



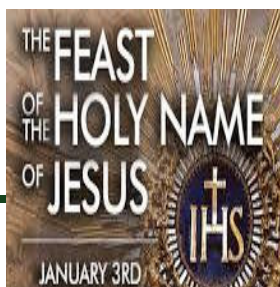
## Regional Superior Speaks

SR. JESSY PULIYANTHURUTHEL CJ

## LENT calls for Transformation within

The marching entry of March brings the glad tidings of the advent of Spring. The whole nature goes through a transformation; the landscape goes from winter's drab grays and browns to many shades of red, yellow, and green. The beginning of Lent also announces the exhortation for change. Actually the Lenten season calls us to transformational changes within, more than the external changes.

Lent for us is a re-living of the forty days that Jesus wandered in the wilderness tempted by Satan in readiness for His ministry. Jesus displayed a lot of sacrifice and commitment during the forty days He spent in the wilderness. For us today, the Lent provides an opportunity to deepen our spirituality by engaging in regular discipline of self. I pray that all the readers of the Himalayan Echo, may experience the wilderness – the desert days of Lent - as the true path towards spiritual transformation. With the arrival of spring and Easter, may there be a new world, free of pandemic and may the rainbow of hope and joy prevail in this world.



## Institute Feast Day

SR. VINITA  
MAZHUVANCHERRY CJ

The feast of the Holy Name of Jesus is historically associated with the Feast of the Circumcision of Jesus. According to Jews the name "Jesus means GOD SAVES" and is the name that St. Joseph was instructed by an angel to name the Divine Child, the sacred name before which "every knee should bend in heaven and on earth every tongue should confess that Jesus Christ is Lord, to the glory of God the Father." Phi. 20:10-11

Devotion to the Holy name of Jesus was popularized by St. Bernadine of Sienna in the 15th century; often symbolized by the monogram IHS. From the year 2003 onwards, our Congregation adopted this day as our Congregation Feast.

All the CJ Sisters in Kathmandu Valley came together to celebrate our Congregation Feast in St. Mary's Jawalakhel. Sr. Agnella had decorated the chapel very creatively. The Eucharistic celebration presided over by Fr. Thomas SJ was inspiring and devotional. We had a short cultural programme to mark the day.

All the other communities out of Kathmandu too celebrated the Feast of the Holy Name of Jesus in their own big and small ways. All had special solemn Eucharistic celebration along with some fun-filled activities.

Sr. Divya from Gorkha writes, "On 3rd January our community in Gorkha, joined Pokhara community to celebrate the Institute Feast. The celebration began with a very meaningful liturgy offered by Fr. Ayar SJ. After the Mass we went to the outskirts of the city surrounded by beautiful mountains and we all enjoyed being there".







To know her...  
To love her...  
To make her known and  
To make her loved

the intercession of our dear foundress that the sisters are able to run the school smoothly amidst the crisis of COVID 19 Pandemic.

The Pokhara FMW members too had special prayer services in the school itself throughout the Mary Ward Week.

For the sisters in Sirsia, it was a great joy to have a joined celebration of Mary Ward

the students of class 9 from St. Mary's Kathmandu conducted a meaningful and inspiring prayer assembly online entitled "Living the Just Soul". In the following days, a 10-minutes video was uploaded on the school Facebook and YouTube account.

The Videos prepared by the sisters and teachers elucidated the life, sayings and virtues of Mother Mary Ward. We were overwhelmed to know how enthusiastically and deeply the entire school delved into the life and legacy of Mary Ward – not as we sisters would perceive her but as people in the world would see her, as an icon of undaunted courage and persevering efforts.

Thus this year for the first time, Mary Ward went online in Kathmandu and thousands watched the videos. We hope



Vivifying the Marian tradition of honouring and remembering our dearest foundress, Venerable Mary Ward, this year also, we observed "Mary Ward Week" from the 23rd to the 30th of January.

The melodious hymns to our dear foundress Mother Mary Ward echoed from the beautiful hills of Gorkha every morning during the Mary Ward Week as the teachers gathered to honor her. All expressed their joy as they were blessed to celebrate the Mary Ward Week physically in the school. Community in Gorkha believes that it is through



Week, in a grand scale with our sisters from Biratnagar and Loreto Sisters from Dharan. The presence of our Regional Superior, Sr. Jessy added joy to this occasion.

