



# Himalayan Echo



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NEPAL REGION NEWSLETTER

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## St Mary's, Kathmandu

The end of something is the beginning of another. In this sense, there is no exact cessation of anything. The months of March and April, laden with a series of events, marked the end of the last academic session and the beginning of a more successful and sound new academic year.

The teachers of St. Mary's School, Jawalakhel, commemorated the International Women's Day in a unique way this year. They wanted to mark the day not by materialistic charities, which are only temporary, but by making permanent changes to people's lives by offering them opportunities to develop their life skills. In order to do this, the teachers unanimously put into motion two courses of action. First, with the aim of developing the academic skills of underprivileged girls,



the teachers presented books to the library of their sister school in Gorkha. This would give the students in that school the opportunity to enhance skills that are required for their daily lives as well as academic excellence: skills such as reading-habit, impactful writing and critical and creative thinking. A hundred and five storybooks of eminent writers in both En-

glish and Nepali were bought and presented to the library in St. Mary's, Gorkha.

The second course of action was aimed more towards developing vocational skills in the underprivileged women. For this, the teachers contributed bedsheets, bed covers,



curtains and cloth to the trainees at a tailoring institute run by Mary Ward School in Lubhu. The trainees could use these materials to learn new tailoring skills that could be used not only for their own purposes but also to earn a living in this trade. The female teachers also donated a good number of their sarees to help those in need. These gestures, though small, have



given everlasting contentment to the staff at St. Mary's School.

Another unique event that happened at St. Mary's this year was the farewell fiestas for two class 10 graduating batches in the same year. Both the ceremonies were well organized by the 9th graders. The days fea-





we can do so much.”

‘Family Day’ on 2nd April was an awesome day not just for the families of all the teaching and non-teaching staff of St Mary’s but

tured various programmes like the ‘Lady of the Day’ selection, and ‘Miss SMS Contest’. The Mary Ward auditorium, the school grounds and the cafeteria had the kaleidoscopic view, the extravaganza of colours, as our beautiful girls were draped in pretty sarees. They were all busy in capturing the mesmerizing moments in the flash of their cameras.

One of the most anticipated activities of the year was the inter-house basketball tourna-

equally for the ones who were celebrating their silver jubilee of teaching and the ones who were bidding byes to this institution. The day saw multi-hued emotions of laughter, tears, and smiles. The programme ended with a light chit-chat and laughter in the cafeteria as delicious lunch was provided for all.



Meditation is a food to the human soul, which pacifies the chaos within and provides peace of mind. In the beginning days of April, our girls of class 9 were provided with this soul-food, for they needed it as they are soon venturing for a new journey of their lives, that is, the trip to the 10th grade which is nerve-racking in its own way.

ment. Because of the constriction of time, both the semi-finals and the final matches were held on the same day. A pool of emotions like happiness, sorrow, frustration, disappointment, and pride were displayed throughout the matches. More importantly, the players showcased the best sportsmanship and learnt that anything can be accomplished through hard work and teamwork, materializing the quote by Helen Keller: “Alone, we can do so little; but together

The ‘Thanksgiving Prayer Service’ by the present class 10 girls was a moment of nostalgia for all the Sisters, teachers and students present in the Mary Ward auditorium. We unanimously wished them good luck for their future endeavours.



The final terminal examinations for all the classes took place from 7th to 13th of April; the term break started from 14th April. The students from classes 1 to 9 got their typhoid vaccination. Karkhana



and Digi Computer conducted various trainings and seminars for the science and the computer teachers respectively. In this way, the month of April remained the most hectic one; however, it was a productive one too.

When Sr. Sachita, M.C., met with a critical bus accident and went into a coma, her loving brothers, Mr. Subash and Mr. Santosh, and her sister, Mrs. Sujata, came to see her and stayed with us for a few days. It was indeed the days of witnessing the genuine love of siblings and their great trust in God's healing hands. We also pray for her full and speedy recovery.

Easter brought joy and harmony. It was also the perfect occasion for introspection and prayer. Fr. Jossie D'Mello S.J., the vice provincial of Bangalore province, conducted two sessions on community building for the entire Nepal Region through Zoom. The first session focused on interiority and Examen. The second session was solely dedicated to prayer. During the sessions, Fr. Jossie emphasized the point of burning our ego in prayers. He urged us to assess how much of our ego is burned during prayer in order to see how it manifests in our daily lives.



Three communities, Kathmandu, Jham-sikhel, and Lubhu, were invited to explore the grandeur of Naubise Triumph Organic Resort. For our Sisters, it was a time for leisure, enjoyment, and exploration. We owe a debt of gratitude to Mr. Shri Ram Lamachanee for this once-in-a-lifetime opportunity and his generosity.

—Sr. Karuna Shrestha

### Mary Ward, Lubhu

Spring is a season of colourful flowers and sweet fragrance. It brings about new life to plants and a brighter nature. This proved so true in our garden this year. The rose plants bloomed plen-



tifully glorifying God and bringing joy to our hearts. It was indeed a feast for the eyes of the onlookers. All of us enjoyed taking a few shots with the beautiful flowers.

