



February 2022

*The*  
**TERESIAN** *News*

# CELEBRATION OF THE 165<sup>TH</sup> BIRTHDAY OF MOTHER FOUNDRESS



Award given to Social Activist Amelia Swer

## ESSAY WRITING WINNERS



1<sup>st</sup> - Sr. Mangalam CSST



2<sup>nd</sup>  
Sr. Betty CSST



3<sup>rd</sup>  
Sr. Therese Ann CSST



Mt. Carmel Institutions



Mt. Carmel Institutions

# Editorial

## FEBRUARY 2023

Our good Lord has been overwhelmingly pouring out His blessings on us. It is a fact that fills this issue of The Teresian News. For without Him we would surely fail. All the celebrations and events enumerated here acknowledge the greatness and benevolence of our God. He has led us thus far and will guide us forth in His ways. May our hearts and minds be attuned always in doing His will.

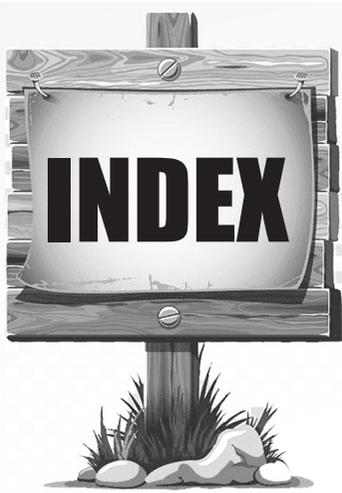
Thank you, dear sisters, for sending in your articles. God bless all that we do for His people; for it is Him that we serve.

We'll be soon in the Season of Lent. This is a time to be thankful to God in a deeper way. Our holiness proclaims His greatness. Jesus said that we should be holy as our Heavenly Father is holy. Jesus himself is our way. Self purification can be achieved by a firm mind set on the goal. It is to God that we owe and to none else. May the Holy Spirit lead us through this season of Lent.

Wishing you A Happy Feast of St. Joseph.



**Sr. Euphemia CSST**  
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# A Tribute To Our Beloved Sr. CORONA

11.03.1932 – 14.12.2022



“In this dark night of the soul, God is lovingly working on our souls to call us closer to his heart. The endurance of this darkness is the preparation for this great light,” says St. John of the Cross, the Carmelite mystic.

Our dear Sr. Corona experienced this darkness and responded to her call to eternity silently yet valiantly. Indeed the path of suffering led her to holiness and wholeness. St. Teresa of Avila writes “The tree that is beside the running water is fresher and gives more fruit.” The life and mission of our beloved Sr. Corona was always surrounded by the fresh waters of God’s unconditional love and mercy, and it bore fruits of compassion, kindness, love and goodwill.

On 11th March 1932, the family of Abraham and Mary of Thodupuzha, Kerala, found joy and gladness in the birth of their second child whom they named Mary. From her early years she was very docile and gentle in her ways. Yes, there was no doubt, that the Lord had fallen in love with her passionately. Thus in the year 1952 the Lord called her to follow him more closely in the Institute of Carmelite Sisters of St. Teresa. Sister made her first profession on 20th April

1954 at St. Teresa Convent, Ernakulam. After completing her Post graduation and B.Ed. She excelled in her skill as a teacher and brought good tidings of Christ to students and staff. She was also very sensitive, forgiving, affectionate and full of concern for others particularly the orphans. All were attracted to her simplicity, humility and holiness. Sister could awaken the spirit of divinity within through her music, singing and paintings.

Sr. Corona served our Institute, as Headmistress, Animator, Councillor for Education and Assistant Provincial for Karnataka Province, and training of the candidates.

When her health began to decline, in God’s plan she came to Villa St. Joseph on 26th January 2020. Like Jesus, her spouse, Sr. Corona endured all her pain and suffering with patience and love. She was always submissive and co-operative to the divine plan. We were edified by her way of drinking the chalice of suffering which her master offered to her with much love. It was visible in her eagerness to attend the Holy Eucharist, community prayers and personal prayers.

On 14th December 2022 as the Sun light began to rise, scattering its golden

rays, the Lord took a walk in His garden and plucked his favourite flower, and in silence she became one with him. We thank you, Lord, for gifting Sr. Corona to our Institute for the past 68 years.

The life given us by nature is short but memory of a life well spent is eternal. Dear Sr. Corona, as we witness your journey to heaven we cherish the sweet memories that you left behind. May you enjoy the blissfulness of paradise. Our very dear Sr. Corona, we have no words

to thank you for your selfless, generous, cheerful service to the Institute, to the Church and Society. We will always cherish your goodness and humane qualities in our minds and hearts. May the angels go with you to the home of God's glory and may the saints welcome you into their eternal abode. We pray that your soul may glow as you gaze on Christ, the light.

Sisters,  
Villa St. Joseph, Mysore

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## She Lives On...

Unfathomable and Spotless are Thy ways Oh, Lord!  
The Pearl lost her life in death,  
In unknown weary land you took away her breath,  
May her spirit guide us to a life of faith.

Oh! my Mother Teresa of St. Rose of Lima !  
God willed not to keep you longer, Amma  
But drenched you in the violent storm after  
Yes! it will scale your beauty in love and service.

Abraham, Isaac, Jacob and Moses our great ancestors,  
Walked in faith surrendering their will to Yahweh;  
Her perfect surrender to His will, carried her away,  
With an untimely death to her home far away.

Death may hide her but her spirit of flame lives on,  
Soon far and near will seek her miraculous power of boon,  
The mission of the church inflames humans to seek her,  
The same flame of her spirit will soar high forever.

Oh Mother Foundress, live on and on...  
May the message of your service rejuvenate that passion,  
Oh, may many generations imbibe your compassion,  
The Monument at Mangapatnam witness your dedication!

Sr. Rochana CSST  
Teresa D' Lima Niketan, Mangapatnam



# A tribute to SR. ERNESTINE CSST

*The Psalmist says :*

*The virtuous will flourish like the palm tree,  
they will thrive like the cedar of Lebanon.*

*Planted in the house of the Lord,  
they will prosper in the courts of God.*

*In old age they will still bear fruit;  
they will stay fresh and green,*

*Proclaiming that the Lord is upright;  
he is my rock, and there is no injustice in him.*



**23.05.1930 – 28.11.2022**

These words of the Psalmist are very true in the life of our dear Sr. Ernestine who has been called to enjoy the Eternal Banquet with Him in the Heavenly Jerusalem.

A young, vibrant and well educated lady as she was, Sr. Ernestine renounced a life of safety and security, wealth and its conveniences as nothing and emptiness, embraced a life of total commitment to Lord Jesus in religious life. She reciprocated to her Lord and Master, who called her, a life of total surrender, faithfulness and whole hearted dedication. For her family members she obtained from the Lord the graces and blessings to remain united in loving relationship with each other and to her community members she gained through a life of prayer to be a living example of

honesty, earnestness and openness to God and His people and her sense of humor was tinted with seriousness . For her taught she set the way through her deep experience of God and dedicated apostolic service. She was a woman of very good practical intelligence as envisaged by our Holy Mother St.Teresa of Avila that religious should be women of commonsense. Diplomacy was alien to her character. Openness was the hallmark of Sr. Ernestine's life.

Born on 23rd May 1930 in Konnath House, Gothuruth, Rose was seventh in the family. Her parents were Mr. K.C Varkey and Mrs. Eliswa Varkey. In 1955 Rose realized her call to religious life and joined the CSST Institute. Her first profession was on 8th May 1960.

As a qualified teacher Sr. Ernestine was

able to lift up thousands of small ones to a world of knowledge and wisdom. Her fields of apostolic service were - St. Antony's Convent, Kacheripady, Infant Jesus Convent, Ochanthuruth, Sacred Heart Convent, Aripalam and Immaculate Conception Convent, Mathilakam. Sister also served as animator of the community of Infant Jesus Convent, Ochanthuruth. From 2010 on words Sr. Ernestine had been leading the life of prayer and rest in St. Joseph's Convent, Kalamassery.

Her aptitude in agriculture was remarkable. Her love for plants and her green thumb was always instrumental for the plants to flower and set the fruits before time.

After 62 long years of faithfulness to her Beloved in religious life Sr. Ernestine reached the Heavenly Gate. Once we must leave this world and the perishable body and set our eyes on that which is imperishable and to reach the never returnable place, we must leave all that is in our hand at the boundary between

the world and Eternity. These are the reflections of famous Poetess Sr. Mary Beninja in her poem. Sr. Ernestine personalized the reality contained in these lines and often repeated it to her sisters.

The mind that always pondered the thoughts of God, the mouth that never ceased to praise Him, the person who lifted up the justice of God, just as a seasoned fruit detaches naturally from its stalk, Sr. Ernestine peacefully returned to her Creator and Lord at 4.25 am on 28<sup>th</sup> November 2022. Today as she stand before the Judgment Seat of God, imploring His mercy, we her community members are quite sure that with a head raised up she will be able to do the same.

We do not wish you goodbye, but just a fond adieu. You have left the heart prints behind and you will continue to live on in our hearts, minds and in our very lives.

The Sisters  
St. Joseph's Convent, Kalamassey

*The supreme quality for leadership is unquestionably INTEGRITY. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office.*

*(Dwight D. Eisenhower, 34th President of U.S.A.)*

# **CALLED AND CHOSEN... TO BE SENT FORTH**



“No vocation is born of itself or lives for itself. A vocation flows from the heart of God and blossoms in the good soil of faithful people. Did not Jesus say: By this, all men will know that you are my disciples, if you have love for one another.” (Jn. 13:35) - Pope Francis.

A seminar on vocation promotion was organized at St. Teresa’s Convent, Bangalore, from November 25th to 27th 2022. Forty seven Sisters of our Institute participated in the seminar. Our Superior General Rev. Sr. Chris gave us an introductory talk at the beginning of the seminar and it was followed by group discussion. Rev. Fr. Prabhkar was the resource person for the next two days. He began the session by putting forward a few questions;

1. What is God to me?
2. What is it to be a CSST?
3. What is the noblest thing that I can do as a CSST?
4. What is the worst sin that I can commit as a CSST?
5. What would I ask God, if He gives me another chance?

Each question was personalized:

As women what are we called to be in this world? We are called to be compassionate mothers. A mother incorporates into herself all the qualities of love, compassion and forgiveness. All the qualities we give to God can be found in a mother. The image of God we carry within us conditions all that we do in our life. We cannot be a different entity. If we believe in a compassionate and loving

God, we cannot be but compassionate. If we believe in a judgmental God we cannot be but judgmental. If we believe in a God who is revengeful, we cannot but be just that. That is why it is so important that we have the correct image of God.

Socrates, the Greek philosopher says "The only true action is a contemplated action". Contemplation in action is far better. Contemplate and plunge into action. We contemplate the word of God and later take an action. Rather every movement is contemplation in action. We cannot separate the two facts.

So, the consecrated time is the time that we sit in the chapel- we pray, we celebrate the Holy Eucharist and so on. The extended time we spent at school or in some other work. For us religious, the consecrated time and the extended time have to be an experience of eternity. Love is nothing but clarity of perception and actualization of our response.

We have to be the reflection of Christ's compassionate love. Whatever we do in our life must be the reflection of God. As CSST we have to be communicating, manifesting and revealing the compassionate love of God.

Often when we become more self-sufficient, we easily keep God away. That is the worst sin we can ever commit.

We need to ask forgiveness for our sins, courage to live in insecurity, to keep Jesus close to us and ask for grace to become saints and to be in union with Him.

Let us reflect on our life, look deeply

into our inner selves and ask God for a passionate desire for Him. There should be no desire than God.

The main reasons for dearth in vocations:

- Lack of in-depth spirituality
- Poor witness
- Excessive use of mobile phones and other electronic gadgets
- Scandalous life led by religious
- Lack of perseverance in vocation

Religious life asks of us for a total and complete dedication. "If you love those who love you, what credit is that to you? (LK 6: 32- 42) We should transmit the values of God through our lives. If at every moment we are able to renew ourselves, that is vocation.

The following aspects should be borne in mind when we recruit vocations:

- When we are in communion with the Lord, Holy Spirit inspires us to speak
- We need to surrender to the sublime activity of God
- We should cherish our calling and be happy in our lives
- When we go for vocation promotion we need to have a free and open mind
- We have to make people understand that there is a radical shift in religious life
- We need to have flexibility in our thoughts and dealings
- The choice of vocation should not be forced on persons since it is the work of God

- As Vocation promoters, we ought to walk with the aspiring candidates so as to assist them to discover their call.
- We need to bring out a deep desire for God in them
- Never directly speak about vocation
- Make a constant discernment to do the will of God
- We should discover the fervor that we have of our vocation and daily grow in our commitment

### **Ongoing Formation:**

Ongoing formation is the mother of all formation. The experience of the call of God which motivates and impels us from the first commitment continues all through our lives. As it grows and is deepens, this experience is more than we can imagine. On-going formation takes place in the dynamism of our own

lives. Opportunities are given to maintain oneself in an attitude of on-going conversion, renewal, development and readiness to respond to new challenges;

- To be attentive to the cries of the poor and the needs of the world so as to consider possible new responses.
- To avoid an attitude of indifference and insensitivity in the face of reality.
- To reject the choice and to settle in one's own 'comfort zone'; to choose to be open to newness and to be open to the challenges of the changing world.

