

THE APOSTOLIC CARMEL

Karnataka Province

Worship in love

Live in Compassion

Come, Let us adore the Lord

Congratulations, we celebrate you...

PLATINUM JUBILEE



Sr M. Daniela A.C.



Sr Vincenza A.C.



DIAMOND JUBILEE



Sr M. Avita A.C.



Sr M. Dionetta A.C.



Sr Angeline Mathias A.C.



Sr Mary Saturnina A.C.

GOLDEN JUBILEE



Sr Christine Misquith A.C.



Sr Juliana Mathias A.C.



Sr Grace Fernandes A.C.



Sr Nympha D'Souza A.C.

RUBY JUBILEE



Sr M Sylvian A.C.

SILVER JUBILEE



Sr M. Ivy A.C.



Sr Maria Sanisha A.C.



Sr M Caroline A.C.



Sr M. Supreetha A.C.



Sr M. Prajna A.C.



Sr Therese Shanthi A.C.



Sr M. Venissa A.C.



Sr Prithi Crasta A.C.



Sr Pushpa Pinto A.C.



Sr M Venitha A.C.

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Editorial



Amidst the greenery, tucked in with flowers of various hues during the advent season, we with passion create a place in our heart for Baby Jesus where no pride, no human respect or money except forgiving love alone can creep in.

The bond of love that is created throughout Christmas season brings families together making pleasant memories. Our communities have realised this fact more deeply as we reflected in prayer on our chapter theme - “Christ centered Community responding in Compassionate Love” exposed online in detail for implementation. The articles that have come in this issue focus on community and mission with our connectivity and being with Jesus that exhilarates the joy of being an Apostolic Carmel sister. As we reflect on the mystery of the Incarnation, may Christ’s example of love, sacrifice, radical forgiveness and compassion transform our lives radically making us the signs of His love and hope in our impaired world.

The situation of recent attacks on Christians and our Institutions by the fundamentalists in Karnataka, Madhya Pradesh and other parts of our country, fills us with fear and despair. In this time of collective hate, violence and discrimination against us, may we be more rooted in the vision of Jesus - of justice, truth, holiness, solidarity and loving service. We look at St Joseph’s creative courage to make place in a stable for Jesus to be born because the scripture says; “There was no room for them in the inn”.

Our life of sacrifice and prayer reflected in love, unity and service in our communities is the heart beat of every sister in her personal life of faith. This alone makes us strong in our hope



amidst despair, light in darkness and love in hate ideology. We congratulate the farmers on their hard earned victory, which proves that with God's power and with our determination, our efforts to promote vocations will be fruitful. It gives joy to see that the Carmel Blossoms are strengthened in faith and in the vision and philosophy of our way of life.

St Francis of Assisi who imagined and designed the first crib teaches us that "each of us has the responsibility to go out and look for our own brother and sister". Every community has listened to the cry of the needy and suffering people in their neighbourhood. Certainly, this pandemic has taught us the value "give now", for we do not know what tomorrow has in store for us.

'Journeying together' for the forthcoming Provincial Chapter 2022 through prayer and reflection, the Pre-chapter sessions spread over, were very helpful to respond to our call passionately and to live in communion, to go forth joyfully in our mission in the spirit of synodality.

I thank the sisters who journeyed with me these last 3 years and have made the life of our Province come alive through Karnataka Vani. I appreciate their efforts and wish many others join in this literary mission.

Together with our Provincial Superior Sr Maria Shamita and the team, I wish all the readers of this issue, the Joys of Jesus' coming this Christmas and a harmonious New Year 2022.

- Sr Maria Melissa A.C.
Editor



SYNODALITY : WALKING TOGETHER

Sr Maria Melissa A.C

Provincial House,

St Ann's Convent, Mangaluru

Pope Francis opened the Synod in Rome on October 9-10, and every diocese across the whole world celebrated the opening of the synod on the local level the following Sunday, October 17. The theme for this synod is “*For a Synodal Church: Communion, Participation, and Mission*”.



The Pope invoked the Holy Spirit on the people of God so that they will be able to move forward together to listen to one another and discern our times, in solidarity with the struggles and aspirations of all humanity.

Synodality indicates walking together and listening to one another, but above all to the Holy Spirit. It starts with and involves all the faithful at local churches across the world, promising to listen to all, especially to lay faithful. The diocesan listening phase will run until April 2022 which will be followed by a continental phase from September 2022 to March 2023. The final “Universal Church phase” will culminate in the traditional assembly of the Synod of Bishops in the Vatican in October 2023.

Through this synod, the Church is saying: the voice of *EVERYONE* matters because God can talk through *ANYONE* - not only bishops, priests, deacons, brothers or sisters, but *ALL OF US!* Pope Francis has stated that this collaborative, inclusive approach of *synodality* is precisely the “*the path that God expects of the Church in the third millennium.*” This is truly a revolution of the Holy Spirit towards the Church that God is calling us to be for tomorrow, starting today!

The Synod has three key words : *communion, participation* and *mission*. Communion and mission are theological terms describing the mystery of the Church, which



we do well to keep in mind. The Second Vatican Council clearly taught that *communion* expresses the very nature of the Church, while pointing out that the Church has received “the *mission* of proclaiming and establishing among all peoples the kingdom of Christ and of God, and is, on earth, the seed and beginning of that kingdom” (*L.G.* 5).

The third word is *participation*. The words “communion” and “mission” can risk remaining somewhat abstract, unless we cultivate an ecclesial praxis that expresses *the concreteness of synodality* at every step of our journey and activity, encouraging real involvement on the part of each and all. Participation is a requirement of the faith received in baptism. As the Apostle Paul says, “in the one Spirit we were all baptized into one body” (*1 Cor* 12:13). In the Church, everything starts with baptism. Baptism, the source of our life, gives rise to the equal dignity of the children of God, in the diversity of ministries and charisms. Consequently, all the baptized are called to take part in the Church’s life and mission. Without real participation by the People of God, talk about communion risks remaining a devout wish.

The Synod, is a process of authentic spiritual discernment that we undertake, not to project a good image of ourselves, but to cooperate more effectively with the work of God in history. If we want to speak of a synodal Church, we cannot remain satisfied with appearances alone; we need content, means and structures that can facilitate dialogue and interaction within the People of God, especially between priests and laity, because at times the priest becomes more a “landlord” than a pastor of a whole community as it moves forward. This will require changing certain overly vertical, distorted and partial visions of the Church, the priestly ministry, the role of the laity, ecclesial responsibilities, roles of governance and so forth.

Each diocese is called to facilitate local synodal meetings to involve all the faithful in this journey undertaken by the entire Church. So, we need to find out what’s going on in our diocese and



our parish to experience the Synod at a local level. Perhaps, even at the congregational, province and community level, we need to discuss ways and means to experience the synodality and join hands with our Holy Father to realize his dream for the Church - Communion, Collaboration and Inclusiveness.

May the mystery of Incarnation revealed to us in this grace-filled season of Christmas help us to walk the path of synodal journey with God and with each other. This path of listening and walking together starts with you and me. Let's walk forward together...

(Source: Pope Francis's address on the opening of the Synod)

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FROM THE LAND OF HER BIRTH PLACE TO HER RESTING PLACE...

*Sr Marilda A.C.
St Ann's Convent,
Mangaluru*

It was Tuesday, the 28th of September 2021. A memorable day, a memory to be cherished indeed. What made this day a special one? It was the ceremonious placing of the native soil on the grave of Mother Marie Des Anges, our first Superior General, by Sr Nirmalini, our 12th Superior General.

As mentioned in her circular dated 21.09.2021, Sr Nirmalini our Superior General had been to Pointis-



Inard, France, and met the extended family of Mother Marie Des Anges, our first Superior General. In memory of this significant visit she was given little of the native soil by the family members to be placed on the grave of their beloved great-grand-aunt, which she carried to India with reverence and fulfilled their wish.



When she visited the Tertians at Maryhill, during the last week of September, Sr Nirmalini also decided to visit the grave of Mother Marie Des Anges, here at St Ann's. Accordingly, Sr Shamita our Provincial Superior and her team planned the day's programme. It was a 'twin event' - the celebration of the feast of Sr Nirmalini, our Superior General and the Ceremony of placing this special treasure, the native soil from Pointis-Inard, on the grave of Mother Marie Des Anges.



The sisters of the Provincial House and the Community at St Ann's along with the Superiors and a few representatives from Local Convents awaited the arrival of our dear Superior General on the morning of 28th September. Upon her arrival we gave her a pleasant surprise - a 'Band of Sisters' awaiting to greet her with a short yet meaningful celebration on the occasion of her feast day (2nd October). This was followed by the important event of the day, viz. the ceremonious placing of the native soil on the grave of Mother Marie Des Anges, preceded by a short prayer service. It was a moving experience for everyone gathered at the cemetery.

We are grateful to Sr Nirmalini, our Superior General for carrying the unique gift all the way from Pointis-Inard, France, the birth place of Mother Maries Des Anges, to India/Bangalore and then to Mangalore, the Cradle of the Apostolic Carmel and finally resting it on the grave of the one who steered the Infant Congregation for 40 long years - A memory passed on from the first Superior General to the 12th Superior General of our beloved Congregation. Now don't you think it was a memorable event? I'm sure you agree.

