



Himalayan Echo



Vol: 74/22

NEPAL REGION NEWSLETTER

July - August 2022

Regional Superior speaks...

Some of us love rainy days and yet some of us really hate dark clouds brooding over the sky and their cry for all day long. Some Monsoon times are beautiful while others bring us news of catastrophe and death. Monsoon also has a dry face to it but still we think of this season as the time of hard rain. As we wade through this season of monsoon both internally and externally, I wish that the Almighty gives us the grace to see the rainbow behind everything that happens in our life.

The month of August reminds us of the Feast of Assumption. I pray that Our Lady may continue to intercede for us and may she help us to wade through dark and difficult times as another wave of corona looms over us. I wish all the readers of the Himalayan Echo a Happy Feast of Assumption.

St Mary's, Kathmandu

The Reunion of the SEE batches 2010 to 2015 was a mega event of July. At the beginning, getting these schoolmates together was a very arduous task. Mrs. Bharati Dewan and Mrs. Anita Shilpakar, the former teachers of the school, worked relentlessly to get in touch with the students and they came to know that most of our students have built up their nests abroad. It was difficult



to locate them after such a long span of time, but gradually the group grew, very slowly at first, and then faster and faster to over 300 members. There was much laughter in the corridors and classrooms at St. Mary's School, on July 10 as the SEE classes of 2010 to 2015



celebrated and reminisced bygone years after their school graduation. The graduates were thrilled to see their former teachers and friends. The excitement was palpable. A strong feeling



of nostalgia was felt throughout the programme. This event has undoubtedly helped the students to express

their gratitude to their school and teachers as well as their sense of loyalty to the school.

The opportunity to meet with our students' parents emerged throughout the month of July. Dr. Laxmen Gyawali, a resource person, guided



the parent-teacher interaction by offering insights on parenting and sharing his personal experiences.

Venerable Mary Ward said, "Do good and do it well". St. Mary's Social Club extended their willingness to do good by generously sharing their goods with the students of Mary Ward School, Jhamsikhel. They organized a brief programme and shared delicious food, which the little ones of Mary Ward School delighted in and were grateful for.

When the SEE result was released, it was evident that our hard work and sincere efforts



have paid off. Our students performed admirably and successfully. Samriddhi Mainali scored the highest GPA of 4 by 4.

Sr. Jessie C.J., the president of Central Religious Nepal, organized a spiritual nourishment as well as relaxation programme in St. Mary's auditorium. A total of 65 religious gladly accepted the invitation and they enjoyed an edifying time with a spiritual talk by Fr. Daniel Barrah, SJ, and with the Sacrament of Reconciliation. Afterwards ev-

eryone savoured a peaceful screening of the motivational film 83.

In order to celebrate the feast of St. Ignatius of Loyola there was an online prayer service and reflection conducted for the entire Region. Our young sisters of the region conducted the prayer service. Fr. Amrit Rai, Regional Superior of Nepal Jesuits, and Sr. Jessie, our Regional Superior, addressed the gathering with their feast day messages. The power point presentations were indeed deeply meaningful for the occasion and a help for our onward journey of life as pilgrims to keep us in the right disposition of mind and heart.

As Pope Francis has urged us to pray for and honour our old, we seized the chance to do so by paying tribute to our senior sisters of the



Region. We observed an Elderly Day on the feast day of St. Ignatius. The honoured persons included Srs. Veronica, Clotilde, Agnella, and Martina. Our candidates put together a fabulous cultural programme for our older sisters, and we went on a lovely outing to Godawari Resort where we had



a fellowship meal. We relished talking to our older sisters and hearing their inspiring life stories. It was indeed a blissful day for all of us.

-Sr. Karuna Shrestha

St. Mary's, Gorkha

A parents-teachers interaction programme was organized for the parents and students of classes 5, 8 and 10. The parents were briefed about the happenings at school and all shared



about the challenges that one faces regarding discipline and academic performance of students. The parents were appreciative of participating in the interactive programme.

World Population Day was organized by the students of grade X. They gave an informative session in which they spoke about the demography of our district, Gorkha.

Sr. Mariette went to Pokhara to join in the Eucharistic Celebration offered by the Nuncio to Nepal, His Excellency Archbishop Leopoldo Girelli.

We were proud to see the SEE results of our school. 35 students appeared for the Board



exams and all passed. The First Term Examinations were conducted smoothly for classes L.K.G to class X and the school was closed for a short term-break.

Our buffalo gave birth to a male calf and we are grateful that the mother and calf are fine. This year too nature blessed us with plenty of

jackfruits and we enjoyed them to our hearts content as well as shared some with our neighbouring communities and staff members.

