

THE APOSTOLIC CARMEL

KARNATAKA PROVINCE



Be With Us Mary

ALONG THE WAY...

Welcome

*A Warm and Gracious Welcome to you dear
Sister Maria Shamita and the Team*



*May God bless you with –
A key for every problem
A light for every shadow
A Plan for every tomorrow
And a joy for every sorrow!
May God be*

***Your STRENGTH, your SUPPORT, your GUIDE
As you strive to give the best of your life,
To lead the Province forward for His Kingdom!***

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Editorial

This year, Sister Nirmalini our Superior General, had opened the doors to a larger group to participate in the General Advisory Council Meeting and had invited Br Philip Pinto, a Christian Brother to animate, reflect, discuss and share. A passage and the painting and its reflection that captured my attention was that of



‘The Other Visitation’ Let me place that before you as we are approaching the feast of our Lady of Mount Carmel.

The Other Visitation



What I love about this painting is that I see that I am both Eve and Mary, all at once. Like Eve there are times when I am stooped my shoulders low, feeling ashamed and guilty. I am unable to look up. I am still clinging on to that apple. I am unable to let go of that addiction, that hurtful experience, that failure. And I am telling myself, even to the point of screaming, “Come on, for goodness sake will you let go of that apple?”

What I love about this painting is the tenderest of gazes that Mary shows towards Eve. Mary is not preaching to Eve, why she has to give up the apple. She is not even pointing out that a serpent has wholly trapped her. She just lovingly comforts Eve with her right hand. See how gently Mary invites her to touch her beating heart of love.



What I love about the painting is the garden setting - the Genesis Garden where Yahweh walks with us, the garden in the Song of Songs where we are consumed in intimacy with God, the garden of Gethsemane reminding of us of the vulnerability of Jesus and his flimsy disciples. The arches in the painting signify that this place is a doorway, a threshold to a new beginning.

What I love about the painting is that it inspires me to carry God's love like Mary. It calls me to be gentle with myself and my sisters and brothers. It invites me to see the abundance around me like the plentiful fruits teeming in the archway. This is the only way the 'serpent of scarcity thinking,' can be crushed in me and in our world.

Together with Eve I contemplate: What self-blaming thoughts, addictive patterns, and failures am I clutching on to?

How do I free myself from the distorted thinking that controls me ?

(Reflections from Br. Philip Pinto)

The Carmelites were known from early years as “Brothers of Our Lady of Mount Carmel.” The title suggests that they saw Mary not only as “mother,” but also as “sister.” The word *sister* is a reminder that Mary is very close to us. She leads us to a new realization that all human beings belong to the family of God. When such a conviction grows, there is hope that the human race can find its way to peace.

The poet Kuvempu suggests that we ought to have the consciousness of being ‘Vishwamanava’. Our Holy Father Pope Francis appeals to each one of us in his encyclical ‘Fratelli Tutti’ that we embrace everyone as brother and sister. On the other hand the new concept of ‘Synodality’ beckons each one of us that we walk hand in hand as brothers and sisters.

We are ushering in the Bi-Centenary of the Birth of our beloved



Founder. Hence we venture to know her ... Here we go ...!

1. Who is Mother Veronica to me?
2. Letters to Mother Veronica from individuals and communities detailing the growth, struggles, challenges of the Apostolic Carmel today!

I am very happy that the sisters have acknowledged with gratitude the role she plays in each of their lives and mission. More letters to follow...

May our Mother, Our Lady of Mount Carmel enable us to practice 'the other visitation' in our day to day living and also imbibe the spirit and zeal of our founder in our daily living.

The Provincial Superior, Sister Maria Shamita and the team warmly wish you a very Happy Feast of our Lady of Mount Carmel

Sister Rose Agnes A.C

Editor



Cosmopolitan Community

Day at St Ann's

Our life is full of events Major - Minor, Daily - Weekly, Monthly - Yearly etc. St Ann's is a cosmopolitan community that houses the Provincial team, student sisters from North, East and West and our sisters on holidays from East Africa, Kuwait etc. If we want the satisfaction of a good event it requires planning, visualizing, coordinating, consulting etc. Such an annual major event was the dual celebration of the appointment day of the Superior, Sister Marie Lucy and the Community Day which was fixed for Sunday, 29 May 2022. As the day of the event approached, one could sense the pulse of the event, rehearsals galore and the final practices taking place everywhere - parlour, recreation room, TV Room, ground floor, first floor, second floor and various corners in the morning, noon and night.

Community Day began with an inspiring and gratifying Morning Prayer with gratitude for the past eventful year and for blessings for the coming year. Sugar cane juice at 10.30 am and games before lunch, in groups of 7 or 8, was a fantastic experience - passing of teaspoonful of water from Netravathi to Gурpur river without dropping, piling the tumblers and balancing a rupee coin and constructing the longest chain of rubber bands. The only game that carried equal marks for all was the hymn to be sung with the given word. All young and old were on their toes to secure the prizes.

The meals were yummy with a variety. In the morning a rabbit greeted the dining table and in the noon, the cock crowed and the lamb bleated. Veg. and non veg. got their fair share and all were full to their hearts content.

The grand finale came at 7.45 pm wherein the Provincial team and the groups of Ann's were all decked in secular as well as gorgeous attire for the grand celebration. The Superior inaugurated the programme with the release of a shower of balloons. The catcher of the lucky balloon was Sister Carmel Rose and the prize was a

beautiful keychain which thrilled her.

Prayer is the appetizer that gives meaning to our lives and makes them fruitful and redemptive. Group III led us into prayer, to thank God for His bounty all through the day and to make not only the evening but the whole year a fruitful one.

Group II welcomed the two communities for the evening programme in a very unique way using modern technology to tide over problems faced today. The senior sisters expressed their difficulties like loss of memory, hearing disability, optical problem, arthritis, to name a few. Can you guess the problems of the young sisters? No time to clean their own room, no time to do their daily and weekly washing, etc. The need of a Robot was very much felt and the young, experienced in modern technology, devised a Robot which could carry out all the chores. But the Robot was a total failure for it messed up everything. But was it really a failure!! Surely not!! It was a unique way of expressing a warm WELCOME for the evening's programme.

Youth has vigour and if this energy is not fruitfully used it becomes destructive. Our student sisters fruitfully used their youthful energy with such enthusiasm that those of us whose muscles had stiffened also felt like dancing. What type of dance, you may wonder. Well, it was a Portuguese dance performed by a cosmopolitan group.

The Provincial house usually has a programme that sends everyone into gales of laughter. This year it was a newly married Dolla missing his wife just after 3 months and the joy of finding. Pedru proved that a friend in need was a friend indeed as he was able to find the wife and reunite the couple.

Community day is a day to relax, hence a mad dance or even a lazy dance which evokes laughter is preferable to classic dances. Group I sent us into peals of laughter when they came on stage with odd costumes and performed the 'Lazy dance'. But life is real, and the daily chores when performed to the accompaniment of music, become enjoyable and meaningful, more so when the young and old do it together.

Life is not all fun and frolic. It has valuable lessons for us. Group II showed us how to build bridges and strike down walls for a happy community life through a very creative skit ‘Minchu and Pinchu’ – the two bosom friends – the trees.

Sister Marie Lucy thanked the Provincial Superior and the whole community for the day which began in the chapel, continued in the refectory and ended in the community room.

After the hilarious evening we composed ourselves for prayer. Life has its ups and downs. We have witnessed a lot of this in the recent past – with the Covid Pandemic disrupting our lives as well as other problems faced as individuals and in community life. At the time it looked as if God was nowhere around, that He had left us to struggle on our own. That He was asleep. The song, ‘*Master the Tempest is Raging...*’ played for us, made us feel His presence within and around us. The Night Prayer brought to an end the celebrations but not the spirit of togetherness. It prepared us to face yet another year in solidarity !

Mary the Heroin of our life

*Carmel Convent,
Gangolli.*

Let us begin with an incident that really happened in the life of our sister. Sister lost her mother when she was a Junior Novice. Immediately after receiving the shocking message, she went to the statue of Mother Mary in the chapel and prayed, “From today onwards you are my Mother” and surrendered herself to Mother Mary. From then onwards she relied on Mother Mary totally. Through this incident, by learning from the Holy Scripture and other interventions of Mary in the lives of the faithful, we realise that Mary is the real intercessor and protector of humankind.



How Mother Mary can be a Model?

In the Holy Family of Nazareth, Mother Mary played the greatest role as a humble handmaid of God by living the virtues of faith, love, kindness, compassion, simplicity etc. She practiced all these virtues bravely and courageously. In our modern world many take for their role models worldly achievers but for us religious we realise that Mary is the greatest and most perfect role model. Her simple and God-fearing life encourages us and draws us closer to Jesus. Observing the past and present situations of the world, Mary teaches us to do good and radically reject everything that is contrary to Christ's Values.

St Francis de Sales says, Mother Mary's total commitment will inspire and encourage us to be faithful to our own commitment as Apostolic Carmelites. Let us run to Mary and as her children, cast ourselves into her arms with perfect confidence.

MOTHER MARY MY ROLE MODEL

Sister Maria Roseema A.C.
Bal Yesu Nilaya



Human language has no vocabulary to express the myriad virtues of our Lady. Our Lady vested in the 'gold of Ophir' wherein is implied, that our Lady is resplendent and glittering with all the virtues and graces that set her over and above the entire multitude in the celestial courts. To us her children, she is a role model of love, devotion, and faith. By her "yes," she sealed our salvation.

St. Alphonsus Ligouri writes "We repeat that the Blessed Mother is infinitely inferior to God but immensely superior to all the other creatures. Just as it is impossible to find a son more wonderful than Jesus, so it is impossible to find a mother

more wonderful than Mary.” He also writes that the sweetest words in heaven and on earth are the ‘Ave Maria - Hail Mary’. The frequent recitation of the words assures our reception into the vast multitude before the throne. Let us then recite prayerfully the words of the Hail Mary, for they are the words Mary most treasured in her heart.

It’s an amazing fact to think about. God has a mother! He has a particular person who carried Him in her womb, nursed Him, raised Him, taught Him, loved Him, was there for Him, and pondered who He was throughout His life. This last fact is especially beautiful to look at.

The Gospel passage Luke 2:19, says, “And Mary kept all these things, reflecting on them in her heart.” And she did this as a caring mother. Her love for Jesus was as unique as the love of any mother. However, it should be noted that she was a perfect mother and loved Him with a perfect love, He who was not only her Son, but was also her God and was perfect in every way. What does this reveal? It reveals that the motherly love shared between Mary and Jesus was profound, inspiring, mysterious, glorious and truly sacred! The mystery of their love is worth reflecting on throughout our lives, keeping it fully alive in our hearts. She is an example for every mother and is also an example for all of us who seek to love others with a pure and holy heart.

“Through Mary to Jesus”: As a small girl growing up, I was always encouraged by my parents to pray to Mother Mary. We had a nice little frame of Mother Mary holding Jesus in her hand. My mother instilled in us love for prayer and devotion to Mother Mary. She would make us, her children, kneel down before the frame and pray ‘Hail Mary’. We used to earnestly and spontaneously pray to Mother Mary before our family prayers. We would kneel down all through the rosary. After the prayers in the morning and evening we would sing a hymn to Mother Mary daily. During the day whenever I was alone I used to pray to Mother Mary or sing hymns to Mother Mary and intercede for the people who suffered in various ways.



Mother Mary protects us just as our mothers do. She is at our side covering us under her mantle of love and holds our hands and walks with us. I have experienced her loving protection very often. We had to cross a stream close to our house. It had a wooden bridge. Whenever we had to go to school or church we had to walk on it. Once when I was in class I, both my brother and I were crossing the bridge. I slipped and fell into the stream. My brother cried aloud for help and immediately our neighbours working close by came and saved me. My mother told me that since I had our Lady's medal round my neck, it was our Lady who saved me from danger. Hence from my childhood, I loved Mother Mary as my loving heavenly Mother. My mother used to tell me that I have been given Mother Mary's name and I had to imitate her virtues: to be punctual, prayerful, sincere, humble and open. Though at times I used to find it difficult, I used to do what my mother told me. Whenever, I was alone, I used to recite Hail Mary or say short ejaculations.

During my catechism classes and Legion of Mary Meetings, it was a great joy to speak to students about Mother Mary. I used to teach them hymns to Mother Mary and tell them that we go to Jesus through Mary. Mother Mary is with us more than our earthly mothers. We can speak to her at any time, in our anxieties, troubles, joys and sorrows. She holds our hand and leads us to Jesus. If we earnestly pray to Mother Mary she will intercede for her children by taking all our prayers to Jesus. Jesus always answers our prayers through Mother Mary.

Dearest Mother Mary, you loved your Divine Son with a perfect love. Your heart burned with an unquenchable fire of motherly charity. Your bond with Jesus was one that was perfect in every way. Help me to open my heart to that same love that you share with Jesus. Come, be my mother and care for me as you cared for your Son. May I also love you with the love Jesus had for you and with the love He now lavishes upon you in Heaven. Mother Mary, the Mother of God, pray for us. Jesus, I trust in YOU !



The Twilight years linger on....

The Golden Jubilarians

Karnataka Province

God brought together the thirty seven of us - three batches of 1970, 1971 and 1972, who are in our early and late seventies at Saranya through the instrumentality of Sister Nirmalini, our Superior General and her team. Sister Linette, the Assistant Superior General was our guide and animator. No virus could stop this plan of God in 2022. Our hearts welled up in gratitude and sentiments of love as we embraced our companions; some of us were meeting after ten years of our Ruby Jubilee.

The Renewal Programme began with the young Temporarily Professed Sisters with their graceful movements welcoming us. Six sisters from each Province lit the diya inviting the Lord in our midst. This set the tone for the opening prayer service led by Sister Linette. God brought together the thirty seven of us - three batches of 1970, 1971 and 1972, who are in our early and late seventies at Saranya through the instrumentality of Sister Nirmalini, our Superior General and her team. Sister Linette, the Assistant Superior General was our guide and animator. No virus could stop this plan of God in 2022. Our hearts welled up in gratitude and sentiments of love as we embraced our companions; some of us were meeting after ten years of our Ruby Jubilee.