May we the spiritual daughters of our Founding Mothers, remain indebted to them always. Long live the Apostolic Carmel!!!

ST JOSEPH, THE SHADOW OF THE ETERNAL FATHER

*Sr Marie Christine A.C.
Yesu Prem Nikatan,
Mangaluru*

St Joseph by birth, belonged to the royal family of David, but lived in obscurity as a carpenter. God raised him to the height of sanctity and made him the spouse of Virgin Mother Mary and foster father and guardian of the Incarnate Word. The Holy Scripture says that Joseph was a just man; he was innocent and pure as to become the husband of Mary. He was gentle and tender as one worthy to be named the father of Jesus. He was prudent and a lover of silence as to become the Master of the Holy family, above all he was faithful and obedient to the divine call. His conversation was with angles rather than with men.



Though St Joseph's birth, growth, education and origin belonged to the Old Testament, his faith, profession and co-operation belonged to the New Testament. He had in his hands the keys to open the gates of the new law and close the old Law of Moses. He cooperated in the mystery of the Incarnation. The relationship between Joseph and Mary was a little bewildering. According to the customs of that time a boy and a girl were engaged as mere children. The engagement was arranged by their parents before the children even knew each other. The second stage was the betrothal. This was the ratification of the engagement made years earlier. The betrothal could be broken at this stage, if one of the parties did not want to proceed with the marriage. The betrothal lasted for at least one year, during which the couple were called husband and wife, even though they did not have the rights of the husband and wife. This betrothal could be terminated only by divorce.



The last stage in the process was the marriage proper. When Joseph discovered that Mary was with the child the dark cloud descended to dampen and almost obliterated their beautiful love relationship. We can very well imagine the shadow of the doubts robbing Joseph of the peace and joy which his heart longed for, Joseph loved Mary dearly. He did not want to pain her, yet according to the custom he could not accept her into his household. He only pondered his next action with a laden heart. Mary too went through the same anguish as she too loved Joseph and this caused the pain of being under suspicion which was even more harsh. There was no way in which she could have explained to Joseph.

They both were from the line of David says Mt.1:16. Mary and Joseph both were called by God for a special mission in life. It was initiated when Angel Gabriel announced to Mary “You shall conceive and bear a son and give him the name Jesus,” So, Mary and Joseph had to trust in God and in each other. This was the period of testing them. It was all according to God’s plan; they would have to face some impossible situation in the years to come. When He learned that Mary bore within her womb the Lord of Heaven and Earth, He feared to take her as his wife, but an angel told him in a dream, “Fear not “. He, being a man of faith, accepted God’s plan. When Herod sought the life of the Divine Infant, an Angel told Joseph in a dream to fly with the child and his mother into Egypt. Joseph once again obeyed this unexpected flight despite many inconveniences and sufferings. When the furious king sought to destroy the child the whole city was in an uproar to take away his life. This is followed by another joy the adoration of the three Magi. After the death of King Herod, St Joseph was informed in a vision that God ordered him to return with the child and his mother into the land of Israel to which St Joseph obeyed. St Joseph being a strict observer of the Mosaic Law, went every year to Jerusalem to celebrate the Passover. At that time Jesus was 12 years old. (Mt. 19-25; Mt.13:55; Lk.2:55)



We hear St Joseph rose up three times to carry out God's will to protect Jesus and Mary. He was an ardent listener to God's whisperings and follow them. He was a righteous man. He was sensitive to the needs of others, respecting the freedom and inner secrets of others. This is what we hear in that singular sentence of the Gospel, "Being a just man he desired to put away Mary privately". Such is the personality of St Joseph, the head of the holy family, always ready to suffer and work readily to respect the personhood of others.

Some say as there is no further mention of Joseph in the Gospel, he might have died before the marriage at Cana and beginning of Jesus' ministry. We cannot doubt that he had the happiness of Jesus and Mary being present at his death praying assisting and comforting him in his last moments. Hence, he is particularly invoked for the great grace of a happy death.

St Joseph is the shadow of the Eternal Father upon earth the protector of Jesus in his home at Nazareth and a lover of all children for the sake of the Holy child. He is the chosen guardian and patron of every Christian family. Pope Pius IX declared St Joseph as the Patron of the Universal Church. There are special reasons why St Joseph should be explicitly named the patron of the church. He was the husband of Mary and the father of Jesus Christ; from this arises his dignity, grace, holiness and glory. St Joseph alone stands out in dignity because he was the guardian of the Son of God by the Divine appointment. He was the legitimate and the natural guardian, preserver and true defender of the Divine household. By virtue of his heavenly patronage, he is the protector and the defender of the Church.

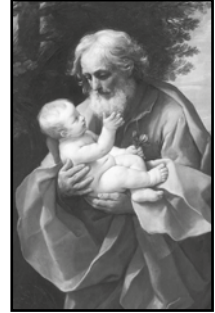
(Source : Fr Augustine Vallooran's talk on St Joseph)



ST JOSEPH, OUR FATHER-IN-LAW

*Sr M. Shalini A.C.
Yesu Prem Niketan,
Mangaluru*

Did you ever think of giving this title to dear St Joseph? I've never heard of such a title. I had a great devotion to St Joseph from my childhood. This year, it is deepened and strengthened, since it is the year of St Joseph. Holy Father Pope Francis has a great devotion to sleeping Joseph, and I said "I too should have recourse to sleeping Joseph". It is to my surprise that I started getting messages from St Joseph in my sleep. I usually keep a paper and a pen next to my bed, to pen down Jesus or Mary's messages or inspirations which I get in my sleep. There have been instances where I have called concerned persons and asked them for the authenticity and found that it was right. This is great Sleeping St Joseph.



In fact, I hear him better in my sleep. While I sleep, St Joseph speaks to me. I feel the following titles fit St Joseph - 1. Father 2. Father-in law. The title Father-in-law came to me in my sleep when I was wondering what title I should give St Joseph. Well, in my sleep, sleeping St Joseph spoke to me saying "I am your Father-in-law". I was amused, yet I said I will write and many thoughts rushed my mind quickly, I took my pen and wrote a few lines. Now that only two days are left to present my article, will I be able to do the needful? I said, "I can and I will". These words have always motivated me.

He is Father because the church has given him this title, and accepts him as the Father, Guardian and protector of the church. Besides, He is the Foster Father of Jesus and we can add more reasons why he is called Father.

He is the Father-in-law! Why? Very simple. We, religious,



specially Women call Jesus as our Spouse. Jesus is the Son of Joseph and Mary. Well, here I do not comment on Mary as our Mother in law, and someone can think over and refer Mary as our Mother in law. There are many Fathers-in-law who treat their daughters-in-law like their own daughters. They bestow a lot of love, care, concern and make them feel at home. They get into the feelings of the daughter-in law, who has left her parents, siblings, familiar surroundings and come to this new family, and she will be part of the family, loving and serving all. She has left behind her beloved ones. Here the Father-in-law is her guide and guardian, he directs her and is anxious till she returns home, this care is much more if her husband is abroad and she lives with her in laws. Here she has to accept everyone with their uniqueness. We religious feel, we make a sacrifice when we leave our home and join religious life. To some extent it is true.

St Joseph, as our Father-in-law understands all his daughters-in-law (Religious women). Remember he cares, protects, directs, comforts, consoles, encourages, and says “Go on, I am with you”. He accompanies us on our journey, in our works and when in tears he wipes them away. and St Joseph does many more things for us. Sometimes he does the job we need and disappears. We have plenty of examples about favours received, by our older sisters. St Teresa of Avila has many stories to relate how St Joseph came to her rescue. Some of you must have heard about the ‘Ladder of St Joseph’. It still exists and is intact in Spain at Loreto Convent. It is a long story where St Joseph himself worked for three months, to build it and then disappeared.

Though there are many writings about St Joseph, the early Church Fathers have not written about Joseph’s age. There are stories about Joseph’s age. They say he was 80, 120 and even 200 years old. Therefore Joseph is shown as an old man. He knew very well to take care of the mother. But for us this is not essential whether he is old or young, for us he is our Father-in-law, and this is sure. Now he takes care of all of us with keen interest and love,



it is left to us to believe in him as our own. Though we do not read much in the Scriptures about St Joseph, we come to believe that he is a Silent and Sleeping Joseph. A few Popes too have written about St Joseph. I cannot give here the details, those interested may read from your library.

1. Pope Pius IX in the Decree “Quemodmodum Deus” given in 1870 speaks of St Joseph as the patron of Catholic Church.

2. Quamquam Plurimorum” Letter written by Leo XIII in 1889 speaks of St Joseph as the father of the Catholic Church and explains clearly why Joseph is called the Father.

3. ‘Redemptoris Custus ‘in 1989 by Pope John Paul II speaks of the personality and mission of St Joseph.

