

THE APOSTOLIC CARMEL

KARNATAKA PROVINCE



... Unto Us a Child is Born

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EDITORIAL

Come December and it is ‘Christmas Everywhere’. Everyone, irrespective of all man-made boundaries await this season – a season of happiness, sharing, caring, singing, dancing, gifting, rejoicing, celebrating, preparing goodies & cakes, distributing, ‘Santa’s Arriving’, caroling, fun and frolic. This is almost the meaning for many a people in the 21st century. But what was it really?



God, once again opens the door of paradise for mankind by sending His own Son into the world not in pomp and glory but almost in the form of a beggar with no basic necessities of life – a manger for a bed, the breath of the animals for warmth – an unimaginable stinky stable for the King of Heaven and Earth. The ‘Breaking News’ from the anchor angels were for the poor, simple, shivering shepherds.

While we are also preparing for the birth of the Savior, we would do well to remember that good things come in small packages; nothing is too small in the eyes of the Lord. To bring joy this Christmas, we unravel this package – a smile, a helping hand, a phone call, the word ‘sorry’, ‘thank you’, a visit, just a little listening - all these will have the ripple effects.

We have another significant birth to celebrate this year - that of our foundress ‘Venerable Mother Veronica.’ The inaugural on 1st October at the province level was indeed a memorable event – when at the end of the Eucharist and at the inaugural of the logo, the entire congregation gathered at St Ann’s chapel sang in unison, with pride and broad smiles - ‘A Bright Star



is Risen'. I would like to dedicate a big chunk of 'Karnataka Vani' to celebrate her virtues. Some of our sisters, who never took up the pen for writing articles, have come out, sharing their experiences of our beloved foundress.

May the birth of Jesus and the bi-centenary of the birth of Mother Veronica enable us to imbibe a little more of dedication, simplicity and generosity in our lives. May the goodness of 'CARMEL', reflect in the 'APOSTOLIC' way of life of each of us. This is my wish and prayer.

The Provincial Superior and the team and all at Provincial House wish you the gift of peace, the gift of love and the gift of happiness this Christmas!

Sr Rose Agnes A.C.
Editor



I. Mystery of Incarnation

1. Christ Incarnate in the Home-Bound ACA's



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



“God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” Jn 3:16. God’s love is universal but it is also personal. He loves me, He loves you, and He loves every one as an individual - a thing that is not completely possible for us, human beings. He has asked us to love one another just as He has loved us. We sing, *“Be born in us incarnate love...”* so that after He is born in us, we can take Him and His love to those around us, especially the home-bound.

...Christ was born to set us free, Christ was born our king to be...” are words from a famous Christmas carol. There are several bondages from which Christ came to set us free. One of them is loneliness, connected with old age. As we age, the gap between the young and the old increases. But bring a child to the elderly, they are delighted and feel connected with the child. However, very few old people have this privilege today because most families are nuclear families. Quite often, the elderly are left with caretakers or in Old Age Homes. They experience great loneliness and seek company. I realized their deep sense of loneliness when I visited the homebound ACA's, and there were quite a few of them.

To date, about 16 ACA's have gone to their eternal reward from the Ashaniketan sub-unit. In the year 2022 itself, five members – three permanently affiliated, one temporarily affiliated and one initiated. Most of them were home-bound for 10 to 15 years. Four more, aged 75 to 93 are home-bound and

preparing for their home-going. How did Ashaniketan sub-unit have so many elderly ACA's, one may ask?

When the ACA was introduced in Karnataka Province in 1998, I was asked to start a sub-unit at Ashaniketan. I was in a fix since I was new to the place and did not know anyone. Sr Virgilia, my good old teacher in Aldona in the early 50ties, came to my rescue and collected her old friends, staff members and relatives - quite a few of them were in their 70ties. They were deeply spiritual, devoted to the AC sisters, very receptive and so very active, that Ashaniketan resounded with their voices. They helped to conduct many programmes at Christmas time for the children in Kannada medium schools, Orphanages, Homes for the Aged etc; also went on pilgrimages to Calicut, Tellicherry, Cannanore, Goa, etc and interacted with the ACA's of these communities; some had also attended the Regional and International ACA Congresses. But soon many of them had health problems and advancing age restricted their activity and they became home-bound. No longer active and home-bound, they felt lonely and rejected, cut off from their fellow ACA's and friends.

Something had to be done for them, especially around Christmas time - to renew their spirit and rekindle in them the joy of Christmas. This was especially necessary for those who did not have their family members around them and were in the hands of caretakers or in the Home for the Aged. At first small cribs were prepared and taken to the home-bound ACA's and a short Christmas prayer service was conducted along with the family members. This gave great joy not only to the home-bound ACA but also to the family members. Each year the crib was different.

As years passed, the number of homebound ACA's increased, although some in the meantime, had gone to their eternal reward. One very active ACA decided to donate a beautiful statue of life-size baby Jesus, so that we could go in groups to the home-bound ACA's and re-live Christ's birth at Bethlehem, by reading the passage on the birth of Christ, singing carols and offering them the Babe to kiss. They eagerly waited for this visit, the



prayer service and they kissed the Babe with great tenderness. The presence of their fellow ACA's made them feel loved, Christ became incarnate to them.

The home-bound ACA's also missed going to Church and the Celebration of the Eucharist in their homes in the company of the ACA's was a great boon, especially for those who had great devotion to the Holy Eucharist. One year instead of an outing to some exotic spot, we decided to have it in the house of a home-bound ACA. The house was spacious and while relaxing by ourselves we took turns to keep company with the sick ACA. We also had a very meaningful and memorable Eucharistic celebration in her house, along with her family members. Within a month she was called to her eternal reward. Likewise we celebrated the 80th Birthday of another home-bound ACA with the Eucharistic celebration. This was a peak moment for her, because being blind and highly diabetic; she had not been able to go for mass for a very long time. Her gratitude knew no bounds. Within two years she winged her flight to heaven.

We also wanted to arrange for the celebration of the Eucharist in a Palliative Care Home where one of our ACA's was an inmate. When that was not possible we had a Christmas programme for the inmates with the help of our candidates. This gave them great joy. Soon after, she passed away.

Yes, reaching out regularly to the homebound, not only at Christmas or for special events but frequently, makes us bearers of Christ and the visits fill them with joy. I wish we could do it more often. The home-bound have few visitors and they wait to meet us. We can make a difference. We can make Christ incarnate to them.

The ACA's who have gone Home to their eternal reward are not forgotten. At Province level we have planned to offer mass for the repose of the souls of the deceased ACA's, both temporarily and permanently affiliated, for which their family members will be invited. Yes the deceased ACA's are part of our AC family and are remembered at the Eucharistic Table and in the Bond of Love which we are getting ready.

The Word was made flesh and dwelt amongst us. We pray that each of us becomes Christ Incarnate in reaching out to the old, the lonely and the depressed.



2. Eternity on Earth ...

Sr Rose Agnes A.C.

Provincial House, St Ann's Convent

The Garden of Eden, a place of happiness and joy, a sanctuary of the continued presence of God, a safe and secure place, a garden filled with flowers and fruits was shut down just because one woman failed in her proper choice. The events that followed brought to humanity a lot of suffering and pain, sickness and death and all the bitterness. But did it remain just there!



The God who is LOVE could not stop to see his children suffering. He chooses a strange way to rectify that one choice of the woman. Hence God becomes man, to share with him once again the forgiving, compassionate, empathetic and fatherly love. Thus venturing into this earth, once again He sanctifies the entire creation, universe, earth and offers to every human being the ability to find Him and become a bit like Him.

Haven't we found Him in ...

- the innocent smile of a child
- the bloom of a fragrant bud
- the sincerity of the children
- the warmth of a dear friend
- the reaching out of a poor person
- the self sacrifice of a mother
- the generosity of a stranger
- the forgiveness offered
- the understanding and care bestowed
- the sparkle of a rain drop on a leaf



Yes eternity is present everywhere. Elizabeth Barret 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.” Can I see the cramming... common bush on fire ... May God give me the eyes that made Moses see the burning bush...

May He grant us the grace to discover and see Him everywhere and be Jesus at this Christmas. It would be a blessing if someone recognizes Jesus in our generosity, care of the aged, forgiveness and kindness.

Someone told me that ‘Apostolic Carmel’ is the best suited congregation for today’s consumeristic world for we are supposed to be specialists who have learnt to blend action with contemplation and carry the ‘heart of Mary into the world of Martha.’ Could this be true of me? A million dollar question to each of us!



3. Mary Most Holy and Beautiful

Sr. M. Shalini AC (Senior)
Yesu Prem Niketan Convent

Right from childhood, the thought of Christmas celebrations brought in a lot of joy, excitement and expectations. Christmas followed our parish feast. Oh all our relations came in and gave us some coins to go and buy eatables and so on. All through the year my sisters, myself and other friends would think of putting by whatever amount we got from our relations. This also taught me and my siblings to deny some joys and put by coins for the beggars and the poor. Rest of it was for me to celebrate. My childhood memories are so fresh and interesting.



Along with this we had the joy of preparing the crib. There was some stirring in my heart when I stood before the big beautiful parish crib, just gazing at everything placed there. The statue of baby Jesus was very attractive. But my gaze fell on Mother Mary. I had some deep impression made by her on my life. Secret joy I felt within and told her “Mary my mother you and I have the same names ‘Mary’.” In my baptismal certificate this name never appeared, but my father seems to have told my mother that I would be called by the name Mary. Because he said I looked like Mary. Since then I had very close relationship with mother Mary. She is my spiritual guide. I consult, complain but contemplate on Mary. She speaks to me so freely and guides me. I realize now her inner beauty reflected on the face and her whole being. My father had put some desire in me to be a saint. Mary’s holiness was my attraction. I had tried and am trying to be like Mary. From second standard no powder has touched my face. The instructions given to me and my siblings by our dear parents have drawn us towards prayer, daily rosary and visits to the Blessed Sacrament. Since my home is opposite to the church I was drawn to escape games and enter the church and speak to the Lord.

Mary’s statue in the Grotto was so beautiful it attracted me to pray. She worked small miracles by answering my prayers quickly. Once she appeared to me in my dream, since I used to ask her at least in my sleep to see her and speak face to face. She came out from the grotto and sat on a small stone and spoke to me. I made a request to her to heal my mother who was ailing for more than a month. She was to undergo surgery on a Monday. And on Saturday Mary healed her by telling me “your mother is well, no surgery.” On Sunday I paid a visit to her and my father told me when I entered the house, after a month my mother got up from her bed and said “I am well no pain.” Mary kept my family happy.

I happened to ask her “Tell me dear Mother why and how did you say ‘Yes’ to the angel when he brought you the message that you would be the mother of God when you were only fifteen years of age. I wonder if you were even mature.

But Mary without delay answered me “Mary you my little one, it was the will of God”. “But mother, were you not afraid?” I asked. She said to me “Yes, I was confused, puzzled, afraid and even perspired, but softly I said a determined committed yes. I felt deep within, great peace and calm because it was the will of God.” My conversation went on and on and even now I speak to her in great intimacy and love.

Mary told me, do you realize that, if I did not say yes, would you have had Jesus today? Oh yes! My life would be meaningless. When I look at people who do not know Jesus, or those who hate and reject Jesus, I say ‘Thy kingdom come’ in their hearts. The whole creation does not know Jesus, but they praise God in their own way and God loves them and takes care of them.

Once at prayer I realized God’s creation does God’s will perfectly, except man, me included. Mary says only human beings disobey, sin, and do not do what they are made for. This is Mary’s sorrow. Yet she loves us and offers her hand and wants to take us to Jesus. I strongly believe that it is through Mary to Jesus.

Mary could give Jesus because she had Jesus in her and with her. The great sorrows she could face along with Joseph, she says, because they had no fear for Jesus was with them. And no one can take away Jesus from them. This gave me the conviction that I cannot give Jesus if I do not have Him in me. When Mary said Yes, Jesus is born in her. Each time I say yes to the will of God, Jesus is born in me, and I can be Jesus to others. My words and deeds will be empty if I have no Jesus in me. Living and giving Jesus is my mission.

“Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know the skin of his face shone because he had been talking with God.(Ex.35:29). I question myself, is there a glow on my face after my experience of God after meeting Him during my Contemplation? Mary calls me to such holiness.

This is holiness that is to radiate Jesus with a joyful heart. **St Alphonsus Liguori** strongly upheld the truth of the universal call to salvation and holiness. St Alphonsus in his writings say's, "the life of a good Christian is a continuous desire for perfection... Those who do not maintain in their hearts the desire to be saints, will be Christians, but not good Christians."