– Sr. Mariette Pinto

Mary Ward, Jhamsikhel

Sr. Shobha travelled to Bangalore to attend the Wisdom Group gathering. 25 sisters,



well-seasoned in experience and knowledge, came together in Bangalore and shared their wisdom with each other and benefitted much.

Our school held a Parent-Teacher interaction Program. Parents came in with great eagerness as it was held after a break of four years.



The session was conducted by Mrs. Anita Gurung, well versed in motivating people of ethnic groups, and they all responded very enthusiastically. After the session parents met teachers and shared very positive comments. Our new venture



of “Home Work” in the school bears good result.

We had a benefactor coming to school with her two American daughters to give them an experience of a school like ours. They had wanted to be in the school hardly for five minutes but once they met our children, not only they distributed goodies to them but began to converse with them (they both knew Nepali) and play with them and did not want to send them back to the classes. “A life time experience for them,” later on their mother commented to me.

On 22nd July the Social Club members from St. Mary’s School gave our children a great



treat. They spend a few hours with the students entertaining them with dances and songs and then shared lunch with all of us, students, teachers, co-workers and sisters. It drizzled a little while we were having lunch which marred the glimmer of the programme a little. St. Mary’s girls and teachers excelled in generosity and sisterly love.

We joined St. Mary’s Community for the special Mass and celebration for The Feast of St. Ignatius.

–Sr. Margaret Mary

Mary Ward, Sirsia

Every new day brings new surprises and blessings into our life. We are happy to have Pol Rani, our Novice, who has come to us for her community experience for two months. The surprise visit of our sisters from Biratnagar for the birthday of Sr. Celine doubled the joy of the occasion.



“Give a bowl of rice to a man and you will feed him for a day. Teach him how to grow his own rice and you will save his life”. All the farmers are very busy these days planting paddy. The work of a farmer is always tough and hard especially to cultivate the land, yet it’s true that one finds joy in it. We could successfully complete the plantation of paddy in our field and we experienced bounds of joy.

We were very much saddened to hear of the death of Mrs. Asunta, our novice Karishma’s mother. Mrs. Asunta battled with cancer for a year and the eternal departure of the young mother is a great loss to all of us. We express our heartfelt condolences to Karishma and her family at this time of sorrow.

As the students of Don Bosco have finished their final exams Sr. Celine is busy with the correction of the papers, and getting ready with the report cards. Srs. Marina and Pol Rani were en-



gaged in visiting families throughout this month.

–Sr. Celine Arulandhu

Mary Ward, Lubhu



We made our 'Triduum' in the second week of July. The resource person was Fr. George SJ. It was about 'Intercultural living for effective mission in the postmodern world' by SM Michael SVD. Father highlighted the importance of intercultural living for an effective mission. God's mission is intricately linked to people of different cultures. Missionaries coming from different cultures need to learn the culture of their co-workers and of the people to whom they are sent. It was enriching and inspiring for us missionaries.

'All work and no play make Jack a dull boy.' So our co-workers and teachers had a day out along with the Sisters. They were extremely happy and enjoyed to the brim and returned reju-



venated. All our senior students were vaccinated with a 'booster dose' to protect themselves from the new variant of Covid 19. In the months of July and August, the students were packed with various activities in the school like classroom decoration with the theme of the year, drawing, hand writing, elocution competition and first term examinations. In the Secondary Education Examination our school secured cent percent result.

There was a meeting on 'Synod on Synodality 2021- 2023' towards a Synodal Church of Nepal for the Central Deanery, at Don Bosco school, Lubhu, by the Apostolic Vicariate of Nepal in association with Catechetical Commission. We could witness an active participation from all the parishes. The parish priest, the parish council members and a few parishioners were present from each parish. Everyone was in high appreciation of the presence of the Tippling Parish as they had to walk for two days from a high mountainous region for this meeting. There was sharing on the report of the questionnaire previously sent to the parishes. Rev. Bishop Paul Simick talked on 'Journey Together in Unity'. Many important matters were raised and were taken into consideration. Similar meetings would be held in all other Deaneries too. It is a sign of growth for the Church of Nepal.

—Sr. Nancy Edamanasseril

St. Mary's, Biratnagar

On the occasion of the house warming of one of the Catholic families we conducted a



prayer service. The Environmental Club organized a drawing competition for all the classes. We had our first term examination from the 13th of July followed by teachers' day celebration with a lot of enthusiasm.