Yes, we cannot forget our Father St Joseph. Shall we increase our love and devotion and make him part of our life, deepen and strengthen our devotion to St Joseph? As Jesus said several times to us, “Fear not, I am with you always”, So too, St Joseph our beloved Father-in-law says to each of us, ‘Fear not, I am with you always, along with my Mary and my Son Jesus.’ Let our lips utter often this short prayer -

DEAR ST JOSEPH, PRAY FOR US AND BLESS US

CELEBRATION OF 115th DEATH ANNIVERSARY OF VENERABLE MOTHER VERONICA

Province Chronicler

115th Death Anniversary of Venerable Mother Veronica, Foundress of the Apostolic Carmel congregation was celebrated on 16th November 2021 with a thanksgiving Mass offered by Rev. Fr George Santhumayar OCD, Provincial Superior of Karnataka Goa Province, along with other four



concelebrants. The sisters of the local communities, tertians, novices along with the extended family of ACA's, Carmel Blossoms and neighbours gathered at Maryhill Chapel to offer the holy Eucharist at 6.45 am.

At the introduction, the details of the last moments of Mother Veronica were highlighted along with the blessings showered on the mission she entrusted to her daughters. She breathed her last when her community was in the chapel singing the 'Te Deum'. Mother Veronica was no ordinary woman, being born in the 19th century and completed her life's journey in the 20th century. Endowed she was with a clear vision in life, she dared to risk everything in accomplishing it. Ever attentive and attuned to the will of God, she fulfilled His desires with heroic faith, generosity and a spirit of joyful surrender. The little seed sown in the heart of Mother Veronica in 1868 in Bayonne, France and then transplanted in Mangalore, India in 1870 has now grown into a mighty tree, its branches spreading over the length and breadth of India and Sri Lanka and reaching to Pakistan, Kuwait, Bahrain, East Africa, Italy and back in France.

It was a day to thank God for the precious heritage our saintly Foundress Mother Veronica has left to the church through her single minded search for God's will and heroic pursuit for holiness. Our gratitude overflowed with joy and thanksgiving with faithful love for God's mercy towards our congregation all along the 151 years of its establishment in India and to our pioneering sisters who through their vision, faith and generosity have given their energy and life to further the ideals of our dear Foundress.

After the Mass, a verse with PPT presentation highlighted the life and mission of Mother Veronica and its growth during 151 years of its establishment in India. Sr Nessa AC, the General Councillor and Sr Maria Shamita AC, Provincial Superior of Karnataka Province garlanded the portrait of our beloved Foundress and the sisters representing the various provinces, representatives of ACA's and Carmel Blossoms



placed lit lamps signifying the dispelling of darkness and bringing light into the society through Mother Veronica's mission of Education and other apostolic works. On this happy occasion, two songs in honour of Venerable Mother Veronica were released by Sr Agatha Mary AC, former superior General of the Congregation and Sr Nessa AC, General Councillor for Formation, respectively.

As we commemorated the entry of Mother Veronica into the heavenly abode a 115 years ago on this day, a prayer was said that she may be raised to the honours of the altar so that she may inspire everyone to a life of close union with the God and selfless service to others. The celebration ended with a festive breakfast.

TABLEAU ON OUR MISSION

Sr M Sylvette A.C.
St Ann's Convent,
Mangaluru

Sister X: I must prepare myself for a future, a future that is so challenging in this 21st century. I have to be well equipped in order to be a successful religious educationist. My Congregation has faith in me to carry on the noble work of education started by Mother Veronica at Bayonne in 1868, transplanted in India in 1870 and carried on by stalwarts like Mothers Marie Des Anges, Aloysia and Theodosia, to mention just a few.

But me? What can I do? What are the strategies that I must follow? What qualifications must I possess? What qualities must I imbibe to be a true religious educator?

(Searches into files, books and papers)

Today's youth need help. To help them, I must use all the modern means of communication and information technology. Yes it is (picks up) multi-media, (looks again) personality



development, (shifts through files) time management, (searches further) goal setting and high achievement. Yes I need all these to become a successful religious educationist to keep up with the times and be effective in my service.

Voice: Have you selected everything that you need to become a successful religious educationist in the spirit of Mother Veronica, your foundress? Sister, The Word of God was a light to her feet and a lamp to her path. She found the direction to her life in the presence of the Blessed Sacrament.

Sister X: Oh no! I had not thought of that. Let me spend a few moments before the Blessed Sacrament and also the Holy Scriptures as Mother Veronica did. The Lord will surely speak to me and enlighten me to be better equipped for the path I am to take.

Voice : “Learn of me for I am meek and humble of heart”.

Sister X: Yes. It is humility, a virtue so little appreciated. Mother Veronica had cautioned the sisters she had trained for India, to be little and humble. She herself found humility so difficult, that she even made a vow of humility at one time in her life. Yes I must and I will do this!

Voice : “The truth shall set you free”

Sister X: Yes. Mother Veronica searched for truth however hard it was. In all my undertakings as a religious educator, the search for truth must be the hallmark of my life.

Voice : “My meat is to do the will of my Father”

Sister X: Oh yes! Wasn't it true that Mother Veronica always paid heed to the will of God. She said, ‘Obedience is my life’ and lived her life accordingly. Shouldn't I do the same? (nods willingly)

Voice : “I am among you as one who serves”.

Sister X : Yes, Mother Veronica genuinely and graciously reached out to the poor and the marginalized, wherever she was sent. She started our congregation in utter poverty. Yes, it is the poor, the



downtrodden, and the rejected who need my care. That should be my field of labour.

(sits back and reflects, then gets up)

I can make use of all the modern strategies, my qualifications and talents, the latest technology as well (collects the files). But, when I use them as Mother Veronica would have me do, I must use these possessions like she would-humility, truthfulness, obedience and service. Only then, will her life's mission of true education be carried out through me. It is then that I will have imbibed her spirit, to carry out her mission.

How truly essential these few moments of reflection have been! I now feel "I am ready".

Song to Mother Veronica

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FACE LIFT AND SPIRIT LIFT AT BAL YESU NILAYA

*Sr M. Euna A.C.
Bal Yesu Nilaya,
Mangaluru*

When our Provincial Superior visited us, the mess of the approach road from our gate to the house and worst still, the pathetic condition of the uneven stony ground with wild growth between Veronica Vihar and Bal Yesu Nilaya struck her keen eyes and she who has a Christ-like heart immediately asked us to arrange for getting the ground interlocked at the expense of the Province. Our joy knew no bounds when the work was completed and we now have a safe road from the gate to the Convent and from Veronica Vihar to our house. It used to be very difficult and strenuous for the aged Sisters and inmates of Veronica Vihar to come to Bal Yesu Nilaya every morning for Mass, sometimes even as early as 6 o'clock, when it was still dark. It was admirable to see them come despite the pouring rain through this stony path - all of them above 65 years except one, but had undergone



surgery and treatment for cancer. One should see how neat and convenient the pathway is now! Thanks to the thoughtfulness and generosity of Sr Shamita, our Provincial Superior. We have yet another need: the way to our Primary school is also uneven. How we wish some generous donor came forward to make this path convenient to walk, especially during the rains.

A new undertaking was to erect a grotto which is now complete. October 7th was the red letter day for us being the feast of Our Lady of the Rosary and at the same time blessing of our little grotto. Our Parish Priest, Fr Andrew DSouza came to celebrate the Eucharist and he blessed the Grotto after Mass with all our children from the orphanage like little Bernadette's standing round, and the sisters amidst them. After the blessing, the beautiful statue of Our Lady was placed inside the grotto. The grotto stands in the midst of our flower garden full of flowers of various hues, a veritable VIBGYOR - the palm, the papaya, the Sapota trees with their heavy foliage in the background beautifying the scenery. Children from our shelter home are now seen at the feet of Our Lady praying in their own way. They were heard saying, "Namaste Mummy." to Mother Mary's statue 'How adorable and meaningful'!



Yet another incident to put on record is the presence of Sr Vimala, a lay sister, who has been granted the gift of Stigmata. She had come to Bondel to preach a retreat for the lay people with Fr Arul, Regional Superior of Betharam Fathers, to translate her talks. Our Superior had requested her to pay us a visit. When our Parish Priest Fr Andrew DSouza came for Mass on 7th October, she along with her brother and Sr Celestine PDDM, Prarthanalaya, Bondel, visited us. Sr Vimala laid her hand on each one of us, had breakfast with us. Sr Vimala was very unassuming, silent for most of the time, speaking only when asked questions. These special events certainly have given our Convent a face lift and to us, a spirit lift.



A TRIPLE EVENT CELEBRATION

*Sr Marilda A.C.
St Ann's Convent
Mangaluru.*

A century and a half has gone by since the inception of the Apostolic Carmel Congregation at Mangalore, India. Today, we enjoy the fruits of the hard labour of Mother Veronica, our beloved Foundress, who saw the light of eternity 115 years ago. On the occasion of these two great events of our Congregation, we, the Mother House Community at St Ann's wished to have a unique celebration. The celebration also kept in mind the 'World Day of the Poor', inspired by the words of our Holy Father, Pope Francis who said, "The poor are Treasures of the Church". Thus, a three-member committee was formed to take this noble venture ahead.

