students. This step taken to complete the syllabus has been to the satisfaction of both the Staff and Students. Besides these classes, the teachers have encouraged students to take different online programmes for productive utilization of time and enhancement of skills. Undeterred by the pandemic, a good number

of students have been taking various online training programmes and courses in their respective domains, showing their zeal for learning.



Faculty members of the Post Graduate department of Psychology were the resource persons for the following online programmes:

‘Away from Campus, Hope Matters’ – a sensitization programme for teachers to tackle the anxiety and uncertainty of COVID Pandemic and to connect emotionally with students, which is the dire need of the hour

‘Student Minds’ – a web seminar of four series for students on coping with anxiety and emotional stress during COVID-19 Pandemic organized by Rajiv Gandhi University of Health Sciences in association with St Agnes Centre for Post Graduate Studies and Research, Mangalore and Padmashree Institute of Medical Lab Technology, Bangalore.

The Department of Psychology is also pleased to announce the Online Counselling Platform and Informative Blog Service Open to the community to meet their mental health needs, during and post lockdown period. A team of experts in the field are offering this service to reach out to the community. The flyer below contains the details of the Online Counselling Platform and Counselling Services provided in English, Kannada, Konkani, Malayalam and Tulu. The public are requested to avail these facilities in times of need.

*“Worrying does not empty tomorrow of its troubles; it empties today of its strength”* says Corrie Ten Boom. So let us not be perplexed with the present trying times but place our trust in the Divine Power and avail the opportunities at our disposal.

<http://www.atagneswecare.cf/?i=1>

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## MY EARTHLY PARADISE

\* Sr Maria Thejaswi A.C.

*Annunciation Convent, Ladyhill, Mangaluru.*

“There are no seven wonders of the world in the eyes of a child. There are seven million.”

– Walt Streightiff

Yes, the world of children is a world of wonders. This has been my unique experience in my teaching apostolate in St. Agnes Special School.

Seventeen children of ages 6 to 10 years, are entrusted to my care. For me, each of them is a little angel. Even though I love teaching these special children of God, it is very challenging.



But like St Paul, “I am able to do all things through Christ who strengthens me” (Phil 4:13). Trusting in these Divine words I

accepted bravely this mission of training special children.

My day begins seeking blessings of the Almighty which strengthens me to handle my class. I see the Lord’s face in each of my students in the class room. As the motto of our school “IN LOVE WE GROW”, I give my warmth of love, motherly care and affection and thus make every child feel loved and accepted. The beautiful smile on their faces, innocent looks and the love they give make me forget myself.

Even though teaching them is a challenge, it is very gratifying. Besides academics, I teach them daily living skills (ADL) such as eating, toilet training, on-seat behavior etc. Extra activities like singing, dancing, painting, drawing and watching video which is a part of their learning makes them have an enjoyable learning experience. I feel proud and privileged to be a Special Educator.

I bring out the special qualities in them and help them shine like little stars and in return I get their love and affection beyond measure.

“A child is like a butterfly in the wind,  
Some can fly higher than others,  
but each one flies the best it can.  
Each one is different!  
Each one is special!!  
Each one is beautiful!!!”

“Most people see what is, and never see what can be” - Albert Einstein. Like this quote, I try to see what they are able to and do my best to bring out their hidden potential. Many a time



their performance is beyond my imagination and incredible. Let me share an experience with you. When I had taken my students along with Sr. Maria Sonal to Mangala Stadium for the sports event, their

performance in bagging medals astonished the officials.

I owe my gratitude to my Principal Sr Maria Shruthi who guides, trusts, directs me in my role as a special educator. She also gives me ample opportunities to attend seminars and conferences in order to gain knowledge and experience in the field of special education. It is she who encouraged me to do my graduation.

I feel proud to mention I have successfully completed my graduation with good results. I am given the opportunity to do my training of “Flock Leader”- Bulbul. Our school provides a platform to our students to mingle with the normal students through integrated camps where they show case their talents like singing, dancing etc.

As we are marching towards the celebration of the Golden Jubilee of our school, may God bless all our plans and projects, and make our institution celebrate its Diamond, Platinum and Centenary jubilees.

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope”- Maya Angelou

Fondly I would like to thank God the Almighty for His constant grace in fulfilling my mission towards His Special Children. I thank my Provincial Superior for giving me this privilege.

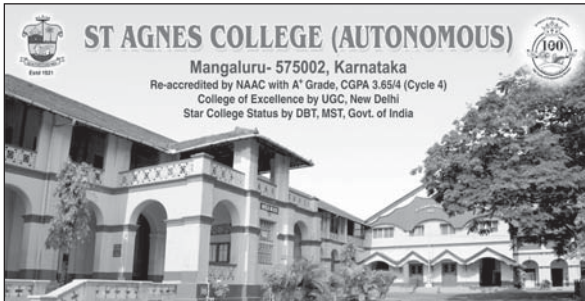
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**CELEBRATING A CENTURY OF EDUCATION  
AND SERVICE  
ST AGNES COLLEGE, MANGALURU**

**\* Sr Christina Delphine Das A.C.**  
*St Agnes Convent, Mangaluru.*

***“The Apostolic Carmel rejoices  
As St Agnes College accomplishes  
Ten triumphant Decades  
Educating and empowering Souls.”***

St Agnes College, one of the pioneering Institutions of our Congregation has now successfully completed a Century of Service to humanity. We thus raise our hearts in thanks and praise to God for His abundant blessings on the Institution for these hundred years.



The shaping of a woman, who though rooted in values, yet soars on the wings of autonomy of thought and action, sums up perfectly the role of the Agnesian Alma Mater. It also defines the potential of the young women at St Agnes College who have been tended with love and wisdom. This was the culmination of the dream of Mother Mary Aloysia A.C – the Second Superior General and one of the greatest visionaries of our Congregation, who discerned the urgent need of a Catholic College for women and started the College with just six students on roll.

This tiny seed sown by our pioneering sisters has grown today as a mighty tree fostering and nurturing numerous souls. Now, with the march of time, the institution stands on the Centenary year of its inception. The College marked a vibrant beginning with the unveiling of the Centenary Logo and the launching of the Alumni website on the Feast of St. Agnes, 21 January, 2018.

