

# THE APOSTOLIC CARMEL

## KARNATAKA PROVINCE

*Come,  
Let Us  
Adore  
Him*





**Venerable Mother Veronica  
of the Passion**

*Birth Bi-Centenary*  
**1 October, 1823 - 1 October, 2023**

*Gratitude for Two Hundred Years  
of Blessings*

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# EDITORIAL



A broad smile, a word of cheer, a bit of love from someone near, a little gift from one held dear; best wishes for the coming year... Yes indeed, 'Christmas' is a Festival of Love and Brotherhood. Where there is Faith, there is Love; where there is Love, there is Peace; where there is Peace, there is God: and where there is God, there is no Need. This ought to be true but alas, it is far from reality.

Benjamin Franklin says, "A good conscience is a continual Christmas". Roy L Smith says, "He who has not Christmas in his heart will not find it under a tree." How true both these quotes are! A good conscience is also called a soft pillow for a good night sleep. Both conscience and heart are indicators of a good person. While we are in the grip of war, we surely ask the question: where is the conscience or the heart or humanity?

'*The Blood Donation Drive*' held at 10 different locations in Karnataka, in memory of our founder, collecting 786 units of blood and making it available for the needy, has been a great venture. Besides, a solemn Thanksgiving Eucharist in all the parishes, where our convents exist, a family get together in each of the convents and outreach programmes, are some of the ways by which we made known our founder.

The question is asked who is the founder of the 'Apostolic Carmel' today? A million-dollar question to be answered by

each of us. Yes, it is I who needs to tune tomorrow's beats and the memory of the Apostolic Carmel by the witness of my life today. May both events ring the tinkling bells constantly within our hearts so that our founder is truly proud of us!

The Provincial Superior, the Provincial Team and all at Provincial House wish you the gift of Happiness, Love and Peace this Christmas!



**Sr Rose Agnes A.C**  
***Editor***

# 'The Long Search for Foothold ...Bayonne'

- Sr M. Sylvette A.C.

St Ann's Convent, Mangalore

Venerable Mother Veronica was a chosen soul, entrusted with a great mission. God revealed His plan to her in different phases and each time, she responded wholeheartedly. She was first called to enter the Catholic Church, then to join the Congregation of St Joseph of the Apparition. And when she was feeling fulfilled in carrying out its mission in India, she received a call to enter Carmel and start a Carmel for the Mission – for the faith formation of Catholic girls along the West Coast of India. After a long struggle she obtained the necessary permission from Rome to leave her beloved congregation, to found '*Carmel for the Mission*'. To do this she had to imbibe the spirit of Carmel, hence she entered the Cloistered Carmel of Pau, in France.



Her stay at the Carmel of Pau was the springtime of her soul. The Father General of the Discalced Carmelites had written to the Prioress of the Carmel of Pau that Mother Veronica was to make her profession in the Third Order Regular which was to be founded in India. After imbibing the spirit of Carmel, Mother Veronica made her Profession. At this ceremony, Sister Mary of Jesus Crucified saw a great cross hover over the prostrate form of Mother Veronica. The holy cross was to be her portion until her death, says Mother Veronica. She felt its presence from the moment she set out on 15 December 1867, in search of a foundation for the Apostolic Carmel. But this project of Carmel for the Mission was only a seed sown in the earth. It had to die first, then revive slowly and give forth little sprouts until it could grow into a mighty tree in the distant future.

Yes, the founding of the Apostolic Carmel was an uphill task. Mother Veronica's journey finds a parallel in the journey

of Mary to find a place to give birth to Jesus, except that Mary was accompanied by Joseph and they knew the town they had to go but not the place where they would get lodging. In the case of Mother Veronica, she did not even know where “her Bethlehem” was hence she had to cross the length and breadth of France to look for a place to start her foundation.

Like Mary and Joseph, she set out on a cold winter day. She very much wanted to spend Christmas in the monastery at Pau but Mother Elias bade her proceed with the mission entrusted to her. So, she set out all alone, disguised as a traveller – a black skirt and mantle over her habit and a hat with a long black veil. Is it surprising that people took her to be an adventuress, a run-away nun!

Mother Veronica had thought that she had been assured of a place in Annecy to start a foundation for her new Congregation, but her visit to the Bishop of Annecy proved otherwise. He suggested that she try at La Roche, a small town hidden away in the valleys of Savoy. Arriving there, Mother Veronica found it to be a barren and icy place. Her soul too felt barren because she was not accepted there, to the extent that the local priest refused to hear her confession and she had to go to the neighbouring village where she received absolution from the Capuchin Friar.

La Roche was not suitable for a foundation. From where would she get candidates for the new congregation and if she got some, would they be able to survive in this surrounding? From where would she get help to build the convent, get spiritual help for the members, etc etc. The only solution was to move elsewhere. But to move out of Savoy and search for a more suitable place, she needed permission from the Carmelite Father General and that was not forthcoming for about six months, the reason was that he was ill and was not aware of the dilemma Mother Veronica was facing. When he came to know of her situation, he gave her permission to search elsewhere for



the foundation but unfortunately his letter did not have the seal of the order. Thus, she became a suspect when she sought help from different Carmelite Houses and was considered a runaway nun.



Her journey was long, tedious and seemingly fruitless. From Savoy to Lyons, then to Montpellier, then Carcassonne and Agen with no prospects of getting a place to start the new foundation nor candidates to be trained for the

mission. At Bordeaux, when she was planning to return to Pau in utter frustration, Fr Athanasius of the Immaculate Conception came to meet her and showed interest in her and the mission entrusted to her. He told her not to give up and offered to help. He also promised to send some candidates as soon as she had a house.

Mother Veronica returned to the Carmel of Pau empty handed, wishing to join once again the Carmel of Pau. But the Prioress, Mother Elias, told her to go to Bayonne, to meet the Prioress, Mother Dosithea, who had promised to give her their outhouse for the starting of the foundation of the Apostolic Carmel. It was then occupied by tenants who would leave soon. The Great Carmel sisters had occupied it when the convent was being built and then it was let out to tenants. Mother Veronica felt that it was the place God had chosen for her to start the Apostolic Carmel, for on entering it, joy and peace filled her heart. She then went to meet the Bishop of Bayonne, Monsignor La Croix, who received Mother Veronica with paternal kindness and gave her permission to start the foundation for a Third

Order in his diocese. Mother Veronica happily returned to Pau and stayed there until 14 July. Mother Veronica also received the approval of Fr Dominic, the Carmelite Father General, to set up the foundation at Bayonne.

On 14 July 1868, Mother Veronica left for Bayonne and stayed with the Great Carmel sisters of Bayonne, to keep the new house ready for habitation. Much work had to be done because it was in poor condition. Once again, we have parallel between the place of birth of Jesus and the foundation house of the Apostolic Carmel at Bayonne. Mary and Joseph, after a long search, found only a stable at Bethlehem to give birth to Jesus. At Bayonne, the lower part of the house they had acquired, was paved with stones and over-run by all the animals one finds in a farm – cows, pigs, rabbits etc. Hence Bishop Marie Ephrem, referred to it in one of his letter thus - “you are installed in your Little Bethlehem”. Just as Mary and Joseph accepted their situation, so did Mother Veronica. She converted this run-down house into a foundation house of the Apostolic Carmel.

Thus, we see that after a seven-month search for a Foundation House, Mother Veronica found a place at Bayonne where she could start the Apostolic Carmel Congregation. Like Mary who was chosen from all eternity to give birth to Jesus, the Redeemer of the world, so too was Mother Veronica chosen by God to give birth to the Apostolic Carmel. In course of time both walked the uphill road to Calvary and both were abundantly rewarded. And because of this, the Apostolic Carmel has survived and blessed until this day. And it will not only **survive** and **be blessed** but **flourish**, provided we, the Apostolic Carmel sisters, walk in her footsteps and say ‘*fiat*’ at all times and in all situations.

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# Mother Veronica Lives on...

- *Sr M. Reethika A.C.*

*Maria Nilaya, Bidar*

During my youth, my mind was constantly preoccupied with questions about my future. However, when I turned 16, I found myself contemplating deeper inquiries: "What is the true purpose of life? How can I lead a more meaningful existence?" It was time to leave the comfort of my home and carve a decisive path for my life and future.



As the years passed, I gradually realized that God was unveiling answers to my inquiries, one revelation at a time. The initial spark was ignited after completing my first year of technical studies when I participated in the Vocation and Faith Formation camp. A sister approached me with a query: "Would you consider becoming a Sister of the Apostolic Carmel?" Without a definitive response, she extended her hand and gifted me a pictorial book about Mother Veronica.

At that moment, I paused and reached out to God, silently asking, "Is this Your divine guidance? If so, where, how, and when?" I firmly believe that God spoke to me through my Vocation Promoter.



Upon returning home from the camp, I leafed through the book. As I delved into its pages, my interest grew, ultimately leading me to read it, cover to cover. In the stillness of my heart, I heard God's gentle whisper: "Somewhere out there, someone requires your service. Will you answer the call?" With humility, I responded to God's summons.

The novitiate period laid a strong foundation for my consecrated life. After two years in the novitiate, I took my first vows, dedicating my entire existence to God. The life and teachings of our Founder, Mother Veronica, served as a steadfast source of inspiration, reinforcing my commitment to follow the Lord unwaveringly. Neither pain, nor suffering, nor misunderstanding could deter my journey in religious life.

Each day, I embrace my consecrated life with unwavering love and commitment. My journey is marked by numerous challenges, yet God has faithfully provided me with strength, courage, and solace during trying times, as well as periods of abundant joy and happiness. I continue to serve Him wholeheartedly anywhere He calls me to. I often reflect on the resilience of our Founder, Mother Veronica, who endured trials and tribulations without yielding. In my most challenging moments, I cling to the Cross for strength.

My life is an odyssey of faith and trust in God's providence. Now, as I serve in the Mission Station, I feel a physical distance from the sisters I hold dear. I have left my boat behind, trusting that God will provide everything I need. The more I empty myself, the more God fills me with His grace and blessings. He will always be by my side, and as I draw closer to Him, He draws nearer to me. The words of our Founder, Mother Veronica, resonate deeply within me: "Your grace alone, Lord, is sufficient for me" as I continue my journey of faith. Yes indeed, Mother Veronica lives on, and through the instrumentality of my life she lives on for others...!

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### **8<sup>th</sup> Beatitude of the 'Laughter - Makers'**

**"Blessed are those whose laughter cures, triggers and spreads Joy and Happiness of Heaven to all."**

*- Sr M. Grecilda A.C*

# Celebrations Galore ....!

- *Sister M. Freda AC*  
*Veronica Vihar*

1 October 2023 was a momentous day, as we, the sisters of Apostolic Carmel (ACs) celebrated the Bi-Centenary Birth Anniversary of our Foundress Venerable Mother Veronica. Being a Sunday, we rose early and set the tone to worship the Lord in thanksgiving and praise with the Morning Prayer. We offered our intentions to the Lord through our beloved Mother Veronica's intercessions, so that we emulate her life of holiness and selfless service.



On the previous day, Sister Suguna, the Superior of Bal Yesu Nilaya and our tertians had decorated the altar with flowers and Mother Veronica's plaque was kept ready to be unveiled. The altar and the decorations presented a festive look indeed.

The Holy Eucharist was in the Parish at 7.00 a.m. On the previous day, Sr Melissa had informed us that Mount Carmel Central School bus would take all the Sisters, tertians and novices to the parish. It was a very kind and thoughtful gesture from her to help us. The Thanksgiving Holy Eucharist was offered by the AC's. The novices and the tertians led the entrance procession with 'diya' (lamps) followed by the Celebrants. An appropriate introduction with PPT was given by Sister Freda. This was followed by the unveiling of the photo of Venerable Mother Veronica by the Parish Priest and a floral tribute by the two con-celebrants and the local superiors of Maryhill campus. After the Holy Eucharist, a piece of cake and a book mark of Venerable Mother Veronica were distributed to the congregation.