Pope Francis says, "Mary lived the beatitudes of Jesus as none other. She is that woman who rejoiced in the presence of God, who treasured everything in her heart, and who allowed herself be pierced by the sword. Mary is the saint among the saints, blessed above all others. She teaches us the way of holiness and she walks ever at our side. She does not let us remain fallen and at times she takes us into her arms without judging us. Our communication with her comforts and sanctifies us. Mary our Mother does not need a flood of words. She does not need us to tell her what is happening in our lives. All we need to do is whisper, time and again:"Hail Mary"... **(No.176 Gaudete et Exsultate, Pope Francis, On the call to holiness in today's world.)**

Incarnation of God and Mary's Yes, was to me a mystery. Having lived for quite many years in her company, she has revealed to me the depth of the meaning of this Incarnation Mystery. Jesus and Mary both call us to be holy. So we seek earnestly the path of holiness and walk through it. We will fall on our journey, but Mary is there to lift us up and asks her Son Jesus even to carry us. What a great consolation!



4. The Mystery ...

Sr M. Rosilde A.C.

Carmel Convent, Modankap

“And the Word became flesh, He pitched His tent among us,
And we have seen His glory,
The glory of the only Son coming from the Father
Full of grace and truth. (Jn 1:14.)



St John tells us that Jesus, whom the Apostles saw and lived with, is none other than the “Divine Word” who became Incarnate. The eternal Divine Word, though exalted in Spirit, becomes a creature with a human body. In Jesus, the loving presence of God among His people has become more concrete and real.

The Incarnation of Christ in human form is the revelation of Father’s love. “God so loved the world that He gave His only Son to humankind” (Jn 3:16). It is God’s infinite Love and Mercy that brought Jesus into this world. Jesus became the compassionate and merciful face of God. We are called to continue this mission of incarnating Jesus in the world of today.

God comes to us in the form of suffering humanity. He is faceless, helpless, bruised, unloved and longs to be cared for. Once we are able to reach out to the helpless, homeless, powerless and those in pain, our lives become meaningful. Once we are able to share in the struggles of others, we become true shepherds.

As we celebrate Christmas, let us raise our hearts in gratitude to Christ, the Incarnate Son, to whom the whole of creation is subjected and who brings it to perfection through His Redemptive Mission. The yearly celebration of the Mystery of His Incarnation is therefore a renewed call to us from Jesus, to play our part in caring for and sustaining His creation and become His partners in His ever creative plan for the world.

The Incarnate Word is now bound to human history. Today we have the Synodal journey with its theme COMMUNION, PARTICIPATION AND MISSION which urges us to reflect once again on the significance and place of God's Word in the life of the Church. It shows that at the heart of God's plan of salvation, the whole human race's call to union with God and unity in Him is fulfilled in Jesus Christ. The Biblical concept of God, unlike the god of any natural or other religions is simply synodality, viz a God walking with us from Creation to Redemption.

The Mystery of Incarnation leads us to grow in listening, silence and adoration of the Mystery of God and His divine communication with human beings. God sent His Son who was sinless, to the world having a human body, but not our sinful nature. Jesus emptied Himself, took the form of a servant and lived among us. Jesus is God with us "Immanuel".

How amazing to behold the human heart, who can fathom its depth? That very first Christmas night the love of a tiny heart, beating for you and for me, illumined and brought warmth to a little corner just a dot on the map of the world. Yet what ripples of joy, thrill, excitement, peace and love have swept through the air ever since and ushered in that beautiful "Incarnation", that we all have enjoyed and continue to carol as we fondly remember our childhood days. May the Almighty who became so small enable us to rejoice in others joy, share in their laughter and tears.

Let this Christmas enable us to mend a quarrel, seek out the forgotten, be kind and gentle, banish envy, listen patiently, appreciate, express our gratitude and pray a little more, welcome a stranger, gladden the heart of a child, take pleasure in the beauty and wonder of the earth.

We need the warmth of Christmas to bring us peace and cheer. We need true faith and Christian love to keep us going through the years. Let us have a joyful and meaningful Christmas as we welcome the Immanuel in our hearts to be with us forever.



5. Open My Eyes Lord

Sr Maria D'Sa A.C

St Cecily's Convent, Udipi

The promised Christ was born in the small town of Bethlehem in Judah. The birth of Jesus Christ took place when Mary and Joseph were in Bethlehem to register themselves as per the order of Caesar Augustus. So we understand that Jesus was born when Mary obeyed lawful authority. The Sign to find Jesus was given by an angel - an infant wrapped in swaddling clothes lying in a manger.



Hence we understand the creator was born in poverty, and as a helpless babe. Who would ever have recognized the greatness of this helpless little babe but the poor shepherds? And it was, I suppose, the insignificant shepherds alone who could find someone great in the insignificant baby, born in a manger in the midst of animals.

But we are all aware that the world goes by the greatness of office that a person holds or the influence a person possesses etc etc. The voiceless, the poor, the sick, the aged, the children are just the forgotten lot. Sometimes it makes me think, would I ever have recognized the Almighty One, in the poor infant Christ?

In His youthful years Jesus Christ was a revolutionary Messiah. If this revolutionary Messiah were to come into our midst today how many of us would really recognize Him for what He really was?

As we read through the Gospels, we realize, that the neglected ones, despised by the so called people of higher rank, are the ones who recognized the greatness of the Saviour, they saw God's representative in the wandering young, poor, Jew - a great teacher in the Vagabond of Galilee. God's truths are not revealed to the so called big people or great people but they are

II. Venerable Mother Veronica

1. Bi-Centennial Jubilation at St Ann's

“Children bring us a piece of heaven on earth.” Roland Leonhard. Indeed in the birth of Sophie Leeves, a piece of heaven came to earth that would indeed make a difference in the world and for the world. You and I are the beneficiaries who have found meaning, fulfillment and happiness in participating in her vision, dream and spirituality.



To celebrate this momentous event of her birth, Karnataka Province had the inaugural Mass on 1 October, 2022 with Rev Fr Archibald Gonsalves as the main celebrant. Sisters from almost all the communities joined the entrance procession with 20 lit lamps, signifying 200 years and placed them before the altar. The chapel was full with the presence of senior novices, tertians, ACA representatives and the sisters of the Province. A very meaningful liturgy of Gratitude to God for the gift of our Foundress was held and the same was televised for the benefit of those who could not be present.

Inauguration of the Logo:

First October 2022, is a very significant day in the History of the world, nay in the history of the Church, for 200 years ago, a star kissed mother earth that would bring forth a Congregation – ‘The Apostolic Carmel.’ This noble child born in a devout Anglican family as per God’s wonderful design embraced the Catholic Church, consecrated herself as a sister of St Joseph of the Apparition and then harkened to the call, ‘I want you in Carmel’. Daring all the bumpy roads and choppy seas of founding the A.C Barque, she made a difference to the world. Today over 1500 sisters in 205 convents spread over 10 countries, hail the birth of this radiant star. Sophie Leeves (Venerable Mother Veronica) has transformed, through her sisters, millions of families that have seen better days just because of her.

marine officer, she followed the will of God through a winding road until her dying day. She has left to her daughters in the Apostolic Carmel as also to the entire world, a heritage of an experience of God's love that is faithful. She had a great dream and she relentlessly struggled to realize it. Her daring spirit and undaunted courage enabled her to reach her goal. Her life offers us a very meaningful reflection on courage that shines like a flame and burns like a hidden fire in the soul of a hero. It is the latter that we find most often in the life of Mother Veronica.

In Mother Veronica's life one finds courage, which is quiet but firm. It is a kind of courage which, in times of decision making, manifests itself in the ability to say Yes or No. At an early age God had put a tiny spark of Truth in her heart. She desired that it be set ablaze in her. No doubt there was a great struggle within, in making the choice in heeding to the call of Christ embracing the Catholic faith and facing the consequences of the disapproval and wrath of her mother and ostracism from the Protestant society.

There is another kind of courage which, unmindful of criticism, is unafraid to defend the rights of the innocent and stand for the truth. We find this in Mother Veronica when she defends Sister Mary of Jesus Crucified who was rejected by the sisters of St Joseph of the Apparition. She courageously stands by her in later years too by saying that, "Sister Mary of Jesus Crucified is incapable of a lie."

Yet another kind of courage that cost her much is the courage to live according to her conviction. St. Peter in the Acts of the Apostles said, "We must obey God rather than men". Mother Veronica showed similar kind of courage when knowing that God called her to religious life and when her mother opposed her, she replied with conviction that she should obey God rather than her mother.

Often she stood at the cross roads not knowing where to go and whom to obey. But it takes courage to obey others and to follow the soft inner voice. As a sister of St Joseph of the Apparition, Mother Veronica heard an inner voice saying "I want

you in Carmel”. Through prayer and guidance she discovered the will of God and carried it out by entering the Carmel of Pau. “It takes courage to answer a call. It takes courage to give your all”.

It takes another sort of courage to look at ourselves and say “My fault, Mea Culpa” even when one may not be in the wrong. Broken and humbled at the closure of the Third Order Regular which she had founded at Bayonne within five years, she abandoned everything into God’s hand and accepted the total failure of all her dreams with magnanimous courage. She humbly believed that she was just an instrument in God’s hands. Today we, her daughters, rise up and call her blessed, for the Lord Almighty has done great things in and through her.

SHE CHALLENGES ...

Sr M. Euna A.C.
Bal Yesu Nilaya

A Star in the Carmel sky
Venerable Mother Veronica
Help me to be a light in my home/family

A flower in the garden of Carmel
Venerable Mother Veronica
Help me be happy and smiling

A sturdy tree yielding flowers and fruits
Venerable Mother Veronica,
Let me face the challenges of life

You, a missionary and a mystic
Venerable Mother Veronica,
Teach me to pray and walk in your path

You soldier of Christ, fearless and bold
Venerable Mother Veronica
Let me take up my cross and follow Him.



You (are) the fragrance of Christ
Venerable Mother Veronica
Let me spread the scent of His love

You the faithful follower of Christ
Venerable Mother Veronica,
Let me joyfully walk the Way after you

You who now enjoy bliss without end
Venerable Mother Veronica
Hear our prayer for a first class miracle.

SHE MARCHES ... !

Left, right, march forward
In the way of humility and love
Like our dear Founder
To take Christ everywhere

Left, right march forward
Be ready to fight the battle
Like our Mother Veronica
And die for Him everyday

Left right march forward
Be bold and brave always
Like Venerable Veronica
And work for others joyfully

Left right march forward
To do the Will of God
Like our Mother Veronica
Be constant in Prayer all the way through.

ಮದರ್ ವೆರೋನಿಕ

ದೈವವಾಣಿಯನ್ನಾಲಿಸಿ ಹಿಡಿದೆ ಭಲದ ದಾರಿಯು
ಕ್ರಿಸ್ತನ ಪ್ರೇಮದಿ ಮರುಳಾದೆ ಈಶ ಭಕ್ತಿ
ಎದೆಗುಂದದೆ ನಡೆದೆ ಏರುಪೇರುಗಳ ಹಾದಿ
ಬೇನೆ ಬವನೆಗಳ ಎದುರಿಸಿ ಸಾಗಿದೆ/ನಿಂತೆ
ನೀ ಅ.ಕಾ.. ಸಂಸ್ಥೆಯ ಸ್ಥಾಪಕಿ ಮದರ್ ವೆರೋನಿಕ

ಬಾಲ್ಯವ ಕಳೆದೆ ದೀನದಲಿತರಿಗಾಗಿ
ಯವ್ವನದಲಿ ತೊರೆದೆ ಮನೆ, ಮಠ, ವರನ
ಎಲ್ಲಾ ಶೂನ್ಯ ಈಶನ ಪ್ರೇಮದ ಮುಂದೆ ಎಂದೆ
ನೀ ಅ.ಕಾ ಸಂಸ್ಥೆಯ ಸ್ಥಾಪಕಿ ಮದರ್ ವೆರೋನಿಕ

ಪವಿತ್ರ ಧರ್ಮಸಭೆಯ ಪುತ್ರಿ ನೀನು
ಪರಮಪ್ರಾಸಾದದ ಭಕ್ತಿಯಿಂದ ಪಡೆದೆ ನೀ ವಿಶೇಷ ಶಕ್ತಿ
ಹೊರಟೆ 1963 (ಒಂದುಎಂಟು ಅವರ್ತೂರರ) ನಡು ರಾತ್ರಿ
ಅರಸುತ ಆಸರೆಯೊಂದೆ; ಸಿಕ್ಕಿತು ನಿನಗೆ ಕೊಟ್ಟೆಗೆಯೊಂದು
ಜನ್ಮ ನೀಡಲು ಅಸುಳೆ ಅ.ಕಾ. ಸಂಸ್ಥೆಗೆ ಮಾತೆ ಮರಿಯಳಂತೆ.