Each one of us is called to be a vocation promoter. So let us carry Jesus in our hearts and hands and together march towards the Promised Land. May the Lord bless us with good vocation.

**SR. SEEMA BARA CSST  
NORTHERN PROVINCE**



# THE JOURNEY OF ST. PAUL'S INSTITUTIONS DAVANGERE KARNATAKA (1946 - 2022)

*“Remember The Marvellous Works The Lord Has Done”  
(Ps. 105: 5)*

Jubilees mark a major milestone in the life of a person or an Institution. Jubilee of an Educational Institution is an occasion to celebrate and to recall the marvellous ways in which the Almighty has led its leaders to spread His message of LOVE and COMPASSION and build up the lives of persons through the Ministry of Education. It is an opportunity to introspect and evaluate as to how much we have realized the Vision and Charism of our Foundress, reaching out to all especially the voiceless and the marginalized. It is a special moment to develop strategies to make our Ministry relevant in today's world and face the challenges that lie ahead.

Our pioneers who ventured into this far away land worked tirelessly to fulfil the mission and the dream of our Foundress. It is an occasion to look back at the growth of our mission and raise our hearts in thanksgiving for the wonderful ways in which the Lord has accompanied us, the Carmelite Sisters of St. Teresa.

From the very humble beginning in the year 1946 October 10th, with just six students admitted on the first working day, St. Paul's Institution has grown in leaps and bounds and now stands tall and proud with over 3000 students from Play School to State Board High School, CBSE and PUC. We are proud to state that St. Paul's is the second oldest educational institution in the city of Davangere. It is known for its quality education, upholding moral and spiritual values, excelling in curricular, co-curricular and extra-curricular activities.

The festivities of the Jubilee spread through many months including a plethora of exciting events and activities throughout the Platinum Year making it one of the most creative and memorable period in the history of Davangere itself. There were IntraSchool drawing, cultural events and sports competitions for the students of all classes. Free medical camp for 2 days was organized in the institution by the local hospitals (where many of our alumni are doctors) from

which hundreds of students and parents benefited. Events like Walkathon to spread the message 'SAVE MOTHER EARTH OUR ONLY HOME', 'PROTECT ENVIRONMENT' and 'SAVE OUR CULTURE' were organized in which the present students, the Alumni and the Public participated. There were dances, tableau and slogans with placards.

The grand finale of the Platinum Jubilee celebrations started with the Solemn Thanksgiving - Concelebrated High Mass at 10.00am on 20<sup>th</sup> of August 2022. Most Rev. Dr. Francis Serrao SJ, Bishop of Shivamoga was the Chief Celebrant joined by concelebrants - priests of the diocese as well as religious. The Bishop and the priests marched to the tastefully decorated altar to the beat of the school band, welcomed by colourful dancers and showering of flower petals by the students.

In his inspiring homily the Bishop enumerated the reasons for celebrating Jubilees and also the difference between institutional and individual celebration of the Jubilee. After the meaningful Eucharistic celebration, the management honored the Bishop and thanked the priests for their participation in thanking the Almighty for showering His numerous Graces and Blessings on the Institution for the past 75 years.

Our Alumni along with our staff had worked hard with the Government officials to name the road in front of the school as 'St. Paul's Convent School Road' to mark this historic event. The

Bishop of Shivamogga blessed and unveiled the plaque in the presence of the management, staff, alumni, students and general public. It was a joyful and a proud moment for St. Paul's institutions which has served the people of Davangere for 75 unforgettable years of dedicated service irrespective of caste, creed, religion, sex, rich or poor. Our pioneers became all things to all people (Ref.1 Cor 9; 23-24).

A short documentary of 12 minutes giving the historical development of St. Paul's Institutions from the arrival of the first batch of sisters in Davangere, the growth of the institution step by step starting from 1946 to 2022 was shown to the audience. This gave them a glimpse into the making of St. Paul's.

The Platinum Jubilee celebration is incomplete without the Alumni. On the 20<sup>th</sup> of August, at 5.00pm the enthusiastic and vibrant alumni organized an evening programme titled 'Reverence for the teachers'. They used this occasion to express their gratitude to their Alma Mater, going down the memory lane and savoring the sweet memories of their childhood.

The Chief Guest for the alumni function was none other than Dr. Shammanur Shivashankarappa a nonagenarian, ex-minister and MLA of Davangere who has seen the growth of St. Paul's over the years. He was also the Chief Guest at the Golden Jubilee celebrations. In his speech he praised the management for their selfless service and all round

contribution to the society especially in the field of education. He reminisced the good old days where only St. Paul's Convent School existed and it still maintains its standard and cater to the education of the marginalized unlike other institutions that have sprung up recently and are profit oriented.

The Provincial Superior of Karnataka Province, Sr. Bernice Therese presided over the function. Dr. Sr. Chris, the Superior General and Sr. Albina, Councillor for education were Special Guests of honour. Sisters of St. Paul's Convent, the Alumni Office bearers and well-wishers - Sri. Dinesh Shetty President, Shri. B.P Harish Patron, Ms. Jayamma Secretary, Mrs. Jessy Donacious Treasurer, were also honored. Our outstanding alumni Dr. Shukla Shetty, Dr. B. S. Prasad, Dr. G.S. Latha, Sri. Muruga Rajendra Chigteri and Mrs. Sheela dawned the stage with a sense of pride.

The programme started with a graceful prayer dance - 'mother and daughter' team, a combination of past and present. Sri. Dinesh Shetty, the President of the Alumni association welcomed the gathering, honoring the achievers among the alumni, the retired staff and sisters who rendered their service to the Institution was very inspiring.

The President addressed the gathering and said, quoting St. Paul our Patron, "Whatever you do, work at it with all your heart", expressed that St. Paul's was able to make this historical journey in the field of education because of the dedicated

and selfless service of Sisters, Teachers, Students and the Non-Teaching Staff with the support of parents and well-wishers. The Alumni - Dr. Shukla Shetty, Ms. Sheela and Sri. B. P. Harish Ex-MLA shared their thoughts and experiences of their school days and thanked their Alma Mater.

An exciting show of colourful cultural Programme organized by the proud alumni was an eye catching and nostalgic event. Many of them had come from far and wide. The day's programme concluded by vote of thanks by Ms. Regina, and the School Patron song.

The 21<sup>st</sup> of August 2022, was the long awaited grand finale of the Platinum Jubilee celebrations which started at 5:30pm with a traditional Chenda Vadyam at the main entrance to the School. It was an historic moment. The President, Chief Guest and Special Guests were given a warm welcome and led to the dais with the accompaniment of Chenda Vadyam, Yakshagana and the School Band.

The Chief Guest of the function was Sri. Ravindranath, MLA of Davanagere, as the Chief Minister could not be present due to other important engagements. Dr. Sr. Chris, Superior General Presided over the function. Special Guests of honour Rev. Dr. Francis Serrao SJ - Bishop of Shivamogga, Sr. Bernice Therese - the Provincial of Karnataka province, Sr. Albina - Councillor for education, Fr. Antony Peter - Dean and Parish Priest of Minor Basilica of Harihara, Mrs. Jayamma Gopi Naik - Mayor of

Mahanagara Palike Davangere, Sri. Vishwanath - Corporation Councillor, Sri. Niranjana Murthy - BEO South, Sri. Ajay Kumar - Corporator, and other dignitaries were given a warm welcome.

The function commenced with the grand 'Opening Chorus' sung by our students from play School to the High School, followed by a prayer dance invoking God's Blessings. Sr. Bernie, the outgoing Head Mistress of the High School rendered a cordial welcome to the gathering followed by lighting the Jubilee lamp to mark the auspicious occasion. The traditional custom of honoring the guests was done with due respect. Sr. Anice and Sr. Samantha introduced the guests. The Bishop of Shivamogga, Rt.Rev. Dr. Francis Serrao SJ gave a very relevant and thought provoking speech in Kannada. He stressed the importance of good family upbringing and urged the adults to mould the young minds and make them responsible women and men in the society.

The President in her speech expressed her gratitude to all those who have contributed to the growth of St. Paul's Institutions and urged each and every one to take the torch of knowledge and spread its light across the Globe. The Chief Guest Sri. Ravindranath MLA addressed the gathering and congratulated the management and staff for the success of Platinum Jubilee and highlighted the achievements of students of this prestigious Institution, their contribution in various fields and every walk of life not

only in India but to the world at large.

The Spectacular cultural programme by the students of the school and the Pre-University College enthralled the large crowd who witnessed the Mega event of Platinum Jubilee celebration. Though it was past 10.00pm the audience were glued to the chair till the end. The cultural event thus came to a close with the singing of the anthem composed in Honour of St. Paul, our Patron.

Mr. Meghanatha K.T, Principal of the P.U College rendered the vote of thanks. Finally, the curtain came down to the grand closing ceremony of Platinum Jubilee.

At this juncture we raise our hearts to the Almighty in gratitude for His caring and loving presence experienced during the preparation for the celebration of the Jubilee through the year and most of all on the 20th and 21st. It was an experience of faith. The Lord of the Universe holding the skies up during the monsoon month of August. It threatened to rain and it even rained a little but did not cause any disturbance during the programme where a large crowd thronged to witness the programme. In unison we shout, 'All praise to you Lord, for your marvellous protection through these 75 years'.

Management, Staff and Students  
St. Paul's Institutions, Davangere  
Karnataka

# CENTRE FOR INTEGRAL SOCIAL ACTION, SNEHA SADANA BYADGI

Sneha Sadana, Centre for Integral Social Action established on August 15th 2001, with view to serve the humanity especially the poorest of the poor, the marginalized, with clear focus on its vision to form a just and human society through Empowerment of people - children youth, women, men, and the welfare of the aged.

**Goal:** Integrated Human Development.

**Vision:** Formation of Just Human society based on Justices, Peace and Love.

**Mission:** CISA endeavors to reach out in compassion to the under privileged and the rejected in Byadgi Taluk through intervention in Empowerment, Education and Health along with the participation of the people and community organization.

Sneha Sadana Centre for Integral Social Action, Byadgi is functioning in 65 villages of Byadgi Taluk. The Centre has 3 years long term plan and splitting this plan into yearly plan and the yearly plan divided into 4 quarterly plans. Keeping in mind the Annual monitoring evaluation the Centre works at the fulfillment of the objectives in order to reach the goal that is integrated development of the people through:

1) Education 2) Health 3) Empowerment

**1) Education:** Under Education there

are 5 wings through which the Centre renders its rights based service.

They are as follows:

1. Child Rights Club
2. Crèches
3. Summer and Dassara Holidays Camp
4. Children's Home for girl children
5. Sponsorship Program
6. Adolescent Empowerment Program

**1. Child Rights Club:** To create awareness on child rights POCSO act and to enable the children to enjoy the benefits of their rights the Centre has formed 65 child right groups in 45 villages in Government Schools. Each group has its President, Vice President and Secretary. There are 2169 children on role in this program. In order to help the students to creatively spend holidays and to identify the talents in students we do conduct summer and Dassara holidays camps in all the 45 villages. We do facilitate participation of children in Makkala Gram Sabha in the Pachayats, and the children exercise



their rights by participating.

**2. Crèche:** For the overall development of children of 0-6 age to provide quality early care and education, the working mothers we have 4 crèches in the slums of Byadgi Taluk. There 101 children are given quality care with additional nutritious food. The working mothers are free, and are happy to go to the chilly market to earn their livelihood since the children are taken care of by Crèches. Parents expressed their gratitude to the Centre during the parents' meeting.

**3. Children's Home:** This is to provide quality education and care for 50 underprivileged children of Byadgi



Taluk. They are orphans or single parent children.

**4. Sponsorship program:** To give quality Education and design better future is the aim and objective of this sponsorship



program.

There are 83 children benefiting by this program.

- Para medical course – 12 children
- PUC - 09 children
- Engineering - 01
- ITI - 01
- IBPS - 01
- Schooling - 57

**5. Adolescent Empowerment Program:**

In order to build responsible youth and to empower the youth to cope with today's life situation the Adolescent Empowerment Program is conducted in 22 Government High Schools of Byadgi Taluk. There are 45 adolescent groups with 1325 students on the roll.

**II. Empowerment of Women:**



This is to empower women through awareness and training sessions in the villages by networking with Anganawadi Centers. With the collaboration of the Anganawadi teachers the awareness



sessions Breast Cancer and Uterus Cancer and Free Legal aid were given in 35 villages. As many as 1256 pregnant women participated and benefited by this program.

**Skill Training:** This is to raise economical status of 30 women in one Panchayath through Tailoring Training. The 45 young girls and married women who have benefited by this program. Self-employment helped them economically for their livelihood at this time of pandemic/ post pandemic.

**Self Help Groups:** With the help of existing SHG women formed 17 Self Help groups of women in the villages. Monthly meetings are conducted and the office



bare are taught to maintain minutes and other documents by the staff in charge. The process of Bank accounts, Registration of SHG and obtaining Pan cards are in progress.