This was followed by the inauguration of the Blood Donation Camp at Mt Carmel Central School, in collaboration with A.J. Hospital. The dignitaries present on the dais were: Dr Amitha Marla, Director, Medical Administration as the chief

guest; Dr Aravind P, Blood Centre Officer, A.J Hospital; Sister M Melissa A.C. , the Principal, Sister Leela, Superior of Maryhill, Sister Suguna, Superior of Bala Yesu Nilaya, Sister Freda, Superior of Veronica Vihar and Carol Pais, the vice president of PTA. A total of 64 units of blood was collected. We are grateful to the donors for donating blood on the significant occasion of the Birth Bi-Centenary of our Foundress Venerable Mother Veronica, a valiant woman who gave life to the society.

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## Don't be "A negative"; be "O positive"

- Sr M.Reena A.C

*Mary Immaculate Convent, Bangalore*

"Being the link from vein to vein, from the donor to the recipient, and to see that connection of life is very powerful". Blood + Blood + Blood = Life was the ringtone echoing in everyone's heart as we, the sisters of Mary Immaculate community, had organized the Blood Donation Drive on 9 September this year, to mark the auspicious occasion of the birth Bi-Centenary of Venerable Mother Veronica, in collaboration with St John's Medical College and Hospital and Kidwai Hospital. We were indeed thrilled to have Dr Sr Ancilla A.C., the General Councillor for Education and Sr M. Aradhana A.C., the Secretary General, our Parish clergy and Doctors Parimala and Deepa from John's and Kidwai hospitals and the PTA Vice President Mr Zafar.



Our dear Superior Sr Celine Vera A.C. welcomed the gathering with words of appreciation and encouraged many to donate blood. Dr Sr Ancilla A.C. addressed the gathering on the significance of the birth Bi-Centenary of Venerable Mother

Veronica. Sisters worked hand in hand with the staff. Each life saver was given a certificate and a sapling as the symbol of life.

We were all excited to donate blood but we had to pass the test in order to be eligible and the pass marks were 12.5g/dL and above. Unfortunately many experienced failure and others had high sugar / B.P / cholesterol. However I was privileged to clear all the tests and be a donor. Sisters who were unable to donate blood were very sad and some of them even shed tears. But God gave me an opportunity to donate blood to save life. I became the reason for someone's heartbeat by donating blood. It is not my first experience, I have been advised by the doctors to donate blood once in two months or three months, I was doing it regularly. But this was a unique experience wherein I was very much touched by the people who had come from different places to donate their blood with joy and exuberance. Some of the people went back very sad because they were not qualified to donate blood due to poor health conditions. For me it was a spiritual experience too because our founder, Venerable Mother Veronica, in one of her quotes says "God loves the cheerful giver" so I was glad to donate blood and be the cheerful giver for someone who might require blood because of accident or any other serious sickness.

So I am grateful to the Provincial Superior and the team for this wonderful project so that we can become the reason for someone's restoration to health by donating blood.

Stay fit, eat right and donate blood...!

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**"God loves a generous giver"**

**- Ven. Mother Veronica**

## 'Close Down' Bishop's Order....\_

- *Sr M Flavia A.C.*  
Seva Ashram, Pavur

We can well imagine how our dear Foundress Mother Veronica felt when she was asked to close down the Little Carmel at Bayonne. Both, the Great Carmel and Little Carmel, from where the sisters had been sent to India were under the jurisdiction of Bishop La Croix who was the Bishop of Bayonne. Moreover, the Little Carmel was a new venture, the establishment of which he had permitted. The first rumblings of trouble in Mangalore were followed by the return of Sister Agnes to the little Carmel, then the long letter from Bishop Marie Ephrem, the return of some more sisters from both Carmels, and finally, the return in disgrace of Sister Mary of Jesus Crucified, in whom Bishop La Croix's faith had never faltered. His reaction was a drastic one. He forbade any Carmelite from his diocese to go to Mangalore thenceforth and thus the doors of the Apostolic Carmel in India were closed once and for all to Mother Veronica.



Mother Veronica's material resources in the little Carmel were very low; in fact she was in debt. In the past she had relied on Bishop Maria Ephrem for money. Earlier in 1872, she had sent two sisters across France to collect funds to construct the building. This had alienated Canon Inchauspe and he kept away from Mother Veronica for some time. He found these projects on Mother Veronica's part foolish. Being the Director of the house, he explained, "I would be held responsible for these actions and I withdrew completely." Such behaviour on his part pained Mother Veronica very deeply. Mother Veronica felt completely deserted, especially by those closest to her. Even the sisters of the Cloistered Carmel at Bayonne who had always been so kind, turned against her. The only friend who



continued to be faithful to Mother Veronica was Madame Gil. She was generous in seeing to their needs.

At this time, Mother Veronica had begun to feel that there was something radically wrong with the little Carmel than just material poverty. As a community, they did not have the same grace anymore as in the first years. There was not the same union, the cordial affection and the charity as of old. Mother Veronica adds, I must say, "To my great regret that I treated my poor children very harshly, which estranged them from me, at least some of them. One by one, the sisters left, till only eight remained."

Mother Veronica could see now that the little Carmel had no purpose to serve. Bishop La Croix and Abbe Manaudas also advised her to close it down. Bishop La Croix's recent decision that no Carmelite from his diocese would go to India just broke her heart!

Her last day at Bayonne, she confides, "were really an agony for me and for the poor children who were left to me. Taking away the habit from those who were returning home reluctantly, gave her much pain." Bishop La Croix had already dispensed them from their vows. Mother Veronica could see the community which had cost her so much, being destroyed. Mother says, "My heart suffered so much". She confesses, "that it seemed to become insensate, one had to have a special grace not to succumb under it, and God gave me that grace."

No one was interested in Mother Veronica or the little Carmel any more. Only Madame Gil remained faithful and she took charge of the expenditure of shifting everything that could be carried away from Bayonne to Pau. Mother Veronica was already broken in body and spirit. When everything had been seen to, only the last mass remained to be celebrated and the last host consumed. Madame Gil came with Pedro and his Tutor who celebrated the mass, with Pedro as server. After giving every one communion, the priest consumed the remaining

Sacred Hosts and from that moment, the Little Carmel became empty, for Jesus was not there – and neither could Mother Veronica remain there any longer. The same evening, as it was getting dark, Madame Gil came with a vehicle to take Mother Veronica and the three sisters to spend the night at her place, so that they would not be noticed. While leaving the convent, Mother Veronica had no desire to say good bye to anyone, not even to Bishop La Croix. Next morning Madame Gil took the nuns to the railway station to catch the train to Pau. Mother Veronica says “I was going to enter for good, my dear Carmel”. However, Mother Veronica great trials and sufferings for five long years at Bayonne, would not be in vain. But also she would not see the buds burst forth or the fruit ripen. Hers was to be the Path of “Nada.” The child for whom she had suffered birth pangs would be taken out of her hands forever.

When she closed down the little Carmel of Bayonne and returned to the contemplative life of the Carmel of Pau, we realize that there she will, at last be in her elements. She will find peace once and for all, for here when all is said and done, is where God wanted her!

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## **Gift of life, Brings Sunshine...!**

- **Shanthi Nilaya Community, Nanajangud**

What is unbuttoned in this folio is not a compendium of the feat of acquirement but a testimony of synergy, not a magnification of the coactions but a commemoration of the towering personage, the strongest with strength of the will, the richest with riches in purpose and the noblest with nobility in the spirit - Venerable Mother Veronica. Her selfless act is a testament to the conspicuous competence of metamorphosing lives.

We were all excited when the Provincial Superior's proposition to marshal a blood donation drive to commemorate the Bicentenary celebration of the birth of Mother Veronica on 1 October 2023, came to us. Drawn towards the proposal, we took a lead in that direction. The admonition from our adjoining Convent - Sisters of St Charles Borromeo, who are functional in running Karunalaya Hospital gave us a thrust to take up this venture.

A core committee meeting in conjunction with Mr Mohammad Ibrahim, Director of the Blood Bank, St Joseph's Hospital, Bannimantap, Mysore, bolstered us to fathom out the exigency concerning blood donation. This acquaintance propelled the staff, the students, the parents, the parishioners and the ex-students to donate blood.

Every instant became cardinal to the day - 1 October 2023. The epitaphic service started with Sr Maria Lorna A.C. who drew an influx to bring out the weightiness of the day. The Festal Mass by our Parish Priest, Fr Anthappa, together with our parishioners at Carmel English School domain infused immaculate bliss. The Parish choir spruced up the festivity. Prayers of the Faithful were well-marked by the prayers for diverse requisites, principally for the blood donors. The upcoming event on hand was the apportion of breakfast for all, inclusive of the blood donors.

An extensive inaugural programme of Blood Donation drive laid out by us in alliance with St Joseph's Hospital, Mysore was catalyzed with an explicit prayer service piloted by Sr Maria Myrtle A.C. and Sr Renita Baretto A.C. The camp was inaugurated by Mr Darshan Dhruva Narayan, MLA, Nanjangud Constituency by turning on the lights on a portrait of Venerable Mother Veronica. The other luminaries who bedecked the dais were M. Kalale N Keshav Murthy, ex-MLA, Nanjangud and Mr Mohammad Ibrahim, Director of the blood bank. The blessings of Rev. Fr Anthappa, Parish Priest, Infant Jesus Church, Nanjangud, armoured the camp. Sr Maria Kirthan A.C.,

Superior, Shanthi Nilaya Convent, welcomed the convention. Sr Maria Gracy A.C. and Mrs Sowmya came out as the masters of ceremony. Endorsement of the presence of the dignitaries through felicitation with a shawl, garland, mementoes and fruits and a good gesticulation was a pleasantry. Hard work always pays off. The speech was the spotlight of the dedicated and devoted service of our institutions. It was deeply appreciated.

120 blood donors, the life changers, gifted life to the indigent. Kits and certificates were handed over to all the blood donors. They are entitled to the credence of this epic success. Together we can do so much. A genteel vote of thanks by Sr Caroline A.C. induced a formal finish. A hymn to Venerable Mother Veronica was rendered as a finisher.

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## Life Bestowed Today

- *Sr M. Sannidhi A.C.*  
*St Agnes Convent*

1 October 2023 was a remarkable day for every A C Sister as we commemorated the Bi-Centennial Birth Anniversary of Venerable Mother Veronica, our Founder. God gave her life and she multiplied this life for generations through the Congregation she founded. This significant celebration is the evidence of her total invigorating presence in the world. Her self-effacing act has borne countless blessings on our congregation that undoubtedly, is passing on the same legacy to millions of lives around. – ‘the legacy of giving life through our mission.’



- **Life giving Mother** – Mrs Marina Haultain rejoiced at the birth of her eldest daughter Sophie Leeves and we rejoice at the birth of our Mother, Venerable Mother Veronica. Sophie Leeves alias Mother Veronica, a young Anglican

lady played a vital role in the birth of a new congregation- 'A Carmel for the Missions.' God chose her singularly for a great cause. Once she discerned the will of God, she kept on obeying the spirit and continued to dedicate her life. The fruit of her sacrifices are evident in the glorious achievements of the Apostolic Carmel Congregation. The motto she clung to — 'God Alone Suffices' — has borne multiple blessings in her life as well as in the world. Her life giving act was distinctly portrayed in her obedience. We at St Agnes Convent celebrated this event through various activities in the institutions of the campus namely – Staff get together with the retired members, screening of the movie 'Strange Destiny' to the staff and students, service learning undertaken in her memory, various competitions and so on, all of which conveyed the message of her life to all.

- **Life giving Eucharist:** Eucharist is the synonym for life. This was the turning point in the life journey of Venerable Mother Veronica that directed her constantly towards the light house - Jesus. The Eucharist reminiscences the life-giving act of Christ to save mankind. Therefore the Eucharist is at the core of one's life, more precisely of consecrated life. The celebration of every Eucharist is a commemoration of Christ's sublime offering and a mission entrusted to every participant to do the same. The solemn Eucharist offered on 1 October was a fitting memorial for connecting the life-giving act of Mother Veronica under the Lord's command to imitate him. Along with our ACA's, CB's and hostellers, we offered the thanksgiving Mass at St Sebastian Church. Fr Archibald Gonzales gave a fitting homage to the life of Mother Veronica by recalling her great sacrifice for the church.
- **Life giving Act – Blood donation:** Among the many significant ways of sharing life, blood donation is prominent. The one who is willing to give his/her blood is saving 4 people at a time. Motivated by Dr Shantharam Shetty, the Chief Guest

at the Blood donation camp, many people volunteered to donate their blood for a noble cause. St Agnes Convent was able to find 100 donors although many willing souls were not eligible. Some of our sisters generously offered to donate blood. 15 minutes of sharing blood would save so many lives. Venerable Mother Veronica's legacy to give life to others was symbolically achieved in this manner on 1 October. The day came to an end with much satisfaction that it was worth doing it!