Sister Nirmalini, being in Pau, met us on-line to welcome us and to invite us to celebrate God's faithfulness and our response of fidelity. She asked us to look back to the gaze of Jesus that enraptured us and made us fall in love with Him, the time we caught sight of the 'Treasure'. After spending a few moments of stillness, she made us realise that the bend in the road is not the end but only a turn. She expressed her gratitude for the contribution we have made to the Apostolic Carmel through our life of prayer and ministry and gave us thought provoking questions to reflect upon and to respond positively.



In her first session, Sister Linette helped us realise that eternal youth is a disillusion and being old is important and beautiful. She referred to Pope Francis' message where he presents Simeon and Anna who lived, waiting for Jesus. The fidelity of waiting sharpened their senses. The Holy Spirit enlightens our senses when we wait for the Lord. We need to wait for Him, lest He passes by unnoticed and that will be a great tragedy. The anaesthesia of our spiritual life is most dangerous. When our senses are numbed, we lose sensitivity for others and become less compassionate towards others. The road ahead of us will be bumpy. We need to be aware of it and be prepared by letting go of our attachments and grow in humility.

The highlights of her other sessions were:

Session II: We are not human beings with spiritual nature, but spiritual beings with human nature. The Apostolic Carmel Spirituality is based on Christian spirituality and Carmelite spirituality. It springs from the Charism and the spirituality of our Founder, Venerable Mother Veronica. The Charism is not a onetime experience, the flavour has to linger on, the experience has to grow into deeper relationship with God permeating every aspect of our lives; each one of us has to take responsibility to grow in the Charism. The second aspect of the spirituality of our Foundress is from her life and service. Faith was her treasure, the Eucharist her strong support; she searched for God's will and was always under the shadow of the Cross; her remarkable virtues being humility and charity along with her devotion to Mary.

Our **core identity** which is permanent: 'I am the beloved child of God'. We need to be convinced of this that God loves us unconditionally; His love is gratuitous, everlasting and faithful. This conviction does not depend on our externals but on one's BEING with God. The **functional identity** is temporary; it is based on one's DOING - on talents, success, possession, etc. which keep changing and result in suffering.

Time was given to discover our identity and the unique elements



of our spirituality.

Session III: As each day passes there is less time balance in our life. We need to recall God's faithful love and let gratitude and joy radiate on our faces. As the sun rises, moves to its peak and sets, we too go through the three phases of our lives. As darkness prevails we need to see how far we have come, what we have missed and plan for the rest of our journey. Our God does not leave us alone; the Emmaus disciples missed Jesus, but He travelled with them. We need to sit still in His presence, go down memory lane and go through all the events, though painful they may be. Accept them and be grateful.

The next two days were taken up by Fr. Errol Fernandes S.J. His thunderous voice and active movements kept us awake and lively. He began saying, 'Be in LENT always'! Of course it took us by surprise, but then he explained saying, 'L is to **Leave**, E stands for **Every**, N for **Negative** and T for **Thought**. This will keep us optimistic and thankful. God, after His work of creation for six days rested. He distanced Himself from His activity. Even so we who are made in His image should distance ourselves and spend time celebrating the past with gratitude in our hearts.

During his first and second sessions, Father based his talk on the Flowers, Weeds and Fertilizers.

The Flowers were what gave us joy, the gift of our vocation and the only MAN we should keep our gaze on - our only focus. The flowers are also the lives we touched and transformed during our ministry.

The Weeds were the challenges, at times the hurts we carry. Our wombs were meant to be filled with joy as they are life-giving, but sadly we fill them with bitterness, resentment, jealousy and negativity.

The Fertilizers are what we would want to improve upon, what we would want to transform in our lives. The fertilizers are the saltiness and the light that Jesus speaks in the Gospel. If our



saltiness is lost then there is no use. As Apostolic Carmelites, the saltiness is being a contemplative in action. We are the light which gives priority to contemplation. Let the reward of our action be in doing the action. We have to be receptacles of God's grace like Mary was and say, 'Let it be done to me...'. 'It is no longer I, but You who will do in me'.

In Session III, Fr Errol elaborated the Mission discourse as given in Mt 10: 1- 42 which was really inspiring. A disciple is one who sits at the feet of the Master and learns from Him. Hence, the importance of personal prayer in our lives! Being with the Lord will help us to witness to Him. Jesus tells His disciples to take no gold ... so that is our life of Poverty, depending on the providence of God. He tells the disciples, 'whatever town or village you enter ... peace returns', which means to be fully detached. This is our call to Obedience, to go where we are sent and to do good where we are sent. In Mt. 10:37, He says, 'whoever loves worthy of me' is our life of Chastity. What a big sacrifice we have made in giving up the great privilege of bringing forth a child to the world and now we fret and worry over petty things.

Fr Errol, on the second day spoke on the attitudes that break a community and attitudes that build a community.

Attitudes that break a community:

1. I know everything about everything: Is this not the carpenter's son attitude? They took offence at Him and Jesus could do no mighty works. I know from where she comes, her background ...
2. The Martyr complex: I think only I am doing everything, working hard. No one is bothered. It is better not to do than do and be complaining. Martha's was a distracted action. She was not focussed. Her attention was not on her work, neither on Jesus, but on her sister. Instead of sitting like Mary, she was telling the Lord what He should do. Do not be judgemental.

3. Gossip and backbiting: stems from inferiority complex. Before talking about someone ask yourself three questions – How will this talk about another help me? How will this talk about another help the one I am talking to? How will it help others?
4. Pulling apart: when my suggestion is not accepted, I do not cooperate, and make others also not to cooperate. We are not decision makers but only suggestion givers. Do not be attached to your suggestions.
5. Pessimism: the disciples asked – Are we to go and buy bread for all? We have nothing but 5 loaves and 2 fish. We become pessimistic instead of trusting in the Lord.

Attitudes that build a community

1. Openness: I have a lot to learn. The sin against the Holy Spirit is an attitude of being closed, to say that the Holy Spirit cannot change me. Jesus looked at Peter and he wept and changed. He told the woman, ‘Neither will I condemn you.’ Keep yourself open to His grace.
2. Freewill: I do what needs to be done, not wait for applause, appreciation or blame others. Wherever I can, I help.
3. Confrontation or care-frontation: encourage or correct a person privately. If you cannot then pray for her, do not gossip.
4. Pushing together: I do not identify myself with my suggestion. If my suggestion is rejected, I will not feel rejected. I will be detached. If the other’s suggestion is a failure, I will not say, ‘I told you so....’ or ‘I knew this will happen’.
5. Optimism : Scatter, sleep, awake - in Mark’s Gospel. A man scattered the seeds, he slept and awoke. God gave the yield. So do all in your power what you have to do. Trust God more.



Sister Linette in her last session urged us on, to look forward with confidence. What is present, is our opportunity and not to miss it, to focus on the meaning of one's life, one's identity in the eyes of one's Creator and not what others say. We need to think of our responsibility to His unconditional love. Resisting one's call to interiority is unhealthy and would lead to depression. Many of us begin the inward journey but never reach beyond the fourth mansion for there is no consolation. We should not depend on consolation. It is the Lord who takes over. The more we advance in prayer, the greater will be the experience of the Cross. We learn to become fruitful - the fruits will be contemplation and perfect charity. We should avoid being judgmental and critical and be more graceful, giving life to another, our communities, the congregation, the church and society.

The entire timetable was relaxing giving a lot of time for reflection, prayer before the Blessed Sacrament and sharing in groups, batch-wise. The recreations in common, in batches and with our Superior General gave us opportunities to recall funny incidents as candidates, postulants and novices. It was indeed filled with laughter and joy!

The sisters at Saranya made our stay very cosy and comfortable, supplying us with delicious food, etc. The community at Lourdes also remembered now and then to send some well prepared dishes. The Temporary Professed Sisters went out of their way in helping wherever they could.

The celebration of the Golden Jubilee on May 22 was the climax. The Generalate Team fixed golden rose buttons on us and we carried lighted oil lamps to the altar to the tune of, 'Behold the Bridegroom Cometh'. Sister Smitha D'Souza dressed as Jesus blessed us as we placed our lamps. Sister Linette made the Morning Prayer very meaningful. The Eucharist offered by Fr Alex ofm helped us raise our hearts and minds in gratitude to the Lord. The Temporary Professed



Sisters danced gracefully at the entrance of Saranya before we proceeded for our festal breakfast. The Superior, Sister Sujata, and the sisters of Lourdes Community greeted us with a song and a verse. There was great cheer and rejoicing as all of us tried to hold the knife to cut our Jubilee cake. We were gifted with books by Sister Nirmalini and Sister Sujata - Books really suited to our mental capacities, very reflective and inspiring!

In the afternoon, Sister Linette took us to Mary Immaculate Convent for 'high tea'. We were warmly welcomed with a golden rose for each of us. The games conducted suited our age and limited capacities. Really very thoughtful of the sisters ! The tea served was really 'high' and each was gifted with a thermos flask.

And so, all good things have to come to an end. 'All things pass away...' Each one flew back to her community.

We remain ever grateful to God for making this great event possible in our lives, to Sister Nirmalini and her Team and to all who played their part in making the Renewal Programme a memorable one. We pray for each one of them and move forward with His grace. All these precious memories will remain etched in our minds.

*“Those who are most united
with God by a life of Prayer
and Contemplation are the perfect
and zealous Missionaries”*

Ven. Mother Veronica

Reality Bytes that Matter...!

Sister M. Sylvette A.C.

St Ann's Convent,

Here are two concrete cases of very recent occurrence, two 18 year old boys, one from war-torn Ukraine and the other from Texas, USA. What made them take different life-changing decisions?

Case 1: Taken from the internet: *“An 18-year-old Ukrainian has become the guardian of his four brothers and sisters, after their mother was killed in a bomb blast. Vyacheslav Yalov, from the village of Verkhnotoretske in Donetsk Oblast in Ukraine, was forced to step in to care for his siblings and even evacuated them from their home.”*

Case 2: Salvador Ramos, a High School dropout from Uvalda, a small city 80 miles west of San Antonio, Texas, USA, had hinted on social media to the kids, that an attack could be coming. He first shot his grandmother in the face, before stealing the family truck and driving to Rob Elementary School, Uvalda. He made his entry into the school and started shooting children, teachers, whoever was in his way, thus killing 19 children and two teachers.

Both were 18 year old boys but their actions were diametrically opposed. The Ukrainian boy, although surrounded by terror because of the war and had lost his home, then his mother, demonstrated heroic traits of character. Forgetting himself and his pain he set out to be a guardian to his siblings. But the boy from Texas, who had his parents and grandparents too, did something that was tragic. *Why did their lives take different turns?*

The lives of children are shaped by their home environment, their social/religious environment and their school environment. Vyacheslav Yalov from Ukraine seems to have been well adjusted and spiritually strong. With Ramos it seems to be different. It seems that neither his home/social/ religious/school environment had been conducive to his all-round growth to maturity.

Those who knew Ramos paint a picture of a deeply troubled youth. Friends and relatives have said that “*Ramos was bullied, cut his own face, fired a BB gun at random people and egged cars in the years leading up to the deadly attack*”. Others said that “*he had a difficult home life, that he was bullied over a childhood speech impediment and that he lashed out violently towards both friends, strangers*”. He had no strong family ties, no good friends, no guidance!

He had, in a way, shared with his peers about his plans. An Instagram friend of Ramos’ said that the teenager had sent him a photo showing a receipt for a gun he had bought. A former classmate says Ramos sent images of firearm and ammunition. He had hinted on social media that an attack could be coming, state senator Roland Gutierrez told reporters. “*He suggested the kids should watch out,*” the lawmaker said.

However, Texas leaders said, that Ramos didn’t have a known criminal or mental health record, and that “*there was no meaningful forewarning of his crime*”, outside of the messages sent just before the attack.

From these few lines about Ramos we see that he had very poor or no family ties, no God or religion in his life, no friends who could help him and above all ***no teachers or counselors to understand and guide him.***

Would he have changed for the better if he had found a teacher who accepted him and loved him, gave him a shoulder to lean on and cry, thus showing a deeper understanding of the rejection he was going through? The fact that he targeted a family member and the school shows his anger toward his family, teachers and school children, who he felt had let him down.

Do these two incidents carry a message for us as teachers today in our own situation – our neighbourhood, our classrooms and our schools/colleges? What can we do or ought to do to prevent such catastrophes, even on a minor scale in our families/neighbourhood/schools/society at large? There are no ‘*problem children*’ but only

'children with problems'. They need our love, our support, our understanding even when they seem incorrigible.

Now time to reflect ! How can we reach out to those who need our help concretely? How can we be sensitive to the loners, those shunned or shamed or teased by others? How can we reach out to those who are afraid to approach us, those who want to say something but cannot say it and we feel they are wasting our time?

Here I quote a success story. It began a little over 50 years ago. A brilliant girl of a High School was misbehaving in class. The teacher (a sister) noticed it and asked the student to meet her after class. She went to meet the sister faithfully after class and even during holidays for several years but was not able to speak out her problem. She did not want the sister to visit her home. However the sister met her regularly and kept in close touch even when she was in college and later pursuing her post-graduate studies. The girl was brilliant – an all-rounder. After 8 years this old student called up to the sister from out station and told her to visit her home because her younger brother was threatening to jump in the well.

Later the sister asked the old student why she had not permitted her to visit her home earlier. The reply was incredulous. *"I thought if you knew my home situation you would not love me"*. She then added, *"but now I am convinced that I would be loved whatever my home situation is"*. This student had three younger brothers, one died of liver cirrhosis due to over drinking, one was murdered by a rival gang and one had a mental breakdown and died in an accident. The girl moaned, *"If only my brothers got the help that I received ... "*. This girl became a success - a well appreciated college professor and in turn reached out to her students who needed help. The bonds between the student and the sister are still very strong, and this student still depends on the sister to visit her mother in a Senior Citizen Home when she is unable to do it herself.

What would have happened if the sister had ignored the student or given up because of (what looked like) poor response from the student and considered it a waste of time?

Celebrating God's Faithfulness

Sister Maria Venitha A.C.

Carmel Convent, Kuwait



With eyes of gratitude everything is a miracle. We, the Silver Jubilarians of Karnataka Province, rejoice in the Lord for the miracle of our lives, for the 25 years of commitment, 25 years of attraction, 25 years of joys and sorrows, 25 years of the experience of the Love of the Lord.

