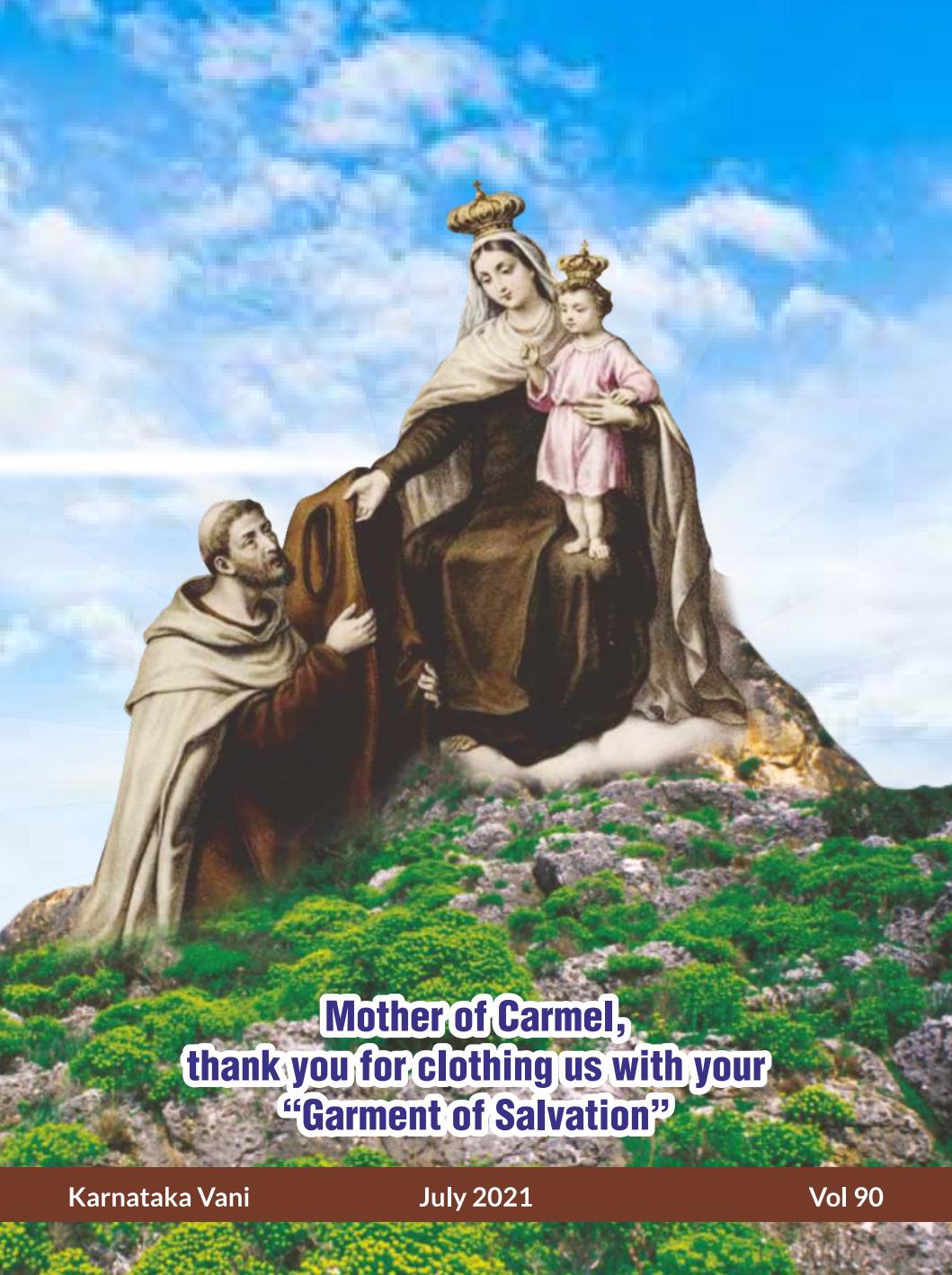


# **THE APOSTOLIC CARMEL**

## **Karnataka Province**



**Mother of Carmel,  
thank you for clothing us with your  
“Garment of Salvation”**

# YEAR OF ST JOSEPH



Hail St Joseph, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.

Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.

Obtain for us grace, mercy and courage,  
and defend us from every evil, Amen.

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# Editorial...



*'Give me oil in my lamp keep me burning' is a familiar echo that resonates within when a vision propels us in life. It is this oil that was poured into the heart of Venerable Mother Veronica that propelled her to lay the foundation of the third Order of Regular of discalced Carmel – a Carmel for the Mission. Today, it is by the oil of her lamp, that one flame has enkindled a multitude more, in all of us, her daughters. The charism of our congregation explained to the novices in 2001 by Sr M Noellene AC of revered memory is published in Karnataka Vani this time to rekindle the flame within us, to quench the thirst for truth in faith and draw inspiration to understand God's ways from Mother Mary.*

*The Apostolic letter by Pope Francis, 'Patris corde' (With a Father's heart) invites us to celebrate a year in honour of St Joseph – A man in the shadow. A man for whom silence drew his life and mission. How uncanny it is for us to realize that St Joseph's voice is not heard in the scriptures. Even so, our Sisters have time and again expressed their experiences of the discovery of St Joseph as an intercessor, a support and a guide in times of trouble. How does a figure so still, become a stirring spirit for us?*

*Pope Francis's 'Amoris Laetitia' encourages us to accompany and care for each other on our journey of faith in our communities specially emphasizes the primary role of God and the need to build communities of love, fellowship and service.*

*Committing to care for our common home, the tips given on cleaning and importantly, greening the earth by our Sisters may be simple yet necessary to put into action. “The current environmental situation calls us to act now with urgency as responsible stewards of creation and to restore the nature that we have been damaging for too long”, says Pope Francis.*

*The events, celebrations, online retreat experiences keep us connected with each other and with the Divine. These are channels that time and again invite us to lose our old selves and cling to the enlightened inner being that moves us towards each other. Humanity is in tears as the second wave of COVID-19 is taking away the life of millions. It is now more than ever, that we are called to look around at the plight of humankind, to look within for the heavenly grace and to reach out towards our fellow brothers and sisters. The service of our community warriors during this pandemic- their courage, commitment and compassion shown to the needy inspires us to extend ourselves too in keeping up to our moral responsibility to ease suffering in this earthly abode. Suffering and pain are the ways that make the roots of faith ground deeper towards God, in our hearts.*

*It is with deepest regard that I thank the Sisters for giving life to Karnataka Vani by their articles and I make a humble request to you to read the articles and benefit from the experiences shared. It is by our efforts to understand the world and each other better, that we can share in a collective consciousness that makes us strive towards the common good of all. May we take inspiration and strength from the still dedication of St Joseph, the strong leadership of our Holy Father Pope Francis and the sacred grace of our Lady of Carmel to guide us in our journey of strife and service.*

*Together with our Provincial Superior Sr Maria Shamita A.C. and team, I wish you, dear Sisters a Happy Feast of Mother of Carmel, the Patroness of our Congregation.*

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

## **CHARISM OF THE APOSTOLIC CARMEL**

**Meaning:** Charism is a ‘gift’ – a Special Gift of God. The Charism of an institute is a special gift given by God to it, for the sanctification of its members and for the service of others. It distinguishes from other Institutes.

**The Charism of the Apostolic Carmel:** Our very name spells out our Charism. We are in Apostolic Carmel and each one of us is an Apostolic Carmelite. First – a Carmelite. Carmel the very name invokes – Prayer, Contemplation, Mountain, Garden, Circumcision and the Cross.

**Founders Charism:** The Carmelites have no founder whom, we can point out to, in the same sense as many others – i.e., he intended founding an Institute. Yet in Rome the statue of St. Elijah is placed among the founders as the Founder of the Carmelite Order. The Carmelite Order draws inspiration from his spirit – his special gift from God.

**The gift of Solitary Contemplation in the Lord’s Presence.** “**The Lord liveth in whose sight I stand**” are his flaming words. He listened to God’s Word in silent prayer and experienced Him in the gentle whisper of the breeze. He depended totally on God for his life, his sustenance and apostolate - in utter poverty; in single – hearted devotion – away from all kith and kin, with the virginal heart and went out of his solitude, or came back to it at the Lord’s bidding. He did this in wholehearted courageous obedience, even at the risk of his life, with no other support, but God alone. Hence the early Carmelites had no special apostolate but that to which God called them according to the need of the hour. But in all the actions done at God’s bidding and return to solitude, to Converse with him, they were to be like Elijah, signs of the transcendence of God.

**Mary:** The little cloud rising from the bitter sea which Elijah saw, we see a figure of Mary foreshadowing the showers of grace that were to come upon the Earth through the Saviour. And for centuries on Mount Carmel the brothers of our lady of Mount Carmel as the Carmelites were called, venerated Mary as Model and Sister. They had no rule but imitation of Mary.

In the 19th century, Mother Veronica nee Sophie Leeves was gifted with the Special Charism of Interior Prayer and Apostolic Zeal. Her relentless search for the Truth and for God's will in her life let her first to the Catholic Faith then to be a Religious and later with the insistent words "I now want you in Carmel", which she heard in her heart, He insistently drew her to Carmel, though at the time she was a Sister of Saint Joseph of the Apparition in India.

When after discernment, it was found that her call to Carmel was genuine, God showed her in a vision the figure of a globe with one slice missing and she was given to understand that this slice was the Third Order Regular, which was wanted in Carmel. The Superior General of the Carmelite Very Rev. Fr Dominic OCD authorised her to found it. Thus, by a series of divine interventions and human assistance, the first ever Third Order Regular of the Discalced Carmelites came to be founded as the Carmel for the Missions.

She realised that the souls who are most contemplative are also those who are most missionary; and both she and her collaborator in India Bishop Marie Ephrem OCD knew that a Carmel would have very well welcome in the East Indies, where for centuries, people have known to turn their backs on the world and renounce everything for God's sake.

She desired that in the Carmelite spirit of contemplation and zeal, we respond to the crying needs of the time especially to the thirst for the truth of God in the faith and the care of the poor and distressed in orphanages and homes.

As in ages past, Mary is our chief patroness, honoured under the title of Mother of Carmel. We draw inspiration from her both for our consecrated life and apostolate.

Mary received the word in faith, humble obedience and love at the annunciation. Spurred by the spirit and the word within her she went in haste to share the secret of the Good News and assist Elizabeth at the visitation causing the infant in her womb to leap with joy. At the bidding of an earthly power, she trudged with Joseph the weary way to Bethlehem, brought forth her first born

Son in poverty and wrapped him in swaddling clothes. She joyfully showed Him to the lowly shepherds and seeking Magi. She joyfully offered him in the temple and heard the prophetic words of Simeon fore-telling her share in His sufferings.

With Joseph, she hastily fled with the child to Egypt to protect him from the enemy. When Jesus was lost in the temple, she sought Him sorrowing with Joseph, and when she found Him busy about His Father's business, she pondered His words in her heart. She served him in faith and love in the ordinary tasks of the domestic life as handmaid and mother ministering in His growth in wisdom and age and grace with God and men.

In his public life she made significant appearances especially at Cana, where, by her motherly intercession, she became the instrument of Christ's first miracle and let many to believe in the Son of God. She did His will in single hearted devotion and merited the praise given by Him to those who do it, recognising them as His kith and kin.

Finally suffering intensely with Him in His Passion, she valiantly stood by His cross united with His self-offering as victim to the Father for the Redemption of the world. There she heard Jesus say," Woman, behold your son", "Son behold your Mother" And from that hour she accepted being the Spiritual Mother of the sons and daughters redeemed by Jesus. Making the words applied to John, our own," from that hour he took her to his home". We take her to our home - into our entire life into everything that touches us intimately, confiding in her, and having recourse to her. Like her, we strive to make Jesus be born again and again in the hearts of others, show him to them and lead everyone to Jesus and Father through Mary.

**(Your Attention Please:** This Charism Notes was given by Sr M Noelline A.C. in 2001, when we were Novices. As we celebrate the Feast of our Lady of Mount Carmel, I thought it would be better to publish in the Province Bulletin. Thank you - Sr Lavina Anitha A.C, Carmel Convent, Ashanikethan, Mangaluru)

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## SLEEPING JOSEPH – A FRIENDLY TRAVELLER

\* Sr Preema Quadras A.C.  
*Carmel Convent, Ashaniketan*

Since my childhood the love for St Joseph was strong in me because of my parents. Often I overheard them always speaking about St Joseph as great intercessor. Since I received this devotion to St Joseph from them, I was overwhelmed when I heard about sleeping Joseph and was excited to know more about this Joseph who seemed to be sleeping all the time.

Last year as I was pursuing my studies in St Peters Seminary, Bangalore, next to my room in the hostel, I found Joseph Sleeping on the table of a religious sister belonging to the order of FCC. I was thrilled as I saw St Joseph who was fast asleep with a cushion under his head and nicely dressed with green robe and a royal shawl. I was overwhelmed as I gazed on him and was thunderstruck when I saw hundreds of little bits of paper that were underneath this statue.



I enquired more about Him with that friend of mine. I greatly admired her devotion to sleeping Joseph when I heard from her about the miracles this Joseph is doing by sleeping. With a gladdened heart I returned to my room after meeting this great Saint and pondered about his wonders. The next day, I was ready with a small note; written in it was my small intention to keep under the pillow of St Joseph.

I ran to my companion's room and requested her to keep it under Sleeping Joseph. Also, I requested her to lend me the same sleeping Joseph statue when she goes to her hometown. Staying true to her words, after some months, she returned with a statue for me. I was so happy to receive it from her and I too prepared a small altar on my table and gave him a place to sleep on.

After he came to my room I never had any fear, for I know, though he is sleeping, he is taking care of me as a father. As Pope Francis rightly says “Even when he is asleep, he is taking care of the Church! Yes! We know that he can do that. So, when I have a problem, a difficulty, I write a little note and I put it underneath Saint Joseph, so that he can dream about it! In other words, I tell him: pray for this problem!” I was inspired by our Holy Father to pray to the sleeping Joseph. One fine day I kept my table ready to honour St Joseph in my room. I also wrote all the intentions and kept under the statue. And I noticed that one by one my favours were granted. It went on for two years. The time came when I finished my studies to leave the hostel to join my province once again. When I was packing the luggage I also covered sleeping Joseph with fine linen and kept in my suitcase.

Since my transfer was to Mangalore and because of the lockdown my suitcase reached late. Somehow, in the month of June, I reached my community. One fine morning as I started unpacking my things from the suitcase, I was little troubled to see my sleeping Joseph was missing. I started placing my belongings in order. But for nearly a month, I failed to recall where I had placed him in the suitcase. I was very sad.

As the days passed by, one day in the chapel suddenly my gaze fell on standing Joseph, I went near him and pleaded him to help me to find sleeping Joseph. That same day to my surprise as I searched again in my belongings my eyes suddenly fell on this particular pouch and when I opened it I exclaimed saying I found Him and saw him sleeping nicely under the warm linen and I was very happy to get him back and I thanked him for accompanying me safely and for all the blessings received, especially for enabling me to complete my dissertation without any delay in spite of the lockdown. Even now whenever I pray and place my intentions under the sleeping Joseph I receive the favours without any delay.

True to his name, he ponders over our intentions while he is asleep and dreams of it and intercedes with his Son and grants us what we need on time. This is the personal experience of sleeping St Joseph in my day-to-day life. Sometimes in our life, we worry too much about our problems that cause us sleepless nights and anxieties. Specially during this pandemic, when our lives are in danger let us reflect with sleeping St Joseph and be reminded that we rest in prayer so that we could better understand God's ways in our lives. Our problems may be difficult but our God is bigger than everything else in this world.

Oh Saint Joseph,  
You are a man greatly favoured by the Most High.  
The angel of the Lord appeared to you in dreams,  
While you slept, to warn you and guide you  
As you cared for the Holy Family.  
You were both silent and strong, a loyal and  
Courageous protector.

Dear Saint Joseph,  
As you rest in the Lord, confident of His absolute  
Power and goodness, look upon me. Please take  
My need into your heart, dream of it, and present it to  
Your Son. Help me then, good Saint Joseph,  
To hear the voice of God, to arise, and act  
With love. I praise and thank God with joy.  
Saint Joseph, I love you. Amen.

\* \* \* \*



## Go To Saint Joseph

Sr Lidwyn Pinto A.C.