ಒಂದುವರೆ ಶತಕ ದಾಟಿ ನಿಂತಿದೆ ಶಿರಬಾಗಿ
ನಿನ್ನ ಯಾತನೆಯ ಫಲಗಳ ಹೊತ್ತು
ಆ.ಕಾ ವಕ್ಷ ತನ್ನ ರೆಂಬೆಗಳಲಿ
ಈಗ ಬ್ರತ್ ವ್ಯಾಸಂಸ್ಥೆಗಳಲಿ ಜನ ಸೇವೆಯ ಕೇಂದ್ರಗಳಲಿ
ನೀ ಅ.ಕಾ. ಸಂಸ್ಥೆಯ ಜನನಿ ಮದರ್/ಮಾತೆ ವೆರೋನಿಕ

ಆಲಿಸೆಮ್ಮ ಪ್ರಾರ್ಥನೆಯ, ಲಬಿಸೆಮಗೊಂದು ಅದ್ಭುತವ
ಧರ್ಮ ಸಭೆಯು ನಿನ್ನನ್ನು ಸಂತಳೆಂದು ಘೋಷಿಸಲು
ದೇವರ ಒಲವೊಂದೇ ಸಾಕೆನುತ ಸುಮ್ಮನಿರ ಬೇಡ ತಾಯೆ
ಅವನ ಮಹಿಮೆಯ ಸಾರಲು ಈ ವರವ ನೀಡೆಂದು
ಪಾರ್ಥಿಪವು /ಬೇಡುವೆವು ಆ.ಕಾ. ಸ್ಥಾಪಕಿ ಮದರ್ ವೆರೋನಿಕ

ವಿನಯತೆ, ತಾಳ್ಮೆಯಿಂದ ದೈವಾಜ್ಞೆಯ ಪಾಲಿಸಿದ
ಮಹಾತ್ಮೆ ನೀನು ಮದರ್ ವೆರೋನಿಕ
ಸರಳತೆಯ ಮೂರ್ತಿ ನೀನು
ದೀನದಲಿತರ ಸೇವೆಯಲ್ಲಿ ತೊಡಗಿದ
ತಾಯಿ ನೀನು ಮದರ್ ವೆರೋನಿಕ

ವಿದ್ಯೆ ದಾನ ಮಾಡಲೋಸುಗ ಸರ್ವವನ್ನು ತ್ಯಜಿಸಿದ
ಭಕ್ತೆ ನೀನು ಮದರ್ ವೆರೋನಿಕ
ಧ್ಯಾನ ಮೌನಗಳ ಸ್ಪೂರ್ತಿ ನೀನು
ಇತರರ ಸ್ವಾಭಿಮಾನವ ಗೌರವಿಸಿದ
ಸುಕನ್ಯೆ ನೀನು ಮದರ್ ವೆರೋನಿಕ.

ಕ್ರಿಸ್ತನ ಮೌಲ್ಯಗಳನ್ನು ತನ್ನದಾಗಿಸಿದ
ಭಾಗ್ಯಶಾಲಿ ನೀನು ಮದರ್ ವೆರೋನಿಕ
ಪರ ಸೇವೆಯೇ ಜನಾರ್ಥನ ಸೇವೆ
ಎಂದು ಭೋದಿಸಿ/ ಸಾಧಿಸಿದ
ಸಂತಳು ನೀನು ಮದರ್ ವೆರೋನಿಕ

SHE DARES ...

Sr. Marie Pauline, A.C.
Stella Maris Convent, Kotekar

Let me share some instances where Mother Veronica was very daring. First of all when she was a child, she never dared to steal anything, after she was punished by her dear father for stealing sugar. And after her engagement, though she loved her fiancé very much, she wrote to him asking him to free her from their engagement and also met him personally and told him that she wanted to belong wholly to God. It was a bold step on her part, together with her sister Mary Ann, to secretly go to a Catholic Church and to make all the arrangements to learn catechism, make her confession and receive baptism in the Catholic Church without the permission of their mother. And though it was heart-breaking to break the news, they dared to tell their mother and Henry, their brother, what they had done.



Mother Veronica said that it was like the agony of death going through the tortures of conversion and to take the step into the unknown. Yet she did it bravely. Thereafter, she decided to be a religious in the Congregation of St. Joseph of the Apparition even though her mother said that even on her death-bed she would not wish to see her as a religious. Even then she told her mother that she was 27 years old and that God wanted her to be a religious, she had to obey Him rather than her mother. As a Sister of the Congregation of St. Joseph, she received an order to go to India and open a new house at Calicut on the coast of Malabar. Mother Veronica willingly accepted the order, even though India was a far off country unknown to her, with its own culture, people, language, food and environment. She was very happy as a religious and she loved her Congregation and she was loved much too. But when she heard the words, “I want you in Carmel”, though she found it very difficult to detach herself from the Congregation of the Sisters of St. Joseph of the Apparition, yet she was daring enough to bow to God’s Holy Will.

Then from the Carmel of Pau on 15th December 1867, Mother Veronica set out alone to find a place for the foundation of the Little Carmel and only God knew the immense sacrifice that she made to leave Carmel. She went out with the Carmelite habit hidden under a mantle and skirt, and an old hat which made her look like an adventuress. During those days when ladies never went out alone, Mother Veronica was thought to be a run-away nun. Yet she persevered and finally found a place for the new foundation.

The next incident which was very heart-breaking and yet our dear Mother Veronica faced bravely, was to see the Little Carmel at Bayonne, which she had started with sweat and blood, being destroyed. Mother Veronica was obliged to take away the habit from her poor children who were still there and to send them to their families, after relieving them of their

vows. This was really hard for her - it was heart-rending. One can imagine the agony of our dear Mother Veronica. Yet with a heavy heart she faced everything and drank the chalice of agony and suffering.

After the closure of the Little Carmel at Bayonne, Mother Veronica went back to the Carmel at Pau. And there a small incident took place, and that is Our Lord told Sr. Mary of Jesus Crucified to tell Mother Veronica not to take a cup of tea which she enjoyed as an English. The incident may look very small, but she took up the challenge and gave up her tea.

The child, that is Sr. Mary of Jesus Crucified, whom Mother Veronica had protected, looked after and taken to Carmel with her, died in her arms at Bethlehem. It was a great blow to her, because after her death, Mother Veronica had to undergo many trials and sufferings of body, mind and soul, in the community, mainly because of Fr. Estrate and Mll. Dartigaux. Life was miserable and hard. For some weeks she could not even make confession and receive Holy Communion, which was very hard for her. She also heard an interior voice which said, "Prepare yourself to suffer". On 11th August 1880, after she had received Communion, in a flash of lightning, she felt God had abandoned her and left her entirely to herself. She was misunderstood, humiliated, even discipline was given on her shoulders by her Mother Prioress.

Isn't it is very sad thing that a Foundress, after founding a Religious Congregation, could not come from France to India with her daughters to stay with them and guide them and see the fruit of her hard work for God !!! For the first time as a Sister of St. Joseph, she got an Order to come to India, and now as a Foundress, she got an Order not to come to India!! It was as if she had to be buried in the ground at the Cloister of Pau for a long period of 32 years and only dream about her daughters in India whom she sent. How hard and how sad it was when the Bishop refused her the permission to come to India!! And

to die a death without having her daughters near her! This is the daring spirit of a person, our beloved Foundress Mother Veronica. As we celebrate the bi-centenary of her birth, let us humbly plead for her intercession, that Jesus may give each of us the grace to be her true daughters who dare to sacrifice for His kingdom!

SHE HOPES ...

Sr M. Henrita A.C.
St Mary's Convent, Mangalore

Salvation history is replete with instances of God's call to a number of Biblical figures to leap into the unknown and insecurity and to which they responded in faith and trust. Abraham left his worldly securities to live a life of a nomad in a land that was alien to him.



Moses was called likewise to leave the security of his family life at Midian to lead the enslaved people of Israel from Egypt across the desert to a Promised Land that they had never seen. The three magi saw the star in the east and followed it in a perilous journey through the desert to Bethlehem and found the divine babe with his mother in the manger. Peter and Andrew, James and John left the security of their fishing nets and their father's house to follow Jesus. The list will be long if I recount the names of all the heroic persons who responded to God's call and ventured into the unknown with strong faith and trust in God. There is no doubt that our revered Venerable Mother Veronica's life's journey too was embedded in faith and trust in the Lord who like the heroic Biblical personages who ventured into the unknown.

It was on Easter Tuesday morning when Sophie heard that sweet and clear voice 'Peace I leave you, my peace I give unto you, not as the world giveth, I give unto you'. It was like the

star of the magi that awakened her life's journey passing through a checkered path way, sustaining her with God's unfailing love to the Promised Land, the eternal home of the distant future. She surrendered herself to her beloved Lord to be led by an irresistible power to embrace the Catholic Church.

Listening to a Jesuit priest speak on the Real Presence in the Eucharist she was touched profoundly. Convinced of the truth, she took the bold step of leaving the Anglican Church, entering the Catholic Church and then becoming a religious sister of the Congregation of St Joseph of the Apparition. 'I want you in Carmel' came the inner voice which once again changed the course of the direction of her life's journey. She struggled with opposition to leave the Congregation of St Joseph of the Apparition she loved much and returned to France to join the Carmel of Pau to carry out the mission of founding the Apostolic Carmel. She hoped against hope to find a place to start the new Foundation in spite of all the challenges and failure she encountered. At last she succeeded in establishing the foundation house at Bayonne. There she trained and sent three pioneering sisters to India.

The circumstances that led to the closure of the House at Bayonne within five years of its foundation, almost extinguished her hope. She went back to the cloister of Pau and once again found her heaven on earth. It was an extraordinary hope that helped her to find meaning in the midst of sufferings of body, mind and spirit at Bethlehem that enabled her to identify herself with the Crucified Lord. She experienced the dark night of the soul as it were, as the star of hope seemed to disappear. The assuring words of the Patriarch "Bear everything in patience, surrender yourself to Him, whose favour is of more value than that of the sisters and of the entire world," rekindled hope in her. The visit of Bishop Pagani S.J. to Pau, France years later, with the news that the Apostolic Carmel was thriving in India, rekindled her hopes once again.

At the end of her life's journey she was ready with the offerings of gratitude, the gold, for the gift of faith, the frankincense of sacrificial life of undying hope, the myrrh of

SHE MOTIVATES...

Sister Maria Anita A.C.
Vijarymari Convent

Mother Veronica our revered Foundress has been an example to me in many ways. She encourages and inspires me. Her life has been a life of challenges. Today I would like to reflect on her virtue of inspiration and daring.



The life of Mother Veronica unfolds as a journey in silence to the inmost centre of her being where she discerns the infinite presence in which her deepest self is rooted. Her life reveals the surrender of her 'ego'. Through obedience to God's will she strips herself and in emptiness, embraces God as her own. God begins to fill the empty cup of her life with Himself.

God became the essence of Mother Veronica's existence. In Him she found the truth and a close friend in whom she could converse always.

The search for God in sincerity and truth made Mother Veronica to experience and exclaim 'Self seems to disappear, God and His Mercy alone remains'.

Her sincerity, her search, her surrender in doing God's will is a constant motivation to me. When I am discouraged she gives me an upward push to face the challenges. I place my trust in the Lord to lead me and guide me and be my support at all moments.

May God accept her dedicated life and grant her the honour of being on the altar. That is my sincere and humble prayer.

congregation which she had founded. She says “I kept close to a spiritual guide, who discerned the will of God for me and without his advice, I did nothing, I am not afraid of anything, for obedience is the only infallible guide. Without Him I would never have had the courage to lay bare my soul to Mgr. Howard (Life in letters page 258)

We see her virtue of obedience in almost all her letters. Even Bishop Marie Ephrem in one of his letter writes, “I see with true satisfaction that you are always guided by Holy obedience... It will always be a great gain to you and the work that you are able to say to yourself, ‘I have obeyed’. Oh! How much strength and merit there is in those simple words.’ I have obeyed,’ therefore have confidence still.” (Letter dated 11th July 1868) In another letter she said ‘Obedience is my life’. (October 25th 1869)

Her submissiveness to God’s will and her deep union with God that led her to surrender herself from the beginning till the end of her life, is an example for us, her daughters, to imbibe her virtue of obedience. As we have already inaugurated the Bi-Centenary year of the birth of Venerable Mother Veronica, we pray that she may intercede for each of us to imbibe that ‘grace of obedience’ and walk with her throughout our life’s journey. May we have the joy of seeing this great obedient ‘woman’ beatified!

SHE ROLE MODELS ...

Sr Maria Thesjeswi A.C.
Yesu Prem Niketan

The secret of Mother Veronica’s sanctity is her attitude to the cross in her life which she expresses powerfully in these words. “The cross will always be my precious and glorious heritage”. Her desire was to embrace every opportunity that brought her sufferings in order to identify herself with her Beloved. She



encourages her daughters "you are sorely tried but the cross of Jesus was very much heavier than yours - however it is good to suffer for Jesus and with him. Count it a singular grace, an extraordinary honour to be able to suffer and to be despised".

My beloved Venerable Foundress Mother Veronica is a great inspiration to me and in my life especially in times of difficulties, struggles and sufferings which come on my way. Many a time when I face challenges, misunderstandings, and sufferings I think, "Why did I choose this way of life? Is it to suffer? I feel life in the world, is better than the religious life. People in the world are happier than me." For a moment I sit back and analyze my religious way of life and realize it is precious. It's a gift given to me by God and I have to cherish it.