15 August 2018 was another auspicious date in the history of St Agnes College as the day marked the laying of the foundation of the Mother Mary Aloysia Centenary Memorial Block by Most Rev. Aloysius Paul D’Souza, the Bishop of Mangaluru in the presence of the Provincial Superior of the Apostolic Carmel Karnataka Province and various other dignitaries including academic luminaries, political leaders, benefactors, friends, well wishers, staff, students, parents and alumni.

As the long awaited day dawned- The Centenary Celebrations and the Inaugural of the Mother Mary Aloysia Centenary Memorial Block took place at 9.30 a.m on Friday 3 January 2020, followed by a Thanksgiving Eucharistic Celebration. The building was



inaugurated by Sr M. Susheela A.C., our Superior General & Sr M. Shamita A.C. Provincial Superior, in the presence of the Most Rev. Dr Peter Paul Saldanha (Bishop of Mangaluru),

Most Rev. Dr Aloysius Paul D'Souza (Bishop Emeritus), Most Rev. Dr. Gerald Isaac Lobo (Bishop of Udipi) and Rev. Fr Dr Jerome Stanislaus D'Souza S.J. (Provincial Superior of Jesuits). The Builders and Architects were felicitated.

The evening of the day witnessed a meaningful programme where the benefactors and donors were honoured in the presence

of eminent personalities who were present from far and near. The guests of honour, included



Sri U T Khader, Sri Ivan D'souza; Sri J R Lobo; Professor P S Yadapadithaya (VC, Mangalore University), Mr. Michael D'Souza, M.D, Ivory Grand Real Estate, UAE; Dr Brian Pinto, Former Senior Adviser, the World Bank Consultant-African Development Bank; Mrs Shabana & Mr Faizal, Chairpersons, KEF Holdings; Mr Leslie J Fernandes, Ex Chairman, Dockendale Shipping Co Ltd. Australia and Mr. Ronald Pinto, M.D HYSSNA International, UAE.

Sr. M. Susheela A.C in her address summed up the vision of the institution and offered her best wishes to the stakeholders of the College.

Ms Meera Rao (Director, Rambus Inc., USA) was the Chief Guest and in her address she reminisces of her fond memories of her student days and proudly claimed that the College is the firmament having a formative influence on the life of students allowing them to grow and succeed in life.

The Mangalore University Vice Chancellor Professor P S Yadapadithaya said that St Agnes College is known for its quality of education and stands out among other institutions and that the alumnae of this College have reached greater heights.

Among the other prominent speakers were our MLA Mr. U.T. Khader who was very much appreciative of the services rendered by the sisters of the Apostolic Carmel through St Agnes College.

A meaningful and enthralling cultural programme followed where the glorious history of a hundred years was depicted through a dance performance by our Staff, Students and Alumni. The Programme concluded at 8.00 p.m with the Vote of Thanks proposed by an illustrious Alumna Dr. Meera Aranha.

Having inherited a legacy and mission from Mother Mary Aloysia, generations of religious sisters, faculty members, support staff, students and alumni have kept that vision before their mind's eye and its spirit in their hearts, and made the empowerment of women their mission and life's work.

In the motto of St Agnes College, "God is my strength" which continues to flow into the life of every person who enters the portals of the institution, the divine presence is almost palpable. In the sincere effort of every Principal, member of faculty and student, the spirit of Mother Mary Aloysia is ever renewed.

Even one hundred years after the birth of St Agnes College, the human spirit and the power of the divine combine on the campus to make daily miracles of life, love and learning continue to happen.

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## GOLDEN BELLS RING AT ST AGNES SPECIAL SCHOOL



**\* Sr Maria Shruthi A.C.**

*Yesu Prem Nikethan, Mangaluru*

Jubilees are occasions to be celebrated, to recall the marvelous ways in which one has fulfilled its mission. They also provide a platform to reflect on the past achievements of an institution as well as introspect on the preparations to meet the challenges that lie ahead. But in an institution like St. Agnes Special School we value human beings and support them to face the society despite their disabilities. As we walk down memory lane, we can say with pride that we have achieved our mission if not to the fullest, to a certain extent and is worthy of celebration.



In the year 1970, when our congregation was celebrating the Centenary of its ministry in the field of Education in India, Mother Theodosia A.C, the then Superior General and Sr Fidelis A.C the then Secretary, Apostolic Carmel Educational Society of Karnataka, found a void in the stream of education - the education of the mentally challenged children. Therefore, it was decided to start a school for these children as a centennial memorial of the Apostolic Carmel in India.

God, who is our provider, provided an intelligent, efficient, generous and service –oriented Sister, in the person of Sr Maria Jyothi A.C. who took charge of this school and from then onwards a number of sisters and the lay staff rendered their selfless service towards the needs of the children with special needs.

At this moment, St Agnes Special School is in its Golden Year, training and educating more than 300 children. Unlike mainstream schools, St Agnes Special School thought of conducting 50 useful and meaningful activities to celebrate this great event.

For the Jubilee inauguration, a face lift was given to the entrance gate with golden colour which was opened with the blessings of our parish priest Fr Vincent Monteiro. We gave thanks to God for the 50 fruitful years.

The formal inauguration of the Golden year was held on 5<sup>th</sup> August with the Holy Eucharist offered by Fr Rohan Dais,

assistant parish priest of St Sebastian's Church, Bendore, Mangaluru. The Jubilee year was inaugurated by Sr Maria Shamita, Provincial Superior, Karnataka Province along with the



Founder Principal Sr Maria Jyothi, Joint Secretary Sr Maria Anita and in the presence of the parents, students, sisters of the neighboring convents and well wishers. The entrance procession was led by 50 students of St Agnes Special School holding 50 lamps. The Golden Logo was unveiled by the Provincial Superior.

Sr Maria Jyothi was felicitated in recognition of her selfless service to children with disabilities.