On Mary Ward's birthday,

through these great efforts of our teachers and sisters Mary Ward will be known more and her spirit may live on and the rich legacy of her works for God and Church may become immortal.



### SR. MARILYN MURICKAL CJ

We were delighted to welcome Fr. Boniface, SJ, the new dean of Purvanchal Deanery along with Fr. Arul, SJ as they came to give their special Christmas wishes. We had a day of recollection prior to Christmas by Fr. Pius and thus we prepared ourselves for Christmas.

Students of Class X invited us for a zoom meeting to wish us for Christmas. They took us to a world of serenity with their melodious Christmas carols and messages. Though covid-19 was rampant around our area, the fathers in the Parish invited us for a Christmas get-together along with a few parishioners.

On-site classes resumed and all the students are happy and excited to meet their classmates; school compound is lively and noisy. On 4th January, we had a teachers' training programme by Mr. Pallav Samman, an efficient educationist; the teachers

are eager to have the follow-up programmes.

The much-awaited moment in the annals of Nepal Region was the opening of the new convent building in Biratnagar. The chapel was

very aesthetically decorated and Fr. Boniface, SJ, the chief celebrant, blessed the house.

We gratefully remembered our General, Sr. Jane Livesey, and our present and former Regional Superiors Srs. Jessy, Margaret

Mary and Marilyn for their keen interest in developing this mission. We

are indeed thankful to Mr. Michael Penzkoffer and the family for their continual support.







### SR. DIVYA KALAMPARBIL CJ

COVID 19 brought in a lot of chaos and uncertainty especially to Gorkha. Though it was a great joy for us to have students once again in our campus, it was not without anxiety that we announced the reopening of our school

on 9th January. After many months of remaining shut in their homes, the parents and students welcomed this announcement. All our hostellers are back and we have started classes by keeping up the safety measures.

When the little buds came back to the school, they had beatific smiles on their faces. All the children were present on the first day of the re-opening of the school. Life is buzzing once again



in the compound and we feel grateful to God for protecting all of us during this pandemic.

Srs. Catherine and Divya had the privilege of visiting our neighboring sub-parish, Changling.

Welcoming a new member amidst us is a joyful occasion and we indeed took it as a privilege to welcome Sr. Teresina amidst us. Sister volunteered to teach English to our students as St. Mary's, Kathmandu primary section still remains shut for physical classes. We wish her a happy stay in the land of Gorkha!





## MARY WARD, SIRSIA

Millions across the world celebrated pared-down Christmas festivities this year due to coronavirus restrictions, as Pope Francis appealed to people to show “fraternity” to those facing crises aggravated by the pandemic. In the village of Sirsia too there was no great festivities like other years but the Church was full for the Eucharist which showed the spiritual thirst of our simple people.

Though the fear of corona has not been wiped away from the minds of people, we have good attendance in school. Our evening school children used to go to government schools where they were irregular in attending classes. Now, many of them have taken admission in Don Bosco English Medium School this year as they became aware of the value of education due to our efforts.

Friends of Mary Ward Biratnagar unit, under the guidance of Sr. Marilyn, has become intensely determined to do charity for the poor. The unit’s visit with their bountiful gifts for our hostel girls was a remarkable event which marked the 470th death anniversary of Mary Ward.

A considerable number of poor patients still visit our dispensary here. Sr. Neelu’s healing hands have become a blessing in their sufferings. Aloe Vera, a type of herbal medicinal plant, was distributed to our neighbours, students and teachers as we have plenty of them in our garden.

Our spiritual ministry has begun to catch its momentum as we witness some healing while praying for the people during our family visits. Sr. Marina showed a film named, Babul,

a social action movie based on the theme of women’s upliftment to the people of Sirsia in our hall. Thus, we try to reach out to the society in our own small ways.





# Mary Ward family- a joint celebration of Mary Ward's Life -Sirsia



## Snehanjali, Godawari

SR. MARGARET MARY CJ

There was great excitement to be in the Parish Church to celebrate Christmas though restricted by the Pandemic protocol. We had the Holy Eucharist celebrated outside the church, with a comparatively good crowd for Christmas Eve and the morning Mass. It was very windy and cold outside; but the joy of being at the Church made all those things very insignificant.