22 April, 1997 is an unforgettable day for us as we said our first 'yes' to the Lord through the Evangelical Counsels. Our hearts are filled with gratitude to the Lord for his love and mercy towards us, to our parents and siblings for their prayers and blessings, to our Superiors General, Provincial Superiors, Superiors, Formators for their accompaniment on our vocation journey, for their guidance and support.

Today as we look back at the 25 mile stones of our life span in the Apostolic Carmel way of life, we are truly elated and filled with wonder at the continuous grace of God.

Our lives have been nothing great but simple and ordinary, living the spirit of Jesus in so many different ways over these years; in our respective ministries with various people, particularly the poor and the marginalized. As we get busy with our lives, time and again, many opportunities are given to reflect, renew and to go ahead. The Silver Jubilee Renewal Programme was one such opportunity which enabled us to experience the deeper love of

our Beloved through the Charism Retreat directed by Sr. Lorena and Sr. Linette. Sessions on Consecrated Life by Sr Inigo gave us new perspective - how to evaluate our life in



the context of the Gospel and draw life giving messages to our daily living. One day class on 'Garbage to Gold' by C Srinivasan Project Director, IGS, was an enriching experience as we learnt the methods of waste management.

Our journey with Christ has been constant and we pray that as we celebrated Him, His call, His faithfulness, His mercy which we know has been the anchor of our religious life, our magnet ever drawing us closer to God, our compass setting our life and all that is in it in perspective, may we grow unto His likeness ever more. In the silence of our soul we pray, 'To you, Lord, be the honour and glory forever and ever'.

Our sincere appreciation and gratitude to Sister Nirmalini, our Superior General and the Team, for organising this wonderful Silver Jubilee Renewal programme. It offered us an opportunity to meet our batch mates, recall our early days of Postulancy, Novitiate, our fond memories of fun and mischief, the values we imbibed, the challenges we encountered, our growth from the day of our first profession until now as we complete 25 years in the company of the Lord. A special note of thanks, to Sister Ancilla, who was our directress and took complete charge of the Silver Jubilarians group. She was one among us motivating, guiding and challenging us continuously so that we make the best use of the time of renewal. We remain ever grateful to her. All the 39 Silver Jubilarians from all Provinces have truly felt the togetherness with one another. We are renewed, rejuvenated and are strengthened to continue the rest of our life in the service of the Lord. In the words of prophet Isaiah we say 'Here I am Lord, send me'.

‘God’s Creation - The First Bible’

Sister Rose Agnes A.C.

Provincial House, St Ann’s

Richard Rhohr in his book ‘The Universal Christ’ has this statement : ‘Creation is the First Bible’. He further states find the DNA of God is in every



bit of creation. A poignant message, and a loving invitation to a sincere seeker. Somehow this idea struck me to look for God all over, for when you are attuned to God, every flower and plant speaks to your heart.

While I was reflecting on these thoughts for some days, I came across a periwinkle plant, loaded with pink flowers in full bloom in between the crevices of the interlock that is laid out on the pathway from ‘Sararnya’ to Lourdes Convent chapel at Jayanagar. No gardener waters it or cares for it, yet it is healthy giving its best to the passerby. Each day I passed by, I gently touched the flowers and appreciated their inspiration and the message:

- ‘Bloom’ wherever you are planted
- Suffering and hardships can make you better or bitter
- Choose always the positive
- Happiness does not depend on others, it is your making

Jesus in His life time taught many values of the Kingdom through things in nature:

‘Look at the lilies of the field ...’ revealing the Father’s care for each of us

‘Unless a grain of wheat falls into the ground ...’ the importance



of pain and hardships, in the process of growth. Nothing of worth comes on a platter

‘I am the Vine you are the branches ...’ the call for constant abiding and union with Him in the process of bearing abundant fruit

Right at the beginning of the history of humankind, God walked with Adam and Eve in the cool of the garden signifying the bond that existed between God and man. In fact, creation is the signature of God. Elizabeth Barrett Browning says **“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 and pluck blackberries.”**



The emphasis is laid on our search, our seeking, our seeing, our listening and believing. For the one whose antenna is attuned to God’s 24*7 channels, God is visible in the sparkle of a dew drop on a leaf at dawn or dusk, in the lovely flowers that silently preach God’s glory, in every stone or blade of grass that hides the miracle.

On the journey of my daily life, may God grant me those eyes and the heart that intensifies my search for my personal God, nay Jesus of the Gospel, the Lord of Creation.

*“Smiling face of every little girl
is the signature
of God’s presence”*

Camps at Chikmagaluru Diocese

Sister M Lenita A.C.
St Agnes Convent

We had an unique experience at the camps organised by the Diocese of Chikmagaluru in the month of April and May. It was indeed a golden opportunity given to us, the A. C sisters, to be a part of these camps in promoting vocations.



Leadership Camp : Soon after the joy-filled Easter, a 5 days residential camp was conducted for class 10 students by the Diocese of Chikmagaluru. It was held at CMSSS, the Chikmagaluru multipurpose social service society. There were more than a hundred students from the various parishes of the Diocese of Chikmagaluru who actively participated in this camp, soon after their board exams. The camp was conducted under the leadership of Fr. James Charlie the catechetical director, assisted by the seminarians, and we, the two A. C Sisters along with one sister of St Joseph of Tarbes. The camp commenced on the 19 April, 2022 at 5 p. m with inaugural prayer service, ice breaking session and required instructions by the director. On all the 5 days of the camp, we began with conducted meditation and the Holy Eucharist. During the various sessions leadership qualities and the role of youngsters in their family, church and society were discussed under the direction of different resource persons. The rest of the day was filled with joy and fun through action songs, outdoor as well indoor games, duties and planning and the practice for the cultural programmes. The students were made to reflect on their call. The sisters and priests of various congregations were given the opportunity to address the students about their founder and the mission, thus the seed of vocation was

sown in their hearts. Alongside, a session on career guidance was also provided to the students by the Education Department and the students were made aware of the various job opportunities that awaited them. Delicious meals were served to the students, cooked by the kitchen staff of CMSSS. At the end of the camp a creative cultural programme was put up by the students thanking God and one another.

Bible Camp: Bible camp was another beautiful opportunity provided to the students of class eight and nine by the diocese of Chikmangaluru for 15 days. They were held between 18 April and May 5. The Bible camps were organised in 5 different places of the diocese namely Koppa, Mudigere, Chikmangaluru Cathedral, Arehally and Magge for the duration of 3 days each. Two sisters at each of the five places, willingly volunteered to help out in the camp under the direction of Fr Rajendra. The main aim of the camp was to inculcate in the students a love for the Bible. Various resource persons helped the students to savour the richness of the Bible through their interactive sessions, activities, quizzes and games. All of us, the sisters, who were involved in these camps had an enriching and enjoyable time with the students, guiding and directing them and being one with them. The Bishop and the priests were very appreciative of our service in all the 5 camps. We thank God for this opportunity which helped us to inspire the young girls to follow Christ in the AC way of life.

There should be three major H's in our life:

**Holiness * Happiness * Health*

If I try to be holy by doing God's will each moment,

I would be Happy.

Naturally if a person is happy

She will also be healthy"

Mother Sylvia

MY EXPERIENCE ... AT GAC !

Sister Judith Frank A.C.

Yesu Prem Niketan, Bendore

The theme of the General Advisory Council Meeting was “For I know the plans I have for you ... give you hope and a future” Jer. 29:11

“The purpose of life is to live it, to taste, to experience to the utmost, to reach out eagerly and without fear for newer and richer experience” says Eleanor Roosevelt. Such an opportunity knocked at my door to add another page to the book of my experiences by being a part of GAC. I had a vague idea about GAC and its ways of going about. But an eminent personality namely Br Philip Pinto from Christian Brothers led us through the day in such a way that made me feel comfortable in the group of almost 96 members.

GAC has been a spiritual journey of soul searching, interiorizing and intensifying my thirst for ‘the Jesus of the Gospels.’ Each day’s sessions began with a reflection on unique themes which made us search for God within our hearts and the sharing helped us to deepen our understanding about God and our role in building up a humane environment.

In the words of Ralph Waldo Emerson, “do not go where the path may lead, go instead where there is no path and leave a trail.” It was a call to pause, reflect and to let go of our old ways in order to bring in newness, freshness and to think out of the box. There is only one way to bring in the new. One must make room for it.

The creative presentations of the reports of each province made us aware that we are constantly facing the challenges that are beyond our control. We are people in exile. We are facing exile in our spiritual life, community living and in our apostolate. Do I believe that this might be a time of purification and



transformation? “Exile is never easy and the journey itself leaves a bitter taste. But then, when you heard that voice, you had to go.” says David Whyte.

The thought provoking sessions made us realize that sometimes we need to look at life from a different perspective. Our world tells us what is possible and what is not? It is our internal system that organizes and interprets what we see, hear, touch, taste and smell.

Having spent these five days in reflection and sharing, we realized that we need to rely on a BIGGER GOD, our God is much bigger than our problems, our brokenness. There is so much of hopefulness in our brokenness and to discover God in our wounds.

The theme of GAC “ For I know the plans I have for you declares the Lord, plans for peace and not for evil, to give you hope and a future” Jer 29:11 calls us to rely on the providential care of God.

I owe my deepest gratitude to Sister Nirmalini our Superior General and her Council for this new venture of inviting the coordinators of the various commissions started after the General Chapter – 2020. We realized our role and the responsibilities of our task; met and came to know many more sisters of our congregation, were enriched by the personal and group sharing of our dreams, aspirations and challenges. Personally it has been a renewal of my consecration and dedication.

“Humble obedience

will always receive its reward”

Ven. Mother Veronica

MISSION CAMP AT JAMGI COLONY BIDAR

Sister Ashwina Dalmeida A.C.
St Mary's Convent, Mangalore

Our Provincial Superior Sister Shamita, requested Sisters Ashwina, Jenita, Anitha Noronha and Renita Baretto who had completed their B. Ed course in March 2022 at St. Ann's College of Education, to assist Sister Christine Misquith, at the short term Mission Camp she was organizing at Jamgi colony, Bidar. At the end of two and a half years of the strenuous course of B.Ed study, we needed a holiday to relax. After reflecting for a while, we welcomed the idea of going for this mission camp joyfully as we realized that relaxation is nothing but a change of environment. And this was an opportunity provided us to move from our comfort zone and activate our zeal to serve the less fortunate, the marginalized.

Karnataka Province ventured into a new mission at Jamgi Colony, Bidar in the year 2017. The pioneering team members who chose to live among the people of Jamgi colony at Carmel Niketan were Sister Christine Misquith the Superior and Sisters Mildred, Jyotika and Manisha. Jamgi is a village in Aurad taluk, Bidar. The Harijans and the Christian converts of Evangelical Church of India of this village were suffering injustice and oppression from the Gowdas, the Hindu landlords. In order to protect them from further harassment the D.C. Mrs. Rathna Prabha shifted 20 families to Bidar city and allotted them one room houses and named the place Jamgi Colony. Later on, more families migrated to Jamgi colony and at present there are 60 families, out of which 43 are Catholic families.

We appreciate the missionary zeal of the Christian Evangelical Churches. Unfortunately their pastors fail to cater to the Socio-Pastoral needs of the people they baptize. The Christian converts of Jamgi were like sheep without a Shepherd. Their women and children were in contact with Sister Christine Misquith through

her Self Help Groups and Child Sponsorship programme. They requested her to initiate them into the Catholic Church so that their spiritual needs could also be met. Sister Christine Misquith and her team of helpers are staying in the colony and working round the clock for their socio-pastoral needs. The people are growing in faith, their children are getting educated and their material needs are also met to some extent.

It was indeed a God given opportunity for the four of us to participate in this mission camp. After a tedious journey of 22 hours by bus from Mangalore to Bidar, we were warmly welcomed by Sister Christine Misquith on the morning of 5 April. The Camp was organized in four villages: Sulthanpur and Maleganv villages from 6 to 14 April and Markhal and Gunalli villages from 17 to 26 April. The children of all caste and creeds, Muslims, Hindus and Christians assembled at the centres from 9.00 a.m to 12.00 noon daily. We began with a short prayer, invoking God's blessings, singing prayer songs and action songs. This was followed by games which put every child in a joyful and active mood. The children were tutored in spoken English, Hindi, Kannada and Mathematics individually and in groups. They were affectionate, and eager to learn and co-operated whole heartedly. Sisters Lucy Mary Crasta and Roshni Noronha and the social workers accompanied us to the villages and assisted us in every way. On the last day, prizes were distributed and the children shared their experiences of the camp.

We visited the people of Jamgi colony at night. We came to know their poor living conditions, their problems, their relationships, and the bad habits some of them were addicted to. Though we could not do much to liberate them from their addictions, our empathetic listening ear did much to alleviate and soothe their troubled hearts. We in turn have also grown in love and compassion for the poor.

Having chosen to assist at the mission camp, we were not deprived of our leisure and holiday either. On Good Friday, it was indeed



a unique experience to participate in the Way of the Cross on the road side at 12.00 noon and then the Prayer Service in the Church. We visited the leprosy patients at Chatnahalli on Holy Saturday and offered them food items. Sister Christine Misquith provided us with a holiday fare of special snacks available only in Bidar, to enjoy. She celebrated our success in B. Ed exam results with a surprise dinner party and arranged a visit to the Garden Park on Province day. We went site seeing to Bidar Fort and Guru Nanak Jhira Sahib - a Sikh historical shrine situated in Bidar. Our mission camp experience has broadened our perspective, refreshed and rejuvenated our body and mind. We are grateful to our Provincial Superior, Sister Shamita, for providing us this opportunity, Sister Christine Misquith and the mission team for their loving hospitality, their support and guidance at every step that has made this camp a memorable one.

Miracle of our Lady of Mount Carmel

In Palmi, Italy, the anniversary of the earthquake of 1894 is observed annually on 16 November. The earthquake had its epicenter in the city. An associated event has been classified as the "miracle of Our Lady of Mount Carmel." For 17 days preceding this earthquake, many of the faithful had reported strange eye movements and changes in the coloring of the face in a statue of Our Lady of Mount Carmel. The local and national press reported these occurrences.