The year 2019 was a year of blessing for the staff and students of St Agnes Special School, who counted each day as a part of the celebration and marked it with the following activities:

- ❖ 50 items such as books, umbrellas, bags etc. were distributed to 50 poor children to mark the 50 golden years of the school. Sr Olivia A.C, the chief guest, distributed these 50 items to the deserving children with special needs.
- ❖ Vanamahotava Day was celebrated by planting 50 flower plants as well as fruit trees in the school premises and distributed 50 plants to the children as well as drivers and to the public. Mrs Jayvathi Soans, the District Joint Secretary, L.T Guide was the Chief Guest for the programme.
- ❖ On Independence Day the parents of the special children who were of ex-army were felicitated in the presence of their ward. Three of our own parents were recipients of this honour.
- ❖ Medical camp was held for the children with special needs in collaboration with the KMC medical personnel. They screened our children and checked their eyes, ears along with general health.
- ❖ Siblings Day was conducted for the brothers and sisters of our special children. Mrs Sarah Crasta, Clinical Psychologist, St Agnes PG Centre, a sibling herself addressed the gathering and shared useful tips as to how to look after their special sibling with care and love. Mr Febby Leo Mathew, Legal Adviser for children with disabilities enlightened them on the legal issues and also encouraged them to take care of the children after their parents were no longer able to do so.
- ❖ An old students gathering was held for all the special children who had passed out from this institution and around 40 children attended the same. We conducted games, and entertained them with a short programme and gave away prizes. They were overjoyed to see their teachers and their school.

- ❖ We organised a District level Dance competition for the special children of 11 special schools of Udupi and D.K districts in collaboration with the Sandesha Foundation for Culture and Education, Mangaluru. Around 300 special children participated in the same. Our children performed a welcome dance and conducted this competition successfully.



- ❖ In the month of September, the special teachers of D.K district were invited for a get together in our school. Around 40 teachers of various special schools were present. Dr J.N Bhat addressed the gathering and gave them a session on Positive thinking. The Heads of the institutions were honored during this meet which was followed by a fellowship meal.

- ❖ Children's Day was conducted in a unique way where the special children were encouraged to come to school in traditional dress. The child with the best traditional dress was given a prize in each class. It was a feast to the eyes to see our special children dressed in various traditional attire and enjoying every minute of the day.



- ❖ A day of prayer was conducted for the parents of the special children by Fr Arun. Around 60 parents participated in it. The value education class for the children with special needs was also conducted by Br Jason through a play way method. Both the groups benefitted much from the interactive sessions.
- ❖ Establishment Day was celebrated by conducting a special prayer service. The children were made to understand the significance of the day and the children offered roses and rose petals to the decorated portrait of our saintly Foundress Venerable Mother Veronica.

- ❖ The star making competition was held for the special children and they were encouraged to take part in it. Around 50 children took part in the competition and the best three were honoured.
- ❖ Group Carol Singing Competition was held where the children were divided into Junior, Inter and Senior categories. The children were trained by their respective class teachers and they performed wonderfully well.
- ❖ A school bag with the Golden Jubilee Logo was distributed to all the children as a Christmas gift.
- ❖ The feast of our patroness St Agnes was celebrated with the Holy Sacrifice of the Mass followed by a short programme where our special children enacted the life of St. Agnes and paid homage to our patron saint. Many well wishers were present to witness the programme.
- ❖ A sensory Integrated room was furnished for the use of the children with Autism. It was inaugurated by Shri Dinesh Pai, Proprietor, Sri Ram Sanitary. This room is a generous donation by Mr Micheal D’Souza, NRI Entrepreneur. May God bless him for his generosity.
- ❖ An Inter School Athletic Meet “Agno 50-2020” was hosted by our institution, wherein around 450 children with special needs



from Udupi and D.K district took part in the various track and field events and several of them won prizes. Around 200 volunteers from regular schools rendered their

services to our children and helped us in the conduct of various events.

- ❖ A Blood Donation Camp was held in collaboration with “United friends, Bejai” and the staff of KMC hospital Mangaluru. Our

staff, parents of the special children and some public donated the blood for a good cause.



- ❖ A medicinal garden was set in the school premises in memory of the Golden Year. It was sponsored by the members of Lions club, Valencia, Mangaluru.
- ❖ Makkala Habba was conducted for the children with special needs. The staff members organized this day as a part of the golden Jubilee activity. They put up a mini market where the children could freely move and play any game, take eatables, engage in activities such as applying nail polish, mehendi etc. The children really had a great day.
- ❖ A documentary was prepared highlighting the activities of the school and its achievements over the past 50 years. It was appreciated by all.
- ❖ The “Campus Buzz” T.V programme was conducted for our children by Namma Kudla local T.V channel in our school hall. Around 50 children took part in various games and won prizes. It was later telecasted in Namma Kudla Channel.
- ❖ A PTA get-together was held in the school campus, wherein the parents and the teachers spent time in playing games and cracking jokes. They had a relaxed time together.
- ❖ The community helpers such as Post Man, Security guard, Sweeper and the Mescom workers were felicitated for their selfless services rendered to the society and specially to our institution.
- ❖ A benefit show – Tulu Drama was put up on our school grounds in aid of the Midday meals for the children with special needs.
- ❖ A Drivers meet was organized for the drivers who bring our special children regularly. Around 39 drivers were present. The Auto Drivers Union Leader Mr Mohan Kumar was present the event. Mrs Meena Malani, Home Guard and the

parent gave them tips on First aid and other rules and regulations pertaining to our children. Three drivers who had given services to our children for 36, 29 and 26 years respectively were felicitated.



- ❖ Women's Day was celebrated by hosting a throw ball tournament for the parents and teachers of our School. Around 40 parents and teachers took part in the event and the winning team was awarded.
- ❖ The exercise books which were prepared in St. Agnes Vocational Training School were given a new look with our Golden Jubilee Logo and pictures depicting various activities of our school children.
- ❖ Mentally Challenged Day was celebrated by conducting lucky dip games for the Severely Challenged children who are in the wheel chair; this gave them the joy of participation and winning prizes.
- ❖ The Staff had an outing to an island at Brahmavar. They had a relaxing time together.

So far, we were able to complete 32 activities. We were supposed to conduct the remaining activities before the finale in November 2020. However God's ways are not our ways... Now we are held up by the Lockdown due to the Covid-19 pandemic.

We may or may not be able to complete all the 50 activities, nevertheless deep within our hearts we are gratified that we have done our best to give joy to our children with special needs through various activities. If all goes well, we will be celebrating the Golden jubilee in the month of November 2020. We extend our heartfelt thanks to our staff members, parents, students, well-wishers and above all our own community sisters of Yesu Prem Niketan who have gone out of the way to help us implement the activities and make the Golden Year of St. Agnes Special School a memorable one.

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## Blessing and Inauguration of Shanti Vihar

A home of dignity, love and care for Senior citizens.





**A fervent prayer, a little help, a gentle smile, gives meaning to life...**





*We Celebrate you*





# *Our Togetherness*



## JUBILATION . . . EXULTATION

\* **Sr Corona A.C.**  
*St Maria Goretti Convent*  
*Kemmannu*

Celebrations are a means of recollecting and recalling God's goodness...