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## My Experience of the Project...!

- *Sr Sylvia Soares A.C*  
*St Mary's Convent*

Karl Landsteiner at the University of Vienna, discovered why some blood transfusions were successful while others could be deadly. He identified three types called A, B, C (C was later to be renamed O). In 1930, he received the Nobel Prize in Physiology and medicine for his work.



Well, let me come to the point of our Blood Donation Camp experience. When the Provincial Superior, Sr Shamita's circular was read in St Mary's convent, we realised that the strongest message was that Blood Donation Camp should be organized in our Institutions, the exclamation of many of our sisters was, "O My God!"

I am an ordinary person and I too joined them saying that Alas! Has this camp to be launched in our Institution? I had no words to say 'yes' to it but I did abide by the community programme.

In my earlier days I had read in our parishes (about blood donation) example ICYM, Catholic Sabha and two or three hospitals. I never gave a thought to this and forgot about

the campaign as early as possible. I did not look at the flex, advertisement and colourful and attractive banners around the Parishes. Now I had to read about the same from our community WhatsApp group.

I was nervous to see the notice board in our community room. Our superior brought the blood donation camp notice and read it in the community thrice and had meetings several times and she said that sisters could help out to find donors for this cause among our students' parents, friends and they should be between 18 and 60 years old. We courageously started browsing in the website, Google, Facebook and Instagram to proceed with the venture.

When the blood donation camp date approached, I saw our sisters mobile status in a creative, attractive and colourful way—presenting the advertisements. We too encouraged others to publish our ad. and received many viewers who congratulated us on our project. Thanks to God for this new venture in our province.

I came across many advertisements such as

- "Donate blood Donate Lives"
- "Donate blood save lives"
- "Give a gift of life, Donate blood"
- "15 minutes can save 3 lives. Donate Blood".
- Donate blood and you can make a huge difference to Someone in need."

1 October dawned and after reading the above slogans, I too went to help the nurse in testing the blood count of those who had lined up near the school campus. Those who tested their blood had different counts. I recognized so many Lab technicians, Doctors, nurses and their helpers. God bless their hard work.

John 3:16-17 "For God so loved the world, that He gave His only Son to the world." God the Father donated His Son's whole body to us so that we too can and should donate blood to others.

Four of our sisters generously stretched out their hands and tucked their sleeves readily to donate blood and save others. God bless them with an extra ounce of blood. I failed to be a donor due to high sugar level. Sisters were cheerful and extra vibrant to serve the community. God be praised and extolled forever. Indeed, this project brought the community together to work together for the benefit of the needy.

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## RESTLESSNESS

- *Sr M. Shalini AC*  
*Yesu Prem Niketan*

**God Alone Matters! God Alone Suffices!**  
Oh, this makes an AC restless. Only if one has met God in prayer and contemplation, he/she will be restless until she shares that experience of God with others. This is our mission.



Restlessness is seen in children when they are asked to sit and study as they are eager to play outside or play video games, spend time speaking to their friends and so on. Elders too are get restless regarding their work, business, planning how to increase their income to make big money. As the modern world demands too many things, restlessness enters. The education of the children, the future of their children, daily maintenance of the house etc. all demand work and money. This brings in a lot of restlessness in people. It is part of the life of the people. Their worries increase and with it, challenges also increase and at times relationships are broken. It leaves one restless to mend the broken relationships whether in the family or at the work place or in the society. Peace is stolen, hope is darkened, love is diminished. One feels it is not possible to relax, or smile or laugh or remain calm. All



this makes one restless, especially the married people. This restlessness leaves people with sickness which drains their hard-earned money. Even the religious are caught up due to stress and strain faced in personal life, community life, and mission.

Here I move the focus on us, the AC sisters. Can we boldly and with conviction say “God Alone Suffices” or “God Alone Matters?” For Venerable Mother Veronica, God alone mattered. And this made her restless from her childhood. We know how she looked for churches where the Blessed Sacrament was reserved. This was her attraction and with the strength she received she could move boldly and courageously.

Even before she became a catholic, because of her restlessness, thirst and hunger, she deeply desired to be gripped by the love of Jesus, and give her total self to him. Mother Veronica’s whole life was a life of restlessness. Her zeal, mission, obedience, God’s will and so on made her restless too. She could say “Obedience is my life.” As for myself I was not afraid of anything. I was ardent and full of zeal to begin my work among the people whom St Francis Xavier had evangelized. (Mother Veronica, Autobiography, pg.51)

An AC is called to have God – Anchored Restlessness. Resurrection resembles the restlessness of God, God’s affectionate and passionate search for human soul. The Holy Bible from the beginning, is the story of the restlessness of God. God in His restlessness wanted intimacy with humanity. In His restlessness God wanted to raise the human being to his own form while the human being wanted to be part of the divine wholeness in order to find meaning and goal in his life. We do see such restlessness of God in the life of our beloved founder too. If we read the lives of saints, we see restlessness in them and they were ready to lay down their lives.

We AC’s call ourselves daughters of Mother Veronica, an absolutely restless mother who gave birth to the Congregation of the Apostolic Carmel. Let me ask myself, am I a restless nun?

From where does my restlessness come? Absolute restlessness for the divine is so very tangible in the life of Mother Veronica. She became a catholic, moved on as a shot arrow to the goal without halt. She was a God-oriented woman and a goal-oriented one too. This made her play her role to the full in obedience to the will and plan of God. She joined the Congregation of St Joseph of the Apparition, entered Cloistered Carmel, to found the Carmel for the Mission, then back to Carmel to live a holy, humble, life of prayer and contemplation and with complete detachment. It is essential to understand her, her moving spirit and the goal she set for herself in accordance with the plan of God.

Let me look at her intently as our restless mother. Her heroic obedience to the will of God, her life of profound faith and prayer, her wholehearted commitment to the cross, her outstanding humility and zeal for the missions which remains an inspiration to all those who, following in the footsteps of Christ, seek to offer their lives in loving service to humanity, specially to the less privileged

All of us want to be good, live a good life which alone will make us say “God alone matters” in my life. The Word of God presents a radically different picture of good life. We know what Jesus said to the rich young man - go and sell all that he have and give it to the poor. Hearing this he went away sad, because of his attachment to the things of this world. St John of the Cross stresses on detachment, humility and charity and also our great St Teresa. Mother Veronica teaches us the same by her very life. My being should lead me to doing. When this happens, one feels good. So, goodness is fulfilling a purpose. It is being what God wanted when he created me and called me to religious life.

How shall I overcome the restlessness on account of the pressure of our work which eats up my life? The Word of God gives me all the solutions: 1. Imitate Jesus - a humble servant of

God. 2. Look at the lives of saints including our own Venerable Mother Veronica. 3. Calm down and sit before the Eucharistic Lord. 4. Pray, meditate, and contemplate. Unload all your anxieties, worries to Jesus who understands your situation.

Restlessness is part of life in today's fast-moving world. In spite of all this, Mother Veronica calls her daughters to learn the greatness of silent surrender to God's Will and the grace of 'mini miracles'. As we celebrate her life, let us earnestly strive to LIVE JESUS, GIVE JESUS, SHARE JESUS and constantly aspire to BE JESUS!

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## **Would you be a Hero ... Save Life...**

*- Srs of Mariya Nilaya and Carmel Niketan, Bidar*

"We are all endowed with the ability to save someone's life, and we must utilize this gift to bring smiles to people's faces". It is said, "Opportunities knock on the door from time to time, so let's not squander them".

Indeed, God granted us an opportunity to organize a Blood Donation Camp here in Bidar, along with nine other locations in our entire Province. We seized this opportunity to commemorate the Birth Bicentenary of our beloved Founder Venerable Mother Veronica.

In collaboration with our sisters at Carmel Niketan, we meticulously designed an attractive logo, which we proudly displayed at various significant locations. During the General Body Meeting, we took the initiative to inform all our students and the parents on our campus about the forthcoming Blood Donation Camp. Our Parish Priest, when addressing the gathering introduced the idea of the blood donation camp to all in attendance. Many parents expressed their willingness to participate, but some were ineligible due to low hemoglobin levels, leaving them disheartened.

Subsequently, it was the sisters' turn to donate. The enthusiasm was palpable, and preparations began well in advance, commencing with our Superior, Sr. Reethika A.C. To our surprise, none of us met the eligibility criteria for donation, except for Sr. Reetha A.C. We were thankful to God that at least one of us could contribute. While the rest of us shared the desire, it turned out that "the spirit was willing, but the flesh was weak".

Our Parish Priest had the honor of inaugurating the blood donation camp. He was joined by three of our Don Bosco fathers. Observing their fervor, we felt a tinge of embarrassment, considering our own inability. Nevertheless, with dedicated effort, we managed to collect 38 pints of blood, providing much-needed assistance to our fellow citizens.

We extend our heartfelt gratitude to our Provincial Superior, Sr Shamita A.C. for her visionary initiative in organizing Blood Donation Camps across our Province in honor of the Birth Bicentenary of our Founder Venerable Mother Veronica. Through this significant endeavour, we aspire to introduce Venerable Mother Veronica to a wider audience and share her sanctity far and wide.

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## He still knocks...!

- *Sr M. Philomena AC*  
*Yesu Kripa, Shimoga*

About 2000 years ago, the same question arose, when Jesus was born. Back then, there was no room for Jesus' birth when his parents, Mary and Joseph, knocked at the doors of every house around the corners of Bethlehem. He was born in a manger. The King of heaven and earth was born in a cowshed.



Today too, he knocks at the door of our hearts asking us, "Do you have any room for me?" Whoever listens to his voice, he or she accepts Him and gives Him room. Saints like Mother Teresa of Kolkata Venerable Mother Veronica of the Passion, Sr Rani Maria, and many more listened to Jesus' knock and they gave Him room.

When I hear the knock of Jesus at the door of my heart, I must always answer "Yes Lord, there is room for you", as He comes in the form of an orphan, a widow, a helpless mother of a little infant, a hungry and naked child or a homeless, old, sick person.

In the present time, this question arises in my heart, if there is room for Jesus, in all the situations where I cannot see God directly or when I see Him in others who are my brothers and sisters, in those who need my help, support, care, concern and selfless love. To this question, I have discovered a reply. With a reply of agreement, I would be able to welcome Jesus into my heart through the good deeds I do and my kindness towards others.

Now, Jesus asks the same question again, to you and me, "Have you any room?" as He still knocks at every moment, just so that He can love and protect us always. Answering Him, I say that I am ready to give Him room. So my dear friend, as He knocks at your heart, are you ready too? Let us constantly strive to offer a 'room' to my sisters in the community and to anyone in need!

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### **8<sup>th</sup> Beatitude of the 'Laughter - Makers'**

"Blessed are those who download good cheers in the hearts of others, for they make heaven on earth."

*- Sr Monica D'Souza A.C., Provincial House, St Ann's*

# God Works in Our Lives

- Sr M. Clare A. C.

Mary Immaculate Convent

To me Christmas is about celebrating faith. The birth of Jesus Christ represents hope in a broken world. Holy Scripture consistently teaches that faith is not conjured up by the human will but is sovereignty granted gift of God. As we celebrate faith at Christmas, it is also a great reminder to hope in the providence and the blessings of God. During my reflection and prayer on this Christmas theme, few events that took place in my life flashed across my mind. I consider them as miracles of God's love for me which strengthened my faith in Him. Each of us experiences countless miracles in our lives if only we are attentive and become aware of them. When we place our complete trust in the providence of God and pray with deep faith in Him, we are sure to obtain what we ask for. I wish to share two such faith experiences with the readers.



