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Regional Superior speaks...

Reaching out to the needy during Covid 19 second wave

The second wave of Covid 19 hit Nepal mercilessly from late March onwards. Every day we were hearing the news of sudden demises of loved ones all around us. The cases of Covid 19 infections began to spike daily and we were under great shock when we ourselves were hit by this virus. In this utter confusion and pain, we took solace in prayer and tried to remain safe by keeping up the safety protocols.

As the days passed by we felt the need of spreading our wings to the mourning families. We organized an online memorial prayer service with all our teachers and supportive staff of all our institutions in Nepal for the departed souls. During this prayer service, we gave an open platform for expressing their grief and our hearts were touched by the heartbroken cry of many who were suppressing their tears so far. All that we could do on that day was to assure our spiritual, emotional and financial support to them.

This inspired many of us to do more, and through the help of our FMW units, we had a systematic planning on how to reach out to the suffering. All our schools conducted a series of online memorial services with the parents and students. This was followed by another series of awareness interactive talk programmes on Covid care and distribution of dry ration.

FMW - Pokhara

The FWM members organized a charity fund for the cause of Covid affected. The teachers, students, ex-students and parents contributed generously to this cause in cash and kind. It was an overwhelming experience to see the little ones coming to the school with their contribution. Thanks to all those who offered a helping hand and we could distribute ration to around

200 families.

FMW - Biratnagar

A Covid fund was created with the contribution from the school, parents and teachers. This helped us to reach out to a few families with rice, oil, cooked food and other necessities for their daily living. We were happy to see the joyful face of a college student when we donated him a bicycle.



FMW – Lubhu

Our FMW members were inspired and moved by Sr. Vinita who conducted a zoom seminar for all the members of CJ schools on how to help out the needy people in this time of pain and difficulties due to Covid 19. The 'fears' of corona virus did not dampen their spirit but they decided to reach out



Help flowed in cash and kind and for weeks, hundreds of men, women and children flocked at our gate asking for help. We were amidst a mass of people who needed our help though we were able to support just around thousand families with the necessary ration for one or two months.

People were reached out not only financially but were given practical tips to cope with Covid 19. Dr. Bulund Thapa, a renowned orthopaedic, voluntarily gave

an online interactive session on Covid care to the parents.

As soon as the Covid cases were decreasing, our country was into another shock when Melamchi flash flood drowned the people in Sindhupalchowk district. We collaborated with Nepal Jesuits Social Institute (NJSI) to reach out to the people there who lost their livelihood and shelter within a flash of time.

With the generous contribution, support and co-operation from the benefactors, parents and teachers we were able to alleviate some of the sufferings around us in our own small ways. We say a huge THANK YOU to all of you who collaborated with us.

to the suffering humanity in their own little ways. Some of them walked an extra mile to find the 'deprived' and helped them with provisions. Keeping in mind the mental health of the students and parents in this time of chaos and turmoil, the FMW members organized an online virtual session for them with Dr. Tejraj Ojha, a consultant of Lubhu health centre. His input on 'Covid Care' was so effective that many of them asked questions and cleared their doubts with regard to this Corona crisis.



FMW – Jawalakhel

The adage, every drop of water creates an ocean, became apt when our FMW members, Social Service Club and Environment Club, clubbed together to create a huge fund to help the needy.



St Mary's, Kathmandu

Amidst the two waves of Covid -19, our school was able to complete the virtual academic year 2020-21 successfully. The end of term exams always decrees new beginnings: for those students who have reached the 10th and 12th grades it's a farewell to their Alma Mater and embracing a new school/college. For those sisters and teachers, it's a farewell to the institution and the beginning of a different journey of life. It's a time to celebrate collectively personal achievements and to express gratitude towards all those who made the journey possible. St. Mary's is proud of the

students' achievements, and wishes good luck to all the 10th and 12th graders in the hope that they make their life a meaningful one.



Sr. Shobha, the Manager, Sr. Mariette, the Principal and Sr. Teresina, the Primary in-charge are missioned newly elsewhere. We salute you for all the services that you have rendered to this institution. We will miss your valuable presence.



Farewells are accompanied by new arrivals and we very specially welcome Sr. Marisa CJ as the animator of the community and Sr. Lilian CJ as our new principal. All the best dear sisters in your new mission.