"Religious life is not a bed of roses, it is full of thorns. In my initial stages of formation I went through a lot of suffering, struggles and difficulties because of the language problem, my poor family background, but I did not come because I did not have food to eat at home but because of a desire within myself to follow Christ. I did not know to speak in English; because of this I always experienced struggles. But Jesus who wanted me always carried me through these situations. And this made me strong. Jesus helped me to be faithful till today and I place my trust in Him to carry me through.

"The cross reminds us that true love is not experienced without sufferings. St. Therese says: 'no cross, no crown'. Pain will bring gain. This has been very much true in my life. Suffering is part of my life. But I shall go on cheerfully, for God is with me.

As I reflect on Mother Veronica's life, I realize that her life was full of sufferings, misunderstanding, struggles and difficulties but her faith was remarkable and her trust was in God alone. She is a real model to me, and helps me to be joyful and be a committed religious, even in the midst of misunderstanding.

Some incident took place in my life which made my life miserable, gave me sleepless nights and I could not share with anyone - no peace of mind and heart, I felt lifeless. One day as

I was seated before the Blessed Sacrament my tears rolled down. I started to cry bitterly for a moment, felt that I am deserted and nobody is there with me, even God. As I opened the Holy Bible Jesus gave me these words – “ Whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it and those who lose their life for my sake will find it” (MT: 10:38-39)

As I reflected on these verses, with heart full of sorrow, some kind of peace and strength from Jesus I experienced and also my beloved Foundress Mother Veronica who touched me and encouraged me saying, ‘My daughter, do not worry. Trust in God alone as she had said “as for me He always keeps me on the cross, that is my place till the end of my poor life, may his holy name be blessed”’.

These words filled me with courage. My heart was filled with hope, and is now strong to face sufferings, by the grace of my crucified Jesus. He pours his precious blood on me from the cross. I want to be a courageous woman like my foundress Venerable Mother Veronica of the Passion. I shall march forward and there is no turning back for, He walks with me, feeds me daily with the Eucharist and the Word of God. I pray that the heroic life of my foundress Mother Veronica will be for me a constant inspiration!

SHE SACRIFICES ...

Sr. Maria Philomena A.C.
St. Cecily’s Convent, Udupi.

The term sacrifice usually implies “doing without something” or “giving something up”. But the word *sacrifice* also occurs in metaphorical use to describe doing good for others.



Our beloved Founder Venerable Mother Veronica's life was one of great sacrifice. What did she give up? Why did she give up? What was her goal or dream in giving up her entire life? Yes. It is mainly for the love of God which she had experienced from her childhood. However, God who wanted Sophie for himself, stripped her and emptied her so that she could possess him totally and she indeed experience that 'the all-sufficing love' of God.

This love of God prompted her to sacrifice sugar in her tea. This sacrifice of hers benefited the poor in her neighbourhood. She was not worried about the lesser loves for she had the greater love of God. Later she sacrificed the human love by giving up marriage. She gave up her entire family by becoming a Roman Catholic. Every day and every time she gave up something in order to gain higher good. She had practiced sacrifice and mortification from childhood and hence found the austerities of Carmel – fast, abstinence, and vigils, quite delightful. After becoming a religious of St. Joseph of the Apparition, she heeded the call to give up this congregation in order to found the Apostolic Carmel Congregation. When we have a close look at her life, we see that she surrendered the previous one, to find a greater one. In order to start the Apostolic Carmel, she had to sacrifice many things such as her own life, comfort, community life, celebrations and health.

After she founded the Apostolic Carmel, each and every step of her life was one of great sacrifice and surrender. The pain and agony she experienced when she was not sent to India along with the other sisters to establish the Apostolic Carmel in India is indescribable. When she was asked to close down the foundation at Bayonne, her heart bled to death. Mother Veronica had sacrificed everything to accomplish God's designs and now it seemed as if she was a total failure. Even though she was the Founder, the sisters from the missions were forbidden to communicate with her, and she was considered as nothing. The humiliations and sufferings at the Carmel of Bethlehem destroyed her self-esteem almost completely and she felt trampled underfoot like a grain of sand.



Mother Veronica sacrificed her entire life in order to give life to others. By founding the Apostolic Carmel Congregation, she gave life to women in India, the poor and the marginalized in the society. By this she attained greater love of God. At the end she possessed God. May this life of sacrifice inspire all of us, her daughters, to live our lives pleasing to the Lord. May her example of self-sacrifice be for us a true inspiration...!

SHE SEEKS ...

Sr. Edna Furtado A.C.
Yesu Prem Nikethan, Mangalore

Mother Veronica's entire life can be summarized as a persistent search. It was a progressive seeking for God and His holy will. In her childhood and as a teenager it was a sort of morbid seeking but as she advanced in age and holiness, it became more focused with a desire to do the will of God and for union with Him.



As a young girl she was a bit confused. She longed for peace and for the presence of God. "Ask and you shall receive, seek and you shall find" (Lk. 11:9) Accordingly God answered her prayer and heart's desire, stage by stage leading her to desire nothing but the will of God. "I did not desire anything but the will of God" she says.

On Easter Tuesday in 1840, very early in the morning, Sophie was still in bed, alone in her small room. Suddenly she was awakened by a sweet and clear voice that she heard with the ears of the soul as well as those of the body. "Peace I give unto you not as the world giveth, give I unto you." She could not express the effect that it had in her soul.

Later she developed an intense longing for the Real Presence of God after listening to a talk given by Fr. Giuliani

SHE SUFFERS ...

Sr M. Sujatha A.C.
Yesu Prem Niketan, Mangalore

There is suffering everywhere. Without suffering nothing can be achieved. There are many examples of heroic souls. Among them is Venerable Mother Veronica.



I would like to touch upon Mother Veronica’s acceptance of suffering. I admire most her spirit of faith and courage, surrender and resignation. The life history of humanity is always rough and rugged. No man reaches maturity until he has faced the storms of life with prayer: “Oh God, take me, break me, make me, and use me.”

To prepare Mother Veronica to be a founder of our Congregation, God tested her and prepared her. She faced storms off and on, as she herself tells us that “God keeps me always on the cross.” Though her sufferings were of different kind, she held on to her cross bravely, and courageously. She must have prayed saying, when the storms of life are raging stand by me. No doubt, God stood by her. All human beings born into the world have to have their share of sufferings, from the mother’s womb to the tomb. We may not be having heavy crosses, as our founder had; but we are expected to carry our crosses, big and small and follow Christ.

Her sister Mary Ann and she, after study, deliberation and prayer were convinced that the Catholic Church is the true church, and both decided to take a bold step. The family would be broken up and they would be separated from those they loved most in the world. We too have opportunities in our daily living to stand firm and do God’s will, and be ready to face the consequences.

It was time for Mother Veronica to think of founding the Third Order Regular. Mother Veronica would have been happy to remain in Carmel until Christmas. But she had to get out alone in search of a place for the new Congregation to be born. The suffering and pain she endured to bring forth the A.C Congregation was like the pains of a woman giving birth to a child. Though she was tempted to give up and return to Carmel, her deep faith and trust in God prevented her from yielding to the temptations.

Mother Veronica had to face Bishop Marie Ephrem's anger, when he came for the first time to the Little Carmel and received Sr. Agnes' vows on October 22nd 1869 and later when he came to make arrangements to take the first batch of sisters to Mangalore. Some misunderstanding came up as she hadn't received the letter of Bishop Marie Ephrem where he had expressed his wish to get Sr. Agnes ready. He wanted Mother Veronica to keep ready four sisters to go to Mangalore. Bishop was furious and shouted at Mother Veronica. He had no appreciation for the work she had done single handed. She only received unpleasant words from him; but with humility and faith she accepted the sufferings cheerfully.

When Monsignor La Croix was informed of the events in Mangalore he declared that he would never allow any of his religious to go to the mission in India. She felt that her heart was broken. She had left the Congregation of St. Joseph of the Apparition, where she was loved, and gone in search of a place to start the Apostolic Carmel. Mother Veronica, the courageous woman, had borne all her sufferings, disappointments, misunderstandings and pain for the sake of Jesus.

She teaches me how to accept my daily crosses. In accepting His will daily in our lives, we can become true disciples of Jesus and worthy daughters of Mother Veronica. Let us earnestly re-live the spirit of Mother Veronica in all the events of our life. Under pleasant and unpleasant situations, may we offer our sufferings to God so that Mother Veronica may work a first-class miracle and be raised to the honours of the altar. The renewal of life of all the sisters will speed up the Cause of her canonization.



'Unwrinkled Hearts Meet' 75+



'Youthful Hearts Meet' 60+



Ven. Mother Veronica - Birth Bi - Centennial Inauguration









ACA Regional Congress & Silver Jubilee Celebrations



Carmel Blossoms' Regional Congress & Silver Jubilee Celebrations



SHE CARES...

Sr. Lilly Pushpa AC
Carmel Niketan, Bidar

Everyone knows how mothers play an important role in our lives, so too it is with our beloved Mother Veronica who has played a vital role in the growth of her beloved Congregation. Isn't it befitting to remember her even after over a hundred years? For all the tremendous work our congregation has been doing, the tribute goes to her.



Psalm 90:10 says, "our days may come to 70 years or 80 if our strength endures; yet the best of them are but trouble and sorrow for they quickly pass and we fly away". But Sophie leaves who was born in 1823 continues to live till date as 'Venerable Mother



Veronica' because she lives in the hearts of each one of us. We her daughters have experienced her love as also the millions who have passed through our institutions.

When we think of somebody's birthday specially those whom we love dearly, the preparation for the celebration begins very early, isn't it? Yes. So, we too, the sisters of Carmel Niketan, Bidar started our preparation for the celebration of the bi-centenary of her birth, by inviting five elderly persons - both men and women - on every Monday from the villages around us and spending quality time with them, praying with them, speaking about Mother Veronica our beloved foundress, playing few games and ending our togetherness with a sumptuous meal

and gifting them with a bed sheet to keep themselves warm. Our target is to bring 100 elderly persons and give them a taste of the Apostolic Carmel which was planted so lovingly by our founder Mother Veronica. We also witnessed a few healing miracles which our elderly people experienced after they listened to the life story of our founder and started praying to her .Wow!



This was a great move indeed, to make known our Mother to all.

To commemorate her birth on 1 October, we wanted to have a grand celebration so we kept up the celebration on 2nd of October, calling the priests and the lay people to celebrate the

Holy Eucharist and share the life of our foundress who had a deep love for the Eucharist. During the mass introduction, the children enacted the life of Mother Veronica and then we had the unveiling of Mother Veronica’s portrait for the inauguration of the bi-centenary of her birth. After the Eucharistic celebration we conducted a quiz on the life of Mother Veronica and presented a video on the growth of the Apostolic Carmel and its reaching out to the society in various ways. The celebration ended joyfully as everyone was filled with joy; their heart, mind and soul were overflowing with happiness. Of course, their physical needs were also satisfied by enjoying a festive meal.

It’s a joy for each one of us as we make known our foundress and our congregation to our surrounding villages and the people who are unaware of Christ and his followers. Our spirit is elevated like those of evangelists as we speak to the people who are innocent and ignorant at the same time.

It is not only we the sisters who have the joy of sharing the life of Mother Veronica with the lay faithful but also our MCA children who went to Nava Jeevan leprosy centre and

gave a fitting program in honour of Mother Veronica and shared the joy of mother's birthday with those neglected people. We thank God for this opportunity to serve the Lord through our congregation with these people.



We truly experienced deep joy and satisfaction at the end of each day. This is possible because of the woman who was born on 1 October, 1823 and lived her life fruitfully and continues to live as our mother and guide.

So here we go, happy to say 'Happy Birthday Mother'. Pray for your daughters that we don't just live on this earth and pass away, but pass on your spirit to the next generation with gratitude and love in our hearts. Enthused by your life and spirit, may we live our lives fruitfully and become an inspiration to many more.

ಆದರ್ಶ ಮಾತೆ ...