**Women's Day** celebrations at 3 panchayats and one at the Centre are



regular. It is a chance for exposure to new avenues. This opportunity to meet new persons helped build friendship, and bounding strengthened in 422 women. It increased the sense of responsibility, feeling of fulfillment and confidence in their organizing ability and their worth.

**III. Health:**

Service to the sick is an integral part of the Church's mission, to support and enhance the lives of the people who are living with HIV/AIDS in particular.



**A. Home for HIV positive children:** Quality Care, Education, and medication for the HIV infected children are provided. Children are taken to ART Centre regularly for their periodical tests. the children were admitted in the local schools.

**B. Support to livelihood for HIV infected women :** The 87 HIV positive women identified are supported for their livelihood, and they were given a loan of Rs. 5000/ each for income generating activities. On 25th of every month around

50 of them gather for their monthly meeting and repay their loan.

**C. Nutrition program for 50 HIV positive women:**

- On the 25th of every month they come to the Centre and collect the Nutrition kit consisting of 15 eggs, ½ kg of green gram, ½ kg of Bengal



gram, ½ kg of ground nuts and ½ kg of Jaggri.

- Before collecting the kit they are given an input session by resource persons - like Doctors, Councilors, officers from ART Center, Lawyers and Police Department.

**Result:** A platform for sharing and discussing, gaining knowledge which increases their self confidence!

**Impact:** Improved health condition and strengthened their inspiration and motivation to live!

**D. Observing World Aids day in three Panchayats and one at the Centre**

In December the World Aids day was observed in three Panchayaths.



The resource persons gave awareness in detail to all the High School students. There were 238 students who participated and gained knowledge of HIV/Aids. The awareness to irradiate HIV/Aids was instilled in the young minds of students.

**E. Health Camps.**

With the help of Shankar Eye hospital a free Eye camp was conducted on June 1<sup>st</sup> 2022. Out of 615 patients participated in the Eye camp 467 were chosen for



free cataract surgery. They were taken to Shivamogga, free of cost surgery performed, and were brought back safely by hospital itself.

With the help of Saphagiri Multy Speciality Hospital Bangalore, a band of specialists in Cardiology, Neurosurgeon, Kidney and General doctors arrived and rendered service from 10 am to 3 pm. ECG and ECO tests were done free of cost. Out of 209 patients participated 14 were chosen for major surgery of Heart or kidney.

**F. Health Education:**

To promote healthy behavior among girl students in High schools through personal growth, the staff of the Centre had given Health awareness sessions in 22 Government High Schools of Byadgi



Taluk. As many as 925 girls attended these classes and gained knowledge on facts of life and personal growth.

**Service to Senior Citizens:**

To promote self-confidence, holistic

health and to build up moral support in senior citizens of the village, the Centre has started service to the senior citizens. A Nurse was appointed and given charge



of testing sugar and BP in these villages were regular. Indoor games and materials for exercise were provided.

**IV. Administration:**

Good governance and guidance bring success and fruitfulness in service, and by carrying out the activities. The Centre has a 3 year long term plan, yearly plan and quarterly plans. Monthly, quarterly and



annual evaluations are regular in order to bring good results of our services. The sisters and staff members work in unity



to fulfill the goals and objectives of the Centre.

Both soft and Hard copy records are maintained. The staff is instructed by the Director to maintain and safeguard the documents. Documents are updated, new ones are created from time to time.

**CISA recognized:**



On 01-12-2021 World Aids Day Haveri District Health department recognized our Centre for the services given to HIV/ Aids women and children were honored with certificates.

Our hearts are filled with gratitude to God who accompanied us in our journey of reaching in compassion to the women, children and people who



are less privileged. We are grateful to our Consultant Sr. Dulcin Crasta UFS for willingly helping us to evaluate and plan the program.

Our special thanks to our Provincial superior Sr. Bernice Therese and Team for their constant support and financial help.

Our thanks are due to Sr. Sarguna the General councilor for Social Apostolate for her keen interest in the growth of this mission. Our words are not enough to thank Sr. Josephette who continues to support this mission from its very inception, with spiritual, moral, material and financial support.

Thanks to our social Apostolate commission members, Srs. Marie Therese, Agnes Clare, Gladys, Lumina, Sahana, Roopa Fernadus and Achala for their encouragement. Thanks to the sisters involved in Social Apostolate who respond to our invitation whenever we need them. Our sincere thanks to all our staff who have helped to accomplish all these activities. Our special thanks to the sponsors and people of good will who generously contributed their mite for the good work done through this Centre.

**Sisters and Staff  
Centre for Integral Social Action, Sneha  
Sadana- Byadgi**

# Christmas Celebration AT GWALIOR



The true heart of Christmas is one of wonder and warmth. Let us remember that Christmas is a heartfelt giving! A wide open heart that thinks of others first!

On the 10th of December 2022, we sisters, our CSST associates and the children of Carmel Blossom extended our love, care and our Christmas wishes to the lonely, abandoned and desolates at Missionaries of Charity.

It was a wonderful moment to see their beautiful faces lit with hope and comfort as they sang and danced with us. Delicious

cakes and snacks were distributed to them which they did relish.



Along with this we, sisters, Associates and our Carmel teachers generously shared provisions for 225 people at the Leprosy Ashram as well as at Piproli village for 66 families. Besides food grains, cakes, snacks and warm clothing for babies were given. We conducted a medical camp for the men's jail. We felt one with Jesus in loving and serving the poor.

We thank God for enabling us to live the real meaning and message of Christmas .

**Sisters,  
Carmel Convent, Gwalior**



# FAMILY APOSTOLATE COURSE AND HOME MISSION IN SECTOR – 4, GURGAON, HARYANA

A Certificate Course in Family Apostolate and Home Mission was organized for two months in Holy Family Convent, Gurgaon, Haryana from 1st September to 29th October 2022. This is in order to participate in the redemptive mission of Jesus and sanctify families. The total participants like the disciples of Jesus were 12 in number. Eight junior sisters from Holy Family Congregation-CHF, Two from Sisters of Hand Maids of Mary –H.M., and two CSST from Northern and Eastern Provinces. We believe, as disciples of Jesus did, that we are called to be lifelong adventures of learning to follow Him closely and faithfully. It was the first time we attended this training program and it was an experience of professional learning. The Holy family of Nazareth is the best example of a loving family. A family is a community of love, founded upon marriage to protect each family member to communicate and love. Marriage provides commitment and security to each member of the family. The family apostolate tools and interventions primarily aim to reinforce and strengthen family tie-ups.

Topics covered during the two months were:

1. Counselling Skills
2. Family Counselling
3. Addiction Behaviour and Counseling

4. Alcoholics self esteem
5. Group Dynamics
6. Stress & Anger Management
7. Developmental Psychology
8. Life Skills,Values,
9. REBT Therapy
10. Differential Psychology
11. Theology of Marriage approach to F.A.
12. Family Apostolate to Education
13. Preparation for Family Apostolate
14. Health & Hygiene
15. Self-Awareness & self-Esteem
16. Abnormal Psychology
17. Gifted Counselling Training
18. Legal Aid & Family Apostolate
19. Canon Law on Family Marriage
20. Theology of Family
21. Biblical Perspective & Mariam Theresia

Except three priests and a CMC sister, all the professors were from Holy Family Congregation - CHF. Here below we have summarized our learning under these sub heads:

**Family visits:** Family visits are the saving mission of Jesus Christ who brought back the sinners to God's love by going to their houses, by taking part in their joys and difficulties, and by initiating them to return with repentance. The very presence of Jesus was enough for many to realize their short comings and return to blessed and graceful lives.

By absorbing the spirit of Jesus we are invited to mingle with the people irrespective of caste, creed, social or economic status and understanding the people in their actual situations through family visits and thereby to help them to lead a life attuned to the will of God.

**Spiritual Counselling:** As religious we are called to enlighten the people about the importance and sacredness of family life. To convince them of their responsibilities to build a good home based approach on mutual love and respect, especially to have concern for those broken families including those suffering physically and mentally. Reconciliation and mediation should be taken to restore broken families and those living in separation with differences of opinion. We are called to make visits to their houses and counsel them with prayerful fellowship to settle all matters hindering their family tie-ups and thus assisting them to live their lives with renewed hope and love.

**Children & Youth Ministry:** Through our concurrent home visits we come into contact with the children and youth of the locality. After making rapport with the boys and girls we can involve diligently in their character formation and personality development. We can conduct individual sessions or collective group work progress organized for children and youth on related issues and concerns.

**Preparing to receive Sacraments:** This is one of the most important mission of family apostolate operations where we prepare the Catholics to receive Sacraments in general especially reception of Sacraments of Baptism

including adult baptism, rectification of marriages and preparing the dying for the reception of last sacrament.

**Community organization:** It's a well planned systematic approach to uplift the downtrodden people in the remote villages of the mission area. We need to visit the families of villages, design according to the felt need of the people in order to empower them to a state of self reliant growth and development and to strengthen their social, moral and cultural values.

**Home Mission Program:** Home Mission is a daring step in the field of family apostolate. Families are now facing challenges due to drastic social changes taken place in the society. According to II Vatican Council every family is a basic Christian unit of the Church. Considering this as our topmost priority we need to arrange parish level home mission program comprising of home visits, family counselling, prayer sessions, reconciliation and agape gathering etc. Thereby we safeguard the sanctity and integrity of the family. It is mainly through the restoration of the forgiving love of Jesus in the families that we can revitalize the basic unit of the Church today.

We were given time for personalization, preparation and submission of 25 pages of project. Presentation topics were given, library facility was made available and at the end a comprehensive exam was conducted. This motivated us to take our studies seriously.

## **Home Mission Experiences: (From 20th – 27th Oct. 2022)**

Pope Francis said, “I am on a mission” and not simply that ‘I have a mission’. “To be on a permanent mission requires courage, audacity, imagination and the desire to go beyond, to go even further. The Lord invites those called to go out of themselves in order to be a gift for others.” We received classes on home mission which helped to practically get involved in the home mission. Sr. Kirti CHF co-ordinator of the program made all arrangements for our stay. Prior to our leaving we had a day of prayer, and a prayer recited for a week in preparation for its success.

We, the 12 participants were divided into three teams and were sent to two parishes – St. Joseph Vaz Catholic Mission Kherki Daula & Manesar. The Parish Priest was Fr. Amalraj. St. John Catholic Church, Mahavir Enclave with Parish Priest Fr. Julius and the Asst. priest Fr. Britto. Four of us stayed in a flat, and eight others in one of the hostels run by the Holy Family sisters. We were cordially welcomed in the parish, and on our return a farewell was given to us. Our visit was to an urban set up but the people live away from the town. Most of them are migrated from Assam, Jharkhand, Chattisgarh, a few from Orissa and South for employment purpose. They are poor and work in companies. They stay in rented houses just one room to stay, even cooking is done in the same room. The living condition is very pathetic. An animator was appointed by the priest to take us around since the people return only in the evening. Our time to be with

them was from 4.30 pm to 11.00pm and after the dinner in their house we would return to our residence. During Diwali for two days we had the opportunity to be with them for the whole day. We cooked our meals and did other household activities. Apart from daily prayers we had an hour of adoration before getting out for mission work. Daily we had an evaluation and recorded the minutes which helped us to do better on the following day. Within eight days the three teams were able to cover 180 families and report to the parish priests certain issues to be looked into after our return. The priests were very happy as they could not visit and reach out to all the families in the parish as they are spread out far and wide.

**Methods and Techniques used to solve problems during ministry:** We listened to their problems attentively, prayed over them and with them. We provided family counselling, faith formation, awareness building on Marital relationship, consoled those who were grieved, encouraged and motivated them to participate in Sunday Liturgy, conducted Catechism classes for first Holy communion children, rectification of marriage and classes for couples. We insisted on daily family prayers, gave Word of God as medicine and solution, prayer therapy, taught basic prayers to some of them, blessed the families with prayer, sprinkling of holy water, and gave them exercises to handle their behavioral problems. Being the month of October in one parish, we encouraged to spread the devotion of Rosary by daily praying the rosary in the Church with the people prior to Holy Mass. So during

our presence neighbourhood families of the sub-station had the opportunity to attend Mass for eight days. Otherwise only on Sundays a priest would go there for Mass. The Church hall is maintained on rent!

**Experiences of the Home Mission:** We felt happy as we were accepted by the people of different caste and religion. We gained more confidence to listen to the people to handle problems and to guide them as they shared openly which in turn increased our interest too. Our desire increased to pray for the families and persons. We felt free to pray and spend time with them.

**Learning and Insights:** We learned to face the people of different age groups and languages; got involved in the struggles of people as we had to make a lot of adjustments. There was the deeper understanding of the religious life. A feeling of joy that we could become a part of the redemptive mission of Jesus. We have confidence to face people. We learned to manage with one another and situations. Just like the academic excellence the family apostolate has 3 systematic grades 1). Rapport building

(Nursery – Primary) a stage to keep in contact and build up relationship with people. 2) Diagnostic stage (U.P. to High school) to understand their problem and to give an awareness 3) Treatment (Higher secondary) to help them to solve their problem and help them to grow. Only a person with love, sacrifice, deep prayer and readiness to over look one's own needs would be able to work for families.