It was a Sunday, the 28th of November 2021, a day set aside to fulfill the planning of the core committee. 33 members from 14 needy families of our 7 Institutions in the Campus were invited to St Ann's, for a get-together cum celebration, along with the Sisters of both the Communities (Provincial House and St Ann's). The programme commenced

with a meaningful prayer service, followed by a thought-provoking input session by Sr Julie Ann A.C., the Provincial Councillor,



bringing out the significance of the event as well as making Mother Veronica known to those present at this celebration. Adding to the celebration, games were conducted to entertain the gathering and the winners took home attractive prizes. Each family was also given a 'Family kit' costing Rs. 1000/- and a cash gift of Rs. 2000/. Everyone, old and young, returned to their homes with

a lot of appreciation, gratitude, and cheer reflected on their faces.



Our belief in the phrase “God loves a cheerful giver” is strengthened. For us, Sisters, it was a rich experience, and we were left with profound feelings of joy and gratitude, for God’s grace on us, for having been able to organize this programme as a kind gesture towards our needy brothers and sisters. They did experience the spirit of Venerable Mother Veronica and of the Apostolic Carmel.

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BE A HOPE TO THE WORLD

*St Cecily’s Convent,
Udupi*

In the Gospel of St Luke, Jesus says, “Blessed are you who are poor, for yours is the kingdom of God” (Luke 6:20). Here the poor contrast the rich. Jesus contrasts the hungry with those who are full now and those who weep with those who laugh. There is a general struggle that we face each day, but the word here refers to the grinding poverty of the poorest in our society.

Jesus tells us that the kingdom of God belongs to those who are the poorest of the poor financially, because those who are rich have already had their reward on Earth. This beatitude speaks of Jesus’ own compassion, His concern towards the underprivileged and his ways of reaching out to the marginalized, the outcast and broken. In the kingdom of God, Jesus calls us to experience the love and compassion of God for us and this love is being expressed to us through the Holy Church, the religious community and in the acts of kindness that we see the society.



We, the sisters of St Cecily Convent are constantly moved to share this compassion with the poorest of the poor around us. Recently, we had an opportunity to visit an old age home at Brahmavar, run by the Congregation of Franciscan Sisters of the Immaculate. There are 18 elderly women, from different parts of Mangalore and Udupi, who are frail with age and solely dependent on the public for their survival. Some of us visited them on the 23rd of November, in the evening. We carried with us food, fruit and other eatables, to share with them God's bounty that we are privileged to enjoy. We also distributed a bath towel each and soap to them. The inmates expressed their joy and gratitude for our visit.



St Cecily English Hr Pry School marked “The Day of the Poor” on 20th November, 2021. We invited PWD workers, prayed for them and felicitated their



humble yet noble service to the society. We motivated the students of our school to forego a small amount on November 14, the “World Day of the Poor” and share with the PWD workers, in buying rice, fruits and cash. On 22nd November, a meal was served for 23 people of

our building construction workers in gratitude for their toil. In little noble acts like these, we tried to work on the beatitude that Jesus gave us by being compassionate towards our brothers and sisters who are in need. We pray that through our acts of kindness towards them, they too become hopeful in faith and trust that God provides. May these experiences help us become HOPE in this world.

Our tribute to our Foundress on her
115th Death Anniversary



**Felicitation to our Retired Staff: 2019-21
Happy and Grateful are they...**



Carmel Blossoms Bloom in Prayer and Service



Vocation Week
The Harvest is plentiful, the Labourers are few





Green Christmas - Crib Display with Veg & Fruit Carving



Carmel Convent, Bailhongal



Annunciation Convent, Ladyhill



Anugraha, Bellary



Carmel Convent, Ashaniketan



Shanthi Nilaya, Nanjangud



St Agnes Convent, Bendore



Bal Yesu Nilaya, Maryhill

Carmel Convent, Lingsugur



St Joseph's Convent, Mysore



Seva Ashram, Pavur



Maria Goretti Convent, Kemannu



St Ann's Convent, Mangaluru



Carmel Niketan, Bidar



St Mary's Convent, Falnir

WORLD DAY OF THE POOR

*Carmel Niketan
Bidar*

Every year, Carmel Niketan Sisters will have a unique way of celebrating World Day of the Poor which was initiated by Pope Francis. We have celebrated this day with many groups such as widows, beggars and in our colony. So this year Sister Christine suggested a new group of people to celebrate with. They are the rehabilitated leprosy patients from Nav jeevan Leprosy center, Chatnally.

There are 26 families with 78 inmates along with 15 children, who earlier were in different places. In order to completely eradicate leprosy from Bidar, Dr Salins, a visionary, worked hard to bring them together at one place in Chatnally. His family worked relentlessly towards the uplift of these patients. Ever since, we visit them often.



This year, we, the Sisters of Carmel Niketan, celebrated the ‘World Day of the Poor’ on November 20th Saturday at Nav Jeevan Leprosy Center Chatnally, initiated by Dr Salin’s daughter Dr Cybil Salins. The children of these families live in a children’s home along with others.



On our visit to this Centre, we carried lunch, oranges and sweets for 65 adults and children, as well as lunch for 40 more children in the children’s home. Post lunch, we played games, which they enjoyed. They also interacted with

us joyfully. We distributed new clothes for everyone. Their joy and gratitude enriched us and increased our love for them.

We then distributed sarees for 63 women of our Carmel Jamgi Colony. This was possible with the goodwill of Mr Alwyn DSouza and the late Yohanraj's family. May God bless these generous donors. We are grateful to the Sisters, CST and Railway Childline staff for their selfless service.

“Whatever you do to the least of my people you do unto me”. May these words of Jesus be true in our lives too.

GOD DOES NOT ABANDON

Sr Edna Furtado A.C.

Yesu Prem Nikethan

Mangaluru

When I was the Secretary for Education in the Province I had to travel to Bangalore very often on my job. Once on an urgent work I had to set out immediately. So I decided to travel by any Government bus that was available.

I was travelling by ‘Raja Hamsa’ and we had passed Sakleshpur when all of a sudden the bus broke down and the passengers were asked to alight. Later we were asked to board any Government bus that was heading towards Bangalore if seats were available in it.

It was a forest area and the time was 11.30 p.m., darkness everywhere and raining. I stood with the others with my bag and umbrella in the rain. Just then a bus came and the people stopped it. Some of the strong young men got in and occupied the available seats.

I looked around to see who were left behind. Some of them were couples and a few others had companions and relations. I realized that I was the only ‘lone traveler’. A kind of fear gripped



within me and I prayed, “Lord Jesus you are my spouse and my intimate friend. You are the only one I have. I have offered my life and everything to follow you. Do not abandon me in this situation”

The next bus arrived and halted. The people rushed to the door with a lot of pushing and rustling. The conductor stopped them and peeped out of the door. Suddenly his gaze fell on me and he said, “Sister come, there is only one seat left and that is a lady’s seat. Come Sister.” I found no words to thank my God. I thanked the conductor for his kindness.

Jesus answered my prayer immediately. This incident and several other incidents in my life have convinced me that God never forsakes his own. He does not abandon His chosen ones, and I am one of the lucky ones.

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OUR SHARE IN THE ENVIRONMENTAL SUSTAINABILITY

*Mary Immaculate Convent
Wilson Garden, Bengaluru*

Bengaluru, the capital of Karnataka known as ‘The Garden City’, is slowly transforming as ‘Garbage City’ mainly because of rapid urbanization, growing population, poor water management, excessive use of vehicles and unscientific waste management methods. Wilson Garden, located in the south-eastern part of Bengaluru is a residential area along with some commercial buildings.

Mary Immaculate Convent (MIC), Wilson Garden, Bengaluru, belonging to the Apostolic Carmel Congregation established in 1958 has a beautiful campus of about 3 acres land. The main Apostolate of this community being education, manages an ICSE School, a State Board High School, a Kindergarten and a Preschool on its campus. There are about 2000 students studying and 80 teaching and non-teaching staff working, besides the 9



religious sisters residing at present on the campus.

This campus is surrounded by three/four storied residential apartments on three sides and a Workshop Centre for assembling railway tracks for ‘Namma Metro’ of Bengaluru Corporation. This kind of environment all around our residence/school campus causes noise and air pollution, thereby creating an unhealthy condition for a healthy, harmonious living and efficient functioning on the campus.

In order to combat this adverse situation, MIC has strived through the years to make the campus clean, green and environment friendly by undertaking the following eco-friendly activities and waste management measures. These activities were intensified during the lockdown period i.e., April 2020 onwards and are continued earnestly even after the lockdown. The sisters and other inmates of the convent and the non-teaching staff of the campus have been actively involved in organic/natural farming by managing domestic waste effectively.

This Green Movement is also a part of our share to environmental sustainability in our local surroundings. Hence, it is an earnest effort towards our responsible interaction with our Mother Earth to maintain and enhance natural resources for the future generation who will live and pass through this campus of MIC in the years to come.

Fruit bearing trees such as Avocado, Plantains, Jumbos, Sapotas, Guavas, Passion Fruit, Custard Apples, Bulls Heart, Papaya, Mango, Jack etc. and the shade-giving trees such as Oak, Teak, Neem, Siris, Karanj, Child-life tree, Christmas tree etc. are planted on the campus to provide shade, fresh air and fruits.

Flower gardens are maintained on the campus, both in the school and near the sisters’ residence.

