

THE APOSTOLIC CARMEL

KARNATAKA PROVINCE



Guide Us O Mary

ALONG THE WAY...



**Venerable Mother Veronica
of the Passion**

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

*Gratitude for Two Hundred Years
of Blessings*

Contents

1. Editorial	Sr Rose Agnes A.C	3
2. Mary Inspires Me	Sr M. Jeswina A.C	5
3. Mother Mary My Healer	Sr M. Thejeswi A.C	7
4. Three Women with Dreams	Sr M. Shalini A.C	9
5. With a Vision for Tomorrow	Sr Beatrice Pereira A.C.	12
6. Glorious Life	Mrs Patricia Mathias (ACA)	15
7. An A.C Educator's Dream	Mrs Seema K (Teacher)	16
8. Mother Veronica My Inspiration	Mrs Mable (ACA)	17
9. Ode to Mother Veronica	Mrs Celine Rego (ACA)	18
10. ಮದರ್ ವೆರೋನಿಕಾ	Ms Josephine Sudarshan (ACA)	20
11. Mother Veronica's Flight to Heaven and A Daring Step	Sr M. Sylvette A.C	21
12. Star of ACA	Mis Carolyn Lobo(ACA)	23
13. Experience of Charism Retreat	Sr Evelyn Marie A.C	24
14. Beyond the Scars - Mango Tree	Sr Rose Agnes A.C	26
15. Bougainvillea	Sr M. Roseema A.C	28
16. Flowers O Flowers	Sr Maria D'Sa A.C	30
17. My Favourite Flower ...Lily	Sr Florine Pinto A.C	31
18. Red Rose	Sr Carmel Rose A.C	32
19. Sunflower	Sr M. Supreetha A.C	34
20. Tulip: Blossoming Grace ...!	Sr Lidwin Pinto A.C	35
21. ACA Silver Jubilee and Regional Congress	Mrs Renny Soares (ACA)	37
22. Footsteps Walking with me	The Sisters, Maria Nilaya	40
23. God's Faithful Love	Sr Beatrice Periera A.C	42
24. Golden Jubilarians – Glimpses	Sr Edna Furtado A.C	44
25. Jubilees Galore	Sr M. Philomena A.C	48

26.	Moving Forward Together	Sr Sunita Monteiro A.C	50
27.	ACA Regional Congress - My Experience	Mrs Clarissa Rodrigues (ACA)	53
28.	Silver Stars Renew	Sr Sahaya Mary A.C.	54
29.	Unforgettable Memory	Mrs Irene D’Souza (ACA)	56
30.	Tickle your Brain		58
31.	Laughter Makes	Complete	59
32.	A.C footprints Quiz	Sr M. Aquina A.C	60
33.	Quiz Results–December 2022		63
34.	Obituary		64





Mary the Purest Lily! As I have based part of the Karnataka Vani on Ecology and some of the sisters have written on the flower of their choice, let me compare our Lady of Mount Carmel to a Lily in the Garden of Carmel.

After the first rain, the parched earth brings forth blossoms from the womb of mother earth ... what are they? Yes, the lilies. A variety of lilies... white, yellow, red, pink. It's a feast to the eyes, joy to the heart, and inspiration to the soul.

Some of them are single, others in bunches and still others like the trumpets. While arranging the bouquet, they occupy the center place. Mary too occupies the center place in the life of Carmelites. She inspires, guides and protects the Carmelites under her mantle of care and affection.

By Mary's "purity" we mean, Mary's complete self-donation body and soul, in faith and love to God alone. Mary must have vowed to remain a virgin, consecrated to the love of God from the time she was very young, otherwise her response to angel Gabriel at the Annunciation makes no sense. Having an undivided heart for God, free from our own motives and desires, so that God's will be done in us, is the greatest gift she could offer us.

Carmel is a garden with a variety of flowers. All of them complement each other - never compare. As we are beginning new communities, with sisters having a variety of gifts, talents, skills, abilities, capacities, may Mary our Mother, the purest lily, enable us to blend and bond to form a happy community living.

The Birth Bi Centenary of our founder Mother Veronica too beckons us to focus our gaze on our motto ‘God Alone sufficeth!’ Yes indeed He did suffice for Mother Mary when she said her simple, total YES with the purest heart!

May our Mother, Our Lady of Mount Carmel, enable us to say ‘yes’ on our journey of life, especially when the roads are bumpy and the seas are choppy!

The Provincial Superior, Sister Maria Shamita and the team warmly wish you a very Happy Feast of our Lady of Mount Carmel and memorable celebration of the Birth Bi Centenary of our revered founder Venerable Mother Veronica!



Sr Rose Agnes A.C.
Editor

Mary Inspires Me

 **Sr M Jeswina A.C.**
St Mary's Convent, Falnir

No person is an island. We live in a family, community and society. We need each other in the journey of our life. There are many people with whom we live or meet in our day to day life. Some of them we hold very dear to our hearts, while others we love and associate with and some others, we meet and part. As we have our loved ones, friends and well-wishers in this world, so also we have friends in heaven who are closely connected to us. Among the many saints and angels I feel blessed to be closely connected to St Joseph and Mother Mary, besides the Holy Trinity. It is difficult to make a choice between Mary and Joseph as both are very dear to me. But today I want to speak on Mother Mary who has been a mother, guide and inspiration to me.



The love and devotion to Mother Mary was sown in my heart by my own mother whose name is Mary. I believe she has received many graces and blessings from Mother Mary. She always invoked Mother Mary's help and guidance in all her struggles of life, both in joys and sorrows. It is my mother who taught me to love Mother Mary right from my childhood. She taught me to pray to her, especially to pray the Rosary, novenas on all special feasts including the feast of Mount Carmel. As I grew up, I continued to have recourse to her and every time I prayed to her, she always helped, guided, guarded and protected me from



many dangers. I feel blessed to belong to the Order of Our Lady of Mount Carmel, the Patron of our Congregation. Over the years, as an Apostolic Carmel sister, I have received many graces and blessings from Mother Mary. I have experienced her tender, motherly love and care all through my life. Each time I sought her help and guidance, she has always come to my rescue as the loving Mother and sailed me through safely in all my struggles and difficulties in life. Though we do not read much about Mother Mary in the Gospels, her life and message has inspired me in different situations of life. The two most striking and outstanding virtues I learnt from Mother Mary are her faith and obedience. To illustrate these two qualities of Mary I would like to take examples from the Gospels.

I. Mary's entire life is a journey of faith.

- Mary begins her journey of faith at the Annunciation and surrenders totally to God's plan of salvation.
 - As the Mother of God, she goes in haste to meet her cousin Elizabeth in love and service.
2. Mary contemplates God in a helpless babe and adores the Immanuel in faith, lying on a bed of straw at Bethlehem.
- Through trials, anxiety and in faith, Mary flees into Egypt with Jesus and Joseph.
 - She ponders over the prophecy of Simeon while she presents Jesus at the Temple.
 - Mary's sensitivity to the needs of others brings joy to the wedding celebration at Cana.
 - The climax of Mary's journey of faith is exemplified at the foot of the Cross where she stands one with Jesus on the cross. Mother Mary as my model and guide has inspired me to imitate her in my faith journey.

II. Mary is the best example and model of obedience

Mary is the obedient Handmaid of the Lord. She listened to the Angel and said: "Behold, I am the handmaid of the Lord; let it be to me according to your word." (Luke 1:38)

Mary obeyed:

- the civil law and journeyed with Joseph to Bethlehem for the enrolment.
- the ecclesiastical law and presented the child Jesus in the temple.
- the will of her own Son at the wedding feast in Cana

Her final fiat is seen at the foot of the cross on Calvary in offering the life of her Son as ransom for all of us, sinners. Mary inspires me to emulate her by obeying God's will and plan in my life.

Mother Mary was attuned to the Holy Spirit. She was called 'full of grace'. She was blessed in a special way by the Holy Spirit at her Immaculate Conception and at the Annunciation. Led by the Holy Spirit, she devoted herself entirely to the mystery of our redemption and accomplished the will and plan of God in her life. May my beloved Mother continue to inspire and help me to accomplish the will of God in my life in living my way of life as an Apostolic Carmel sister.

Mother Mary My Healer !

 **Sr Maria Thejaswi A.C.**
Yesu Prem Niketan, Mangalore

When I think of Mary, I feel great comfort and peace within me. What a great gift God has given me - a Mother on earth who gave me birth and a Mother in heaven whose tangible presence I experience daily in my life.



Mary is not only a woman of faith but she is a woman of love. She is very sensitive to the needs of her children. She has not only five senses but a sixth one and many

more senses too. Even before we ask, she knows our needs and without our asking she fulfills them. This has been my life experience.

At Cana, Mary sensed that there was no wine. Confidently she approached her son and he did what was needed. He will never say no to his mother. I too often feel confidence in Mary and Jesus.



Only Mary understood my aches, pains and sufferings, physical and even emotional ones, which came my way, as a religious in my community life. But I felt Mary was there always to help me. Since she was always sensitive to my needs, I have learnt to be sensitive to the needs of others, specially the sick sisters in the community and my specially gifted children in the school.

I cannot write now about all the healings I have experienced through Mary. For example I have been suffering much with right leg ligament knee problem from the last three years. MRI was taken and I consulted two doctors and they suggested surgery. At least from three years I have been putting off due to some unavoidable circumstances. I wonder how many have really felt my pain and really understood my pain. Well, I blame no one. I held on to Mary my healer and kept on praying. I went to Arogya Matha shrine at Harihara, went to Velankanni Mother of Health shrine along with my family as they wanted me to be healed.

Recently I had to take a MRI report and fix the date for surgery but to my surprise and joy, Dr Vivian said there was no need of surgery but to continue with the medication. One can imagine my deep joy. My gratitude to Mother Mary was very great, I embraced and kissed her, for all these years she was healing me and never said, ‘no’ to me and my family. I trust Mary and my love for Mary has increased. Let’s go to Mary she is always there with us and for us. Through Mary let us go to Jesus!

Three Women with Dreams

 **Sister M. Shalini A.C.**
Yesu Prem Niketan

When I think of a woman with a dream, three women come to my mind. I can almost visualize them. All three of them had dreams. All three of them became mothers. Do you wonder who they are?



The first one is Mother Mary and the second is Venerable Mother Veronica and the third woman of course you'll come to know towards the end of this article.

We all have dreams - sometimes pleasant and other times not so pleasant. The psychologists define dreams in different words, but all give us the meaning of a dream. I like the shortest definition I heard which says, 'Dream is a royal road to the unconscious; it fulfills one's unfulfilled desires.' I have often dreamt and found that this definition is true.

In my talks, while giving retreats to the young, I have often said, 'Have dreams, and have big dreams, but realistic ones.' We all have dreams, not at night, but our wish fulfillments are our dreams. Our dreams as religious needn't be the same as of those in the world - for example, parents' dreams for their children, dreams of youth for their future life. I often said to myself, that my dreams should be according to the state of my life. I say many of my dreams have come true, dreams I have had (desires) even as a child and as a novice.

It surprises me how God has made note of my dreams. I often asked our Lord what are his dreams about me, I asked my parents the same questions. And three of my Superiors General without my asking spoke of what their dream for me were. And I tried to connect my dreams with theirs. Oh! It's great to think of them.