On 29th October a Convocation Ceremony was held with cultural programme followed by presentation of the consolidated report of the Home Mission. We were given the certificate by Sr. Lissie Therese CHF Provincial of Bihar Province. On 30th October we started our journey back to our communities with rich experiences.

Thanks to Sr. Ann Jose and Sr. Divya, our Provincial superiors who gave us the opportunity to attend this great training program.

Sr. Shireen CSST – Eastern Province  
Sr. Susheela Kerketta CSST – Northern Province

*Study as if you were to live forever,  
Live as if you were to die tomorrow.*

*-Mahatma Gandhi*

# Gathering of CSST Lay Associates 2022



The gathering of CSST Lay Associates was held on October 23rd, 2022 at St. Teresa's Provincial House, Karnataka.

Covid lockdown delayed this meet. It was a blissful and refreshing experience getting together with fellow CSST associates of the Province. The serene surrounding of the Provincial House was an added blessing.

The Eucharistic celebration with an inspiring homily by Fr. Sunil OCD was a great beginning to the events that followed.

The welcome speech of Sr. Albina gave insight into the mission and vision of CSST and the role the associates are expected to play to achieve these goals. It was a walk together to realise the dream of our Mother Foundress. It was an experience of coming to our mother house.

The key note address by the Provincial Sr. Bernice Therese enlightened us on the essence of Synodality and the role the associates expected to play in the Church

and in the Society. Her explanation on the various stages of the formation process of the Associates was informative.

The group discussion gave us an opportunity to share our views and experiences on the CSST influence on our personal prayer life and clarity on the CSST Charism.

The final summing up by Sr. Jesuina helped us to learn from the inputs of the groups and motivated us to practise the same.

The event came to an end with a sumptuous meal served with love. The admirable hospitality by the sisters of the house was great.

It was a memorable day that was enlightening and filled us with spiritual experience and fellowship.

We thank the Provincial and the Sisters at St. Teresa's Provincial House for this energizing experience.

Incarnation Convent (Nirmala),  
Mysuru

# GLIMPSES OF SENIOR SISTERS' DAY

What a joy! What a joy! When Provincial Superior Sr. Bernice Therese of Karnataka Province gave a clarion call to the Senior Sisters above 65 years, to come to St. Teresa's Provincial House, Rammanahalli, on November 23<sup>rd</sup>, 2022 to celebrate the greatness of God in their lives with grateful hearts. This was a happy surprise to all of us.

Before narrating about celebration I would like give some tips on old age. It is interesting to know the stages of old age.

1st stage Young old (65 years to 74 Years)

2nd stage old- old (75 years to 84 years)

3rd stage oldest old ( after 85 years)

In these twilight years (old age) we are mellower, ripened in the seasons of life. 'We live life forward but understand it backwards'. It is that time in our lives when we have the leisure to reflect on the good and enough of our lives.

Physically we have aches and pains, less agile and have chronic diseases. Mentally we notice our forgetfulness, particularly names. Some of us may have the beginning of dementia, the most common form of being Alzheimer. Psychologically/socially we live into loss of certain relationship, particularly through retirement and death. Spiritually, we may experience a certain boredom because this is the season we are called to 'be' more than to 'do', to be more contemplative. As you age

gracefully does not accept anything and everything that says we are becoming less strong and less useful in less young age, our lives must be positive with age, 'we sage' (wisdom).

With nearly half a decade of prayer experience we need to be persons of deep interior life. This is the time to deepen our interiority and radiate compassion, love and kindness. Face the future with hope and confidence. We need to be witnesses of quiet fortitude to the young with less experience.

A truly prayerful person will have control over her/his senses, appetites, and unhealthy human inclinations. It is a time to impart our rich experiences in life not only to the members our community but also to the society at large. This is the time to amend our ways, overcome our short comings, accept ourselves and others with gratitude as gifts from the Divine. We become an inspiration and role models to emulate. "We have from the attachment of the Spring and Summer of our lives to the detachment of the fall season and then to a sense of holy indifference in the Winters of our lives, that final letting go" T.S. Eliot.

Isn't it the God chosen time to celebrate 'Senior Sisters' Day' which was arranged by the Provincial and the team? It was a unique gathering with special programmes of prayer, sharing, refreshments, entertainment and games.

It was a different type of an experience where we spent time with the senior sisters, recalled our past and mused on our own misgivings.



Some of the senior sisters arrived on the previous night, the rest reached the Provincial House on 23rd November 2022. The sisters were welcomed with a broad smile by the Provincial and team with a rose flower for each. It was very interesting to see the senior sisters walking into the refectory for refreshment. Some of them had additional legs in the form of a walking stick/ a walker. After the refreshment, 60 of us senior sisters were taken in procession in a grand style - the professional band led by Srs. Bernice Therese and team.

The Higher Primary school Children of Christ the King Convent danced beautifully and prayerfully to the tune of a Kannada prayer song - 'Neene neene ellavu neene' (you are my everything). They put us into the mood of prayer.

Oh! What a wonderful sight! Sr. Bernice Therese, Marie Therese, Manjari and Sowmylatha walked into the hall, from 3 sides with basket of flower petals and showered them on the senior sisters who were already seated in the hall. It was a delightful sight indeed!!! This

was followed by a warm and smiling WELCOME of a special type. Each one of them one by one mentioned the good qualities of our senior sisters after which they saluted us gracefully. The welcoming was concluded with a hearty welcome song.

**MEMORIES OF THE PAST:** was the dream enacted by sisters and candidates. It depicted our past doings and sayings – Reception, Vestition, Solemn Profession, spending quality time before the Lord etc.

**Breakfast:** One narrated that when a sister refused to eat food and cried, she was asked to take her box and go home. Another said that when a sister broke a cup she was asked to hang it around her neck tied with a string and accuse in front of the members of the community – which was then called chapter of faults.

**Duties:** Sisters enacted the blind obedience practiced by a saint who was asked to plant a sapling upside down i.e. root upward and leaves downward in all humility he obeyed. Communities used to have hearty recreations and were strict with great silence and those who broke silence were punished.

Young sisters also enacted about sisters receiving the discarded infants found in the dust bins. They were received with gladness and taken good care of. Drama ended with a dance – Ninnindale, ninnindale (It is your Grace and Gift).

Then there was a sharing of experience by a few sisters:

**Sr. Petronilla:** 61 years in religious life shared her faithfulness to prayer life, how she has the thirst and longing for

prayer. She remembered God's abundant blessings showered on her during her religious life in various communities.

**Sr. Victorine** – 63 years of her religious life lived only in 3 communities, CKC, Nirmala at Mysore and St. Teresa's, Generalate, Bangalore. She remembered 3 instances for which she is very happy and grateful to God, and for protection and care.

She saved five abandoned children, took care and sent them to Mother Bernardine who brought them up to Manzil, Ernakulam, Kerala.

She nursed mother Barbara and Sr. Gilberta in their illness. She wanted to be nurse but could not. She was happy for having a chance to serve our sick sisters. She gave faith to Brahmin people, took care of 40 Tibetan STUDENTS WHO WERE DIFFICULT TO HANDLE. She clung on to the Tabernacle in times of sadness and gladness and tried to please God alone in everything.

**Sr. Albina** shared the influence, love and care shown by the senior sisters of Mount Carmel (Bangalore) community, where she spent 43 long years. In

those days MCC was considered as a model community in the Congregation. Foundation for her committed religious life was laid here. She spoke of God's faithfulness even in small things of her life. There were many difficulties and trials in her life but the grace of God super abounded and kept a guard over her at all times. She made a mention of her grandmother who taught her many lessons of life, and Fr. Gabriel Castelino, who was responsible in bringing her to the CSST Congregation. Working in NGOs and in the Family Court was great an experience. Some of her students now are managing NGOs.

The faith sharing of sisters was an inspiration to all of us. We were happy to know so many good and solid sisters we have in our midst.

**Housie Game** was conducted and prizes were distributed by the Provincial. A Photo session too was held. Companions of the same batch were happy to meet and took photos of the group. It was an amazing, exciting and joyous get-together.

**Vote of thanks:** Sr. Rose, began with heart-filled thanks. "Gratitude is the



memory of the heart” It was an emotional remembrance of the unsolicited favours. We have gratuitously received, true, deep and genuine gratitude gives us a feeling of gratefulness for the ‘gifts’ we receive from God, humanity, nature and life itself. Gratitude unlocks the fullness of life. It turns what we have into enough and more.

She added that Psychological research contains evidence that people who exude gratitude are more energetic, optimistic, enthusiastic, determined and joyful than those who are not. They sleep better who have fewer illnesses and over all feel better about themselves. An attitude of gratitude enables us to live the fullness of life. ( John: 10/10)

Sr. Bernice Therese, the Provincial thanked the sisters and distributed a token of love to each sister. This was followed by a sumptuous lunch prepared by sisters of the community. After the lunch the sisters disbursed with happy memories and grateful hearts.

The 17th century poet John Milton says in his poem, “They also serve who only stand and wait.” With grateful hearts let us surrender ourselves to God as we are

and serve Him in love with joyful and grateful hearts in the remaining days of our lives.

DON'T LET AGE CHANGE YOU  
CHANGE THE WAY YOU AGE

A PRAYER FOR THE ASCENT –( AGING)

Lord, as I grow older, day by day  
Let me become **Younger** and **Younger** in spirit!

As the light of day grows dimmer for my eyes,

Let your light of the ‘**Dark Night**’ grow Brighter!

As the memory keeps failing me even my glorious past,

Let You alone in my ‘**Solitude**’ keep company with All!

As I become more a burden and hindrance to others,

Let me shake off the dust to ‘**Ascend** with **You!**

As my last step to leave the earthly home comes closer,

Let my first step into **Your Home** be my greatest delight.

**Sr. Rose CSST**  
Carmel Convent,  
Mandya, Karnataka

*The first duty of a university is to teach wisdom,  
not trade; character, not technicalities.*

*Winston Churchill*

# God is Sovereign Over Our Sufferings

As Christians we are glad to share in Christ's glory, but as followers of Christ what about sharing in His suffering? Everyone experiences suffering in one way or another. The pains and problems vary from person to person, but all suffer. This fact leads to the common question: Why does God allow suffering? To this question the Book of Job gives us the answer.

Keeping this in mind the Karnataka Province conducted 2 days seminar on the Book of Job, in order to remain faithful to God as we suffer or walk alongside others who suffer. Fr. Augustine Mulloor OCD was our resource person, one of the renowned persons in Scripture who explained this Book. Job as a wealthy landowner and is one of the best-known biblical heroes, and how he was stripped of everything without warning, betrayed by his friends, and his faith was severely tested.

The seminar on Job was well planned by our beloved Provincial Sr. Bernice Therese and Team. We did come with great hope to the Provincial House. The Provincial and Team welcomed us warmly, and that eased all our tiredness and invigorated our spirit.

The day began with The Book of Job which is often counted as magnum opus of world's literature. It is found in the third section of the biblical canon known as the Ketuvim. This book delves

into the answers to all the questions near to the heart of every human who experiences suffering. The Book of Job is an obvious place to turn to when one is overwhelmed with pain and suffering, and to suffer with grace.

In this book we can see that his three friends Eliphaz, Bildad, and Zophar come to comfort him, and the discourses between them and Job in crushing series of tragedies. They insist that his suffering is a punishment for his sins. Job, though remains devoted to God through all of this and contends that his life has not been one of sin. A fourth man, Elihu, tells Job that he needs to humble himself and submit to God's use of trials to purify his life.

In spite of these, Job neither rejected God, nor challenged or accused Him. God did not answer Job's question of "Why?". He instead overwhelmed Job and his friends with the truth of His majesty and sovereignty. Finally as Job questions God Himself and learns the valuable lessons about the sovereignty of God and his need to totally trust in the Lord. Job is then restored to health, happiness, and prosperity even beyond his earlier state. He becomes the seeker of God in his suffering and gains a deeper sense of God's power and splendor by trusting Him profusely.

Job teaches us that God is in control and the reason for human suffering,

especially of a righteous person, is “Too wondrous...to know”. God manages many things in the universe which are beyond human comprehension such as laying the foundations of the earth, managing snow and hail, diffusing light and wind over the earth and much more. Through God’s great love and care He will save and protect His people from all sufferings. God is Sovereign over all our sufferings!

As Carmelites when we look at our saints especially St. Teresa of Avila, St. John of the Cross, and our beloved Foundress Servant of God Mother Teresa of St. Rose of Lima, who daringly pronounced “To suffer and die”, “Suffer and not to die”, have given an invitation to each one of us to choose the narrow

path to deepen our relationship with the beloved.

The Carmelite saints firmly believed that our life on earth includes much suffering. The key is to not dismiss this suffering, but to unite it to the cross and let it become a sacrifice to God. Only through suffering will we find the lasting peace and consolation we desire.