Sr. Regina, after going through all the requirements of Covid protocol for international travels, managed to reach home on 29th December to enjoy a long awaited holiday. Two of our candidates who had been doing Plus Two studies also went home for a short holiday. They returned just in time to receive the exam results. Both passed with good grades.

When Sr. Margaret Mary



went to Biratnagar, Sr. Karuna filled in the gap in Snehanjali. In one of those cold days, they walked up to "Shanti Ban" beyond Poudel Gaon, where a huge statue of Gautam Buddha is erected.

Sr. Margaret Mary and the cook try out new dishes as time permits and we agree that YouTube is a real boon for learning new things and creating new tastes. Zoom meetings as part of the Union Process also give us enough to reflect on and think about and be connected.



Another excitement was the snow fall on the opposite hills (Phulchoki) on 8th February. It was a beautiful site - all green trees clad in pure white! What marvels the Lord works for us!

The candidates had a short retreat by Fr. Sam VC in preparation for the Lent and as part of their formation.

The Godavari road which was "work in progress" for the past one year has begun to take shape and it will be like a highway in a few weeks' time. Maxim to follow in this part of the world: "The slow and steady wins the race".





## St. Mary's, Pokhara

### SR. LILIAN CHIRAMAL CJ

The New Year dawned with the Eucharistic celebration thanking God for the past year and imploring God's blessing on the New Year. Sr. Deepa's birthday was celebrated with prayers along with lots of fun and frolic. She went to Kathmandu for hysterectomy and at present she is recuperating in the Region House. Let us keep her in our prayers.

We enjoy organic vegetables from our kitchen garden and our flower garden is picturesque with varieties of fragrant plants and flowers.

This year, we were happy to have three priests on Ash Wednesday con-celebrating the Eucharist in our chapel. Sr. Asha joined Pilar Fathers, to Demarth village, a sub-station, to have Mass and Stations of the Cross for the few Catholics who stay there.

The school is gradually buzzing with life as we have resumed classes in our premises. The government is a bit cautious when it comes to the primary students and we still hold online classes for them.

Our community project of providing sufficient food to the needy during the pandemic has borne fruit as we see smiles of gratitude in the faces of those who have been helped.



## Mary Ward, Jhamsikhel

### SR. VEENA DIAS CJ

As the academic year is coming to an end many parents are already anxious about their daughters' admission in Mary

Ward School. We have already begun the new admission process. Many have already given the names and still more will be coming from the far away villages.

Sr. Celine bade us farewell on 23rd of January as she moved to Mauranipur for her nursing

experience. We thank Celine for her service to our mission here during her short stay with us.

We had a staff meeting on 20th February, 2021 to discuss various concerns especially the possibility of re-opening the school. Most of our students suffer as they do not have enough facilities to take classes online.

Finally we have decided to open our school on 1st March 2021, mainly for the final assessment programme. Parents and students have received this news happily and positively.





## St. Mary's, Kathmandu

### SR. MARIETTE PINTO CJ

The community was excited to celebrate birthdays of Srs. Jessy, Shobha, Teresina, Mariette and Vinita during the months of January and February.

The visits of our sisters from the other communities in the Valley during these occasions added joy to our celebrations. Holy Eucharistic celebrations were always followed by sumptuous meals, dance,



and games. It was fun to be in the company of each other during those special events.

Amidst these joyful days, we were very much saddened to hear that Sr. Smitha's mother was seriously ill. Within a couple of days we got the sad news of the death of her mother, Mrs. Amali Anjali and the whole community mourned for her. Sr. Smitha went home to be with the ageing father and her bereaved family members.

Our Short winter holidays of just two weeks came to an end on 19th January and online virtual classes resumed for the

third term on the 20th January itself.

As per the notice of the Local Government and the decision of the School Management Committee, school re-opened for the students of classes, 9, 10, 11 and 12 on the 1st of February. The School campus is once again alive with the presence of the students and the noise and chit chat of the students enthuse us with happiness and excitement.

## BIND US TOGETHER LORD!

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**SR. MARGARET MARY CJ**

In the month of Dec 2020 Sr. Jessy had organized a unique and novel program for those below 60 years, in Gorkha. In its aftermath, the immediate question the 'above 60' raised was when they would get an opportunity to cross the "lakshman rekha" of their area to have something like the youngsters had in Gorkha. We did not have to wait for long. The new convent blessing in Biratnagar paved the way for it and Sr. Jessy informed all of us of this golden chance.