In the evening of 16 November, the faithful improvised a procession carrying the statue of the Virgin of Carmel on their shoulders through the streets. When the procession reached the end of the city, a violent earthquake shook the whole district of Palmi ruining most of the old houses along the way. But, only nine people died out of a population of about 15,000 inhabitants, as almost all of the population had been on the street to watch the procession and were not trapped inside the destroyed buildings. Therefore, the city commemorates the 1894 procession each year, accompanied by firecrackers, lights, and festive stalls.

(Source – Internet)

Jack Mela at Ashaniketan

Sister Lavina Anitha A.C.

Carmel Convent Ashaniketan

It was Saturday 28 May. Sister Meera D'Souza's uncle had brought two loose jacket Jack fruits for our community. We got the news of the arrival of jack fruits at supper. Sister Ivy



Moras had a rare idea of opening and eating the jack fruit in the refectory. This idea was taken up. So, the next morning after 8 a.m. Mass of the Ascension Sisters Maria Preena and Preema Quadras mounted the jack fruit in the refectory with colourful decorations and apt captions. It was a wonderful sight.

Jack Mela was inaugurated by our new animator, Sister Ida Barboza, at 10.30 a.m. sharp, As soon as the inaugural was over the Nine Choirs of Angels (we 9 sisters) rallied around the poor jack and attacked it from all sides. Each one ate to her hearts content and left only the inner jackfruit core (mavu). Oh, what joy it was to eat the pods from the jack fruit itself.

At that time Sister Rosemita from our Mother House, telephoned to our superior about the fresh sugarcane juice. We, the sugarcane lovers asked for the same, and the van came to our doorsteps to provide us with fresh sugarcane juice. It was fresh and tasty indeed. So, our Jack Mela ended with fresh sugarcane Juice. Thanks to the providential love of the Triune God towards our little community of Carmel Convent, Ashaniketan.

A Celebration with a Difference

Sr Christine Noronha A.C.
Maria Nilaya Convent,
Bidar.

Celebrations bring joy. Celebrations strengthen the bond. Celebrations give us an opportunity to display our talents. It gives us an opportunity to express our love. It is an opportunity to count the blessings of God. It is a time to sing a song of praise to God.

In my life there were celebrations of various Jubilees such as 'Tin' jubilee, 'Silver' jubilee and also 'Ruby' jubilee to recall God's unique love for me.

But none of the celebration excelled my 70th B'day! I am sure not all of us know the secret of the number '70'. It is a very lucky number you know! It brought me very many surprises, the moment I slipped out of the 70th step or opened the 71st page of my book of life.

I had a dream on the previous day of my B'day. In my dream I was in a beautiful flower garden. There were varieties of birds which had beautiful feathers. There were colourful flowers. cute deers and rabbits! They formed a circle around me. I was lying down on a mat on the floor - a tiny baby indeed. They sang for me a beautiful B'day song. They danced, going round and round. I was so happy that I clapped, my tiny legs and hands to express my joy. I was filled with smiles. Nearby there was a ladder. I was struggling to get up and walk. But I could not. Then my friends - the birds, rabbits, cute deers helped me to walk up to the ladder. They even helped me to climb the ladder, step by step. As I reached the 70th, the last step, my dream clock woke me up! Oh! It was only a dream!

Then I remembered that today is my B'day and Feast day. 71st B'day indeed. I wished myself "saying Christine today is your B'day and Feast day. Have a nice day".

As I thanked the good God for His bounteous blessings, mercy and faithfulness, my heart was overwhelmed with joy, for making my life a great blessing.

My day began - full of surprises.

I had expected a very normal day. We had Mass at 5.30 a.m. Our superior, Sister Reethika's people, had come the previous day to reach her on transfer. They were to leave early that morning. Her Priest brother, Fr. Charles Saldanha Cap. offered Mass. He prayed for me. It surprised me. Actually my B'day was on the 24th. After the Holy Eucharist we went to the refectory so that the Mangalore party could have their breakfast. But I saw a lovely cream cake. I was requested to cut the cake. They sang the B'day song. It was on the 26th. Sr. Reethika said we will celebrate your B'day in a grand manner. Now I remembered her words. After breakfast the party left for M'lore. We gathered in the Chapel for Morning Prayer. It was a very touching experience with beautiful hymns and the leader sang my glories! Then followed special breakfast, lovely chocolates, verse, card etc.

In the evening, after tea, all the sisters were busy in the kitchen under the leadership of Sr Reethika, preparing various dishes. Since I was busy in the Sacristy, I paid little attention to what was happening in the kitchen. After I finished my work, I too joined them. I guessed something was there. We had evening prayer at 6 p.m. At 6.30 p.m. Sr Christine Misquith sent an auto for us to come to Carmel Niketan, Jamgi. The dinner was packed. All of us got into the auto. Enjoyed the evening ride! I took for granted it was a meal together to eat. Just a normal get-together!

Our visit to Carmel Niketan community was like, Mary visiting Elizabeth her cousin! We felt so much joy, when we met the old and the new members of Jamgi and Maria Nilaya Community. After much hugging and embracing, we were served delicious soup.

Sr Reethika led us into prayer after the soup. Each of us had to share our favourite scripture passage aloud and how it has helped

us in our day today life. It was a spontaneous sharing. All of us in turn started from the depth. It was a genuine sharing which brought us closer to one another. Sr Christine Misquith kept ready her surprises - cake, garland, shawl, gifts, ice-cream etc. She was very cordial and hospitable. We felt quite at home.

Sr Reethika was behind all these surprises and celebrations. Sr. Christine Misquith joined her. Though I don't like celebrations for myself, I had to go through the day as it would make them happy too. I like to do for others but not myself. I had three celebrations earlier Silver, Ruby, 60th B'day, but this celebration surpassed all others! There was much love, joy and homeliness. I enjoyed to the full.

May the good God bless Srs Reethika and Christine Misquith for all the trouble taken to make my day, a day of celebrations! I also thank all the members of the Community. It was really an unforgettable celebration. May God keep all of us united in His love.

*May You always have
a psalm on your lips
and Christ in your heart*

A SNEAK INTO OUR CLOSET - THE CHAPEL OF OUR HEART

Sr Sunitha Monteiro A.C.

St Maria Goretti Convent

Our saintly Foundress Mother Veronica practiced presence of God in her life. She had such an intimate relationship with God that she could raise her whole being to God she loved, at any moment of her life, be it at prayer or at work she indulged in.

Brother Lawrence who practiced the presence of God in his life writes :

“The time of business does not differ with me from the time of prayer.... It’s an art and also a challenge to make ones heart a chapel as we always cannot remain in the chapel to feel the presence of God.” With the tips Br. Lawrence offers in his book PRACTICE OF THE PRESENCE OF GOD our two sisters have shared their effort in this regard and the difference it has made in their lives.

Sister Irene Noronha Speaks

How do I make the chapel of my heart?

1. In my Room: Now and then I raise my heart to Jesus, as I prepare for my classes, I ask Jesus to help me with good memory to recall the points later.
2. In the classroom : At times as I put up the notes on the board I raise my mind to God, ask His assistance to write the spelling correctly as I fear I may write the wrong spelling.
3. While I correct the students: I stop for a second and ask the Lord to help me not to be rude.

Thus speaking to Him, I make the Chapel of my heart, quietly, humbly and lovingly.

Sister Silvian perceives this spirituality of making the heart a chapel with a new perspective. Let us listen to 'My Beauty Parlour'

Moses came down from the mountain after meeting Yahweh. His face shone like the sunPeople could not look at His Face.

I too spend daily an hour before His divine presence. The morning and evening prayer Holy hours are times when I encounter God. I often wonder if others find me radiant, is there that glow in my face? I realize my inadequacy and shallow relationship with my God.

I ask myself, how can I groom for my God? In what way can I allow the Lord to prune me? I make the physical chapel a beauty parlour. Sit in His presence and go through the stages of cleansing, purifying, colouring etc.

The Divine master who sees the flaws begins to shape me, plucks the hairs of jealousy, pride, arrogance, anger and self righteous attitude. He massages me and applies the perfume of Love and Peace that will brush out all the memories of pains and hurts that have disturbed my emotional tranquility,

The touch of the Lord transforms me and I have a new look. I do what is Godly until my heart becomes a chapel and experience intensely the in - dwelling presence of Jesus.

We have to constantly guard ourselves lest we grow weary of the practices we resolved to undertake to keep the chapel of our hearts warm. Interior and exterior silence, prayer, meditation and reflection can help us to fortify the chapel of our heart.

I thank my sisters for their inspiring sharing. Let the enriching sharing of our sisters and their experiences move us to make sincere effort to make our Sainly Founder, Mother Veronica, known and loved. May we become persons of prayer and practice the presence of God in our lives.



Unforgettable Indeed ...!

Sr Maria Premal A.C.

Carmel Convent, Moodbidre

It was a fabulous experience for me to be one with the children at Pavur during the camp organised by the Parish Priest Rev. Fr Varghese Chakkala from 17 to 31 May 2022. I was happy to team up with Brothers Anup Pinto and Rimal Johnson as resources persons along with Sisters Nithya Dsouza and Pauline Priyadarshini who assisted us. It was indeed a golden opportunity to share my experiences with the little ones as well as the youth.

During the course of the camp I was totally involved in taking up various sessions for the children, such as, Positive Mindset, Reasons for Happiness, sharing my own vocation story, conducting value based games and finally making known Mother Veronica. In between the sessions I taught them action songs to keep them vibrant. At the end of the camp, I visited the families and relived my past memories of my stay at Pavur for a year. The visit to the families not only enhanced my joy but also provided an occasion to meet them personally and listen to their problems. I was also fortunate to receive their love, support, co-operation throughout the camp. At the end of the day I had the sense of satisfaction when I saw the joy beaming on the faces of the children. Anything under the sun given to me on that occasion would not have matched with this extravagant gesture of gratitude offered to me by the parish priest and the people. I thank the Almighty God for this rare opportunity of being a part of this memorable Camp.

Be willing to share your blessings.

***The only riches that last
are the ones that are given away.***

A Hundred Years of Gratitude !

Province Chronicler

A Red Letter day in the history of the Annunciation Convent, Ladyhill, Mangalore 3 May 2022. Ladyhill was stepping on to the 101st year of its mission. Though the effect of Covid 19 is still prevailing in the state, we felt that the celebration of this great event is necessary because a Jubilee is an occasion in the life of an institution, to look back on our goals and achievements which we set on the day, Apostolic Carmel embarked on this journey and recall God's benevolence and to thank Him.

A hundredfold blessings started pouring in afresh when the 22 of us, the members of the community, met together to plan the entire programme. The community worked with one mind and one heart, to make the celebration an enriching and memorable experience for us and all the participants.

The Bishop Emeritus Rt. Rev. Dr Aloysius Paul D' Souza arrived at 9.40 am. Along with him were some priests and dignitaries. All were given a grand guard of honour and brought to the hall by the students of Ladyhill Victoria High School.

The solemn Mass began at 10.00 am with the entrance procession with lighted candles, while the introduction was read highlighting the significance of the day. There were 8 priests as concelebrants. Fr Paul Melwyn D'Souza, the Episcopal Vicar for Religious preached a touching homily. The Sisters, Staff, ACA's, Carmel Blossoms and Parish Council members took part in the liturgy and offertory procession. The melodious singing of the choir brought holiness to the liturgy.

After the Mass, refreshment was served to all. Within 15 minutes the cultural programme began with a prayer song to invoke God's blessings. A colourful welcome was accorded by the students of Ladyhill English Primary School. All of us felt the warmth and joy of it. A Jubilee Song was sung by our melodious singers which delighted our hearts and minds.

CENTENARY CELEBRATIONS AT ANNUNCIATION CONVENT – LADYHILL



CENTENARY CELEBRATIONS AT ANNUNCIATION CONVENT – LADYHILL



PROVINCE DAY – CELEBRATIONS GALORE



PROVINCE DAY – CELEBRATIONS GALORE



A beautiful documentary was screened depicting the history of the Convent. It took us down the memory lane, recalling the milestones of Ladyhill through the century of its mission and apostolate through its Institutions. Two sisters had devoted their heart and soul to get this ready and it was a feast to our eyes.

The former Superiors, the former Superior General, Sr. Agatha Mary and the former and present Provincial Superiors, Rev. Fr Paul Melwyn D Souza, the Episcopal Vicar for religious and our Parish Priest, Rev. Fr. Benjamin Pinto were honoured for their labour of love towards the growth of our Institution.

A tribute of gratitude was also accorded to all the staff, past and the present who had striven to give their best to keep the Ladyhill Institutions vibrant.

Our warm thanks to dear Sister Nirmalini, the Superior General, for her good wishes, inspiring message and words of encouragement! Gratitude overflows from our hearts to our dear Sister Maria Shamita for her love, care and for leading us onward gently and kindly.

A fellowship meal shared by everyone present, brought to a close this glorious celebration. Ladyhill Convent, owes a century of gratitude to the parish priests and other clergy who looked after the spiritual needs of the sisters and the students, to the faculty for their labour of love, to the benefactors, well wishers, donors who have cooperated in all our endeavours, to the parishioners and political leaders who have journeyed with us in offering a helping hand at all times. Yes we owe a hundred years of gratitude !

May Mary our mother, who said ‘Yes’ to God’s will in her life, teach each of us to be role models. May we continue to be the ‘keepers of the flame’ lit by our founder Venerable Mother Veronica, and the pioneers of the Annunciation Convent, fondly well known as Ladyhill Convent !

“Gratitude is the fairest blossom that springs from the soul.”

Henry Ward Beecher

‘JESUS - Model of Vocation Promotion’

Sister Reema Sheetal D’Mello

Provincial House, St Ann’s

Vocation promotion is a beautiful ministry of love. It is nothing but an expression of love one experiences from God. It urges the individual to drink from the fountain of love and invite others to share the same drink from the same source. So Love is the ultimate source of vocation promotion because only one who experiences this sublime love of God can carry out this ministry joyfully and more effectively.



Jesus was a person, who when He lived on earth, was fully connected to his Father’s love and was zealous to draw many souls to this ‘LOVE’. He said “come to my Father through me.” (Jn 14:6). He was convinced of His vocation and mission on earth and lived this vocation to the full and thus he could confidently go to the cities/villages and the peripheries and draw people to God. Let us look at Jesus closely who is the model of vocation promotion.