By the end of the seminar we realized that our sufferings are nothing but a way to strengthen our intimate relationship with God and to offer it joyfully for his greater glory. Our Destiny Lies in Making Christ’s Story Our Own Story.

**Sr. Pavithra Jancy CSST**  
Mount Carmel Convent, Bengaluru

# God is Waiting ...

A day to discern one’s calling  
Hearken to God’s inner voice saying  
“My Beloved child, come, do not delay”  
A call to serve selflessly  
To love my Son ardently  
To share His life ceaselessly

From the core of my being relentlessly  
To fathom God’s love to the sick , old and needy  
This is accomplished on the wings of Prayer  
The seed is sown, God nurtures with care  
For one has to bear the fruit in God’s Vineyard  
To serve Him, to love Him and to attain Sainthood.

**Sr. Andrea CSST**  
Lourdes Hill Convent, Karnataka

# He Will Make A Way



**Pathway to the Monument at Mangapatnam... Unfurled pages will run through the ages...**

The place where our Foundress breathed her last has once again seen a great deluge. The submerging Monument at Mangapatnam has an untold story to narrate. The days have passed by and the nights have darkened the sky. Even though a century has rolled by seeking answer for the tragic death of our beloved Foundress, the unshakable Monument stands in stillness in the lonely submerged area of Gandikota reservoir as a mute witness holding atop a tiny cross of Christ.

The river Krishna supplying water to Shrishailam dam which flows through Owk Reservoir supplies 26.08tmc of water into Gandikota Dam. This water flows to the four Dams - 1. Sarvaraya Sagar Dam 2. Paidipalen Dam

3. Chithravathi Dam 4. Vamikonda Dam, giving life to the vegetation, cattle and the marginalized in Andhra Pradesh. This river water also flows through the canal where the monument of the accident victims is erected.

The Monument is not only a memorial of death but also a symbol of life and unity. The Great Teresa D'lima's death breaks a new path of unity in diversity. Her death along with Europeans, Eurasians, Hindus and Mahomedans who lost their lives in a disastrous accident is a remarkable story of oneness among the people of other Faiths. Her passion for the mission and her undaunted courage took her to far off places. She surrendered her will to the living GOD without questioning His plan for her.

"God's ways are not our ways; who can count the Galaxy of stars? Who can reach the blazing Sun?"... The news of



submerging Monument shattered the hearts of the sisters. Once again their faith was tested in the furnace. The way to the monument was blocked with water and thick thorny bushes. The track was untraceable. The locals whose profession changed from farming to fishing went through the winding ways to get their livelihood saying that “This ‘Amma’ gives our daily bread”.

The Charism of our Foundress and deep faith in God is rekindled in our Institute. The flame of confidence still flickers in our hearts that made us to discover new avenues to find access to the Monument. The Karnataka Province plunged into action to find a solution. As the Red Sea divided into two and made a pathway to the Israelite to walk on dry ground so also our Foundress showed us the path in our dark moments.

The Karnataka Provincial Sr. Bernice Therese and her team along with our Superior General Sr. Chris and Sr. Prema ventured out to execute the plan to reach the Monument. The Karnataka Province took up the challenge in faith to make a Pathway to the spot. Teresa D’Lima Niketan Community especially Sr. Rochana was entrusted with the responsibility to carry out the project which was supported by the Province.

It was beyond doubt that the hand of the

Foundress was directing and guiding the community of sisters of Mangapatnam to carry out the project. As the work progressed, the miraculous power of our Foundress touched the hearts of all those engaged in the work. The Community became very keen to visit the Monument every Saturday to pray and offer their supplications for the intentions of the Institute. Access to the Monument has a soul stirring experience. Our Province has always been supportive to the needs of this place and we are ever grateful to our dear Provincial and her Team.

The required permission from the Government to utilize the public land is on the process. It is our earnest desire that the deserted area of Mangapatnam will turn into a promised land to all the devotees. We march forward with confidence that our beloved Foundress will soon be raised to the altar of Sainthood. The CSST will experience the joy and bliss of the Carmelite Spirit in this place of pilgrimage of our beloved Foundress. May God be Praised for ever and ever. Amen.

**Community of Teresa D’Lima Niketan,  
Mangapatnam, A.P.  
Photos below**



# IT'S MY HOME



The entire life of Mother Teresa of St. Rose of Lima, Servant of God, was centered and revolved round the aphorism/maxim. We must give practical effect to the prayer we often make 'Thy Kingdom Come', "Thy will be done". The will of God is that we must be compassionate as our Heavenly Father is compassionate. The focal point is the care of the poor and the orphans. Our Mother Foundress had a special love towards them. We, CSST not only extend our care for the poor and the abandoned, orphaned and the destitute but also we keep them in our convents, give them good education, teach them Christian values, provide them job opportunities in our Institutions and find good Christian grooms and settle them.

We are happy to say that in Mount Carmel Convent, Kottayam, Mother Clare's time onwards had been accommodating orphan girls in our Convent and today about 40 of them are settled in different parts of Kerala. More than 20 of them are employed in our schools as non-teaching staff and helpers. Some of them have gone for their eternal reward.

Though some of them have retired, their children have completed Post Graduation and are holding good jobs in IT field and else where.

With the opening of the New Year 2023, on 1st January, as per the invitation received, the brought up children of Mount Carmel Convent began to flock in groups. Almost all of them came with their family members with gifts in their hands to express their love, joy and gratitude. There were joyful noises of sharing and happiness everywhere. After refreshments they were invited to the Chapel for the Eucharistic Celebration, in which they were spiritually nourished. All participated with great fervour and joy. Rev. Fr. Joseph Meenayikodath, Rector of the 2nd year seminarians of the diocese of Vijayapuram was the Celebrant for the Holy Mass. He reminded them of the great Love of the Heavenly father, who sent His only Son to the World to be with the poor and the needy humanity. He also assured that we have our heavenly Mother and our Foundress to walk with us, guide us, suffer and live with



us, taking care of all our needs. After the Eucharistic celebration they were ready for the Photo session along with Rev. Father and sisters. We warmly welcomed them to the refectory, and the New Year cake was cut and shared. During the Agape which was specially prepared for them, all the sisters of the community were at their disposal, serving food, making them feel at home and taking care of their every need with love and concern.

Following the lunch they were asked to gather in the community room for a short programme. They were given opportunity to share their joys and concerns. Some of them sang songs individually and in groups. They expressed their gratitude



for inviting them to Mount Carmel family once again. Sr. Mrudul, the Animator of house thanked them for accepting the invitation which doubled our happiness and assured them our timely help and presence in all their needs. As a token of love and appreciation we gave them gifts and chocolates. It was a very memorable event at the very beginning of the New Year 2023. We praise and thank God for his unflinching love and care.

Sisters,  
Mount Carmel Convent,  
Kanjikuzhy, Kottayam



# LORD, YOU ARE MY HOME; MAY I BE A HOME FOR ALL



I can always be imperfect in my home, a place where I can fall again and again and rise up without being ashamed. Our home might be far from perfect, but that makes it beautiful. The 20th November 2022 was an unforgettable day of Happy Home coming for many of the CSST especially of Kerala Province.

It all began with a google meet arranged by Sr. Vinitha, our Provincial Superior, for the sisters. She set before us a well written script and a fantastic formulation of plans to celebrate the name day of Sr. Chris, our Superior General, in a unique manner. We were reminded

that it was a historical moment when all those in leadership of the CSST Institute are once again back in Kerala, the land of their origin for the annual meeting. We were happy to have an official coming together of General team with the Provincials on the very same day of the feast of Sr. Chris.

Sisters from the communities were glad to reach the Provincial House early enough to fulfil the duties entrusted to them in connection with the Feast Day. The whole house felt a festive mood. The decorations in the Chapel and the premises of the Provincial



House enhanced the beauty of a Happy Home. The Liturgy, the Concelebrated Holy Mass presided by Fr. Thomas Marottikaparambil (Brother of Sr. Chris), melodious singing, joyful Feast Day wishing, merrymaking, games and fiesta were indeed a memorable event for all. It was wonderful to have both the brothers of Sr. Chris at this Holy Mass. We did miss the presence of Sr. Arpana CSST here on this day.

Sr. Chris is genuinely a home for many of us, where we could be ourselves. She is a synonym of the key word of the day, 'Lord You are my Home; may I be a Home for

all'. This was the same message reflected in the feast day videos uploaded by the sisters of our communities. It was indeed a fun-filled, feelgood moment. In the evening as we were moving out of the Provincial House, we were exhilarated.

Dear Sr. Chris, we are deeply indebted for the warmth and life you brought to our lives through your sisterliness. May you continue to have the safest place in the Heart of Jesus. God Bless you for ever.

Sr. Vivette CSST,  
St. Joseph's Convent, Thrissur



# MOUNT CARMEL INSTITUTIONS

## Celebrating 75 Years!!!



Mount Carmel Group of Institutions is a reflection of the Vision and Mission of our Foundress, Mother Teresa of St. Rose of Lima. The Carmelite Sisters of St. Teresa dedicated to the cause of value based quality and integral education, believe in the power of Empowering Students to be 'agents of change'. Having empowered generations of women, Mount Carmel celebrates its 75 years of scripting success stories of Confident, Competent and Compassionate Carmelites.

MAMTA – Model Anganawadis Makeover and Transformative Action- we are adopting five Anganawadis in Bengaluru Rural, and students are undertaking redesigning of these centres to make study spaces appealing and to build model Anganawadis which would

make difference to children's future; M POWER – MCC Platinum Outreach for Women's Education and Research – to contribute towards providing free education, scholarships, fee waiver to 1750 students specially to the students at Mangapatnam. Keeping in mind through these social causes we came together to mark another milestone in the history of Mount Carmel- a celebration of HERSTORY.

At 10.30am the sound of the trumpets echoed across the campus and the Jubilee procession started moving slowly from the convent gate. A grand red carpet was rolled out from the gate all the way to the Diamond Jubilee Auditorium. Students blowing trumpets headed the procession while girls dressed in burgundy and

silver frocks followed on either side, showering flowers from their little baskets. Dancers in traditional outfits moved around gracefully in a riot of colour and splendour, showcasing various Indian dance forms. Sr. Tressy walked solemnly with the 75th year cutout along with Ms. Vimala who carried the statue of Our Lady

of Mount Carmel. The Cardinal Poola Anthony the Arch Bishop of Hyderabad, Most Rev. Dr. Peter Machado the Archbishop of Bangalore, Bishops of Karnataka and Salem, Priests, Sr. Chris, Sr. Bernice Therese, the Provincial, the Manager Sr. Aparna and few other CSST were accompanied by Ms. Michelle and

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**Our commitment to the vision and mission of our Foundress is reflected in the social causes we have taken up as a part of our Platinum Jubilee celebrations. One of the causes we have initiated is WINGs – Women In Need go Green - under which we are giving 75 E-vehicles to people who are socially disadvantaged and disabled so that they may travel with ease; WINNER- Women’s Innovation and Entrepreneurial Roadmap – to assist 75 first generation women entrepreneurs and handhold them through the process from ideation to market.**

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Ms. Lizy the staff carrying decorative umbrellas.

All Bishops along with the Cardinal walked up to the dais as Priests, Sisters and guests occupied the seats below. The cutout of 75 was placed at the centre of the altar and the statue on the piano.

A soft hush descended as Dr. Sr. Arpana began the Mass Introduction.

The First Reading was by Dr. Sr. Chris and the Second Reading by Sr. Bernice Therese. The Cardinal together with the Bishops and priests offered the Eucharistic celebration and marked the Inauguration of the Platinum Jubilee. The whole auditorium was filled with the





gentle melody of the choir.

The Jubilee Prayer was recited by Dr. Sr. Genevieve after the final blessing. The peppy and rhythmic beats of the Jubilee Hymn, specially composed to commemorate the Platinum Jubilee had the whole assembly swaying in delight. The Bishops then exited the dais while the Cardinal and Archbishop remained there. Dr. Lekha George one of the CSST Associates, the MC for the day, then invited Superior General, Dr. Sr. Chris, and the Provincial, Sr. Bernice Therese onto the stage for the Felicitation ceremony. Dr. Sr. Sajitha then delivered the Vote of Thanks.

Dr. Lekha George then requested the audience to be seated while the Cardinal, Archbishop, all Bishops, Superior General, Provincials and CSST members proceeded towards the 1948 Patch for the unveiling of the Bust of our Foundress, Mother Teresa of St. Rose of Lima. The unveiling was live streamed in the Auditorium and several other places.

As music played, the Archbishop, and Superior General unveiled the Bust of our Foundress, Mother Teresa of St. Rose of Lima as the Cardinal performed the Blessing. Floral tributes were offered by the Provincial, Bishops, Priests and the

Sisters.

The unveiling done, all dignitaries and attendees were invited for a sumptuous lunch by the MC.

9th July 2022

11:20 am

The day dawned with a sense of anticipation and joyfulness around the campus. It was 9th July, the official inauguration of the year-long festivities of the Platinum Jubilee Celebrations at Mount Carmel College. The Honourable Vice President of India, Shri M Venkaiah Naidu, was the Guest of Honour.