On 9 May 2023, I had to travel to Mangalore to vote for Karnataka Legislative Assembly. My bus was scheduled from Majestic, Bengaluru for 10.30 p.m. So, I started by auto rickshaw at 9 p. m. Since many people from Bengaluru were travelling to their native place to cast their vote, there was heavy traffic jam. When we reached near Mysore Bank almost all vehicles were standing still. People were getting off from vehicles and walking and some even running to reach the majestic bus stand in time. My auto rickshaw driver, Mr. Abdul, asked whether I too would like to walk. But he realised that it may not be possible for me to walk nearly two kilometres with my luggage. As I had to wait long for the traffic jam to clear, I felt restless and stressed too. The drivers of other auto rickshaws were saying that from 7 p.m. onwards there has been heavy traffic jam on that route.

I kept on looking at my phone to check whether I would get SMS or phone call from my bus conductor. Rosary after rosary was offered to Mother Mary and I kept on pleading her to help me in this need. I have great devotion to Our Lady of Perpetual Succour. I often remind her in my need that true to her title she listens to my plea which is often made on behalf of others and grants the request made. She has been always granting my petitions.

As I was feeling helpless and discouraged, the auto rickshaw driver kept on saying “Your bus will be delayed and you are sure to travel to Mangalore.” When time crossed 10.30 p.m, I nearly lost hope of travelling to Mangalore. Meanwhile the driver sensing my anxiety and stress that I was going through, wanted to do his best to help me. As we were very slowly nearing the bus stand with much difficulty, he drove through a short cut route to avoid traffic signals and further delay. Finally, I reached the bus stand at 11.15 p. m. In a normal situation I would have taken only half an hour to travel from Wilson Garden to Majestic. Having arrived I rushed across the platform to check whether my bus was still there. I approached a conductor who was surrounded by many people who had reached the bus stand very late because of the heavy traffic on the way. Somehow, I made my way through the crowd and asked the conductor whether my bus had left. Having checked my bus ticket he said, “Just like you, your bus also has been caught in the traffic jam. It will arrive late.” What a pleasant surprise for me! I felt God, in His mercy, had worked this miracle for me and other passengers who had reached late like me. Meanwhile I was fully exhausted due to the long waiting on the road. I felt a blackout coming and was about to collapse. The bus conductor whom I had approached was very kind. He observed that I was feeling sick. At once he picked up my luggage and helped me to go to the platform and find a chair to sit. He kindly said, “Be seated here. When your bus arrives, you will be called.” I just thanked God and Mother Mary for coming to my aid through many kind

people who helped me. My bus arrived at 11.30 p. m. and we left for Mangalore at 12 o'clock.

In the month of June 2023, I had undergone a surgery for the fungal infection of sinus. Meanwhile I received an invitation from the National Assessment and Accreditation Council (NAAC), to visit the Regional Institute of Education at Ajmir, Rajasthan from 7th to 10th August. My doctor said I could make it. Just 10 days before my visit I started with high fever due to urinary tract infection. NAAC office had already booked my flight tickets and had made all other arrangements for the visit. As per their rule I had no choice of withdrawing from this assignment once the tickets are booked. Physically I was feeling very weak and I felt it would be impossible for me to travel. I felt helpless as I could not help myself since the fever was not coming down. Besides taking medication I kept on praying, placing complete trust in the mercy of God. As Brother Prakash, a charismatic leader from Mumbai, often says that during His life time when the sick and the suffering people approached Jesus, He had mercy on them and healed them. The same Jesus will heal us/me also provided we/I pray with faith. I have repeat these words to those who are sick and ask to pray for them. Now I needed to apply them to myself. To my great surprise on 6 August, the fever left and I was able to prepare myself for the NAAC visit. When I reached Ajmir on 7 August, my Peer Team members and the College authorities were very understanding about my health condition. Throughout the visit they helped me in whatever way they could. My NAAC visit was a pleasant and learning experience for me. I felt this was once again a miracle the Lord worked in my life to strengthen my faith in Him.

Prayer of faith is to ask God to accomplish what He has promised in His Word. That promise is the only ground for our confidence in asking. It is not just to obtain material things but much more, to obtain spiritual blessings. Recalling constantly God's faithfulness in our lives and others in the past, helps us to build our faith and live with hope in Him. I wish to share with



you some of the scripture texts which are very helpful to pray with faith and hope in God. In fact the entire Holy Bible is full of God's promises. I have listed those which I use for my prayer often. Isaiah 41:10, Mark 11:24, Proverb 3:5-6, Mathew 21:22.

When we pray, God listens; When we listen, God talks; when we believe, God works!

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## Christian Witness of Manipur...!

- Sisters of Carmel Niketan, Bidar

God's activity is to humanize humanity. It must involve more personal and collective thinking about the implications of this faith in the world of decision-making. Situation like Manipur in 2023, makes us come together as disciples of Jesus Christ who are committed and called for specific vocation as responsible Christians. Therefore, "Christians grow in maturity as they live in this reality in the koinonia. Their actions, then, are simply an expression of their mature humanity. They are to do what they are expected to do: 'To do what I am is to act in every situation in accordance with what it has been given to me to be, the will of God is doing what I am'."



For a question: What is God doing in Manipur in 2023? Our response perhaps is: God is humanizing the de-humanized, and our responsibility shall be: 'to make and keep human life,

human in the world. For more than five months in Manipur, there has been a lot of violence against the Christian tribes. And in Madhya Pradesh, Chhattisgarh and other states, attacks against Christians continue. Violence broke out in Manipur on 3 May. Various ethnic groups of the state including Nagas, Kukis and Meiteis are involved in this conflict...

On 7 May, more than a hundred activists of the Hindutva Party forcibly stormed the Catholic Vishwadeep School in Durga, Chhattisgarh. There, more than 200 Catholic students from grades 7 to 12 were attending the summer religion program. The Hindutva group said that the objective of the program was to convert 'Hindu' children to Christianity. They did not leave until the police and government officials arrived at the school and took action. What is our response? Storm heaven for them.

Archbishop Peter Machado of Bengaluru condemned the violent incident as several voices undoubtedly criticized the violence against Christians in various parts of the country. Other people and organizations, including clergy, religious, and laypeople, ran the marathon selflessly and are even willing to give their life, as did the Jesuit priest, Fr Stan Swamy, who laid down his life for the good of others. We mourn the brutal killings of women, caste conflicts and inter-group violence, especially the attacks on Christian institutions and communities. So let us take the path of true nationalism.

The Manipur violence is a complex issue involving various ethnic, political, and social dynamics, and it has impacted people of different religious backgrounds, including Christians. While it's important to remember that not all Christians in Manipur would have witnessed to their faith in the same way, some common ways in which Christians have witnessed to their faith in the midst of violence include:

**1. Prayer and Worship:** Many Christians in Manipur, as in other parts of the world, turn to prayer and worship during times of conflict and violence. They gather in churches and

homes to pray for peace, reconciliation, and the well-being of their communities.

**2. Providing Humanitarian Aid:** Christians inspired by their faith's call to help those in need, often engage in providing humanitarian aid and support to the victims of violence. This includes distributing food, clothing, and medical assistance to those affected by the conflict.

**3. Promoting Peace and Reconciliation:** The Christian message of love and forgiveness encourages many believers to actively engage in peace building and reconciliation efforts. They work as mediators, encouraging dialogue between conflicting parties or participating in community reconciliation initiatives.

**4. Offering Emotional and Spiritual Support:** During times of violence, Christians provide emotional and spiritual support to those who are traumatized or grieving. This can involve counselling, comforting, and helping people deal with the emotional toll of violence.

**5. Advocacy for Human Rights:** Some Christians use their faith as a motivation to advocate for human rights and justice in situations of violence. They participate in human rights organizations or advocate for the protection of vulnerable communities.

**6. Education and Awareness:** Christians also engage in education and awareness campaigns to help their communities better understand the root causes of violence and promote tolerance and understanding among different ethnic and religious groups.

**7. Fostering Unity:** Many Christian denominations emphasize the idea of a global community and unity among believers. In a divided and conflicted environment, they work to foster unity among Christians and promote solidarity within their communities.

It's important to note that the response of Christians in Manipur to violence will vary depending on their individual beliefs, denominations, and personal convictions. Not all Christians respond in the same way, and their actions are influenced by their unique perspectives and circumstances.

Standing for the Christian values of love, peace and justice representing Gospel values in life, we believe that every human being is created in the image of God and deserves to be treated with respect. The recent incidents of violence are against these values and have caused great harm to the people of Manipur.

Let there be peace and love in this conflict-ridden state and justice for all. May all efforts to secure people's lives and livelihood be successful.

We believe that the prayers from Christians from all over the world have kept the faith of the tribal believers.

Let us pray that God may strengthen Christians to be on their knees to pray and seek God's assistance...!

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## Significance of Kalpavriksha...

- *Sr Christine Noronha A.C.*

*Maria Nilaya, Bidar*

In a sprawling orchard owned by a wealthy man, a variety of trees flourished, bearing succulent, sweet fruits. These trees were meticulously tended to and safeguarded. The rich man would visit his cherished orchard daily, basking in the shade and indulging in the luscious fruits that his trees bore. However, at the orchard's edge, there stood a majestic coconut tree laden with coconuts,





but it harbored a sense of discontent. It believed that the rich man didn't hold it with the same regard as the other trees, as he seldom paid it any attention.

One day, the coconut tree decided to confide in its fellow arboreal companions.

**Coconut Tree:** "Dear friends, I've observed how our master seems to favor all of you over me. He spends so much time with you, relishing your shade and savoring your delectable fruits, but he rarely acknowledges my presence."



**Fruit Trees:** "Oh, no, dear friend, you're mistaken. He holds you in high esteem. He takes great pride in your stature. You stand tall and strong, requiring little attention, which safeguards us delicate, weaker trees from the elements. You shield us from storms, rain and the scorching summer heat, ensuring our safety. Moreover, your fruits are used in sacred rituals and important gatherings. You provide shelter to those in need, and within your tough exterior, God has concealed His sweetness. You are an invaluable asset to humanity. Take pride in your role; every fiber of your being serves a vital purpose."

**Coconut Tree:** "Is that so? I had no idea. Thank you, my dear friends, for enlightening me. My sole aspiration is to be of service to others, to give selflessly until it brings me discomfort. I wish to be beneficial during my lifetime and even after my demise."

**Fruit Trees:** "That's precisely why our master cares for us - because we are fragile. We exist to give and give until it pains us. Therefore, find contentment in your purpose. Let us all strive to be of use to others, making our lives meaningful." The coconut tree found solace in its friend's wisdom. By standing tall and unyielding, it imparted a profound lesson - the importance of giving and bringing happiness to others.

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## Honey Bee - Green Educator

- *Sr Marie Prem D'Souza A.C.*  
*Carmel Convent, Ashaniketan*



The humble busy bee (*Apis species*) is universally present in all the continents and is more often referred to as the Honey Bee.



The Honey bee (*Apis indica*), is a beneficial insect but equally feared by humans for its sting. *Apis indica* is the most common bee species which is domesticated in India and these are most commonly used for Apiculture.

When I was a little girl, I loved to watch the bees flying to and from the hive, listen with rapture to their buzz and wondered how they knew where to fly to collect nectar or pollinate flowers, construct a hive which turned out so symmetrical, smooth and compact. Fascinated by their movements I would try to follow them and locate their colony enthralled at their numbers.

One could say the Bees captured a little girl's imagination which led me eventually to choose Biology and further take up Zoology for my graduate and post graduate studies. The class of

# Birth Bi-Centenary - Celebrations Galore...!



# A Life to Bloom...

**THE APOSTOLIC CARMEL, KARNATAKA PROVINCE  
ST ANN'S INSTITUTIONS**

**BLOOD DONATION DRIVE**

in association with  
**REGIONAL BLOOD TRANSFUSION CENTRE,  
WENLOCK HOSPITAL**  
on the occasion of the  
**BIRTH BI-CENTENARY CELEBRATION OF  
VENERABLE MOTHER VERONICA**  
On 1<sup>st</sup> October 2023

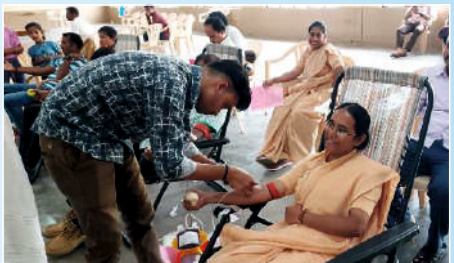
**A FEW DROPS OF YOUR BLOOD  
CAN HELP A LIFE TO BLOOM**

Venue: St. Ann's College Of Education, Mangalore. Time: 8 am to 1 pm  
**A Warm Welcome to all**





# Blood Donation Drive...A Gift to the Needy





**BIRTH BICENTENARY CELEBRATION OF**  
**Venerable Mother Veronica**  
*Founder of the*  
**Apostolic Carmel Congregation**

**BLOOD DONATION CAMP**

*Organised by*  
**St Mary's Institutions**  
 Marjil, Falnir, Mangaluru

*in association with*  
**K.M.C HOSPITAL**

**01-10-2023**  
 9:00am - 01:00pm  
 9481335056

*Be the reason for someone's heartbeat*

# Ven. Mother Veronica – Birth Bi-Centennial Celebrations – Province Level









Insects, Bees in particular, are truly captivating. They are some of the most fascinating creatures, ace fliers, very intelligent creatures, offering us humans many lessons to learn and follow.