To improve the quality of the soil, the sisters and the non-teaching staff of the school cleaned the campus during the lockdown and collected the non-bio degradable waste such as used building material, single use plastic, stones etc. which were



buried in the soil. This place is used, to grow vegetables such as greens of various types, beans, lady finger, lemon, turmeric, ginger, green chilies etc. Besides the domestic consumption, the compound grown vegetable and fruits like greens, white pumpkin, plantains, jumbos, avocado, coconuts etc have been distributed to the poor, especially our school workers and needy families in our neighborhood.

Herbal garden occupies a prominent place on the campus. Herbal plants collected from our own campus are arranged here. Few plants are brought from the local nurseries and from other convents.

Certain herbal plants are used by our inmates and workers for medication.

Efforts are made to produce organic manure, by way of compost from the fallen dry leaves from our compound and cow dung, which is brought from the neighbourhood, vermi composting and wet waste mainly the kitchen waste is re-cycled in 'Terra Cotta Home Composter'. This gives the manure in liquid as well as in solid form. The wet waste material is also collected from the nearby vegetable market to prepare the compost.

Thus the manure produced by us is used for coconut trees, flower plants, herbal garden, fruit trees and vegetable garden.

Bio degradable waste is also fed into the Bio Gas Plant. The Gas produced as fuel is used for our cooking purpose.

The rain water is collected in sumps and is used to water the garden. It is also made to sink into the ground to raise the ground water level. A bore well is drilled on the campus. This water is used for gardening, cultivation and is also purified and collected in the overhead tank for domestic use.

Students studying in our schools are trained through online and offline classes to undertake environmental related projects such as saving water and re-using water, to bring up flower and kitchen gardens in their homes.



The Earth is our mother- nourishing and protecting us at every moment, giving us air to breathe, fresh water to drink, food to eat and healing herbs to cure us. Jesus has rightly said “Do unto others what you would want to be done to yourself” (Mt 7:12). It is our duty to protect Mother Earth by giving her back her own resources. We, the Sisters of Mary Immaculate Convent, along with the students and staff of our Institutions are happy to share with the readers of Karnataka Vani the efforts we have put in to return to the earth its resources, as part of our good practices towards environmental sustainability. It is our responsibility to conserve natural resources and protect Global Eco Systems to support Health and Well Being, now and in the future.

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CHILDLINE SE DOSTI

*Carmel Nikethan
Bidar*

The Railway Childline had a programme on ‘Childline se Dosti’ from November 14th to 21st. On the first day, they inaugurated the programme in the Railway station along with station master, other railway officers, police and also our staff. To create awareness on child friendly atmosphere in the railway station, they tied suraksha bandana and had a solemn oath taking ceremony. The shop keepers, cleaners and auto drivers in the railway station were also a part of this awareness programme.



The second day, staff interacted with the passengers in the train and child protection, child rights were explained and pamphlets were distributed to them.

On the third day, awareness was created in the railway station through video shows on child trafficking and its repercussions.

On the fourth day, a programme for railway officers and other passengers on prevention of child trafficking and violation of child's rights was organised through games, like dart board and carom board which was played by the children from CST tuition centre. The winners were felicitated.



The fifth day, children watched a video on “Komal” depicting the security of girl children and a talk on child rights at the station. The same programme was conducted at the railway station as well. At Gandhiganj, a children's corner was set up to create awareness on child care and protection to people.

On the sixth day, a programme on child protection along with photo frame was conducted at the railway station and in the child care institution at Golekhan.

On the final day, awareness on the Childline number - 1098 was showed differently, by holding a bike rally.

Thus, the programme ‘Childline se dosti’ was successful in its awareness drive for the vulnerable group of children and women.

Kudos to the Railway childline staff.

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FELICITATION TO THE RETIRED STAFF : 2019 - 2021 *Province Chronicler*

The 38 retired staff members stepping into another phase of their life after doing everything in Education out of happiness took the centre stage on Saturday, November 6th, 2021 at the Province Auditorium, St Ann's Convent, Mangaluru during the Felicitation programme organised by the Apostolic Carmel Educational Society, Karnataka.



The fragrance of gratitude for raising the bar in excellence in their own institutions with a commitment to inspire the youth in transforming them was in the air. They came with a connect to the management, they smiled leaving behind a thousand smiles of gratitude.

The faces of the retired staff of 2019-2021 beamed with contentment and gratitude as they walked in to the auditorium with lighted candles along with Sr Maria Shamita A.C., the Provincial Superior and the Vice President of the A.C.E. Society, Karnataka and Sister Maria Shubha A.C., the Secretary of the A.C.E. Society. The Diya was lit by the dignitaries symbolising the light of knowledge the retired staff have spread all through their teaching career.

The programme commenced with a prayer service led by the staff and students of St Ann's P U College, Mangaluru. The prayer dance by the students helped everyone gathered to experience the divine presence. As their colleagues spoke briefly about the achievements of the retired staff, the Provincial Superior and the Educational Secretary honoured the retired staff with a shawl, garland and a fruit basket. The culmination of the felicitation ceremony was to honour Sister Maria Shubha A.C, the secretary of the A.C.E Society who retired as a principal of St Ann's D.Ed College, Mangaluru. The retired staff kept smiling as their best moments in service were captured on the stage.



The Provincial Superior in her address acknowledged with gratitude and appreciation the dedicated service and loyalty of the retired staff in moulding the students. Through a short story, she highlighted the significant contribution made by the hands of

these retired staff in nurturing the students under their care and wished them all a happy and peaceful retired life.

On behalf of the retired staff, Mr Umesh Karanth expressed the sentiments of gratitude to the management and to all who guided and supported them in their teaching learning process. Sr Maria Shubha A.C. welcomed the gathering, Sr Lidwyn Pinto A.C. proposed the vote of thanks while Sr Maria Gracilda A.C. and Sr Gracy Lobo A.C. compered the programme. The felicitation came to an end with a relishing meal together.

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MY VOCATION STORY

Sr Maria Roseema A.C.
Bal Yesu Nilaya, Maryhill

“Before I formed you in the womb I knew you, and before you were born I consecrated you. I appointed you a prophet to the Nations.”

These words of the Lord from the book of Prophet Jeremiah, have come true in my life. My parents hailing from a devout catholic family wanted at least two of their children to serve in the vineyard of the Lord. Hence they have offered two of their daughters to God’s service in the Apostolic Carmel, Sisters Roseema and Flavina. I thank God for my parents for their generous contribution to the church. Their life of prayer, hard work, spirit of sharing, caring, inspiration, sacrifice and dedicated life has borne fruit plentifully. My father who is praying from heaven for us and my mother is continuously praying rosary and ejaculatory prayers for us, the Church, priests, sisters and the needy people.

Early morning at 5 a.m. our alarm would go and all of us would rise and gather round the altar and pray our Morning Prayer and read the day’s Word of God. After getting blessings from our elders, each one would go to their work and we the children



cleaned the house and sit for our studies or do our homework and got ready for school.

During our holidays, we would run for Mass early morning through the fields and valleys to the church two miles away from our home. Since my father was a farmer, we had a lot of farm work during the day. In the evening before the family Rosary my mother would teach us catechism and intercessory prayers. I still remember, we used kneel down and pray while my mother ground the masala and got ready the evening meals.

We did not have religious Sisters in our Parish. Once in a way when the Sisters came for their holidays they would come to the church for Mass. Whenever I looked at them, I felt the desire to be like one of them. Whenever anyone asked me what I would like to be when I grew up, my spontaneous reply was “I want to become a Sister.” After my primary schooling I went to our Holy Rosary High School, Moodbidri. Most of the time, I was the only one among the High School students going to school. So while walking, on the way, I used to pray the rosary or sing hymns. My parents had great devotion to Mother Mary and Sacred Heart which has inspired me too.

We used to have retreat once a year. When I was in class 8th, a priest and a sister had come to preach the retreat and I strongly felt that I too should be a Sister. But I didn't reveal my desire to anyone. Once when I was in class 10th, as soon as I received Holy Communion, I felt Jesus telling me “I love you and you are mine”. I felt happy and peaceful within. But I didn't share my experience with anyone. Even though I recalled this experience often, I did not pay heed to it hence it faded away.

Just before the class 10th Board exams, Sr Maria Gretta, looking at my way of life, asked me whether I would become a sister. I willingly said, “yes”. She was very happy and asked me to join the vocation camp which was held at Kotekar during the holidays. Until then I had not stayed away from my home alone and my father very reluctantly sent me for the camp.



After the camp, the sisters asked to do the Teachers' Training at St Ann's. But I didn't get the permission from my father. Hence I continued with PUC. Once again after my PUC, when I asked my father, he didn't give me permission. Hence I gave up the idea of becoming a Sister. I pursued my graduation. During my last year of graduation, the Lord was calling me again to become a Sister. As soon as I got my results, I told my parents, I would like to join the convent, my mother willingly consented, but my father took time to give the permission and said, "once you go to the convent, you will not come back". I bravely told him that I would go with His blessing, and the Lord would take care of him and me. Thus, I joined the convent with the blessing of my parents. The moment I joined the convent, the blessings started to pour into my family. There was joy, peace and happiness. My parents, brothers and sisters, dear ones and neighbours were very happy to see me in my religious dress. Inspired by my life, my parents allowed my younger sister, Flavina to join the convent without any difficulty.