The new academic year began on the 15th of June and the virtual classes are once again in full swing. Environment Day was celebrated virtually. The school animators of our Environment Club organized a virtual talk programme for the students on the topic, "Ecosystem Restoration". The resource persons who are Programme Directors of a children's association known as 'Friends of the Zoo' made it very interesting and informative for our students through beautifully prepared power point presentations. The students were also encouraged to do different activities at home

such as planting a tree sapling or a flower seed, celebrate the bounty of nature or commit to rehabilitate nature.

We were deeply saddened to hear the news

of the sudden death of Mr. Ajay Thapa due to Covid. He has rendered his long service as a music teacher to our school.

- Sr. Mariette Pinto, CJ



Snehanjali, Godawari

The Lockdown held us all pinned to our small premises looking at our little garden flowering and the vegetables growing silently in tune with all that was going on in the country and around the world. The sad and gripping messages coming to us of the demise of many of our friends, teachers, neighbours kept us raising our hearts in silence to God and praying for protection. To be honest we felt our hearts were never so united with God as we moved about doing our little duties within the house. The online Mass, hours of prayer, and listening to the tales of the depressed and friends over the phone was our daily routine. Around Snehanjali a number of deaths had taken place and people around had become so cautious and silent due to fear. We called some of the suffering families and offered them material help a number of times. We did feel very sad to hear that one of the women who used to come to us for help passed away because she did not have medicine and food.

The two of us, Srs. Regina and Margaret Mary, got the second dose of Covishield though the country is still going through a great shortage of it.

Preparations to close down Snehanjali temporarily kept us on our toes. The only outsider who came to visit us occasionally was a lone monkey who spotted our fruit trees laden with plums, peaches and of course the vegetable garden. Fr. Robin Rai, our Parish Priest, invited us for Mass to the Church and offered a farewell mass for all three of us and thanked us for our presence and involvement in the Parish for the past 14 years. With our supportive staff we lunched together and bade farewell.



Sr. Regina left for Pokhara on 25th early morning and the other two came to Jamshikhel around 10 am on the same day and thus closing a chapter in our personal life.

- Sr. Margaret Mary, CJ

Mary Ward, Sirsia

In the month of May, we paid special respect to Mother Mary, by praying rosary devotionally every day. During the lock-down, we keep ourselves busy by doing the daily chores like cooking, gardening etc. and spending extra time in personal prayer. In the absence of the Eucharistic celebrations, we take turns to conduct Communion Services creatively.

In the month of June, we paid special respect to the Sacred Heart of Jesus, by honouring his image and offering Holy Hour daily. We give dry ration to the poor families around our house and allow them to pluck vegetables from our garden. Our paddy seedlings are getting ready for the plantation. Our land is levelled to make it suitable for the cultivation. After a few months of effort, we got separate water connection to irrigate the field. Fr. Eugene SDB bade farewell



to Sirsia. Thank you dear father for all that you have been to us.

- Sr. Neelu Carmel, CJ

St. Mary's, Pokhara

The months of May and June kept us busy with online final exams, pre-sent up exams, entrance exams, new admissions etc. Creative recitation of the Holy Rosary and special prayers to the Sacred Heart of Jesus gave us spiritual nourishment amidst all these. The community had Triduum which rejuvenated our spirit once again.

We bade farewell to Srs. Asha and Lilian and expressed our gratitude to them for their loving services to our mission here. Dear Srs. Asha and Lilian, thanks a lot for your dedicated and committed service and we wish God's blessings on your new mission. May God go before you and with you as He has always been.



The students of Class X were given a virtual farewell organized by Class IX. They prepared a beautiful programme which began with a prayer service followed by songs, dances, poems, video presentations and speeches. Sr. Deepa addressed the students and she announced the awards for the best girl of the year, general improvement of each session and the Cheerful Marian of the Year. It was a new experience for the teachers, students and all were very much appreciative of the programme.

On the World Environment Day, our students took part in the Nature photography and drawing competitions with the theme of the year, "Ecosystem Restoration – Reimagine, Recreate and Restore". We had Parents' Orientation Program for the newly admitted students. Mr. Tanka Subedi, one of our parents, was the resource



person of the day and he dealt with the topics on positive home environment, use of social media and coping with Covid-stress management.