Now I come to Mother Mary. Nowhere is it said that she had dreams. Surely she must have had many dreams. After she said yes, she must have dreamt about her future, and later about her own son. May be, we will know her dreams after we reach heaven. I am sure that she has some dreams for me too. Being a silent woman she kept everything pondering in her heart.

Joseph too had dreams, but his dreams were all while asleep. I wonder if they shared their dreams with one another. In that Holy Family, Jesus, Mary and Joseph, they seemed to be contemplatives. It was a silent, prayerful family. All the three, had their own dreams, and they pondered them in their hearts.

Here they teach me, dream but be silent and prayerful. Ponder in your mind and heart what God speaks to you. Deep union and contemplation should be part of my life. Yes, the Holy Family was a family with dreams. They sought the will of God and that was their hunger and thirst.

In seeking and doing God's will, Mary with her 'yes', became a mother. She was and is God's mother and the mother of the whole human race. She calls me to be a mother by giving birth to Jesus in others, through my prophetic mission. May she pray for all of us and make us dream - dream big and be fruitful.

The second woman I am thinking of is our Venerable Mother Veronica. It is difficult to enumerate her dreams which she had from childhood. God had a plan for Sophie, and we see how gradually God unfolded it in her life. Step by step God's plan was realized in her life. She had her dreams, but the beauty is, her dreams went along with His plans. It is clear that His plans took hold over the dreams of Sophie Leeves. Moulding and shaping her, chiseling and polishing her, He brought her to the stage of Mother Veronica and then raised her to be Venerable Mother Veronica. We her daughters fast and pray, for we too have a dream to see her raised to the honours of the altar and raise our hearts and call her St Mother Veronica. She as a mother gave birth to the Congregation of the Apostolic Carmel. She is our mother.

The third woman with dreams is none other than my own beloved mother. She was a woman who spoke volumes to us. She, along with my father, made us feel the vibrations of their dreams for their children. My mother expressed to me - once you become a religious sister, work until you are worn out for the Lord. Spend your life working for the Church. In this woman, I found, a woman of faith, silence and charity. She lived a simple and poor life like St Francis as my father and mother had taken a vow to live a poor life and have minimum clothes. Mother had limited ordinary saris, bought by my father. My father had only two sets of clothes for he said, wear one and wash the other. If he was gifted with new set of clothes, the same day, one set would be given to a poor man. I can write volumes about the holiness of these two. They had one big dream and it was that their children spend their life serving the Church.

No wonder they offered six of their children (two boys to the Society of Jesus and four daughters to the Apostolic Carmel) for the service of the Church. May God be their reward. My beloved mother had a dream similar to that of my father. They prepared us to love and serve. Their love for the Church was very visible in what they spoke and did.

Mary's dream and her yes made her the Mother of God and my mother. Mother Veronica's dream gave birth to the Congregation of the Apostolic Carmel and she is our mother. My mother too dreamt for her children's future and by her silent and exemplary life she became our mother.

Let us all begin to dream and dream big, and do great things for God by living up to our prophetic mission.

“Self seems to disappear. God and His mercy alone remain”

- Ven. Mother Veronica

A Woman With A Vision For Tomorrow

 **Sister Beatrice Pereira A.C.**
St. Mary's Convent, Falnir

Way back in the 19th century, two Wright brothers had conceived an idea in their minds. They had not even finished their high school studies. They were the first to design and build a flying craft that could be controlled while in the air. They were not scientists in the true sense of the word. Their relentless pursuit of that dream was rewarded with an accomplishment that changed world travel. A true example of turning dream into reality.



In the year 1862, Mother Veronica as a missionary sister of the Congregation of St Joseph of the Apparition, landed at Mangalore, then went to Calicut. She found that the young girls of the coastal region of Malabar were deprived of education as there were no schools for women at that time. Besides, the Catholic faith of these young girls was also at stake, as they were lured by the Protestant missionaries to be converted to Protestantism. In the year 1868, her far sighted vision enabled her to found the Congregation of the Apostolic Carmel at Bayonne, France, with the specific goal of education and faith formation of young



girls along the West Coast of India. For Mother Veronica this was a period of intense suffering of body, mind and spirit and the beginning of a series of challenges that increased in intensity and finally led to the closing down of the cradle house of the Apostolic Carmel at Bayonne in 1873, within five years of its founding. All her dreams were shattered. She had no sense of fulfillment but only failure. But Mother Veronica clung to Jesus on the Cross and spent the rest of her life in the cloistered

Carmel of Pau, France, in total surrender to God's plan in her life to unfold.

*Success is failure turned inside out;
The silver tint of the clouds of doubt;
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hit'
It's when things seem worst that you mustn't quit.*
-Unknown.

In the year 1870, Mother Veronica had sent a band of three sisters to Mangalore, India, to carry out the mission she envisioned for the starting of Catholic educational institutions, to empower young girls. Consecrated persons are like candles that burn and ignite other candles spreading the light of faith and knowledge. Teaching is a vocation, a divine call to mould and form the raw clay in their hands. Today, the year 2023, the Apostolic Carmel Congregation she founded, has crossed over the post sesquicentennial milestone of its presence in India. Thousands of students, especially girls, have been given a strong foundation in values which has enabled them to be light bearers and messengers of God's love in their own families and in the society and has made them enlightened citizens and vibrant agents in the world. Mother Veronica's advice that her daughters should be true religious and not just pious teachers is applicable to us today and tomorrow as well. All the documents of the Church on religious life bear out this reminder that consecrated commitment is more important for the apostolate than any activity that they undertake, no matter how effective and opportune.

In this changing world, where technology over-rules man, the educators, should remember that today's students cannot be taught with 'yesterdays skills' and cannot be conquered and motivated with 'yesterdays tricks'. Everything – good and bad – is available at the click of a mouse or at the touch of a mobile key. So, we as Apostolic Carmel educators, have adapted to the changing times and striven to be mentors, facilitators, guides and counselors in order to provide the all round training of mind, body and soul of the pupils entrusted to our care. The

contemporary world heavily depends upon the computer, mobile phone and the internet to function effectively, efficiently and with high speed. The sisters have been equipped to use these means of rapid communication to influence the young for the better, taking care not to become the victims and consumerists of these media gadgets, not forgetting their call, their responsibility and duty towards the society.

The present day education is commercialised. In the urban areas where we serve, educational institutions are mushrooming everywhere. There is a School or College at every stone throw. We are not able to compete with the infrastructure and standard maintained in these Institutions. Neither can we close down the Institutions we have already started. In the spirit of Mother Veronica the predilection for the poor and needy must characterise our service always, whether in urban or in rural area, for Jesus came preaching the Gospel to the poor.

The modern world is living a culture of death. As consecrated persons, the Apostolic Carmel sisters are called to live and to uphold the values passed on by Mother Veronica and address the needs of real and relevant education today. There are many ways of re-living the spirit of Mother Veronica, her deep faith, humility, obedience, love for Jesus; her total dependence on God, detachment; her heroic courage in suffering and her desire to fulfill God's plan. As we journey into the future, the spark of her Charism in our hearts needs constantly to be re-kindled and set ablaze to ignite the light of faith, knowledge and love in all those we serve.



Glorious Life !

 **Mrs. Patricia Mathias (ACA)**
ACA, St Mary's Convent, Mangalore

The hand of God upon your life
Every day from the start,
He led, moulded and guided you on,
He needed your body, soul and heart.



He desired people to experience His love
In every continent, island and shore
He chose you Mother Veronica
To step into the port of Mangalore.

You didn't know what you could do
But with Jesus as your strength and guide
Established the Apostolic Carmel
Faith, courage and love of God to abide.

Today we fondly remember all you did
For the glorious life you gave
Thank you, Mother Veronica,
For the beautiful path you paved.

A powerful instrument in His hands
You followed Him in every way
We thank God for your blessed life
Together we celebrate you today.

"God is a Banker who never fails"

- Ven. Mother Veronica

An A.C. Educator's Dream ...!

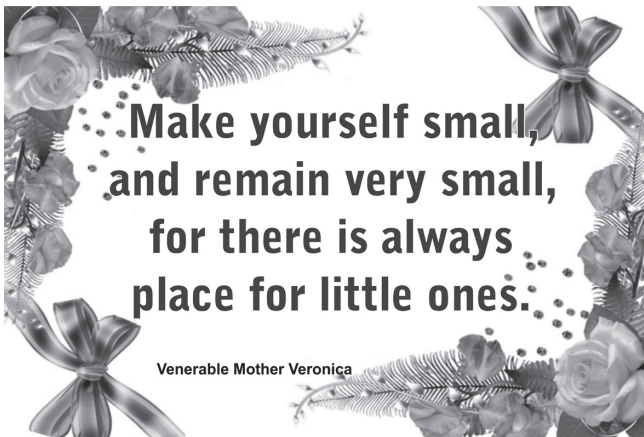
 **Mrs Seema K**
St Cecily's High School, Udupi



We, the Carmel Educators
Shall take our students to great heights...
With love, concern and dedication,
Let us make our profession - our passion.

Bear the A.C. charism in our hearts and hands
Experience God's love when we sit and stand.
We shall pass on this legacy to every child
Who comes to us with a trusting stride!

With knowledge, values 'n' confidence, let's equip
Every student who sails in our ship
With gratitude to Management for trust and responsibility
Let's strive, make every student; EXTRAORDINARY!



Mother Veronica My Inspiration

✍ Ms. Mabel (ACA)

Mary Immaculate Convent, Bangalore

For the past twenty years I have been a member of the Apostolic Carmel Association. I owe gratitude to God for giving me this privilege of being a member as this membership has led me closer to God. Each month I await the meetings to know more about Mother Veronica. I have always sought the intercession of Mother Veronica in all my hardships, the ups and downs of life and felt the power of her intercession to tide over the situations.



Being an ACA has drawn me closer to God. My personal relationship with God as my loving Father, has deepened in my life. Love for the Word of God has been instilled in me and this guides my steps on the path of sanctity and holiness.

Once I met with a road accident. I sought continuously Mother Veronica's intercession and I must say that I was miraculously saved and I survived without any hurt. God be praised for His mercy and for the powerful intercession of Mother Veronica.

It was my privilege to attend the ACA Regional Congress in Mangalore in November 2022. This Congress has been a unique experience and a memory to be cherished, as I had the opportunity to meet several sisters I knew and the ACAs of different units of the Province. The sessions, their sharing, the Eucharist and the Silver Jubilee celebrations – all deepened my faith in the Lord. We earnestly pray that Mother Veronica may soon be raised to the honour of the altar as she has been the cause of blessings, happiness, and inspiration for many of us.

AC Association has created a bonding with the sisters of the Apostolic Carmel and a sense of belonging to the sisters of Mary Immaculate Community!

Ode to Mother Veronica

 **Ms Celine Rego (ACA)**
St. Ann's Convent, Mangalore

Venerable Mother Veronica, our Founder dear
The Catholic Church was Christ's Church for her
Surrendered worldly pleasure to serve the poor
And lived in the shadow of the cross for sure.



For her, God was Number 1 in every situation,
Jesus, in the Holy Eucharist, was her greatest consolation.
'My Peace I give to you...' said Christ to her in her early years
Remaining close to Him, listening to Him took away all fears.

To His True Church He beckoned her and to follow this calling,
She had to surrender family and friends – it was heartbreaking.
'Where do you want me?' before the Eucharistic Lord,
she pleaded,
His whisper from the tabernacle, "I want you here" was all
she needed.