As Shri Venkaiah Naidu alighted from the car with folded hands and a smile, the Principal, Dr. Sr. Arpana; Mother General, Dr. Sr. Chris; the Provincial Sr. Bernice Therese; the Manager Sr. Aparna together with Vice principal and the Deans greeted him and escorted the President to the dais. Dr. Suma Singh, Dean of Humanities, and MC for the function, requested the audience to rise for the National Anthem. This was followed by the Invocation and the College Song.





Dr. Sr. Arpana gave the Welcome Speech after which the dignitaries were felicitated. There was a galaxy of luminaries on the stage. They were the Vice President Shri Venkaiah Naidu, the Governor of Karnataka Shri Taawar Chand Gehlot, the Former Governor of Karnataka alumna of MCC Smt. Margaret Alva, the Archbishop of Bangalore Most Reverend Dr. Peter Machado, Chief Postmaster General of Karnataka Shri S. Rajendra Kumar, the Superior General Dr. Sr. Chris, Provincial Superior of Karnataka Sr. Bernice Therese, the Manager of Mount Carmel Institutions Sr. Aparna and Vice Chancellor of Bangalore City University Prof. Lingaraj Gandhi.

The Bishop gave a Benedictory Speech which was followed by the lighting of the lamp by the dignitaries. Dr. Sr. Chris then delivered an inspiring speech. Commemorating 75 glorious years of MCC, a documentary chronicling the history and journey of the prestigious institution aptly titled 'Her Story' was unveiled to the public for the first time, much to the delight of the audience. Governor, Shri Gehlot, followed with a speech.

To mark the Platinum Jubilee Year of MCC, the Postal Department released a Commemorative Envelope, in the presence of the Chief Postmaster General of Karnataka, Shri S. Rajendra Kumar. This was followed by the choir striking out a joyful and peppy strains of the Platinum Jubilee song, specially composed for the historic occasion.

It was now time for the much-awaited moment of the day – the address by the Vice President. As Shri Venkaiah Naidu regaled the audience with words of advice and encouragement for the youth with generous doses of humour, the audience listened in rapt attention and cheered him on throughout the talk.

Dr. Suma Singh, Dean of Humanities, wrapped up the first part of the programme with a Vote of Thanks, followed by the National Anthem. The Honorable Vice President was then escorted by dignitaries as he left the Auditorium.

Then it was time for felicitation of special invitees. The special guests were called on to the dais and felicitated by Dr. Sr. Arpana, Dr. Sr. Genevieve, and

Dr. Sr. Sajitha. The invitees included Smt. Margaret Alva - Former Governor of Karnataka and alumna; Shri K. J. George - MLA; Shri Lingaraj Gandhi - Vice Chancellor, Bangalore City University; Swami Mangalanathananda - Ramakrishna Order; Shri M. R. Srinivas Murthy - Chief Executive, RALC; Dr. Alphonsa Vijay Joseph - Principal of St. Teresa's College Ernakulum; Ms. Lorna Raymond - Former Dean of MCC; Mrs. Revathy Ashok - President & MCC Alumnae Association; Dr. Sumitra Gajapathy - Alumnae Batch of 1948 and Ms. Anupama Hattiholi - President & Student Union 2022-23. Right after the felicitation each guest addressed the audience.

The honoring of special guests was followed by a play 'With Grace' showcasing the selfless life and service of our Foundress, Mother Teresa of St. Rose of Lima. Enacted by students of MCC, directed by Mrs. Sahana Das, The

play was an audio-visual treat which took the audience back in time and gave them a peek into the challenges faced, and overcome with courage, dignity and compassion by our Foundress. The programme came to an end with the Vote of Thanks given by Mrs. Babitha - Principal, and Mount Carmel PU College.

We thank the Almighty for His immense love and guidance bestowed! Miracles happen when we trust in the Lord! With a glorious legacy of 75 years, the Mount Carmel Group of Institutions has excelled in every field under the guidance of the Management, Principals and Faculty. Students have carved a niche for themselves and for their Alma mater in every field at both National and International Levels. We look forward to a harmonious future with a commitment to build India to greater heights.

Sisters, Staff and Students  
MCC, Bangalore

*The best and most beautiful things in the world  
cannot be seen or even touched.  
They must be felt with the heart.  
- Helen Keller*

# OUR EXPERIENCE AT KHANDAMAL, THE LAND OF MARTYRS



We are grateful to Sr. Chris, our Superior General and Sr. Sarguna, the General Councillor for social apostolate for organizing the seminar in Khandamal, Odisha, for the sisters involved in social work of the Institute.

Srs. Agnes Clare and Gloria Teresita started our journey to Odisha on 13th October 2022 from Byadgi through Bengaluru, at Ananthapur where Sr. Marie Therese joined and proceeded to Bherampur, Odisha by Prasanthi Express which was running late three and half hours. The journey was very tedious. Though we had booked our tickets in a sleeper coach, we had to adjust with other passengers in a crowded compartment, which was very dirty and the toilets not fit to use. At last we reached Bherampur at 7.15 P.M. on 15<sup>th</sup> October. Thanks to Sr. Anjali, the Councillor for social apostolate of Northern Province for all

the arrangements made for our further journey to Divya Jyoti Pastoral Centre, Kanjamendi, K. Naugaon Khandamal. Her brother Ujwal and her sister Gloria were waiting for us at Behrampur railway station. Mr. Ujwal accompanied us in a hired taxi all the way. After having supper in a hotel we reached safely at 1 A.M. It was nice of Sr. Anjali to keep awake, waiting for our arrival.

The 16<sup>th</sup> being a Sunday Fr. Bimol Kumar Nayak, the Director of the Pastoral Centre invited us to participate in the Holy Eucharist with the people in the sub. station at Holy Cross Catholic Church which was a walkable distance from the centre. It was a rich experience to witness the deep faith of the people who welcomed us with Arathi, song, dance, music and flowers. We were impressed by the way people participated in the Eucharist and contributed their mite



during the offertory (Rice, Vegetables etc.....)

At 11A.M we set out for site seeing to Daringbadi which is called the second Kashmir. We enjoyed the Hill View, had a sumptuous lunch at Snow Creek Restaurant. We got to experience the hospitality of the people of Odisha and also to taste the local dishes. On the way we visited Fr. Mukund Kumar Baliar Singh Parish Priest of Holy Rosary Church, Daringbadi who welcomed us graciously. After exchanging our views with him we proceeded to a Water Falls which was close by. Returning, we were welcomed by the Adorer Sisters at SnehaSadan Convent who offered us tea and snacks. They made us feel at home with them. The day ended with supper at the Pastoral Centre.

On 17th after the Inaugural Mass offered by Fr.Clement, the resource person of the day our schedule started with the lighting of the lamp, Prayer, welcome dance and introduction of the resource person. Then Fr. Clement took over. He gave a meaningful talk on Christian Spirituality. His second talk was on 'Theology of Social Work' in reference to Jesus' activities in the Gospels.

At 2.15 P.M Sr. Chris and Sr. Sarguna arrived at the Pastoral Centre. We welcomed them with dance and lighting of the lamp. In the evening we visited Carmel Convent, Naugaon. Our sisters and the children there welcomed us with Arathi and flowers. It was very impressive to see our sisters putting up with all the inconveniences and difficulties for the growth of the budding Mission.





On 18th Sr. Chris addressed the group from 9.30 to 10.30 A.M. She spoke about Leadership without titles, to be empowered and be able to reflect the face of the Divine to the people.

After the tea break Fr.Bimol the Director of DivyaJyoti Pastoral Centre took over and gave a detailed scripture based talk on 'Missionary Journey of St.Paul' challenging us on our missionary journey in our respective work area. He stressed on preaching the Gospel quoting St.Paul "Woe to me if I do not preach the Gospel. (1cor.9:16)". He focused on visiting and living with people which will harvest more fruit.

After lunch we visited the Diocesan Social Work Centre 'Jana Vikas' where the Programme Manager Mr. Arun explained to the group the running

projects of the Diocese and also the Khandamal Riot experiences they went through.

At 3P.M. Sr. Sarguna spoke to us on prioritizing our activities giving importance to emergencies. She also stressed on the core group, working together and being responsible for the growth of the social work in the Provinces.

In the evening we visited Mt.Carmel Convent, Baliguda where we were given first-hand information by Sr. Sitara, Nandini and Anjali about their experiences during the Khandamal Riot, showing us the exact spots where they were caught up by the Hindu Fanatics and the places burnt and destroyed. It made us shudder listening to the atrocities.

Then we visited St. Paul's Catholic Church Baliguda. Fr. Clement the parish priest, the Silver Jubilarion of the year welcomed us and hosted a Dinner. We wished him with cake and gift. It was a day of rich experience.





On 19th we watched a Data based Documentary Film on Khandamal Riot of 2008 with detailed background presented by Fr. Madan Sual Singh the director of Jana Vikas, the Diocesan Social Work Centre.

After that the Kerala batch of sisters left for Chatrapur and the rest of us spent time with Fr. Bimol and Fr. Mathew listening to their Mission experiences. In the evening we left to see St. Sebastin Church, Kurtamgarh. The Parish Priest Fr. Dusmonth Nayak and his assistant Fr. Ashwin Baliar Singh gave us a warm welcome. After a bowl of hot soup and snacks the Fathers led us near SaraswatiJalespata Ashram to just have a glance from the roadside the spot where Swami Laxmanananda was shot dead. We

also passed by the spot where our Sr. Kusumam was attacked by the SanghParivar group and the Bridge under which she spend that dreadful night in 2001.

On 20th at 6.30A.M we started our journey to Chatrapur along with Sr. Chris and Sr. Sarguna. On the way we visited Sacred Heart Catholic Church, Sorada, the oldest Church in Behrampur Diocese. The Parish Priest Fr. Joseph Valiaparambil and his assistant Fr. Gajendra Mallick welcomed us and gave us place to have our breakfast. We reached Carmel Convent, Chatrapur at 12.45P.M. Srs. Santuana and Dorette gave us a warm welcome and led us to a fish laden banquet prepared with love. After some rest we went to Gopalpur Beach, and for shopping. We enjoyed hot soup and sea food for the night. They gave us packets of pure turmeric powder and cashew nuts as gifts for us to carry home.

On 21st morning after prayer, Holy





Eucharist and breakfast we left to our respective places with enough food packed for our long journey.

By this experience we are inspired to commit and rededicate ourselves with greater enthusiasm and zeal to serve our Lord and Master JESUS in the poor.

We thank the Almighty God for this great opportunity given to us to experience the life of our Sisters and the people during the Khandamal Riot and after. We specially thank Sr. Ann Jose the Provincial Superior and Sr. Anjali the councillor for Social Apostolate of Northern Province

for taking trouble to arrange for our stay, food, travel and other minute needs. We thanked them for honouring us with gifts. A big thanks to all our sisters in 3 communities in Odisha who were extremely generous in every way and available to us making our stay a comfortable and memorable one. May God bless and reward them abundantly. Our thanks are due to Fr. Bimol the Director of the Pastoral Centre for being motherly, generous and attentive to all our needs during our stay there.

Sisters Clare, Gloria Teresita and Marie Therese

*Our privileges can be no greater than our obligations.  
The protection of our rights can endure no longer than the  
performance of our responsibilities.*

*John F. Kennedy*

# REINVIGOURATE IN THE ETERNAL SON

Every tree begins its life as a tiny seed, and every seed comes brimming with all the nutrients it needs to survive and thrive into a tree. Once the seed finds the right atmosphere, its growth begins. As the first root breaks through the seed, it becomes self reliant, taking in water and nutrients for nourishing itself. The next stage of germination is when the shoot pushes up through the soil, unfurling the leaves and growing upwards towards the sun.



This is the journey of each one of us; less than two decades ago all of us were tiny grains when we entered the garden of Carmel, the family of CSST. Now we are in the process of growing into a mature tree spreading our joy and presence in our mission and ministries. As the tree requires energy from sunlight and soil, similarly we too need the sustainable energy from God, the Eternal Son to reinvigorate our spirits. As trees are pruned and nurtured from time to time we too need renewal and life changing divine experience in our journey of faith to be effective leaders in the society.

We senior-junior sisters of Karnataka Province had arrived on 16th of August

at the Provincial House for a Renewal Programme. We were chosen after our Final Commitment. It was a Jerk in our Journey for each one of us to pause and see where we are heading in our relationship with God and His people. It was an exciting moment for all of us as we were warmly welcomed by Sr. Bernice Therese, our Provincial Superior, Sr. Beena, Spirituality Councilor and Sr. Manjari, Formation councilor. We are grateful for their constant accompaniment and Sr. Claret, Provincial Secretary for her support throughout this programme which is really appreciated.

It was a great opportunity for us to meet each other talking and chatting in a pleasant atmosphere away from our routine in our community. On the first day, the 16th of August we were addressed by our Provincial and Councilors recognizing our potentials; talents and religious spirit. They also expressed certain expectations from us and advised us to be genuine and open especially in moments of crisis and when faced with challenges. For the following two days 17th-18th Fr. Dionysius Vaz S.J Provincial of Karnataka Jesuits, Sr. Chris our Superior General and Sr. Jose Lynette General Councilor for Spirituality were the resource persons. They helped us to introspect and know our self-worth and the purpose of our existence on this beautiful planet. The key questions that were thrown at us for reflection were 'Who am I?' and 'Why am I here'? As



the saw needs sharpening, trees need pruning and the ground needs manuring; we too were given a gentle sharpening, pruning and manuring by the effective sessions.