Insects form the largest group among invertebrate and have developed body forms adapted to different habitats like land, water and air. Bees and Wasps are closely related in the insect order of descent.

### **Fascinating facts about the Honey bee:**

If one observes the bee at close quarters, it is interesting to note that they display sexual dimorphism and maintain a social order akin to the Humans. The beehive colony will have three types of bees, a single queen bee, few hundred drones and thousands of worker bees.

1. Bees fly about 20 mph.
2. Number of eggs laid by the queen: 2,000 per day is the highest.
3. Bees are feared for their sting, however losing its stinger will cause a bee to die.
4. Bees are the only insects in the world that make food that humans can eat.
5. Honey has natural preservatives and bacteria cannot grow in it.

Almost 90% of wild plants and 75% of leading global crops depend on animal pollination. Most of our vegetable food production depends on pollinators such as bees. Crops that depend on pollination are five times more valuable than those that do not. Honey bees provide a model for precise, compassionate community life that

- Working together is essential. ...
- Plan for Green Future (to be sustainable) ...

'Bee' the best you can, for the time you are on this Earth.  
Buzz until your last breath.

They can be viewed as brave, industrious, clean, politically harmonious, and aesthetically gifted. The bee represents a

good model for community living - though it is weak in body, it is strong in spirit and wisdom.

'B' is the second letter of the alphabet, 'to be' is a state /verb and 'Bee' is our heroine, the honey maker, the wonder insect. *One sound three meanings.* Can we call it verbal polymorphism?

Honey bees provide a model for precise, compassionate community life that can be achieved only through attentiveness, communication and hard work. Though it can be difficult when our communities and work places don't seem fair, if we absorb these lessons as individuals, we can foster them in others, and maybe someday soon, we'll figure out that dynamic and peaceful community is as simple as learning from the honey bees.

**Reference Source:**

<https://www.google.com/search?=What+lessons+can+we+learn+from+bees>

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## Jesus Still Suffers...!

- Sisters, Maria Nilaya, Bidar

Joy is said to be doubled when shared, and this sentiment rings true as we embark on our weekly family visits. Every Tuesday, our team eagerly sets out to



visit the families we have come to know and care for. Despite the fatigue that sets in, at the end of the day, the anticipation of connecting with these families fills us with gladness.



We have been entrusted with the welfare of numerous families, spread across three wards, and we have organized our visits with precision and care. These visits have become highly anticipated events for the families we serve. When they spot us approaching, they set aside their daily chores to join us, sharing their joys and tribulations. We lend a compassionate ear, offering solace in times of disappointment, guiding those struggling with alcoholism to prioritize their families, and offering prayers to uplift their spirits. Our efforts extend to the younger members of these households, encouraging them to pray spontaneously, read the Word of God, and even recite the Rosary when it is unfamiliar to them. We make extra efforts to reach out to those who do not frequent the Church or partake of the Sacraments, steadily leading them toward spiritual renewal.

This year, we have assumed an additional responsibility of ensuring that all families are registered in the voters' lists. We empower them with the knowledge of the importance of voting for the right party and how it can positively impact their lives through government policies and benefits.

Our mission is undeniably challenging, given the prevalent issues like child marriage that plague their community. These deeply ingrained problems cause immense suffering for women, who are often treated as disposable commodities. Men's excessive drinking habits deplete family resources, and children are inadvertently exposed to these social ills in their own homes. Parents often fail to provide the necessary motivation and support for their children's education. Consequently, misery, pain, and disappointment permeates every household. In these trying circumstances, it is evident that Jesus continues to suffer. He lacks hands, feet, and a voice, relying on ours, to extend his love and compassion. We become his instruments, wiping away tears, offering words of encouragement and guiding those who have lost their way.

In this noble endeavor, we are driven by the belief that through our actions and support, we can alleviate the suffering endured by these families and, in doing so, embody the love and compassion of Jesus.

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## **A Life Saving Event at St Cecily's ...!**

*- St Cecily's Convent, Udupi*

“Veronica our revered Foundress dear  
Veronica, we praise our God for you  
Now and always, we celebrate you”

On the auspicious occasion of the Birth Bicentenary of Venerable Mother Veronica, the beloved founder of the Apostolic Carmel Congregation, a Blood Donation Camp was organised in association with the District Hospital, Ajjarkad in St Cecily's campus. The event which took place on 1 October was marked by a creative inaugural ceremony graced by prominent guests.

The celebration commenced on the previous day - 30 September, with a Thanksgiving Mass at 5 p.m. in Mother of Sorrows Parish, Udupi. The Mass introduction highlighted the significance of the day. Liturgy was conducted by the sisters and the ACAs. After mass a piece of cake and a book mark were distributed to the faithful.

The blood donation camp's inaugural ceremony was an exceptional affair, showcasing creativity and reverence for Mother Veronica's legacy. The event was held in St Cecily's High School Hall and attended by a diverse group of individuals, all united by their commitment to saving lives through blood donation.

The chief guest of the ceremony was none other than Mrs Veronica Cornelio, a distinguished personality known for her contribution for the welfare of society. Joining her was

Dr Veena, the District Surgeon from the District Hospital, known for her dedication to healthcare and blood donation awareness. She was the guest of honour.

The primary objective of the event was to encourage blood donation, an act of humanity that can save countless lives. Thanks to the enthusiastic participation of donors, an impressive total of 103 units of blood was collected during the camp. This significant number highlights the generosity and willingness of the community to make a meaningful contribution to the betterment of society.

All those who assisted and volunteered to donate blood were offered breakfast. The campus staff rendered whole hearted service and some of them even donated blood. It was a fitting tribute we could pay to our foundress and make her known in a creative way to the public at large.

The blood donation camp conducted on the bi birth centenary of Venerable Mother Veronica was a touching tribute to her legacy. It exemplified her spirit of compassion and service that she embodied throughout her life. With 103 units of blood collected, this event not only celebrated a remarkable personality but also offered a chance for the community to come together and make a real difference in the lives of those in need. It served as a reminder that acts of kindness and selflessness continue to thrive, a carrying forward of the legacy of Venerable Mother Veronica for generations to come. God bless all those who assisted us as well as the donors.

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### **8<sup>th</sup> Beatitude of the 'Laughter - Makers'**

**"Blessed are those who always send positive vibes,  
they make a better place to live"**

**- Sr Rose Agnes A.C.**

# WATER IS LIFE ... SAVE WATER!

- Sister Beatrice Pereira A.C.

St Mary's Convent, Falnir, Mangalore.

*"Sing to the Lord with thanksgiving  
Make melody to our God upon the lyre!  
He covers the heavens with clouds,  
He prepares rain for the earth,  
He makes grass grow upon the hills.  
He gives to the beasts their food,  
And to the young ravens which cry." Ps. 147: 7-13.*



The Israelites while wandering in the wilderness of Sinai tasting the life-giving water were filled with relief and gratitude to God. The psalmist says:

*He opened the rock, and water gushed forth;  
It flowed through the desert like a river.*

God created water, and ever since it has sprung from the earth and from rocks; it runs in rivulets and streams, unites itself in rivers, and flows on until it pours into the ocean and becomes the ocean. Without water the earth is a desert. It is water that gives life to the earth and makes it fruitful. Deep down into the body of the earth man digs to fetch water and he returns it to the earth so that he may live from her fruits. All living beings, to be able to continue to live need water. The farmer from his arid, dried-up fields waits for the monsoon rains to come. Without water there is no rice, no bread, no fruits, no vegetables. There is only hunger, sorrow, disease and despair.

God has gifted us with plenty of water, but only a small part of it is safe drinking water. But we need to make massive efforts to use and save this potable water. Observation shows that the present practices, which are the normal way of life for many, are wasteful. More water goes down the drain than is

used fruitfully, by leaving taps open and allowing water to flow, while washing the face, brushing teeth, etc., when the water actually needed for use is very little. Obviously, using a mug or other container would reduce the wastage. Allowing tap water to drip by not closing them carefully or not repairing leakages on time happens in homes, convents, institutions, hospitals etc. Our late Sr Albertine's question which she asked about every sister who came on transfer, is related at recreations and enjoyed with hearty laughter "Are you a mug sister or a tap sister"? It has sensible advice to us, sisters, on water conservation. The conviction or attitude towards saving potable water should become part of our way of life and everyone's personal responsibility.

Since 'prevention is better than cure' and 'waste not want not' is a wise principle, we could inspire NGO's, service organizations and clubs as well as Government and service minded individuals to put up posters and large hoardings on streets to awaken consciousness and rouse them to action with telling illustrations and captions like "SAVE THAT DROP". We can prepare short documentaries and upload them on the YouTube. Above all we could propagate this idea to our students, in our educational institutions.

It is heartening to note that conservation of potable water is not a new trend in society. It has already been publicized and practised. Praiseworthy too are the efforts made by the Apostolic Carmel Congregation and the Karnataka Province as well, during the Chapters in the past, recommending conservation of water projects in the plan of action. Most of our communities have implemented successfully, the rain water harvesting and roof water harvesting projects. We do see Notices or Posters here and there reminding us with captions such as "Water is Precious, do not Waste" "Water is life, Save Water" etc.

Jesus, being wearied from His journey, was sitting by Jacob's well and asked the Samaritan woman for water to drink.

He might have refreshed himself with the water from the well which the woman offered. Water that is necessary to sustain physical life is only a pre-figure of the “living water” the gift of God. Jesus told the Samaritan woman, He offers water which will not make us thirsty any more. "If anyone is thirsty, let him come to Me and drink." "He who believes in Me, as the Scripture says, 'From his innermost being will flow rivers of living water.'" John 7:37-38.

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## Lessons from a Coconut Tree ...!

- *Sr Maria Roseema A.C*  
*Carmel Convent, Haliyal*

The coconut tree is sometimes called ‘the tree of life’ because of its amazing versatility. One of the Pilots during World War II said that when planes went down in the Pacific Islands, the stranded pilots sometimes survived for many months on coconuts.



The charming and beautiful coconut trees are found in abundance in South India, especially in the coastal areas which makes our homeland nothing less than a haven, making the environment around it feel vibrant and alive. No wonder this mighty plant is gifted with the most prestigious title ‘Tree of life’. It is found dancing all around us contributing to each and every walk of life in a harmonious way. Why should we grow these coconut trees? The answer is simple - make our life better and peaceful. How?



It is a long term crop and provides

constant income with low maintenance cost. Coconut farms look beautiful due to the spacing while planting the trees. As there is enough space between the trees, we can plant various other cash crops to get better income - cocoa, pepper, banana, papaya, pineapple, vegetables etc. We can even plant flower creepers round the hedge to beautify our coconut farm. Long live the coconut tree!

### **The Top 8 wonders of the Coconut Tree**

**Flesh Milk, Oil, Food and Flower:** When you use scraped coconut or its milk for food items our food tastes excellent. Coconut oil has got less cholesterol. Most of the people in the South use coconut oil for food, hair oil and for the skin.

**Water:** It provides healthy and refreshing drink. Coconut water helps detoxify our body by providing hydration and antioxidants. Among other health benefits of coconut water, is its contribution to healthier-looking skin. Certain varieties of coconut water are packed with vitamin C, and antioxidant properties, and may naturally stimulate collagen synthesis.

**Flowers:** Coconut flowers are medicinal. It is very good to boil the young stem of the flower in coconut milk and eat it. Our forefathers knew very well that these flower petals are good for uterine cleansing. It is good to eat flower petals to relieve back pain in pregnant women and others.