After a gap of two years, the Sacred Heart Parish had a full-pledged Easter celebration and the church was packed to its capacity. During the Easter Vigil Mass, there was an adult Baptism of



a young man prepared by Sr. Asha. The SDB Fathers and parishioners felicitated Sr. Edwina on her diamond jubilee.

In the school, all the students were vaccinated against typhoid by the Mahalaxmi Municipality Health Care team. The academic year ended with final terminal examinations and result distribution.





This year, we had a unique and a meaningful Holy Thursday service in the community. Sr. Jessy, our Regional Superior, leading the way in servant leadership, washed the feet of the community members in a very devotional and prayerful atmosphere; and we washed each other's feet in turn. It was so solemn that we kept on reflecting on it for some time.

### Mary Ward, Jhamsikhel

As March marched in there was an air of hurry and scurry among the teachers and students to work harder and close the academic year with satisfactory results. Class 5 students began to feel that they have to leave the school of which they



have been so much a part. We had a picnic arranged for them with all the teachers and Sisters to Lamatar, a village beyond Lubhu. It was a day made memorable with dances, singing, photos sessions, TikTok and Reels making.

Sharing lunch together with different groups had crowned the day.



The Award Distribution Ceremony to the best of each class, and to the two senior teachers retiring from service and the farewell assembly for class 5 students were the highlights of March.



The last week of March and the beginning of April found our teachers and students in the midst of great challenges: teachers making sure that children learn regularly, and students very earnest in passing the examinations. Because the Nepali New Year 2079 and the Easter holidays gave the students a long break, the teachers were a bit worried about the students' study habits. Therefore, we worked out a special timetable for those days with written homework, which they had to submit when they returned to school on Easter Monday. Lo and behold, it worked wonders! The students followed the instructions and were quite prepared for the examinations.

We closed the school on 29th April after examinations, corrections and results, all in one breath. It will be reopened on 17th May. New admissions are never a pressure for Mary Ward School, Jhamsikhel. They come trickling throughout the year and we are sure to get sufficient number of students.

The tailoring classes, which were discontinued, will be revived from June as we have women registering their names for the training.

We joined the Easter services in Assumption Church with all the devout faithful. On Easter Sunday morning, we joined St. Mary's community for Mass and breakfast.

Sr. Charlie has joined for music classes



along with her college studies. Our community had an outing to Lubhu in Easter week to wish the Sisters there the joy of the Risen Lord and to enjoy the beautiful flower garden.

- Margaret Mary

### St. Mary's, Biratnagar

Sr. Marilyn, the president of education commission of Purvanchal, organized a Principals' meeting in Damak. Nine principals of Purvanchal assembled to formulate the vision and mission statements in order to function effectively.



We were delighted to have the presence of Sr. Sabrina Edwards, the Province Leader of IBVM, and her counsellors, along with the Dharan community. Indeed, it was a great joy to have them in our midst for a while.

'Lent is a journey that moves us towards the cross of Love'. The season of Lent led us inwardly with our daily little sacrifices. Sr. Prathibha left for Kathmandu in order to attend the formators' meeting in Bangalore. We were happy to have the presence of the bother of Paul Rani (our Novice) all the way from Kathmandu.

The International Women's Day was celebrated in a small scale this year on 7th of March



in our school. Each teacher was appreciated and honoured with a flower and a khada. The much awaited 'Award Ceremony' was on 9th March and the students were excited to receive the awards.



As we realized the need to educate our students regarding the right use of modern gadgets, the senior students were given an orientation on cyber-crime. The D.S.P. of Biratnagar, Mr. Janardhan K.C. was kind enough to send two officials in order to make our students aware of the serious problems faced by the students nation-wide.

The CRNP of Purvanchal gathered in Don Bosco, Biratnagar, for a day of recollection in which the new office bearers were elected. The Parish organized an annual retreat which was led by Sr. Marina C.J. from Sirsia community which was very much appreciated by the retreatants. We were delighted to welcome Sr. Neelu's sister and family from Patna.

The students of class 10 were thrilled to go on a picnic to Ilam district. Srs. Marilyn, Amrita,



and a few teachers accompanied the group. All of them enjoyed themselves and returned home refreshed and rejuvenated after seeing the beautiful and vast lush green tea gardens of Ilam.

We were glad to have Srs. Jessy and Vinita with us for a day. Sr. Vinita gave an orientation to FMW members on Mary Ward and the significance of being a member of FMW. On 22nd of April, Sr. Marilyn conducted a staff meeting for the teachers where she motivated them to be



more human to the students and to give our best to them.

**-Sr. Marilyn Murickal**

### St. Mary's, Gorkha

Spring is a beautiful time in Gorkha with a variety of birds chirping and flowers blooming. The end of the school academic year was a busy time with many activities and events. Soon after the preparatory exams, the students of class 10 were given farewell with a meaningful pro-



gramme prepared by the students of class 9. Amid the hustle and bustle of school activities, new students were admitted to L.K.G. We were excited to see the little boys coming for the entrance exams.