Obedience was her life – she went wherever she was sent
To carry out God's plans, her will wholeheartedly to His,
she bent.
Be it teaching or nursing or caring for the orphans,
it mattered not,
What God ordained for her she carried out,
though often hard was her lot.

To the West Coast of India, He commissioned her,
a new convent to open,
As Superior to become His torch bearer and
care for the poor and the forgotten.
Filled with zeal, catechizing the young and old –
this gave her great joy,
She loved her work, she loved the people,
with them she could enjoy

But a quiet voice spoke to her in the silence of her heart,
“I want you in Carmel’ it said, but from her loved congregation,
how could she part?
She sought advice, she surrendered to what Mother Church
would decide
‘A Carmel for the Mission’ she would start and
in His will always abide.

At Bayonne, she started the mission that
God had confided to her,
Trained sisters to start the Apostolic Carmel,
on Indian soil so dear to her.
Her desire to accompany them was unfulfilled,
but to God’s will she did bow.
God would bring her work to fruition,
though she did not know how.

Today the Apostolic Carmel stands strong
because of her surrender,
And we the ACA’s are proud to be members of this
Carmelite Order.
“Neath Mary’s mantle we take shelter with
Mother Veronica as our guide;
“God Alone Suffices” is our motto too, in it we take great pride.

We hail you and thank God for you,
Venerable Mother Veronica of the Passion
You have set an example for us all by your heroic obedience.
Your total surrender to God made the
Apostolic Carmel in strength to grow.
We too will surrender to God, to Him our love and
obedient we owe.

ಮದರ್ ಮೇರಿ ವೆರೋನಿಕಾ

Ms Josephine Sudarshan
Mary Immaculate Convent, B'lore

ಹೇ ಮದರ್ ಮೇರಿ ವೆರೋನಿಕಾ
ನೀ ಕಾರ್ಮೆಲ್ ಸಂಸ್ಥೆಯ ಸೌಗಂಧಿಕ

ವಿಧೇಯತೆಯೇ ನಿನ್ನ ಗುರಿ
ಪ್ರಾರ್ಥನೆಯೇ ನಿನ್ನ ಶಾಯರಿ
ವಿಶ್ವಾಸದಿ ನೀ ಮೇಲು
ಆಶೀರ್ವದಿತರು ನಾವುಗಳು



ಕೇಳುವುದಾದರೆ ದೇವರ ಕೇಳು
ಎಂದಂತಹ ಮಾತೆ ಇವಳು
ಮನುಜರ ಕೇಳುವುದಂತು
ಅವರೆಂದಿಗೂ ನೀಡಲಾರರೆನಿತು

ಕಾರ್ಮೆಲ್ ತೋಟದ ಹೂಗಳು ನಾವೆಲ್ಲಾ
ಸ್ತುತಿಸಲಿ ಜನ ವಿಶ್ವದಲ್ಲೆಡೆಯೆಲ್ಲಾ
ಶಾಂತಿ ಸಂತಸ ನೀ ಹೋದೆಡೆಯೆಲ್ಲಾ
ನೋವು ತೊಂದರೆ ನಿನ್ನ ನಂಬಿದವರಿಗಿಲ್ಲ

ಶಿಕ್ಷಣ ನೀಡಿದೆ ಬಾಲಕಿಯರಿಗೆ
ದಾನವ ನೀಡಿದೆ ದಲಿತರಿಗೆ
ಪ್ರಖ್ಯಾತಿಯಾದೆ ಸನ್ನಡತೆಯಿಂದ
ಭಕ್ತರ ಕಲೆ ಹಾಕಿದೆ ಧಾನದಿಂದ

ಗಗನಕ್ಕೇರಲಿ ನಿನ್ನ ನಾಮ ಸ್ಮರಣೆಯು
ಆರಾಧಿಸಲಿ ಭೂ ಸಂಕುಲವು
ಕಾದಿಹೆವು ನಿನ್ನ ಸಂತ ಪದವಿಗೆ
ನಿನ್ನಿಂದ ನಡೆಯುವ ಅದ್ಭುತಕೆ

Mother Veronica's Flight to Heaven !

Glimpses from the History of St Ann's –

History of St Ann Page 1
Compiled by Sr. Philomena A.C. October 1977

✍ Sr M. Sylvette A.C.



Pau, France,
16 November 1905

“The great bell tolled just once in the convent at Pau. Mother Veronica was dead. She had asked that the usual Carmelite circular which follows on the death of a sister be withheld after her own passing away. A simple white stone marked the place where they laid her remains.

They said it was her tomb. But was it mere coincidence that the year of her passing away saw the completion of the convent that had so large a place in her life's work? No one watching the steady growth of the building of St Ann's in far-off Mangalore, knew of the bent figure in the Carmel of Pau, whose heart was enshrined in it. None thought of the finished chapel, the enlarged school and the new community rooms as the glorious tomb of an unknown Carmelite in France.

And yet, they stood because of her. Today they stand a lasting monument to the memory of her who never saw them, but whose courage, generosity and fortitude made possible their existence.

Only in heaven will the Apostolic Carmel realize all that it owes to its mother and foundress, Mother Veronica of Jesus.

As we celebrate the Birth Bi Centenary of this great woman, we cannot but thank God for the great gift of Mother Veronica to the Church, for she had been found worthy to start the Apostolic Carmel Congregation which in turn has given so many stalwarts to carry out the mission for the Church!

A Daring Step...

From the Annals of St Ann's...!

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

‘During these years, Sr Beatrice as Principal faced a difficult situation when the B.Ed College was informed that there were seven irregular admissions and that these seven students were debarred from appearing for the examination that were to commence in a week. The situation was tragic and all that the students could do was to cry, as they had nearly completed the course. It had happened when a circular that had come early in the academic year regarding general education subjects required for professional education in the B.Ed College were exactly specified but the details had been overlooked by the Principal. As it was her wont dear Sr Beatrice was calm but not inactive. Taking the 7 students with her she left immediately for Bangalore where she was given a warm welcome by Sr Philomena who helped her and shared the burden with her for the rest of the time. The Director of Public Instruction was adamant since the decision had been made by the Senate in Mysore. All that we got from him was blame. The next thing to do was to reach Mysore as soon as possible and meet the Vice-Chancellor. Taking the girls with them, Srs Beatrice and Philomena reached Mysore, just in time to meet the Vice-Chancellor at his door-step. On hearing their story and wanting to be of help and finding that he was unable to go back personally on a decision made by the senate, he looked more sympathetic and said, “*I will give you a solution. Go back to Bangalore and file a writ petition against me,*” the Vice-Chancellor. The sisters were literally taken aback and dumb founded, knowing little about law and still less about stay order. The Vice-Chancellor got into his car and left and the two sisters with the seven girls came to Mangalore as they could not think of a writ petition without Mother General’s permission. Having put the case before the General Council as Mother General was away, they hurried back to Bangalore, got

the services of Mr Sundarswamy our advocate and the help of Mr Thakoor, who typed out the seven copies of the writ petition by his office and they were filed the day after in the High Court. The stay order came within the few days. The girls answered their exam and we did not withdraw the writ petition until the results of the seven girls were received and published. Every one of these seven students passed. Thanks to God and the Vice-Chancellor who provided the solution?

Star of ACAs...!

👉 **Miss. Carolyn Lobo, (ACA)**
St. Mary's Convent, Mangalore.

Mother Veronica - Star of ACAs
Mother to us - one and all
Ever with us on our journey
Touching our lives, in spirit
Heroine of the ACA's.
Endurance was your forte
Rendering blessing to us!



Victory in the Lord
Enthusiastic in service to all
Royal-yet humble and godly
Once alive now above.
Nurturing our aspirations
Inducing our dreams
Caring and loving are you
O Mother dear, we love you!

Experience of Charism Retreat

 **Sr Evelyn Marie A.C**
Carmel Convent, Moodbidri

Words cannot express, nor can it do justice to the deep experiences one goes through. However penning a few lines about my experience of the charism retreat will be an opportunity for me to witness to the LORD of LOVE.



I marvel at God's ways of leading me to this retreat, because it all happened at the last moment. Four days prior to the retreat, I met Sr Archana who told me that they were having charism retreat in Maryhill by Sr Linette A.C. I just causally asked her whether there was a seat. Immediately her reply was, ask the superior. After that I didn't bother to do anything. Within two days I got a call from Sr Juliana Mary asking me whether I would like to join the retreat. I felt happy. Meanwhile during the same week, I got a substitute teacher to handle my class. So, I strongly felt that this was God's doing.

Maryhill being the cradle (Novitiate) of my religious life, attending this retreat provided me an opportunity to reminiscence, re-live, refresh, and renew my novitiate fervour once again. The natural beauty of the surroundings, the silence and solitude, the daily Eucharistic celebration with deep insights, a comfortable stay with nutritious food, no doubt added to this retreat experience.

During the lock down, I had attended online retreat by Fr Tony D Souza S.J. who had initiated the same theme. Our core identity is that I Am God's Beloved child. BEING is more important than DOING, and how our EGO is an obstacle towards this growth. So I felt all the more happy and grateful to God as I listened to Sr Linette speaking on these same points and for alluring me to this hallowed place for a deeper experience.

Yes, my charism, i.e. I'M GOD'S BELOVED CHILD. This is my core identity. It is a free and gratuitous gift of God to me. God is love, and He gives Himself to me unreservedly. No one can take it away from me. So, I need to accept this gift, cherish it and live it in my life. So, charism is gifts of nature and grace given by God for the mission of the Church! The heart of charism is Prayer, and Contemplation which is lived out in community and service. It's a growing process like the seed which when sown dies, sprouts, gets rooted and then grows. It's the Holy Spirit who accompanies us into the quiet recess of our being, leading us to the transformation where the Trinity dwells, to seek the Lord in single mindedness as the Saints did. So, I too am called for holiness - called to live a radical life. That is to be God centered or to Christian discipleship. I am called to this radical life through the living of my vows, saying no to my ego which is an obstacle in the path to holiness. I spent these eight days of retreat in prayer, reflection and introspection. I realized my worth, my vulnerability, brokenness and God's abounding mercy. The experience of God's love and faithfulness was a healing balm to me.

It was indeed our privilege to have Sr Linette A.C. the main leader of the retreat as our guide. A person soaked as it were, filled with unction and zeal, imparted to us knowledge and her own personal experience. Writing of prayer review and personal guidance was a great boon to pray better day by day. Though I had some physical constraints, nothing deterred me from following the spiritual exercises with determination. This was really a special grace to me.

The love of God was abounding
Grace was not wanting
Inner voice was resonating
Conscience kept pricking
The Lord was bountiful in pardoning
The experience of God's love was deepening
And now it keeps on reminding
To do justice for the eight days spent in Contemplating.
The indwelling of the Blessed Trinity – Core Identity

Has filled me with peace and serenity
Invites me to bear witness in the vicinity
Facing life's reality with clarity
By living the life of fraternity in Community
As I march towards my goal – Eternity!

Beyond the Scars – Mango Tree!!

 **Sr Rose Agnes A.C**
Provincial House, St Ann's

Seven years ago or so, the former Provincial Bursar, Sister Magdaline, had planted three mango saplings behind St Ann's Provincial House. While one of them has been cut down on account of its close proximity to the building, the other two have grown and have started yielding.