Thus I made my First Profession in the year 1990 and Perpetual Profession in the year 1995. Now I have completed 31 years of my religious life in the service of the Lord. God is indeed faithful. He has kept His hand over me, blessed and protected me till today to serve his people. At the same time, I give prime importance to my personal prayer, Community prayer and exercises, ejaculatory prayer and Rosary.

As I look back, I feel so happy and contented that God gave me ample opportunities to serve him in different parts of the world to different categories of people. I am grateful to my Congregation, all my formators who shaped me into what I am today. I am grateful to all my Superiors General, and Provincial Superiors, Superiors, companion sisters in the communities for their guidance, prayers, acceptance, support and love till today. Though there were plenty of ups and downs in my life, in the mission field, yet I feel very happy that I had an opportunity to serve the Lord and His people. Thank you Lord for all you have done in my life, things both great and small. Yes, Lord, it is you who have chosen me and made



me what I am today. Though I am not worthy, it is your mercy and kindness that has kept me safe till today. I am grateful to our dearly beloved foundress Venerable Mother Veronica who is interceding for us her daughters from Heaven to reach out to the poor and marginalized far and wide throughout the world. May she be raised to the honours of the Altars soon.

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VOCATION PROMOTION, THE NEED OF THE HOUR

Sr M Melissa A.C.

Provincial House,

St Ann's Convent, Mangaluru

When Jesus gave a call to His disciples, He did not keep flyers in the synagogue neither did he put any posters in the village square. His approach was personal towards people who were serious about their faith. People were drawn towards Him because of His contact with His Father.

In response to the call given by the Provincial Superior, the communities celebrated the Vocation Week from November 14th to 20th to strengthen the faith and make known our Way of Life to the catholic students who are with us in our schools, colleges and parishes. Here is the bird's eye view of the activities of the Vocation Week:

Carmel Niketan, Bidar did a bunch of things to make the vocation week fruitful and effective one. A video on our mission work at Bidar was presented to the children of 10 villages in order to attract vocations. A probable aspirant, her parents and the parents of our candidate at Mangalore were invited for breakfast. 300 prayer leaflets on Mother Veronica were distributed to the faithful during Bhalki Jathra. 'Veronica is her name' book was given to the youth to read and study the life of Venerable Mother Veronica.

At Bala Yesu Nilaya, the thoughts on Venerable Mother Veronica were displayed with her pictures and sayings. On Children's Day, the Novices came to spend time with the children. They conducted a few games and enacted a short play on Mother Veronica. We had three hours of adoration with an hour on Vocation.



The catholic students of Carmel School and P U College, Modankap viewed the talk on the life of Mother Aloysia by Sr Jeswina from the YouTube channel. In the afternoon, Srs Reema DMello and Lenita Lobo addressed the Catholic girls while Fr Melwyn of Gujrath province addressed the Catholic boys of P.U.C. on vocation.

The Vocation week began with three hours of Adoration before the Blessed Sacrament at St Cecily's Udupi. All the catholic students were brought to the Chapel for prayer, a special prayer for vocation was prayed. Sr Rachana, the Principal addressed all the catholic students of PUC sharing the life of Venerable Mother Veronica, giving importance to the Religious call. A quiz was conducted to the students of English Primary School and High School on the life of Mother Veronica.

The Sisters of Carmel Convent, Haliyal kept up the vocation week with a day of fast and adoration for two hours, during which time was spent in praying for vocations. A priest was called to give a talk on vocations to the catholic students.

At Carmel, Lingusugur, Sr Preethi Savitha, the vocation promoter was the key person to organise the vocation week and Sr Shalini DSouza shared her vocation story with the students. Holy hour was conducted on the theme 'Vocation' and during the holy hour, all the sisters thanked God and prayed for more vocations to our congregation.



At Stella Maris Convent, Catholic students had an hour of preyer for vocations. Then they were divided into groups and were provided with parables, miracles and scenes from the life of Jesus. They had to enact the scenes given to them. Fr Ryan Pinto OCD celebrated the Eucharist. After Mass, he took up a short session for boys and Sr Jennifer Moras A.C. spoke to the girls on the need of Vocations today.



Sr. Elena addressed the catholic students (girls) of Classes 8 to 10 by sharing her vocation story at Carmel Convent, Moodbidri. Sr Felcita visited the Anegudde Parish and addressed the Children of class 8 to 12 on vocation to religious life and on our congregation.

At Maria Nilaya, Bidar, Sr Christette, the vocation promoter organised the vocation week. The resource person Sr Prathima AC from Carmel Niketan spoke on the life of Mother Veronica and showed a video artistically created by Sr Manisha on the AC presence in Bidar. Sr Maria Greta shared the essence of religious life with the audience. Sr Christette then invited the students for free interaction during which all their doubts were cleared. We also had two hours of Adoration and Prayer for Vocations.



The vocation week was kept up creatively with various activities at the community level and school level at Shanthi Nilaya, Nanjangud. Adoration, Mass and Conference on Founding Mothers was held. Quiz and games were conducted to the catholic students. Sr Tresilda spoke on the “The call in Old Testament” and Sr Gracy on “The call in the New Testament”. They also shared their vocation story with the students and encouraged them to heed to, if Jesus calls them.

At Annunciation Convent, Ladyhill, the vocation week was celebrated with enthusiasm and vigour. The Celebrant Fr Jaison Pais OFM Cap gave an inspiring homily on the last days of Mother Veronica, her charism, her life of faith and her zeal for the mission. The sisters were very grateful to



Provincial Superior Sr Maria Shamita and councillor in-charge of formation Sr Melissa for making “the day with our formees” an inspiring, innovative and a memorable one. The sisters being happy in their call to the Apostolic Carmel shared their vocation insights with the catholic students.

At Vijaymari Convent, two hours of adoration was held to pray for vocations. Thoughts on Venerable Mother Veronica, our Congregation and Religious Call were displayed on the Notice Boards at Vijaymari Community College and at Mount Carmel Central School. Fr Michael OCD addressed the catholic students of the school and through sharing of his unusual vocation journey made the students aware of religious call and the need to respond to it generously. Books on 'Veronica was her name' were distributed to every catholic student and an online quiz was conducted for them in two groups of class 3-5 and 6-10 separately.

Carmel Convent, Ashanikethan organized an 'Evening with Aspirants and Candidates'. They were invited to the community, had a special prayer service for them, and conducted a few games which ended with high tea and snacks. Sisters shared their vocation story with the boarders and prayed with them. A quiz on Mother Veronica too was conducted for them and prizes were distributed to the winners.



Carmel Convent, Gangoli celebrated the vocation week in a unique way. Sr Corona spoke on vocation and she explained about the religious life to the catholic students. Fr Alwyn OCD spoke to the catholic students about the choice in life. A short prayer service and adoration was conducted for the catholic students, after which Sr Eula spoke to them on our foundress Venerable Mother Veronica.



At St Joseph's, Kundapur, the Catholic students of the High school were given a talk on Mother Veronica and on Vocation by Sr Mayola A.C. and on Prayer life by Sr Therese Shanthi. They were taught to pray and to experience the love of Jesus through different persons and events. Community also fasted and offered special prayers for vocations during the adoration.

Sr Marlin began the programme with a short yet meaningful



prayer service at Maria Goretti Convent, Kemmannu. An inspiring talk on the life of Mother Veronica was given by Sr Silvian. She highlighted how Mother Veronica recognized God's call and how we too need to listen to His voice and follow Jesus closely.

The week was particularly dedicated to promoting vocations to the priesthood and religious life through prayer and fasting at Yesu Prem Niketan. It was also an opportunity for each one to discover or rediscover how one personally responds to God's call. 20th November was a unique day to celebrate and appreciate the gift of one's own vocation. Meaningful morning prayer was led and the time was allotted for each one to share their vocation story. The sisters were happy in knowing one another more deeply and relishing each one's unique call.

At St Ann's Convent, Vocation Day was kept up with a meaningful morning prayer at which we reflected on our own call and thanked God for the same. The Aspirants and candidates were invited to the community for a fellowship meal where they mingled with the sisters. At the institution level, the Vocation Week was observed with various activities like reading and making a study on the life of Mother Veronica and presenting in groups, quiz on Mother Veronica, and bulletin boards creatively depicting the theme of the week. The vocation promoter of the community went to different institutions to address the girls and talk to them on our Congregation.



The Vocation week was celebrated creatively at St Agnes Convent. An hour of adoration was conducted along with the Hostellers. Competitions like quiz on Mother Veronica, composing hymns, memorizing a number of quotes of Mother Veronica were organized for the students. Carmel Blossoms of St Agnes CBSE and State Board were invited by the community for a short programme followed by Mass and refreshments. Sisters took the responsibility to make them feel at home. A sister shared her experience in the Apostolic Carmel. Sisters were happy to interact with the students. They were kept actively engaged

through games and interaction.