Sr M Sneha A.C
Anunciation Convent, Ladyhill

ಆಪೊಸ್ತಲಿಕ್ ಕಾರ್ಮೆಲ್ ಸಂಸ್ಥಾಪಕಿ
ಮದರ್ ವೆರೋನಿಕರವರೆ ಜೀವನ ಸಾಕ್ಷಿ
ಸರಳ ಜೀವನದಿಂದಲೇ ನಮಗೆಲ್ಲ ಸ್ಪೂರ್ತಿ
ದೀನದಲಿತರ ಸೇವೆಯಲ್ಲಿ ದುಡಿದ ನಿಮಗೆ ಕೀರ್ತಿ

ದೇವಭಕ್ತಿಯ ಕುಟುಂಬದ ವಾತಾವರಣ
ಕಾನ್ ಸ್ಟಾಂಟಿನೋಪಲಲ್ಲಿ ಪವಿತ್ರ ಜನನ
ದೇವವಾಕ್ಯದ ಶಕ್ತಿಯಲ್ಲಿ ಅಡಗಿದೆ ಬಡವರ ಪ್ರೀತಿ
ಉರಿಯುವ ಜ್ವಾಲೆ ನೀ ತ್ಯಾಗದ ಮೂರ್ತಿ



ತಂದೆಯ ಅಕಾಲಿಕ ಮರಣದ ನೋವು
ಆಂಗ್ಲಿಕನದಿಂದ ಕಥೋಲಿಕ್ ಧರ್ಮದ ಒಲವು
ತರುಣ ನೌಕಾಧಿಕಾರಿ ಕೆನಿಟ್ ಭೇಟಿ
ನಿಶ್ಚಿತಾರ್ಥವಾದರೂ ದೇವರ ಇಚ್ಛೆಗೆ ಮಣಿದ ನೀತಿ

ಕ್ರಿಸ್ತರ ಶಿಷ್ಯಳಾಗಿ ಕನ್ಯಾಮಠಕ್ಕೆ ಸೇರ್ಪಡೆ
ಮನೆಯವರಿಂದ ಸ್ವಂತ ಊರಿನಿಂದ ಬೇರ್ಪಡೆ
ಪರಮಾತ್ಮನ ಸೇವೆ ಮಾಡಲು ಯೇಸುವೆ ಪ್ರೇರಣೆ
ಲಭಿಸಿತು ಮಾರ್ಗದರ್ಶನ, ಶಿಕ್ಷಣ, ದುಃಖಿತರಿಗೆ ಸಾಂತ್ವನ

ಸಾಮಾನ್ಯ ಜನರಿಗೆ ನೀವು ಜ್ಞಾನದ ಜ್ಯೋತಿ
ವಿಧೇಯತೆ, ಸಹಕಾರ, ಸಾಹಸದ ಚಿಲುಮೆ
ಅನಾಥರ ದುರ್ಬಲರ ನೀವಾದಿರಿ ಮಾತೆ
ಕಾರ್ಮೆಲ್ ಸಂಸ್ಥೆಗೆ ಆದರ್ಶ ದಾತೆ

ಅಧ್ಯಾತ್ಮಿಕ ಜೀವನ ನಡೆಸಲು 'ಪೊ' ಗೆ ಆಗಮನ
ಮೌಲ್ಯಗಳ ಅರಿವು ಮೂಡಿಸುವ ಭಾರತದ ಬಡ ಹೆಣ್ಣು ಮಕ್ಕಳ ಶಿಕ್ಷಣ
ಅಪೊಸ್ತೊಲಿಕ್ ಕಾರ್ಮೆಲ್ ಸ್ಥಾಪನೆ
ವ್ರಕ್ಷವಾಗಿ ಬೆಳೆಯುವ ಸ್ತ್ರೀಯರ ಸಬಲೀಕರಣ ಯೋಜನೆ



2. Letters to Mother Venerable Mother Veronica

Bal Yesu Nilaya
Maryhill, Mangalore

Our Beloved Mother,

Greetings, from your daughters, at Bal Yesu Nilaya! We, 'The Eight Beatitudes' are happy to greet you, with reverence and love. Just look, Mother, your life of perseverance on the road to Bayonne to give birth to the Apostolic Carmel, has resulted in twins that are serving the Church today - the A.C and the CCR sisters. We can't thank you enough for the A.C. Congregation you founded with great love and self sacrifice. We cherish the Charism you have bequeathed to us.

You underwent suffering from the moment God called you to be a Catholic. In every painful or joyful event of your life you experienced the All Sufficing Love of God and that kept you going, under all circumstances, living the life of obedience at all times; so that you could say, "Obedience is my life." You are a model to us, inspiring us to experience God's all sufficing love in our joys and struggles. This precious heritage has been lived and handed down to us by those whom you yourself trained and those that followed. We are happy that the Mission you started for India has spread its branches to several countries through education, residential care for the orphans and others, catering to the sick, the poor and the neglected.

We have flourished in the field of education; we apologize for not having given equal attention to other works of mercy. But Mother dear we have been in recent years extending our apostolate. We have started institutions to take care of the mentally challenged, the old and the sick. We know all these were dear to your heart. You are a model for us in the love you bore for the Eucharistic Lord, for the Church, for Prayer and the Cross.

How we want you to be raised to the honors of the altar! We have been earnestly praying for a first miracle through your intercession! What makes you remain silent Mother dear? Is it because we are not up to your expectation? Human and vulnerable as we are, we pray you to overlook all our frailties and intercede for a first class miracle we have been praying for.

We are struggling in areas of prayer, community life, vowed life and mission as you must have, with the difference that you did not fail but we often do. We realize that we lack the experience of God's All Sufficing Love and tend to lose our focus on our charism and mission due to our self-centeredness. We assure you dearest mother our loving loyalty. Do guide us and intercede for us, your daughters, without forgetting to pray God for a first class miracle. Sure your daughters who are already with you up there will eagerly read our letter.

Hope, soon we will be able to write again about the good news, of the first class miracle - Please Mother. Bless us!

**Your dear daughters,
The Eight Beatitudes**



Place: Bengaluru
Date: 27.06.2022

Dear Venerable Mother Veronica,

Warm and prayerful greetings, from your spiritual daughters, belonging to the Apostolic Carmel, from Mary Immaculate Convent, Bangalore, India. As your daughters we wish to share with you, very briefly, the life, growth and challenges of our Congregation.

We are very happy and proud to be members of the Apostolic Carmel Congregation which was founded by you as per divine inspiration, to meet the needs of the Catholic Church of your time in India. As a Foundress of this great Congregation, dedicated to Our Lady of Mount Carmel you have handed down a great spiritual and cultural heritage to us your daughters and to the Catholic Church. All the sisters, who tried to live up to the Charism of the Congregation for the past 152 years, have contributed richly for its growth and development in a great measure. Through the years the Congregation has been growing in the spirituality of Carmel and as a result, giving the right direction to its apostolate and mission. You had great devotion to the Blessed Sacrament. We your daughters too have been striving to grow in this devotion mainly by spending quality time in prayer before the Blessed Sacrament.

Dear Mother, though you were not much known in the congregation in the earlier years since you were considered as a Co-foundress, we are happy to tell you that you now have a special place in the Congregation as a Foundress. You will also be very happy to know that the seed you sowed, has grown into a mighty tree and through the apostolate of education, we have

contributed much to the society. Many outstanding women bear the A.C. stamp in the country and the world as they are products of our educational institutions. Reading the signs of the time, our congregation has extended its mission throughout India and outside too - Sri Lanka, Pakistan, Kuwait, Bahrain, East Africa, Italy and France. We have also extended our mission in the field of Special Education, Social and Family Apostolate, Prison Ministry, Health Services, Technical and Vocational Education. We have also opted for Co-Education in most of our Institutions. Through these various types of apostolate, our sisters have been striving to live your virtues such as obedience to the will of God, simplicity of life, humility, compassion towards the poor and needy, by placing total trust in the Providence of God. Our staff, students and their families too are helped to grow in these virtues and in their Prayer life.

As per the changing needs of our society and time, the A.C. way of life is made more flexible. There is much mutual sharing and caring among the institutions of the Congregation. Following in your footsteps, each community is adopting poor and needy families and also care for their Spiritual, Social and Economic needs. By pooling of resources, our sisters with the help of local people, have been building houses for poor families. Employment has been provided for the needy people through skill based education especially through the Community Colleges and Self Help Groups.

We the A.C.'s and all those who have passed through our portals, firmly believe that you lived a heroic life walking in the footsteps of Jesus. So you rightly deserve the honour of the Altar. We have been praying much for this cause, accompanied by fasting and penance. In this process of declaring you a Saint, plenty of literature has been produced on your life, the history and the life of early leaders of our Congregation. Print, electronic and social media is used widely for the purpose of making you known and loved by many people. Dear Mother do work the much needed miracle so that we the A.C's, the CCR's and the Catholic Church have the honour to have you as a Saint to intercede for us from Heaven.

We have started ACA and Carmel Blossoms to share the A.C. Charism with the lay people. You would be very happy to know that some of our earlier Superiors' General took the initiative to bring A.C.'s and C.C.R.'s closer to each other, since both are your daughters. We have been continuing our efforts to stop the blame game and are trying to see the hand of Divine Providence which might have caused this division. We are also happy to tell you that the formees, the young and the senior sisters in the Congregation are taken good care by providing necessary facilities. Young sisters are given much help to develop their abilities and to contribute towards the growth of the Congregation. The seniors and infirmed have been spending long hours in prayer and support the mission of the Congregation.

Dear Mother, so far we have tried to give you a very colourful picture of our Congregation especially regarding its life and growth. You faced tough challenges to start our Congregation and your daughters too are continuing to face similar challenges. There is a great crisis regarding vocations to religious life all over the world and it is the same with our Congregation. We are also facing financial crisis. There is hardly any financial support from the Government especially to our Educational Institutions. Most of our sisters have retired from active service and are home bound, ailing etc. We need to look out for newer means for living and to sustain ourselves and those who depend on us for their living.

The present political environment in India and Sri Lanka is anti-christian. Communalism and fundamentalism pose a threat to our educational institutions and community living, in various ways specially by introducing new rules and policies which are inhuman, unjust and difficult to follow. There is a tough competition among various Educational Institutions and as a result drastic decrease in the number of students in most of our schools and colleges. We struggle to meet the growing needs of privatization, modernization and globalization of our present society, through our Educational Apostolate. We try to go on by placing our total trust in the Lord.

We your loving spiritual daughters once again thank you for your initiative to start our Congregation. Please pray to Jesus so that we continue to walk in your footsteps by living out the Charism Jesus had entrusted to you and remain faithful to our calling. Dear Mother, do continue to bring down blessings on our Congregation.

**Your loving Daughters,
Sisters of Mary Immaculate Convent**



Letter to Mother Veronica

Shanthi Nilaya, Nanjangud
15.06.2022

Our Beloved Mother Veronica

Loving greetings from the sisters of Shanthi Nilaya!

First of all, we would like to thank you for founding the Apostolic Carmel Congregation based on contemplation in action. We are taught how to grow in deep union with God. We are extremely happy to inform you we have been making a study of your autobiography, your biographies and Life in Letters and we are very much inspired by your holy and heroic life. We are proud to have a saintly Foundress like you. Your zeal for the missions encourages us to be zealous and fulfill your dream for your beloved congregation.

Loving Mother, we are also happy to inform you that the tiny sapling of the Apostolic Carmel Congregation that you planted on the soil of the Western coast has grown into a mighty tree giving shelter to many through the apostolate of education and other works of mercy. We did excel in imparting sound education and Christian values through the instrumentality of dedicated and committed sisters in the past.

At present, this mission has been carried forward by training young minds to be responsible citizens. By reading the signs of time, we have extended our mission of education even to boys. In your name we have adopted poor and needy families and are helping them to rise above their misery. Through the ACA and Carmel Blossoms, we are spreading God's love in the world.

But sadly, dear Mother, we feel that the mighty tree has started to shed its leaves as vocations are dwindling at an alarming rate and some professed Apostolic Carmelites are feeling that this life is no more relevant to them. We are struggling to maintain high standard in our institutions as we lack committed teachers. We are inclined towards worldly values like bribing officials to get the work done, money and power-mindedness and are result oriented. Some of our vernacular medium educational institutions are on the verge of extinction due to lack of students. We are facing innumerable challenges from the education department and corrupt politicians. Imparting and spreading faith has become a difficult task because of the interference of fanatical groups. We are threatened in the name of forced conversions. Catering to the needs of the poor is also being questioned. Mother, look on us with kindness and pray that we may remain steadfast in the midst of all types of storms.

Dear Mother, we greatly desire that you receive the honours of the altar. So, with great hope, we offer special fast and prayers on every Monday. Please ask Jesus not to look upon our sinfulness and lack of faith but to work a first-class miracle through your intercession which the Church is in need of to raise you to the heights of sainthood.

With love,
Your loving daughters
Shanthi Nilaya Convent



3. Miracle of Healing

Sr Marie Dulcinea.C.
St Mary's Convent, Falnir

Our God is a God of surprises. He visits us with various blessings of joys and sorrows, good health and ill health, pleasant and unpleasant things of life. Sometimes it is difficult to fathom God's will but if we take time to reflect and ponder over it, we are sure to accept it with joy and thank Him for revealing His plan to us as Prophet Isaiah states: "my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts". (Isaiah 55:8-9) I have received so many good things from the loving hands of God that my entire life is not sufficient to thank God for His unconditional love for me. Today when I look back and muse over the wonders the Lord has worked in my life, I cannot but sing the mercies of the Lord and thank and praise Him for His goodness and benevolence to me. My heart is filled with gratitude to the Lord for His compassionate love and the healing I have experienced during the last six months. I strongly believe that through the intercession of our beloved Founder, Mother Veronica, I have experienced the 'Miracle of Healing'.