1. *Jesus Prays* (Lk 6:12-16): Jesus was an epitome of prayer. He was totally dependent on God in everything that he did. Luke narrates the process by which Jesus chose his apostles. He says that Jesus spent the night praying to God before he could choose the apostles. What about us? When we set out for Vocation promotion are we totally dependent on God? Do we sufficiently trust in the plan of God? Jesus stands out as an inspiration for us and teaches us that Vocations are inspired by God and we are only His instruments.

2. *Jesus Attracts* (Mt 4: 18-22): Our usual talk is that present youth are not interested in religious or priestly life. Is this the whole truth? There are young people who seek for transcendental

values and want to offer their life in the service of humanity. The fact is our way of living is no more an attraction for them. Describing Jesus' style of Vocation promotion Pope Francis said, "Jesus stopped and met the gaze of the other without rushing. This is what makes his call attractive and fascinating." We need to enter into the shoes of our youth, be empathetic, loving, caring, kind and patient in relating to them. This way will help us to attract them to our way of living.

3. *Jesus Invites* (Jn 1:35-39): According to John the Evangelist, Jesus simply invited people to "come and see". By these two little words, Jesus gives an invitation to the disciples to know him but there was no expectation from his side that they should remain with him always. He left the choice to the latter. I too feel that without expecting the youth to join us we too can extend this invitation to them who have naïve curiosity about our living in the convents. Let them come, see, experience and make a choice for themselves.

4. *Jesus looks beyond human brokenness* (Mt 9:9-13): Mathew (Levi) was labeled as a sinner and was hated by the Jews. He was aware of this and yet he continued to live the same broken life until his eyes met the eyes of Jesus. He saw in those piercing eyes love, compassion, forgiveness and unconditional acceptance. This boosted his spirit to leave behind everything and follow Jesus immediately. Jesus looked beyond his present condition and focused on what he could become in the future. We need to shed our prejudiced ideas and perspectives and broaden our horizons when we approach youth from different cultural backgrounds. Can we look beyond?

5. *Jesus meets people where they are* (Jn 4: 4-42): We are well aware of the episode of Jesus and Samaritan woman in the Gospel. What captures my attention in this passage is that Jesus goes to meet the Samaritan woman at her secret time at the well of Jacob. Jesus met her at a time when she was most reminded of her sinfulness and brokenness. He sat with her, listened to her attentively without judging, and gave her space to understand and

accept her shattered life. This allowed the Samaritan woman to enter into newness of life. Pope Francis says, “Young people are searching for meaning and the best response is to go out to where they are, stop and listen to them and then call them to follow Jesus.” We are called to emulate this way of motivation to our youth.

6. *Jesus Challenges* (Mt 8: 18-22) : In the passage of Jesus and the rich young man, Jesus challenges the young man to renounce everything that he had in order to follow him. This was very difficult for the rich young man and he ‘returned home sad’. Jesus was firm in his teachings and openly spoke about the reality and cost of following him. He was never discouraged when someone turned his or her back to him rather he respected his or her freedom. In the ministry of vocation promotion we cannot make promises. There’s a need for us to put before the young people the challenges and the realities of religious life. When we do this, some will take back their step and leave us in the state of pain and dissatisfaction. Jesus invites us to do our work and leave the rest in the hands of God.

7. *Jesus Accompanies* (Lk 24: 13-35): Luke portrays Jesus as the one who accompanies his disciples in their moments of doubt, anxieties and uncertainties. Jesus was not a person who gave advice when disciples were broken. He created an ambience for them to open their heart and pour out their inner struggles, gradually leading them to renew their faith and vigour. Here I see a best example of how we need to strengthen the vocation of those whom we have identified and those who have already joined us when they are shaking in their decision to follow Jesus.

My feelings resonate with Pope Francis’ words, “Learn from the style of Jesus who went to the places of daily life, stopped without rushing and looking upon his brothers and sisters with mercy, led them to an encounter with God the Father.” I too, with conviction, exclaim that Jesus is our model for the ministry of Vocation Promotion. Let us imitate his style and make disciples for JESUS.



Twin Stars

Sr M. Magdaline A.C.

Veronica Vihar, Maryhill.

At the dawn of the Exaltation of the cross, 14 September, Mary and Magdaline saw the light of that beautiful day. Doctor tied a black thread around the wrist of Mary to identify the first born. There was a procession of people to see the twins, some being joyful, other critics saying, “Oh! Twin girls! Awful!”

We grew gracefully under the care of our mother, father and grandmother. We were identical twins. It was quite difficult to identify us separately.

Then then came the time for us to go to school and with great joy we went to school. Many a time the innocent one got the spanking and scolding as they could not recognize the mischief maker: me or my sister. Somehow we got on with undeser beatings and scolding, also, at times, undeserved appreciation and encouragement.

On the first day in the High School, Kannada master had class for me in class VII section A and the next period for Mary in Std VII, Section C. He got upset seeing her again and gave her two smacks and shouted at her, “Return to Std VII, section C”. Mary was frightened and confused. However the whole class shouted “they are twins”. Quickly the master was in Std VII, Section A. Seeing me, he realized that we were twins. He apologized to Mary and thereafter, we the twins, had no problem.

I was called by the Lord to follow Him and I said, “Yes” and I was at St Ann’s as a candidate. One fine day the first episode of twins mix - up began with Sr Rose Agnes. Sister had been to Shirva. Seeing Mary at the bus-stand, she got upset, returned to St. Ann’s and went straight to the candidate’s quarters. “How come you were in Shirva bus-stand” she shouted at me. Oh God,

all the candidates were standing and I was like a lamb there ready to be slaughtered. I just knew whom she had seen! Dear Sister Christine Misquith had the presence of mind to respond with a loud laughter “They are twins”. My vocation was saved on that day or else I would have been proved to be disobedient at the initial stages of formation. Thank God and I salute Venerable Mother Veronica, my beloved mother whom I began to love ever so much even as a candidate.

The second episode was related to late Sister Virgilia, the then Superior of St Ann’s. Seeing my sister getting down from the bus at State Bank of India, she shouted “Where are you, classes by Fr Bona are going on”. With fear, my sister said, “Magdaline is my sister”. Oh God! Exclaimed Sr Virgilia, “How come?” And Mary said “we are twins”. “So sweet, you are not twins but twin stars”. She replied, once again I was saved.

And the third episode as a candidate was when Fr Bonaventure Nazareth held my sister by her hair at St Lawrence Basilica and asked her, “When did you come for the feast?.” Mary said, “We are twins”. He came directly to St Ann’s to find out the truth. And rightly, found it so. Dear St. Lawrence saved me from further disaster.

No problems arose till the final profession day in the year 1997. My sister along with her two children, my parents and others came for my final profession. Students of Vijaymari Institute who saw my sister Mary, said, “Oh! Tertian! How come she got married? She has a kariamani around her neck”. Sr Christine Misquith hearing all this quietly moved away with a naughty smile. But everything was cleared at the entrance procession as Mary and Magdaline carried lamps to the altar!

And during communion distribution, Mary went to Fr Ferdinand Gonsalves to receive communion. Fr Ferdinand was awe struck. He kept on looking at Mary. And Mary said, ‘Amen’ loudly. Fr Ferdinand was confused.. Mary knew what was happening. Immediately after the mass, Fr Ferdinand saw us together and



was thrilled to see the twin stars!

Fr Melwin Noronha had met my sister Mary in Bombay at a function. And later Fr Melwin Noronha met me in Udupi Parish at Jeevan Jyothi camp. “Hello how come you wore a golden chain in Bombay at a function, and now you are here. What is it Sister? “We are twins”. He could not believe!

Recently in Bombay my sister was in the train and a young boy seeing her, smiled and fell at her feet with respect. She did not know what was happening. The boy said, “Sister you taught me in the sixth standard, in Rotary school, Moodbidri. Then you were a Sister and when did you leave?”. Mary knew the confusion about the identical twins. She said, “Sister Magdaline is my sister. We are twins”. “Oh! So sorry, happy to see you, give my regards to Sister Magdaline”. He gave her some cash and asked her to give it to me. And added, “That Sister was my best teacher”.

Finally I hope St Peter will identify us and grant both of us a little place in Heaven. Hope St Peter will not send one of us back saying, “Already one has entered!” May God bless us all! God be praised for His faithfulness towards me. Thank you Jesus.

Twins are miracles who come in pairs!

Answers for Mind Bogglers

* 1. J (Jay) 2. T (Tea) 3. P (Pea) 4. D (Dee) 5. H (Etch)

2. Liberty 2. Generosity 3. Frosty 4. Gusty 5. Dignity

3. 1. Pandemic 2. Pantomime 3. Pandemonium 4. Panic

5. Pansy

4. 1. Urgent 2. Pungent 3. Diligent 4. Detergent 5. Stringent

Internet - a Boon or a Bane !!

A few years ago I searched in the internet for a picture of a ‘*model of the Solar System*’. Did I get exactly what I wanted? Yes and No. I got three or four ‘Solar System models’ but over a hundred nude



models – not what I wanted nor did I desire to see. But what if I was a young child and was ‘Curious’ and looked at what was most harmful? The youth are attracted to what harms them and the internet can destroy them.

But there is another side to this situation. Have you ever typed a word and asked for a poem and its author? I did this quite recently. I remembered the poem about the donkey that we had in our degree class. It had made great impact on me because of the way Sister Benedicta had taught it and I also remembered that it was connected with Palm Sunday. I could not remember the author. Hence I typed “donkey - poem” and lo and behold, I got the full poem along with the name of the author.

The Donkey by G. K. Chesterton

When fishes flew and forests walked
And figs grew upon thorn,
Some moment when the moon was blood
Then surely I was born.
With monstrous head and sickening cry
And ears like errant wings,
The devil’s walking parody
On all four-footed things.
The tattered outlaw of the earth,



Of ancient crooked will;
Starve, scourge, deride me: I am dumb,
I keep my secret still.
Fools! For I also had my hour;
One far fierce hour and sweet:
There was a shout about my ears,
And palms before my feet.

Surely I was thrilled. I quote the poem because it has a beautiful message, even today. We may be NOTHING in the eyes of the world and even our own, but God reserves for each of us a moment of glory even in this world.

Let me cite one more example. Most of us have read the poem ‘Trees’ by Joyce Kilmer. But another poem by the same author had made a deep impression on me during my college days. All that I could remember were the words “Lie easier, Cross, upon His back”. I also knew the author’s name. For years together, I search into anthologies of poets but could not get this poem. After I succeeded in getting the poem “*The Donkey*” by G. K. Chesterton, I typed the words “Lie easier, Cross, upon His back” – Joyce Kilmer and to my great delight I not only got this poem but many others equally good poems by Joyce Kilmer. So don’t give up! Here is the poem that I had been looking for:

My shoulders ache beneath my pack
(Lie easier, Cross, upon His back).
I march with feet that burn and smart
(Tread, Holy Feet, upon my heart).
Men shout at me who may not speak
(They scourged Thy back and smote Thy cheek).
I may not lift a hand to clear

My eyes of salty drops that sear.
(Then shall my fickle soul forget
Thy agony of Bloody Sweat?)
My rifle hand is stiff and numb
(From Thy pierced palm red rivers come).
Lord, Thou didst suffer more for me
Than all the hosts of land and sea.
So let me render back again
This millionth of Thy gift. Amen.

This poem is indeed a meditation and to think that Joyce Kilmer composed this poem when he was actively serving during World War II shows that he was a deeply contemplative person. Every phrase of the poem brings you in close contact with the suffering Christ and helps you to unite your suffering with His.

Hence is internet bad? Nothing is bad but it becomes bad when we misuse it. Breaking the atom was not bad but using it for a destructive purpose at Hiroshima and Nagasaki made it bad. God has gifted the inventors with the ability to invent. But this gift can be used or abused by those who use these inventions. We on our part can use the gifts God has given to us or the inventions available to us, to build a better and beautiful world or to destroy it. The choice is ours.

We, who are teachers, have the obligation to guide our students to get the best out of the internet and other modern gadgets too.

Let me ask myself, “How can I make the best use of what man has invented and give glory to God ?”

Sister M. Sylvette A.C.

St. Ann’s Convent Mangalore



A Carmel Community Jaunt...!

Carmel Convent

Moodbidre

On two occasions, the sisters of Carmel Convent, Moodbidre set out on an outing to two different places. One spot was 'Kadla Kere', a visit to a lake nearby. There awaited a surprise for us. Our sisters from Yesu Prem Nikethan and Bal Yesu Nilaya had come to the same spot before us, as well as the ACA unit of Maryhill convent. What a unique and happy experience of trio groups meeting together in one picnic spot.

There we shared our togetherness with one another and enjoyed in one another's company. It was beyond our imagination - meeting our own sisters and knowing our ACA's of other units. A memorable event indeed!

On another occasion, we had a ride to God's Own Country... borders of the Kerala State. We visited Our Lady of Mercy Church, Manjeshwar and then proceeded to Vorkady, the newly erected 'Sacred Heart of Jesus Church'. The speciality of this church is, that it was constructed entirely during Covid-19 Pandemic lock down. It's a beautiful monument with rare artistic style. The vestry and the museum, too, are an outstanding feature - a feast to the eyes of the viewers. Rev. Fr Francis Rodriguez, the then Parish Priest of this church (now transferred), briefed us of the mighty role played by the parishioners, with their own sweat and toil, working relentlessly for the successful completion of this church. A special mention is made by the Bishop of Mangalore in the Souvenir released on this glorious occasion, 'I was shocked and overwhelmed with surprise to see, even a 85 year old parishioner, offering his service in the masonry work. Indeed Sacred Heart of Jesus, Vorkady, is a vivid example of the Synodal church in progress: 'Communion, Participation and Mission'.

Our next visit to Bela was to our dear Sister Felcita's house. Her dear parents and siblings welcomed us with joy. We shared our

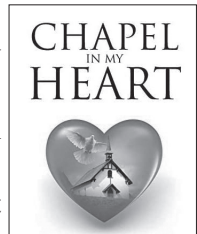


family meal and spent some time with the dear family members - another graceful event to be cherished.