Both are grafted and the mangoes are very sweet. Right now while one is very fruitful, the other has a few fruits hidden, in between the leaves. 'If they remain hidden from the eyes of the 'school boys' we will have the joy of eating them. And God saved them and we had the joy of enjoying them.

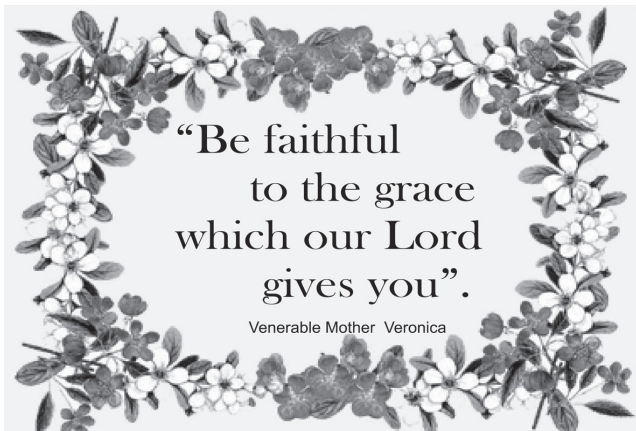


Both the trees are a blessing, for those who reside, on the left side of the building, as they provide a little shade, breeze and control the direct dust from the play grounds. Surely, because of their presence the nights are slightly cooler.

By the side of these trees, there are two ‘Soursop’ fruit trees growing. On account of the mango tree, one of them grew tall and bent on account of its foliage and lack of space for growth. Hence two branches of the mango tree and the top of ‘Soursop’ tree were chopped.

After a month what do I see! The branch which lost its ‘other half’, instead of crying and mourning over its loss, brought forth bunches of mango flowers, right in the midst of the ‘wounds.’ I was stunned to see this. After a few days I happen to visit the spot on account of repairs and a ‘mini miracle’ awaited me. Both the cut branches are yielding mangoes. I couldn’t believe this. This is the first time I see a ‘wounded fruit bearer’ in nature. Can we not say, nature is the best teacher? While the world is on the ‘spree of revenge,’ nature is teaching us, ‘in spite of my wounds’, I shall give forth my best! I remembered St Therese who said ‘the sharper the thorn, sweeter shall be my song.’

Richard Rohr says, ‘Creation is the second Bible’ and Elizabeth Barret Browning says “Earth is crammed with heaven, and every common bush afire with God”. A million thanks for this unspoken message and inspiration - Mango tree! Indeed, you preach without preaching! I love you my beloved mango tree!



Bougainvillea

 **Sr Roseema A.C.**
Bal Yesu Nilaya

Bougainvillea flowers are attractive and lovely. They bloom in a variety of colours - purple, red, orange, pink, white and yellow. When grafted they bloom in multiple colours. These plants can grow up to 40 feet height with support. They are shrubby plants with lot of thorns. They are also called paper flowers because their bracts are thin and papery. The flowers are small, tubular and surrounded by showy, colourful petaloid bracts. They are long lasting and bright. The colourful bracts outshine the plant's true flower, They appear periodically throughout the year, especially in winter and summer. When you plant Bougainvillea right round the compound, They beautify the whole campus. Passersby enjoy the beauty of the same. They require full sun light and actually perform better when their soil is left a little dry. They can tolerate the hot sun. Even though you don't water them they



have flowers in plenty.



You can trim them and shape them artistically as per your delight. They can grow over fences and trellises, they are even used for espaliers. There are also dwarf varieties of plants which can be planted in a pot on the terrace,

yard, on top of a wall or in hanging baskets provided they get the full sunlight. The best time to prune bougainvillea is in late

winter or early spring, after they flowers to the full or at the start of rainy season. You can even use the smaller cuttings to have more plants. If you do, you'll be able to share the beautiful plants with your friends and make your city or village colourful. So neither the one who plants nor the one who waters are anything, but only God who makes things grow....). (I cor: 3: 7) Yes, it is the Lord's doing. We are only care takers. He gives the beauty; He provides sunlight and water. We have only to nurture them and beautify them as per our delight. Thank you Lord for the beauty of your creation, big and small, light and dark, multiple in colours, praise the Lord.

Big and showy
loud and lovely
multiple in colours
they bloom in plenty
and stand on my porch
sprawling with filiform tentacles
the thorn-armored canes
my bougainvillea uses as
claws to etch indelible memories
drawing the eyes of wayfarers
inviting them stop and enjoy
the artistic beauty of the creator
of unforgettable summers delight.

The greatest lesson bougainvillea teaches us is that, they put forth their best flowers in the scorching sun. You hardly find any flowers during the rainy season. When life is hard, with plenty of problems, you still can smile looking at these flowers. In fact at times you can see only flowers and no leaves as in the month of May. They teach me to trust in the Lord when I face choppy seas and bumpy roads. Let me learn from them to smile and bloom when tossed on stormy waves!

Flowers O Flowers



 **Sr Maria D'Sa A.C**
St Cecily's Convent



Elegant and beautiful you do stand
Fragrant, colourful is your large band
Big or small you beautify the earth
Proclaiming aloud, yet silently the creator's worth.

Tell me, pray, who made thee so lovely
So delicate you stand yet strong and lovely?
Always praising the Creator with mirth
Lead me to understand heaven's power in every birth.

The young and old, strong or weak
Even a little sparrow with its small beak
You satisfy each with a welcome smile
Add grace to life's file.

Colours white, red or gold
Purple, pink, orange with green enfold
Contemplative silence thou dost bestow
Drawing each soul to the heavenly rainbow.

Thank you God for spreading your beauty around
Drifting each heart where celestial joys abound
Your universal love they do extend
Sinner or saint their loving smile they send.

Make me a flower showing forth thy beauty
Make me a flower spreading thy gaiety
Walking with you O my Lord let me on eternity's shore
Joyfully receive thy sweet award.

My Favourite Flower ...Lily!

✍ **Sr Florine Pinto A.C**
Veronica Vihar, Mary hill.

Lily is a beautiful flower; I love this flower and its beauty. It attracts insects because of nectar and people too, for its sweet smell. Lily has a diversity of symbolism around the world. It symbolizes purity and innocence, culture and colour. Lilies have long been associated with love, devotion, purity and fertility. Lilies are often sent as sympathy flowers as a symbol of strength and support to those who are mourning. Lilies also are very popular both at weddings and funerals too.



The Lilies come in many colours, though white lilies are most popular. That comes first to our mind when the flower Lilly is mentioned. Though lilies, in general, symbolize purity and refined beauty, their meaning changes, depending on their colour and type. For example White lilies symbolize modesty and virginity; Yellow lilies represent gaiety and cheerfulness, Orange lilies signify confidence, pride and wealth.

Lilies play a significant role in removing fair amounts of benzene from the air, so they are important to our environment. Water lilies help the environment because they rest on the water surface; both flowers and pads provide shade, keeping the water cooler. Dried lilies are used to treat stomach disorders and fevers. The Lily flowers have medicinal properties, and can be useful in treating inflammation and even ulcers.

No other flower is associated with the Feast of Easter, more than the lily. These beautiful white flowers are lovely and give life, are symbolic of purity, joy and hope. Lily is a special flower, which has enjoyed a unique importance throughout the ages. Although lily isn't derived from the Bible, it does have biblical connection. Lilies are often used to represent the Virgin Mother Mary's purity, and St Joseph is frequently pictured holding lilies to represent his relationship with the mother of Jesus.

In Mt 6:28, it is mentioned that Jesus said, "consider the lilies of the field, how they grow, they toil not, they spin not and yet I say unto you Solomon in all its glory was not arrayed like one of these." Here, Jesus is giving a message to his followers and to all of us as well, to stop worrying about food and clothing because even the birds are provided for, by God. Jesus' reference to the lilies is traditional, but certain. What is more important is, the message of Jesus, "Stop worrying and being anxious about petty things, place your ultimate trust in God for, He is our provider."

Red Rose...!

 **Sr Carmel Rose A.C**
Provincial House, St Ann's

Roses are beautiful and classic flowers that have captivated people for centuries. They have inspired countless poets, writers, composers, songwriters and artists over the years with their elegant blooms and contrasting thorns. "It is the time you have wasted for your rose that makes your rose so important." – Antoine de Saint-Exupéry, *The Little Prince*.



Karnataka Province Golden Jubilee Inaugural



Province Day Celebration



Jubilee Celebrations



Celebrations Galore



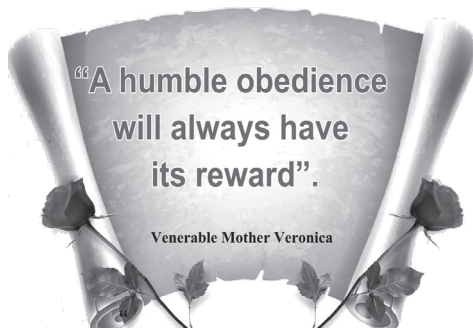
In the novitiate I chose a rose as the symbol of my life and that too a rose with sharp thorns was the best one. When I was young, I did not understand its meaning. but now that I am growing old, I can understand better, its deeper meaning.

St Therese says, “I gather roses from the thorns, sharper the thorns, sweeter shall be my song.” The excruciating pain she suffered due to tuberculosis must have made her to express these lines. However, this only reveals the depth of love she had for her beloved.



A rose teaches us to reveal God’s love, goodness and beauty to others while hiding the thorns in this process. This aspect I have seen in many sisters, specially in the life of Sr Carmita who was my role model and is no more. She was good to all, whoever came into her life. The warm smile, the vibrant face, affection and concern revealed as though her life was that of a bed of roses. But surely, she would have hidden the many thorns of daily struggle and triumphed over them by God’s grace and mercy. Daily she lived the Paschal Mystery.

The rose that bloomed in the garden of Carmel in the person of Sr Carmita is no more. However, the fragrance of her life lingers on in the lives of many whom she met, lived with, reached out and touched. Indeed, she has left behind heart prints in many lives...!



Sunflower that Tracks the Sun!

 **Sr Supreetha A.C.**
Carmel Nivas, Bailhongal

“I find comfort in contemplating the sunflowers.”



Sunflowers are one of my favorite flowers. I’ve loved them ever since I was in Bijapur. As I walked in the field, along with the staff of Loyola Yomiyuri School, Bijapur, I was impressed by their yellow petals, tall stalks and large leaves and golden colour. Since then I have contemplated on these flowers. We have sunflowers in Carmel Nivas, Bailhongal campus too. Among all the flowers, I’ve found myself gazing at them more often and taking time to appreciate their beauty. Among God’s creation, sunflowers are a great inspiration to me in many ways. These sunflowers have been my teachers for the past few years. I often reflect on the sunflowers as they are associated with faith, because they turn their faces towards the sun. I want my face turned towards the Son, to drink in as much of His light as possible, to be a cheerful and comforting beacon to whoever crosses my path, especially the poor, with a ready smile, a friendly wave, and a quiet listening ear.



Every day I walk 25 minutes to the Church for Mass early in the morning. While returning on rainy days, I tend to feel low and I need sunlight in my life! As I pass through life, I have learnt the importance of turning to the sun, even on the darkest days, just as the sunflowers do, focusing on the joys God has set before me, as these are the only things that truly matter.