On 24 January 2022 I experienced some kind of discomfort and uneasiness and I went to meet my regular physician, Dr Harold Mascarenhas to check my blood pressure. Little did I think that I would be hospitalized then and there at Colaco Hospital, Mangalore. But the very next day when the doctor found out the seriousness of the disease, I was immediately shifted to Fr Muller's Medical Hospital, Kankanady and admitted to the ICU and thereafter I was put on ventilator for five days. Dr Prashanth Y.M. diagnosed that I was affected with Guillain-Barré syndrome which is a rare and serious neurological disorder.

It is an autoimmune disease that affects the peripheral nervous system which can lead to weakness and paralysis. I didn't know what was happening to me during those days. I felt breathless and a tingling sensation in my hands, fingers and toes. I found my legs were like logs of wood and I could not move my body. I felt as if I was frozen and could not even make the sign of the cross. I thought I was about to die.

In my agony, I cried to God to have mercy on me and suddenly I felt as if I was resuscitated and experienced a kind of warmth and life resurging in me. I prayed to the Lord earnestly and I heard a voice: 'Be close to Jesus'. I surrendered myself totally to God, including my illness and helplessness. At the same time all the Sisters and my family stormed heaven and prayed for my complete healing. The sisters of my community at Veronica Vihar and the children of St Agnes Special School prayed through the intercession of Mother Veronica for my speedy recovery. The Lord worked a wonder in my life. It was indeed a miracle!!! After five days I was able to breathe on my own and thereafter I was shifted from the ICU to the ward and remained in the hospital for further treatment. Slowly and steadily, the Lord strengthened my limbs and bones. After twenty one days I was discharged from the hospital and taken to St Ann's Convent for rest and recuperation. Sister Shamita, my Provincial Superior and Team took care of me with much love for three months. When I felt a little better I was transferred to St Mary's Convent, Marjil, Falnir in the month of May.

With all the treatment and the love, care and prayers of my sisters, I am now much better and able to walk with the help of the walker and attend all the spiritual exercises. I feel blessed today that I can hold a pen in hand and write a few lines. I experienced the loving protection of our Mother of Carmel throughout my illness.

I take this opportunity to thank Sister Maria Shamita and Team and Sister Maria Jyothi, my former superior for their prayers, loving care and services rendered during my illness. My heart overwhelms with gratitude to the sisters of Veronica

Vihar Community and the special children of God for their prayer and support. My heartfelt gratitude to all my sisters and my family members for their prayerful support, loving visits, encouragement, concern, and generous services rendered in various ways. May God be praised!! I am grateful to Sister Maria Kripa, my present Superior and Community at St Mary's, Marjil for their loving services in attending to all my needs. I know for certain that Venerable Mother Veronica interceded for my speedy recovery.



4. Favours received through the intercession of Mother Veronica

Christine Misquith A C
Carmel Niketan, Bidar
5 June 2022

I was disturbed at the behavior of our driver Raju. I wanted to send him away. Since he had worked for us for 15 years, I was waiting for him to leave on his own. He was well off now. He had his own auto, his shop and was dealing with land business. So he was neglecting our work. I enquired about his delay in handing over some clothes to some people. He got angry. At 3 p. m, I



went to the chapel and prayed to Mother Veronica to help me to deal with Raju in the right way and that he should leave us. At 3.30 p.m he came when we were having tea. He gave the clothes, threw the scooty key and left. This was a miracle. Later he acknowledged his mistakes and asked pardon and he said that he would leave the job. I felt this was a miracle.

19 June, 2022

Carmel Jamgi Colony ward leaders and others had gone to Nava Jeevan Leprosy Center, Chatnalli and had taken 91 packets of food kits for the inmates and for those who went with them. When we went there, we found that there were more inmates. Hence I was tensed and prayed to Mother Veronica to save us from the embarrassment. When we started to distribute there were exactly 91 persons and all got food. I simply thanked God for the miracle done by Mother Veronica.

22 June, 2022

Laxmi is a poor woman. She has done her B.Sc., B.Ed but had no job. She has three children. The second girl who was 8 years old had met with an accident and we had helped her financially. I got her an attender's job in a hospital but she was not able to leave the daughter and go. So she went in search of another job to many places. She came to me at 8 p.m with disappointment. I was praying to Mother Veronica. As I was talking to her, I got a call from a lady asking for a domestic helper. I took it as a sign from God in answer to my prayers to Mother Veronica. This job is close to her rented house. I asked Laxmi to talk over the phone and they spoke and Laxmi accepted the job to join on 1 July. It is a miracle.

11 June, 2022

It was a rainy day we had to bring 5 senior citizens to Carmel Niketan for a get-together on Mother Veronica's day. From the time they started from Malegaun till the programme was over and they were taken back there was no rain at all. Through Mother Veronica's intercession we did not have a drop of rain, that is from 10 am to 2 pm, when they reached home safe.



ಮದರ್ ವೆರೋನಿಕಾರವರ ಮಧ್ಯಸ್ಥಿಕೆಯಿಂದ ಆರೋಗ್ಯಗೊಂಡ ಸಿದ್ಧಮ್ಮನ ಸಾಕ್ಷಿ

ಸಿದ್ಧಮ್ಮ ಬೀದರ್

ನಾನು ಸಿದ್ಧಮ್ಮ ಬೀದರ್ ತಾಲೂಕಿನ ಮಳೆಗಾಂವ್ ಗ್ರಾಮದಿಂದ. ನಾನು ಬಹಳ ವರ್ಷಗಳಿಂದ ಕಾಲು ನೋವಿನಿಂದ ಬಳಲುತ್ತಿದ್ದೆ. ಕಾಲಿನ ಭಾಗದಲ್ಲಿ ಮಾಂಸ ಬೆಳೆದು ತುಂಬಾ ನೋವನ್ನು ಅನುಭವಿಸಿದ್ದೆ. ಮದರ್ ವೆರೋನಿಕಾರವರ 200 ವರ್ಷಗಳ ಹುಟ್ಟಿದ ವರ್ಷದ ಸಲುವಾಗಿ ಕಾರ್ಮೆಲ್ ನಿಕೇತನದಲ್ಲಿ ಹಿರಿಯ ನಾಗರಿಕರಿಗೆ ಒಂದು ಕಾರ್ಯಕ್ರಮವನ್ನು ಏರ್ಪಡಿಸಲಾಗಿತ್ತು. ನಾನು ತುಂಬಾ ಆತುರತೆಯಿಂದ ಭಾಗವಹಿಸಿದ್ದೆ. ಅಂದು ಕಾರ್ಮೆಲ್ ನಿಕೇತನದ ಭಗನಿಯರು ಮದರ್ ವೆರೋನಿಕಾರವರ ಮಧ್ಯಸ್ಥಿಕೆಯಿಂದ ಯೇಸುವಿನಲ್ಲಿ ಪ್ರಾರ್ಥನೆ ಮಾಡಲು ಹೇಳಿದರು. ಅಂದು ಮದರ್ ವೆರೋನಿಕಾರವರ ಚಿತ್ರ ಮತ್ತು ಪ್ರಾರ್ಥನೆ ವಿರುವ ಒಂದು ಕರಪತ್ರವನ್ನು ನೀಡಲಾಗಿತ್ತು. ತದನಂತರ ನಮಗೆ ಅಲ್ಲೇ ಇರುವ ಗುಡಿಯೊಳಗೆ ಹೋಗಲು ಅವಕಾಶ ಕಲ್ಪಿಸಿ ಕೊಟ್ಟರು. ನಾನು ಈ ಕರಪತ್ರವನ್ನು ಹೃದಯದ ಮೇಲಿಟ್ಟು ಸಂಪೂರ್ಣ ವಿಶ್ವಾಸದಿಂದ ಪ್ರಾರ್ಥಿಸಿದೆ. ಕೆಲವು ನಿಮಿಷಗಳ ನಂತರ ನನಗೆ ಮೈ ಮೇಲೆ ಒಂದು ಶಕ್ತಿ ಹರಿದು ಹೋದ ಹಾಗೆ ಆಯಿತು. ಕಾರ್ಯಕ್ರಮ ಮುಗಿದ ನಂತರ ಮನೆಗೆ ತೆರಳುವಾಗ ನನಗೆ ಕಾಲಿನ ನೋವು ಕಡಿಮೆಯಾಗಿದೆ ಎಂಬ ಅನುಭವವಾಯಿತು. ನನ್ನ ಪ್ರಾರ್ಥನೆಯನ್ನು ಯೇಸು ಸ್ವಾಮಿ ಮದರ್ ವೆರೋನಿಕಾರವರ ಮುಖಾಂತರ ಅನುಗ್ರಹಿಸಿದ್ದಾರೆ ಎಂದು ನನಗೆ ಸಂತೋಷವಾಯಿತು

Be of good courage,
the darkness of the
night will pass
and then joy comes
in the morning.

Venerable Mother Veronica

III. Miscellaneous

1. The Telephone of 'The A.C. Magic'

It was way back in the late 1980s. Bala Yesu Nilaya did not have the landline telephone. Of course there were no mobiles then. The sisters had to go to the neighbours to make business call and it was quite embarrassing, for the people



around could listen to what we were saying. Sr Premlatha asked Sr Bertine, the then Superior, to get the telephone installed for the Convent. The Superior gave Sr Premlatha the responsibility of getting it done. Accordingly, registration for the installation was done and she was told that we could get the phone connection within 3 months. Three months passed, then six months, but there was no sign of the telephone in spite of Sr Premlatha visiting the Telephone office several times.

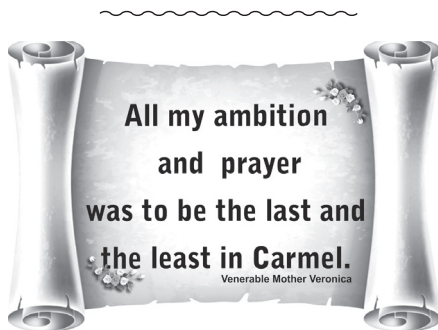
Finally she searched for the highest authority that she could approach. So she decided to meet the M.D. She went to the office where there were more than 20 people already waiting to meet the M.D. and she lost all hope of meeting him. Meanwhile a small slip was given to her to fill her name and purpose of the meeting. She wrote: Sr Premlatha and as there was no space to add A.C, she wrote A.C. below her name and then the purpose of her visit. Hardly had the attender/peon gone in with the slip to the person who was inside, he came out and called for Sr Premlatha. Remember, she was then young, slim and tall with red lips and a beautiful smile. (Not that she is any less beautiful now). As she entered the M.D.'s cabinet, the M.D. stood up, wished her and requested Sr. Premlatha to be seated. Next he asked her what she would like to have – coffee, tea, tender coconut water...? As she declined, tender coconut was ordered for and offered to Sister.

The M.D's next question was "What shall I do for you Madam?" Sister of course told him that she wanted a Telephone installed as it was urgently required. And that it was six months since she had applied for the same but to no avail. Immediately the case worker was asked to bring in the file. The M.D asked for the reason for the delay. "The old stock of instruments is over and the next supply is expected soon" was the answer. The M.D. told him to do the needful for Sister on top priority as soon as the next installment arrived. With this assurance Sr Premlatha politely thanked the M.D. and got up to leave.

The M.D. asked her if she could be seated for few more minutes and she obliged. The M.D wanted to know what A.C. stands for. Sister Premlatha explained. She could notice him smiling to himself. He wanted to know more about the Apostolic Carmel Congregation and about her life. Sr. Premlatha was proud to tell him about the A.C. He must have been all ears to listen to this excellent narrator.

After this interesting conversation Sr. Premlatha told him that he would be the first one to receive the call after the telephone was installed. She asked for his contact number which he gave, including his house phone number.

Within a few days Bala Yesu Nilaya got the telephone installed! Sr Premlatha made the first telephone call to the M.D. to thank him. He laughed aloud for sometime, remembering the episode of having thought of the title 'A.C.' in a different way. I am sure you too are laughing with him and all of us here at Bala Yesu Nelaya.



2. THE RED FROCK / Mamma's Pet-Is that You?

Our dear Sr Precilda, when she was a little girl, was quite mischievous. Her sister, 3 years older to her, and she would fight often and Mama would settle it finally favouring the little one. Mama's pet - is that you?

Once it happened that Mamma bought cloth of two different colours to stitch frocks for them. The elder one chose red leaving the blue for the younger sister. In fact, the little one was eyeing the red one. And so she started crying and mamma held her close to her and said, "Does not matter my baby. Red colour is not nice and she has chosen it. The blue one will suit you" The older one got her frock stitched very stylishly and Mamma said, to the little one "She has got it stitched stylishly. You will look cute in this simple blue one." But the little kid



wanted the red stylish frock by all means. On the Parish Feast day, the red frock was left out by the older one to be worn. In her absence the smaller one quickly wore it, though she was like a pudding, stout and round and managed to wriggle into the red frock of the older one who was much slimmer than her. Delighted that she got what she wanted, she ran away to the church before the older one appeared. When older sister saw her red frock gone, she dressed herself in another dress and went to the Church and sitting next to the mischief maker, started giving her shots of pinches now and then!