We were happy to meet Srs. Jessy, Catherine and Clotilda during their short visit to Gorkha as well as Srs. Marisa, Agnella and Karuna on their way back to Kathmandu after the Chrism Mass. We were happy that Sr. Agnella stayed with



us for a few days.

We welcomed Fr. George Kalapura during the Holy Week services. Fr. George

offered Mass on Maundy Thursday as well as celebrated the Good Friday services for us in our chapel. For the Easter Vigil services, we accompanied Fr. Sunil and the Cluny Sisters to the sub-station parish church at Changling. It was a beautiful experience to be with the simple villagers of Changling for the vigil services which was followed by a fellowship meal.

After the final exams and the hectic days of corrections and report cards, the school staff took a break to go for a picnic to the historical



place of Ligligkot. The Sisters and teachers enjoyed the outing and were refreshed being out in the countryside.

**-Sr. Mariette Pinto**

### St. Mary's, Pokhara

April marked the end of the academic year 2021-22. Teachers and students were kept busy with the board exams, final exams, send-ups, corrections and the preparation for the report card distribution. The entrance exam for various classes too was conducted. After the completion of the heavy work, the teachers got two weeks of holidays to prepare themselves for the next academic year with new vigour and enthusiasm.

Sr. Jessy along with Mr. Laxmi visited us to settle the financial matters of the school. Sr. Jessy addressed the students in the assembly and through a metaphor, "The Jar of Life", gave a message of the importance of positive thinking in life and the need to let go of insignificant things.

On the last day of the school, the Blue House was awarded the Best House of the Year; Sr. Deepa handed over the running trophy. The class 9 students organized an emotional 'best wishes assembly' for class 10 and class 10 con-





ducted a 'gratitude assembly' in which they thanked the school and the teachers for being their mentors, guides, leaders and for igniting them with the light of knowledge and values.

In the beginning of May, we bid farewell to a few of our teachers and class 12. Class 11 organized a beautiful and a meaningful prayer as-



sembly with a few dances and songs to make the occasion memorable. The students were given a souvenir and the 'Lady of the Day' was honoured with a cup. They acknowledged that they are stepping out of St. Mary's as confident and optimistic Marians. The students looked very elegant and gorgeous in their sarees.

Sr. Deepa took a few days off from school and joined in the silver jubilee celebration of her companions in Patna. Srs. Regina and Catherine joined the silver jubilee celebration of Mary



Ward, Lubhu. Sr. Clotilda keeps herself busy in the garden and spends a lot of time with the plants and flowers.

In preparation for the Holy Week, the CRN Pokhara came together for a day of recollection at St. Mary's, Pokhara. Frs. Stephen and Sidroy



gave a talk on confession and repentance. We also had a day out to strengthen the bond and the companionship after a gap of three years due to COVID-19. We began the day with the Holy Eucharist at the picnic spot followed by games and a short meeting in which the local leadership team was chosen. Each community prepared a dish and shared it among all.

-Sr. Deepa Olikunnel

### Mary Ward, Sirsia

'Sundari Mela' is a traditional fete conducted for the people at the border of Nepal and India. Two weeks of March witnessed this fete and we were happy to see an ocean of people going for this fete from Sirsia.

Sr. Jyoti went home to visit her ailing mother and sadly after her return to Nepal her mother passed away and she could not attend the funeral. Her mother was 95 years old and she went to her heavenly abode peacefully surrounded by many of her dear ones. She was a great mother who saw three generations before her eyes, growing and flourishing.







Plums and seedlings were distributed to the needy of our neighbourhood and to all the students of Don Bosco School. Lemon grass, drumsticks and sugarcane sticks were also distributed to people for planting. Annual medicine for prevention of Filaria was distributed for all our students of Don Bosco School.

Film shooting for Santhali Folk Songs were done for three days in our campus and in Don Bosco School.



We were delighted to have Sr. Neelu's youngest sister and her family with us. They

were very happy to meet us and returned with sweet memories of Nepal in their heart!

We had Conference of Religious of Nepal Purvanchal (CRNP) meeting and Lenten recollection in Biratnagar. The CRNP's former president, Fr. Vijay Toppo S.J., and treasurer, Sr. Neelu, got a touching farewell as both of them were missioned elsewhere.

Poor people come to our dispensary for medicine and experience the healing touch of



our Lord Jesus Christ. They are grateful to us. Sr. Marina gave Lenten recollection for the parishioners of Biratnagar parish.

In the month of April, we celebrated Holy Week and Easter in the church after two years. For Palm Sunday, people brought their own palms decorated with flowers to sing hosanna to our Lord. It looked a very solemn procession!

All our hostel girls have passed the final exams and moved on to higher classes.

– Sr. Neelu Carmel

## June: Month of the Sacred Heart of Jesus

"THE HEART OF JESUS IS THE ULTIMATE SYMBOL OF GOD'S MERCY BUT IT IS NOT AN IMAGINARY SYMBOL. IT IS A REAL SYMBOL, WHICH REPRESENTS THE CENTER, THE SOURCE FROM WHICH SALVATION FOR ALL HUMANITY GUSHED FORTH"

POPE FRANCIS