We managed to set apart some time for



our 'Triduum' guided by Fr. Amrith Raj. We were happy to welcome Alex from Austria and Yutta from Germany. Alex is a volunteer who is interested in helping Mary Ward School in Lubhu. Class 10 Board examination result brought a lot of joy and contentment on the faces of our



teachers. On 30th July we had an orientation for our teachers by Professor Dr. Biju Thapaliya, the dean of Purvanchal University, on how to motivate our students as there is an excess use of the modern accessories. On the eve of the Feast of St. Ignatius of Loyola we had a special holy hour.

— Sr. Marilyn Murickal

St. Mary's, Pokhara

Our school organized a felicitation programme for the newly elected ward members.

Sr. Clotilde was specially invited to Kathmandu on the occasion of the Elders' Day celebration and was honoured and she returned with a lot of joy and happiness.

The students received the first and second doses of Corona Vaccine in July and August. We had a week of term break after the 1st term exams and the teachers and students returned refreshed and rejuvenated for the second term.

In the beginning of August we were blessed to have the presence of the Nuncio, His Ex-



cellency Archbishop Leopoldo Girelli, and Rev. Bishop Paul Simick. We were happy to have Sr. Agnella's nephew and nieces for a day during their visit to Nepal.

—Sr. Deepa Olikunnel

Teachers' Day Celebrations



Every year Teachers' Day celebration is a much awaited event in our schools. Each school celebrates it with all its pomp and show. This year after two years of gap of physical celebration, the students were very enthusiastic to honour and pay their homage to their Gurus onsite!



Offering flowers and garlanding with the Khatas are traditional ways of paying respect and gratitude to elders and teachers in Nepal. The Khata especially symbolizes purity and compassion. It is worn or presented with incense at many ceremonial occasions including the auspicious occasion of Guru Purnima. Nepali students never shy away from these gestures and they honoured their Gurus in such befitting manner.





In St. Mary's, Pokhara, they paid their tribute to the teachers by welcoming them with a tika and a beautiful shawl to the lady teachers and dhaka topi to the male teachers at the entrance of the hall and the teachers were escorted to the hall with a huge round of applause. It was a great joy for the children to exhibit their innate talents in the form of songs, dances skits and speeches. The teacher's day witnessed an amazing plethora of items during the cultural programmes of the various schools.

Mary Ward Primary School's celebration deserves a special mention as they are little ones. They greeted their teachers very reverently



honouring them with Khatas, flowers, cards and small tokens and finally shared a cake with the whole school. Real multiplication of the loaves in real life!!! In their speech they thanked the teachers for their love and the knowledge they share with the students and the trouble they take to elevate them to be better students and human beings. In these times we come across the deeper meaning of the widow's mite that Jesus speaks of in the Gospel.

Community Life, Diversity, and Personal Growth

A workshop by Bro. Sunil Britto

A unique gathering of the sisters under the age of 50 took place from 8th to 12th July, 2022, at St. Mary's Region House. This was the second of this kind of gathering in the annals of Nepal Region's History. Fifteen members under this category came together under the guidance of



Bro. Sunil Britto, a Christian Brother. The main thrust of the entire programme was Community Life, Diversity and Personal Growth.

Bro. Sunil had quite many innovative ways of making the group at home with the meeting. He began with an ice breaking game, "Fire on the Mountain, Run... Run..." and gave us a buddy to closely journey with, in the coming days. The buddies sat together for all the five days' sessions!

On the first day itself, Bro. Sunil introduced the theme, 'community life'. Talking



about relationship he showed a meaningful portrait of three figures dancing together and also a video of Ballet, Hand in Hand, performed by Ma Li and Zhai Xiaowei, the pair who won the silver medal during the fourth CCTV Dance Competition. Both the contestants were differently abled: while one had no leg, the other had no hands. The synchronized movements depicted the process of becoming the other one's hands and legs and the dance was very inspiring. Brother also spoke of UBUNTU, an African story, with the message, 'I can be happy only when others are happy'. We are all inter-beings and we have to live in a syn-



odal world.

All the next sessions were connected to MBTI. The notes were given to every participant regarding MBTI and Non-violent Communication. The topic on Non-Violent communication was touched several times when Bro. Sunil spoke of relationships and community life.

A couple of sessions were set apart for talking openly what one feels in the group. It was focusing on healing relationships. Most of the evening sessions were combined with creative and symbolic prayers and reflections.

Every opportunity offers delight to the recipient, and the sisters under the age of 50 experienced joy in the five days of renewal program as they celebrated their gifts, diversity, and connectedness. Special thanks to Sr. Jessy, our Regional Superior, for organizing such an enriching workshop. Thank you dear Bro. Sunil for coming over all the way from Meghalaya to this Himalayan Country, and spending these fruitful and grace-filled days with us. Your presence made a change in all our lives!