How do you like this mischief? Now both the sisters cannot live without talking to one another everyday!



3. Christ is Alive !

Sister Jini Jacob
Shanti Vihar, Paldane

‘Christus Vivit’, Christ is alive. Jesus is young among the young, in order to be an example for the young to consecrate themselves to the lord. Christ is alive, He is our hope, and in a wonderful way he brings youth to our world, and everything he touches becomes young, new, full of life. With these words of Pope Francis, I would like to express my gratitude to God Almighty for giving me this opportunity to celebrate youth day in my community.



The day’s celebration started with prayer and continued with the recreation. During recreation the entertainment was wonderful, and it concluded with a valuable skit : Lessons from the Pencil – ‘You are just like the pencil. Believe in your potential to do great things with the power that the creator has equipped you with, and never underestimate that power within you, and you will surely be able to make a big difference in your life and in the lives of the people around you’.

My Superior, Sr. Maria Assumpta gave me a precious gift which is very useful for me. We also celebrated the youth day with our domestic helpers, the five of them, on our terrace. They participated as well as contributed to the entertainment programme; indoor games were conducted; prizes and gifts were in place; all of us enjoyed a special serving of ice cream at the end of the day.



A Visit to God’s Own Country

The Sisters

Carmel Convent, Ashaniketan

“People don’t take trips... trips take people.” – John Steinbeck. These words of John Steinbeck came true as we had 2 days outing to our neighbouring State, God’s own country Kerala on 24th October 2022.

The planning had started one month ago, by our Superior Sr Ida Barboza. Seven of us began our journey early in the morning at 4.40 a.m. from the convent to the railway station. Parashuram train took us to Kannur. An arranged vehicle was already awaiting our arrival which took us to St. Teresa’s Convent, Kannur. The whole day was spent in visiting the Southern Province convents - Kannur, Tellichery, Kolayad and Manathvady. The hospitality that we received from our sisters was really overwhelming. Their cheerfulness and sweet gestures of showing their love inspired us much. Their relishing breakfast, cooling refreshment and sumptuous meal energized us to travel further the next day. Sr Roshna, the Principal and Sr Lissie, the Superior went out of their ways to plan our visits to different places and also arranged our accommodation in DSS Convent. Next day our journey began with our Lord by the celebration the Holy Eucharist. We had our breakfast in Mananthavady Convent, then we began our tour to the coolest place Wayanad along with Sr Lissie.



1. Kuruva Island: It was a joy to go in a bamboo raft. For those of us who saw the bamboo raft for the first time, it was really an over whelming experience. As we preceded to the interior of the island we never lost a single spot which was suitable for our photo shoot. We enjoyed the water flowing through the rocks.

2. En Ooru Tribal Heritage Village: Having climbed the mighty hill, when we were about to grumble for having coming here, we looked around. Grumbling disappeared and the tiredness vanished by looking at the beauty of God’s creation. The artistic work, tiny simple houses, delicious food of the tribals gave much boost to our energy.

3. Pokoode Lake Tourist Resort: It was really an adventurous experience for us as we peddled and gave direction to our own boats. We were frightened, still with courage we moved forward with our adventure.

4. Lakkidi View point: This was a mesmerizing scene for us to thank God for the beauty of His creation. Along with the beautiful scenery the entertainment by the monkeys helped us to relax and enjoy.

5. St. Jude’s Shrine, Palli Kunnu: Finally we ended this day by visiting the beautiful shrine/church. We were glad to meet Fr Thomas Pannakal, a senior priest. His hospitality and witty nature enthused us at the end of the day. Thus we could say it was both refreshing and adventurous day out for us. As we returned home the next morning we thanked God for this opportunity and all those who were instrumental for the success of our outing.



4. 'Principals' Conference'

Participants Karnataka Province

The Principals' Conference was unique and a special event in the life of the participants. The theme "Moving Forward Together" was an inspiration by itself.

"If you can't fly, run.

If you can't run, walk.

If you can't walk, crawl

But by all means keep moving." says Martin Luther King, Jr. This was an inspiration to move forward. We numbered 60 under the dynamic leadership of Sister Ancilla, the General Councillor for Education.

From Karnataka Province, 10 Sisters and 1 Animator -

Sr Ida Barboza, started our journey on 8th September 2022. Since our train was at 2 a.m, we were all yawning at the railway station, having a cup of tea to pass the



time. The train arrived half an hour early. We had enough time to get in and settle ourselves. On 10th noon we reached Navintha Retreat Centre, Delhi where we found our abode, to enjoy our stay. On the 11th we had the inaugural address by our Superior General, Sister Nirmalini. She spoke about our relationship with the Lord. A tree says, my strength is "Trust". I know nothing about fathers. I know nothing about the thousands of children that every year spring up. Even though we stand on the cross roads "Jeremiah 16:16" we carry the vision and mission of Jesus. Religious life is in crisis beyond numbers. Not a vocation crisis but crisis of imagination and courage, hard truths and soft

truths. It's a faith journey- said Pope Francis "What got you to today, won't get you to tomorrow". We need to collectively recognize our vulnerability. We are all facing hurdles and are partners in this work of transformation. Community life is a bridge between mission and community.

For 3 days Fr John Ravi S.J. spoke about the Transformational Leadership. He posed three questions A) Where are we right now? B) Where do we like to go? C) How do we like to reach there? We felt that it is a right time to renew, to refresh and to change. The measure of intelligence is the activity to change. I need to move forward. In order to move forward, I need to practice the functional role as Principal. I am an instrument in God's hand. I need to walk with courage and conviction. No matter where we are, it is our bounden duty to protect, to love and save our mother earth. This thought was stressed by Mr. Hector Andrade the resource person during our conference.

On the whole, the seven days of seminar were very enriching. The topics were very informative and relevant to the present scenario. We owe deep appreciation and gratitude to our Superior General for organizing this very fruitful seminar and for Sr Ancilla who was with us throughout - for her assistance, guidance, motivation and care.



5. Refreshed and Rejuvenated for a Step Forward ...

The long awaited day finally arrived when the eighteen of us from Karnataka Province began our journey to Bengaluru for the renewal programme. The excitement and the preparations had finally turned into a reality. It was indeed a privilege to have sisters from four batches meeting together to become aware of the purpose of our life, to look at our call from different perspectives, to deepen our relationship with the Only Love of our life and the exchange of experiences of our mission. All

faces gleaming with joy warmly welcomed each other. The joy and excitement of every sister was overwhelming. Finally the 40 of us began our journey of renewal from 12 August, 2022.



The Renewal programme provided us an opportunity to return to the sources and start afresh from Christ, the first and the only love of our life. It was also a period of re-igniting that divine flame which motivated us to say our first ‘fiat’ and to take that bold step to say ‘no’ to all other joys which the world would offer us, for a noble cause of finding true joy in Christ. All of us felt that we had deviated in some way or the other, from the primary goal of our life and there was need to return to the path of love. We were happy to come away from the hustle and bustle of the daily routine and spend time in personal growth.

Through the renewal programme, our Congregation provided us time and space for reflection and introspection. The sessions helped us to go back to our roots and be healed of our past wounds. We were also guided to have positive self-talk and understand the transitions of midlife. With the experience of having lived the vowed life for more than fifteen years, we were able to understand the deeper and serious implications of our vowed life. The sessions on charism helped us to become aware of the alignment that our personal charism and the congregational charism had and thus be confirmed of our vocation to the Apostolic Carmel. Reflecting on the signs of



our vocation we were drawn to the right track. Adding to this was the retreat which was a unique experience. Through this experience we were doubly confirmed of our call to be the healing presence of Christ in the world. The personal experiences of different resource persons were an inspiration and motivation to us. Along with the spiritual journey we also had the joy of visiting the communities in the Western and Northern provinces. This was an occasion to have glimpses of the mission and life of our sisters in other provinces. Along with this we also had different learning experiences through our visits to various historical places. These experiences have energized us to start anew.

We remain grateful to Sr Vimala Paul who journeyed with us and guided us throughout the renewal programme. We are thankful to our Superior General for arranging the renewal programme for us and providing us the best. We also express our gratitude to our communities, institutions and superiors who walked the extra miles to make this journey possible. We are indebted to our Provincial Superior and the Provincial team who from time to time animated and encouraged us. This renewal was possible with the prayer and support of all our sisters.

Having gone through the renewal of life, we feel refreshed and rejuvenated for our onward journey. It is time to look ahead with hope and live up to the hopes our congregation has in us. May our faith journey bring us closer to our goal each day and make us the visible presence of Jesus our spouse. May 'Veni Sponsa Christi' resound in our hearts and souls again. Come let us reflect and act to make this life beautiful and purposeful.

Participants 10+
Karnataka Province



6. Reflect, Renew, Relax ...!

The Congregation and the Province gave us an unique opportunity to renew ourselves as we set foot on another significant phase of our life, from our Silver years to our Golden Years. We had the same experience as the disciples of Emmaus - our hearts were burning during those seventeen days of our renewal programme held at the Generalate



from 25 September to 12 October, 2022. Each session had its own blessings and graces to bring back our original fervour. The session on Charism by Sr Linette AC helped us to discover the spirituality of the Charism in our personal lives. The talks and the group sessions by Sr Nirmalini AC inspired us to have a newness in our spirituality, our Community and in our Mission. The Charism retreat preached by Sr Lorena AC was something special as we reflected on the original spirit of the Congregation. We were able to rise with Jesus from the little tombs wherever we were hidden and encounter the Lord and say like Mary Magdalene, 'I have seen the Lord'. We were lead to anchor ourselves in God's love and to have passion for God and compassion for humanity. We were touched by the sayings that we are sinners, beloved, loved and forgiven because we belong to Him.

Three days session by Sr Inigo, 'Consecrated life, A gift and a Challenge' was an enriching one. Through the Scripture, a comparative study was made on the Consecrated life and

the barren fig tree. It helped us to know that we as religious, have to bear quality fruit at all times and seasons because we are planted at flowing streams of water which never dry up. Through the examples of great personalities, like, St Mother Teresa, Pope Francis, Nelson Mandela, Oscar Romero etc, we were challenged to become mystics and missionaries.

The renewal was organized for Reflection, Renewal and Relaxation. As part of the relaxation we had a day's outing to Mysore. Though we missed the Dasara Procession, our little band of thirty drove from St. Philomena's Church to Brindavan Garden via Mysore Palace, Aqua World, Zoo, ShukaVana and St Joseph's Convent, Bannimantap. The concluding sessions conducted by Sr Vimala Paul and Sr Nessa on Social Apostolate and living our Consecrated life in the 21st century encouraged us.

We the Silver stars of 2022-2023 - Srs Sahaya Mary, Tresilda, Rennie D'Souza and Linet D'Souza - pen these few lines to express our deepest gratitude to our Superior General Sr Nirmalini and team; Directress - Sr Ancilla, Provincial Superior - Sr Shamitha & team for arranging such an enriching programme at the threshold of our Silver Jubilee. We are greatly indebted to the Congregation and to the Province for what we are today and for what we will be in the future. May this experience help us to reform and transform our lives so as to live a prophetic life, reading the signs of the time!

**Srs Sahaya Mary, Tresilda,
Rennie D'Souza, Linet D'Souza.**



7. 'Youthful Hearts Meet'

Sr. Monica D'Souza A.C
St Joseph's Convent, Kundapur

"The best part of the art of living is to know how to grow old gracefully". That's why our Provincial Superior and her team have taken immense trouble to provide suitable means for all 60+ sisters to grow gracefully. We are truly grateful to them for arranging these input sessions for those who are normally considered as "ಸಾಟ್ ಸತ್ತರ್ ಪೊಂಡಾ ಭಿತರ್" (It's now 60 or 70, start walking to the grave)



It is said, "You don't stop laughing when you grow old, you grow old when you stop laughing." This is what Dr Sr Severine Menezes, the resource person of the day, stressed every now and then as she taught us different therapies for better health and went on saying "smile sisters, don't carry a heavy load by yourself, smile, Jesus loves you". Her very appearance of beaming joy was a forceful call to trust our Heavenly Father at all times and in all circumstances.

We, the 60+ were quite fortunate to have Dr Sr Severine Menezes and Dr Jessie Maria D'souza as our resource persons who sent out positive vibrations throughout their talks, inviting us to smile, to trust and be grateful to God for what we are. Our whole life can be divided into 3 steps: Physical fitness, mental fitness, and spiritual fitness. Through the rich sharing of their own experiences, we were encouraged to build up our lives practicing these steps. Sister Severine taught us a few therapies to maintain good health, without the help of doctors or medicine.