Vijaymari Convent  
Maryhill, Mangaluru

What is community? Come in unity to share, to love and to live with one another. This is what we see in the life of Holy Family at Nazareth. Joseph, Mary and Infant Jesus shared, loved and lived with one another at Nazareth. Every community in the Parish, every community in religious house and every member in the Family should imitate St Joseph, Mother Mary and Infant Jesus to live a life of communion in the community. Therefore, every member of a community needs to approach St Joseph in order to imbibe his right attitude towards one's daily work, towards one's community life, towards one's spiritual activities and to acquire his sense of Justice towards God and Neighbour.

I would like to highlight the verse in the Old Testament: “Go to Joseph.” Do you know who said this statement and to whom it was addressed to? The King Pharaoh addressed the Egyptians, when a great famine had befallen Egypt, the Egyptians came to Pharaoh and begged for food. At that juncture, Pharaoh said to the Egyptians “Go to Joseph” (the son of Jacob). Joseph saved the lives of the Egyptians by giving them grains and satisfied their hunger. As the Egyptians of ancient days, we too today should confidently go to St Joseph of the Holy Family for our various material and spiritual needs.

We need to go to St Joseph because he is a ***Gracious Provider***. He provided shelter for Mary and Infant Jesus in times of difficulties. Let us also approach Him with faith. Surely he will provide us with the necessary things that we need.

We approach St Joseph because He is a ***Powerful Protector***. St Joseph had protected Infant Jesus from King Herod, when Herod had decided to kill the Infants of his time. Therefore let us go to St Joseph when we are faced with difficulties and problems of our life.

We can go to St Joseph to acquire a *Sense of Justice*. We read in the Bible that St Joseph was “the Just Man” i.e. it is more than paying debts. When a person is ‘Just’ towards God, he becomes just towards his neighbours also. This is what we see in St Joseph’s treatment of Mary our Mother, when he realized that Mary was with child, he decided to divorce her, but he planned to do this quietly because he was a Just Man. Therefore let us also like St Joseph, stand for Justice and Truth in the community where we live.

We must go to St Joseph because he was the best example of *Obedience*. When Angel Gabriel told St Joseph to accept Mary as his wife, he accepted her in obedience to God. Angel told him to go to Egypt with Mary and Infant Jesus, in obedience he took flight to Egypt. Again Angel told him to go to Nazareth; he went to Nazareth and stayed there. St Joseph obeyed God in all things and at all times. As religious we all have taken the vow of obedience, we must make St Joseph as our Model for our community as we live our life of faith and obedience.

According to the will of the eternal Father, His only son Jesus, the second person of the Blessed Trinity, became a little baby, vulnerable and weak and totally dependent upon a human father Joseph who was the best of all earthly fathers.

Joseph was prayerful, noble, hard working and always docile to the will of God. He loved Mary and sacrificed everything for her and for Infant Jesus. Therefore every member of the community must confidently go to St Joseph to become prayerful, noble, hard working and always ready to do any work for the betterment of the community.

St Joseph was a faithful and loving spouse because, he was the epitome of faithfulness to God’s will. He was the best husband in the history of humanity. We are all dedicated to Christ’s mission as His spouse. Therefore, we must take St Joseph as a model to become a faithful and loving spouse of Christ.

We need to go to St Joseph to learn to be available for community activities. He was always available to fulfill the needs of Mary our Mother and Infant Jesus. He took his family to

Jerusalem every year for Passover feast, for the circumcision of Infant Jesus and Mary's purification at the Jerusalem temple after the birth of Jesus.

We need to go to St Joseph to learn to be patient and calm in times of rejection. There was no place for them at the Inn and had to use the cowshed for the birth of Jesus. Joseph was calm even when he had to move from place to place taking Mary and Infant Jesus to save them from King Herod.

Finally, Great Saints had deep devotion to St Joseph. St Teresa of Avila had assigned special value to Joseph's intercession. Pope Pius IX in 1817 had proclaimed St Joseph as the patron of the whole church. Pope Pius XII often urged the faithful to go to St Joseph for their needs. Therefore we too must confidently **Go to St Joseph** in our various material and spiritual needs thus to be a model in our own community.

\* \* \* \*

## POWERFUL PROVIDER ST JOSEPH

\* Sr Christine Noronha A.C.  
*Seva Ashram, Pavur*



From my childhood I imbibed great devotion to St Joseph which I received from my grandmother. She herself was a great devotee of St Joseph. She taught us to go to him for our every need as she had experienced his assistance in her every request. She instructed us to pray to him daily for a happy death. Here is the incident how St Joseph answered her prayer, which was related to me by my younger brother when I went home after my First Profession.

When I was a first year novice, on one Sunday my parents had gone for 7 a.m. Mass. My youngest brother and sister were

left behind to be with the grandmother. They were quite small. After some time, grandmother called the two little ones close to her and said "My children, I am going to die very soon, before that, give me a cup of coffee". They brought coffee at once as it was prepared by our mother before going for mass. She drank it, blessed the children and slowly closed her eyes. No pain, no struggles, exactly at that time one part of our stable collapsed. Children were in panic and anxiously waiting for the parents to return. St Joseph gave her good death without any struggle or trouble for herself or to others.

The following incident took place at Gangoli and was related to us by sister Monica who was there at that time, giving us proofs of his concern to those who seek his help. Sisters had hard time as the domestic helper had gone away without any information. So late Sister Seraphine drew a picture of a girl and tied it to the neck of St Joseph's statue. Within a short time they got a girl by chance, who was quite good but having one leg little short. When Sister Seraphine examined the picture, she found one leg was short in the picture too. How alert St Joseph is to give us exactly what we ask.

When I was a high school student at Carmel Convent, Modankap I noticed a small cloth bag with few grains of rice, hanging around the neck of St Joseph's statue. It was written 'please provide us rice'. I was touched by the sister's deep faith in St Joseph.

It was at Stella Maris Convent, Kotekar, I was in charge of the orphanage. First year there were only 3 children till the end of June. Sr Nirmala Francis along with one more sister went to Mariammana halli - Lingsugur and got 7 more children. Next year I started to pray to St Joseph in the month of April itself. I wrote on a piece of paper 'Dear St Joseph please give me 35 children and a woman for domestic help' and kept the slip hidden in his staff. Believe it or not by 15<sup>th</sup> of June, I got exactly 35 children and a woman for domestic help. I thanked St Joseph for his kindness to me and related it to the community that their love for him may grow more.

You may be having many more lovely stories showing his unending concern for us. May our love and devotion to St Joseph be real and deep.

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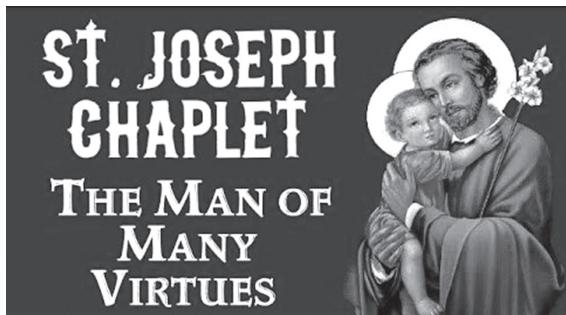
## SPIRITUAL TREASURES FOUND IN ST JOSEPH

\* Sr Carmel Rose A.C.

*Provincial House  
St Ann's Convent*

I had great devotion to St Joseph from my childhood, which my parents inculcated in us. Every Wednesday we used to sing hymns of St Joseph. When I joined the convent, in the Novitiate we were told that St Joseph was the Patron Saint of interior life, so I used to pray to him for his assistance.

Now I am growing in age and experience. My brokenness in every sphere of life and also this year is being dedicated to St Joseph, my devotion and love towards St Joseph has revived and I discover many spiritual treasures in him.



I admire his nobility of heart shown to Mother Mary when he decided quietly to leave her, when he learnt that she was with a child. Again, when the angel Gabriel revealed to him in a dream what was to take place in Mary, he blindly obeyed and accepted Mary as his wife without giving a second thought. He loved Mary and Jesus and provided all that they needed with his hard work as a carpenter. When babe Jesus' life was in danger he flew to Egypt in the night with haste with Mary and Jesus. Again when Jesus was lost in the temple anxiously he looked for him and went back to Jerusalem with Mary.

Yet we don't find a single word of St Joseph in the Gospels. His silent life speaks for him. May Jesus help all of us to find spiritual treasures in St Joseph and make them as our own.

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## **ST JOSEPH'S INFLUENCE IN OUR INTERIOR LIVES**

**\* Sisters of St Joseph's Convent**  
*Kundapura*

We the sisters of St Joseph's Convent, Kundapura, felt very happy and excited when it was announced by Pope Francis, that the year 2021 is dedicated to Our Patron Saint St Joseph. Our Convent, Educational Institutions and Children's Home are dedicated to St Joseph, this joyous announcement from the Pope not only increased our joy but also our love and devotion to St Joseph. We were moved to pray to God through the intercession of St Joseph in great faith and his name was resounding in the campus daily and specially on Wednesdays and in the month of March.

Here we would like to present our personal experiences of growth in Interior Life through our devotion to him.

**Sr A:** There was great devotion to St Joseph in our family. One day we had nothing to eat but my mother prayed to St Joseph in faith. In the evening one of our relatives visited us with some food grains which was sufficient for a week. One more miracle was witnessed as she prayed to St Joseph. My God child who is a priest was studying in Italy. He had to attend an interview to get the Scholarship for a month's course in Germany. He requested me to pray that he might get the scholarship. I told him that I would pray and said to him 'May St Joseph accompany you.' Unfortunately, he missed the way to the place of interview and reached just in time when they were to close the interviews. But to his surprise someone from the office loudly called and said, "Is there anyone for the interview?" He said 'Yes'. They selected him for one month's scholarship. This was a big miracle that took place in his life and now he too has started to have devotion to St Joseph.

**Sr B:** I wish to narrate how St Joseph is a Hidden Saint. St Joseph leads a life of hidden service to God. A life that remains almost totally unknown to us and yet his life is filled with countless hidden, unseen, unrecorded acts of love of infinite value. His hidden life is intimately shared by millions of people during this time of

pandemic. I feel that I have strengthened my faith in God by reflecting on St Joseph. His hidden life is a model for me to be in union with God and to perform hidden acts of love for God.

**Sr C:** I have great love and devotion to St Joseph. I am urged to make him known to our students who are under our care. Every year we celebrate the Feast of St. Joseph in a fitting manner. We have Triduum for three days in his honour and encourage each child to offer a flower to St Joseph. We the Staff and the Students pray for various intentions and this Triduum increases the faith of the students and teachers, in God. I strongly feel that our students, staff and parents have deepened their love for St Joseph and faith in God through his intercession. This love and devotion of ours has enabled us to get sufficient admissions to our Institutions even at this crucial time of this pandemic. May God be Praised and St Joseph be honoured always.

**Sr D:** I have great love to St Joseph and have immense trust in his intercession. We did not have a domestic maid for the Children's home. We prayed during the community prayer and also prayed with the students of children's home. We got a responsible domestic maid in response to our prayers. Through the intercession of St Joseph all the inmates of the Children's home were guarded and protected. In one of our schools where I was teaching the students were missing the pens daily. I prayed to St Joseph along with the students. The very next day one of the students brought all the pens and kept them in one of the desks of the classroom. Devotion to St Joseph has helped me to be silent and to be just where it is need.

**Sr E:** I have always prayed to St Joseph in moments of difficulties and my faith is strengthened.

**Sr F:** I highly honour St Joseph. He trusted God totally but his life is hidden before the world. I feel that St Joseph has taught me to live according to the will of God, accept whatever duty, ailments that comes in my life. I am trying to do my best and doing this for the love of God. I accept everything with love and courage.

**Sr G:** I am inspired by the following virtues of St Joseph. He is the protector of the Church, most chaste, just man, model worker, faithful follower of God and also protector of the Dignity of Women. These virtues of St Joseph urged me to develop devotion to him. After I joined the Apostolic Carmel, I was inspired by the devotion of our older sisters to him. They used to narrate often how St Joseph interceded in the various needs of a particular community and Educational Institutions. So, I too cultivated the devotion to him. I used to place before him all the needs of the persons who used to ask me to pray. I have received many favours through his intercession.

All of us feel that St Joseph is very close to us in all our difficulties and problems. He leads and guides us towards God the Father and His Son Jesus. Our Foundress Mother Veronica too had great devotion to him which encourages us to love and pray to God through his intercession. We really feel that he has become more alive to us and to all those who come in contact with us as we can truly say we are ‘Josephites’.

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## **JOSEPH AND MARY, COLLABORATORS IN THE SALVIFIC MISSION**

\* **Sr Jyothi Crasta A.C.**  
*Annunciation Convent  
Ladyhill*

As this year is dedicated to St Joseph and we have been reflecting on the life of St Joseph. We realize why he found favour with God, why God chose him to be the foster father of Jesus and husband of Mary.

Now I would like to share some of my personal reflections on St Joseph. I realized that all the virtues that I find in St Joseph, are as same that of Mother Mary. How God chose these two simple souls from ordinary background and He brought them together and gave them the task of Salvific Mission. From nothing

He brought out everything, from the lowliness He raised them to the heights. That's why Mother Mary could sing the praises of the Lord. And I am sure that St Joseph also might have sung the praises of the Lord but not recorded in the scripture

Now let us see some of the similarities in the lives of St Joseph and Mother Mary, how both of them co-operated and collaborated with each other in fulfilling the plan of God. Their 'YES' brought salvation to the human kind.

**1. St Joseph:** Just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her womb is from the Holy Spirit. (Mt. 1:20)

Here God sees the inward struggle of St Joseph and comes to his rescue. The Angel said to him, "Do not be afraid Joseph, for whatever has happened with Mary is because of the Holy Spirit.

**Mother Mary:** The Angel said to her, "Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus, "For nothing will be impossible with God." (Lk: 1:30, 31, 37)

Mother Mary always believed in the presence of God and was attuned to the promptings of the Spirit. Therefore, the angel could say, 'Do not be afraid Mary for you have found favour with God.'

**2. St Joseph:** When Joseph awoke from sleep, he did as the angel of the Lord commanded him, he took her as his wife (Mt: 2:24).

Here we realize that Joseph even in his sleep showed an awareness of God. Though he had heard these words in his dream, he could identify the voice of God and could take immediate action without any hesitation. Through this St Joseph teaches us, when God comes into our lives, the whole situation changes.

**Mother Mary:** Mary said, 'Here am I, the servant of the Lord. Let it be with me, according to your word.' (Lk 1:38)

Mary's utter humility and total trust in God and complete surrender to the plan of God made her to bow down before the Holy plan of God and remained submissive by saying 'Here am I, servant of the Lord, let it be with me according to your word".

**3. St Joseph:** When Mother Mary had been engaged to Joseph but before they lived together she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. (Mt: 1:18b-19)

Here we can see the goodness of St Joseph. As a righteous man, he upholds her from public disgrace. He wanted to protect her from stoning to death as the Jewish custom was. He respected her as woman. He went beyond from natural human thinking.

**Mother Mary:** When the wine gave out, the mother of Jesus said to Him, ‘They have no wine.’ (Jn: 2:3)

The thoughtfulness of Mary leads her to go beyond and see to the needs of the people and safeguard the respect and dignity of the host.

**4. St Joseph:** “Look the virgin shall conceive and bear a son and they shall name him Emmanuel.” (Mt: 1:23)

It is not easy for any ordinary man to believe that virgin can conceive and bear a son. But it was possible only because of the great faith of Joseph in the words of the angel.

**Mother Mary:** When angel said to Mary and now, you will conceive in your womb and bear a son and you will name him Jesus. Mary said to the angel, “How can this be since I am a virgin” (Lk 1:31,34)

Mary as a virgin she was prudent enough to ask the question and get clarification in carrying out her great task of fulfilling the plan of God. Mary did not doubt in God rather believed in the power of God.

**5. St Joseph:** When Joseph was in utter confusion and was hesitated to take Mary as his wife, an angel of the Lord appeared to him and said, “Joseph son of David, do not be afraid to take Mary as your wife.” (Mt: 1:20)

Once Joseph felt the presence of God and realized His plan, he did not hesitate to take any challenge or risk. He did not look at the society, he looked at God. He placed his total trust in the Lord and went ahead in carrying it out as a faithful visionary.