**Husk:** Coconut husk fibre, called coir, is frequently used to make doormats and brushes. It is also used to make twine, partition board, and sustainable packing material, ropes, etc. It is even used for mattresses.

**Sticks:** Sticks are used to prepare brooms for sweeping the houses, ground and are ideal for sweeping fallen leaves, removing cobwebs and cleaning between stones.

**Wood:** Coconut timber has many applications both as structural and interior design material. The harder, high-density timber is suitable for general structural purposes such as pillars,

trusses, rafting, furniture, windows, door frames, floor, decking and floor joists. It is also used as fire wood.

**Leaves:** The coconut leaves are called fronds. They are used for roofing, fencing and wickerwork utility items namely baskets, hats, partition walls, etc. The stem and its derivatives are used to construct houses and for craftwork.

**Shells:** Coconut shells can be used as crafts, burned in fireplaces, used to steam food and can be used as materials for making coconut charcoal briquettes.

### **Lesson from the coconut tree:**

“Never stop learning. Never stop dreaming. Hope for the better.” We see that the coconut tree is not just gorgeous to look at but also an important sustainable resource. They can often survive hurricanes and tsunamis because they have a strong foundation and roots to hold on. Just like the coconut tree, we too must be strong in the midst of difficulties and challenges that we may have to face in life. We know that our Lord who created us keeps us close to him. We see in Psalm 92:12-14: The righteous will flourish like a palm tree...

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## **Long Live St Cecily's !**

*- Sisters of St. Cecily's Convent*

**Narrator:** Mr Piadade Alva along with the Konkana gentlemen who wanted their daughters to be educated in the convent school, met Mother Aloysia A.C. the then Superior General of the Apostolic Carmel Congregation and requested her to start a school for girls in Udupi. This request was repeated continuously with persistence, hence after two years, Mother Aloysia said yes to them.



**(Chapel Scene)** Sister Lavi Shanthi is seated in the chapel for Prayer and seeks divine assistance. Suddenly the place is illumined and there appears in the bright light a divine presence.

Sr Lavi Shanthi : Oh God! You're here.

God : Yes, my Child. I heard you telling me you have been given some tasks for which you need my help.

Sr Lavi Shanthi : I am planning for KYP programme, I need some bright ideas my Lord.

God : Is that all? don't worry, I am here to help you.  
*(Four Sisters appear)*

Sisters : Peace be with you Sister.

Sr Lavi Shanthi : May I know what brought you here?

Sr Agnes : Sister, we are the pioneering Sisters of St Cecily's Convent.

Sr Lavi Shanthi : Oh! You are the pioneering sisters; I am delighted to see you. If you don't mind, I will be glad to know your names.

Sr Agnes : I am Sr Agnes, here is Sr Elias, that is Sr Columba and she is Sr Jane

Sr Lavi Shanthi : Could you please share with me the humble beginnings of St Cecily's Convent.

Sisters : Surely.

Sr Agnes : It was 18 May 1918 when the four of us, with our Mother General (Mother Aloysia), arrived at Udupi in a horse carriage. It was pretty late at night when we reached our destination - an old Bangalow at Kadbettu Udupi, in pouring rain.

- Sr Elias : Neither the sight of the dilapidated Bungalow nor the pouring rain detered us. We were happy and joyful to start our mission with 9 students on role on 24 May 1918.
- Sr Columba : I would like to mention the names of a few noble souls who helped us to start and carry on our mission. They are: Bishop Paul Pereni, SJ., Fr Casmir Menezes, Mr Piadade Alva, the Vicar, Mr Sebastian Andrade, Mr Adam Sahil and Mr Marian Pais.
- Sr Jane : There was a time when it was decided to terminate our apostolate in Udupi because we did not get permission from the Education Department to start higher classes, but God stepped in and helped us to obtain the necessary permission to continue the Apostolate of Education. We see God's hand, tangibly guiding us.
- Sr Agnes : The Mission in Udupi progressed step by step. In 1922 a new plot was given to the convent by Bishop Paul Pereni S.J. for a new building and a boarding house to cater to the education of girls from the surrounding villages.
- Sr Elias : With joy and pride, I make mention of the canonical erection of St Cecily's Convent on 28 May 1922. I desire, wish and pray that this convent and school progresses day by day and becomes a beacon light to those who study here.
- Sr Lavi Shanthi : God be Praised for the mighty works accomplished through you.

**Narrator** : Mother M. Cyrilla, as superior, saw to the construction of the English Medium school in 1928 and 1930, Mother M. Placide had a spacious hall and a boarding house constructed for the boarders. In June 1931 Sr Euguene was successful in getting the long desired permission to open form IV. (that is the present Std VIII) of the high school. Today St Cecily's caters to the educational needs of the local children both in English and Kannada medium up to the high school. In addition we have the PUC section also.

At present we have 19 senior and young sisters along with 100 and odd teaching and non-teaching staff members rendering valuable services in St Cecily's Campus. More than 2000 students are educated in the portals of St Cecily's each year. We were happy to celebrate its centenary in the year 2018. Now St Cecily's is 105 five years old. Long Live St Cecily's.

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# Lowly yet Lofty...!

- Sr M. Rachana A.C.  
St Cecily's Convent, Udupi

What fascinates me about our special cat at St Cecily's is the human-like qualities she possesses. I say special because she never gave birth to kittens. Accepting pains and struggles with resignation is the forte of our cat. She encountered the pain of violence from male cats against her consent with patient suffering. The story of her life goes thus.



Pussy was brought up by our farm worker, who was a lover of cats. She is a non-vegetarian. She never eats anything other than fish but not flesh and meat not even bones or rice. The owner faithfully fed her with fish from the market. When he discontinued his service, she had no other choice but settle down within the four walls of the convent. Two sisters who had a soft corner for animals, had sympathy towards her and took care of her needs...

Cats we know, need food in small quantities but at frequent intervals. When her caretakers are helpless to give her, her choice of food on days of vegetarian meal, I see her enduring in a mature way. She does not disturb anyone nor draw our attention to her but bears the hunger patiently. Probably when she suffers from hunger pangs and when it reaches beyond her strength, she wakes us up at midnight with a low and gentle mew, only once or twice. If no one is awake, she waits for the dawn to come and tries to connect with us by gazing at our face, thus letting us know her pathetic state.

I saw her enduring power was at the crest, when she met with an accident. The sticky mat kept to trap rats got stuck on her back. What misery she went through for days together to

remove it. But she did it quietly, night and day without respite. Each time she attempted to take it out, it would stick on to her mouth and she lost part of the skin of her back in the process. This uphill task she battled with pain and poise.

Cats normally expect cuddling and affection from human beings, their masters. But I find her very mature. She never presents any demands. If someone gives her attention, she will receive it. But most of the time she spends her days and months and years all alone, without any company.

I truly admire her honesty and integrity. She maintains her dignity by never stealing any food kept open in the kitchen even when she is hungry but eats only what is served to her.

Her sharpness, wisdom and alertness, one needs to appreciate. Our two ferocious dogs have killed several stray cats over the years but she was always very careful in going out for her needs and coming back on time. Even when the dogs appear in the house unexpectedly through other doors when they are let loose, she never falls a prey to them.

She is magnificent in her demeanour. She practises discipline to perfection. Her posture whether sitting or resting is very perfect and graceful, every time and anytime.

How wonderful is our God who created the tiny little animals from whom we can learn great lessons for our life. Hats off to our Maker who leaves His legacy of beauty, wonder, glory in His creation.

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# '200<sup>th</sup> Birthday... with a Difference ...!

- *Sr Rose Agnes A.C.*

*Provincial House*

The thirty Communities of Karnataka Province together with the ACAs celebrated the Birth Bicentenary of Venerable Mother Veronica with a Thanksgiving Eucharist in every parish, either on 30 September in the evening or on 1 October morning with a specially prepared liturgy.

After Mass all the people were given a book mark on Mother Veronica and a piece of cake or a 'mitai laddoo'.

'Blood is life - Pass it on'. Venerable Mother Veronica gave life to millions through her dedicated life and generous service. To commemorate her 200<sup>th</sup> birthday, 'Blood Donation Drive' was organized throughout Karnataka at 10 different locations.

1. St Ann's Convent Provincial House, Carmel - Asha Niketan and the Institutions on the campus organized, in collaboration with the Regional Blood Transfusion Centre, Government Wenlock District hospital and collected a total of 55 units of blood. Ten A.C sisters offered their blood.
2. St Agnes and Yesu Prem Niketan and the Institutions, in cooperation with Father Mullers Hospital and K.M.C. Hospital, garnered a total of 100 units of blood for the needy.
3. St Mary's Convent and Institutions in association with K.M.C. hospital procured 64 units of blood. It was donated for the needy and four A.C sisters donated their blood.
4. Ladyhill Convent and Institutions in partnership with Yenepoya Medical College organized the event and obtained 70 units of blood
5. The A.C communities at Maryhill along with Mount Carmel Central School conducted the blood donation drive in

association with A.J. Hospital Blood Bank and collected 64 units of blood which was donated by the staff, sisters and parents.

6. St Cecily's Convent and Institutions Udupi - the Blood Donation Camp was organized in collaboration with the District Hospital, Ajjarkad, Udupi. 104 units of blood was generously contributed by the people.
7. Shanthi Nilaya and Institutions, Nanjangud, organized the blood donation drive in association with St. Joseph's Hospital, Mysore. A total of 120 units of blood was donated by the people towards the welfare of the needy.
8. Mary Immaculate Convent and Institutions, Bangalore organized the blood donation drive in collaboration with Kidwai Hospital and St John's Medical College Hospital. 124 units of blood was graciously donated by the parents, staff and well-wishers.
9. Carmel Convent and Institutions, Modankap organized the blood donation drive in association with Fr. Muller's Medical College, Mangalore, Christopher association, Health Commission, Women's Association and ICYM of Infant Jesus Church Modankap. 50 units of blood was donated by the students, parents and well-wishers.
10. Maria Nilaya and Carmel Nikethan, Bidar held the blood donation campaign in collaboration with BRIMS Hospital, Bidar. 35 units of blood was donated by the people.

It was a memorable event for everyone who participated in the drive. A total of 786 units of blood was made available through the generosity of parents, staff, sisters, students and the well-wishers. I am sure Mother Veronica who cared for the sick and the needy and had a special soft corner for them, will be pleased that the needy will be helped in the hour of their need. I am happy that this was a fitting tribute that we could pay to our foundress besides making her known to a large number of people.

May God bless the generosity of the hospitals, sisters, staff, parents, students, ACAs and others who extended support in this venture!

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## Mother Mary in the Life of Ven. MOTHER VERONICA

- *Sister Maria Laveena A.C.*  
*Anugraha Convent, Ballari*

Mary the Mother of the Church and Mother of Humanity, to whom we turn to, in filial love and trust, has played a unique role in the life of Venerable Mother Veronica. Sophie took Mary for her mother and model after her conversion, and developed a deep childlike love and devotion to her. Mary was her comforter and guide, advocate and helper till the end of her life.



Sophie recalls her confession on the eve of her Baptism, in the small chapel where she knelt on a priedieu, placed below the lovely picture of Our Lady of Dolours. When Sophie, overcome with emotion, could not proceed with her confession, she experienced Our heavenly Mother's help at that very moment and was able to complete her confession. (Autobiography p.29)

When Sophie conveyed the news of their Baptism to her mother, Mrs. Leeves abused Mary saying "hereafter you are going to pray to that vile virgin". This caused great anguish and pain to Sophie and she apologized to Mary, for her mother's thoughtless insult to her (ibid p.32)

Several times Mary obtained special favours for her dear child. When Sophie was deciding to become a religious, she prayed the Rosary in the Church at Syros, asking Mary to help her to discern the inner voice she heard and her prayer was answered.



After her retreat under Fr. Marie Ephrem, in Mangalore, when she was very close to God in prayer, Mother Veronica saw the Blessed Virgin Mary offering a ring to her on behalf of her divine Son. Venerable Mother Veronica said that she had no permission to accept it. So Mary asked her to get the necessary permission, and she would come again.