The sisters shared their vocation story and enriched one another at Carmel, Bailhongal. They also contacted young girls and spoke to them about Apostolic Carmel. A decade of the rosary was prayed for this intention.

At St Joseph's Mysore, an hour of adoration was conducted for the High school catholic students on the theme on consecrated life. Rector of the Seminary Rev Fr Patrick Xavier spoke to the students on the privilege of following Jesus as His close disciples. The community met together and shared about their vocation to the Apostolic Carmel which was interesting and enriching. This also encouraged us to share our call with our students.

At St Mary's, Marjil, the sisters identified the girls who have an inclination or expressed a desire to be religious and gave them the right motivation to foster in them a love for the Congregation. Sr Reema DMello addressed the catholic students of the high school on vocation to religious life. Community vocation promoter Sr Sylvia Soares keeps in touch with the probable candidates.

Vocation week at Mary Immaculate Convent/School began with the meaningful prayer conducted on the first day. Catholic students were addressed by Sr Rosevera A.C., the principal, on the life of Mother Veronica. She also spoke on God's call and encouraged the students to be generous in responding to the call of God to serve him through religious life. The sisters visited a few Catholic families and encouraged the children in these families to give importance to prayer and to think of religious life for the service of God and humanity.



Finally, with all our efforts, youngsters need to experience the joy of living the Gospel radiated by us consecrated persons. A return to the roots is a necessary step for credibility and witness in following Jesus. Thus, being with Jesus in our way of living will surely draw many a youth to share in the life, vision and mission of Jesus, mapped out for us by our Foundress Venerable Mother Veronica.



A SEAL SET ON THE HEARTS OF OUR CARMEL BLOSSOMS

Province Chronicler

Our life is a celebration wherein we express our faith in every event that takes place. They say that the two things involved in any celebration are gratitude and generosity. It is a language of love and praise to God our creator, who plans everything for us even if we feel the doors are being shut sometimes.

The Carmel Blossoms with their activities fill us with hope. God says to the Carmel Blossoms “Stop searching for me. I have found you already!. When I created you, I performed half a miracle. Now go and complete it”.

November 19th, the Establishment Day of the Apostolic Carmel exposed the Carmel Blossoms of various units of our schools, to values comprising of fraternity, compassion and understanding, blending their mission with the vision of our foundress Venerable Mother Veronica.

The Eucharist sustains us and spurs us on renewing our gratitude and our hope. Keeping this in mind, every unit had a purposeful Eucharist Celebration during which God the Almighty was praised and thanked for the precious gift of the Apostolic Carmel Congregation. The history of the congregation highlighted Mother Veronica’s life of obedience, love, vision and mission through different channels like dance, drama, PowerPoint presentations and talks by the units. Video clippings, books named “Veronica was her name” and “Precious gems of Mother Veronica” were distributed to cement the values of ‘Carmel Blossoms’. The videos on “Journeying with Venerable Mother Veronica” prepared by some of the Carmel Blossoms units were uploaded on the province YouTube channel for 9 days from November 10th to 18th and links were shared with the catholic students and parents of all our institutions which made Mother Veronica known to many.



The outreach programme conducted by some of the units for the underprivileged at different places ushered in hope for the inmates and gratification for the Carmel Blossoms. The visits also made them realise their own blessings. Apart from the Eucharistic celebration, Power Point presentations, visits, every unit had lighter moments where they conducted games and the winners were felicitated.

While sharing their experience of being a Carmel Blossom, they confessed their growth in spirituality, charity and also in their personal, social and academical growth.

May the prayer of every Carmel Blossom, that Venerable Mother Veronica to be raised to the honours of the altar, be heard.

The experiences of some of the Carmel Blossoms are expressed in their own words here below:

Says Saloni Saldanha of St Agnes High School, Bendore, “I am happy to study in the Apostolic Carmel Institution and to be a part of Carmel Blossoms for five years. Through this association, I have learnt about Carmelite saints and also nurtured many values in my life. I have got the taste for prayer and this helps me to love Jesus in my life. My animators have helped me to participate in the Holy Eucharist meaningfully and to visit the Blessed Sacrament frequently. I have learnt to reflect on the word of God and to share it during the meetings.

I was able to bond with my companions. The competitions which we conducted gave me confidence. I am grateful to the Apostolic Carmel sisters and the School for the interest and encouragement in my spiritual as well as educational growth. I pray that Venerable Mother Veronica may be soon raised to the honours of the altar”.

Vibha Jonina Mascarenhas of Class VIII of St Agnes CBSE School, Bendore, says “My experience of being a Carmel Blossom is a very exciting one. My journey as a Carmelite flower



began when I was in Grade VI. As a Carmel Blossom I have realised the importance of God in my Spiritual life. It is a journey of silence, devotion, trust, true faith in God and fellowship bond with my Carmel Blossom friends and with everyone around me. I learnt values of life through the animator's talks which inspired me these 3 years, to be bearer of love and faith in the Garden of Carmel like those beautiful blossoms. I was able to listen to the voice of my heart. I was surprised to learn of the many events of Mother Veronica's life, few lives of Saints, and many examples of people who were faith formers. On November 19th, 2021, the Sisters of St Agnes Convent invited all the Carmel Blossoms of the campus to take part in the programme on the occasion of Carmel Blossoms Day and Establishment Day . The Sisters of the Community presented before us the documentary on Mother Veronica's life. And on the starting of Apostolic Carmel Congregation. The Joint Secretary, Sr. Lydia A.C gave us an inspiring talk. We then proceeded to celebrate the Eucharist in the Convent Chapel. Fr Anil D'Souza was the celebrant and he appreciated the Apostolic work done by the Apostolic Carmel Sisters in Mangalore and other places. At the end of the Mass we received a book "Precious Gems of Mother Veronica" followed by refreshments. I am glad to be a young Carmel Blossom and express my deepest gratitude to all the sisters of our school who have made me a part of this group and whose memories I will cherish".

Perpetua Pereira of Class IX of Mount Carmel Central School, Maryhill narrates, the one thing I take pride in mentioning is that I've been an active Carmel Blossom for 4 years now. As a student, being a Carmel Blossom has provided me with many more opportunities, to learn, to share, to help and on the whole, to grow; to grow in prayer, closer to God.

I still remember the first meeting I attended. I was in class 6, and having known nothing about who a Carmel Blossom is, I entered the room with my friends. And trust me on this, from the very beginning, when our animator Sr Lidwyn had begun with



prayer during which I was so engrossed and filled with joy that I got a taste for prayer.

Apart from the spiritual nourishment that we had, the frequent visits to orphanages and other institutions have helped me inculcate the virtue of being helpful. This year, we had the joy of celebrating our Carmel Blossoms' Day at Bal Yesu Nilaya - Children's Home. It was indeed a wonderful opportunity to interact with children, to sing and dance with them and share gifts with them. The picture of these little children smiling their heart out, has left a lasting impression on me.

All these, have truly helped me, and I believe all other Carmel Blossoms just like me experiences the rare joy in being a part of this association. Therefore, I take pride in saying, "I'm a Carmel Blossom".

Andrea Abreo of Class IX of Mary Immaculate School, ICSE, Bangalore, says, Month of November is a very special month, ever since I became a Carmel Blossom. I look forward to celebrate Carmel Blossoms Day which is an opportunity for me to speak aloud about the heroic life of Venerable Mother Veronica and the pioneering A.C sisters.

This year, unfortunately 19th November was declared a holiday in Bangalore due to bad weather conditions. A day of celebration turned into a day of sadness for me. However, this disappointment was short lived as we ended up having twin celebrations on 23rd November-Establishment Day and Carmel Blossoms Day. We had a meaningful prayer service and I was fortunate to speak about the history of the congregation to the entire school.

As a Carmel Blossom, it is indeed my privilege to be a member of this wonderful fraternity which has helped me to mould my life in the virtues of Venerable Mother Veronica.



A.C. FOOTPRINTS VOL. 9 - Pages 178 to 240

DECEMBER 2021

Sr M. Aquina A.C.