Our last visit of the day was to Seva Ashram Pavur to meet our own sisters. Though few in number, they were engaged in Faith Formation Camp in the parish in their Convent compound. The sisters did entertain us. We were very happy to spend some time in the company of one another. Doubtless to say - our outings turned out to be enriching, uplifting and refreshing ones !

Chapel of our Heart ...!

1. I love to visit the Chapel and pray before the Blessed Sacrament. Quite often I close my eyes and focus my attention on the presence of Father, Son and Spirit dwelling within my heart and pray. This awareness continues during the day as I go about. I lose sight of it while I attend to my work or other obligations or converse with people. I am awakened to it quite often spontaneously while I walk about and say ejaculatory prayers 'I praise you Jesus, I thank you Jesus, love you Jesus, I adore you Jesus etc.' Even if I am awakened suddenly in my sleep at night this awareness comes back quite often and I pray.
(Sister N.N)
2. The joy I experience of God's loving and powerful presence within me is tremendous. When it is not possible to share my joys with Jesus in the tabernacle in the Chapel, I listen to His soft whispers in the depth of my heart and share my daily trifles of joys and sorrows with Him. I feel the warmth and peace within me each time I become aware of His indwelling within me. Whenever I am frustrated, disturbed and depressed, the closeness of God's presence within me gives me comfort.
(Sister N.N)
3. In the daily hustle and bustle of my life, I need to feed my



- mind with ejaculations, keeping my mind pure with good thoughts, thus experience Him in the silence of my heart and be constantly in communion with Him. *(Sr Maria Laveena A.C.)*
4. Knowing that my heart is a temple of God, in every thought, word and deed that I perform, I experience Him in the silence of my heart, listening to Him. Jesus my Spouse, rests in my heart, every moment and every time I feel His presence in my Heart, so I have to keep my heart pure and holy. *(Sr M. Prajna A.C.)*
 5. I make my heart a chapel by always being aware of His Divine Presence, as I receive Him through the Word of God and the Eucharist. And I also love Him with an undivided heart as He loves me. *(Sr. Jovita A.C)*
 6. As Jesus lives in the Tabernacle unceasingly, He lives in my heart too. I become aware of the changes taking place in my life, He makes me pure and clean in my thoughts words and deeds. I become like Jesus merciful, loving and forgiving and I carry Jesus, see Jesus in everyone. Life is Love, Joy, Peace and Hope. *(Sr. Thejaswi A.C.)*
 7. A Chapel/Church is a holy place. When I make myself aware of the indwelling of the Holy Trinity, live in the presence of God all the time, I am holy; my whole being is a tabernacle. Each one in my community is a walking Tabernacle. Love respect and Christ likeness flows from each one and the community becomes holy like a chapel and heaven on earth. *(Sr. Shalini.A.C.)*
 8. Mother Veronica constantly lived in the presence of God and cherished the solitude and silence of a Carmelite congregation. I create a chapel by being in the presence of God and be connected with Him amidst the daily events of life. *(Sister N.N)*
 9. My life is a chapel or my heart is a chapel where Jesus lives and reigns. It's a place of purity and holiness. When I am free from negativity and vices and filled with love and humility

Jesus dwells in me. My life is then centered around Jesus
(*Sister N.N*)

10. I carry the tabernacle of God (the Eucharistic Lord) in my heart; it strengthens me and reminds me to greet everyone graciously and lovingly. (*Sister Maria Assumpta A.C.*)

11. I am aware of the presence of the Eucharistic Lord in my heart, when I walk, talk, work and when I meet people. I feel happy when I recognize the presence of Jesus in others. They too feel happy to meet me and be with me. (*Sister Jini Jacob A.C.*)

12 According to the Christian revelation, if we tune our heart we can make our heart like that of the chapel. There will be inner harmony in the heart. At the moment of our death we shall die blessing, praising, and worshipping the loving God without thought of anything else. (*Sr. M. Jaqueline A.C.*)

13. I make my heart a temple of God -

- By Believing the Word Of God

- By Prayer and Contemplation on the indwelling Spirit of God

- By Loving God with all my heart, and soul.

- By Dedicating my whole self to God

- By Presenting my body as living sacrifice

- By regularly participating in the sacrament of the Holy Eucharist

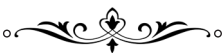
- By practicing the Presence of God

-By being humble and contrite in spirit

-By interacting with all the community members with respect and reverence

- Like Mother Mary I too can become ‘Theothekos’ bearer of Jesus’ mercy and compassion. (*Sr. Therese Jyothi A.C.*)

14. Practicing the presence of God starts with quality time of personal prayer. During the prayer, positive as well as



negative things about me and others come to my mind and the Lord tells me to remain quiet and put everything in His hand. The same thing happens to me throughout the day in my thoughts, words and actions. Each time I fall I ask forgiveness from the Lord. (*Sr Maria D'Sa A.C.*)

15. My heart is a dwelling place of God, just like Jesus dwells in the tabernacle. So, I need to remember and adore God in my everyday life. (*Sr Maria Vibha A.C.*)
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Opinion Poll : Who is Mother Veronica to me !

- ❖ Mother Veronica is a role model to reach out to God in total surrender to His will and to serve others in love and service. *Sr M. Sylvette A.C.*
- ❖ She is a person of God. She is a constant inspiration to me to submit myself to the will of God. I love her mission to give Jesus to others. *Sr M. Vinutha A.C.*
- ❖ She is an inspiration to me to be a true Apostolic Carmelite who constantly depends on the Providence of God. *Sr Maria Usha A.C.*
- ❖ She is a powerful example in accepting the suffering in total resignation and faith. *Sr. M. Violette A.C.*
- ❖ Venerable Mother Veronica, our Foundress, is a great inspiration to me, especially for her love for the Eucharistic Lord, heroic obedience and above all for the inspiring maxims. "Be constant in Prayer" makes me to remain faithful to my prayer and to face courageously the challenges of my life. *Sr Maria Merlyn A.C.*



- ❖ Mother Veronica is a great inspiration to me, for her deep faith and love for the Eucharistic Lord. A brave woman who faced the challenges of life relying on God makes me to live my religious life better, daily. *Sr Maria Sushanthi A.C.*
- ❖ Mother Veronica is an example of heroic obedience to me. She had the courage; strength and grace to accept God's will and plan, even in the most difficult and painful events and circumstances of her life. She teaches me to seek and do God's will in the daily struggles and strivings of life as she said "Obedience is my life". *(Sister N.N)*
- ❖ Mother Veronica had compassionate love for the poor. She is my model who inspires me to teach the slow learners with a compassionate heart. *(Sister N.N)*
- ❖ Mother Veronica's deep faith in God, her trust in His mercy and grace is a constant inspiration for me to live my life in the Apostolic Carmel. She is a source of strength to me to face the daily challenges of life with courage and determination and to accept both the pleasant and unpleasant situations of life with equanimity and faith, trusting that God alone is sufficient. *(Sister N.N)*
- ❖ The life of Mother Veronica has inspired me to follow Jesus in the Apostolic Carmel. Her love for Jesus and His mission has helped me to accept the work that is given to me and do it for His Glory *Sister Winnie D'Souza A.C.*
- ❖ Mother Veronica is a guiding star for me. She sets a great example for me of unwavering faith and trust in God. Her beautiful life is a constant inspiration for me. *Sr Neetha Maria A.C.*
- ❖ Mother Veronica is a role model for me. Whatever she told her sisters to practice, she first practiced it in her life. She was always obedient and faithful to God *(Sister N.N)*

To me Mother Veronica is a beacon of light with a clear vision



and a mission in mind. She, with her determined determination, zeal, ardent love, strong faith and obedience, is an inspiration to me. She helps me to imbibe these virtues in my life. *Sr Judith Frank A.C.*

- ❖ As for me, Mother Veronica is an unique, valiant, courageous and a dauntless woman, who ventured to receive the Catholic faith, she risked all to find God. I have great admiration for her and I salute her for what she is, our venerable Founder. *Sr Maria Tara A.C.*
- ❖ Venerable Mother is an inspiration for me to work among the children with special needs. She looked after her sister Emily who was deaf, dumb and mute. I believe she can understand the problems and struggles I face as I serve these children. I believe she intercedes for me and the children I serve. *Sr Maria Shruthi A.C.*
- ❖ Mother Veronica is my companion on my journey of life. She climbed the steep winding lonely royal road of the Cross. Reading her letters and books, I conclude that she is an inspiration to me to live the A C way of life. Looking at her gives me an upward pull to walk the road. In the many challenges and uncertainties in my life, I find meaning in relating to her, with courage, deep faith and prayer. I know I can do it as someone before me has done it. *(Sister N.N)*
- ❖ Mother Veronica is a great inspiration to me. Her love for prayer, obedience, faith, humility, search for God's will, love for the Eucharist and the Cross is a pathway left behind for me to walk or follow, to reach my heavenly destination. She is given to me by my Lord as a model in my faith response to His invitation. Only by responding to this invitation I will be enabled to be a sign of the lasting world we are heading for. *(Sister N.N)*
- ❖ Mother Veronica is an inspiration for me. Openness to God's will and love for the Eucharist is very prominent in her life.

For me she is a beacon of light with regard to bedience and humility. I always admire these virtues in her and try to put them into practice and imbibe her spirit in my life. *(Sister N.N)*

- ❖ Mother Veronica is a Spiritual guide to me. Her experience of ‘Jesus, really being present in the Holy Eucharist in the Catholic Church’ made her take a ‘U’ turn. With this experience her love for the Holy Eucharist was challenged and her faith in God strengthened. *(Sister N.N)*
- ❖ She is great a visionary and missionary to me. Her daring spirit to a become a Catholic, a sister of the Congregation of the Sisters of St Joseph of the Apparition, a Cloistered Carmelite, a founder of the Apostolic Carmel and finally a Cloistered Carmel sister unknown to the world. *(Sister N.N)*
- ❖ She is a model for me as person of deep humility and willing obedience in surrendering her desire of not coming to India as an Apostolic Carmel sister and closing down the house at Pau. *(Sister N.N)*
- ❖ The life of Mother Veronica is very vivid to me. When I think of her it is enough to be grateful to her for her life of commitment and total surrender to God’s will, her undaunted courage, her zeal for the mission, her motherly love for her sisters and great self effacing life makes me to take risks and courageously launch into the deep. I love venerable Mother Veronica. She is an inspiration to me. *Sister Christine Misquith A.C.*
- ❖ Mother Veronica, women of conviction. She strongly believed in whatever she did and never looked back at the step she took, to plant a seed of the huge tree -the Apostolic Carmel. She inspires me to do anything and everything with conviction. *Sister Lilly Pushpa A.C.*
- ❖ For me Mother Veronica is a courageous woman, facing life’s challenges and carrying out God’s plan according to His will. *Sister Maria Assumpta A.C.*



Mother Veronica is my Mother, a guiding star. *Sister Jini Jacob A.C.*

- ❖ Mary Mother Veronica is a challenging model to me who has captured the minds and hearts of the old and young alike. I admire her courage and the risk which she had taken to accomplish her God given mission. Her daring, humility, heroic faith and obedience to God's holy will, her generosity and the spirit of joyful surrender inspires me in my day today living. *Sr. Maria Smitha, A.C.*
- ❖ Venerable Mother Veronica is a valiant woman. She walked alone the unknown path through her great faith in God. She always felt the hand of God, within her and led her forward to take risks in beginning the Apostolic Carmel Congregation amidst utter poverty. She put all her burdens in the mighty hand of God and He gave her solutions in all the sufferings and problems that she had to face in life. Today she inspires me to have great faith in God Almighty, placing all my burdens, sufferings, inconveniences in the mighty hand of God, who is ever ready to hold them for me and to solve all my burdens. She invites me to have great faith in God. *Sr. Maria Philomena A.C.*

Mother Veronica we thank you

- For enabling me to be rooted in my faith *Sr. Reethika A.C.*
- For inspiring me to be energized with the daily receiving of Jesus *Sr. Christine Noronha A.C.*
- For permitting me to be courageous, to dive into the unknown *Sr. Shanthi Priya A.C.*
- For encouraging me to be hopeful in times of utter disappointment and failure. *Sr. Savitha Quadros A.C.*
- For rejuvenating me daily to be zealous in my mission. *Sr. Chrisette A.C.*

Letters to Mother Veronica

Superior & Sisters

St Ann's Convent, Mangalore

Our Dearest Mother,

We your children of the Apostolic Carmel often sing with love and reverence: "*Veronica we remember you, with filial love and gratitude ...*". Yes dear Mother you have played a very important part in the lives of each of us. You will be very happy to know that this letter comes to you from St Ann's, the very place which welcomed you 160 years ago when you landed at Mangalore on the way to Calicut as a sister of St Joseph of the Apparition, and where you received the call to found the Apostolic Carmel. Do you remember how you fasted and prayed for the cessation of the schism in Mangalore under the direction of Fr Marie Ephrem OCD and how you received the spousal ring from Jesus Himself !

Yes, St Ann's is very dear to you. It is here that you transplanted the Apostolic Carmel in 1870. When, in God's infinite designs, you had to take the heart-breaking decision to close the A.C. cradle at Bayonne, this tiny sapling, after facing fierce winds for several years, braved the storms and not only survived but thrived because of your hidden tears and prayers in far away Pau and Bethlehem. The visit of Bishop Pagani in 1890 assured you that the Apostolic Carmel had not only survived but was growing. The two visits of Mother Marie des Anges, your child, confirmed what the Bishop had told you. You sent the frescoes which your friend, Madame Gil de Morena, had given you and they now adorn St Ann's Chapel, which has recently been painted and looks really beautiful. You communicated with the sisters at St Ann's and with Sister Aloysia in particular. Sister Aloysia was indeed your blessed child for she not only imbibed the charism given you to start the Congregation but she spread it around by becoming a pioneer in education for girls.

St Ann's had been the Mother House and Formation House from

its inception; until in 1938, the Novitiate was shifted to Maryhill, the Postulancy in 1961 and finally the Generalate. Since 1974, St Ann's has been the Provincial House of Karnataka Province. But its privilege as the Foundation House cannot be taken away from it. Every great event of the Congregation – its Centenary in 1970, your Death Anniversary in 2006, Mother Marie des Anges' Death Anniversary in 2009 and the Sesquicentennial celebrations in 2020 were held at St Ann's and attended by sisters from all over the A.C. world. All the Apostolic Carmel Sisters look up at St Ann's Convent with love and respect and we who are the members of this community feel very privileged to walk on the very grounds you had once walked, although for a short time.