**Mother Mary:** When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother “Woman here is your son.” Then he said to the disciple, “Here is your mother.” And from that hour the disciple took her into his own home. (Jn: 19:26,27)

When Jesus left this world, he did not leave his mother alone, he entrusted her to his disciple as his mother which means the mother of us all. And also he did not leave us orphans, he entrusted his disciple into the care of his mother. And Mother Mary accepted each one of us as her own children. Today Jesus wants us to take Mother Mary into our own families and into our lives. For she is the first and the best disciple who followed Jesus intimately.

**6. St Joseph:** “Is not this the carpenter’s son?” (Mt: 13:55)

Joseph is a silent worker. He as a carpenter went on doing his ordinary work of carpentry as a just and honest man. He did not blow the trumpet that he was a foster Father of Jesus, neither did he have low self esteem of himself or felt ashamed of his ordinary work. He did his work with responsibility and dignity. Thus Jesus remained as a Son of a carpenter. The son of God was called as “the carpenter’s son.” Through this St Joseph teaches us the dignity of labour.

**Mother Mary:** In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. (Lk: 1:39:40)

Mary being the Mother of God, did not expect others to come and visit her, rather she goes out in haste to help her cousin Elizabeth who was in need. Through this Mary teaches us that our life will be meaningful when we go out of ourselves in reaching out to the needy.

Thus St Joseph and Mother Mary played a vital role in the Salvific Mission through their faith, trust, obedience, confidence, humility courage and surrender. We too are called to imitate them in our lives and to co-operate with God in fulfilling His plan for each one of us. May they become our inspiration and guide.

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## **ST JOSEPH: A PROVIDER AND MIRACLE WORKER IN A FAMILY**

\* **Sr Maria Sneha A.C.**

*St Agnes Convent  
Mangaluru*

**St Joseph is a Man of Silence:** This year we celebrate the year of St Joseph. He is a man of silence, who ‘did not speak a word in the Sacred Scripture’. In his village of Bethlehem he was known as a carpenter. We read in the scripture concerning Jesus, “Where did this man get this wisdom and these deeds of power? Is not this a carpenter’s son?” (Mt.13:54-55)

Yes, he worked as a carpenter and prepared chairs, tables and also other furniture of beauty. He was the head of the Holy Family. He was an artistic and creative worker. He might have carved artistic statues and scenes of Biblical events. He worked with commitment and total dedication for the glory of God through carpentry work.

**St Joseph, a Model of Obedience:** He was obedient to God’s will throughout his life. He was very attentive to the voice of angels that he could get inspirations and visions in his dream. The message that he got which said, “Rise, take the child and his mother and flee to Egypt and remain there until I tell you for Herod is about to search for the child to destroy him.” He was so humble and obedient that he travelled to Egypt, not fearing of the danger but putting his total trust in God. He was ever ready for the service of God’s plan in the life of his family.

**St Joseph, a Perfecto of Love:** He loved Jesus and Mary as a foster father and provided all the needs for their livelihood that he became a model in his family. He showed how to turn away from sin and to be faithful to God and to the Gospel.

**“Proposals are made in heaven and fixed on earth:** I have heard from our elderly sisters that St Joseph works miracles in the families. So I wanted a miracle in my family. My mother had expired the year I joined religious life and my younger sister was growing to marriageable age. My family members were looking for

a proposal for her. For three years no proposal materialized. One day my sister phoned and told me that one of the proposals was fixed and the boy's name was Arun. Hoping that this proposal would be materialized I wrote a note to St Joseph, "St Joseph you see that my sister may form a family life with Arun. I place them in your hands." I prayed for almost three months, Again my sister phoned saying Arun came to Mumbai to see her and fixed the marriage. I said yes I was praying for that Arun. Then she said that the first Arun did not agree for the proposal for some reasons. This Arun is from Mysore. I being in religious life had only known the name, Arun, but St Joseph answered my prayer and worked a miracle to bring another Arun for my sister when the first one declined. St Joseph truly interceded for my sister by materializing a good proposal from a devout catholic family. Joseph became a wonder worker in my family. Though he is a silent saint he still works big miracles in our families.

**St Joseph was an Upright Man:** He was a man of principles, who always followed the law of love and even the civil law. He went to Bethlehem for census. He was a man of action – not of words. So we need to allow God to do His plan through our constant prayers. Every day we have the privilege to wait in silence for miracles to happen. Let this longing of our soul be satisfied in seeing His face. We, thus become the mediators for our family and intercessors to the world at large.

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## **ONLINE RETREAT, A RARE EXPERIENCE**

**\* Sisters of Carmel Niketan  
Bidar**

"Shall we attend this retreat?" said Sr Christine showing the message of Sr Shamita, our Provincial Superior, to us three. We were a bit curious to know how on earth these priests come out to preach retreat amidst this pandemic and even in this lockdown. We saw the colorful brochure of the retreat. First thing we looked

for was who would be the preacher. No priests photo was there, but behold a BISHOP in black!!! We read the detailed information. And while still reading Sr Christine said that it would be online. We started blinking at each other. (What else can we expect in this pandemic other than online). We being the faithful ‘online disciples’ of Fr Michael Payyapilly and all his services and also since we got used to this ‘online mode’ we said ‘Amen’ to sisters proposition.

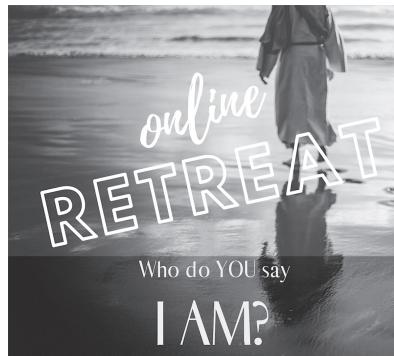
We registered ourselves and now our discussion was how this could be? How does this Bishop preach? And the room opened for ‘assumptions and presumptions.’ ‘I have seen him somewhere, I have heard him preaching’ said one. He is Fr PAMEDI’s (Fr Paul Melwin DSouza) brother’ ‘he is Fr J.B. Crasta’s nephew’ said the other with certainty. ‘He is one of the youngest Bishops’...

Sister Christine who is nearing her silver jubilee in the land of Bidar did not know whatsoever about the things we were speaking. Since she is the person who decides and confirms with accurate information, she phoned up to the Bishop himself to get first hand information about the retreat and him.

All were happy. The AC spirituality says that we should have retreat of 8 days. But the leaflet showed only 5 days. Sister approached the Bishop again and he said ‘Jai’ for that as well. He promised to send the extra talks for our further days of retreat.

Our retreat began on 31<sup>st</sup>, Bishop sent the talks on PDF form, the links of YouTube and hymns to meditate upon through WhatsApp. The printable talks were helpful to us while the bishop was delivering the talks. The theme of retreat was “GOD HAS A PLAN FOR YOU”, a very exciting topic indeed.

Rev. Bishop dealt mainly with the different characters from Bible. Through their lives he made to understand how ‘God writes on crooked lines’. Some characters were so unnoticed in the Bible



that we even thought ‘is his name mentioned in the Bible?’ Any way after the Bishop’s talk we were ‘enlightened’ to dig in the Bible at least after the retreat. There might be other number of people whom we may not know that they are existing in the Bible. Jeremiah, Gideon, Job, Demas, Ananias, Mother Mary, Paul, Balak, Balam and more interestingly his ‘talking Donkey’ were some of the figures through whom he showed us the plan of God in their lives as well as in ours. God may seem to be a tough task master in our lives at times, but He who knows what is best for us, who even knows the hairs of our head, does everything for our good, for He has a ‘plan for each and everyone of us’.

Moreover, this theme was very applicable for us since we just decided to have a retreat 5 days prior and now we witnessed, God’s plan for us. Bishops talks were really inspiring. We spent a lot of time before our Beloved LORD. We were able to look back in our own life and reflect upon it and felt that it was His plan for us, whatever it may be, He had to fulfill His plans in our lives through the persons/situations though we don’t understand but finally it happened for our good itself. So we are here today. Each talk was very precious for us because there we found God’s plan to some prophets and those who followed Him closely as we read in the Bible. Besides this there was no much disturbance from outside since everything was arranged beforehand. Though it was online retreat, which we had for the first time we never felt bored but spent the 8 days fruitfully. Those 8 days, we felt it as days of grace. Since Bishop’s mother was not keeping well, and that he had come down to Mangalore we could not approach him for rest of the three days talks. Again we felt that ‘though man plans it is God who ordains’, Fr Michael came to our rescue. We spent rest of the three days of prayer listening to the talks of Fr Michael Payyapilly (past talks though!!). They were very inspiring. We owe our special gratitude to our dear Provincial Superior for helping us to attend this retreat.

God has plans for each of us and He ordains our day to day lives in such a way sometimes he reveals himself to us in His own time. We keep ourselves open to Him to accept His plan for us.

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## **GOD HAS A PLAN FOR YOU**

**Yesu Prem Nikethan Community**  
*Mangaluru*

Our Provincial Superior, on the lookout for opportunities to feed our spiritual life suggested that we make our community retreat preached by the Bishop of Bareilly, online.

“GOD HAS A PLAN FOR EACH OF US” was the theme of the retreat preached online by his lordship Ignatius Dsouza of Bareilly which the Yesu Prem Niketan community attended. It was soul filling. We began our retreat on Saturday the 31<sup>st</sup> May evening with reading the paper on the First Beatitude prepared by Sr Ida Barboza and spent the Sunday in silent prayer along with the usual community prayers. Then came the Pentecostal out pouring by the Bishop from Monday onwards – two talks a day, one hour each.

The bishop picked up the well-known as well as little known persons from the Bible and exposed the treasure of God’s plan in each of their lives. Those who heard him had no choice but to surrender to God’s unfathomable plan. We plan many things in our own way but God messes up our plans and the final result is beyond our comprehension. It is no doubt that it is difficult to accept God’s way when our own plan is messed up, it is difficult when people misunderstand you, speak all kinds of evil against you. But if only we leave it to Him, He will transform everything into unspeakable joy for us – God has only our happiness in all His plan for us. And if we do submit there cannot be a happier person, for such things will happen which no one but God alone can produce. Ps. 23 is an expression of total trust in His Providence. If we resist God’s Plan and we sing or recite the great psalm, it is an insult to our loving Shepherd. God created the whole universe and sustains it, so how can we be fooled when we trust in His power to calm our storms, turn the night into day? He is the God of the impossible.

Jer. 32:17-22, Melachi 3:16. I am serving Him with whom nothing is impossible. Is 40: 12, Rom 1:20. You belong to God of all, the mighty God. He is a God of miracles and wonders. God has not changed. He is still the God of the impossible.

Jeremiah did not want to look like a fool by buying a piece of land which would never be his. The Lord's Will does not make sense to us. Is. 35:8-9 My thoughts are not yours. The Lord uses our crisis to mould us. In all things God works for the good of those who love Him. Not a single promise of God will fail. Ps. 139:2, Mt. 5:18, 24:35, God is fully in control of our lives.

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## ONLINE RETREAT - AN UNIQUE EXPERIENCE

\* Sr Maria Thejaswi A.C.  
Yesu Prem Nikethan  
Mangaluru

"O God my God for You I long" Ps. 62:1

As for my longing for God, Jesus my Saviour, He called me "Come apart and rest a while" to be with Him. Heeding to His call I decided to give a break to the daily hustle and bustle of activities in the house and in the school and to refresh myself spiritually, mentally, emotionally and even physically by making my annual retreat

The community at Ladyhill decided to have the annual retreat from May 2 – May 10. Along with the sisters I started my retreat on May 2. But after a day I had to discontinue my retreat because I was tested Covid positive and quarantined myself for 14 days. But after the stipulated period of quarantine, I got the information from my sisters who made their retreat prior to me that the Divine Retreat Centre, Potta, was organizing an online retreat for the Religious preached by Rev. Fr Augustine Vellooran. So I decided to make my annual retreat from May 24, alone by myself. Everyday listening to his very inspiring and spiritually enriching talks was a soul nourishing experience to me. Besides his talks I also had an hour of adoration conducted by him.

Making this online retreat alone by myself was an unique experience to me. I could spend many hours in prayer during the

day before the Blessed Sacrament. Each talk made me to have a deep longing for God and to realise His goodness and greatness in my life. This also made me to be aware of His indwelling presence in me and commune with Him lovingly and intently. I was aware of the gifts of joy and peace by the movement of the Spirit within me. I felt my call is not an accident but it was God's plan that I should follow Him and love Him closely and continue my mission with a vision. I could spend maximum time with Jesus my Saviour and satisfy the longing of my soul for Him. Ah! What a spiritual wealth it was. I not only spent time in meditation but also praying for various needs of the people suffering because of the pandemic. I prayed to Him to lead me from darkness to light. I was able to sit in the presence of God, to listen to his promptings. I got greater love and thirst for prayer, to be faithful to my spiritual life and live as an authentic religious and to give and share Jesus with those around me. What a tremendous power it is to experience Jesus more deeply and to get re-energized.

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## ONLINE AWARENESS RETREAT

\* **Sr M Vinora A.C.**  
*St Agnes Convent  
Mangaluru*

**“Awareness is like the Sun. When it shines on things,  
they are transformed”**

- *Thich Nhat Hanh*

The Awareness of God's love flowed deeply into our hearts from the Premanjali Counselling Centre, Vasai, Mumbai, through Fr Tony D'Souza SJ (A Psychologist and a Spiritual Guide and a close associate of late Fr Tony D'Mello), but not in the usual manner of the annual retreat, rather in an online platform. There was a mixed feeling of surprise, prejudice, curiosity etc when we heard from the Superior that we would go in for an online retreat this year. Though we have all by now got used to online teaching, online retreat was something

unacceptable for us. But gradually even the online retreat fell in line, as we could easily adapt ourselves to the new online era. We realized that there 250 who had registered for this online retreat meant for Religious Sisters, Priests and Brothers. Several might have been individuals making the retreat and perhaps ours was the largest group – the entire community for this retreat.

Every dawn witnessed, beginning at 7 a.m. with the Guided Meditation, with a positive ambience through the breathing awareness exercises with a special awareness of experiencing my being a precious person, created in the image and likeness of God and the like; followed by an exercise on awareness of self, sounds, thoughts, feelings through fantasy meditations such as the Old Grand River experience, unwrapping the gift of God, experiencing God in the present COVID situation and the fantasy trip-holiday with Jesus. Due to the refreshing meditations, we were able to begin the day, recharged with the energy of Christ finding within us.

It is said that we need to take time to stop, think and renew ourselves. The eight-day retreat which commenced on 2<sup>nd</sup> May, at 8.30 p.m. and ended on 9<sup>th</sup> at 4 p.m., was one such time where we were freed from all our regular duties and responsibilities and made time to be aware of our inner precious selves through the awareness retreat. It was truly a time of coming home to God, a time where we discovered our own beliefs, a time where we discovered the compassionate heart within ourselves, a time to empower our own personal being and it was the right time where we understood the meaning of ‘mindful and choiceful’ living in freedom and joy.

The retreat included three phases: Phase I: The Psycho-spiritual Framework; Phase II: Application of the Implications of Psycho-spiritual Framework; Phase III: Continuation of this Process in Our daily Life. The topics included were like: Suffering and Pain – Distinction; Discover Life that is Free; Primary Call to Live in Union with God and the Means; Images that Block from Experiencing God; Irony of our Existence; Evolution of the Brain and Going Beyond; Awareness of Ego False Self and True Self; Dynamics of Self-awareness; Coming Home Exercises and Awareness Exercises; Formation: A Process of Growth (Transformation), not Product (Training); Ego-level vs Self-Level of Operation and the like.

The testimonies shared by Fr Tony were uplifting and inspiring. They too became thought provoking and helped us to improve our own knowledge and experience of self. Even the thematic Eucharistic Celebrations helped us to connect to the theme of the day. What we felt different about this retreat was the psycho-spiritual framework which enabled us to apply the implementation of the awareness exercises everyday in our lives.

The awareness journey helped us to discern between training and transformation and is still accompanying us to be mindful and choiceful living in love. Phase III of the retreat was to live our post-retreat period in Self-Awareness through constant practice of Awareness Exercise. We, as a community used the Review of Life/Spiritual Conversation of the following month, i.e., June to resolve on the practice of the same. The practical yet simple exercises are still enabling us to have self knowledge by applying them in our day to day situations. In a nutshell the retreat revealed to us that our call is not to be a religious but to be in union with God. I am called to love, called to discern and called to follow Jesus radically through my community life.