On 17th January we began the "very informal bonding program" with a beautiful prayer meditation conducted by Sr. Veena. To keep the spirit of the gathering high we had chosen a theme "celebrate life with thanksgiving". The first session began with a formal welcome by Sr. Margaret Mary as the participants zoomed in to the well-arranged new community room in the formation of a train.

Sr. Jessy then spoke to us reminding what a great treasure the senior sisters are to the Region. The thirty-six hours were to be spent in experiencing togetherness in the company of one another, sharing wisdom, and making each other richer and wiser. For the rest of the day we had a few fun-filled sessions, discovering each other, laughing and dancing our way through. The first day ended with a beautifully conducted Teize Prayer by Sr. Asha.

The following day dawned as misty and cold as ever, but our enthusiasm remained as stable as the noonday sun. The Holy Mass was offered by Fr. Amrit Raj whose homily inspired us further for the 1st session. We had a meaningful and enriching sharing on obedience. As time rolls on, we grow in age and younger generations take on the baton of responsibility; it is Christ-like obedience that will help us to live our life joyfully, and be an inspiration for others.

At the concluding session once again Sr. Jessy reiterated her words of appreciation for the contribution of each senior sister and gifted us with a small token of love.

Thank you Sr. Jessy, every one of us appreciated your thoughtful planning of this program and the opportunity we had to attend the Blessing of the new Convent. A big thank you to Biratnagar community, Srs. Rufina, Marilyn, Pratibha and Charlie, for being such wonderful angelic hosts.

**-Srs. Divya, Monica & Charlie**

The joy within us was immense as we, the three Juniors, gathered on the 26th January morning for Juniors' Annual Programme under the guidance of Sr. Vinita. We felt a Divine serenity in the upper room of the Region House, in that quiet and peaceful environment. The gathering began with a song of gratitude.

The meeting was led according to the movement of the Holy Spirit; as a result, we were introduced to various topics. "Appointment with God" was one of the topics that enabled us to get in touch with our spiritual stamina. The next prime topic was the importance of disciplined life. We learned how we can discipline our body, mind, intellect, emotions and soul. We also had a healing session during which we shared our saddest and happiest experiences while living in various communities.



The highlight of the day was our outing to the zoo. Along with Srs. Vinita and Karuna we spent quantity time enjoying the company of one another. The meeting ended with a beautiful adoration conducted by Sr. Vinita.

The next three days we made our Triduum in preparation for the renewal of our vows. The recollection topics took a



## Renewal of Vows

different turn this time. Instead of just focusing on the three Evangelical Counsels, Sr. Vinita spoke of them in connection to the three Just Soul virtues, freedom, justice and sincerity.

30th January dawned with the anticipation of the joy of making our commitment to the Lord once again. Fr. Amrit Rai SJ, presided over the Eucharistic celebration and in the presence of many of our sisters we, Srs. Divya and Charlie renewed our vows.

The four days indeed left an incredible mark on us. We are grateful to Sr. Jessy, our Regional Superior who made this gathering possible. We also thank all the sisters in St. Mary's Jawalakhel community for their warm hospitality which we enjoyed. We appreciate you and thank you dear Sr. Vinita for organizing this meeting so well and making it a special one for each one of us.



***"Cast the net to the right side of the boat, and you will find some".***  
***Jn: 21:6***

Believing in the providential care of God, Sr. Charlie and I left for vocation fostering to Northeast, India. We landed in a strange land with very few contacts. Though we trekked far and wide through rough and tough roads our hearts were filled with eagerness and enthusiasm to meet girls who would



that we really need to labour hard for vocation fostering and "cast our net to the other side" with new approaches to inspire youngsters to follow the Master. We have hopes in some youngsters who showed interest in joining us. May our Master help us to "dive into the deep" and may Mary Ward intercede for her Institute. **-Sr. Marina Sharma**

aspire to join us. We met different groups of girls but we realized that they have other dreams and ambitions in their lives. We witnessed the words of Jesus, "The harvest is plentiful, but the laborers are few." However, we kept our spirits high.

We had the real Emmaus Experience and we felt the presence of Jesus throughout our venture. Incredible helps were received from various generous people and they helped us to contact young girls in different schools and villages.

Challenges led us to a quite strong realization



*Thank you*