St Joseph's Convent,

Kundapur

(Kindly send the answers to the Editor of Karnataka Vani by April 15, 2022. You could mail only the answers as Across... 1, 2, 3, etc (without the grid) to the Email ID - srmelissa2159@gmail.com)

1						2					3	
											4	
				5								
6											7	
8												
										9		
10												
					11	12						13

Across:

1. She lost her mother at the age of two. Her step mother lovingly cared for the children. She flatly refused marriage offers and answered the lord's call to an A.C. Her deep spirit of prayer, obedience, her sense of wit and humour set others at ease and made her a good community member. (7)

2. She was one of the four Sisters who joined the Apostolic Carmel. whenever there was need for work in missions, and selfless service, one could depend on this Sister. She worked in Sri Lanka and India. She was a resourceful person to handle various jobs. Hers was a track record of hard work for several years till she was laid low by illness. (6)

5. She was from Jaffna, the youngest of the seven children. When she was a novice, her brother arrived at St. Ann's.



unannounced, and demanded that his Sister should return with him to the Island. She was firm and with tears, she told the Novice Mistress, “I did not come to go back”. (8)

6. This Sister had a deep aesthetic sense which transformed anything she undertook into a work of art and beauty. She produced beautiful bridal cushions, bouquets, wreaths and decorative pieces. She was skilled at cooking and setting up dinner tables. She was close to Nature and enjoyed growing flowers and arranging them on the altar. (4)

8. This Sister loved good music. In her communities, she was choir mistress. She was eager to teach others to play keyboard. During her illness she taught her home nurse to play on the Cassio. Last three months she was helpless because of shrinking of the brain. She lost her power of speech.(5,7)

10. She opted for the Northern Province. The year 2000 was Anno Mirabilis for her. she got the long awaited break from classroom teaching. The National Secretariat of the C.R.I. needed a competent Sister to handle the work there. This post gave her an opportunity to work for the church. Her mental energy found the best possible use. It gave a boost to her Spirits at 60+. (5,4)

12. All through her teaching profession, she was given the Kindergarten Class. For several years, when there was pioneering work, she was selected to serve in such places. She was blessed with a special talent to teach Kindergarten children. People loved her for her simplicity, gentleness and kindness. (7)

Back:

4. This Sister is from Kinnigoli, opted for the Northern Province. She spent 4 years in Digboi, learnt Assamese language to converse. She came to Shillong, learnt Kashi, which helped her while visiting families and catechizing people. With joy in the Lord’s service she went about spreading the Good News and responding to the crying needs of the trials. (9,4)

5. Though the biopsy of the brain tumour showed no



malignancy, the after effects of the surgery could not be predicted. She had two surgeries. Sisters prayed fervently to Mother Veronica, but the Lord did not want this. She had a strong attachment to Christ shown through her joyous outlook on life and its challenges. Death called on her on the feast of St. Bernadette. (6)

7. She was well qualified to serve the Hindi speaking belt. Being a tribal, she could understand the hopes and needs of people living in an oppressed state. She was happy to meet people after Mass, on Sundays. She used to visit the families of Catholic students regularly. She had a good memory for names of people. 'A good missionary is one who knows persons by name.' (10)

9. A Mangalorean by birth, a member of the Western Province, had a natural aptitude for handling accounts and was a good singer. At the age of 52 she was sent to St. Ann's for regular B.Ed.studies. After retirement, she was in charge of Preparatory Dept. of Lourdes Bangalore. Her week ends were with Carmel Blossoms, helping the students to grow in appreciation of Christian Values.(4,8)

11. It was on her First Communion Day, she felt the desire to be a nun. She completed Teachers Training at St. Ann's. As a Sister, wherever she was sent, she learnt local languages. Hindi in Patna, Malayalam in Providence, Gujarati at Ahmedabad. She opted for Western Province. Her aptitude was to spread the Gospel Message through Family apostolate: Letter writing and good Christian literature, conversation and contacts. The song "Beyond the sunset" meant much to her. (6)

Down.

3. She was the only child of her parents. She opted for the Southern Province. She made good use of the training she received at the R.I.E. Even when retired, she gave short courses in English. She was a perfectionist. She expected Sisters to sing well, decorate artistically, behave politely and dress neatly. (8)



UP.

13. The author of A.C. Foot Prints writes, "true to her name, she was a shining example of love and charity. During her long years as religious, all those who lived with her, have experienced the magnanimity of this angelic soul, so intent on being and living the divine life, in her shedding its radiance to all around". (8)

Results of the Quiz on A.C. Foot Prints Vol. 9 – Pages 123 to 178 Congratulations! Well Done!!!

Centre

1. Sr Maria Carmela, A.C., Lourdes Convent, Bengaluru
2. Sr M. Verita A.C., Presentation Convent, Maryhill
3. Sr Juliana Mary A.C., Presentation Convent, Maryhill

Western Province

1. Sr Maria Christi A.C., Provincial House, Bandra
2. Sr Elvira Tellis Nayak A.C., Gandhidham, Gujarat
3. Sr Anitha Roselin A.C., Mount Carmel Convent, Navarangpura
4. Sr Florence Mary A.C., Carmel Seva Mandir, Goa
5. Sr Dorita A.C, Mount Carmel Convent,
Navrangpura, Ahmedabad
6. Sr Sumita A.C., Carmel Convent, Chandigarh
7. Sr Maria Beena A.C., Carmel Convent, Chandigarh
8. Sr Maria Meena A.C., Carmel Convent, Gandhingarrar
9. Sr Margaret Angela A.C., Carmel Convent, Bandra
10. Sr M. Christalina A.C., Fathima Convent, Margoa
11. Sr Oleen A.C., Carmel Convent, Nuvem
12. Sr Lira Morais A.C., Mount Carmel Convent,
Lullanagar, Pune
13. The Superior & Sisters, Mount Carmel Convent,
Ajni, Nagpur



14. Sr M. Renuka A.C., Mount Carmel Convent,
Navrangpura

Northern Province

1. Sr Amika A.C., Carmel Bal Vihar, Jamshedpur
2. Sr Prabha Rosaline A.C., Sacred Heart Convent,
Jamshedpur

Eastern Province

1. Sr Juliet Shanthi A.C, Carmel Convent, Rourkela
2. Sr Maria Deepika A.C, Carmel Convent, Rourkela
3. Sr Marie Castelino A.C., Carmel Convent, Durgapur.
4. Sr Clemitha A. C. Carmel Convent, Ummulong
5. Sr Ribanika A.C., Carmel Convent, Kurseong.
6. Sr Lucy Lobo A.C., Durgapur, M.A.M.C.
7. Sr Annice A.C., Carmel Convent, Pakyong
8. Sr Rajni A.C., Apostolic Carmel Women's Welfare Centre
Anandapally, Kolkata

Southern Province

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

Karnataka Province

1. Sr Prathima A.C., Vijaymari Convent, Maryhill
2. Sr Felician A.C., St. Cecily's Convent, Udupi
3. Sr Carmel Rita A.C., St Agnes Convent, Bendore
4. Yesu Prem Niketan Community, Bendore
5. Sr Maria Merlyn A.C., Anugraha Convent, Bellary
6. Sr Ida Barboza A.C., Mary Immaculate Convent,
Bangalore
7. Sr Maria Anita A.C., Vijyamari Convent, Maryhill
8. Sr Flavia A.C., Seva Ashram, Pavur



Show them your merciful love Lord, grant them eternal rest

Date	Name of the Sister	Name of the deceased	Relationship
26.07.2021	Sr Corona A.C.	Mrs Cecilia Cardoza (77), Mumbai	Sister
07.08.2021	Sr Preena A.C. Sr Chetana A.C.	Mr Jose K. V. (67), Thottathady, Belthangady	Father Brother
13.08.2021	Sr Vincenza A.C.	Mrs Harriet Rego (67), Dubai/Goa	Sister-in-law
14.08.2021	Sr Maria Priya A.C.	Mrs Nancy Lobo (51), Mumbai	Sister-in-law
19.08.2021	Sr Maria Suma A.C.	Mr Minin Fernandes (91), Haliyal	Father
28.08.2021	Sr Cynthia Pinto A.C.	Mr Henry Pereira (69), Ashoknagar, Mangalore	Bro-in-law
03.09.2021	Sr Agnes Castelino A.C.	Mrs Lucy Castelino (90), Belman	Mother
08.09.2021	Sr Cherubina A.C.	Mrs Ida Veigas (67), Derebail	Sister
25.09.2021	Sr Avita A.C.	Mr John B. Mendonca (82), Kulshekar	Brother
02.10.2021	Sr Aloysius A.C.	Mrs Clea Pais (85), Bangalore	Sister-in-law
10.10.2021	Sr Maria Shamita A.C.	Mr Deric Nazareth (53), Derebail	Brother
19.10.2021	Sr Maria Laila A.C.	Mrs Philomena D'Mello (98), Mumbai	Mother
22.10.2021	Sr Marie Dulcine A.C.	Mr V. J. Coutinha (75), Bendore	Brother
25.10.2021	Sr Maria Sadhana A.C.	Mrs Helen D'Cunha (91), Modankap	Mother
05.11.2021	Sr Maria Shubha A.C.	Mr George D'Souza (65), Mumbai	Bro-in-law
16.11.2021	Sr Renita Fernandes A.C.	Mrs Silvia Fernandes (53), Thottam	Sister
21.11.2021	Sr Juliana Mathias A.C.	Mrs Rita Monis (90), Moodubelle	Sister
29.11.2021	Sr Xavier A.C.	Mrs Cossess Gonsalves (96), Modankap	Sister
05.12.2021	Srs Dionetta A.C. and Maximine A.C.	Miss Emid Mary Crasta (96), Katpadi	Sister
15.12.2021	Sr Sylvette A.C.	Mrs Louisa (61), Goa	Sister-in-law





*The love that we give will always be felt
The messages we convey will also be sent
The poor and the needy will now be fed
These are signs that Christmas Spirit will never end*

Warm Christmas wishes, loving greetings and grace filled New Year 2022 to our dear Sr Nirmalini, Superior General and Team, all the Provincial Superiors and their teams, Regional Superiors and their teams and all the sisters of the Apostolic Carmel. May the Christ child bless you and may you be the channels of His love, Peace and Joy.

**Sr Maria Shamita & team
and all the Sisters of Karnataka Province**



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