Thanks to Fr Tony D'Souza SJ for this special retreat experience and for guiding us to experience God's love as His precious beings in a deeper and realistic manner.

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## ECOLOGICAL CONCERN

\* **Sr Agatha Mary A.C.**

*St Agnes Convent  
Mangaluru*

Ecology is the “Science devoted to the system of relationships between organism and their environments, the totality of these relationships and their environments, the activity undertaken to maintain or restore the balance of nature.” This definition is taken from Webster’s New Dictionary and Thesaurus.

The term ‘Organisms’ would apply to living animate things, beginning with the human beings and all living things; animals, birds, fish etc.

The term ‘Environment’ refers to things that are used by living beings, such as water and air trees and plants heat, light and rain etc.



The living creatures require oxygen to live and they emit carbon dioxide in the process of life. On the other hand the trees and plants provide oxygen to the living beings. It goes without saying that there needs to be balance maintained between the oxygen used and the oxygen produced.

Among the living organisms, human beings play an important role in maintaining the ecological balance. Water and air are free gifts of nature to some extent; their pollution can and should be controlled by human beings. Heat and light are also free gifts. Rain to some extent depends on human beings, to the extent they retain the balance of forests.

Our present representative of Christ in the Church, Pope Francis, who is very sensitive to environmental issues, in his Encyclical letter “Laudato Si” issued in 2015 has drawn our attention to the Ecological Crisis in the world. Quoting St Francis of Assisi he says, “Praise be to you my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruits with coloured flowers and herbs.” This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled plunder her at will ... The violence present in our hearts ... is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the

most abandoned and maltreated of our poor; she ‘groans in travail’ (Rom 8;22)

It will do us good to read Laudato Si once again even if we have read it.

This crisis has reached a situation of corona virus affecting the lives and livelihood, families and nations all over the world. In some countries the situation is under control and in others, it is still continuing to affect people.

The imbalance mentioned earlier cannot *be undone by us alone, but we can contribute our efforts* towards the cause. Just as the drops of water make the ocean, we can do our bit and fulfill our responsibility to increase the oxygen level in our particular area.

At the Congregational level, our awareness of the ecological crisis, was drawn in the General Chapter Action Plan of 2014 which stressed the need to “make an all out effort to contribute our best towards it.”. The means suggested were, to make conscious efforts to practice the 3 R’s of Ecology: Reuse, Recycle and Refuse the use of non-biodegradable goods, implement projects on the use of alternative forms of energy and encourage Eco-tours in our institutions. An evaluation of the same would have been reported in the General Chapter of 2020.

The General Chapter Action Plan 2020, mentions the following for the “Care of Environment.”

‘Implement the 5 R’s of Zero Waste-Replace, Reduce, Rot and Recycle by the following ways.

- Use of common mode of travel whenever possible
- Reduce the use of water,
- Conserve water through rainwater harvesting, recycling of waste water etc.
- Plant more fruit trees, timber yielding trees, shady trees etc. and keep campus green.
- Adopt organic farming.
- Advocate the use of cloth bags with common slogan, ‘Care for your common Home. ACT NOW.’

Caring for our Home and doing our bit to restore Mother Earth to health, depends on our “ATTITUDE TO THE ENVIRONMENT.” As I was reflecting on the topic, I was reminded of the saying, “Lord you have given me all things; give me one thing more, A Grateful Heart”.

The grateful attitude to the God given gifts of nature, will urge us to appreciate the nature around us, the air we breathe and its freshness in the early hours of the morning. During corona, with no human habitation around, the bird lovers got thrilled with their chirping and singing. Even though small, their voices are very loud as they praise their creator. Flower lovers get enamored with the colour of the flowers. Each of these become an opportunity for relaxation on one hand and reminder of God, their creator on the other.

The Gospels are full of Ecological examples. Jesus has used nature around for parables and through them simple as well deep truths.

Coming to the use of water, the freshness of a bath, the quenching of thirst and various other uses of water, can become routine actions. With an attitude of gratitude, they become God given gifts in our daily life and increase our gratitude to Him. The memory of our occasional experience of water, while we have gone for an outing, its flow in streams and rivers and stillness in ponds, the roar of the waves on sea shore and the rise and fall of tides are other experiences which remind us of the blessings of God in the use of water.

Caring for our Common Home is our responsibility. Whenever we enjoy the mangoes, jack and other seasonal fruits, we may not remember to pray for those who planted them. We need to be grateful for those who planted and maintained and much more who did not cut the fruit yielding trees.

I am reminded of late Sr Clarice who was bursar, with Mother Theodosia. She used to carry mango and other fruit tree saplings with her to the convents in South Canara. Some of these (in Udupi?) may still be existing.

Action or inaction in ecological concerns has short term and long term effects and impact.

In the short run, using the available Mother Earth area for vegetable cultivation will provide the community with fresh vegetables for food and for better health. The articles on Ecology in the last Karnataka Vani, of Sisters Carmel Rose, Maria Philomena, Adelcia, Lavina Anitha, and of Shanthi Vihar were written in a way that they refreshed me even while reading them.

Ecologically, in today's situation, providing greenery wherever possible is our mission, to increase the level of oxygen. While all greenery serves to increase the level of oxygen, it is necessary to survey the land area if we have, plant saplings of trees that can be used for timber as well as eco friendly plants. This needs to be done at the beginning of the rainy season. They will grow silently but steadily. For trees which serve as timber, we need to cut branches after some years, when plants are sufficiently strong.

In earlier days, people collected/stored their savings in term of gold and ornaments. While money lost its value with inflation, the gold could be sold to meet the financial needs. In present times, trees can become these security assets, if we have land and we can plant eco friendly timber trees. It was said that a teak sapling planted today can fetch Rs 1 lack after 20 years and even more since these trees will be more scarce while their demand greater.

The reality or the actualization of the Chapter Recommendation on ecology depend on the interest of those in authority in the subject, or any one in the community who can motivate and take the initiative for its carrying out. It may be good to have this item on the Annual budget for, allotment, since it is a practical recommendation.

Coming to the planting of trees, wherever we have land, there will be cocoanut trees. Some of them would have been cut down, to put up buildings. Every part of the coconut tree is useful to us.

When I was superior in St Agnes Convent many years back, I had planted teak saplings all around the campus. One was cut down recently and sold for Rs 75,000/. There may be still standing

tall. Wherever mango trees are not cut down or fresh ones are planted, when some had to be cut down, these superiors/sisters thought about those who come after them. God Bless them and may their number multiply. Guavas, supporta trees, butter fruit trees etc are other fruit trees, that can be grown without much trouble.

Coming to the plantain trees, at times, they are taken care in choosing the variety, watering them in summer, wherever possible, giving support so that they do not fall when there is strong breeze are some ways of caring for them. When a plantain bunch is cut, the tree needs to be cut, either to plant a new one or make room for another.

Areca trees are purely commercial in nature. In South Canara villages, paddy fields are turned to areca cultivation as the former requires a lot of labour, care and water. They are not meant for convents, as a few areca trees will require more expenditure and care than the income we can get for them. One tree that can be grown easily by cutting branches in the rainy season is the Drum stick Tree, which yields beans, flowers and leaves which are edible. They are rich in iron.

Another item for budget allotment is water. It is said that the rain water of our campus is our wealth for time to come. If arrangement can be made to arrest the flow of water and allow it to seep into the campus, the water level in the campus will increase. Other methods are directing the roof water to the wells, having storage tanks etc. and use the same for cultivation. The Times of India, Mangalore edition of March 23<sup>rd</sup> 2021 carries an article on page 2, India's Bridgeman is now a role model for Water Conservation. He is Girish Bharadwaj from Sullia. You can get more information from [Deepthi.Sanjeev@timemesgroup.com](mailto:Deepthi.Sanjeev@timemesgroup.com)

This information is coming too late for this rainy season. Though I collected this information earlier, contacted Deepthi etc. much earlier, due to corona in the community including me, the topic remained in the back ground. I pray that at least some sisters will get into action and provide a campus with higher level water level for those who come hereafter.

Let me conclude with a prayer which I came across for St Joseph during an Online Mass, since the year is dedicated to St Joseph. “Holy Spirit, in St Joseph we see tenderness and reverence for all of God’s creation. We learn from him to approach others justly and tenderly and see our world endowed with the glory of God. Teach us to love each other and all creation.”

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## **FOR A BETTER TOMORROW!**

\* **Sr Rose Agnes A.C.**  
*Carmel Convent, Ashaniketan*

Today ‘Go green, Grow green’, ‘Plant a tree for a green tomorrow’ are the oft repeated slogans. We have had Appiko Movement, Salu marada Thimmakka who offered shade for thousands of travelers. Several others contributed their share in greening. Today with the loss of jobs, some of the software engineers have moved into the villages and started cultivation with the use of modern technology and have success stories for us to follow.

Last week a young man in Puttur shared his success story in terrace cultivation of jasmines. Mr Maxim from Bondel, Mangaluru has used the unused road and the water gutter and converted it into a vegetable garden and hit headlines in the Udayavani ‘Rodu thodu Krishi’. Mr Krishnappa Gowda, in Kulshekar, Mangaluru has harvested 60 kg of paddy on his terrace garden and has hundreds of plants - herbs, fruit trees and vegetable plants-all in plastic bags! It was a joy to visit these two places and appreciate their efforts. On June 6<sup>th</sup> a man from Kadaba instead of areca nuts planted 500 Rombota plants and was happy to harvest the loaded fruits which helped him financially just within two lock down periods.

Van Mahotsav, the ‘festival of trees ‘began in July, 1947 in Delhi heralded by our National leaders like Jawahar Lal Nehru, Dr Rajendra Prasad and officially inaugurated by Dr K.M. Munshi, the then Union Minister for Agriculture and Food in July 1950.

Today we have a different world. Twenty five years ago there were plenty of crows and sparrows in our campus. Twenty five years ago when we travelled from Mangaluru to Udupi, we had plenty of green paddy fields, marshy land with water lilies and lotuses blooming; there were landmarks of hills and trees but today all have disappeared. Concrete jungles, shops and apartments have occupied their space.

What shall we do to contribute our bit in this scenario...?

- Let’s recycle our junk, reuse whatever we can, reuse the stuff, **Bin less**, and recycle more, go in for bio gas, prepare compost pits for manure, let’s not litter for it makes our world bitter. Don’t pollute, compost.
- Let’s garden, to cut our food cost. The pandemic jobless situation and financial crisis has a call for each one of us to strive in this direction.
- Grow our health, grow - herbal gardens. When God created human beings, He packaged medicine for all illnesses in these plants. Let’s discover and treat our petty sicknesses. Nature has a cure for us. Let us boost our immunity naturally.

Let it be said ‘My vegetable patch is my pride’. To plant a garden is to believe in tomorrow. Even in the most infertile land ‘a seed of love’ will always grow. So our attitude, interest and love matters in this direction for gardeners never grow old. Why not try out?

Rainy days are here. Let us think and make every drop sink. The formula for water harvesting is .. make the running water walk, walking water stay and staying water sink.’

Today we face water crisis and it is said that in the future there will be wars for water.

Let us allow the leaves under the trees to remain so that water sinks, the dry grass remain, bore tiny holes in the ground, make the roof water flow into the well after purifying, undertake water harvesting, roof water harvesting. Ten years ago I had visited some villages in Bengaluru and was surprised to note that every house preserved the roof water in the sumps under their houses and used it for washing clothes, gardening, cleaning and for wash rooms for about 3 months. They had felt the pinch of water scarcity much earlier.

Let's use solar energy. The best things in life are free. Switch on the sun, solar power shines, power by the daylight. Though initial investment is quite high it is a great help in preserving fossil fuel for our future generation.

Gobar gas for energy: It is said, 'whenever the cow gives you shit, make the valuable bio gas out of it'. Indeed today we do 50% of our cooking using gobar gas.

When I organized, a competition on 'Veg Garden and Herbal Garden', 21 Schools and 16 convents participated in it. The lockdown period was best utilized by many sisters in producing vegetables and planting herbs. Simple medicines from these herbs increased our immunity power, fresh vegetable also helped in maintaining better health. St Ann's Convent produced 31 types of vegetables. Hundreds of herbal plants were planted and their names found out. There was a lot of interest, enthusiasm and joy working together and seeing the fruit of our hands. What was surprising was that a school in Bahrain wherein one of our sisters from Karnataka works also participated in this competition and you will be surprised that all the vegetables that grow in Mangaluru were produced even in that desert land.

Today many children do not know which plant yields which fruit or vegetable.

They only know that is available in the malls or market. So last year we had showcased in Carmel School, Mangaluru 'Veg World' and 'Fruit world' wherein we placed the plant and the fruit and the vegetable so that our students could learn the names of the plants and the trees.

Shall we undertake small measures to preserve our natural resources for the future?

Let us strive to be the solution to all types of pollution contributing our share.

Let's gift a plant instead of flowers – encourage pot culture.

Use a mug and a bucket instead of a tub.

Make the maximum use of a sheet of paper.

Close a flowing tap even if it is just drops of water.

Give a call to MESCOM when street lights are on during the day

Switch off the lights and fans, computers when not in use.

If we have a small patch of land let us grow a few vegetables.

Instead of cursing the degradation that is causing warming of the earth, cyclones and other natural calamities let us contribute our share in greening the mother earth. Let us save earth to save life for a better tomorrow!

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## **COMPANIONSHIP WITH THE BYPASSED – INDEED A RARE EXPERIENCE**

**\* Sr Maria Gracilda A.C.**

*St Agnes Convent*

*Mangaluru*

It's indeed essential once in a while to take a break from the rigmaroles of our everyday lives and routine - to relax, unwind and immerse ourselves in blissful peace, devoid of any agenda. A competition like the one 'go wild with wild nature around us' was really a blessing in disguise as it also promised uninterrupted moments of natural calm and unhindered enchanting views to savor every moment of the green and the lushy campus/forest of St Agnes Convent. Indeed an ideal destination to experience a variety of flora and fauna and be one with the quiet and peace that it had to offer. It was an ideal place too to disconnect ourselves for some time from our screens and technology and be one with our origin, a place where we actually originated from.

The green campus also contributed to our good health with an abundance of fresh air, natural surroundings that helped the stress level go down marginally and at the same time oxygenated our lungs manifold. In fact the environment- a natural healer, played a vital role in refurbishing our physical and emotional well-being. It was a wonderful reminder too to preserve and conserve this precious natural habitat and its residents that are key to our existence.



Nature is our greatest teacher. As we moved on to the nook and corner of our campus both the flora and fauna filled us with life-changing lessons in resilience, patience, selfless-love, team work and camaraderie.

The natural beauty of the plants, grass, flowers and ferns with their awe-inspiring sights and sounds played a vital role in bringing to the fore our hidden creative talents in the form of painting, art, writing, photography etc. This even elicited our innermost thoughts translating them to a piece of beautiful and an unique art prepared with a variety of wild flowers, leaves and fruits – An Elegant Peacock standing erect under the ‘Honeymoon Tree’ of St Agnes Campus drawing the attention of everyone who passed by.

We discovered in the process that there's a plethora of knowledge to imbibe on the varied species of plants, grass, ferns and wild flowers that form an integral part of the forest cover. A journey into the compound of our campus aided in this learning process and imparted us with some useful information on the flora and fauna that are so integral to our being. Indeed Forests are a great learning ground for our children too amidst the natural beauty.

Another inspiration that dawned in our mind is that a forest with its raw beauty and splendor could be a photographer's dream wherein all his/her insights come true. The appealing sights and the captivating moments of the greenery captured on a camera could be worth a thousand words. It's an ideal gateway for any of us

the communities and the families where we can come together in love, joy and friendship.

In short, drinking in the beauty of wild life, plants and flowers, grass and ferns was indeed an interesting exercise and a wonderful experience to all of us. Most of us might have visited the campus for the first time spending over two to three hours to our hearts' content, to prepare for the 'Wild Beauty Contest'. It really delighted our hearts, refreshed our minds, renewed and rejuvenated, lifted up our spirits and filled our minds with new knowledge and experience and increased our passion for nature gifted to us by the Creator. HEARTY THANKS from the GREEN TEAM of ST AGNES CONVENT and all the sisters to Sr Rose Agnes who is a friend of the Mother Earth for organizing this unique and special competition for us that has vibrated our lives. Waiting for many more creative competitions related to the Mother Earth.