Yes, Jubilees, birthdays and all milestones deserve celebration. Here is our list of celebrations...

**On the evening of 18<sup>th</sup> November** we had a Grand celebration of **the Inauguration of sesquicentennial jubilee** of the Apostolic Carmel in India. We had invited the Varado priests - diocesan and religious for the Eucharistic celebration at 6.30 p.m. It was a gathering of Priests and sisters. Fr Lawrence D'Souza the Vicar Var of the Varado was the main celebrant. A meaningful Introduction for the Mass was delivered with a blend of angelic choir. The intentions of the congregation were lifted to the Lord during the prayer of the faithful. Later we had a fellowship meal followed by games. Prizes were distributed to the winners.

**On 19<sup>th</sup> November we had the Eucharistic celebration for all the catholic students and staff members of the Campus.** The Eucharistic celebration began with the entrance procession from the gate to the Chapel. The students held the flowers, placards with inspiring messages of Mother Veronica. The students led the choir with musical instruments under the guidance of sisters. An apt introduction and the prayers of the faithful helped the assembly to know a lot more about Mother Veronica. In honour of this celebration, a Bible Quiz was held for the students. The students who secured I, II, and III places were given prizes.

**The A.C.A meeting was organized for the A.C.A'S.** Sr. Julie Ann, the provincial councillor in-charge of A.C.A's was invited to address them. The A.C.A members appreciated her talk.

On the morning of November 3<sup>rd</sup>, someone was humming and singing it's the time to Jubilation to the tune of 'It's the time

to celebrate'. The atmosphere of joy and happiness prevailed all over St. Maria Goretti Convent. The reason?

60<sup>th</sup> Birthday of our dear Sr. Corona, now **who has become 'World famous'**. Hats off to Apostolic Carmel for selecting her to be the "Virus of the year". Diamond birthday Mass, cutting of the cake, wishing song with verse and celebrating the whole day with wishes from sisters, staff and friends brought surprises to Sr. Corona. It filled her with belongingness and joy which she deserves for having lived for 60 years.

**Golden Birthday of our dear Sr. Sunitha Monteiro on March 3rd** began with Morning Prayer, Mass, wishes and was celebrated with the ringing of golden bells the whole day. The presence of her dear brother Sunil and family surprised her. The boarders around joined in the celebration with our community and clergy, indeed it was an event which filled her with immense joy and gratitude. We too felt young on that day as our boarders put up a short programme, in song and dance.

**Ring the bells, Ring the bells, it's Jubilee Day of our dear Sr. Praneetha...** Living 25 years in the garden of Carmel. It was truly a delight to celebrate the Silver years of Our **Parish Priest Rev. Fr. Herald and Sr. Praneetha on April 25<sup>th</sup>** 'Lock down' made us to 'look up' to see in what way we can celebrate without noise... so, closing of doors and windows, burning with heat inside, we burnt the Silver candles!. Double celebration was unique with special prayer with Mass during which the vows were renewed. Suitable hymns, prayers and decorations added colour to this Eucharistic celebration. Our Parish clergy and sisters of our community made it very meaningful. In the midst of 'Lock down', we quietly managed to bring a cake and flowers.

The meaningful ceremony came to an end with a short Programme by the community However, now we can proudly say "We made it happen". All thanks and praise to God.

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## LEISURE MOMENTS OF VIJAYMARI CONVENT

\* Sr M. Devina A.C.

*Vijaymari Convent, Mangaluru*

We went for a picnic to the “Relax Leisure Resort” situated in Uppinakote, Udupi District. Our journey began at 7.15 a.m sharp, in a white Omni van that took us to Relax Leisure Resort where we were warmly welcomed.

After the Holy Mass, our small group of ten had a quick breakfast of steaming idlis and beverage. We were ready with our swimming outfits and other essentials for a happy and relaxed day. When we reached, the boat was ready to take us across the river to the Uppinakote Island. The ride was fast, yet enjoyable and we were the first group to alight on the island that day. Later we were led to a small kuteera where we were served with neera (toddy) and tandoori chicken which we enjoyed to the full. The island witnessed a lot of life and gaiety and we went around enjoying its scenic beauty.

Post lunch we were feeling a little heavy, so we played some games amongst ourselves and went sailing in small boats.



Not satisfied, we asked our guide for a bigger boat to take us to Mabukola Bridge over river Sita. While in the boat we played anthakshari. By 1.30 p.m. we were back on the island feeling light and ready for lunch. We were served

ladyfish curry, crab sukka and vegetable. The ladyfish curry was simply delicious.

By 3 p.m. we were ready to leave the island to go to the Kota sea shore. The beach was clean with crystal clear water against the vast expanse of the blue sky. We enjoyed a dip in knee-deep water against the sound of the sea-waves and mild sunrays. By 4.30 p.m, we set on our return journey. We had snacks and ice cream on our way back. We thanked God for protecting us and prayed the Rosary, and the evening prayer. The last meal of the day was in the convent after which we completed other community chores and ended the day with thanksgiving to the Almighty God our Father.

\* \* \* \* \*

## *Covid Special*

### **COVID 19 A - Z**

**\* Sr Nirmala Francis, A.C.**  
*Provincial House, Mangaluru*

An alarming virus swung in...  
Beyond all human thinking  
Corona was its name  
Dreadful has been its game  
Endless misery it wrought  
Fear and sorrow it brought  
Groans and moans everywhere  
Hearts broken here and there  
Isolated from ones so dear  
Joy robbed, leaving no cheer  
Killed thousands, lives battered  
Lockdown imposed, hopes shattered  
Migrants penniless, they fled  
Nowhere to earn their daily bread  
'Oh! God! To this plight bring an end  
Plead we all, 'Thy mercy send  
Quieten the storms that rage  
Root out this pandemic age'  
Safe 'neath His wings, we rest  
Trusting that He knows best  
Useless are we without Him  
Vain our efforts, fancies and whim  
World and its pleasures pass away  
'Xcept God's power and sway  
Yielded to Him, onward we tread  
Zealous for Him, we move ahead.