In her missionary activities Venerable Mother Veronica kept close to Mary, prayed to her for help and guidance and made every effort to make Mary known and loved. When she went to Tremorel, Madame de Foucault, the Countess in Paris, sent her a statue of our Lady for the Month of May. Here again, she was happy to pray the Rosary with the orphans and the people around. Venerable Mother Veronica was very happy with her mission in Calicut, where, she recounts: “after class at 4 p.m. we take all the children to the chapel to recite the Rosary. On Saturdays, we go in procession around the convent with the Crucifix at the head and, singing the “Ave Maris Stella”, we come to the Chapel..” (Ibid., p.208). An ardent missionary, she learnt to recite the “Hail Mary” in Malayalam and instilled love for and devotion to Mary among the children and adults in Calicut.

Venerable Mother Veronica inculcated love and devotion to Our Lady in her novices at Bayonne. She would conclude her letters to her daughters by invoking the blessings of Mary on each of them saying: “May the sweet Mother of Carmel protect you” (letters, p.387) and again, “May our Mother of Carmel lavish on you her favours”.

To Mother Marie des Anges, from the Carmel of Pau she writes: “Remember you are Carmelites. Love our Lady of Mount Carmel as your first heavenly Mother. Be proud to bear her name and wear her holy habit and be sure she will not refuse to call you her children, to protect you in life and death.”

When she returned to the Carmel of Pau in 1887, her love for Mary became more and more personal. Venerable Mother

Veronica's love for Mary led her to imbibe her spirit and live her virtues. In Tremorel when she was ill, she prayed to Mary to give her patience as she was inclined to be irritable and impatient. (Ibid. p.153)

Above all, her love for Mary showed itself in her life of faith, humility, obedience, charity and adherence to the will of God at any cost to self. It is through the practice of virtue of obedience to a heroic degree like her, that Venerable Mother Veronica comes very close to Mary and identifies herself with our heavenly Mother in some of the important mysteries of her life. Like Mary who was chosen by God to bring forth Jesus into the world, Venerable Mother Veronica was called to found a new congregation in the Church to bring the light and love of Christ to the Missions. At the Annunciation when Mary was asked to be the Mother of God, she surrendered in faith without knowing all the details and consequences to her "yes" to God. When Venerable Mother Veronica heard the interior voice "I want in Carmel: she too co-operated with God wholeheartedly in fulfilling His plan, without understanding the implications of her call. Like Mary she accepted everything in faith and believed in God's word to her.

Art. 2 of our Constitution, says "In Mary we find the perfect response to the Father. Our devotion to Mary will be to allow her to influence all our activity so as to become increasingly surrendered to God as she was". Like Mary who remained with Jesus till His last breath on the Cross, Venerable Mother Veronica remained close to Jesus even when her "Little Carmel" in Bayonne was closed down, even when she was humiliated and insulted at the Carmel of Bethlehem, and found her strength in Him alone. The hidden presence, prayer and tears of Venerable Mother Veronica have made the Apostolic Carmel to grow and bear fruit. May our Heavenly Mother obtain for us the grace of obtaining a first class miracle, that Venerable Mother Veronica may be raised to the honours of the Altar soon.

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# 200<sup>th</sup> Birthday on Earth...!

- Sr Maria Joyce A.C  
Carmel Convent, Gangolli.

**M.C:** Let's listen to the Heavenly Voice. (*God's voice – Soft music played*).



**God:** I am so pleased with my beloved daughter Mother Veronica. She was very obedient and her desire was to do my will. She is celebrating her bicentennial Birthday. I am going to give her a surprise by sending her to earth with her family members to celebrate her birthday with her beloved Sisters of the Apostolic Carmel.

**God:** Angels, please accompany them

**Students:** Oh! What great joy for us. Mother Veronica is here with her dear family members. A Warm Welcome to All of You)

**M.C:** At last, they are here. Let's now extend a warm welcome to all of them. Welcome Leeves' family. Here we are to welcome you with a broad smile and a cheerful heart.

**Henry Daniel Leeves:** I am Henry Daniel Leeves, the father of Mother Veronica nee Sophie Leeves. I was an Anglican Pastor and I have translated the Bible in many languages. I had great passion for music. Today my beloved daughter is celebrating her Bi-Centennial Birthday. I am delighted to celebrate her Birthday with the sisters.

**Marina Haultain:** I am Marina Haultain standing before you, both as a mother and a witness to two centuries of an incredible journey. Sophie my daughter has been my guiding star. It is my joy to be present on this auspicious day.

**Henry:** I am Henry, brother of Sophie. She is not just my sister but source of strength and inspiration. When I was killed along with my wife and child, she was heart broken.

**Catherine:** I am Catherine, the youngest sister of Sophie Leeves. I was everyone's pet.

**Emily:** I am Emily. I was deaf and dumb. I died when I was young. Before my death I was baptized by Mary our servant and I became catholic. Now I can speak.

*(Now here comes the Birthday Queen Sophie)*

**Sophie:** Mom, Dad, Brother Henry, Sisters Catherine, Emily, I feel so happy to see you all. Thank you, Mary Ann, for coming to pick me up. I am so happy to see my daughters, the Apostolic Carmel sisters.

**Mary Ann:** I will introduce myself first. I am Mary Ann, Sophie's Sister. I too became a catholic along with my sister Sophie. Then both of us joined the Congregation of St. Joseph of the Apparition.

**Sophie:** Then I left the Congregation of St Joseph's, since I got the inner call from God, "I want you in Carmel." I joined the Cloistered Carmel according to God's plan. I started Carmel for the Missions in the year 1868 on 16 July in Bayonne, France. After 2 years of training, I sent three trained sisters to India. They began the mission on 19 November, 1870 at St Ann's Convent, Mangalore. Today they have spread to eleven countries of the world. I am happy and proud of my daughters, the Apostolic Carmel Sisters. Today it is my joy to be here along with my family.

**Henry Daniel Leeves:** Dear Sophie it is a surprise for you. Please cut the Birthday cake.

**Sophie:** I want my daughters to be here for the celebration *(Invites sisters and Carmel Blossoms; Mother Veronica cuts the cake - cake pieces are distributed)*

**M.C:** Thank you, mother. We are proud to be your children. In remembrance of 200 years, we will strive to imbibe the values you have left behind.

**Song :** Veronica We Remember You.

# A Life to Bloom-My Experience...!

- *Sr Maria Thejaswi A.C*  
*Yesu Prem Niketan, Bendore*

"A few drops of your blood, can help a life to bloom". I was happy and enthusiastic to donate my blood. But I was told, that in order to donate blood, the blood count, that is Haemoglobin must be 12.5. Last time I checked my blood count it was 12.00 hence I was worried. It was



on Sunday morning when I went to attend the Eucharistic Celebration. I asked Jesus, to sprinkle His precious blood on me and help me to donate my blood, that others may get new life.

After Mass I went along with my community sisters to St Agnes Convent where they had arranged to donate blood. I was happy and eager to fill in the form which the nurse gave me. All the check-ups were normal and to my surprise my blood count, that is Haemoglobin, had come up to 13. My heart was filled with happiness, so then I went and lay down on the bed as instructed by the nurse. I was feeling a kind of joy within myself, but I was nervous. The nurse came with the syringe to draw my blood and to my bad luck she could not get my vein. Within my heart I was feeling very sad, but by the grace of God, finally she got it. Praise God. I was very happy, some of my community sisters were near me, and I felt their sisterly concern for me. It was an amazing experience to donate my blood. Jesus gave us his own body and blood to save us. Can I not donate only 350 ml blood to save one life? This made me realize that my contribution to a needy person was worth it. I decided to donate blood once in 6 months.

I cannot do great things in life, but this act of generosity I can willingly do. I pray to God to grant me good health to be of service in this life saving activity to the needy.

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## VENERABLE MOTHER VERONICA A TIMELESS ICON ...!

- *Sr M. Corona A.C*  
*Carmel Convent, Gangulli*

The birth of Venerable Mother Veronica profoundly influences the spiritual landscape, cultural expressions and even today's popular changing culture. In the world of rapid change, Mother Veronica's life is a beacon of constancy. Her humility, faith and courage serves as a source of inspiration to countless individuals across the world – to people of all faiths. At a time when values can be easily forgotten and virtues are side-lined and authority, power and materialistic possessions are exalted, Venerable Mother Veronica reminds us of the importance of unwavering attachment to Jesus in the Eucharist and resilience in the face of challenges.



**Venerable Mother Veronica's Resonance in Modern Hearts:** Though Venerable Mother Veronica's birth had unfolded two centuries ago; her journey continues to touch modern hearts in profound ways, in her role as a child of her parents, sister to her siblings, founder of the Apostolic Carmel and finally as a sister of the Discalced Carmel. Her deep faith, unwavering hope, self-emptying humility, heroic obedience, passionate zeal, and rootedness in prayer are models for the modern generation. Her faith made her to recognize the presence of Jesus in the Eucharist. Her desire to belong to the Catholic Church and her

venture to found a New Congregation made her hope against hope. She always did what pleased God and said 'Obedience is my Life'. She had the passionate zeal to work for the poor and started the 'Carmel for the Missions'. All this was possible because of her deep relationship with Jesus, her humility and her determination to achieve her dream.

In the history of the world, the lives of many people have been immortalized because of their contribution to human society through discoveries, inventions, art, literature etc. But Venerable Mother Veronica transcends time, serving as a vessel both for Spiritual Contemplation through prayer and Creative expression through the mission of Education and other works of mercy.

Venerable Mother Veronica's life extends beyond the confines of Christianity, touching the lives of individuals from different cultural and spiritual backgrounds. Her universality speaks to a shared humanity that transcends the boundaries of religion. In an era marked by diversity and global connectivity, Venerable Mother Veronica is a unifying figure that reminds us of our shared values and aspirations. Venerable Mother Veronica is not confined to the pages of history but in the hearts of individuals who find strength and inspiration through her example. Around 2000 sisters who have lived in our congregation as well as the ACAs and Carmel Blossoms, our students their parents and well-wishers and those who have gone to their Eternal abode, have illuminated the paths of millions of people whom they have met in their lives. Now Venerable Mother Veronica invites us to illuminate the paths of those whom we meet in this fast changing technologically developed world.

May we live like our founder, measure our lives not by possessions or status but by the hearts we have touched, the smiles we shared, and the love we have bestowed. May the legacy of Venerable Mother Veronica be continued by all our sisters, ACAs, Carmel Blossoms, students, parents, benefactors and well - wishers through education and other apostolic works of mercy.

# Favours Received from Mother Veronica

- Sr Adelcia A.C.  
*Shanti Vihar, Paldane*

1. The nephew of a sister, a Jesuit Scholastic returned for good just before the onset of COVID 19. He was 28 years old. Jobs were scarce. He did not find any job for about 18 months. He as well as his family, were distressed. The sister prayed earnestly in the community through the intercession of Venerable Mother Veronica, for him. Finally he found a small job, where he is contented and happy. **It is good to give thanks to the Lord.**



2. A family had an only son and he had only one daughter. 26 years old. The family was looking for a suitable alliance for her. The father had been suffering from chronic health problem. A rumour was being circulated in their neighbourhood, village and relatives that she would not get a proposal, given the condition of her father. The family trusted in the Lord, in their anxiety. The sister felt the certitude that our beloved Venerable Mother Veronica would do the needful.

Everything seemed good and delightful for about a month after the marriage of the daughter. A severe test tried the newly married couple and both the families as well. In the midst of it all a lovely girl baby was born, a year later. The marriage seemed threatened even after the birth of the child. The sister was very certain that it is only because of the the intercession Venerable Mother Veronica before the Lord that brought about peace and harmony in the family after about two months of the baby's birth. They found a team of councillors at the right moment. The son-in-law came to accept his false beliefs and the allegations he was making against his wife and her family, after listening to his immediate family members. They were reconciled with each other. The differences in the families were settled. Now



the parents live with their daughter and son-in-law; his mother too lives in the same family. **It is good to praise the Lord for His works.**

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## **Venerable Mother Veronica at Shanti Vihar (Home for Senior Citizens)**

A doctor from a reputed hospital in the suburb of Mangaluru admitted his 80-year-old mother as a resident at Shanti Vihar, on 17 December 2022, agreeing to abide by all the rules and regulations related to this admission. She was highly diabetic, and on insulin three times a day and other diabetic medication. She had sustained a fracture of her left femur a year ago and was using a walker. Her memory on recent events was failing. She needed support for most of her daily activities, except for eating and bathing. Constant reminders were required in order to follow the common routine.