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## **OUR ENVIRONMENT AND ST AGNES SCHOOL, MANGALURU**

**\* Sr Maria Gracilda, A.C.**  
St. Agnes Convent  
Mangaluru

*Part I: Protect the Environment; prevent pandemics, "Nature is sending us a clear message".*

On the World Environment Day, June 5, 2020 the UN drew the links between the health of the planet and human health and highlighted the importance of protecting the biodiversity as the system that supports life. Hence, the year 2020 was declared by the UN as the "International Year of Plant Health".

The UN Secretary General, Antonio Guterres said in his message that "Nature is sending us a clear message. We are harming the natural world, to our own detriment". He noted that the degradation of the habitat and biodiversity loss were accelerating,

“climate disruption is getting worse...To care for humanity we must care for nature”.

Keeping in mind the above goal, the Principal, Staff, Parents and Students of St Agnes CBSE School organized a number of activities related to the Mother Earth which in turn gave to all a clarion call to protect, to beautify and to save the environment around the school campus of course from indoors and backyards. “Plants are life. Plants make up 80% of the food we eat and produce 98% of the oxygen we breathe”.

#### **A. PLANTATION DRIVE (Grade I-V and VI-X) – VAN MAHOTSAV JULY 2020**

“A tree is known by its fruits; a man is known by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.”- St. Basil  
The Vanmahotsav Celebration came up to be a great success during the month of July. The students’ response for online Vanmahotsav celebration was greatly appreciated. The events helped to bring awareness about the green cover around us. It also helped in strengthening the bond between humans and plants. The celebration was an ideal opportunity to instil the value of social responsibility in the students towards safeguarding trees and forests. Although the students were at home due to Covid 19, the school gave an opportunity to them to participate online in various activities like drawing, planting the sapling in their homes, recitation and singing. Each activity had a unique story to tell and spread the message that the green planet they live in must be protected and cared for.

The Management and staff greatly appreciated the efforts of the students and congratulated each and every one for their contribution towards this great event. The response of parents too was appreciated who took an initiative to inculcate love towards nature in their wards and gratitude towards God.

#### **B. INTERNATIONAL YEAR OF PLANT HEALTH - 2020 and THE 50TH ANNIVERSARY OF EARTH DAY !!!**

**Protecting Plants, Protecting Life:** The year 2020 was declared as the “International Year of Plant Health”, by the United Nations.

It was a lifetime opportunity to raise global awareness on how protecting plant health could end hunger, reduce poverty, protect the environment and boost economic development. Plants provide the basis for life on earth and they are the single most important pillar of human nutrition. The surrounding area of the school premises was used to cultivate various vegetables, fruits and herbal plants. To enhance the beauty of the school, a variety of flowering plants were planted in pots indoors as well as outdoors.

A COLLAGE competition was organized for the students along with their parents to mark the international year of Plant Health 2020. People of all ages enjoy gardening; the teachers and the students too maintained their own garden space. Children developed new skills like love for nature, physical activity, caring for plants etc. It also helped them to discover the importance of protecting plant health in sustaining life on Earth. The WINNERS of the competition were awarded with prizes and certificates.

### **C. FOOD TASTES BETTER WHEN YOU GROW YOUR OWN: “GO GREEN-GROW GREEN”**

The school participated enthusiastically in the KITCHEN GARDEN Competition organized by the Eco Commission of our Province on the theme, ‘Go Green-Grow Green’. The aim of the competition was to launch into the green journey and relish the work of our hands and maintain better health.

All at school specially the non-teaching staff worked relentlessly and produced 34 various kinds of vegetables such as bottle gourd, spinach, lentils, ladies finger, pumpkin, greens, gherkins, bitter gourd, tomatoes, muskmelon, Brinjal, Green chillies etc. within the limited space available in the school campus. The yielded organic produce was distributed generously by the Principal to the staff, convents and those associated with the school. This interest in kitchen gardening is sustained even after the competition as it provides more nutritious food. The school bagged the FIRST PLACE in the competition.

## **Part II: GREEN ZEST - NATURE'S FEST - AGNO CBSE HERB BAR":**

**A. NATURE ITSELF IS THE BEST PHYSICIAN:** We participated enthusiastically in the HERBAL GARDEN Competition organized by the Eco Commission of our Province on the theme 'Go Green – Grow Green'. The aim of the competition was to launch into the green journey more so to identify the herbs that are at the doorstep, discover its benefits and use them in the form of simple remedies for minor illnesses and thus to maintain better health. The school produced a good number of herbs, namely, 125 of them, within the limited space available in the school premises. Botanical names of the herbs and their health benefits were made known to the students. The greenery provided by the school was indeed appealing to the eyes of the onlooker. The school bagged the FIRST PLACE in the competition.

**B. 'GO GREEN - GROW GREEN': NO ONE CAN REAP THE FRUIT BEFORE PLANTING THE TREES:** The superfluous blossoms on a fruit tree are meant to symbolize the large way God loves to do pleasant things. 'A life without love is like a tree without fruit'. The school launched into the green journey and relished the fruits to maintain better health. In spite of the obstacles and hurdles of the pandemic the school has proved beyond limit the very challenges put forward. It's true that the trees that are slow to grow bear the best fruit. What's important is that one has to go out on a limb sometimes because that's where the fruit is.



With this objective in mind the school has maintained a **FRUIT GARDEN** consisting of 23 varieties of fruit trees by

planting the sapling of hog plums, guava, banana, sapota, mango, star fruit, lemon, fig, pamolo, berries, oranges, borums (Indian jujube) gooseberry, jamuns and water apples etc. It's truly a feast to the eyes to those who spend moments in this garden and some have already done so.

Martin Luther said “Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree”.

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## ‘GREEN JOURNEY’ AT KARNATAKA PROVINCE

### \* Green Commission

“Earth’s crammed with heaven,  
And every common bush afire with God;  
But only he, who sees, takes off his shoes.  
The rest sit round it and pluck black berries”.

- Elizabeth Browning

While Elizabeth showcases the greatness of each bush with God, we were enlightened by Mr Hector Andrade on the significance of herbs in life. The clarion call given through the General Chapter 2020 to move on to Nature for health and healing, Karnataka Province started ‘Green Journey’ as a province under ‘Eco commission’. In view of implementing the same in all our communities, the following competitions were announced in 2020.

### A. Herbal Garden; B. Kitchen Garden

The response of the sisters was overwhelming. 20 Convents in Herbal Garden, 16 in Kitchen Garden and 17 Schools in Herbal Garden, 6 in Kitchen Garden took part in the same and made every effort to turn their campuses green with the cultivation of a number of vegetables and herbs. The results of the competitions are as follows:

#### Convent Herbal Garden:

- I. St Joseph’s Convent, Kundapur
- II. St Cecily’s Convent, Udupi
- III. Carmel Convent, Gangulli

**Consolation Prize:** Carmel Convent, Bailhongal; Mary Immaculate Convent, Bengaluru; St Ann’s Convent, Mangaluru; Vijaymari Convent, Maryhill.

### **School Herbal Garden:**

- I. St Agnes CBSE School, Mangaluru and Stella Maris Prep. School, Gangulli
- II. St Cecily's Eng. Hr Pry School, Udupi and St Mary's Eng. Hr Pry School, Marjil, Mangaluru
- III. Mount Carmel Central School, Mangaluru

**Consolation Prize:** St Agnes Special School; Stella Maris Eng. Med. School, Gangulli; St Cecily's High School, Udupi.

### **Convent Vegetable Garden:**

- I. St Ann's Convent, Mangaluru & Maria Nilaya, Bidar
- II. Carmel Convent, Ashaniketan
- III. Carmel Nivas, Bailhongal & Carmel Convent, Lingsugur

**Consolation Prize:** St Cecily's Convent, Udupi; St Mary's Convent, Marjil; Stella Maris Convent, Kotekar.

### **School Vegetable Garden:**

- I. St Agnes School (CBSE), Bendur
- II. St Cecily's Eng. Hr. Pry. Udupi & Sacred Heart School, Bahrain
- III. Stella Maris Prep. School, Ganguli

In June 2021 '**Wild Beauty Contest**' was organised wherein Sisters were asked to collect all that is wild from their compound or from the gutters, road side etc and prepare a vase artistically. The response was quite encouraging as Sisters started discovering a bit of heaven everywhere.

"Heaven is under our feet as well as over our heads".

- *Henry David Thoreau*

### **Results:**

- I. St Agnes Convent, Bendur and Annunciation Convent, Ladyhill
- II. Carmel Convent, Modankap and Carmel Convent, Ashaniketan
- III. Provincial House and Stella Maris Convent, Kotekar

**Consolation Prize:** 1. Vijaymari Convent

2. Carmel Nivas, Bailhongal
3. Postulants, Pune

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## COVID Outreach Activities



# GREEN JOURNEY AT KARNATAKA PROVINCE





## St Agnes Centenary Celebrations



## DWELLING IN OUR COMMON HOME

\* Sr Adelcia A C  
*Shanti Vihar, Paldane*

“To care for the world in which we live means to care for ourselves; yet we need to think of ourselves more and more as a single-family dwelling in a common home.” (Fratelli Tutti)

As I stepped into the portals of Shanti Vihar Paldane, on 8 June 2021, as a new member of the community, I felt that the Lord had brought me to the right place and placed me among the right people to form a **single family dwelling in a common home.** It is to share in the



love, joy, peace and creativity vibrant in this' little corner of the world.' For I saw Sr Maria Assumpta, the superior of our community, a senior citizen herself, accompanied by Sr Benedicta Furtado, ageing gracefully, the two lively, lovely and vibrant young sisters Maria Sonal and Erina, available and ready to take me in and make me one with them. They were joined by the six inmates, though in their eighties, welcomed me warmly in their midst with warm hugs – truly the poor in spirit. These have left everything, their home, possessions and their dear ones. The natural surroundings expanded my heart; immediately I was merged with the hymn of creation to the Eucharistic Lord, in our midst.

As Pope Francis said, “No short cuts! Be a leaven! Roll up your sleeves, willing to get your hands dirty”- I fell in imperceptibly with the sisters of my community, appreciating deeply their manner of serving and honouring the inmates, the environment inside and around. Their sleeves rolled up, being not afraid of getting dirty-they carried the ‘smell of the sheep’ around them, a fragrant offering to the Lord. Sr. Mildred joined our choir on 12<sup>th</sup> June.

On the first day, viewing the luxuriant foliage on a hillock on the right, the rising sun peeping in through the trees, calling me to join his race in brightening the world' lifted my soul to our creator God, and I bowed and said, 'Yes, Lord I am ready.' Our neighbours too have tended their little plots keeping in tune with the hillock. The heat, the rain, the fresh breeze, the singing birds and the croaking frogs marched in unison, as we raised our hearts in thanksgiving for spreading this bounty on our laps; for the One Home, in which we live as One.

The next view that captivated me was the little plot of our community, separated from our house by a newly constructed road. Sr Maria Assumpta took me to this plot on the third day, to witness to the hard labour of love put in by the community to cultivate a garden. This plot was bought and leveled, such that it could be a 'garden of Carmel.' The earth beneath this plot is of laterite stone, preventing seepage of water. Pits, trenches and paths are created on the plot. Part of the plot is tiled, benches are laid, lawns are in place; a broad lawn path is hedged with beautiful plants and leads to where Mother Mary awaits to welcome her children. The overhead arch decked with creepers gives our garden, the look of a park. In summer, our inmates walk around freely, pray and relax in this garden; when it rains they watch this beautiful view seated on their balcony seats on the first floor.

While the garden is growing beautifully, the creativity in this corner supports the environment to be eco friendly. It is the work

of many hands. Many a parishioner donated a number of coconut and areca nut saplings; the gifted money from persons of good will, was utilized to procure all varieties of garden

plants-fruit bearing saplings, vegetable seeds, and a number of flowering plants. Besides the areca and coconut saplings, the thirteen other kinds of fruit bearing saplings in their different stages of growth in the garden welcomed the first anniversary of our house



on 13<sup>th</sup> June. To name a few, they are, Mango, Cashew, Papaya, Banana, Supporta, Avocado, Sitaphal, Sour-sup, Jack, Lemon, Fig, Neem and Hog plums.

In the place set apart for the vegetable garden, we grow spinach, gherkins, ash melon, legumes and the rest. The flower garden is unique in the sense, these plants and seeds were gifted by our different communities.

The Shanti Vihar garden has stood the test of the summer months and their roots have withstood the hard laterite earth. How can we not appreciate the hard work of our sisters and their helpers and give God thanks for making our garden a gift of many a brother and sister and a grace from His bounty. Do come; visit us and spend some time in sharing the joy of many a sister and brother bearing fruit at Shanti Vihar. Gratitude wells up in our hearts to Sr Shamita, our Provincial Superior and her team and all our communities and benefactors.

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## THE DESCEND OF NATURE

\* Sr Carissima A.C.  
*Mount Carmel Central School  
Mangaluru*

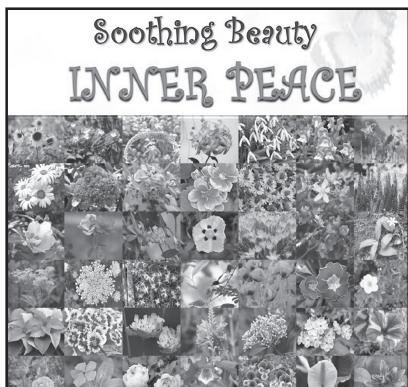
As belonging to the human species, we intermittently forget to comprehend, how little of a space we occupy within the vast umbrella of Nature. And then we begin taking nature for granted, as if it were ours to spoil and ours to ruin. Unknown to the fact that we are born from nature and nature is our first home, we fail to safeguard it. We do not think of the struggle that Nature in itself takes, to provide our species a habitat and the pain it endures in return, to create and sustain a beauty so divine, that we sometimes cannot even bring ourselves to fathom through our bare eyes.

After constant exploitation of Nature since decades, for our own whims and fancies, the world was rampaged by the novel corona-virus pandemic in the year 2020. The entire world came to a halt; the machines stopped, factories shut, vehicles stopped braking and honking, business and shops closed and humans were restricted into their little cocoons called home. While the whole world came crashing down abruptly, a change accelerated on the Earth. It was the metamorphosis of Nature; the Nature finally came alive! Nature found a way to let Earth heal again and regain its lost wealth. Though the world regards this period as that of a pandemic, I would like to place a remark on this era as the Descend of Nature itself; the return of Nature to Earth!

The Pandemic has brought along infinite lessons significantly to the humankind, the most imperative being, the need to heal our Earth. It was about time for us to realize that Nature is the miracle that we depend upon. It is a vital medicine that we are provided with to heal our Mother Earth. While the pandemic turned tables around the world, Nature tried to revamp and restore its only home, Mother Earth. The restriction on human movements turned favourable to the flora and fauna, while Nature began surprising us in infinite ways. The jaw-dropping view of the snow-capped Himalayan range from Punjab due to drastic drop in the air-pollution to the sight of clear Yamuna river showcasing the healing properties of Nature; The flamingos flocking towards our country as a result of the improvement in algae to the drastic reduction in Carbon emissions, I have witnessed it all as nature began reclaiming its Earth.

The macro details of the world looked like this, as I occasioned the healing of the Earth during these unprecedented times. Resorting to view my surroundings through an eagle eye, and to my own joy, I found our own species turning towards nature. Although, this time it was not to exploit but to heal. The healing stories of nature during the pandemic is debated invariably as nothing but a dreamy tale for the world to believe in during these difficult times, yet I would personally step on to this pedestal of optimism and take you along the fascinating journey undertaken by Mount Carmel Central School, Mangaluru.

“Come forth into the light of things, let Nature be your Teacher”, says Wordsworth. The schools remained closed, yet education escalated its course and the school contributed to the healing of Earth with various projects. With Nature leading as our teacher, a sensitivity towards ecology and environment was created with the help of these activities. Promoting ‘Herbal Garden’ in school, the children received an opportunity to learn about the medicinal plants by planting and watching them grow in their gardens. School gardening proved a healer and thus became beneficial in terms of providing a healthier lifestyle, ecological awareness and physical activity to the children.