In Loving Memory of Mr. Menkaji, our beloved dance teacher...

On the 1st of June, we got a sad and shocking news of the sudden demise of our dance teacher, Mr. Menkaji due to Covid-19. It was with a heavy heart and a deep sorrow we bid adieu to our dear loving Mr. Menkaji from this earthly journey. He was an amazing personality, a down to earth human being, a lover of children, a dedicated teacher, mentor, motivator, a visionary and an inspiring leader.



Dear Menkaji Sir, you were one of the pillars of St. Mary's family, Pokhara, and we are indebted to you for the contribution you made to the growth of St. Mary's School Pokhara. Your loss is irreplaceable but we believe that you are

rewarded by the Lord for all the good that you did on this earthly life of yours and now as you are enjoying the eternal bliss and happiness with God, may you intercede for us.

On 10th June we had a very emotional and a heart touching memorial service for Mr. Menkaji and the bereaved family was present.

- Sr. Deepa Olikunnel, CJ

St. Mary's, Gorkha

Celebrating the world Environment Day, sisters in the community planted a tree each in the compound. The mother earth continues to provide us with fresh fruits and vegetables and we are glad to share it with our neighbours and co-workers.



Gorkha community is immensely grateful to Sr. Teresina CJ for the loving service rendered to our community for the past one month. Spending time in this peaceful and beautiful atmosphere was indeed a memorable experience for her. We are indebted to Sr. Teresina for carrying out her responsibility of teaching our students with absolute commitment and love. We wish her all the best and God's abundant blessings on all that she does. We are glad to welcome Sr. Veronica back to the community after the healing of her wrist.

We welcomed the new academic year with new energies and hopes with a new principal, Sr. Veena Dias. Though the students miss the physical classes they are grateful that the virtual classes provide them with good education.

- Sr. Divya Kalamparmbil, CJ

Mary Ward, Lubhu

The month of Mother Mary brought us great blessings as Srs. Marisa and Edwina experienced great healing from the corona virus infection. Life is back to normal once again in our community after a gap of more than a month. We are indebted to each one of you our dear Sisters for your valuable prayers during their illness. God's compassionate love was marvellous towards us at this time of ailment!

The surge of the second wave of the corona virus pandemic has brought our day today lives

once more to a standstill when the government imposed a strict lock-down again on 28th May. We conducted the final examination, announced the results, and reopened the new academic year 2021- 22 all on online! Sr. Monica also started with her on-line classes from the last week of May.



The lock down forced us to a new life style. The community attends virtual Mass and has 'physical' communion service daily. It gives us spiritual energy, strength and support to face bravely our present situation.



The purpose of the World Environment day celebration is to generate awareness about the significance of nature and to respect it for its values. This year, the Environment day celebration was minimized to 'home celebrations' due to lockdown. We conducted a drawing competition on the theme of the year for our students. Children planted saplings in their own gardens at home and promised to nurture them lovingly.

The new CJ Website is indeed very colourful, meaningful and informative. Kudos to those

who designed it! We were delighted to attend the launch of the 7-year Action Plan of Laudato Si.

- Sr. Nancy Edamansseril, CJ

St. Mary's, Biratnagar

This year onwards we have initiated three memorial awards sponsored by a teacher, a parent and the School itself in memory of their loved ones. The pandemic has taken a toll and it has affected the lives of many around Biratnagar. A few of our students too lost their dear ones suddenly. The Satyal Publication Proprietor, Mr. Satyal, succumbed to Covid-19 recently and from his family four other members too were laid to rest. It was a sudden shock to all the parents and the people. We had a memorial service for the departed loved ones.



Prior to the online classes, we conducted several zoom meetings with parents of each class in order to improve the system. It sent positive vibes among parents. Virtual classes began as scheduled with maximum participation.

The foundation for the Administration Block was laid by our Parish Priest, Fr. Andrew Pradhan. World Environment day was well celebrated from 5th June for a week with a lot of vigour and enthusiasm. Several Competitions were held for each class. Our Chief Guest was Ms. Bharati Dewan who is an Environment activist and a Scout Animator.

- Sr. Marilyn Murickal, CJ

Ignatius

We wish all our readers a very happy feast of St Ignatius of Loyola!