All those who attended this seminar would surely remember 7 golden rules for aging gracefully, given by Dr Jessy Maria. I would like to bring them to mind once again lest we become cranky while years pass by.

Rule 1. Forget your age, do not regret growing older, it is a privilege denied to many.

Rule 2. Respect your body as it is the nest of your soul, have balanced diet, exercises...

Rule 3. Money isn't everything, have good plans to earn and spend.

Rule 4. Relax, life is beautiful - pray, read, play, sing, dance.

Rule 5. Time management is life management, learn to live today.

Yesterday is History, Tomorrow is a mystery, Today is a gift.

That's why we call it 'The Present' - Eleanor Roosevelt

Rule 6. Learn to love - not all of us can do great things but we can do small things with Great love

Rule 7. Be an organ donor - give your heart to God, give a reason to your people to remember your name, be generous in giving.

I thank God for this seminar which provided ample direction to build up positive attitude to life and now “ಸಾಟ್ ಸತ್ತರ್, ಮುಕಾರ್ ಚಲ್ ಸಕ್ಡಾಂಕ್ ಭೆಟ್” (It's 60 or 70, move forward, meet everyone.)!



8. 'Unwrinkled Hearts Meet' – 75+

Sr M. Devina A.C.
Vijaymari Convent

I found it a unique opportunity to be present for the Senior Sisters' Meet. Some of the Sisters were 80+ but they were still able to smile, laugh, walk, sing and dance. It was really wonderful, thrilling and I was wonderstruck to see them thus. I was so stiff and unable to move freely. I felt that God has been moving them so freely; loving them so dearly and those sisters have been allowing God to do with them whatever He



willed. They had full faith and trust and surrendered their entire lives into His hands. When I went into myself I found that my faith was so weak and that made me so sick and hesitant to do anything fearlessly. I was trembling all over with my head reeling, feeling that I might fall anytime. But with the programme that was arranged for us, there was no time to waste in thinking about oneself. The music that was played was making us dance all the time and we felt that we were at a marriage pedal, enjoyable and meeting each one other made us feel good and busy in the sunshine of our Sister's company.

The talk by the resource person who is one of our old student and doctor made us spend the time usefully and fruitfully. We could ask questions and get answers. There were easy games after the talk that we played without much exertion and won prizes to our surprise. No one was disappointed. The Provincial Superior and the team were all engaged in making us get involved in the games and the entire programme and especially when the food was served they saw to all our conveniences and our needs. They were all attentive, forgetting themselves, all eyes on us as if we were special guests.

At the end just as any programme comes to an end so also this programme with a Prayer Service, Vote of Thanks mentioning all that we liked in the programme. We thank and praise God for this glad opportunity given to us by our dear Provincial Superior and the Team. We returned with glad and light hearts and wished that such opportunities would come over and over again.



Tickle your Brains:

(Source : Sr Violita A.C.)

1. Which two letters of the alphabet are the names of girls?
2. Which letter of the alphabet is a drink?
3. Which two letters of the alphabet mean nothing
4. Which letter of the alphabet is a line of people
5. Which letter of the alphabet is a river in England?
6. Which letter of the alphabet is a bird?
7. Which two letters of the alphabet means very cold?
8. Which letter of the alphabet means to make a design on metal?
9. Which letter of the alphabet is a vegetable?
10. Which letter of the alphabet is an insect?

Answers: 1. I V, L C, L N 2. T, 3. M T 4. Q
5. D (Dee) 6. J 7. I C 8. H (etch)
9. P 10. B



A.C. FOOTPRINTS

Vol.10. Pg. 1 to 55 December 2022

Sr M. Aquina A.C St Joseph's, Kundapur



Please send the answers to -
rosymendonsa26@gmail.com
by 15th March.

You can just send the answers – Need not fill in the grid)

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

Across:

1. “They are very kind Sisters with whom I am staying,” she told her friend who intended to join the Holy Family Sisters and brought her to A.C. She opened a Nursery Class in St, Joseph’s College, Maradana. The keen desire to impart knowledge in the newest and best methods, prompted her to produce a text book for beginners, got approval from the education Department. The book is still in use. (7,5)

2. She had a great capacity for receiving love and a greater capacity for giving it. Her large heartedness coupled with her dedication made her an effective religious in the apostolate. She would prepare beautiful roses, lilies, daffodils and sweet peas from crepe paper. She taught a number of children and sisters the skill of preparing artificial flowers. (3)
6. Besides regular classroom teaching she was a good bursar. She reached out to the students as well as their parents. She took much interest in them. She was keen that our catholic students should be well grounded in the faith. (8)
8. She was full of life and fun. She was simple and guileless and easily believed what was told to her. She did not know how to deceive or be sly. She had a soft corner for the poor and the weak. She took interest in backward students. (8)
9. She rendered selfless and generous service with a smile. Every Sister who has known her will recount her cheerful service. Her prayer life was very strong and she was an inspiration to the young and the old. Community life was her delight. (9).
11. Her greatest delight was to entertain the Sisters and visitors with song and dance and spontaneous compositions. She loved to pick up new words from Newspapers and use them according to her understanding. When she heard that someone had been sacked, she remarked, ‘poor fellow, how much he must be suffering in the sack.’ (6)

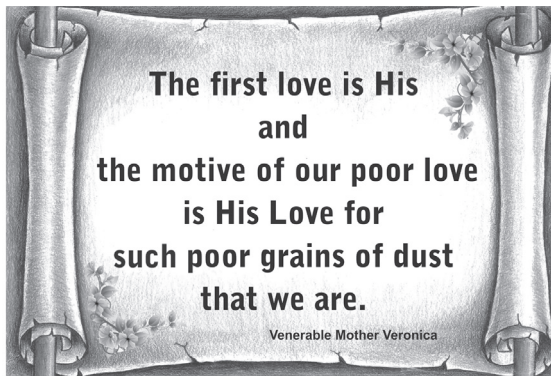
Back words:

3. She came to Carmel Jyoti, the Provincial Infirmary with the first batch of Sisters in 1997. In spite of her infirmities of old age; she was the first one in the chapel in the morning and also for every spiritual exercise. She believed in self-help. There was a radiant smile for everyone who met her. She was quick witted and humorous and entertained those who visited her. (9)

7. In the Boarding House, she was told she was not bright enough to become a nun. The parting advice of her mother was “My child, you are leaving to give yourself to God. Do not become heartless because you remain single.” She was often given responsibility of being the Superior and Headmistress. Without a break, continuously she was Superior in eight convents. (5,4).
10. She lost her father when she was just a year old. She grew up with her maternal grandmother who taught her English and Kannada alphabet. She did not go to a regular school. After four years of First Vows she reached Sri Lanka. In 1973 she returned to India. At her Golden Jubilee in 1998, her relatives and friends got an opportunity to express their love and gratitude to her. (5)
12. She was gentle and refined in her dealings, a person of few words but her eyes and ears were always alert to the needs and feelings of others. She was upright and sincere with no human respect. Her sentiments were “one day in the house of the Lord is better than a thousand elsewhere”. (8)
13. While working as a Nurse in Kodaikanal, she noticed some seminarians going for their classes in a recollected way, and she got the desire to be a Religious. Because of post-World War II conditions, she left the job and joined as a student to a Teacher Training School. She took up a job in Shoranur. After some years, she joined, the A.C. Congregation. As a nun, besides being a teacher, she was an Infirmarian and a bursar. She had a special aptitude to prepare students for various cultural programmes. Being a qualified Nurse, she was a great blessing to the Southern Province. (7,4).

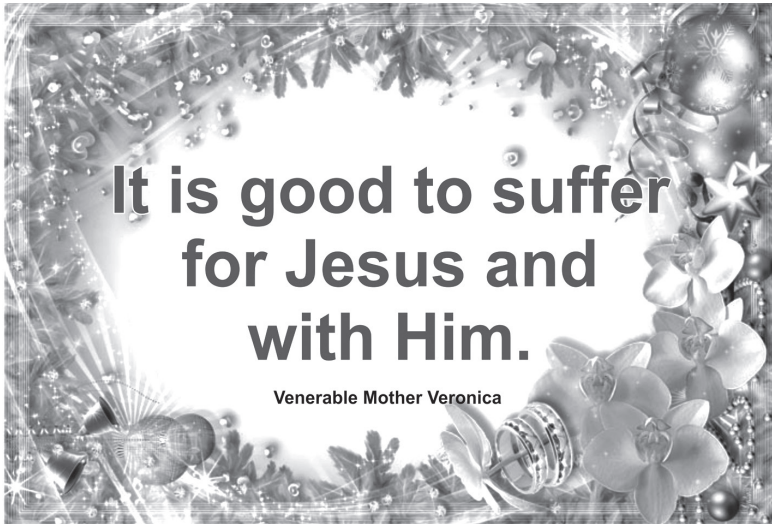
Down

3. She was called 'Original Mother'. She celebrated her golden jubilee of Religious life in Chandigarh. She had lived to see full 84 years much longer than what the psalmist had said of our life span. In the convent, Sr Nirmalini was her nurse, doctor and maid, besides being the Principal, all rolled in one. (7).
4. God had blessed her with a strong melodious voice. The community depended on her for the correct note. She was 79, was not given any responsibility in the community but every morning she rang the rising bell, readily answered the parlour bell, reminded the workman to switch on the pump for water. Almost every book in the school library was covered by her. (8)
5. While still a teenager, she took off her Scapular and put it round her sick brother's neck. He gradually recovered though he had no hopes of recovery. By this she decided to become a Carmelite. In 1988 while travelling in a jeep with two Provincial Councilors and a Jesuit Brother driving, they lost their lives but she was badly bruised. For fifteen years she lived with a scar in the heart and trauma in her whole person. She kept repeating, "I shall serve Him in whatever way He wants, till the end.(7)



5. Sr Carmel Rita A.C, St Agnes Convent
6. Sr Grace Fernandes A.C, Mary Immaculate Convent
7. Sr M Felician A.C, St Cecily's Convent, Udupi
8. Sr M. Henrita A.C, St Mary's Convent, Mangalore
9. Yesu Prem Niketan Community, Mangalore
10. Sr M. Aloysius A.C. St Ann's Convent, Mangalore
11. Sr Maria Sheila A.C, St Ann's Convent, Mangalore
12. Sr Merlyn A,C, Anugraha, Bellary
13. Precilla Monis - Candidate, Provincial House, St Ann's

*(Note: You need not fill in the 'table' provided.
You can find the answers and forward them to me.)*



Show them Your Merciful Love Lord, Grant them Eternal Rest

Date of death	Name of the Sister	Name of the deceased	Relationship
28.07.2022	Sr M. Ellen Marie	Mrs Tressie Pinto	Sister
01.08.2022	Sr M. Lydia	Mrs Agnes D'Silva	Sister
02.08.2022	Sr Maria Ranitha	Mrs Mary D'Souza	Sister
03.08.2022	Sr Rita Mary	Mr Louis D'Souza	Bro-in-law
16.08.2022	Sr M. Roshan	Mr Piad Castelino	Bro-in-law
20.08.2022	Sr Maria Premitha	Mr Sylvester Saldanha	Bro-in-law
24.08.2022	Sr Mary Pauline	Mr Robert G. Ferrao	Bro-in-law
25.08.2022	Sr Shanthi Laveena	Mr Lawrence Peris	Father
05.09.2022	Sr M. Louella	Mr Joseph Lewis	Brother
10.09.2022	Sr M. Jacqueline	Rev. Fr. Peter Fernandes	Brother
14.09.2022	Sr Maria Sadhana	Ms. Marie D'Cunha	Sister
18.09.2022	Srs. Shalini, Silvian, Precilla and late Sr Veronica Kamath	Mr Augustine Lobo	Brother
22.09.2022	Sr Maria Jyothika	Mr Faustin Barboza	Brother
25.09.2022	Sr Madonna	Mr James Gonsalves	Brother
28.09.2022	Sr Jyothi Saldanha	Mr Faustine Castelino	Bro-in-law
01.10.2022	Sr Smitha D'Souza	Mr Hubert Lasrado	Bro-in-law
04.10.2022	Sr M. Euna	Mr Michael D'Souza	Brother
09.10.2022	Sr M. Sylvette	Mr Joseph Misquita	Brother
19.10.2022	Sr Violet Tauro	Mr Leo Fernandes	Bro-in-law
20.10.2022	Sr Marie Lucy	Mr Norbert Lobo	Brother
01.11.2022	Srs. Shalini, Silvian, Precilla and late Sr. Veronica Kamath	Mr Arnold D'Silva	Bro-in-law
09.11.2022	Sr Carmel Ann	Mr Albert Coutino	Brother
10.11.2022	Sr M Suguna A.C	Mr Rocky D'Souza	Brother-in-Law
15.11.2022	Sr M. Aquina A.C	Mr Alex D'Costa	Brother
26.11.2022	Sr Maria Lytta A.C	Mrs. Diana Rodrigues	Sister

Historic Visit –
Rev. Fr Miguel Marquez Calle OCD