PRAYER

Like a sunflower that follows every movement of the sun,
so I turn towards You, to follow You my God.
In simplicity, charity I follow.

Dear Lord, like the sunflower that follows every
movement of the sun, help me to follow you
with my whole being when I rise each morning.
Help me always look at the brighter side of life,
Just like the sunflower which looks upon the Sun
and not the dark clouds.

I thank you Lord that your love is so pure and deep
that it penetrates my soul and purifies my heart.
Help me to focus my attention on you each day,
placing you in the centre of my life as only then
can I truly face any trial and tribulation with peace. Amen.

Tulip: Blossoming Grace...!

 **Sr Lydwyn Pinto A.C**
Mary Immaculate Convent,

In a world adorned with a myriad of captivating flowers, each possessing its own unique charm, one particular bloom that stands out as the epitome of grace and elegance, is the Tulip. As I scroll through the enchanting garden of life, my heart finds solace and inspiration in the tender petals of the tulip. This vibrant flower, with its intricate structure and profound symbolism, has woven its way into the very fabric of my life. Its captivating allurements, rich history and multifaceted beauty have ignited a passion within me, guiding my personal growth and nurturing my appreciation for the delicate wonders of nature.



The Tulip, an attractive symphony of elegance, never fails to captivate my senses. From the moment I saw this beautiful flower, I really admired its slender, upward reaching stalks, to its smooth, ruffled petals. This flower radiates a sense of refined complexity. It's striking colours - ranging from serene blues and purples to fiery yellows and oranges –attracted my eyes. As I observe its intricate layers unfold, I am reminded of the complexity and beauty inherent in nature, a reminder that life's greatest treasures often lie in the subtle details.



Beyond its visual splendour, the Tulip carries a profound symbolism, adding depth and meaning to its enhancement. In Greek mythology, the tulip is associated with the messenger of the gods, who would travel from the heavens to the mortal realm bearing divine messages. Thus, the Tulip represents communication and bridging of the gap between the ordinary and the extraordinary. It's namesake, tulip, serves as a constant reminder to me, that open and honest communication can lead to understanding, growth, and forging of meaningful conversations.

As I engross myself in the world of tulips, I discovered valuable life lessons hidden within its petals. The tulip, with its tall and unwavering stem, reminds me to stand strong amidst life's challenges, to embrace resilience and to hold steadfast to my beliefs and values. Its delicate yet resilient petals teach me the importance of balance - balancing vulnerability with strength, and fragility with resilience. Just as the tulip gracefully weathers storms, I strive to navigate life's uncertainties with poise, adaptability and an unwavering spirit and faith.

As I reflect upon my journey with the tulip, it becomes evident that this flower has been more than a mere fascination. It has become a profound metaphor for personal growth, resilience and appreciation of the subtle nuances of life. Through its elegance, symbolism and valuable life lessons, the tulip has nurtured my soul, inspiring me to embrace the beauty around me

and strive for personal development. As I continue to walk the path of life, specially my religious life, the tulip will forever be my most cherished flower, reminding me to seek beauty, foster connections and bloom into the best version of myself, whatever may be the situation I come across and completely depend on God for everything and stand up, for what I believe and respond to God's actions in my life.

ACA Silver Jubilee & Regional Congress!

 **Mrs Renny Soares**
St Cecily's Convent, Udupi.

A long awaited day, 27 November, dawned and we, the seven of us together with our animator, Sr Hilda Mathias from St Cecily's ACA sub-unit, happily marched to St Ann's Convent. After our breakfast we assembled at St Ann's College of Education where Sr Rose Agnes kept us active and vibrant by playing some fun spot games. At 9.30 am we began the morning prayers along with video clippings by Sr Preema Quadros. As ACA's, it was an excellent experience for all of us.



Sr Rose Agnes took up a session on 'A Call to be a Saint'. Let me share tit bits of her session. Each one of us is called, for sainthood. She gave different examples of saints as to how they became saints. A saint is the one through whom the light of Christ shines.

All good things come in small packages like a smile, a little help, a visit, a hello, a thank you, a sorry, a word of appreciation and so on. St Therese of Child Jesus did every little deed, she could do, for the love of Jesus, to save souls; for example, picking up a piece of paper, offering a helping hand to the old sisters,

to take them to the refectory, chapel etc. She said, “the sharper the thorn, the sweeter shall be my song. Nothing is small in the eyes of God.” The suffering she bore due to tuberculosis was an act of offering. Her parents, Louis Martin and Marie Zélie were canonized on 18 October, 2015. A family of three saints... What a privilege!

St Elizabeth of the Trinity in her childhood was stubborn, a chatterbox, a small devil. Her suitcase had to be always packed to be sent to the house of correction. But her transformation took place on the day of her First Holy Communion. She said “I have found heaven on earth, since heaven is God and God is in my soul.” Her life was a continual prayer, an act of love. She found the Trinity within her.

St Mother Teresa is known as the ‘Saint of the Gutters’. When Mother Teresa, a saint of our time, went to beg, a man spat on her. She said, “This is for me, what about my people?” Hearing this, the man cried and changed his life completely and helped her. Peace begins with a smile. Let us meet each other with a smile.

Our life’s attitude should be always positive. Once a mamma mosquito sent a baby mosquito for a picnic. Mamma mosquito asked how the picnic was? Baby mosquito said “All clapped for me.” Did they truly clap for her or were they trying to kill her? Yes, how we look at things matters!

Two frogs fell in a milk jar. One lost hope and died. The other dashed to and fro, thus churning the milk. As a result butter was formed and the frog made the butter its launching pad and jumped out of it. Positive people are winners. We can look at the rose bushes and say “Rose bushes have thorns or thorn bushes have roses.”

Little Deeds of kindness Matter: A little boy, who was tired and hungry, knocks at a door requesting for some water. The young lady, finding him tired and worn out, offers a glass of milk instead of water. Later this boy becomes a doctor. Many years later, this lady was sick and hospitalized. At the end, a big

bill awaited her. She was worried. But to her utter surprise, the bill comes to her with “Paid with a full glass of milk”, written on it. The doctor was the same boy whom the lady had offered milk some years back, and he had remembered her kind deed and rewarded her.

A mother wanted the daughter to learn life’s lessons. She made her to bring a coffee bean, an egg and a carrot. She made her boil them. The carrot became soft, the egg became hard and coffee bean gave out lovely fragrance. In this manner, suffering can mellow us like the carrot, harden us like an egg or make us a saint when we bear trials with patience and offer them to the Lord.

Venerable Mother Veronica said, “God is a banker who never fails.” We are the depositors and of course shareholders. She trusted the Lord at all times. She beckons us to trust the Lord at all times.

At 11 am there was a play on the life of Mother Veronica enacted by the candidates and aspirants. Her life was full of sufferings. But she bore them for the love of God. She said, “God alone is sufficient for her.” At 11.45 am we had the Eucharistic Celebration by Rev Fr. Leo D’Souza during which 9 ACA’s were permanently affiliated. As 25 ACA’s and animators moved up to the altar in gratitude to God for the Silver Years, our hearts were filled with joy and thankfulness to God for the Apostolic Carmel Association.

At 1 .00 clock, all of us had our lunch. Again at 1.30 p.m. a mini housie and spot games were conducted by Srs Rose Agnes and Silvian which made us active and more alert. The 2 p.m. session was led by Sr. Julie Ann on the life of Pope St John Paul II, a saint of our times and a role model of forgiveness.

At 3 p.m. every unit of Karnataka Province had to present their annual report in 2-3 minutes. Mrs Renny Soares, our St Cecily’s Unit president presented our report. After that we had to share our personal experience as an ACA. From our sub-unit, Mrs Sylvie Martin shared her experience as to how she acquired

qualities like simplicity, humility, patience, obedience, positive attitude only after joining the A .C. Association.

Sr Ancilla A.C., the General Councillor and Co-ordinator for the ACAs gave us a talk. She thanked and wished well to all the ACA sub-units of Karnataka and she too said that we are the shareholders in the Bank of God. At the end Sr Silvian gave the vote of thanks. All sang a hymn thanking the Lord God for giving us this beautiful day. The day ended with tea and we all moved out from St. Ann's to our own destinations. It was a unique and beautiful experience for all of us.

(This report is of the second day of the ACA Congress)

Footsteps Walking with Me...

↳ **The Sisters**

Maria Nilaya, Bidar



April 13th! A memorable day for Maria Nilaya, Bidar! 50 Golden Years! Yes, 50 years of God's faithfulness of Sr Christine Noronha and her faithfulness to God. We, the sisters of Maria Nilaya were quite excited as we realized that we were having a Golden Jubilarian in the Community. Preparations began as soon as the name came in the notices. Excitement was all over but not on the face of the Jubilarian. She did not want any celebration, neither invite anyone. Strict orders to the Superior from the Jubilarian not to keep up the Jubilee.

But alas! Would the sisters keep quiet? The superior informed one of her brothers and asked them to keep it a secret. And they did. Preparation began, but all in secret. Three months preparations! April 12th... Everything was set.

Decorations, cleaning, preparing the rooms for the relatives etc etc.... So many questions in the mind of the Jubilarian. Why so much of preparation? Why are you getting the rooms ready? Who's coming? Questions after questions! Sisters had an apt and convincing answer to give her with which she was made to keep quiet.

A big surprise to all of us was waiting! As the clock chimed 6 p.m in the evening, a loud boisterous, booming sound with wedding march music thundered in the Convent, as the Choir was busy in the Chapel with its singing practice. Could you guess what!

Voje from the neighboring Carmel Niketan community with our Provincial Superior, Sr Shamita, leading the procession in colourful costumes, guest sisters, Sr Christine Misquith with her Trio and the Social workers. Wow! We were wonderstruck. No limit for our amazement and joy. The Jubilarian was in joyful tears. Sr Christine Misquith led all of us in prayer, shared the joy of the Jubilarian who cut the cake and had some refreshments together.



April 13th ! At 6.15 a.m. when Jesus knocked at the door of the Jubilarian, sisters were ready to march with her to the Chapel with the hymn... "Behold the Bridegroom cometh"

A meaningful Morning Prayer was conducted by Sr Chrisette followed by greeting the Jubilarian and a sumptuous breakfast.

The Superior was very much anxious about when the relatives would arrive to reveal the secret. To our bad luck, the train was delayed and the party reached late. Mass was delayed by half an hour. When the Jubilarian saw her relatives, there was no limit to her joy. She was shocked to see so many of them. After a hurried wash, they were ready to begin the solemn

Mass. Along with her and five Priests, they joined the entrance procession. Fr James, the Rector of Don Bosco Fathers from Chikpet, offered Mass and our Parish Priest Fr Wilson Fernandes preached a touching homily. After the Mass, a short felicitation programme was arranged. Our Superior, Sr Reethika, welcomed the gathering. A felicitation Verse was read by Sr Chrisette. The Jubilarian expressed her joy, surprise and gratitude in her words of acknowledgement. Sr Savitha compeered the entire programme.

We thank God for our Jubilarian, for walking in the footsteps of our Lord these past 50 years of her consecrated life. May God keep her firm in following in the footsteps of her Master till the end, is our prayer of gratitude!

God's Faithful Love ...!