Though best conditions were provided, she was unhappy that her son had decided to leave her in a Home for senior citizens and blamed him and cursed him for appropriating her property in an illegal manner. Within two weeks of her admission at Shanti Vihar, she developed severe vertigo. Shouting and weeping, she would keep everyone on their toes, even at nights, until the medication started to have its effect. By and by with a lot of body-mind- spirit interventions, she started improving. She felt at home and was enjoying her stay at Shanti Vihar; her doctor son too was at peace.

However, a month later, when it was time for him to fulfill the conditions of admission with the payment of deposits, he began to reveal that he was in financial/business crisis; and that his wife and two daughters had abandoned him. His house cum diagnostic Centre worth crores of rupees was under cease. His mother herself and his three sisters had gone to the court against him, on false charges.

He evaded the payment of the deposit which was due to Shanti Vihar with sweet promises, saying that luck would be on his side within the next few days/week/ month etc., and that he would definitely pay the amount. He did not want to take his mother to his place (he didn't have one, except the rented flat, where he lived alone); neither was she willing to move out of Shanti Vihar. There was no other person who would take his mother and see to her welfare if any untoward thing happened to her doctor son. He did not take the calls from our administrator. As I was in constant touch with the doctor regarding his mother's health, medication and treatment, he would respond to my calls even if it meant 2-3 days delay to any reminders about the payment, his reply was as usual. Thus we endured nearly six months of uncertainty, praying to the Lord through the intercession of Mother Veronica.

Though deeply distressed, and knowing the helpless condition of the doctor we/I trusted in the Lord that our prayer would be answered through the intercession of Mother Veronica; for she too had trusted in providence when she experienced distress looking after her orphans. We prayed for the doctor that he be freed from all his legal issues and make a suitable decision regarding his mother's stay at Shanti Vihar.

I was assured that the Holy Spirit would definitely use Mother Veronica and grant my prayer. It was, Saturday, 27 May 2023, eve of Pentecost. That morning the administrator (superior) called the doctor and he responded! He politely agreed that the process of payment of dues will be delayed further. The superior listened to him patiently and the call ended.

We were in recollection in preparation for Pentecost, after lunch. The parlour bell rang; without any prior information the doctor son entered with a well wisher asking to take his mother to his home, right away. The doctor explained: when the well wisher learnt his plight, he attributed the financial crisis as being the result of admitting his mother to an 'Ashram' (Senior Citizen's Home). His mother's rightful place should be in

the family with her son. When she is reinstated to her former condition, all would be well with him (the doctor).

His mother however, created an emotional uproar, weeping, blaming the son and refusing to go with him; for she was very happy at Shanti Vihar. All of us rallied round her; the well wisher too convinced her and she left Shanti Vihar for good by 4.00 pm. For me, it was God's great intervention through the intercession of Mother Veronica; it was she who sent St Joseph in the guise of the well wisher to intervene in the hard situation of the doctor and to relieve us from this anxious situation. Lord, how can we thank you enough, for this great favour to us! By the 26 June I learnt from the doctor, that his legal issues were being sorted out, somewhat favourably towards him.

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## Carmel Niketan, Bidar

A fortnight ago, while I was praying, I suddenly got an inspiration from God to buy sewing machines and give to the poor women to earn their living. Being Mother Veronica's bi-centenary of her birth, I felt this idea would be dear to her as she used to help the youth to learn tailoring. So, I asked Mother Veronica to intercede with God to provide donors for me to get 10 sewing machines and I was sure she would help. With this faith, I made an appeal to my friends, acquaintances and relations to pay Rs.6,500/- to buy one sewing machines for poor women who are unemployed. I asked many and 10 good hearted persons responded. I got not 10 but 25 sewing machines costing Rs.1,62,500/-. One couple gave me 12 machines, four persons gave 2 machines each and five one machine each. This is the miracle Mother Veronica worked. God be praised. Our poor women are very happy. God be praised.



- Sr Christine Misquith A.C

# A.C. FOOT PRINTS

VOL. 10. Pg. 113 - 183.

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



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## ACROSS:

- Her faith in God helped her to face difficulties with courage. After she retired from school, she completed a course in Homeopathic medicine and treated herself and people. They had faith in her medicines. Sick people felt safe in her presence. The poor did not leave empty-handed. Her end was sudden. "Jesus, Jesus, have mercy on me" uttered loud and clear, were the last words of our dear Sister. (5,8).
- As per grandmother's wish, she was given the name at her Vestition. She knew the Bible very well so she was named 'Walking Encyclopedia'. She was an efficient teacher, even a very weak student secured 'Distinction' in English. (4,6).

5. Wherever she worked, she left behind fond memories of her simplicity, genuine love, concern for others and her life of prayer. She had a deep love for nature. The odour, size, beauty and colour of the roses would draw young and old to her garden; even honey bees found a suitable place to make their combs. Sisters collected 3 Kg. honey in 2005. (9).
6. She won many hearts through her personal touch, humour, concern and love-filled looks. She had a knack of making others feel important and took keen interest in the different apostolates of the community. She was a reflective person contemplative in action, and prayer was her priority. (8).
7. This Sister is the only one to join the A.C. from Andhra Pradesh. (at that time) Though she studied under the sisters of Charity, at the advice of her spiritual father, she joined the Apostolic Carmel, accompanied by her father to Mary Hill with true Christian fortitude. He came again for her Vestition, but did not live for long after that. This Sister passed away at the age of 66 yrs. (9).
11. She was the only religious who was the Head of the Basic Training Teachers Institute at St Ann's. While at Mary Immaculate, Bangalore, she made acquaintance of all the Staff. She was an apostle of evangelization on the campus. (7).
12. She was a truly charming, intelligent, lively, remarkably good virtuous and committed religious. At her final commitment she offered her life to the Lamb," Take O Lord, and receive..." The Lord took her at her words. After five months, she had to extract most of her teeth at one sitting. As a result, excessive bleeding and tremendous weakness resulted in a breakdown. Her weakness prevented her from engaging in responsible duties. (5).

## DOWN:

2. As a Boarder, the sight of the sisters holding long lighted tapers, singing the 'Salve' gave her heavenly joy. As a sister, she was one of those who were transferred frequently. She moved from Patna to St Agnes, Providence, Calcutta, then again back to St Agnes, the third time. She opted for the Northern Province. She was also active in Social Apostolate. She worked two years in NVSC in the Department of Documentation, at Pune. She was a good singer, was happy to use her voice to teach others. Above all, she was a power house for many seekers for spiritual help. {6}
3. She was a good cook. She made the best use of the produce from the kitchen garden for the large number of poor Vijaymari resident students. She used the opportunity to improve her resources. She was trained, in preparing soft drinks, cakes, embroidery, flower making and drawing. She was neat in her work. Her dealings with the domestic workers was praise worthy. (7)
4. She was blessed with many qualities. She was delighted to attend Charismatic Prayer Meetings and Night Vigils in the neighbouring churches. She had a motherly and affectionate heart for those under her charge. She looked after the children with loving care in our Children's Homes. The teachers, children and those who associated with her found in her a spiritual guide and admired her human qualities. Her beautiful and delicate flowers were in great demand during Fetes and Mission Sunday auctions. (6).

## UP

10. Up to her nineties, sster was a regular community member, whether in the Chapel, dining room or community room. She was the soul of community recreations. Newcomers and guests were entertained with the riddle of the Five nations. She had a wonderful smile which won over, not only children but grownups too. (7).

13. Though she was elected Secretary General in May 1996, she Joined duty only in 1997. She gave our congregation a handy booklet containing the Office for Carmelite feasts. She was very efficient, thorough, systematic, precise and methodical – a person with tremendous sense of duty and loyalty to our congregation. She continued at her post in spite of her fatal illness. (8)

**BACK:**

8. She was the Superior and the Novice Mistress at Maryhill at one time. She was an avid reader, a good singer, dancer, creative in art. She could mimic anyone. She had a listening ear and would encourage anyone who had trouble by breaking the Word of God for them. (7).
9. During her life she rendered service to thousands of children, as a loved teacher and a caring Orphans Mistress. She could say, she always forgot herself and served others with a cheerful heart. Her active life was curtailed after her Golden Jubilee celebration by a paralytic stroke at Kallianpur. (8).

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# Results of the Quizz on A.C. Footprints

## Vol 10 Pg 55 to 113

### Western Province

1. Sr Maria Benna A.C., St Mary's Convent, Mapusa, Goa
2. Sr Florence Mary A.C., Fatima Convent, Goa
3. Sr M Verita A.C., Maryhill Convent, Mangalore
4. Sr Sunanda Jyothi A.C., Mount Carmel P.S. Nagpur
5. Sr Oleen A.C., Carmel Convent, Bandra
6. Sr Christalina A.C., Fatima Convent, Margao, Goa
7. Sr Elvira Tellis-Nayak A.C., Mount Carmel Convent
8. Sr Maria Christie A.C., Provincial House, Bandra

### Northern Province:

1. Sr M. Disha A.C., Maryhill Convent

### Eastern Province

1. Sr Lucy Lobo A.C. Carmel Convent, Kutra
2. Sr Roselinda A.C., Carmel Convent, Kutra
3. Sr Maria Clemitha A.C.
4. Carmel Convent, Ummulong

### Southern Province

1. Sr Clara Joseph A.C., Lady Immaculate Convent, Ottapalam
2. Sr Maria Dhanya A.C., Providence Convent, Calicut
3. Sr Maria Vimala A.C., Providence Convent, Calicut



## Karnataka Province

1. Sr Ida Barboza A.C., Carmel, Ashaniketan
2. Sr. M Flavia A.C., Seva Ashram, Pavur
3. Sr M Felician A.C., St Cecily's Convent, Udupi
4. Sr Rosemarie A.C., Ladyhiil Convent, Mangalore
5. Sr Lily Mascarenhas A.C., Carmel Convent, Ashaniketan
6. Sr M Henrita A.C., St Mary's Convent, Falnir
7. Sr M. Floria A.C., St Mary's Convent, Falnir
8. Sr Grace Fernandes A.C., Mary Immaculate Convent, Bangalore
9. Sr Marie Merlyn A.C., Anugraha, Bellary
10. Sr Monica D'Souza A.C., St Ann's, Provincial House
11. Sr Shalini Monteiro A.C., Yesu Kripa, Shimoga
12. Sr Maria Gracilda A.C., Carmel Convent, Moodbidri
13. Sr Anitha D'Souza A.C., Stella Maris Convent, Kotekar

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## Show them Your Merciful Love Lord Grant the Eternal Rest

<b>Date of Death</b>	<b>Name of the Sister</b>	<b>Name of the Deceased</b>	<b>Relationship</b>
12.07.2023	Sr Monica D'Souza A.C	Sr Letitia SMMI	Sister
30.07.2023	Sr Maria Sudeepa A.C	Mr Hilary Pinto	Father
30.07.2023	Sr M. Praneetha A.C	Mrs Alice Fernandes	Mother
07.08.2023	Sr Lavi Shanthi A.C	Mr Cyprian D'Souza	Father
10.08.2023	Sr Carmel Ann A.C	Mrs Shanthi Cutinho	Sister-in-law
14.08.2023	Sr Lily Pushpa A.C	Mr L. Francis	Father
21.08.2023	Sr M Sneha A.C	Mr Pius Hilary Pereira	Brother-in-law
07.09.2023	Sr Noelle Marie A.C	Mr Winnibald Furtado	Brother
16.09.2023	Sr Marie Yvonne A.C	Mrs Gladys Pinto	Sister
23.09.2023	Sr Maria Goretti A.C .	Mrs Mary Morris	Sister
16.10.2023	Sr Rosemarie A.C	Mr Joseph Patrick	Brother-in-law
16.10.2023	Sr M Adelcia A.C	Mr John Patrick D'Souza	Brother
20.11.2023	Sr Lilly Pushpa A.C	Mrs Martha	Sister

# ACA ZONAL MEET & PERMANENT AFFILIATION





*The birth of a Radiant Star*

*1823*

*2023*

*She Inspires ...*