– Sr. Vinita Mazhuvanchery

Friends of Mary Ward

Jawalakhel Unit:

There has been a change of office bearers after a period of three years. The previous office bearers, who had done a tremendous job during their tenure in office were thanked and given a huge ovation for their commitment and time – the unit members were immensely grateful. A new committee was selected through the polling system and were welcomed to the committee.

It is evident that the lockdown and the pan-

demic of the last two years had not dampened the spirits of the members in any way. The one reason for this is due to the monthly meetings the unit has begun to conduct on Zoom. These Zoom meetings are held between the 23rd – 30th of every month in which every teacher member, in turns, animates the meetings. Despite the pandemic now being a thing of the past, the unit has still maintained the practice of meeting on Zoom. This month's meeting was animated by Ms. Jasmine Malla on 'Self-Acceptance'. This practice will continue even though physical meetings are taking place once a month in school.

The teachers were extremely fortunate to have received an insightful session from Br. Sunil Britto, a guest from Meghalaya, India. The session was conducted on the topic -“Celebrate



what is right with the world”. Br. Britto's session, which turned out to enlightening began with a meditation (music and movements). The members were then enriched with talks on 'Believe it and you'll see it, recognize in abundance and look for possibilities.' During the session, the FMW members further reflected upon the issues of “the Rose, the Thorn and Bud”. The “Rose” portraying the little things we are grateful for since the pandemic. The “Thorn” symbolizing the challenges that we faced during the pandemic which caused everyone a lot of stress, and finally the “Bud”, which signifies the new hope and courage that is gently growing within us. Reverend Br. Britto was whole-heartedly thanked by

the Activity Coordinator, Ms. Srijana Khadge on behalf of the entire team at the end of the session.

Likewise, the Students' Unit (Senior and Junior batches) have continuously conducted weekly meetings on Thursdays with their Animators after school. They are now focused on preparing for their upcoming 'Promise Day'.

Pokhara Unit:

The spiritual animator, Sr. Deepa CJ, through her input sessions encourages and challenges the members to think and act differently in order to live an effective spiritual life. The unit has also recently launched the FMW Students' Unit, comprising students from Grades 9 and 10. Both the Students' and the Teachers' Unit together celebrated the Global Parents' Day by spending time with parents at an old age home.

Furthermore, the students also celebrate Mary Ward Day on the 23rd of every month with a variety of programmes –such as explaining Mary Ward maxims and delivering speeches.

Below are the main activities conducted by the unit from January to July 2022 under the guidance of their spiritual animator:

- Oath taking of new FMW members.
- Farewell to three active members - (Dhurb Ma'am, Neelam Miss and Namrata Ma'am)
- Launching of Visiting Old Age Homes.
- Visiting old age homes.
- An inspirational video show on, "The examples of good and bad teamwork."
- Discussion about the upcoming 2nd FMW National Meet-2022.

The Gen. Secretary, Mrs. Indira Gurung Thapa, has reported that the sessions have added positive vibes within the members. She shares that there is a sense of happiness and satisfaction on the faces of all the FMW members at the end of the sessions. The unit firmly believes they have become a ray of hope for the ones who were in need. – **Ms. Jaya H. Subba**

JPIC News

Bhanu Jayanti is generally celebrated and observed on the 13th of July every year. The significance of the day is that it is a celebration of

the Nepali culture including its literature and rituals. Our students are encouraged to participate in various competitions such as composing poems.



We joined JPIC Office Rome and UN Office New York on 30th July 2022 in remembering the Trafficked Victims. The students made innovative videos, charts in order to create awareness through Social Media. The theme for the year 2022 is "Use and abuse of technology". It focuses on the role of technology that acts as a tool to enable and impede human trafficking.

A letter of appreciation from Mother General Jane livesey to the JPIC Unit in Nepal:-

Dear Smitha,

... I just wanted to write and thank and congratulate you on the JPIC section and on all that is going on in that area under your leadership of it. It really is very encouraging to read of the engagement of the schools and their students in all the initiatives that you and your team are taking and all the opportunities that are being created for such a good level of engagement. Please pass on my appreciation, thanks and congratulations to your JPIC colleagues across the Region and in the schools – and, of course, all of those to you yourself for your commitment and dedication to this hugely important strand of our CJ DNA. Thank you very much indeed.

With love, gratitude and prayer as ever -
Jane

-Sr. Smitha Muthu