 **Sr Beatrice Periera A.C**
St Mary's Convent, Mangalore

***“Give thanks to the Lord for he is good;
for his steadfast love endures forever” Ps 106:1***



“I will greatly rejoice in the Lord, for He has tenderly looked on His handmaid. He has adorned me with precious jewels, and made me His own”. The Silver Jubilarian Sister Sahaya Mary’s heart resonated with sentiments of gratitude along with the Magnificat of Mary, our mother as she bowed her head in thankfulness to Almighty God for making it possible for her to celebrate the silver milestone of her Religious Profession in the Apostolic Carmel.

The Jubilee celebration was held on 18 April 2023, in St. Mary’s Convent Chapel. Sr Sahaya Mary hails from Begur, Bangalore. She was not able to celebrate the thanksgiving Mass

after her final Profession as her family was undergoing the traumatic experience of the tragic death of her younger sister at that time. The desire voiced by the Jubilarian of celebrating her jubilee with her family members was willingly accepted as it coincided with the action plan of the Community of inviting the family members to the convent to build up rapport and relationship. The members present for the celebration were her aged mother, brother, sister and the close relatives including little children and two priest uncles from Tamil Nadu - 21 members in all. In spite of the unbearable heat of the summer season, they stayed on for a day longer after the Jubilee and went sightseeing around Mangalore.



The sisters of St Mary's Community started the preparation for the event much ahead. The liturgy of the mass and the hymns in Kannada were practised thoroughly. The altar was decked beautifully with colourful flowers. The backdrop of blue and silvery white draping's in the Community room and the artistic wall boards with suitable uplifting captions gave a festive look everywhere.

The Eucharistic celebration was at 11.00 a.m. The liturgy was in Kannada to accommodate the participants from Bangalore. Rev Fr Peter Mascarenhas, the Provincial Superior of Montfort fathers, also her Spiritual Director, was the main celebrant and the other concelebrants were Rev. Fr Maxim Noronha, the Vicar General of Mangalore Diocese, and the two priest uncles of Sr Sahaya Mary, Rev Fr Belevendriam and Rev Fr Rajappa who came all the way from Tamil Nadu. Fr Rajappa preached a meaningful homily.

A short felicitation programme was held in the Community room after Mass. Due to other commitments, Fr Bonaventure Nazareth, the parish priest of Milagres Church joined us only for the felicitation programme. Sr Maria Kripa, the Superior of St Mary's Community, welcomed the gathering. It was followed by the cutting of the cake and greeting the Jubilarian with a Jasmine flower garland, and Jubilee song by the sisters of the Community. After partaking of light refreshment, Sister Suguna, spoke words of appreciation and the achievements of the Jubilarian. On behalf of her family her priest uncle, Rev Fr Belevendriam spoke a few words. The Jubilarian, Sr Sahaya Mary, too expressed her sentiments of gratitude to God, the care and guidance of her family members, formators and sisters of the Apostolic Carmel and the opportunities given to her for higher studies in order to be effective in the teaching apostolate. Sr Nandika compeered the programme. The programme concluded with the partaking of a sumptuous fellowship meal.

With the members of the family in which Sr Sahaya Mary was born, and the spiritual family into which God gently drew her to serve Him, we celebrated with thankful joy the mighty deeds of the Lord, joining the Jubilarian in her renewed offering and imploring graces for continued loving fidelity to the end.

“Golden Jubilarians - Glimpses”

 **Sr Edna Furtado A.C.**
Yesu Prem Niketan

I feel proud and happy to introduce our 2023 Golden Jubilee batch as a unique and special batch which God Himself brought together in His own time. Our batch is very much connected with the life of our holy founder Venerable Mother Veronica and the history of our beloved congregation - the Apostolic Carmel.



We joined the Apostolic Carmel in the year 1970 and were warmly welcomed by our then Superior General, late Mother Theodosia of golden memory. She called us the Centenary Candidates because the centenary of the establishment of the Apostolic Carmel was celebrated that year.

In the year 1973 we made our first profession. A hundred years ago i.e., in 1873 October, Monsignor La Croix, the Bishop of Bayonne, did not permit any religious from his diocese to go to the Carmelite Mission in India. Hence Mother Veronica was forced to close down the Little Carmel of St. Joseph, the cradle of the Apostolic Carmel in Bayonne. She then re-entered the Cloistered Carmel at Pau where the prioress Mother Marie of the Immaculate Conception received her with open arms.

We are celebrating the Golden Jubilee of our religious profession in the Apostolic Carmel in the year 2023 and our celebration coincides with the celebration of Mother Veronica's birth bicentenary. Are we not right in claiming that ours is a privileged batch whose journey in the Apostolic Carmel is very much related and connected with the life of our beloved foundress and the history of our congregation?

We are extremely grateful to our Superior General, Sr Maria Nirmalini, for organizing the Renewal Programme at the Generalate in Jayanagar. Our hearts resonate with gratitude to Sr Linette, the Assistant Superior General, who meticulously planned and presented every input



session with PPT, questions for reflection and for sharing in small groups. She saw to every convenience and that we had enough time to relax and reflect. Twenty-six of us were to attend this programme but seven were not able to travel and be present for the same. Hence 19 of us i.e. 8 from the Karnataka Province, 4 from the Southern, 5 from the Eastern, 1 from the Western and one from the Northern Province were privileged to attend the Renewal Programme and meet each other as a batch for the last time.

Our stay was at Saranya and all the sessions were arranged at Saranya itself. Care was taken not to overburden us with the preparation of Morning Prayer, Liturgy etc. In the refectory we were welcomed with a song by the First Year Temporary Professed Sisters, along with their mistress. There seemed to be a big generation gap between the First year Temporary Professed and us 50 years after profession. The younger sisters were very considerate and ever ready to help us, allowing us to serve the food first. The three hosts at Saranya, Srs Maria Carmela, Iris and Judith Mary were very attentive to our needs, providing us with nutritious food and a variety of dishes so that we may not fall sick. With their care and concern, none of us fell sick; rather we enjoyed better health during our stay there.

We began the Renewal Programme on 2 May. The day happened to be the feast and 75th birthday of Sr Monica D'Souza, one of the Golden Jubilarians. A very meaningful and beautiful morning prayer was conducted by Sr Maria Roopa and the Mass was offered for her intentions. After Mass she was greeted by the Generalate members, Lourdes Community and her own batch mates with the cutting of the cake, hugs and wishes.

At 9 a.m. we had the inaugural of the Renewal Programme in the presence of the Generalate team and the Superior of Lourdes Community. In order not to cause any anxiety and tension to the Jubilarians, Sr Linette herself had planned every detail of the inauguration with PPT etc. We were the happy recipients of all that she presented to us.

Right at the beginning she put us at ease saying, "My voice may lull you to sleep, feel free to sleep; feel free to get up and walk out if you need to do so. No need to excuse yourself." She had told us that the quality of our old age will depend on our capacity to grasp the meaning and appreciate values. By quoting Carl Jung's theory she made us compare human life to the 3 phases of the sun's movements.

1. Rising sun or the dawn
2. Midday sun.
3. Setting sun.

Our life follows the path of the sun. Having looked back at our dawn and the midday, we look ahead with trust and hope to prepare ourselves to meet the Lord of our lives face to face.

When we came to know that Sr Nirmalini was away in Africa, we were very sad that we may not be able to meet her. Our joy knew no bounds, when like lightning, she made her appearance on 4th May, with a lap top in hand to take up the session as per the schedule. She told us to look back on our life's journey and discover the Emmaus episode in our own life. 'Trust the Stranger' was her theme. She made us go through our life journey and recall the grace-filled accompaniment of our Lord on the path of life and share this story of both Jesus and me travelling together with another.

During the sessions that followed, we were made aware of some of the sins we senior sisters tend to indulge in:

- Continuing to be busy with the outside world by resisting the call to interiority
- Indulging in gossip and unhealthy distractions.
- Giving up hope and getting into depression

Our sunset years remind us of who we are and what we are called to be. Our prayer now has to take a change. It is not merely acts of prayer but experiencing the loving gaze of God, just being in the presence before the Eucharistic Lord; being aware of His presence in creation and around; growing in gratitude, hope and faith and celebrating the unfailing companionship of the Lord, His care and compassion.

Some of the helps to carry home were:-

1. **Never own a disease** e.g. "I am a.....or I am suffering from...." By saying so you make the disease part of your life, you own it and it becomes your identity. Words carry vibrations and we become what we say, Self-care is our responsibility.
2. **Embrace the cross.** Daily dying to self that Christ may grow in us. Purification and detachment have to be part of our life. If we resist the cross, we will suffer more. It is in accepting the cross that we find tranquility and peace.
3. **Let go of all our attachments and frills.** The way of nature is the law of life.

4. Learn ‘to leave’, ‘to let go’, ‘joyful farewell’

Eternal youth is a very dangerous illusion. Being old is just as beautiful and important. The ‘stage’ is not a permanent place for anyone.

5. Spend more time in reflection, reading of the Scripture.

Keep close to the Lord and remain warm in love.

The sharing sessions were very enriching and inspiring. They filled us with gratitude and appreciation at the way our companions have grown in the love and union with God. We were full of joy and gratitude as we returned from our Renewal Programme.

Jubilees Galore ... !!!

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

Jubilee in religious life marks significant milestone that certainly need to be celebrated. In his apostolic letter *Vita Consecrata*, St John Paul II writes, “In every age, there have been men and women who, obedient to the Father’s call and the prompting of the Spirit, have chosen the special way of following Christ and devoted themselves to Him with an undivided heart, leaving everything behind to be with Him and to put themselves in the service of God and humanity”.



We the sisters of St Cecily’s Udupi, celebrated the Golden Jubilee of Sisters Hilda Mathias and Benedicta Rebello. We celebrated the deep relationship of these sisters with God and their ministry of service to God’s people. The august assembly gathered for the solemn Eucharistic celebration to thank the Almighty for the inestimable gift of their life and precious religious vocation which was indeed a journey of fidelity.

God's faithfulness was celebrated through the Eucharistic liturgy that was officiated by Fr Charles Menezes, our Parish priest



and concelebrated by other priests at 10.30 am on 14 April, 2023. To

the tune of the melodious entrance hymn, the golden jubilarians walked to the altar with lighted candles. In

the homily, by Fr Valerian Mendonca, centred his thoughts on thankfulness, joy and God's call. It was a fitting moment to acknowledge in the name of the Congregation, their generous contribution, selfless sacrifices, inspiring life and profound faith which made them instruments of God's unconditional mercy and love to thousands.

A delightful felicitation programme was followed by a fellowship meal. Sisters, relatives, friends, well wishers, all had come to be part of this celebration. It was a joyous and special occasion for our sisters to be grateful to God and to the Congregation. The occasion of coming together rejuvenated the spirit of all who were present. Recalling their call to the Apostolic Carmel way of life, Sr Rose Agnes, the assistant Provincial Superior, gave a glimpse into the golden journey of Sisters Hilda Mathias and Benedicta Rebello. She also recalled the various ways in which they kept their flame of love burning within them. The journey of 50 years is not simply a journey through a string of



days and years, rather a journey surrounded and intertwined by the intimacy and relationship with God and His people. The life journeys of these sisters have been fulfilling and demanding,

risky and exciting. They have been filled with losses and gains, replete with joys and sorrows and in all these, God has called people to consecrated life and is glorified.