(Tune of Do- a deer, a female deer)

- a** - **A** virus entered in
  - b** - **B**oundaries it crossed
  - c** - **C**orona is its name
  - d** - **D**readful is its game
  - e** - **E**ndless misery
  - f** - **F**ear and anxiety
  - g** - **G**roans and moans everywhere
- Bringing us to 'H' for hearts broken here and there
- i** - **I**solated from ones so dear
  - j** - **J**oy robbed, leaving no cheer
  - k** - **K**illing thousands here and there
  - l** - **L**ockdown imposed everywhere
  - m** - **M**igrants flee to their homes
  - n** - **N**ights and days they roam
  - o** - **O**n foot they homeward trod

That will take us to 'P' to pray to God to

- q** - **Q**uieten the storms that rage
  - r** - **R**oot out this pandemic age
  - s** - **S**afe beneath His wings
  - t** - **T**rusting Him in all things
  - u** - **U**seless are we without Him
  - v** - **V**ain our efforts and our whim
  - w** - **W**orldly pleasures pass away
- 'X'cept God's power and sway

That will bring us to Y to yield to Him and Z to be zealous for Him.

(Tune: Aagaya, aagaya, halwawala aagaya)

1. In the year 2020,

When the world had peace and plenty  
Corona came to frighten all of us  
It crossed many countries  
Over seas, hills and valleys  
Never sparing any Tom, Dick and Harry

**Ch. Aagaya, aagaya, Corona Virus aagaya, aagaya, aagaya**  
**COVID-19 aagaya**

1. With Corona came the lockdown  
Children, people homebound  
Neither school nor work all the day  
New ways of spending time  
In games and songs and mimes  
Fresh avenues for Alice, Jane and Mary  
**Ch.**

2. Migrants have their sorrows  
No bread for their tomorrows  
People get sick and quarantined  
Many dying here and there  
Groans and moans everywhere  
Traffic jam at Heaven's gate, Peter in a daze  
**Ch. Chalo, chalo, Corona virus, chalo Covid 19 (2)**

1. In the year 2020,  
When the world had peace and plenty  
Corona came to frighten all of us  
It crossed many countries  
Over seas, hills and valleys  
Never sparing any Tom, Dick and Harry  
**Ch. Aagaya, aagaya, Corona Virus aagaya, aagaya, aagaya  
COVID-19 aagaya**

2. With Corona came the lockdown  
Children, people homebound  
Neither school nor work all the day  
New ways of spending time  
In games and songs and mimes  
Fresh avenues for Alice, Jane and Mary  
**Ch.**

3. Migrants have their sorrows  
No bread for their tomorrows  
People get sick and quarantined  
Many dying here and there  
Groans and moans everywhere  
Traffic jam at Heaven's gate, Peter in a daze  
**Ch. Chalo, chalo, Corona virus, chalo Covid 19 (2)**

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## ONE DAY THIS TOO WILL PASS BY

\* **Sr Maria Philomena A.C.**  
*Shanthinilaya Convent  
Nanjangud.*

Covid – 19 has removed barriers of ‘We and They’, ‘here and there’, and stirs up the value of belongingness and oneness amongst us. It has demonstrated that it sees our globe as one single entity of interdependent communities. COVID -19 attacks human beings but stirs up humanity as well. Compassion, kindness, empathy, sympathy and caring are some of those spiritual values that drive humanity in its basic form.

This compassion moved our community to show our concern and solidarity with our needy students’ families and daily wagers. We helped about 30 families of our students with rice, cereals, oil,



wheat flour, sugar and cash as well. We were moved to share our resources with 120 inmates of a destitute house run by the Sisters of the Poor in Mysuru by giving them a cheque worth Rs.10,000/-.

Human beings tend to turn to prayer in times of crisis. Religious worship places are closed. Rituals curtailed. We may turn hopeless. “Oh God, Where do we go now?”. We did require a lot of spiritual strength. Amid this situation, we were encouraged to stay back, pray from home, community, and make use of the liturgy and prayer resources that were provided on time.

After receiving a letter from the Bishop stating that, no worship was allowed in churches until further notice, some of us exclaimed, “Oh God, never in my 60, 35, 70, years of life, did I miss Mass, Holy week services and churches are being closed for worship. We never missed Mass and Holy Communion in the convents. We forgot that ‘I am a church. We are a church. I am the temple of God’. God is in the heart of every human being.

However, a call to pray from home, transfers greater responsibility to us Christians, moreover to us religious. Praying from home will bring in a faithful realization that all can have access to God through Jesus Christ. (Eph: 2:18) and all have the priestly responsibility of interceding for the people to God. (1 Pet:2:19). It brought us an understanding that a small community, a home is also the church. It gives us a deeper meaning to what Jesus said in Matthew 18:20, “For where two or three are gathered together in my Name, I am there in the midst of them”. COVID-19 pushes us hard to rekindle our faith to see God’s intervention in overpowering the disastrous effect of coronavirus.

The COVID-19 Lockdown taught us great values for the Kingdom of God - to live in peace and harmony, to think of the poor, to pray unceasingly, to read the word of God with great faith, to serve others, to experience God’s grace, to be hopeful in a difficult situation, to be positive in all situations, adjustment, equality – no difference between rich and poor, learned and illiterate, small and big, to be careful in using our resources of things and many other. May be it has come to draw out the best in the world.

One fine day this too will pass by. Let us hope and pray that God may heal this world from this pandemic and restore us once again normally with his peace and happiness.

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## HELPING HEARTS, HELPING HANDS

\* **Sr Priya DSouza A.C.**  
*Carmel Niketan, Bidar*

“As the purse is emptied, the heart is filled,” says Charles Dickens. This is the most applicable quote for all those people out there who are emptying their purses to help the needy during COVID-19.

At present we are living with the pandemic COVID-19. The world around us is suffering from this disease.

We see different kind of people around us like the daily wagers, who are affected very badly during this pandemic. Most of them had saved a little money for their future but now have to use this resource, as they are jobless. There is another sect of people to whom this pandemic has not yet affected and they still continue to live in their lavish lifestyle. Though I have given some examples regarding money, in general, the most important thing that people have come to know amidst this pandemic is the value of ‘Life’.

Everything was normal for all in Jamgi Colony. People suffered and they bore the pain because they were with no jobs. The condition of these people was worse than other people around the world because all of them were daily wagers and no one could come to another’s rescue. No jobs, no money and no food. They were literally starving till Sister Christine came back from Bangaluru. It was she who noticed the difficulties of our colony people. It was the initiation of Sr. Christine to collect money from all especially from the community (our pecuniam saved was about Rs. 3,500) social work, her friends, students and donors. She collected the money and through her



Carmel Niketan Sisters and Carmel Seva Trust could reach our nearly 500 people (100 of them received their ration 4 times).