To soothe and wipe the tears of the Mother Earth, the students were motivated to grow flower plants and fruit saplings. The project “Soothing beauty” created inner peace in the students while the integration of the school garden into the curriculum became a great tool of educational resource for teaching various subjects. Students recorded observation, collected data and observed the process of germination, photosynthesis and pollination. The flower garden has indeed enhanced the scenic beauty of the campus and has connected students with nature by providing hands on learning.

It is said quite often that Gardening makes us humble and MCCS is thus committed to organic gardening while planting a kitchen garden full of vegetables. Such is the project “School Nutrition”; we make our own fresh organic vegetables and create a sustainable garden. The students are provided with an opportunity to understand the relationship between health and nutrition of fresh vegetables. The knowledge of composting and vermicomposting is also enhanced as this project drastically reduces the need for chemical fertilizers. This vegetable garden has not just benefitted production but also environmental sustainability.

Planting local fruit bearing trees became a “Cultural dream” of the institution as the students geared up to engage and participate meaningfully in the activities of planting fruit bearing trees and inculcated the habit of growing a terrace fruit garden in their homes. This project helped in addressing malnutrition & micro nutrient deficiencies and embroidered their knowledge on the nutritional aspects of fruits.

### A Cultural Dream Fruit bearing trees



‘Hydroponics-horticulture without soil’ initiated as an extra-curricular activity, brings to focus the idea of achieving green environment. This innovative project medialized on the modern techniques of farming. The students chose between two crops coriander and fenugreek and recorded various stages of plant growth. This method feathered in the children, a full responsibility of the environment, climate, temperature and ventilation. It

developed the life skill of maintaining a kitchen garden in limited space. To the ones who believe in the aesthetics of gardening, I suggest, you take a look at the hydroponic project of MCCS that is no more limited to a garden filled with rows of vegetables and mounds of dirt & soil, instead is sustainable and healthier as they grow in water and not soil.

Home has become a refuge for each one of us during this crucial period, yet MCCS has found its home in the lap of nature through its project “Indoor Garden - Nature’s Smile”. With the objective of understanding gardening and embracing indoor garden at school, this project provides awareness to the students and the world that having plants in your home and office relieves stress,



boosts creativity, increases productivity and mainly promotes recovery of Earth.

Watching the varied efforts of the staff and children of MCCS through these activities and projects, I am fuelled with a hope of a better tomorrow on this Earth. For every individual out there in the world, Our Earth provides every minute element necessary for our survival through nature, starting from the air we breathe to the food we eat and the medicines that help us contain or curb a disease, they all come from Nature. We have chosen nature immeasurably, every time we required relief and time for reflection. We have chosen nature for all our greed and wants. We have placed ourselves on the top of the food chain assuming that we can disseminate nature along with its other species which in actual will destroy the food chain and disrupt the Earth. While I pen down these lines, I intend to create an essence of sensitivity in you readers. A sensitivity towards nature and towards our own species. Let's make it a point to note that if ecology survives, we survive. If Nature exists, we exist. Nature is not created for humans, instead is born to nourish its species. We rise from the Nature, Go back to the Nature and we are Nature ourselves! Destroying it means to destroy our own homes.

Nurture the Nature before the nature chooses to heal in a way that wipes out our very species from Earth. Let's us all collectively join hands to save Earth and assist Nature to do the healing. And while I believe that we will do so, may books and nature be our only joy even after these tough times run its course, for "I shall remain a lover of meadows and woods and of all that we behold from this green Earth" as quoted by Wordsworth.

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## **RELIGIOUS LEADERSHIP SEMINAR AT PRERANA MOUNT ST JOSEPH, BENGALURU**

**\* Sr Maria Roseema A.C.**

*Bal Yesu Nilaya*

Ten Sisters of Karnataka Province were asked by our Provincial Superior, Sr Maria Shamita to attend the Religious Leadership seminar at Prerana, Bengaluru. Not knowing who were our companions, we the trio, Sisters Maria Tara, Chetana and Roseema, booked our tickets and traveled together to Bengaluru, Jayanagar and from there proceeded to Prerana in the afternoon. We reached Prerana around 4.30 pm on 6<sup>th</sup> April. Fr Prashanth, the director of Prerana welcomed us graciously. After the registration, the receptionist Roopa with her beaming smile led us to our rooms. As we went for a cup of tea, we found some more participants who had arrived ahead of us; we were delighted to find among them our own Sisters, Rosemita, Ruby, Rennie, Therese Jyothi, Sushanthi, Joycelynne and Flavina and we felt quite at home.

At 7 p.m. our Director Fr Prashanth took us up for an introductory talk and provided us the itinerary of the 10 and half days of training. A total of 29 participants from different congregations, priests as well as sisters were present; we introduced ourselves to each other. Fr Prashanth then celebrated the Holy Eucharist for us. After supper we were free to retire to bed, as all participants had travelled from a long distance.



From Wednesday, 7<sup>th</sup>, we had a packed time table from morning till night with breaks only for meals and refreshments. The group discussions and recreations kept us lively; helped us to work

with one mind and heart. Though we were from different congregations, we felt a belonging of being the members of one family, enjoying the humour, laughter, sharing and caring spirit in the group.

Fr Freddie D'Silva SJ took up the sessions on Authority, Role and Characteristics of a Religious Leader; community as context for Leadership, team building, stages of and consultation in community. He with all his humour and wit made our classes lively and interesting.

Mr Roger Joseph Lurshay a lay person who works as a Human Resource person in Oracle addressed us on corporate style of leadership. Technology is changing rapidly day by day; we as leaders need to update ourselves daily, and be able to communicate with our stakeholders, they could be students, staff, parents or any other person who approaches us; we need to be leaders, fully human, authentic and a source of inspiration to others.

A talk on Financial Management was addressed by Fr Jason Furtado SJ. It is important to know the rules and regulations regarding the finance required for governance in our Institutions. There is a need to adhere and implement it in the structures we govern, in the law of the lands, in planning, building, budgeting, accounting, record keeping of documents, monitoring, and financial policies.

Fr Jossie Lobo SJ took us up on Discernment and Decision making. Ways to grow in God consciousness, finding God in everything, purpose of Discernment in our life, terms and rules for identifying the actions and movement of the Spirit, rules for identifying the movement of the spirit, how to differentiate between good and bad spirit, personal/community discernment, how to go about with spiritual conversation, examination of conscious and consciousness.

Results of examination of Consciousness: A greater awareness of the true self, deepening of God consciousness in everyday life, greater awareness of my interior movement of the spirit, greater depth in life, greater efficacy in mission and greater purposefulness in life.

Fr Dion Vaz SJ dealt on various concepts starting with empowering through leadership, how to deal with difficult people, power dynamics, anger and conflict management, leadership style assertive skills of a leader, mistakes to avoid, coping with stress and burn-out, handling of grief, the leadership challenges i.e., reactive and proactive leader, leadership and discernment.

Hence a Religious leader is:

- L – Liberating, making people feel free comfortable, listening, secure.
- E – Enthusiastic, making people to light up the fire in the hearts of people.
- A – Affectivity, with feelings, caring, tender.
- D – Directing, knows the way, goes the way and shows the way.
- E – Empowering, making each one stand on her/his own feet.
- R – Robust, strong spiritually, psychologically, emotionally and physically.
- S – Spiritual being i.e., Christ like.
- H – Harmonizing, unity, peace
- I – Integrity and Integration, a Person who is authentic
- P – Practical, Knowledge, ability, skilled.

Above all a religious leader should be an administrator, inspiration, servant, visionary and transformative keeping the mission in sight and with effectiveness doing right things at a right time.

We, all the ten of us thank our Provincial Superior Sr Shamita for giving us the opportunity to attend this seminar and Sr Maria Kripa for making all the arrangements. We will try our best to live and lead our sisters in our communities to the green pastures as per the promptings of the Holy Spirit.

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## **COMMUNITY INVOLVEMENT DURING LOCKDOWN**

**\* Sisters of Carmel Niketan  
Bidar**

“A person’s most useful asset is not to have a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others”.

The quote aptly describes the present scenario. No people in power came to the rescue of the poor ones. But God chose his Church and like-minded people to be brave and help ‘His’ people at this critical condition. The pain and suffering witnessed around us and in our vicinity is unbearable during the tough times of Covid. These circumstances that are still alive around us, are a curse but God intervened to bring good out of us. This article sketches the story of how we, the Carmel Niketan sisters and our social workers claimed the golden opportunity given by the LORD. We praise God for all our sisters of our Congregation and the volunteers who during this pandemic risked their lives to make use of this wonderful chance.

People around us stopped going for work during lockdown and naturally the Lord knocked at our door to help our needy brethren. Heeding His call, Carmel Niketan Sisters hastened to help at the first round with food kits and create awareness about COVID protocol.

During Lockdown we entwined ourselves in tailoring classes, tuition classes, survey for food kits, distribution of food kits, awareness talks, Micro credit schemes for the needy women following the COVID protocol. Our Social Worker Sri Suryakanth attended ASVORIB Federation meeting, conducted by the union of all the NGO’s in Bidar.

An awareness program was organized in 9 villages to Sanga Women on COVID 19 protocol and home remedies during this pandemic specially when one gets cold and fever, and for small ailments. The talks were given by Suryakanth, Sukalatha and Iramma in the sangas.

## **Distribution of food kits to the poor and needy families of Bidar**

Carmel Niketan and CST staff distributed 200 Food kits to Catholics of Jamgi Colony, St. Joseph's parish and Sacred Heart Church. Our adopted families and others were included in these.

Ajim Premji Philanthropic Initiative (APPI) responded to the project written by ORBIT (diocesan S/W center) and they took initiative to distribute 17,500 food kits to Bidar District and Gulbarga District. The Sisters and the Social Workers attended the webinar conducted by Frs. Anil and Victor. Through these our NGO distributed 200 food kits to 200 families of Leprosy patients (26 in only colony), disabled, HIV/ AIDS patients, coolie workers, daily labourers, widows, orphans and poor auto drivers of our adopted villages.



Sr Christine's ex-student of Vijaymari Technical Institution, Mrs. Mary Machado and Mr Xavier donated Rs. 50,000/- for 100 food kits to our 100 children rescued by Railway Childline Staff. God bless all our donors. A small tin sheet room is built for an old couple whose house was collapsed for the rain and they had no place to stay.

Our Railway Childline Staff along with other volunteers helped to pack 8,500 food kits for Orbit. Raju and his Family packed 300 food kits for distribution. Our sisters and Staff distributed joyfully and made 500 families happy. Sr Christine was instrumental in getting 150 food kits from ORBIT for Mr Dilip and his acquaintances who are blind and unemployed. 57 of our catholic families of Carmel Jamgi Colony received food kits from ORBIT. GOD takes care of his poor.

**Pastoral Works done by us:** During Pandemic period, we took Tuition classes for class X Std students. Our catholic students attended the Bible classes and Bible Passages were given to them



to learn by heart. 7 candidates for First Holy Communion were also taught Catechism during this time. Our youth conducted online prayer every week.

A prayer group was organized everyday from 3.00

- 3.30 p.m. to intercede for the needs of the world consisting of sisters and lay men and women, youth and children.

We got 400 plants from Forest department to celebrate Van Mahotsav in 6 of our adopted villages. May God bless.



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## BEST PRIVATE HOSPITAL – ST AGNES

\* **Sr Janet Sequeira A.C.**  
*St Agnes Convent  
Mangaluru*

Our journey on this earth is numbers a few days or few days which we are called to live up to the hilt. If we get a second chance to live, then for sure LIFE becomes even more meaningful; rest of the days ‘bonus points’ to sing a song of gratitude.

The year 2020 began with the pandemic, Covid 19 and just when we thought things are better bang, it continued even in 2021. A far away fact to us of being contaminated and that we have all remained safe and healthy, one could not think of the reality of being affected by Covid-19, namely, 18 of us sisters at St Agnes and two working girls, creating a wave of uncertainty, a feeling of helplessness slowly hovered over our community.

'Life with Corona', did we ever think of it? Never; not even in our dreams as we felt totally safe during the whole of 2020. Even when we heard this name for the first time through T.V and the newspapers, we walked off without having a clue that we would be in the claws of Covid in April 2021. This year the news of the sad demise of many in our own vicinity as well a large number of priests and nuns in India in a special way brought tears in our eyes and ache in our hearts. In addition to accept the bare fact of not having enough beds, oxygen and other required facilities at hospitals and healthcare centres as the number of Covid cases was on the rise was too hard to swallow. We look at our own community that 18 sisters out of 35 to be diagnosed with Covid within a week, was not easy to accept. What would be the condition at St Agnes if two third of the community were to be hospitalized based on the severity of the health condition and requirement of the person. How would the rest of us handle it?

Don't worry. Presenting to you one of the best, conducive, care taking places converted according to the needs of the time as a private hospital: ST AGNES CONVENT. The setting up of the hospital section and the providing of facilities was personally planned and organized by the Superior, who fortunately was not a victim to Covid. The re-organization of the rooms for the 'Convent Hospital' was done to provide sufficient number of isolation rooms, private rooms and semi-private rooms, provide for comfort and care to all the patients including the two maids. Patients were of symptoms and asymptomatic. Among them, four in serious condition had to be shifted to Fr Muller Hospital. The rest had to be catered to in our Caring Centre.

Covid Warriors among the ones spared of the malady, the able bodied sisters, just 5 or 6, implemented the plan of catering to the comfort and needs of the patients. They slogged day and night and were at the beck and call of the sick as well as the elderly among the healthy: they were angels on service 24x7 indeed. In the absence of the kitchen, refectory staff and the Mess Minister who themselves were quarantined, Master Chefs, who never even stepped into the kitchen or handled purchases, not only took the responsibility with love and courage but also prepared and provided healthy and delicious meals by surfing the 'you tube' to stimulate the taste buds of the patients who had lost the sense of taste; hats off to them for their dedication.

Different ways of getting the provisions from shops and the market were discovered and planned, supplementary and enriched diet to enhance the energy and health level of the patients was taken care of so that there was no dearth of anything and everything went on smoothly through this the meticulous planning and implementation. In spite of being left with hardly 5-6 healthy sisters without the convent managerial staff, the responsibility of all aspects of community life: spiritual, material and coping with the health conditions including sanitizing and keeping the entire house spick and span was done with love and ease. We are aware that all the sisters, relatives, friends and well wishers did whisper a prayer for the inmates of St Agnes, hence, all are back to normal health once again in our community.

We do agree that for a month everything seemed topsy-turvy – with no common community exercises. As those of us who were affected we realized what it was to be quarantined and remaining totally inside the four walls for 18 and more days. The effect of the fever and illness was experienced by each one physically and psychologically as for a week or more we could not avail of the facility of just eating, resting and sleeping. Sleep remained distant, appetite had vanished and weariness increased, as well as frustration of being away from company was killing. We would feel annoyed, irritated and bored, waiting just to come out from this imprisonment and breathe the fresh air outside our rooms.

But then, we do realize that this was a time of blessing: numerous blessings in disguise. Are you surprised? Let me explain. Physically we were relaxed from our mundane work; spiritually we felt our insufficiency which created greater need for God in the depth of our being as it was I who had to make the choice as to how I would spend the time with my Creator; psychologically we longed for each other's company, we missed the laughter and joy of togetherness. We realized to value persons and the community togetherness; emotionally we supported our fellow mates to be positive and to remain calm and to live our call to religious life with greater intensity.

Now, we have begun our new life with new norms: through maintaining social distance in the chapel refectory and everywhere. The constant use of the mask and the sanitiser has become normal

in our daily lives. As God moves in mysterious ways, we at St Agnes are the witnesses for this mystery of life. Let's love, live and celebrate life every day with spark in our eyes, smile on our lips and gratitude in our hearts.

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## THE GOOD GATHERED AT MARIA NILAYA, BIDAR

\* **Sr M Freda A.C.**  
*Maria Nilaya, Bidar*

Azim Premji foundation organized COVID-19 Relief 2021 by providing food kits worth Rs.1000/- each to 17,500 families of

Bidar and Kalburgi district. The CEO of Bidar region Ms Zaheera Nazim flagged off the programme appreciating the joint efforts of ORBIT, Shaheen Institutions together with 47 N.G.O.'s for people in their need during the Pandemic in St Joseph's Campus, Bidar.

Besides helping in the above programme, We at Maria Nilaya, Bidar distributed food kits to 1030 people to the disabled, widows, auto drivers, daily wagers, senior citizens in Bidar, all struggling to have a square meal a day.