The beautifully decked hall, cutting of the Jubilee cake, the angelic choir, and felicitation programme and sumptuous meal made the day a meaningful and a memorable one. The batch mates of the jubilarians were also honoured and their services were acknowledged. It was wonderful to witness such great joy on the faces of the golden sisters – Sr Hilda Mathias and Sr Benedicta Rebello. They acknowledged with gratitude all the blessings that have been bestowed on them through the sisters of the Apostolic Carmel. May their life of consecration continue to inspire everyone!

Moving Forward Together ...!

 **Srs Sunita Monteiro & M. Naveena A.C.**
Carmel Convent, Moodbidri, Modankap

February 25th 2023, will be a memorable day indeed for the 60 Heads of the Apostolic Carmel Institutions. Apostolic Carmel Principles Conference-ACPC organized by the Apostolic Carmel Generalate commenced with the theme and quote: Moving Forward Together, in the Pink City – Jaipur in Rajasthan. The Conference scheduled till March 4th 2023



was very much looked forward to, as we had to gear up to face the changing scenario in the field of education. Sr Ancilla A.C., the General Councillor for Education with her meticulously planned time – table, invited the different groups to keep ready

for the inaugural programme on the 25th. With Fr Jijoth, the Director of the Pastoral centre as the chief guest, Sr Ancilla, Coordinators Srs Sudeepa, Ressa Alex and Lily D'Souza and the delegates representing the provinces, the conference was inaugurated with a meaningful prayer service conducted by Sr Sadhana and the team.

Sr Lily D'Souza briefed us on the purpose of the seminar. Sr Ancilla began her inaugural address with the question, "Are we really moving forward together?" She gave us a clarion call to introspect and in the context of the synodal church and 153 years of our mission in India and abroad, to widen our vision leaving our comfort zones and marching forward to make a difference by being vibrant leaders in the footsteps of our Foundress Venerable Mother Veronica and our founding mothers.

A zoom meet was organised with our Superior General Sr Nirmalini. Sister reiterated the need to think out of the box and discern our ways as A.C. leaders. The resource persons for our seminar were Fr John Ravi S.J, Mr Hectar Andrade and Ms. Adithi Rao. Fr John Ravi S.J. took up the session on the 26th and 27th. He dealt extensively on varied topics beginning with - A Call to Introspection, Major Problems and challenges confronting the minority Institutions today, Transformational Leadership, Integrated Pedagogy – Learning by refraction, to name a few. Through all these sessions he drove home the message that we have to be Intelligent and Effective leaders, to combat the challenges with prudence and a sense of responsibility.

Mr Hector Andrade dealt on the theme of Eco-Spirituality, making us realize about our broken connections with earth which is a reflection of God's bounty and goodness. He made us conscious of the thinking pattern we follow in our daily dealings with others and the earth namely the Binary way of thinking, its consequences and ways of overcoming it and to have multiple ways of thinking. Ecological consciousness has to be taught through every subject he stressed. The Second Topic he dealt with was 'Service Learning.' The steps to be followed

are investigation, planning, action and reflection. The students acquire knowledge and skills that contribute to their education and make them lifelong learners.

Ms Adithi Subramanyam dealt with the topic on Crypto currency and Bit coins. It was a new concept to many of us. We got to know the new trend in financing. All our sessions were interspersed with group discussions – either province-wise or as a mixed group. We got ample opportunities to interact – share our views and come to a consensus on common topics. Along with the assimilation of the topics dealt by him, Fr John Ravi wanted to give us a firsthand experience of how some renowned schools in the city have implemented innovative methods in teaching. We visited three schools namely St Xavier's, SMS and Palace School in different groups. It was an enriching and enlightening experience. A day's outing put us in a lighter mood as we visited some famous historical sites and spent some beautiful moments in each other's company. The half day shopping was exciting, with some window shopping and purchasing as well. The recreations gave us a chance to get to know each and showcase our talents and appreciate the uniqueness of our sisters. We are grateful to God and our Superior General, Sister Nirmalini and the team for organizing this conference in this beautiful place and giving us an opportunity to attend the same.

Sr Ancilla, the Councillor for Education, accompanied us throughout the conference. She set an example to us as an able, enthusiastic leader, seeing to every minute detail. Our special thanks to all the coordinators and delegates who backed us up, helping us to make the best use of the opportunity given to us. We owe our sincere gratitude to Sr Sudeepa, Secretary for Education and the delegated coordinator for the Karnataka Province. She was like a shadow, always there encouraging us and taking care of us. Thank you, Sister!

Srs Maria Naveena and Sunitha Monteiro have made this small effort to give you a bird's view of this seminar. Thank you, sisters, for the opportunity given to us. May God help us to use every bit of this seminar to Move Forward!

ACA Regional Congress & My Experience!

 **Mrs Clarissa Rodrigues**
St Mary's Convent Mangalore

The Regional Congress of ACAs of Karnataka Province was held on 26 and 27 November, 2022 at St Ann's, Mangalore, organized by Sr Rose Agnes A.C., the Province Co-ordinator. Altogether 150 ACA members and Animators from 20 subunits gathered as one family. Sr Shamita A.C., the Provincial Superior and Sr Ancilla A.C., the General Counsellor and Co-ordinator for the ACA inaugurated the Congress.



The programme began with a prayer dance and a short play on the life of our beloved foundress Mother Veronica by the Carmel Blossoms of St Agnes, who sang, danced and acted with much enthusiasm. This was followed by a talk by Sr Ancilla on the topic, 'In the Footsteps of Mother Veronica.' Her deep sharing of insights and output enthused everyone, to be fervent and proud members of this Association.

Talks given by Sr Rose Agnes on the topic 'Call to be a saint' and by Sr. Julie Ann on 'Acceptance of Suffering' helped us to make an effort to understand and live the AC charism and take keen interest in the mission of the congregation. We also celebrated the Birth Bi-centennial of Venerable Mother Veronica and the Silver Jubilee of the Apostolic Carmel Association. The Eucharistic celebration by Fr Leo Lasrado and the Permanent Affiliation of nine ACA's at the Eucharistic Celebrations was very inspiring and meaningful.

All the sub-units gave an account of their creative apostolate in their areas. What I observed and learnt from their sharing was that ACAs have been touched and have grown spiritually over the years and they are trying to remain faithful to their commitment. Towards the end, many came up to share, what touched their lives most and what they would take home from the Congress.

Our feeling of oneness and unity was very much strengthened during the Congress. It nurtured in us love for our foundress Mother Veronica and for the Apostolic Carmel family. It encouraged us to strive for what is good, noble, true and lasting which will help us to make right choices in our own life. It was a wonderful get-together because the spiritual knowledge and experience we gained are truly blessings which are memorable!

Silver Stars Renew...!

 Srs Sahaya Mary, Linet D'Souza

The Congregation and the Province gave us a unique opportunity to renew ourselves as we set foot into another significant phase of our life from our Silver years to our Golden years. We had the same experience as of the disciples of Emmaus, our hearts were burning during those seventeen days of our renewal programme held at the Generalate from 25 September to 12 October, 2022.



Each session had its own blessings and graces to bring back our original fervour. The session on Charism by Sr Linette helped us to discover the personal spirituality of the Charism in our lives. The talks and the group sessions of Sr Nirmalini, inspired us to have newness in our spirituality, community and in our mission. The Charism retreat preached by Sr Lorena was something special as we reflected on the original spirit of the Congregation. We were able to rise with Jesus from

the little tomb wherever we were hidden and encounter the Lord and say like Mary Magdalene, 'I have seen the Lord'. We were led to anchor ourselves in God's love and to have passion for God and compassion for humanity. We were touched by the sayings that we are sinners, beloved, loved and forgiven because we belong to Him.

The three days sessions by Sr Inigo, 'Consecrated life, A gift and a Challenge' were enriching. Through the Scripture, a comparative study was made on Consecrated life and the barren fig tree. It helped us to know that we, as religious, have to bear quality fruit at all times and seasons because we are planted at flowing streams of water which never dry up. Through the examples of great personalities like, St Mother Teresa, Pope Francis, Nelson Mandela, Oscar Romero etc, we were challenged to become mystics and missionaries.

The renewal was organized for Reflection, Renewal and Relaxation. As part of the relaxation we had a day's outing to Mysore. Though we missed the Dasara Procession, our little band of thirty drove from St Philomena's Church to Brindavan Garden Via Mysore Palace, Aqua World, Zoo, ShukaVana and St Joseph's Convent, Bannimantap.

The concluding sessions were conducted by Sr Vimala Paul and Sr Nessa on Social Apostolate & living our Consecrated life in the 21st century encouraged us. We the Silver stars of 2022-23 Srs Sahaya Mary, Tresilda, Rennie D'Souza and Linet D'Souza pen these few lines to express our deepest gratitude to our Superior General Sr Nirmalini & Directress Sr Ancilla, Provincial Superior Sr Shamita & her team for arranging such an enriching programme at the threshold of our Silver Jubilee. We are greatly indebted to the Congregation & to the province for what we are today & for what we will be in the future. May this experience help us to reform & transform our lives so as to live a prophetic life, reading the signs of the time.

Unforgettable Memory ...!

 **Mrs Irene D'Souza (ACA)**
St Cecily's Convent, Udupi

We the seven members from St. Cecily's Udupi subunit, namely Mrs Renny Soares, Sylvia Martin, Dorothy D'Souza, Irene D'Souza, Jacintha, Nirmala Lenny Ferrao and our animator Sr Hilda Mathias reached St Ann's at 8.30 am for the Regional Congress. After breakfast, we met the ACA members from all over Karnataka.



It was two days programme. Those who came from out station stayed overnight and all the arrangements were made for them.

Sr Rose Agnes, welcomed us and she gave a talk on "How one can become a saint?" She gave us many examples. We may not have money or things to give, but a smile, a loving word, positive stroke, pat on the back, encouraging word will help us on the way to become a saint. She also shared about different saints, their life, the sufferings that they had and how they reached sainthood. She explained this to us through power point presentation, and we could follow it easily.

Mother Veronica sent her three sisters to India, and established the Apostolic Carmel Congregation at St Ann's, on 16 July 1870. She thought of others first, the poor children and the sick. She served them selflessly. Little Flower of Jesus or St Therese was another example - to do little things with love. She had to look after an old, sick sister in her convent. That sister was always unhappy with her services and used to grumble at her and find fault with her. But St Therese, quietly without uttering a word served her patiently and lovingly. She used to pray inside the four walls for the missionaries, and she became a saint. She dedicated little acts of love for the souls in purgatory.

We have yet another present day saint, St John Paul II. When he was a child, about seven years old, he lost his mother.

It was as a time of world war. He had to face a lot of hardship and difficulties. His father gave up his job to remain with his two sons, by doing tailoring. Soon he too died due to sickness. After sometime his older brother also died, leaving Karol an orphan. Karol ran to Mother Mary, fell at her feet, cried and clung to her and took her as his own mother. He had great devotion towards Mother Mary, and would never miss rosary and cultivated the habit of praying as many rosaries as possible. No wonder, during the attempt to assassinate him, our Lady protected him and saved his life.

After the talk we had the Eucharistic Celebration, during which one person from each unit - altogether 25 persons - had to carry a lighted lamp and place it at the feet of Mother Veronica. During the Eucharistic Celebration, nine members made their permanent affiliation. From Udupi unit, Mrs Nirmala D'Souza made her permanent affiliation. After lunch, Sr Julie Anne gave us a talk. Then Sr Ancilla A.C., General Co-ordinator for the ACA's, spoke to us and wished us well.