We are born with positive self identity, however as the years go by we keep accumulating self-concept and slowly move away from that primary innocence. The sessions made us aware of how to keep alive our original identity even when we grow in age. It was the wonderful example that set before us by our senior sisters which made us accept our positive and negative traits with grace and accept God's will to live our life forward and understand our past.

When we look at our life positively we are able to accept God's will and accept the present challenges. The group discussion and sharing of each one's views enabled us to accept challenges by the grace of God.

The new initiative is introduced to help us to find a mentor to share our journey and growth in our relationship with the Lord and the community, and to be effective instruments in our mission and ministry.

We all felt that we are loved, accepted and precious to our sisters as they showed great interest in our growth. This magnificent entity where we belong has persons of integrity, prayer and spiritual depth and they with their healing and loving energies, helping us to walk on our faith journey to produce much fruit.

Finally Professed Sisters  
Karnataka Province

## *Congratulations*

### *Silver Jubilee*

Sr. Achala | Sr. Akhila | Sr. Ancy George  
Sr. Anitha D'souza | Sr. Anupama Nayak  
Sr. Christina Besera | Sr. Kavitha Simon  
Sr. Lillet | Sr. Nikhila | Sr. Sumitha  
Sr. Suseela | Sr. Susha | Sr. Teresita

### *Golden Jubilee*

Sr. Agnes Clare | Sr. Basil | Sr. Cynthia  
Sr. Marie Angel | Sr. Martinelle  
Sr. Paulina | Sr. Rose Virginia | Sr. Sybil

### *Diamond Jubilee*

MOTHER YVONNE MARIE | Sr. AGNITA  
Sr. CARMINA | Sr. CHARLOTTE  
Sr. FAUSTINA | Sr. NOELINE

# THE DIVINE SEED WITHIN



‘There is a divine seed in man; man becomes not God, but is being divinized’.

After spending many years in religious life in active apostolate, I felt the need to spend some time in silence, solitude and contemplation. I expressed my desire to Sr. Jose Lynette, General councilor for Spirituality and Sr. Ann Jose, my Provincial Superior. I went to Ryshivana- an institute for inner silence and contemplation, a place where mother earth is in perfect harmony with God, self, and nature, to be energized, renewed and refreshed with the programmes, courses and available opportunities.

## **Inaugural Ceremony:**

We were the Post Covid batch, with 17 participants - priests, brothers and sisters from different Congregations.

Ryshivana, the Carmelite Institute of contemplative spirituality and inner silence, overlooking the Mangalore city, is on the ridge of river Netravati, gushing its waters into the Arabian Sea, making a rare mystical spectacle to seek God in silence.

The campus with meditative paths amidst lush green trees in the valley is a delight

to the eyes to contemplate the colourful sky line of the city of Mangalore. The sunrise and sunset makes Ryshivana one of the finest destinations for the pursuit of prayer and contemplation.

Courses are offered for women religious with special emphasis on inner silence, sacred scriptures, spirituality, holistic integration and personal guidance into the path of contemplative prayer, offered by well known and qualified experts in the field.

Besides classes, it also offers lived- in-Carmelite experience in community, prayers, dialogue and recreation.

## **Closing Ceremony:**

I was in Ryshivana from 1st August to 15th December. I attended the following courses- Fundamentals of Spirituality, Spirituality of the Beatitudes, Joy of consecrated life, Women in John’s Gospel, Wealth of the Psalms, and Mysticism among others. This helped me to deepen my spiritual life.

**Sr. Aruna CSST**  
Northern Province

# *A Spiritual Sojourn with* **St. John of the Cross**



After two years of pandemic we had the privilege of making our first offline retreat. It was very much enriching and inspiring. The retreat was organized by Sr. Divya, the Provincial Superior of Eastern Province and her team. The retreat was arranged in two groups. The first group had from 1/10/2022 to 8/10/2022 and the second group 23/10/2022 to 30/10/2022. The spiritual retreat was animated by Rev. Fr. Johnson OCD; theme being 'The Living Flame of Love'. It was very enriching and fruitful. It has helped the sisters to be bathed in the river of God's love, and fortified with the Spirituality of St. John of the Cross. The retreatants resolved to keep the fire burning in their hearts so that they could become messengers of good news.

This indeed is the day the Lord has made especially for us whom the Lord had gathered together under His wings for these days. We have received so much of warmth and light. Our hearts are filled with immense joy and gratitude for all that we have experienced. We would like to give expression to all that our hearts want to say. Gratitude is the best way for it. All through these eight days we have received God's blessings through different persons contributing a

lot in creating a conducive atmosphere so that we could really get that Divine warmth in our cold and lukewarm hearts. May our holy father St. John of the Cross accompany us throughout our life's journey to sing the unceasing praises of the Most Blessed Trinity.

In the book of Genesis we read Abraham the father of faith and Sarah, who were visited by the God's messengers in the evening of their lives. Abraham and Sarah had nothing to offer them but only the kind gesture of hospitality. The heavenly guests were contented and blessed them in return. Humanly speaking it was impossible what they longed for but the Lord of all possibilities fulfilled their deepest desires. The same God has sent us His messenger in the form of Fr. Johnson. Father too has brought God's abundant mercy and love to each of us. We wish to express a word of gratitude through the following symbols:

**Soil:** it is the essential element for a plant to grow in its fullness. This symbol represents our dear Sr. Divya and her team who prepared for our intense spiritual journey. It is their love towards us, the members of the province, as they arranged this retreat. May God continue to be with them in showing ways and

means for the growth of our province at large.

**Root:** It is the underground part of a plant. The function of the root is to anchor the plant in the soil so that it may withstand all the turbulence. The one and only goal of our life is a joyful union with God. Our spirituality should be the anchor of our life's journey. Fr. Johnson, our retreat preacher, a learned and holy man indeed has helped us to understand the spirituality of our Father St. John of the Cross through 'The Living Flame of Love.' We thank God for the very life of Fr. Johnson who has played an important role in our spiritual journey. We were taken up by the preacher as he showed keen interest in our junior sisters in order to teach them the Carmelite Spirituality, as they are the future pillars of our Institute. May God bless him with good health of body, mind and spirit, that he may continue to enrich many more souls through the teaching of St. John of Cross.

**Stem:** It gives support to the plant. It also functions as a transport system for water and minerals. We thank, praise and pray to God for our dear sisters of the Provincial House Community for their selfless service to make our stay comfortable in this place.

**Leaves:** The leaves by the process of photosynthesis, prepare food for the plant. We thank God for all our candidates and working personnel for their tireless service to keep us physically fit with healthy and nutritious food. Just like Martha they served us so that we could sit quietly at the feet of our Lord. May God bless them and their families

with abundant blessings.

**Grains:** The main purpose of a plant is to produce fruit. We have received God's abundant blessings during these days of retreat. May the Lord enable us to remain within Him and become Him by participation to ourselves and others. We learn to live the Eucharist in our day today life and serve the Lord joyfully in the poor and marginalized in the footsteps of our saintly foundress Mother Teresa of St. Rose of Lima. May the Most Holy Trinity swell our hearts with His love throughout our life.

St. John of the cross calls all of us to seek the same experience he had. He was aflame with the love of God. He not only loved God but those who were around him. We are invited to reach that stage and to seek Him all through our life. The struggle we have in the beginning will be different from other stages but at each stage there is a fight between good and evil. Jesus also invites us to enter through the narrow road. The purpose of life is joy in Christ through union. God created us in His image and likeness but our sinful nature disfigured this image. God in His love and kindness gives us opportunity 'TO BECOME GOD IN PARTICIPATION'. The eight days of retreat has made us to fall in love with the spirituality St. John of the cross. We believe that he will continue to lead and guide us in the path of union with God. The retreat ended with the Eucharistic celebration and with an agape.

Sr. Christie Antoine CSST  
Sr. Punita Rajni CSST  
Eastern Province, Asansol

# Desire for Holiness

*I carry innumerable desires in my heart  
Day and night I toil to achieve it  
From time to time these desires change  
I run after them untiringly.  
I long to fulfil my heart's desire but run after other desires  
Forever forgetting to accomplish my soul's desire,  
Forgetting my real purpose, thus losing track of my goal.  
I give into the desires of the flesh and the things of the world  
Who am I? What is my real goal? Oh! Do I waste my precious life!  
Oh! My soul, return to your factual goal  
Frequently desire to mend your soul  
Let your focus be towards heaven  
Aim high to possess Him, your Master.  
With one foot on earth and the other in heaven  
Desire always to be holy, true indeed!  
Desire and desire till your desire come true;  
Withdraw from the dangerous paths  
That will consume you, my soul.  
May I desire Jesus alone;  
For He is fully, totally and completely mine.  
Then I will know my true self,  
And be holy in His sight.*

SR. SEEMA BARA CSST  
NORTHERN PROVINCE

# 165<sup>th</sup> CELEBRATIONS OF THE BIRTHDAY OF OUR FOUNDRRESS...



The Servant of God, Mother Teresa of St. Rose of Lima's (Foundress of CSST Congregation) 165th birthday was celebrated on 31st January 2023 at St. Teresa's, Ernakulam. It was an august ceremony. The programme began with a solemn Holy Eucharistic celebration in the convent chapel. Rev. Fr. Robin OFM was the main celebrant.

In connection with this event many competitions were conducted in various groups. Essay writing, Storytelling, Poetry writing, Group song and Group dance were some of the events.

The prize winners were given cash awards on the stage during the public meeting. It was the 7th meeting. Ms. Amelia Swer, a native of Meghalaya, was given the award instituted in the name of our Foundress. She was honoured for her outstanding contributions in the Socioeconomic fields.

The function was inaugurated by a famous writer Mr. T. D. Ramakrishnan. The Provincial Superior Rev. Dr. Sr. Vinitha presided over the function. Fr. Thomas Puthussery CMI, The director of Chavara Cultural Centre gave the lecture in commemoration.

Felicitations were given by Professor M. K. Sanu, College Principal Dr. Alphonsa Vijaya, Dr. C. Varghese, Dr. Usha Nair, Sr. Jose Lynette and vote of thanks by Sr. Nilima. At 11.30 a.m. noon meal was served for 6000 people.

### About our Foudress:

The Servant of God, Mother Teresa of St. Rose of Lima, the foundress of the CSST Congregation (1858 - 1902), had led many revival activities in the old Kochi, unfortunately her name has not been written in the social history or educational and cultural fields of Kerala.



It was Mother Teresa of St. Rose of Lima who established an orphanage, an old age home, a treatment centre for the poor, an English medium school for girls and a vernacular school in Kochi along with her foundation for women religious in 1887.

Teresa who left no stone unturned in the path of education was the object of admiration of the King of Kochi but was forgotten by historians. Even though western missionaries were working in Kerala at that time, Mother Teresa worked for social development when the caste system and social taboos were prevalent.

Mother Teresa was actively involved in many sociocultural and economic fields. She also succeeded in imparting human values to the society under the name of mysticism.

During that period when the Avarnas were denied education, some revivalist leaders were very active. The renaissance heroes of those days worked against the caste and colour system and for the rights of the backward classes. Our Foundress gave importance to nation building through women's education. Teresa worked hard for her dream of social equality.

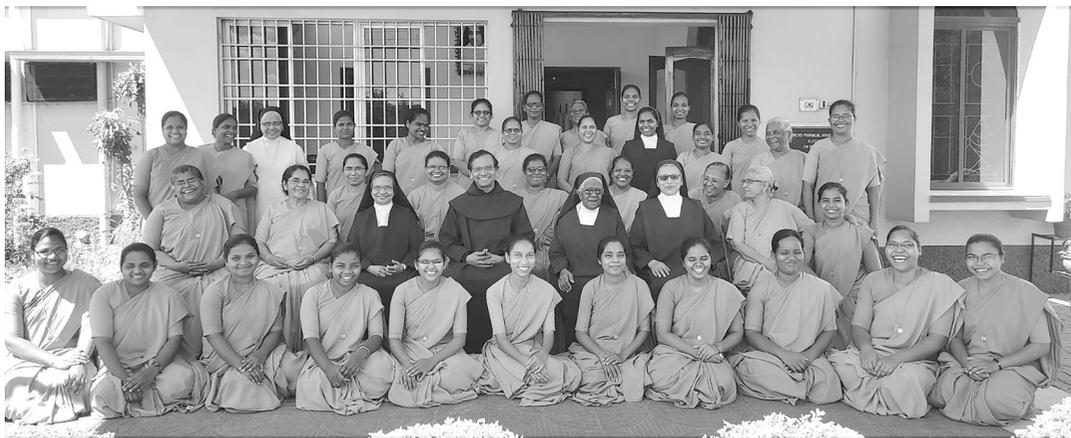
Education was provided for all without caste and economic discrimination. It was a great achievement for Kochi. Mother Teresa was a great person with a glorious insight. The influence of St. Teresa of Avila can be seen in the life of Mother Teresa of St. Rose of Lima. This analysis can be connected with the elements of prayer, love, service and ministry found in the life of Holy Mother St. Teresa of Avila and the Carmelite realm of our foundress Mother Teresa of St. Rose of Lima. We can see that our foundress began everything with perfect faith, inspired by St. Teresa of Avila.