A glimpse of how we distributed the essentials.

From April first week till now Carmel Niketan and Carmel Seva Trust have distributed food kits to 100 families of Jamgi



Colony(4 weeks) as they are on daily wages and poor); 143 families of different villages were given food kits, 100 food kits were given by Railway Childline, CHILDLINE INDIA FOUNDATION; 140 women and young girls were given sanitary pads; 16 lactating mothers and 3 pregnant women were given food kits. Milk packets were also distributed. 100 food kits for our

sponsor children were distributed on the 16<sup>th</sup> and 17<sup>th</sup> in their respective villages. God bless Caritas Prague, CR. We also stitched 1,500 masks and shared it with others.

All these things were given by Carmel Niketan sisters, Carmel Seva trust, Sister Christine's ex-students of CVTI, Mr Sanjay Jagir, Mr Rajshekhar Gada, DC office and Women and Children Department and Mr & Mrs Mary Machado ex-student of Vijayamari Tech Institute and Caritas Prague, CR. May God bless all the donors and supporters.

We also motivated the Jamgi Colony people to take part in Bible Quiz conducted on the Acts of the Apostles. Our children learnt by heart 10 parables from the Gospels. The winners were awarded rice, sugar and Rosaries. There are two more competitions for which they are preparing. One, copywriting and another new Bhajan or songs to be composed on Bible Passages.

COVID-19 has taught us many things in life. Let us live and support others to live in the presence of God, adjusting with what we have and most importantly, to share what we have. This pandemic has taught us that LIFE is more precious than money, gold and silver.

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## COVID - 19 : A THREAT, A BLESSING

\* Sr Sunitha Monteiro A.C.

*St Maria Goretti Convent, Kemmannu.*

- The pandemic that shook the whole world and brought it to its knees, has played havoc in the lives of people.
- Life has been thrown out of gear and the world seemed to have come to a grinding halt.
- The perspective of life seemed to have changed from the time this pandemic has been wielding its dreaded arms purposefully.
- The Lockdown has been a time of introspection.
- The deprivation of all religious services was inevitable. We have come to terms with all this in order to control the pandemic from causing further harm.
- This time of trial brings to mind many questions: What could be the cause of this pandemic?
- Is this a testing time God has planned for us? All the destructive activities of humans have from time to time sent alarms. The Earth has borne the brunt of human atrocities- on its water bodies, forests air etc. 'Cleanliness is next to Godliness' has only remained a maxim. At the cost of humanity, we have opted for advancements.
- Money and riches have become new Gods'.
- This tiny virus has now shown us how powerless and incapable we are.
- What we see at this moment of crisis is the concerted efforts of people to control this pandemic.
- The laudable efforts of the government, the front line workers who have been in the forefront fighting warriors, the sacrifice of the medical, staff, police personnel and the generosity of self-appointed volunteers is heartening.
- The earth seems to breathe a sigh of relief with its air getting clearer, its rivers vindicated. A sense of well-being seems to prevail in the environment.
- Our incessant prayers are rising before God whom we know can wipe out this menace. We have to pray fervently and faithfully to God. This ordeal will pass in its own time, until then let us be hopeful.

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## STAY SAFE, STAY HOME

\* Sr Susan A.C.

*St Joseph's Convent, Mysuru.*

What a shock! Suddenly on March 23<sup>rd</sup> 2020, “the All India Radio, TV News, Newspapers, Smart Phone - whatsapp, Mobile/ Basic Phone, Landline...Announcements galore!”:

“**Stay Safe!, Stay Home!**” or get ‘whacks’ from the Police!

**Slogans:**

- Wash your hands!
- Sanitizer use!
- Mask a must!
- Gloves!
- Social Distancing!
- Lockdown!
- Home Quarantine!
- Seal down!

On 23<sup>rd</sup> March 2020, Earth’s gates flung wide open “a red-letter day”, just then the Nation declared “Lockdown” nay the Whole World was under “Lockdown”.

It was this ‘Lockdown’ that brought our community to a closely knit “positive” family, “come what may, present or absent, our wheel moved on steadily, going forward rapidly, progressively, around the Clock. Voluntarily, around 4am Sr Celine Vera would be in the kitchen preparing the breakfast, each day was a “surprise” breakfast. 6am - Morning Prayer; 6.30am - Telecast Mass displayed, followed by Breakfast. On Sundays, Mass at 7am celebrated by Fr. Patrick Xavier, the Rector, our Chaplain.

Community Hour of Adoration was daily from 8.30 am to 9.30am, concluding with the Divine Mercy Rosary. 9.30 am to 11 am: Back again in the kitchen were Srs Maria Joyce, Maria Geethika and Maria Betsy preparing Lunch and Refreshments. They also did the house chores.



Superior Sr Flavina would take joy in tending to the garden. Sr Celine Vera was incharge of keeping the veranda, Library cum Study hall, and stairway clean and tidy. Sr Susan took pride in seeing

to the cleanliness of the remaining rooms. Apart from being “Full Time Receptionist” Sr Claretta would see to the functioning of the water Pump. She also took charge of the ‘Prayer Apostolate’.

Sharp at 12.15 pm we were back in the Chapel for examine and Middy Prayer as a community. Back in the Chapel at 6 pm, the Divine Mercy Rosary, Rosary, Evening Prayer, contemplative gazing for 15 minutes, Gospel reading and reflection, followed by supper.

After recreation, Srs Maria Geethika, Maria Bedsy and the Superior, were once again busy in the kitchen. Sr Celine Vera happily kept things ready for the next day’s breakfast.



April 22<sup>nd</sup> to 30<sup>th</sup>, we the entire community made our 8 days Annual Retreat under the guidance of Fr Patrick Xavier, the Rector of the Seminary. We thank Father for risking his life amidst lockdown for our spiritual wellbeing.

On 11<sup>th</sup> May, Sr Maria Geethika the H.M. of St Joseph’s High School, called for a staff meeting to plan for the unknown Academic Year, and to draw up ONLINE lessons... if the need arises.

Now, the “Lockdown lifted, Lockdown relaxed” , but sad to say the new residential domestic help did not turn up on May 18<sup>th</sup>, God-willing she will come on May 31<sup>st</sup> when life is back to normal in the City with no fear of ‘Lockdown’, ‘Home Quarantine seal’ etc. etc. Until then our “Community WHEEL” of duties continue to move on...