Another great privilege that St Ann's has is the fact that a saint, your beloved child Mariam Bouardy (Sister Mary of Jesus Crucified) had lived here. Although unfortunately, she had been sent back in disgrace because many believed that she was possessed, her words in the letter to the sisters who had misjudged her and later apologized were, "*God permitted it to happen*". What anguish of spirit did you not go through, not only because she was your child but also because her return indirectly led to the closing of your convent at Bayonne and the seeming destruction of the work you had begun, not on your own initiative but because God had asked you to start it! How could God destroy His own work? Indeed He did not destroy it. You were His tool to start it and He would give it to others to perfect it. It was because of your total 'YES' that the Apostolic Carmel withstood all the storms that buffeted it and stands strong till today.

St Ann's became a pilgrimage centre since the early 1980's when Sister Mary of Jesus Crucified was beatified and more so after she was canonized. The oratory and her cell have a great appeal to people, who after visiting her shrine at the Carmelite Monastery at Kankanady, come to pray in the place where she had lived, the altar where she had made her first vows and the spot where she had her levitation and is now marked by her bust.

St Ann's now is a thriving centre with educational activities. The



St Ann's School which was started in 1870 still continues, as well as the Teacher Training Institute started in 1890. Now we have several other Institutions attached to St Ann's – the CBSE (from K.G to Std X), the Kannada Primary, the DPPT attached to TTI, the Pre-University College and the College of Education that houses M.Ed and the Ph.D centre. We are doing our best to provide quality education, keeping in mind the spiritual formation of our students – who are to be torch bearers in our land. Our students have come to know and love you. The Carmel Blossoms from our educational institutions have a great love for you. We also have over 20 Apostolic Carmel Associates who have made a study of your life, appreciated it and are praying for your canonization.

Dear Mother, we have read many books on your life, your letters as well. They have helped us to know you better and appreciate your ardent love for Jesus in the Holy Eucharist, (*a fact which we, cradle Catholics, have taken for granted*) and your tender devotion for the Blessed Virgin Mary even when you were a protestant. Your surrender to God and your total obedience to His Will during the various stages of your life, even when obedience took away everything from you, has helped us also to surrender to God's will. Humility is not only difficult for the English people but for us too and when we see how you accepted humiliations and even made a vow to accept humiliations, we get the courage to try to imitate you. For you, "*God was a banker who never failed*". We too want to rely totally on God, for we want to live the A.C. motto, "*God alone sufficeth*".

We are sure that you are enjoying the beatific vision and that God answers prayers offered to Him through His saints. We await the First Class Miracle which will lead you to the honours of the Altar. Won't Jesus grant us this favour? You never said 'NO' to Him. Ask Him, He will not say, 'No', to you. OR is this great favour not granted us because our commitment to God is not total? Is it because we are too attached to ourselves and profess worldly values in our day to day life? Is it because our prayer life is not deep enough? Is it because we are lacking in love for one



another and insensitive to their needs? Is it because we not living our charism to the full? Mother dear, you “RISKED ALL, LOST ALL and FOUND ALL”. Help us dear Mother to do the same. Help us to LIVE FOR JESUS and for HIM ALONE.

Your most devoted children,
The Sisters of St Ann's Convent

Carmel Nivas
Bailhongal

O Mother! My Founder Dear,

You are the reason ... I am who I am here today. I have entered the Apostolic Carmel to enjoy the heritage of Carmel with its rootedness in prayer to be drawn to seek God above all things as the single purpose of my life.

Words cannot express the gratitude I have for you mother, you sacrificed great things in order to obey God and follow Christ. Your life of surrender to the all - sufficing love of God has been a great inspiration to me in the struggles that I face in my daily life. I wonder how you could be so obedient, faith-filled and courageous! Thank you for your relentless efforts to bring up your daughters in holiness.

All my life I have searched for inspiration to deal with the troubles in life but little did I know that after all these years my steps would return to you as my true model. Mother I thank the Lord continuously for you and for my call to the Apostolic Carmel. Your Spirit of Prayer and Zeal for the mission are indeed a great inspiration to me to walk in your footsteps. I will face my life's challenges courageously to love God and serve humanity.

Your life of faith, humility and renouncing of all lesser loves, all these virtues and other virtues have been a great inspiration to me dear mother. I read your letters and try to imbibe your spirit of 'FAITH'. "A whole eternity will not suffice to render Him thanks for the inestimable, unspeakable gift He bestowed on me. It was indeed the gift of faith – what faith! I trust to carry it intact before the throne of God for all eternity" (A life in Letters Page 39).

Mother you had love for truth which you found in the Blessed Sacrament and in the Bible that led you to the Catholic faith. In order to embrace the Catholic Church you had to face opposition from your family. All through your life faith, Jesus was the main spring, giving meaning to all that happened to you to meet life's challenges. Mother intercede for me and for all your daughters that we may imbibe your spirit of faith amidst misunderstanding, trials and tribulations.

Mother you valued 'HUMILITY' so highly that you kept up a life long struggle to grow in virtue. You made a vow of humility to overcome pride. You tell me and all your daughters in India, "Always be very humble and charitable – united among yourselves". And you said "The only ambition of a Carmelite should be to surpass the others in humility". Mother I remember often your beautiful maxim: "I am nothing, I can do nothing. This path is very sure and filled with sweetness." Mother please intercede for me that I may overcome my pride by facing humiliations and suffering in faith.

Mother you understood and experienced that God is a lover who demands a whole – hearted response. Mother you renounced all lesser loves for the sake of His all – sufficing love and for the mission in the Church. You understood that the freer the heart is from particular affections, the more dedicated persons become and are ready to love God and neighbour.

Mother the practice of these virtues will enable me and all your daughters to move from self – centred attitude to the other-centred attitude, thus becoming a sign to all here on earth. May your life of inspiration move us one step closer to Jesus!

Your loving daughter

Sister Supreetha A.C



A Letter to Mother Veronica

Sr. Edna Furtado A.C.,

Yesu Prem Niketan,

Bendore , Mangalore.

Beloved and venerable Mother Veronica,

My heart throbs with gratitude, excitement and joy as I pen these lines to you. I consider this opportunity to write to you a great privilege and honour granted to me.

Ever since I joined the Apostolic Carmel I have been exposed to more and more information and revelations of your life and spirit. I am filled with gratitude and awe to know the price you paid - risking your life, bearing misunderstanding, abandonment and facing extreme poverty and insecurity in order to bring to birth the Apostolic Carmel which originally you called 'Carmel for the Missions'. As I advance in my religious life I begin to love and appreciate my congregation more and more because it has a beautiful blend of spirituality and apostolate/mission, contemplation and action, the spirit of Carmel and missionary zeal.

As I went through your letters which were preserved and made available to us, I came to know that during your teaching apostolate here in India as a Sister of St Joseph of Apparition you had a lot of problems due to lack of funds, lack of personnel and sometimes even those who were sent as assistants were inefficient. At present also we face similar problems due to dearth of able and efficient staff; there are very many lucrative jobs and attractive careers available for the youth, hence teaching is the last choice made by them.

You will be happy to know that our teaching apostolate has grown to cater to the needs of a wider population and our presence has

spread to distant and remote places of India, Sri Lanka, Pakistan, East Africa, Rome and your beloved Pau in France. We have Degree Colleges offering under graduate and post graduate courses, State Board Primary and High Schools both in English and the vernacular mediums like Kannada, Malayalam, Hindi, Tamil etc., ICSE and CBSE Schools, Special Schools catering to the needs of differently - able children, Technical and Community Colleges offering job oriented courses to those who cannot afford to go for higher education as well as Orphanages, Hostels, Home for the Aged and Home for the Differently Able Adults. There is still scope for widening our horizon and moving forward according to the signs of the time.

Our apostolate has expanded and multiplied no doubt but in recent years there has been a steady decline in religious vocations. Besides, several professed sisters leave the congregation. A greater number of sisters are getting retired and become senior citizens, I being one of them and several have gone to receive their eternal reward.

There is a move to make use of the expertise of the senior sisters by re - instating them in educational institutions as counselors, administrators, coordinators etc. This helps to supplement the income of the community.

The lack of religious vocations has become the major issue of the congregation. We are trying to find out the reason. In the past there were large families but today there is a trend to have nuclear families. As a result the Catholic population in India - a minority population - has been decreasing year after year. Besides, our way of life may not be appealing to the present youth. We may not have relevance or perhaps we lack depth in our spiritual life and compassion in our dealings with others. We need to discern and reorient our lives according to the vision you had in founding our congregation.

Beloved and Venerable Mother, the bond between you and us is growing stronger as we read your life from the various books



made available to us. Once a week we devote ourselves to reflect on your life and values and pray to God to help us imbibe them. We have been praying earnestly, fasting and singing the songs about you to obtain a first class miracle through your intercession as that is the condition laid by the Church for your beatification and canonization. Our strong desire and earnest plea is to see you receiving the honour of sainthood. You deserve it our beloved mother. Please intercede for us and grant us a first class miracle.

Thank you very much for the chance you have given me to express my fondness for you through a letter. Do bless us. With much love and a warm embrace I close,

Your loving and devoted daughter,

Edna Furtado A.C.

A LETTER TO MOTHER VERONICA

Carmel Convent
Modankap

Dear Mother Veronica,

Loving and warm greetings from the sisters of Carmel Convent Modankap, Karnataka Province!

Dear mother we rejoice with you and are happy to write this letter to you. We are grateful to you, dear mother, for the tireless effort and loving labour of love you have put in, to found our congregation, because of which the congregation enjoys fruit in plenty. Now 153 years have passed and we are the beneficiaries of your hard labour.

Dear mother today the A.C has grown as a mighty tree spreading the knowledge of God's love through teaching and other works of mercy.

Our active and contemplative life has been a source of hope to millions of people to earn their livelihood and lead a happy life.

The charism of the congregation has reached near and far. We have expanded the apostolate of education to newer avenues.

We have A.C.A's and C.B units and regular meetings are conducted for them. The families of our students are visited often. We do go out of the way to help the needy in cash and kind and also show God's compassion through our loving visit to the sick and needy. Faith formation of our students in schools is catered to through catechism and value education. We are actively involved in Parish ministry through the SCC, Marian Sodality and Catechism. CRI meetings are attended regularly.

A strong bond of love and unity is built up in the community through joyful recreations, surprises and outings. Leisure time is utilized for manual work. Dear mother we feel much contented over the growth of our congregation over the 153 years.

Due to the drastic change that has taken place in the globalised world our congregation does face many challenges. The dearth of Vocation to religious life is due to the nuclear families and the worldly attractions and that has been one of the major challenges. There are also quite a number of A.C sisters who are discontinuing religious life due to varied reasons. Do intercede for the Congregation dear Mother that the mission of the Congregation may go forward and through our way of life we may draw genuine vocations.

In the education field, too, there are various challenges due to anti-conversion bill, safronization (even of textbooks), fear of the unknown, the new education policies implemented by the government, new educational institutions emerging with better prospectus etc. These are some of the difficulties we encounter day today.

Even in our community life, there is individualism and institutionalism. Work pressure is slowly creeping in, as a result of the contemplative aspect of religious life is fading away.



Dear Mother we do feel sad at the present situation of the Congregation but we know that the good work begun by you will continue through your intercession.

Pray for us dear mother your daughters that we may have the generosity and good will to live up to our virginal commitment and have the zeal and love to work for the mission of the Lord.

Your Loving Daughters
Sisters of Carmel Convent

Sr M. Shalini A.C.
Yesu Prem Niketan

Our Dearest Venerable Mother Veronica,

We deem it a privilege to have this golden opportunity of freely speaking to you. Before I go any further I want to thank you profusely for giving birth to our Congregation, 'The Apostolic Carmel', 'A Carmel for the Mission'. The title itself speaks to us in volumes as we realize your dream for your daughters.

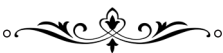
Our minds get crowded with all that we wish to share with you. Mother dear in heaven, you can understand our lives, our hearts, and desires. At the same you can see our growth, ups and downs, our peak experiences of joy and success, peace and contentment, at the same time our drooping spirit, our lethargy, indifference, laziness, at times our worldliness, our greed and dissatisfaction.

Dear mother, you know how after a good retreat our spirits are high, we sound happy and renewed, slowly our spirit comes down as life is demanding, our work in schools demands a lot from every side, and so we are down in spirit, find no time to relax before our Blessed Lord. In the ladder of success in spiritual life, we see ourselves at the bottom of the ladder. It is like an ant trying to climb the hill, and strong breeze, rain and scorching sun brings it to the bottom of the hill. We too come down where we are. We console ourselves saying Jesus understands. Mother, deep down we all have a desire to climb the Mountain as taught by St John of the Cross. We stand in need of your prayer for us.

We thank God for what you were and for what you are to us. In the past we did not take the trouble to read and know about you. We only enjoyed the fruit of your labor of love. We did not have much material to read and know about you. We thank our Superiors General who took the trouble of encouraging our older sisters who were gifted and had the capacity to hunt for the material and put down in writing by translating from French into English. We cannot forget the ones who with determined determination helped the congregation by providing your Autobiography in English and all your letters.

Sisters Valeria, Fidelia who got the treasures from the Carmel of Pau by digging into the old papers they succeeded in the treasure hunt. Sister Paula was the one, though old, sat to read and translate the letters from French into English. It's amazing that such a large number of letters written by you, more than a century ago, were preserved with great care in Archives in different parts of the world, connected with our mission. We are grateful to Sister Carrol A.C. your dear daughter who edited all the letters, translated them into English and shared them with the Congregation. Many others must have been involved in the great task, but we may not be able to mention all the names. Our dear Sister Vincent the former Superior General is a brain. She has written books about your life after reading, praying and reflecting. We gloriously read and reflect and use them for our weekly prayer, when we spend an hour and even a full day in prayer and fast. We beg of you to work a first class miracle. We want you to be beatified and also canonized. Reading your letters dear Mother, some of us were overjoyed and expressed "What a great and wonderful Mother we have!" Some were stirred up in their spirit, hearts and minds and were led to pray and reflect on your beautiful inspiring life. Great were your sufferings, your determination to accept God's will in your life at great cost for you have said, 'Obedience is My Life'. We often repeat this statement and try to be obedient daughters, but some of us have been slow in practising it.