Sr. Smruti CSST  
St. Teresa's College  
Ernakulam

*Fellow citizens, why do you turn and scrape every stone  
to gather wealth and take so little care of your children to  
whom one day, you must relinquish it all?*

*-Socrates*

# Junior Sisters' *Get-together*



As the day drew near we, the 20 junior sisters from far and near arrived at the Provincial House with lot of excitement to meet our companions and to get refreshed ourselves through the renewal course. We had the chance to be together from 28th December 2022 to 1st January 2023.

It is God who arms us with strength and keeps our way secure. From 28th to 30th December Fr. Narendra Singh SJ From St. Xavier's Kolkata enlightened us on the topic 'Consecrated life and Mission'. The talks helped us to deepen our commitment in the Lord. We also had additional learning on phonetics and writing skills. This learning equipped





us to write introduction to different articles, magazines and prayer services. On 31st we had a day of recollection. We spent time in prayer especially thanking the Lord for the successful year 2022 and greeted the first minutes of the new year by wishing one another. On the same day we also had declamation on “Living Flame of Love’. We were evaluated by three judges Fr. Narendra, Fr. Roshan and Sr. Jaya Mary. The prizes were secured by four of our companions. Sr. Mini Badaseth 1st, Srs. Preamsheela & Mridulla 2nd and Sr. Premika 3rd. A consolation prize was given to Sr. Neha.

On 1st January we had an Essay writing competition on our Mother Foundress and the result is yet to be announced.

On this day we had an outing to a close by resort. The Provincial, community members and three priests joined us for the agape meal.

It was an opportune time provided by the Provincial Superior for us to meet and share our joys and sorrows with our peer group. We are grateful to Sr. Divya the Provincial Superior, Sr. Asha Murmu the Councillor for Formation and Sr. Suma the Junior Mistress for providing us with such an occasion. On 2nd January bidding good bye to one another we left for our respective communities.

Sr. Sony Kerketta CSST and Sr. Neha CSST  
St. Teresa’s Provincial House,  
Asansol



# WOMEN EMPOWERMENT IN St. Rita's Muttinakam

Muttinakam community's main aim is to uplift women. For this purpose we have "V" Star, E-star, Flour mill and other activities.

## V- Star packing unit:

V- Star packing unit started with 28 ladies on 22nd August 2016. They do checking, affixing MRP and size according to the instructions of the company. Most of them earn Rs. 8000-10000(piece work) along with PF and ESI. They start the work with prayer and recite the Holy Rosary. They work from 9 am to 5.00 pm. V- star company is pleased with our unit. Loading and unloading is done by the company. Life style of the ladies have improved with this employment. They actively take part in all the celebration. Their performances add more color to each celebration such as Onam, Christmas, St.Rita's day,etc.



## Flour Mill:

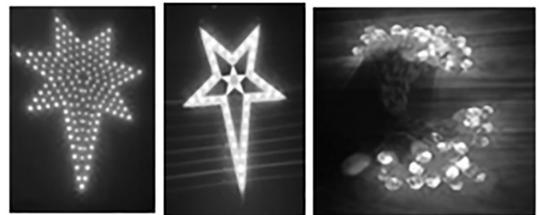
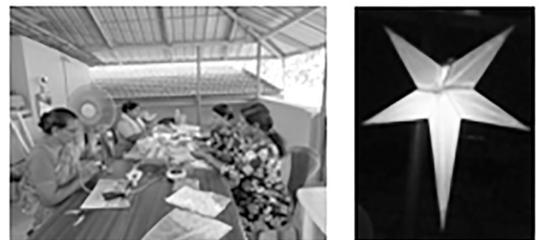
Flour mill began on 10th December 1995. It was an innovative approach in order to enhance employment for women in the village. We provide quality products for the people of the locality. Most of the communities in Ernakulam support this unit by purchasing our products.

Some of the Super Markets in Ernakulam and even the people abroad have great satisfaction of our products. Two ladies are working in the mill.



## E- Star unit:

Assembling serial sets, LED Stars, paper stars, Electric bulbs are the new venture of Muttinakam convent. With the financial help of OFJ Priests we started this unit in September 2022. At first we gave training to five ladies with a proficient trainer of ESSS (Ernakulam Social Service Society). Slowly the number is increasing. At present we have 10 ladies working in this unit. Led Strip



installation, Soldering and checking the products are done by these ladies.

For the Season of Christmas most the families of the parish, Sisters of various communities bought our products and it gave us satisfaction and enthusiasm to do more.

**Seminar and awareness programme:**

On 23rd of January 2023 we arranged an awareness programme for women at St. Mary’s church hall Muttinakam. 50 Ladies from various ‘Kudumbasree’ and Muttinakam parish attended the seminar. There was an exhibition by farmers association of India and the quality of the products is highly appreciated. Sr. Anita, the Social Apostolate Councilor and Sr. Maria Pushpa visited the venue.



- Housing projects, sales and marketing by Dir. Haritha Kendra
- Training on LED bulb ( recycling the old bulb into new- LED clinic)



- Cultivation of mushroom and bees by farmers association of India



- Awareness on poultry farming by CDS chairperson



- Awareness programme on loan and insurance by Multy communication exchange (MCX).



We are grateful to God, our all provider for these productive and life giving activities for the poor and needy in our locality. We request the continued support of our

dear sisters and well-wishes. We keep you and all our benefactors in our daily prayer.

**Sisters at St. Rita's Convent,  
Muttinakam**

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# NOBILITY

*I met a stranger in the night  
Whose lamp had ceased to shine  
I paused and let him light  
His lamp from mine.*

*A tempest sprang up  
And shook the world about  
And when the wind was gone  
My lamp was out.*

*But back to me the stranger came  
His lamp was glowing fine  
He held the precious flame  
And lighted mine!*

*That day is best wherein we give  
A thought to other's sorrows  
Forgetting self, we learn to live  
And blessings born of Kindly deeds  
Make golden our tomorrows.*

*Sr. Marcellita csst  
Avila Convent  
Mysuru*

# CARMEL CONVENT, SECTOR 7/D FARIDABAD CELEBRATES 50 GLORIOUS YEARS

Carmel Convent, Sector 7/D, Faridabad celebrated its 50 glorious years in the service of the society in field of imparting education and values. On 15th and 16th December 2022, we celebrated the Golden Jubilee with the Thanksgiving Eucharistic celebration. The Golden Jubilee celebration commenced with a thanksgiving prayer service which was held on December 15, 2022. The Sisters from the neighbouring community and other invited Sisters were present for the same. This was followed by a meaningful Eucharistic celebration in the beautifully adorned school hall at 3 PM on the same day.

The chief celebrant of the Eucharistic celebration His Grace, Archbishop Anil Joseph Thomas Couto congratulated the Sisters for their valuable service in the Archdiocese of New Delhi. All the

CSST who worked in Carmel Convent as Superiors and Principals were invited to grace the auspicious occasion with their benign presence. The atmosphere in presence of all the venerated guests was immensely brimming with joy, peace and devotion. To honour the heritage of the school, all the Educators, Staff members and students worked wholeheartedly. The school was magnificently decorated with flowers, golden balloons, twinkling lights and the stage was adorned with a tree of wisdom bearing the names and photos of all the Reverend Sisters, without whose contribution this triumphant day would not have been witnessed. From its humble beginnings in 1972, Carmel Convent School has grown leaps and bounds in these years with its massive campus and colossal building, equipped with technologically advanced Classrooms having smart boards, Computer Labs, Science labs, spacious playground and library with a diverse range of classics, literary and academic books. The school has truly augmented its strength under the able guidance of numerous Superiors, Principals and Educators from distinct backgrounds. The students of the school have excelled not only in Academics but also in Sports and other cultural and social activities. In order to pay homage to the school's illustrious legacy, the carmelite sisters donated two E-Rickshaws, two vegetable carts and five sewing machines to the needy, to keep up the spirit of altruism,



embodying Mother Teresa's words "It's not how much we give but how much love we put into giving." "A life not lived for others is not a life."

The two days programme was organised in the school playground where the esteemed dignitaries Reverend Archbishop Anil Joseph Thomas Couto, the Superior General Sister Chris, the Provincial Sister Divya and the respected



and a huge round of applause by the parents who joined the celebration to make it all the more special. To honour all the distinguished people of high ranks, a melodious welcome song was sung followed by a lighting of lamp and a prayer dance to invoke the blessings of the Almighty.

A warm welcome speech to pay tribute to the Almighty and welcome all the esteemed guests was bestowed to the renowned dignitaries, distinguished guests and parents.

The excitement and the joy in the audience doubled up on witnessing welcome dance by LKG students.



Chief Guest Dhanesh Adlakha were welcomed.

On the second day, Dr. Garima Mittal, IAS Officer (Haryana Urban Development Administrator) graced the occasion with her presence. All the distinguished people were welcomed with the thumping of synchronised beats by our band students

In order to pay homage to our foundress, 'Mother Teresa of St. Rose of Lima', an insightful skit was enacted to depict her journey, contribution, challenges faced and sacrifices made in the past years which led to the formation of a magnanimous institution like Carmel Convent School. The enactment in its true essence through dialogues, stunning visuals and an innovative chess dance which was symbolic of the victory of good over evil showed the involvement of Mother Teresa in spreading the light of





God's love through her quest for human rights, caste reconciliation and gender equality. She envisioned a new world committed to women's empowerment and upliftment. Her vision led to the foundation of the institution engaged in the quest to impart holistic education without discrimination on grounds of caste, religion, and creed. This was followed by an address by our Respected Principal Sister Asha Agnes who enlightened the audience about the incredible accomplishments of the school and accolades won by the students at various levels, thus unfurling their glory in all horizons which truly filled the parents with a sense of pride and gratitude.

Reverend Sister Asha Agnes exuberantly congratulated everyone on completing the milestone of fifty glorious years and her remarks "It is not joy that makes us grateful; it is gratitude that makes us joyful" made everyone delighted. In order to celebrate this joy and express our sincere gratitude, Carmel Convent honoured the contribution of all the Reverend Superiors and Principals who worked in the institution wholeheartedly during their tenure by felicitating the sisters with a sapling and a shawl as a token of love for their service.

A dance on the theme "Jump into the light" by UKG students enthralled everyone with their enthusiasm and

foot tapping music. This was followed by an enactment of a classic play "A Christmas Carol" by Charles Dickens. The play was perceptively watched by the captivated audience who were inspired by the profound message of the play. The programme then unveiled a dance performance which exquisitely depicted the journey of the school with songs filled with optimism. A dance bearing the theme of 'Mother Nature' enchanted the audience.

The school's involvement in the sports and yoga was adroitly demonstrated by a Yoga performance which imparted a message that "All progress takes place outside the comfort zone". The students who were felicitated with medals at district and state level in various sports graced the stage with their triumphant and enthusiastic presence.

The celebration continued with a grand opening of the series of dance performances of nine different states which was endowed with the message of Unity in Diversity which truly is our school's fundamental principle.

The dazzling show culminated with a radiant grand finale in which students from various performances came together and released the golden balloons in the air.

The school was truly blessed to have His Grace Archbishop Anil Joseph Thomas on the occasion of Golden Jubilee. Reverend Archbishop Anil Couto congratulated the congregation of Sisters on completing fifty glorious years and prayed that the school keeps on marching on the path to transform lives with the tool of real education.



The words of wisdom and profound insight by the Superior General Sister Chris deeply enlightened and filled

path. The two days of golden jubilee celebration marked the remembrance of tons of blessings coupled with gratitude to achieve the milestone of 50 years bestowed on the institution by our gracious Lord. The celebration of 50 years is a perfect embodiment of joy, gratitude and new learning for the entire institution. The celebration truly inspires



everyone with elation and inspiration. She graciously congratulated the 'temple of learning' on completing half a century and remarked that it's not the number of years which matters but the number of lives that the institution has sculpted by dispelling the darkness of illiteracy and spreading the golden light of constructive learning, moral values and altruism.

all the Carmelites to leave a legacy of imparting meaningful education and moral values that shapes the future of mankind.

From : SISTERS OF CARMEL CONVENT  
SECTOR-7, FARIDABAD

The vote of thanks on Day 1 was given by our Manager, Reverend Sister Punita Rajni and on the day two by the Assistant Provincial Reverend Sister Prasanna. The culmination of the ceremony filled everyone's heart with devotion to lead the institution on the righteous





Christmas celebration at Gwalior



Its my home



Glimpses of Senior Sisters Day



Our Experience in Kandamal

# FEAST DAY OF SR. CHRIS AT PROVINCIAL HOUSE, KERALA



**LORD, YOU ARE MY HOME**