Thanks to Ms Mercy our loyal, day helper who resumed duty on May 2<sup>nd</sup> 2020 for half a day initially and from 15<sup>th</sup> May 2020 she resumed her full time ‘Day Duty’ from 8.30 am to 5.30 pm. We do appreciate and acknowledge her hard labour.

May 14<sup>th</sup> a day of Prayer before the Blessed Sacrament Exposed, as requested by Pope Francis to set the world free, from the dreadful’ Corona virus pandemic.’

During this “Lockdown”, we completed the study of “The First 40 Years” with Mother Marie des Anges at the helm. It was interesting to know how our Congregation was progressing, never at a stand-still!

Though it was total Lockdown on 24<sup>th</sup> May, we still enjoyed our “Community Day” cum “Superior’s Appointment Anniversary”. The Community Wheel is definitely moving forward, on-going and progressing.

It was indeed a sigh of relief from our duties. Nevertheless it was also a matter of pride to pat our own back for the oneness shown in the smooth functioning of the community amidst the Lockdown.

On the move all the time, with “Prayer” given the rightful place in our community time table, our Community wheel, rotates around the “Clock”. Well done LOCKDOWN Days! Well done LOCKDOWN Weeks! Well done LOCKDOWN Months! “Lockdown” was indeed spent meaningfully!

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## **COVID-19 VERSUS SOCIAL MEDIA**

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

*Bal Yesu Nilaya, Maryhill, Mangaluru.*

In the wake of the Corona virus disease (Covid-19), and its spread like wild fire, taking a toll of many lives, the social media too is spreading with lightening speed and taking the upper hand in controlling people’s thinking and way of life.

While some of the messages, videos, news, jokes and conversations circulated in the social media are facts and help people to take due precaution in preventing them from contracting the virus and spreading it to others, yet others are instilling fear, agitation, restlessness and depression in many people. A simple device used to prevent the spread of Corona virus is a face mask. I ask who will provide such a mask to stop the social media from



broadcasting fake news and causing anxiety in people. Who is responsible for separating the members of a family, confining them to the streets, railway stations and shelters? Who is it stopping the growers of grain and fruit having access to the market? If wine bars could be open and alcohol made available, why not the other essential services and labour be made available to the public? If wine bars could be crowded, why entry to temples, mosques and churches barred? The social media, while making us believe that it connects people and nations, it is also causing a rift between the haves and the have not's the strong and the feeble.

I raise my heart in wonder, at the mighty marvel of our loving God the creator for His messenger the Corona virus sent to proclaim a new creation. For the Corona virus has succeeded in leveling all differences of caste, creed, religious beliefs, colour and race, rich and poor, women and children. The whole of creation is raising a sigh of relief, for its freedom from bondage. It has been instrumental in bringing all human beings together and fight for the common cause of eradicating this disease.

For me personally, and as a community, the Covid-19 lock down has benefitted immensely. How good and delightful it is for sisters to live in love and unity. This has become a reality. We



have time to be with each other, work together in every place in the community; it is pleasant to see the three young sisters watering the garden in the morning and in

the evening, carrying pots of water. It is delightful to view our Superior, Sister Sujyothi and the three young sisters of our community scanning the compound for green leafy vegetables, raised by the earth itself, and then going about picking fallen mangoes and plucking the few vegetables grown in the school garden and supplying them to the kitchen. All this was handy lockdown period.

A senior sister has sown a few fruit seeds in plastic bags, which are sprouting and growing healthy. Sisters are taking trouble to follow a few useful online courses and are keeping themselves abreast of the times. Most of the sisters made their annual retreat too during this ‘quarantine’ period. The reading habit of the sisters is resumed.



We are together at mealtimes, our recreations are hearty, we pray personally and in community more frequently, coming to the chapel at regular intervals. Our community could organize resources and help a number of needy families to tide over their food crisis. We were blessed to shelter for 15 days, in our community, a lady and her 17 year old daughter stranded in Mangaluru, caused by the lockdown.



It is just and right therefore that the human beings, the crown (Corona) of creation, the members of Christ’s own body, unite with its head, join hands and stand for truth for what is right and just and peaceful. Surely, the Corona virus will have no chance to lift its head; rather it would surrender its crown (Corona) at the feet of the Creator.

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**A. C. FOOTPRINTS. Vol. 9. Pages 01 to 70**

**\* Sr Aquina A.C.**

*St Joseph's Convent, Kundapur.*

1								
	2							
	3							
								4
	5							
	6							
			7	8				
9	10							11

**ACROSS:**

1. Sister was a wonderful seamstress, cutting out Toques and Bonnets with a flare, a few could match her. She diligently trained an illiterate day –wager to become an efficient professional tailor who manages a well-paying tailoring shop in Calicut. The same Sister managed the Hostel Mess at Agnes for over 30 years. (9).
2. She was known as ‘Catechism Sister’. She contracted pain in the throat; though the Doctor’s verdict was she had 80% throat cancer, she refused to accept. Gradually she lost her eye sight. She loved to be with her community for all exercises (7).
3. Her simple faith and love for the Blessed Virgin Mary was evident all through her life. She was no shirker. She was good in cooking and cultivation and used this ability wherever she was placed. (7)
5. Having retired from active life in school, she continued to give lessons in English to Postulants and Candidates. She was a gifted story teller and a vivid narrator of events at community recreations. She was the eldest in her family. (7).
6. Her love for the poor, the dropouts, the apparently useless, was revealed in many ways. A Boarder, for fear of failure in the I C S E, hid herself in Kolkata. This Sister, went from Kharagpur to fetch her and personally saw that she studied and passed the exam. (7).

8. Her first five years spent in Mayhill, making stockings which were much used before **Vatican II** and needlework. Her homely ways and thoroughness in work made her welcome in any convent. Even a Police officer sought reaffirmation on details of convent robbery from her, 'the Justa'. (5)
10. If there is one outstanding quality about this Sister, it is the respect with which she treated everyone and expressed her appreciation. She upheld the A.C. way of life. She was a true Carmelite at heart. She treasured and lived the Spirit of Carmel, the Spirit of prayer and Silence. (7).