Mother, our pull downward, inward and outward has been



so strong that our upward journey has been slow. Mother, you know that we are waiting for your beatification and you seem to say you are not satisfied with our life and urge us to be holy as our Heavenly Father is holy. We realize that our life of prayer, contemplation and mission is not up to the mark. Our Superior General Sister Nirmalini and our Provincials keep reminding us.

Dear Mother, your life reveals to us your sublime, yet how very human you were. You were firm, with clear thinking with affability, vision with practical insight; you adhered to God's will with inner freedom in taking risks. Contemplation in action was your daily bread, empowerment with surrender, strength with littleness and humility, Tabor with Calvary - in short the Gospel paradox of life with death.

Pardon us dear mother for not being what we should have been. We have penned only a peep into our lives. We can share in volumes. Mother dear, regarding our growth in our mission of education we had made a high jump, but now slowly we are coming down. In earlier years we had made a name for our selves, admissions came in without taking any trouble on our part. Our value based education was much appreciated. The contractors and engineers had enough work in putting up massive buildings to accommodate the children flocking to our schools and colleges. Now at present the story is different.

You will be happy to know about our mission for the poor and the needy. Much is done and much more to be done. Yes, others will tell you about it dear mother. This will gladden your heart. All our Provinces are doing hard work and our sisters are serving the poor in remote areas especially in the North and North East, Sri Lanka, Africa. In fact all our provinces are moving out to the areas where the poor and the sick are in need of our service. Mother you have sown the seed for such service.

We are aware that your love for the poor and the sick was great and you stand as an inspiration to us. We are trying our best to give due importance to faith formation, but we are aware we need



to do more as the faith of our catholic students and their families is weakened as the world has been offering worldly values and we too are lost in it at times.

Mother, you may be saddened if we have to mention to you the challenges we face. First of all we are a challenge to our selves, to live up to our commitment to the full is a great challenge and we waver and fall. Prayer and contemplation at times do not seem to be our priority as our time and energy is sucked by our educational departments with their demands, and the threats we face from our government are too many, and we feel as if we are going to be uprooted from where we are and from our mission. We are all in confused mind dear mother; we need your prayer and blessing. Tell Jesus that your daughters have no wine. Your daughters are all so good but they need a push.

We are happy to share with you, that we have been blessed with wonderful Superiors General who had a vision for our congregation and they have kept us going so far. Now our time is tough and very challenging. Our present Superior General Sister Nirmalini is an inspiration to us. She has a clear vision for us, and takes us to the roots and spirit of the Congregation which you have had while you were on earth. She keeps us urging to deepen our prayer and life of faith and work fearlessly for our flock wherever we are. Besides being our General, she has an added responsibility as the President of CRI in India. This gives her greater scope to help all the Religious in India to move forward with courage and proclaim the good news through our mission. Bless her and us dear Mother. Here we stop as many more will be writing to you. We have a lot to share, may be next time directly through an email. Bless us dear Mother.

Closing with love.

Sister M. Shalini A.C.

To
Venerable Mother Veronica
D/o God the Father
Heaven's Gate
Paradise

Mind Bogglers :

1. The Alphabet Quiz:

1. Which letter of the alphabet is a bird?
2. Which letter of the alphabet is a drink?
3. Which letter of the alphabet is a vegetable?
4. Which letter of the alphabet is a river in England?
5. Which letter of the alphabet means to make design on the metal

2. Hot cups of Tea (Ty)

1. A 'tea' of freedom.
2. A 'tea' that freely gives
3. A 'tea' that is found when weather is cold
4. A 'tea' that is stormy
5. A 'tea' that is a state of being worthy of honour and respect.

3. 'Pans' not for frying

1. This 'pan' is a disease that affects a whole country
2. This 'pan' is something dramatic
3. This 'pan' is a disorderly or noisy assembly
4. This 'pan' is a sudden overpowering fear that affects an individual
5. This 'pan' is a small beautiful flower

4. A company of 'Gents'

1. A 'gent' that is hasty
 2. A 'gent' that is very spicy
 3. A 'gent' that is industrious
 4. A 'gent' that is used for washing something
 5. A 'gent' that is a strictly enforced set of rules
- Answers:

Answers on Page Number - 47

Home Remedies...

Sr Julie Ann A.C.

Provincial House, St Ann's

For Common Cold :

Things needed :

1. 20 Star Apples
2. Three table spoons of Pepper
3. 250 grams Brown Sugar Candy
4. 10 Cloves
5. One table spoon of Ghee,
6. A pinch of Salt



Preparation :

♦ Slice the star apples and grind them in the mixer till it becomes a paste and then add water and strain it (as you prepare the coconut juice). A little pulp could be added. Remove only the fiber part.
♦ Powder the pepper. Boil the star apple juice with candy, cloves and the pepper powder and ghee till it turns into a paste. The content should be both spicy and sweet. Preserve it in the glass bottle. You could use it for months. It could be of help for those who have difficulty in breathing.

Dosage : Half a tea spoon three to four times a day

For any Joint Pain :

Things needed : Take 30 Star Apples, 2. 5 Table Spoons of Mustard, 3. Two Table Spoons Pepper, 4. Half a liter of Coconut Oil

Preparation :

Grind the Star Apples. Strain the matter. Grind the pepper and the mustard

Now take the star apple juice, pepper and mustard powder and add coconut oil and boil them till the oil surfaces. (Boil it for a long time) Strain it and transfer it preferably to a glass bottle. Apply it to the painful joints for a period of time. You will feel the positive effect

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Pages 240 to 298. July 2022

Sister M Aquina A.C.

St Joseph's Convent, Kundapur



(Please send the answers to rosymendonsa26@gmail.com by October 15th)

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

Across:

1. Her smile captured everyone esp. children who would go to the second floor of the School to get her blessings and go back happy and satisfied. Her simplicity was the outcome a life lived for God alone. She enjoyed praying Rosary and sitting before the Lord in adoration each morning. (6)

3. Her schooling was at Sacred Heart Convent School, Yercard; graduated in Humanities at St. Agnes: Honours degree in History with French and Latin in London. During her declining years, her spare time was spent praying the rosary or singing hymns and sacred songs with Sr. Patrick at Bangalore. (11).

8. She was born social worker, was a loving zealous and creative missionary. When she was a Headmistress in Margao, she had a programme for the underprivileged at Borda; eventually she got a plot donated to our Sisters and established Carmel Seva Mandir.

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8. She was born social worker, was a loving zealous and creative missionary. When she was a Headmistress in Margao, she had a programme for the underprivileged at Borda; eventually she got a plot donated to our Sisters and established Carmel Seva Mandir. At Aldona, she organized a retreat. Neither human respect nor odium, nor physical difficulties deterred her in mission. We have Carmel Seva Mandir, Fatima Convent, Rosa Mystica and Carmel College Nuvem in their present location also Carmel Technical Institution at Patna, the Crèche at Jayanagar and Jevan Sarita Ashram Mehsana.

10. She had a deep devotion to the Sacred Heart of Jesus. Six months after her First Profession she was transferred to Sri Lanka. At last, when she opted for Karnataka, she came back and worked in only two convents in Karnataka. She died in the convent where she got her first transfer as a Junior. She loved to sing Tagore's Song: "pluck this little Flower and take It. . . ." (8).

12. Sister was thrifty, which made her a good minister in her community. With her long tapering fingers, she produced exquisite bits of embroidery which were quickly sold out at Fetes. She was grateful to God for her long life and wished to live longer. At the age of 85, in spite of poor health, she looked after a Sister 85 years. while she died. (8)



Back words:

2. She was the leader of the pioneering team of Bellary Samaj Seva Kendra. She took up the entire running of Social Welfare Project; the programme covering all the neighbourhood houses; attending to the learning of about 400 Children, providing them 3 meals, supervising their study and then sending them home. Her spirit of faith was remarkable. She had a steady handwriting. She was asked, to prepare copy writing books which were printed and circulated in Karnataka Province. (6)

6. She had a delightful temperament, a good sense of humour, a gift for relating stories in her own inimitable way. She loved to sing. She had a soft corner for Laloo Prasad Yadav and often included him in her intercessory Prayers. For years she rang the rising bell. (5,4).

7. Seeing her aptitude for working with disabled children, she was sent to Sophia School Bangalore to complete a course. In 1980 she was designated to be charge of the Special School. In 1995 she travelled with some Staff members and with Special Students to attend an exchange programme in England. One of the English families with whom this Sister resided was so impressed by her selfless service that they continued to send her cash gift and other useful materials as long as Sister was alive. (5,5).

9. Sister was a person of Prayer. She spent much of her time after retirement before the Blessed Sacrament. She sang quite well which helped the choir mistress. She had a loving and forgiving nature. Recreations were enlivening by her narration of interesting experiences of her North Indian missionary life. (6)

11. She could hardly walk or bend her knees. In a Charismatic retreat she promised, if she is cured, she would spend the rest of her life in the missions. God granted her wish. She went up the stage, knelt and made a prayer, one who hardly made a loud intention at community prayer. As a pioneer at Borda mission, she whole heartedly worked for the uplift of the people. Even the evil spirits

were driven away when she fasted and prayed over them. (8).

Down :

4. She was a woman of prayer, and took delight in good spiritual reading. Prayer was her healing balm and Divine tonic. She followed the Prayer of the Church attentively. She loved our Blessed Mother as well and prayed several Rosaries. She was born during the Novena for the Nativity of Blessed Mother. She loved to collect flowers and give them to School children to strew during the novena to Infant Mary. (7).

5. Born to Protestant parents, studied and trained in Malayalam, she was able to teach in English medium school in Navrangpur. The Hound of Heaven drew her to the whole truth and the Mother of Carmel smiled on her. She took instructions and became a Catholic. As a religious Sister she worked in the Northern, Southern and Western provinces. From 1981 she initiated the teachers into the new approach to Environmental Studies making teachers and students recognize God's presence through every lesson. She suffered from dysfunctioning of the muscles and nerves. Even from the infirmary –Carmel Jyoti she continued her mission of meeting the teachers and students before and after class, sharing God's love and peace. With a smiling face, she was an inspiration to all. (6)

UP :

13. She was sent with the pioneering group to Kuwait. There, she was minister, cook, refectorian and portress. She could deal with various types of people. She spent several months at Dhantoli supervising the new convent of Ajni where she spent the rest of her life. During the last five months and a half she suffered from a paralytic stroke. (6).



Results of the Quiz on A.C. Foot Prints

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Congratulations ! Well Done !!!

Western Province

1. Sr Maria Christi A.C., Provincial House, Bandra
2. Sr Elvira Tellis Nayak A.C., Gandhidham, Gujarat
3. Sr Florence Mary A.C., Carmel Seva Mandir, Goa

Northern Province

1. 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 Maria Rajni A.C., Women's Welfare Centre, Anandapally, Kolkata
4. Sr Lucy Lobo A.C., Carmel Convent, Durgapur

Southern Province

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

Karnataka Province

1. Sr Carmel Rita A.C., St Agnes Convent, Mangalore
2. Sr Maria Leonilla A.C., Carmel Convent, Moodbidri
3. Yesu Prem Niketan Community, Mangalore
4. Sr Grace Fernandes A.C., Mary Immaculate Convent, Bangalore
5. Sr Maria Merlyn A.C., Anugraha Convent, Bellary

6. Sr Ida Barboza A.C., Carmel Convent, Ashaniketan
7. Sr Maria Anita A.C., Vijyamari Convent, Maryhill
8. Sr Flavia A.C., Seva Ashram, Pavur
9. Sr Maria Prathima A.C., Vijaymari Convent, Maryhill
10. Sr Felician A.C., St Cecily's Convent, Udupi

**Show them Your Merciful Love Lord,
Grant them Eternal Rest**

Date	Name of the Sister	Name of the Deceased	Relationship
15.12.2021	Sr M. Sylvette A.C	Mrs Louisa Mesquita	Sister-in-law
28.12.2021	Sr Violet Tauro A.C	Mrs Violet D'Lima	Sister-in-law
29.12.2021	Sr Florine Pinto A.C	Mrs Clotty Pinto	Sister
08.01.2022	Sr Cyprienne A.C	Mr Mathew	Brother-in-law
13.10.2022	Sr Avelina A.C	Mrs Maria	Sister
20.01.2022	Sr Maria Laila A.C	Mrs Cecilia D'Mello	Sister-in-law
24.01.2022	Sr Marie Lucy A.C	Mr Peter Paul Lobo	Brother
26.01.2022	Sr Beatrice Pereira A.C	Ms Vera Pereira	Sister
29.01.2022	Sr Pramila D'Souza A.C	Mrs Jyothi D'Souza	Mother
25.02.2022	Sr Grace Fernandes A.C	Mrs Letitia Fernandes	Mother
05.05.2022	Sr Shalini Monteiro A.C	Mr Salvadore Monteiro	Father
29.05.2-22	Sr Maria Sangeeta A.C	Mrs Paskin D'Souza	Sister
31.5.2022	Sr Daniela A.C	Mrs Lily	Sister
03.06.2022	Sr Maria Smitha A.C	Mr Santhan Mathias	Brother-in-law
05.06.2022	Sr Evelyn Marie A.C	Mr Victor D'Souza	Brother-in-law
08.06.2022	Sr M. Dulcine A.C	Mr Micheal D'Souza	Father
13.06.2022	Sr Renita Fernandes	Mr Rocky Fernandes	Brother -in-law
25.06.2022	Sr M. Asha A.C.	Mr David J Castelino	Brother -in-law

Our Thanks



*Sincere Appreciation
Prayerful Greetings
Loving Gratitude
And Best Wishes
For Your Future Mission!
May God go with you
May God be with you
May God Bless you!*



*With Love and Gratitude
Sisters of Karnataka Province*





Venerable Mother Veronica of the Passion

*Stepping into the Bi-Centenary of her
Birth*

1 October, 1823 to 1 October, 2023
*Gratitude for Two Hundred Years
of Blessings*