The togetherness of people who coordinated the efforts of this big project made us feel that our hearts are like a lamp which gives forth two little flames, one that goes up to heaven and the other that reaches to the poorest brethren.

The pandemic brought many people to work for a common cause of spreading the love of Christ in difficult times. May our Lord, the Master of Anawims bless us and all our benefactors.

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## **COMPASSION IN ACTION**

\* **Sr Maria Gloria A.C.**

*St Mary's Convent, Mangaluru*

Little did we think that the year 2021 would have to face a second wave of corona virus within a year. When the schools reopened and the situation seemed to be slightly better in January 2021, we hoped that life would be soon normal again. But then everything went topsy-turvy. We felt once again like the cocoons, staying indoors and not knowing how long the situation would continue. None of us were happy or wanted to continue with online classes. It was such a wearisome experience both for the teachers and students. Most of us were not contented with the response of our students. However, we learnt to accept life situations with resignation to God's will. We realized as the Prophet Isaiah says "My thoughts are not your thoughts, neither are your ways my ways". (Isaiah 55:8)



In spite of all the obstacles, life in the convent went on as usual with all the daily routine. The sisters spent more time in praying. The student sisters were busy with their online classes. Senior sisters prayed Rosaries throughout the day. Some days all the sisters would join in praying chain Rosaries to save our country from the disastrous pandemic. The sisters were quite willing and generous helping in the kitchen, cleaning the house and working in the garden. The lockdown time was utilized fruitfully, thinking of the needs of others, rendering a helping hand to one another which kept the community united, lively and happy.

Since most of the sisters were free from school work except the student sisters, we decided to make our annual retreat. It was a God given time to reflect, pray and deepen our faith and commitment to God. We were happy to get a priest to preach the retreat. But unfortunately, he could not arrive due to lockdown norms. We then switched over to online retreat. The talks and the

holy hours helped us to strengthen our love for Jesus and renew and reinforce our dedication to God and our mission. We were also fortunate to have the Eucharist Celebration during these days of retreat in spite of all the obstacles. We are indeed grateful to God for the all the favours and blessings received from God during these days of grace.

When the lockdown continued for weeks and months, the Superior and the sisters felt the struggles and pain of the less privileged people who had no jobs and were starving. Financial crisis mounted in most of the families as they had no earning members. Realizing the plight of such families, the community came together and discussed what we could do to alleviate the sufferings of our poor families of the locality. The compassion for the suffering people prompted the sisters to provide some food items for those who had no means of financial help. We made a list of people whom we should reach out at this time. The list included the auto rickshaw drivers, our adopted families, school children, staff members and the parishioners. We limited the number to 45 families and the very next day bought the groceries from the shops which included Boiled Rice - 5 kg, Raw Rice - 2 kg, Thor Dhal - 2 kg, Green Gram - 2 kg, Bengal Gram - 2 kg, Sugar - 2 kg, Tea Powder - 1 kg, Onion - 3 kg and oil - 1 liter. All the sisters came together with great enthusiasm and made packets of each item. The next day, early morning all the 45 members of each family came to the convent and received a bag of grocery kit each. Most of the sisters were involved in distributing the ration kits. The sisters felt not only compassion for these families but also experienced a sense of gratitude for the opportunity provided to help those in need. We were happy with the thought that these 45 families would have some food for a couple of days.

We are also grateful to God for being very kind and gracious in protecting us during this second wave. The sisters fervently prayed daily in the morning and evening, offered Rosaries at different hours of the day for all our sisters, priests and every citizen of our country to protect them from the Corona virus disaster. We continue our efforts in reaching out to the needy in different ways to mitigate their pain and sufferings and also pray for their well being.

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## **COVID-19 PANDEMIC – VALUE OF SUFFERING AN OPPURTUNITY TO DEEPEN LIFE OF FAITH AND COMPASSION**

\* **Sr Ivy Moras A.C.**  
*Carmel Convent, Ashaniketan*

Today our entire nation is in a difficult situation, as we know that the unseen virus COVID-19 has affected people and many are already dead. This virus affects our “LUNGS”. To protect ourselves from this virulent disease we need to take some precautions. First, we must wear a mask. Second, wash and sanitize our Hands. Third, maintain social distance. Fourth, stay with our community. Fifth, pray for healing.

There is another unseen Virus but this affects our “SOUL”. And the virus is called “SIN”. In order to protect ourselves from the VIRUS ‘SIN’ we need to take some precautions too, especially during time of pandemic. First, we need to wear mask that is the shield of Christ. Second, we need to wash our hearts by reconciling ourselves with God, neighbour, nature and self too. Third, we need to isolate ourselves for prayers: personal and community. Fourth, stay with the community and be united in love and fifth, pray earnestly for repentance and forgiveness. These five steps are seen in the life of Mary Magdalene who gave up her old self and became “Fool” for Christ. F - Focused, O - Only, O - On, the L - Lord, as the Jesus Youth call themselves.

### **Jesus appears to Mary Magdalene**

\* Mary Magdalene was one of the few who had the courage to stay with Jesus until the time of His death on the cross. She went back to the tomb to be with her Beloved for the last time. She looked for Jesus with whom she had lived for the last three years. The disciples from Emmaus saw Jesus, but didn't recognize him (Lk. 24:15-16). The same thing happens to Mary Magdalene. She saw Jesus, but didn't recognize Him. She thought He was the gardener, because she was still looking for Jesus of the past. The same Jesus as He was three days earlier. The image of Jesus what she had in her, stopped her from recognizing the living Jesus, present before her. JESUS IS NOT SEEN.

\* Jesus called out “Mary!” That was the signal for her to recognize Him. The same voice, the same manner of saying the name. She replied, “Master!” Jesus had come back, and it was the same Jesus who had died on the cross. Her first impression was that, death was just a painful incident along the way, and that now, all was back as it was before. Mary embraces Jesus strongly. It was the same Jesus she knew. JESUS WASHED HER IGNORANCE.

\* In fact, it was the same Jesus, but the manner of being with her was not the same. Jesus said to her, “Do not cling on to Me”, (JESUS ISOLATED HIMSELF AND ADVISED HER TO DO THE SAME) because I have not yet ascended to the Father!” He WOULD have to go to the Father and Mary Magdalene had to leave Jesus and take on her mission: to announce to the brothers (STAY WITH THE FAMILY) that Jesus would be ascending to the Father. Jesus opened the way for us and brought God close to us again.

\* The way of Jesus’ appearance to Mary Magdalene makes us realize the stages of the journey (PRAY FOR REPENTANCE AND FORGIVENESS) she had to go through, from the painful search to the new encounter of Easter. These are the stages we all need to go through in our lives, in search for God by living the Gospel.

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## VYAKTHITHVA VIKASA SHIBIRA

\* Sr Monica Dsouza AC  
*Seva Ashram Convent*

I was wondering what we can do in Pavur with 75% sisters above 70 yrs, 80% of them with broken limbs and with no common mode of transport, no school of our own, leading to less opportunities of contacting students and their parents during this pandemic. This has made us think keenly what more can be done?

Deep within each of us had the feeling of helplessness of not being of some help to the people of Pavur who mainly need to deepen their life of faith and moral values. When our Provincial Superior, Sister Shamita came for the visitation, we cracked our heads to think of, a way to make our mission at Pavur fruitful and meaningful. A thought flashed the mind of our Provincial Superior –‘to have weekend camps’ for the children, starting with smallest ones. It is easy to get the children on Saturdays as it is off day for them in Kerala. As none of us felt confident enough to take up this project Provincial Superior offered to help in cash and personnel. Sister Julie Ann, the Provincial Councillor took the lead to start at once. But we had to wait because of lock down and the difficulty of crossing the border of Kerala.

The first camp was scheduled on 13<sup>th</sup> February 2021. All the community members came together to prepare an apt flex and it came out as ‘Vyakhithva Vikasa Shibira’. Very enthusiastically we began to arrange Mother Veronica Centre with necessary things. And sufficient announcements were made in the church and through messages, so as to deliver the news to all the children of the parish. Sister Julie Ann arrived on 12<sup>th</sup> evening to see to the preliminary arrangements. Sisters Ivy Moras and Therese Teena reached on 13<sup>th</sup> early morning with snacks, prizes, stationery and other things needed for the camp. We were happy to see 30 children coming with full of joy and enthusiasm along with their parents. The whole group gathered round in front of Mother Veronica Centre for the Inaugural Assembly compeered by Sister Asha Prima. Sister Monica D’Souza welcomed all and introduced our sisters to the group. The camp was

inaugurated by lighting the lamp. Sister Julie Ann in her introductory speech, kept before the children, the purpose of the camp and wished them well. Fr.Varghese appreciated the initiative taken by the sisters and advised the children to make the best use of this opportunity to develop their



talents, increase their knowledge and be better children. Sisters Ivy Moras and Therese Teena boosted the children with warm-up exercises before taking up the sessions.



After the prayer, they were divided into 3 groups according to their age and input sessions were taken up by Sisters Julie Ann, Ivy Moras and Therese Teena. Sisters drew their attention through songs, games, moral stories, spoken English and general

knowledge. As they were deprived of school for so many months, they enjoyed the company of each other and outdoor activities. In between they were provided refreshments to keep them energetic.

At the closing of the camp, Sister Ivy Moras evaluated the days program with them to draw their attention to the important points that they learnt on that day and were rewarded with a prize. The camp was concluded with a short thanksgiving prayer. We are grateful to the Provincial Superior and the Team for their timely and generous help.

We were able to conduct the camp 3 more times. About 25 to 32 children actively participated in each camp. We are grateful to Sister Julie Ann for taking up the responsibility of the camp and sacrificing her time and energy to come to Pavur. We appreciate the loving services of our Sisters Ivy Moras, Therese Teena, Nirmala Francis, Jovita Tellis, Ashal Sequeira and Monica D' Souza who took up the sessions and sisters Asha Prima, Dulcia and Christine Noronha who helped generously for the success of the camp. We look forward to include many more young and energetic volunteers to come and join us and be the part of this camp to be conducted in the future.

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## CULMINATION OF 100 GLORIOUS YEARS

\* **Sr M. Lydia A.C.**  
*St Agnes Convent  
Mangaluru*

*“The root of joy is gratefulness.” says David Steindl Rast.* St Agnes College is witnessing this great joy due to the blessings of God bestowed on the institution for the past 100 years. Gratitude thus becomes the outstanding virtue at this overwhelming moment.

Celebrating 100 years of its existence is indeed a significant milestone in the history of this renowned institution, which has



always strived towards women's education and empowerment. The year 2020-21 was the Centenary year of the College and the Closure of the same was scheduled to be on April 10<sup>th</sup> 2021. Though, we at St Agnes, wished to celebrate it in a large scale, the prevailing situation restricted the ‘NUMBER’ of gathering. Initially, there was a feeling of disappointment. But later on, we realized and experienced that everything happens for good!! There was a restriction with regard to the numbers, but THOUSANDS of people were able to view the programme live! Yes, this was another reason for us to be grateful!!! The Apostolic Carmel sisters, staff, students, alumni, parents, benefactors and well-wishers of St Agnes College—all could make it possible, in joining the Centenary Valedictory Programme.

As the dawn broke on April 10<sup>th</sup> 2021, the Catholic staff of the campus and sisters along with the dignitaries participated in the Centenary Thanksgiving Eucharistic celebration at St Agnes Convent Chapel. The main celebrant was the Bishop of Mangaluru Diocese – Most Rev. Dr Peter Paul Saldanha.

After thanking God for His manifold blessings on the College, the dignitaries were escorted to the Centenary Memorial Block for the Cultural Programme. They were led by the Cabinet members, with the Guard of honour, the College Band and the NCC students. The procession to the new auditorium was indeed a feast to the eyes and conveyed the significance of the occasion.

The Superior General of the Apostolic Carmel Congregation Sr Maria Nirmalini presided over the function, which began with a befitting opening chorus led by PU College students. Sr Dr M Venissa A.C, Principal, St Agnes College, welcomed the gathering with cordial, enthusiastic greeting words, after which, the students of St Agnes PU College extended a gracious welcome through their creative and elegant dance.

The dignitaries who enhanced the beauty of the adorable auditorium were, Dr Anjana Devi, Chief Guest of the day, Scientist, Ruhr University, Germany, Alumna, St Agnes College; Sr Maria Shamita A.C., Provincial Superior of Karnataka Province; Sr Dr Lydia Fernandes A.C., Joint Secretary, St. Agnes Institutions; Sri Vedavyas Kamath, MLA, Mangaluru South Constituency; J.R. Lobo, Ex-MLA, Mangaluru South Constituency; Sri Naveen Dsouza, Corporator; Dr Meera Aranha, Alumni Convener, and Former Principals of St Agnes College.

It was a heartwarming moment, when Sr Maria Shamita read aloud the Papal Blessings sent by His Holiness Pope Francis. In his message, the Pope had appreciated the service, which the College had rendered for a hundred years and wished us success in our future Apostolate.

The former Principals who had served the college were then felicitated by the dignitaries for their valuable contribution in the growth of the college. The core committee members of the alumni were also honored for their contribution to the centenary memorial block.

The Souvenir of the College Centenary was released by Sri Vedavyas Kamath and Sri Naveen DSouza. The book '*Sprouting Seed to Regal Palm- History of St Agnes College*' was released at this auspicious occasion.

Prof Anjana Devi, the Chief Guest and Sr Maria Nirmalini, the President of the function was felicitated for being outstanding women leaders in the present time.

The students then depicted a dance tableau on the history of the college and the contribution made by the Founder of St Agnes College Mother Mary Aloysia A.C.

Addressing the gathering, Prof Anjana Devi, a Scientist at Ruhr University, Bochum, Germany, and an alumna of St Agnes College thanked her Alma-Mater for supporting her in pursuing her goal. She expressed her appreciation and gratitude to the College.

Mangaluru South MLA Vedavyas Kamath then addressed the gathering and said, "Due to the efforts of the management and past principals, St Agnes College has reached the milestone of completing 10 decades which has shown the path for lakhs of students. The alumnae of St Agnes College have reached greater heights and succeeded in their profession and their presence is all over the world. As an MLA, I assure complete support to this institution."

The audience was deeply taken up by the enthusiastic speech of Sr Maria Nirmalini, the Superior General of the Apostolic Carmel Congregation, who said, "I want to thank all the past principals, management and teachers for carrying forward the legacy and making St Agnes College, one of the best institutions...". "We are in new times today. The pandemic has given us new insights. There are new possibilities, new opportunities; there is a new future ahead of us. Be bold, be courageous, take initiative, innovate and lead an adventurous life."

Sr Norine D'Souza A.C., Principal, St Agnes PU College expressed her deep gratitude as she rendered the vote of thanks. At the end, the Centenary year was formally concluded through the lowering of the Curtains!!

Thanks be to God for walking with the College for A HUNDRED YEARS!!

Thanks be to God for enabling the College to empower for A HUNDRED YEARS!!

Thanks be to God for making the College a light house for A HUNDRED YEARS!!

THE JOURNEY CONTINUES...

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## **SIGNIFICANT CELEBRATIONS/EVENTS/INSIGHTS AT CARMEL NIVAS/SCHOOL BAILHONGAL FOR 2020-2021**

**\* Sr Supreetha A.C.**  
*Carmel Nivas  
Bailhongal*

My experience and insights gained during the celebrations and events in the school and convent amidst pandemic period have been enriching and memorable ones.

The unexpected stressful pandemic-situation challenged us, my sisters, teachers and me personally to be proactive and allowed us to go beyond our present situation and accept it as a blessing in disguise.

Celebrations, big or small, give us something to look forward to, it lifts our spirits up and help us recognize the good things in life. Creating a culture of joy and gratitude at home or in the school transformed the atmosphere positively. The celebrations and activities in our institutions helped us discover our abilities, hard skills and soft skills like communication, time management, leadership and talents show etc. We found creative ways to inspire one another and build good relationship in spite of our individual differences.

I deem it as my great privilege to provide a birds-eye view of the significant celebrations:

## **June 6th: The Environment Day**

Lady Bird Johnson says: "*The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share.*"

The above saying comes alive in our campus too, as we are also surrounded by greenery, full of plants, flowers and fruits. We added more beauty and charm to our Mother Earth on her birthday celebration on 6th June. We joined hands together as one family of Carmel; we cleaned up our campus, planted new saplings. Wow! how I enjoyed with my Sisters and the Staff, being one with them, especially while planting the saplings with fun and laughter.