**DOWN:**

1. This Sister had to undergo many hardships and misunderstandings. It was her deep rooted faith in the Lord supported her. She acted all through her life with firm conviction that His indwelling presence guides and helps her to suffer in silence. (3).

**UP:**

9. Sister was zealous and committed as a religious. She was blessed with good health till her painful experience in Delhi. She was a constant companion to recite Rosaries in English and Hindi. She would crack jokes at recreation and send Sisters into splits of laughter. She was also artistic, make paper flowers and greeting cards. (6)
11. Young girls were in need of attention to face their problems of adolescence and being jobless. She, with the help of a priest planned a suitable program, trained them and sent them as 'Pastoral Assistants' to different parishes. She always had a kind word for others; doing her best to solve their problems amicably and at the same time, giving due respect to authority. (8).

**BACK:**

4. A Keralite by birth, she would always speak Konkani with ease. She was a niece of saintly Fr. Canisius C.M.I. Prior General of the Order. She used to spend long hours before the Tabernacle while she was unable to work due to wheezing. Her faithful companion at prayer was maid Monthi Bai. (8).
7. Almost everyday Sister had a humorous classroom anecdote to narrate. She had a rare sense of humour which added brightness in the community. She had the ability to be quick at figures, so given the duty of Bursar from 1945 in every community. Though an Indian, stoutly was she on the side of Sri Lankan players, supporting and cheering them. (4).

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**Results of the Quiz on A.C. Foot Prints**  
**Vol. 8 – Pages 201 to 269**

***Congratulations! Well Done!!!***

**Centre**

Sr Flavia A.C., Lourdes Convent, Bangaluru

**Western Province**

1. Sr Florence Mary A.C., Nuvem, Goa
2. Sr Elvira Tellis Nayak A.C., Gandhidham, Gujarat
3. Sr Margaret Angela A.C., Carmel Convent, Bandra
4. Sr M. Christalina A.C., Fathima Convent, Goa

**Eastern Province**

1. Sr Maria Deepika A.C., Carmel Convent, Kolkata
2. Sr M. Roslinda A.C., Carmel Ahem, Dipu
3. Sr Reneeta D'Souza A.C., Provincial House, Kolkata

**Northern Province**

1. Sr Helen Mendonsa A.C., Carmel Convent, Sonari
2. Sr M. Alcidia A.C., Sacred Heart Convent, Jamshedpur
3. Sr M. Amanda A.C., Carmel Jwala, Patna
4. Sr Mary Japamalai A.C., Carmel Jwala, Patna
5. Sr M. Violita A.C., Patna

**Southern Province**

1. Sr Maria Vimala A.C., Providence Convent, Kozhikode
2. Sr M. Nereus A.C., Carmel Hill Convent, Calicut
3. Sr Clara Joseph A.C., Lady Immaculate Convent, Ottapalam

**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 Hilda Menezes A.C., Vijaymari Convent, Maryhill
5. Sr M. Avita A.C. St Mary's Convent, Marjil
6. Sr Henrita A.C., St Mary's Convent, Marjil
7. Sr Ida Barboza A.C., Mary Immaculate Convent, Bangaluru
8. Sr Maria Anita A.C., Yesu Prem Nikethan, Bendore
9. Sr Carmel Rita A.C., St Agnes Convent, Bendore
10. Sr Maria Merlyn A.C., Carmel Convent, Bailhongal
11. Sr Grace Fernandes A.C., Mary Immaculate Convent, Bangaluru

***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>
24.01.2020	Sr M. Regia A.C.	Brother	Mr Benedict Lasrado (81) Mumbai
05.02.2020	Sr Maria Gloria A.C.	Mother	Mrs Euphrosine Monteiro (85) Udyavara
23.02.2020	Srs Maria Laveena A.C. and Maria Reetha A.C.	Brother	Mr Melwyn Fernandes (49) Vamanjoor
03.03.2020	Sr Benedicta Rebello A.C.	Sister	Mrs Alice Barboza (72) Moodbubelle
13.03.2020	Srs Eleanora A.C and Aquineta A.C.	Sister	Mrs Eugene Mary Pinto (85) Drerebail
19.03.2020	Sr M. Greta A.C.	Sister	Mrs Lucy D'Souza (73) Shirtady
06.04.2020	Sr M.Vita A.C.	Sister	Mrs Lily Gomes (84) Bendore
12.04.2020	Sr M. Archana A.C.	Sister	Mrs Christine Rodrigues (80) Mumbai
15.04.2020	Sr Christine Misquith A.C.	Sister	Miss Celine Misquith (76) Urwa
22.04.2020	Sr Agnes Castelino A.C.	Sister	Sr Therese Castelino A.C. (70) Durgapur
03.05.2020	Sr M. Aquina A.C.	Brother	Mr Joseph Crasta (80) Kundapura
20.05.2020	Srs M. Swetha A.C. and Leera Pinto A.C.	Mother	Mrs Lucy Pinto (89) Bondel
21.05.2020	Sr Rosemarie A.C.	Mother	Mrs Marie Angelina Abraham (93) Bengaluru
26.05.2020	Sr M. Violette A.C.	Mother	Mrs Lilly Pinto (90) Urwa
27.05.2020	Sr Lenita Lobo A.C.	Brother-in-law	Mr Lloyd Rodrigues (46) Mumbai
29.05.2020	Sr Linet D'Souza A.C.	Brother-in-law	Mr Santhosh Sequeira (47) Mukka
01.06.2020	Sr Agatha Mary A.C.	Sister	Mrs Cosess Mascarenhas (87) Vittal
16.06.2020	Sr M. Lydia A.C.	Sister	Sr Amicia A.C. (83) Kourapukur
17.06.2020	Sr Marie Pauline A.C.	Brother-in-law	Mr Sylvester Noronha (90) Derebail
20.06.2020	Sr Maria Nanditha A.C.	Brother	Mr Thomas Lasrado (78) Vamadapadav
23.06.2020	Sr Berna A.C.	Brother	Mr Cyprian Lobo (81) Angelore
29.06.2020	Sr Florine Pinto A.C.	Brother	Mr John Pinto (86) Pune

# OUR GRATITUDE

Dear Sister Susheela and the team,



Our grateful hearts remember with love  
Your interactive, informative, enriching ways  
Of making us relish our Apostolic Carmel Charism  
Leading us on our journey of faith towards larger horizon



With thanks and gratitude,

- Sr Maria Shamita and Sisters of Karnataka Province





# Let's Catch the Rain