The Carmel Blossoms of St Agnes enacted the life story of Mother Veronica. Each unit had to present a yearly report. Mrs Renny Soares presented our report. Some of us had to share our personal experiences with others. Mrs Sylvia Martin shared her experiences. After the vote of thanks all of us had high tea and moved out to our own destination. It was an enriching experience and fabulous get together. We learnt a lot. Thank you, sisters, for organizing such a wonderful programme for us.

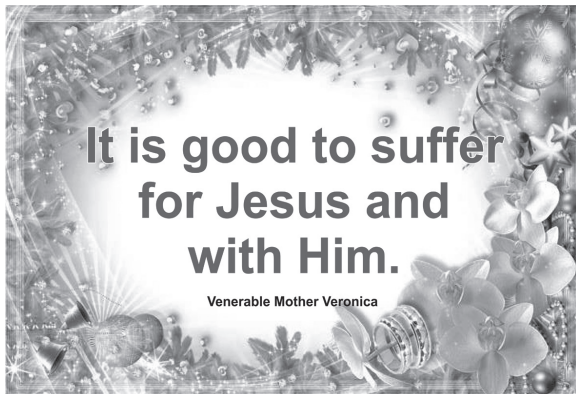
Answers to Tickle your brain

- | | |
|-------------------------------------|---------------------------------------|
| 1. Breakfast | 2. Letter 't' |
| 3. 1998 | 4. Letter 'v' |
| 5. The other half | 6. There is no elephant with one hand |
| 7. Will get wet, get drowned | 8. He will sleep at night |
| 9. It is the pea hen that lays eggs | 10. Liquid state. |
| 11. Coconut | 12. On the map |
| 13. Letter 'a' | 14. A camera |
| 15. A battery | |

Tickle Your Brains ...!

1. What can you never eat for dinner?
2. What is the difference between here and there ?
3. What ended in the year 1999?
4. What is the center of gravity?
5. What looks like half an apple?
6. How will you lift an elephant with one hand?
7. What will happen to a red stone thrown into the blue sea?
8. How can a man go eight days without sleep?
9. Peacock is a bird that doesn't lay eggs. Then, how are peacock's babies born?
10. Can you tell, in which STATE the Bay of Bengal is?
11. I have water, but I am not a river. I have eyes but I can't see. Who am I?
12. Where is an ocean with no water?
13. Who is silent in the Parliament?
14. I shoot but never kill. What am I?
15. I have no life, but I can die. What am I?

(Answers on page 57)



**(Scratch your right side of the brain
and complete the 8th beatitude) and
send the answer to
rosymendonsa26@gmail.com by
15th October 2023
with your name, Convent, Province)**

The Beatitude of the ‘Laughter – Makers’
(Source Inspirational Quote No.’22)

1. Blessed are the laughter makers - for they bring heaven on earth
2. Blessed are those who greet us with a smile
3. Blessed are those whose laughter lives in our memories
4. Blessed are those whose chuckles and laughing eyes tug the corner of our mouths
5. Blessed are those who see the funny side of things for they redeem mistakes and failures
6. Blessed are those who make us smile for they reveal the face of love
7. Blessed are those who make us laugh for they reveal the joy of heaven
8.
..... (Please complete)



A.C. FOOTPRINTS

Vol.10. Pg. 55 to 113

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



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

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

Note: Those who find it difficult to fill in the grid can just send the answers as: 1. Across 2. Backwards 3. Down

ACROSS:

1. She was blessed to see nearly 63 years of religious life. Though she was transferred from St Ann's to Kerala, to the Western Province and to North India, she finally opted for the Northern Province. She was appreciated for her ability to teach English well, by students, parents and sisters. She was known for perfection in her work and her systematic approach. Everything about her had neatness and simplicity. (10).

4. The obituary says she was born with a silver spoon in her mouth. For the final year at school she stayed in the convent boarding house. The kind and joyful disposition of the sisters attracted her to the A.C. fold. She was the first Indian to study in Rome in 1970, attending the Formator's course. The writer of the obituary has called her life 'a Miracle of God's Merciful Love'. (6) .
8. It was in dealing with the less fortunate, that this sister spent herself. A child, whose parents were separated, and was left in the Crèche, the sisters, went all out to get her admitted into a good school and saw to her welfare. After her studies, the girl went abroad and got a job. When the sister got the news that she is returning to the Island, she took trouble to trace where her father's grave was. For she was returning for the first time after his death. The girl arrived just a month before the sister's death.(8).
9. She was the first instructress for typewriting at Vijaymari Tech. Institution at Mayhill. She worked as office Superintendent in CBCI as well as the National Vocation and Service Centre and Ishvani Kendra, Pune. In 1991 she handled evening classes for women domestic workers at Bandra. It was marvelous to see the way she taught them, not only English, but Needle work, Art and Craft, and also helped them stage Christmas Plays and had Carols sung by them. (6).
10. This Sister, lived her last 45 years in Bhagalpur. She supervised the building construction of the Convent and school. She daily trudged 5 miles in the morning and returned at 6 p.m. to join the sisters for Prayer, supper and recreation. Her love for priests was special. She revered them and when asked for her blessing she would say, "love Jesus and be faithful to your priesthood". Our Eucharistic Lord called her from this life in the Year of the Eucharist. (8)
11. She had her early schooling in St. Joseph's, Bajpe, Mangalore. While at school, she read lives of Saints. When reading St Therese, she felt the call to religious life. Early in religious life she experienced misunderstandings. She felt best to lay her life's problems in the Lord's hands and in truth, He helped her through. (5,5).

DOWN

2. The feast day of St Teresa of Avila was the day when she was laid to rest. The funeral Mass was offered by the bishop of Kannur and her remains were blessed by the Arch bishop of Tellicherry. She was laid to rest in the new crypt on the left side of Sacred Heart Convent at Tellicherry. (6).
5. Quick witted and a conjuror at Card games and Ludo, she served the Lord in Sri Lanka at the best of times and was called to eternal glory while seeing the Island going through the worst of times. Though no longer young, she was Local Assistant, infirmarian, answered Phone calls and taught English till the age of 90.(5).
6. An 8-year-old, seriously ill with typhoid in a Boarding House, when asked by the Superior, if she wanted to receive Jesus here or in Heaven, answered 'Heaven.' At the age of 11, tired of the grand wedding reception of her aunt, she said to herself, "I will never get married." When a second year Junior, her first appointment was, Head Mistress of her own school at Tellicherry, and her own teachers were on the staff. She directed plays for All Kerala State Youth Festival and received the first prize twice. (6).

BACK:

3. Was born on the feast day of our Lady of the Rosary, as the first child of her parents. She winged her flight to heaven on Assumption Day. She lived 100 years and 10 months. She was an ardent lover of nature, birds and animals. When convent fowls were robbed, the local police caught the thief. The convent was missing a bird. This elderly sister went to the Station, where the birds were kept. She called out, 'Ye Re ye Re; the convent cock came along strutting proudly to her. (9).
7. She was simple, soft- spoken and an affectionate person. A sweet smile was a remarkable sign of her personality. She enjoyed good health until her diamond jubilee. She developed a wound in her right leg. It took a long time to heal. She disliked medicines and tonics. "God is my doctor" she would say. She refused to eat and take medicine as she felt this was useless as she is preparing to go to God. (7).

12. Her mother died when she was still in Primary School. While washing a saree, she slipped into a stream which was flowing swiftly. She cried out for help. A fisher man rescued her with his fishing net. In a dream, our Lady told her, that she would be a Carmelite in South India. She belonged to Gumla District. While working in Avila convent, Patna, as a domestic helper, she realized her dream was coming through. (10).
-

Results of the Quiz on A.C Foot Prints
Vol. 10 Pages 1- 55
Congratulations! Well done!!!

Western Province

1. Sr Elvira Tellis Nayak A.C
2. Sr Sunanda Jyothi A.C, Dhantoli, Nagpur
3. Sr Florence Mary A.C., Fatima Convent, Goa

Karnataka Province

1. Sr Carmel Rita A.C –St Agnes Convent
2. Sr Flavia A.C – Seva Ashram, Pavur
3. Sr Aloysius A.C – St Ann’s Convent
4. Sr Ida Barboza A.C – Carmel Convent, Ashaniketan
5. Sr Leonilla A.C – Carmel Convent, Moodbidri
6. Sr Felician A.C – St Cecily’s Convent, Udupi
7. Precilla Monis – Candidate, Provincial House
8. Sr M. Henrita A.C. St Mary’s Convent, Falnir
9. Sr Monica D’Souza, St Joseph Convent, Kundapur
10. Sr Grace Fernandes A.C, Mary Immaculate Convent,
11. Sr Lily Mascarenhas A.C, Carmel Convent, Ashaniketan
12. Sr Merlyn A.C. Anugraha, Bellary

Eastern Province

1. Sr Maria Deepika A.C- Carmel Convent, Rourkela
2. Sr Casilda Lobo A.C, Carmel Convent, Rourkela
3. Sr Roslinda, Carmel Ahem, Diphu

Southern Province

1. Sister Clara Joseph A.C, Lady Immaculate Convent, Otppalam
2. Sr Maria Vimala A.C, Providence Convent, Calicut

Show them Your Merciful Love Lord Grant them Eternal Rest

Date of Death	Name of the Sister	Name of the Deceased	Relationship
03.12 .2022	Sr M Zita A.C	Mrs Cecile D'Almeida	Sister-in-law
28.12.2022	Sr Maria Anitha A.C	Mr Alfred Coutinho	Brother
28.12.2022	Sr Maryse A.C	Mrs Dorothy D'Souza	Sister
31.12.2022	Sr M Xavier A.C	Mr John D'Souza	Brother
12.01.2023	Sr M. Devina A.C	Mr Micheal Fernandes	Brother-in-law
08.02.2023	Sr Celine Vera A.C	Mr Valerian D'Souza	Brother
19.02.2023	Sr M Placida A.C	Mr Francis Misquith	Brother
20.02.2023	Sr M Geethika A.C	Mr Gerald D'Souza	Father
26.02.2023	Sr M. Prathima A.C.	Mrs Evelyn Pinto	Sister -in-law
27.02.2023	Sr M. Carissima A.C	Mr Patrick Sequeira	Brother
29.03.2023	Sr M. Jyothika A.C	Mr Basil Edi Barboza	Brother
29.03.2023	Srs Maria Tara A.C and Sujatha A.C	Mr Kambil Menezes	Brother-in-law
13.04.2023	Sr Prem D'Souza A.C	Mr Valerian Rebello	Brother -in-law
27.05.2023	Sr M. Priyanthi A.C	Mrs Lynette Pinto	Sister-in-law
06.06.2023	Srs Stella Mary A.C & Flavia A.C	Mrs Helen D'Silva	Sister
10.06.2023	Sr M. Leonilla A.C.	Mr Clifford D'Souza	Brother
11.06.2023	Sr M. Rosetta A.C	Mrs Irene Lasrado	Sister-in-law
29.06.2023	Sr M. Cresence A.C Sr Lucy Benedicta A.C	Mrs Juliana Rodrigues	Mother Sister-in-law



May your lives be filled with
Peace & Happiness

70 YEARS



60 YEARS



50 YEARS



40 YEARS



25 YEARS





The Birth of a Radiant Star

1823

2023

She Inspires ...