## **September 5<sup>th</sup>: Teachers' Day**

A.P.J. Abdul Kalam, the person from whom everyone takes inspiration says: "*Education is the most powerful weapon which*

*you can use to change the world.*"

Inspired by these words, we, the staff of both the schools strive our best to keep this as



our motto and reach out to our children. So, we did celebrate ourselves and our loving teaching vocation!

The headmistresses of both the schools worked unitedly. They divided the staff of both the schools into 4 groups. Each group took up the responsibilities of prayer, inspiration, entertainment and games. It was the best and the most wonderful experience I ever

had in my entire 20 years of teaching experience on a Teachers' Day.

### Celebrating the 150 years of the existence of our Congregation in India: (1870 – 2020)

We started with a few but now we are many, not only in number but also in talents and creativity. Yes, our congregation has grown like a mighty tree, extending its branches to embrace our staff and students to include them in the family of Apostolic Carmel. We made a special effort to make known our founder to all our stake holders, and thus organized a celebration to commemorate this great event. Celebration is best done in the company of others, who can rejoice with us over God's goodness. Our local priests, sisters and parishioners experienced the charism of our congregation to some extent and expressed their appreciation for the homely celebration.



### World Disability Day:

*A brush of kindness can paint a smile on a face.*

This is true of our sisters and the staff of special school who always encourage children to do their best. They say, "when everyone says you can't, determination says, 'yes you can'." We appreciate greatly, our headmistress for her magnanimous and emphatic attitude, for teaching us to have solidarity with the special school staff members.

### International Women's Day:

*A strong woman stands up for herself, but a stronger woman stands up for others!*

The men staff members of our school appreciated and celebrated the womanhood, by honouring all the women teachers in the school. Besides the celebration in the school, we had a memorable Women's Day celebration in our campus under the

guidance and direction of SVD Fathers. It was a great confluence, a coming together of their SHG groups, our Staff of both the schools. Truly we had a meaningful and uplifting sessions with the celebrations.

### **Sharing to give relief to those in present need:**

Your greatness consists not in what you have, but in what you give!

We cannot be indifferent to the suffering-lot of the world. Therefore, feeling one with the present-day suffering world, especially the pandemic situation, made us extend our hands and share whatever we have with the needy. Our community sisters unanimously decided to share provisions like, wheat and rice with our teaching and non-teaching staff and the needy, who were severely affected financially due to less salary. Added to this, we also shared our compound produce with our parishioners and staff.

If we approach everything in a celebrative way, we learn to be non-serious about life! One of the benefits of the celebrations amidst the pandemic is that it helps us to inculcate a sense of happiness and positive attitude among people. The occasions increased the feeling of brotherhood among the staff, the religious communities and the clergy and helped us to experience communion. No doubt, we certainly were happy in spite of uncertainties and moments of distress.

\* \* \* \*

## **FRUITFUL – 25 YEARS IN THE LORD’S VINEYARD**

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

“My soul magnifies the Lord and my spirit rejoices in God my Saviour” these were the words of Mother Mary that resounds in our hearts and ears as we celebrated silver Jubilee of our consecrated life. Our hearts resonate with gratitude and it overflows in these 8 letter words “Thank you” to the Almighty for his amazing love and fidelity.

Indeed it's a day of rejoicing, a day of thanksgiving and finally a day of recommitment to our loving God. The last 25 years have been a journey of discovering God's special love and wonders in the garden of Carmel. We have encountered the most wonderful and loving people along the way, persons who always encouraged us in our life of commitment. God had a way of sending Angels just when we needed them most, our formators, provincials, superiors, and the sisters.

Celebrations happens when the mind unites with the spirit. A prolong lockdown has distanced human physically, shattered face to face communication and created a world of virtual interactions. Irrespective of the pandemic, the community sisters made a joyful noise by celebrating our Silver Jubilee. To add to the note of celebration the neighbouring priests and nuns were invited for Eucharistic Celebration and for a fellowship meal. A simple celebration with many surprises waited for us and made the day more significant one.

On this occasion our religious call brings to our mind "throw your nets into the deep" which reminds us of the call to step into the unknown and we the God's chosen one's feel proud to work in the unfamiliar shores of Bailhongal, Bidar, Lingusugur, and Bahrain. What makes us strong and keep us active are the words of St. Paul "It is richness of the grace which God has showered upon us and we are truly grateful".

Pope Francis also challenges us not to cling to our security. We are told to abandon our culture of comfort and go to the periphery. We must be less of an enclosure for the virtuous but more an Oasis for the weary and downtrodden. We must be less of an experience of exclusion and more of an encounter of radical love inclusiveness and solidarity.

As for the conclusion, I would mention these words with gratitude and love to God and for one another.

All down the years, O Lord, with love unfailing  
Guiding, protecting, thou hast been our stay:  
How shall we thank thee for the grace thou sendest  
Blessing us anew from day to day.  
True in our heats our song shall ever be:  
Praise, love, thanksgiving, our God to thee!  
Praise, love, thanksgiving, our God to thee!

\* \* \* \*

# A.C. FOOTPRINTS VOL. 9 - Pages 123 to 178

JULY 2021

\* Sr M. Aquina A.C

*St Joseph's Convent, Kundapur*

(Kindly send the answers to the Editor of Karnataka Vani by October 31<sup>st</sup> 2021. You could mail only the answers as Across... 1, 2, 4 etc with or without the grid to [srmelissa2159@gmail.com](mailto:srmelissa2159@gmail.com))

1					2					3
	4								5	
	6									
								7		
	8									
								9		
							10	11		
12										

**ACROSS:** 1. This Sister spent most of her years in small towns and Mission stations serving with high degree of devotion to duty. With the blessing of Obedience, she took up challenges with ease and confidence. At the age of 60 learned cycling to move about in rural areas. (5)

2. She spent her last years at Lady hill. She was guileless person. One could notice a mischievous smile, and a twinkle in her eyes before she uttered something at recreations. She had a good hand for cooking; gladly let the kitchen workers get the benefit of her expertise in cooking. (6)

4. Due to her weak eyesight she discontinued her education. After some years she moved to Mangalore, took up a course in

embroidery - Needle work and passed the Higher grade exam. She did not indulge in self-pity. When a Superior, she was very alert to the needs of others. Her words were always uplifting. She wouldn't miss an opportunity to say an encouraging word which will help others to grow. (9).

6. She made her first Profession in July 1952. She was good in installing in little ones love for Jesus and Mary. She had a keen sense of wit and humour; with songs, dances and anecdotes she enlivened the recreations. Rosary in hand and lips moving, she went about in her retired years. (8).

8. This Sister suffered a number of ailment: twice typhoid, Pneumonia, Stomach ulcers, weak eye sight and hearing impaired, arthritis and asthma. At the age of 70, she went as a pioneer with other two Sisters. Nothing was considered difficult for our missionary. (7).

12. She loved the church and involved in Parish activities. She was fond of Capuchin Fathers. Teaching the Novices and working in their library was her mission. This brought great joy to her. (11).

## **DOWN**

1. This Sister was earnest, helpful, simple and humble; a good community member forgiving and kind. Once she underestimated the amount of food for the visitors of a funeral party at 'the Home Of Compassion'. The Superior was desperate, gave her a peace of mind and left her to see to the serving. Some minutes later, the Superior apologized with her. For that, Sister said, even an angel would get angry for such stupid mistakes. (7).

3. Her community has written, "She had a buoyant personality, and dearly loved by all. She was a prayerful person, mirroring Christ." All her talents were used in the service of the Lord. When aged, she often fell. One priest Jokingly said; 'Adam and Eve fell once; Jesus fell thrice but Sister has fallen many times.' (7).

5. She was a person of ready wit and humour. Spontaneously she would split words into syllables and produce ready humour. Drawing

figures was her forte. She prepared the sketches for the booklet “Veronica was her name”. She secured national award for research paper “Let us train the Teachers to train themselves.” in 1974 – 75 for Primary Teacher This Educators. (7).

## **BACKWORD**

7. This Sister revealed a special aptitude to work with the youth; conduct retreats seminars and youth camps, thus kindle in them a love for prayer. While travelling by train to Mangalore to attend the Final Profession of a Sister of her community, she got sick. Instead of moving to Mary hill, she was taken to a hospital. The diagnostic report revealed her ‘s was motor neuron disease, an uncommon and incurable one. (8).

9. She lost her father at the age of six. They were 8 siblings. At the age of eleven years she came to St Agnes to work. She was received as a postulant at the age of 21. Spent most of her years in Northern Province. She knew many hymns, prayers and psalms by rote and she repeated them while working alone. She got a cut on her right toe, because of weak heart, high blood sugar, gangrene set in.” It is not a burden to suffer it is a gift of God I accept it in love” she said.(8)

10. Sister lost both her parents on the same day at the age of three. Her sister became a Bethany sister. Her spiritual father directed her to St Ann’s. she worked hard and prayed because God was her all. (7)

## **UP:**

11. Received the three initial Sacraments in Karachi. She began schooling under our Sisters at Ahmedabad. The sight of these Sisters inspired her. Her father persuaded her to join ‘the Daughter’s of the Cross’. “Papa I’ll be a cross daughter and not a Daughter’s of the Cross” Replied Sabina. (4)

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

### **Vol. 9 – Pages 71 to 122**

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

#### **Centre**

1. Sr Verita A.C., Presentation Convent, Maryhill

#### **Western Province**

1. Sr Maria Christi A.C., Provincial House, Bandra
2. Sr Florence Mary A.C., Nuvem, Goa
3. Sr Elvira Tellis Nayak A.C., Gandhidham, Gujarat
4. Sr M. Christalina A.C., Fathima Convent, Margao

#### **Eastern Province**

1. Sr Maria Deepika A.C., Carmel Convent, Rourkela
2. Sr Maria Rajni A.C., Women's Welfare Centre, Anadapally
3. Sr Marie Castelino A.C., Carmel Convent, Durgapur
4. Sr Juliet Shanthi A.C., Carmel Convent, Rourkela
5. Sr Ribanika A.C., Carmel Convent, Kurseong

#### **Northern Province**

1. Sr Helen Mendonca A.C., Carmel Convent, Jharkhand
2. Sr Alcidia A.C., Sacred Heart Convent, Jamshedpur

#### **Southern Province**

1. Sr Maria Vimala A.C., Providence Convent, Kozhikode
2. Sr Clara Joseph A.C., Lady Immaculate Convent, Ottapalam
3. Maria Nilaya Community, Kozhikode
4. Sr Theodolinda A.C., A.C. Provincial House, Calicut
5. Sr Nereus A.C., Carmel Hill Convent, Calicut
6. Sr Soumya A.C., Providence Convent, Kozhikode

#### **Karnataka Province**

1. Sr Flavia A.C., Carmel Convent, Pavur
2. Sr Felician A.C., St. Cecily's Convent, Udupi
3. Sr Carmel Rita A.C., St Agnes Convent, Bendur
4. Sr Henrita A.C., St Mary's Convent, Marjil
5. Sr Priyanka Vinutha Dsouza A.C., Carmel Convent, Bailhongal
6. Sr Ida Barboza A.C., Mary Immaculate Convent, Bangalore
7. Sr Maria Prathima A.C., Vijaymari Convent, Maryhill
8. The Superior & Community, St Joseph's Convent, Mysuru
9. Sr Maria Merlyn A.C., Anugraha, Bellary

<b>Date</b>	<b>Name of the Sister</b>	<b>Name of the deceased</b>	<b>Relationship</b>
31.12.2020	Sr Juliana Mary A.C.	Mr Frank Tauro (76), Bejai	Brother-in-law
23.01.2021	Sr Marie Yvonne A.C.	Mr Assisi Francis Fernandes (69), Kallianpur	Brother
06.03.2021	Sr Carissima A.C.	Mrs Dulcine Sequeira (84), Kulshetkar	Sister-in-law
21.03.2021	Sr Asha A.C.	Mrs Nelli DSouza (81), Hirgan	Sister
08.04.2021	Sr Shanthi Crasta A.C.	Mrs Piad Crasta (75), Bela	Mother
12.04.2021	Sr Vita A.C.	Mrs Severine Monteiro (82), Loretto	Sister
19.04.2021	Sr Niveditha A.C.	Mrs Apolina Rodrigues (75), Mumbai	Sister
19.04.2021	Sr Christine Noronha A.C.	Mr Felix Baretto (77), Bengaluru	Brother-in-law
20.04.2021	Sr Vincenza A.C.	Mr Fredrick Francis D'Souza (90), Urwa	Brother-in-law
25.04.2021	Sr Sadhana A.C.	Mr George DCunha (69), Bantwal	Brother
27.04.2021	Sr Maria Lytta A.C.	Mr Alex Rebello (90), Bengaluru	Brother-in-law
28.04.2021	Sr Noelle Marie A.C.	Mr Everest Rosario Furtado (88), Mumbai	Brother
12.05.2021	Sr Maria Usha A.C.	Mr William Rodrigues (82), Byndoor	Brother-in-law
18.05.2021	Sr Henrita A.C.	Mr Edwin Rodrigues (64), Bendur	Brother
18.05.2021	Sr Celine Vera A.C.	Mr Richard Rego (61), Bengaluru	Brother-in-law
19.05.2021	Sr Floria A.C.	Mr Urban Rodrigues (71), Hospet	Brother
27.05.2021	Sr Marie Evelyn A.C.	Mrs Veronica Sequeira (64), Derebail	Sister-in-law
01.06.2021	Sr Vincenza A.C.	Mr Julea Andrade (94), Mumbai	Brother-in-law
04.06.2021	Sr Louella A.C.	Mrs Albina Lewis (72), Brahmavar	Sister-in-law
10.06.2021	Sr Mary Pereira A.C.	Mr Louis DSilva (80), Bondel	Brother-in-law
14.06.2021	Sr Stanislas A.C.	Mrs Blanche Barnes (79), Mumbai	Sister
05.07.2021	Sr Basilissa A.C.	Mrs Elizabeth Baretto (66), Bantwal	Sister-in-law

# Wild Beauty Contest



Annunciation Convent, Ladyhill - I



St. Agnes Convent - I



Carmel Convent, Modankap - II



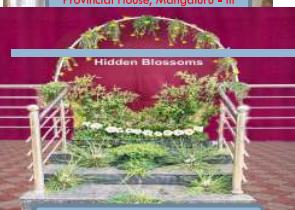
Carmel Convent, Ashaniketan - II



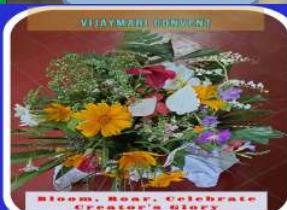
Stella Maris Convent, Kotekar - III



Jungle Delight



Carmel Nivas - Baithongal

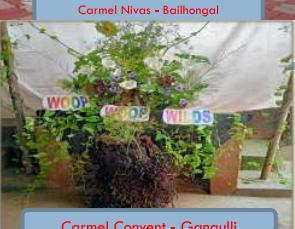


VIJAYMARI CONVENT

BLOOM, BOAST, CELEBRATE  
CREATOR'S GLORY



Postulants



Carmel Convent - Gangulli

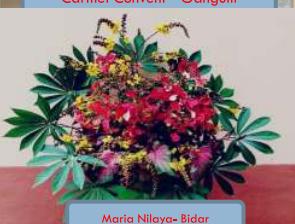


Shanthi Nilaya - Nanjangud

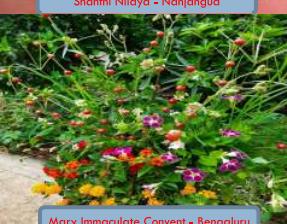


Front View Side View

Yesu Prem Niketan, Mangaluru



Maria Nilaya- Bidar



Mary Immaculate Convent - Bengaluru



St. Ann's Convent- Mangaluru



Seva Ashram - Pavur



Carmel Nivas - Indigunj



St. Mary's Convent - Marjjil

A Smile blossoms on your face in Nature,  
making your life magical and beautiful,  
Enjoy it !

# AMORIS LAETITIA FAMILY YEAR

19 March 2021 - 26 June 2022



**THE BOND THAT LINKS US TO OUR COMMUNITY (RELIGIOUS FAMILY)  
IS OF FAITH, LOVE, RESPECT AND JOY**