



Himalayan Echo

Vol: 80/23

NEPAL REGION NEWSLETTER

May - June 2023

From the desk of the Regional Superior

It is with great joy that I write this column in the Himalayan Echo as the Regional Superior



of CJ sisters in Nepal. A few weeks ago, as I sat ruminating over how to begin my first letter to the Region, I had this experience of gazing at the old persimmon tree just in front of our Region House. I want to write about that same experience for my first column in Himalayan Echo. The old persimmon tree is a miracle tree and I have always been a great admirer of it. It gives the warning signs for every season. In winter, it sheds all its leaves and looks just like a dried-up tree. As the advent of spring fills the air, the tree comes alive in glory with all her green and lushly

leaves. After that it starts bearing fruits which are green in colour, and before we know it, the tree is full of juicy and fleshy yellow fruits. Many birds feast on the fruits, and our old persimmon tree doesn't disappoint anyone. I have watched it through all these seasons for many years and I have realized that our lives are also like the persimmon tree.

As we plunge into the new season of monsoon, I pray that all our lives be blessed with showers of blessings from above. May peace reign in our hearts!

Installation of Sr. Vinita Mazhuvancherry CJ

7th May 2023 was an important day for the CJ sisters of Nepal Region as Sr. Vinita Mazhuvancherry was installed as the fourth Regional Superior of Nepal Region. Sisters from all our communities gathered at the Region House and it was a solemn moment indeed when Sr. Jessy Puliyanthuruthel, our outgoing Regional Superior, read aloud the



decree of appointment from our Superior General, M. Veronica Fuhrmann CJ. In her first address to the Region Sr. Vinita announced the names of the new Councillors (Srs.

Mariette, Asha and Neena), Regional Secretary (Sr. Prathibha), and Regional Bursar (Sr. Marisa) who were appointed by our Superior General.

The installation ceremony was followed by a solemn Mass offered by Rt. Rev. Bishop Paul Simick. The outgoing team in a creative way offered prayers and blessings to the new team. The symbol of an “Open Umbrella” decorated in front of the altar emphasized the fact that we are together with Jesus under his protective care. Sr. Vinita and her entire team walked beneath an umbrella during the entrance procession symbolizing togetherness for a mission. As Sr. Vinita serves as the leader of our Region in the years to come, we pray that she would be blessed abundantly by God and led by the Holy Spirit.

Our sincere gratitude and best wishes to Sr. Jessy Puliyanthuruthel

On the eve of the installation ceremony, all the sisters gathered together in St. Mary’s Chapel to pray for Sr. Jessy and the outgoing team and to express our gratitude to them for their dedication and commitment in guiding and leading the Region for the past five years. Fr. Amrit Rai, SJ offered a special Thanksgiving Eucharist for Sr. Jessy and her team. Our hearts were overflowing with thanks to God for the various ways through which He guided our Region in both easy and difficult times under the able leadership of Sr. Jessy and her team.



We congratulate you dear Sr. Jessy for your daring and courageous spirit during the challenging times. We appreciate your cheerful spirit and magnanimous heart to reach out to those who are in need. The entire Region is indebted to you dear

Sr. Jessy for all the growth and development that took place in our Region under your leadership. As you move on to the next chapter of your life, we send you our best wishes for everything that lies ahead and God’s choicest blessings on your new mission.

Sr. Karuna Shrestha CJ - appointed as the formation in charge

For a decade now, Sr. Vinita Mazhuvanchery had been moulding the lives of our young members, and we are indebted to her for her dedication and faithfulness. Our candidates extended their warmest greeting to their new formator by celebrating the Holy Eucharist presided by Fr. Mathew Assarikudy, S.J. During the Eucharist, Sr. Vinita missioned Sr. Karuna as the Candidate Director and Junior Director of Nepal Region. Everyone laid their hands on her in prayer and they wished her well in her new role. - Sr. Pratibha Palissery

St. Mary’s, Biratnagar

The school and community bid farewell to Srs. Pratibha and Amrita before they moved on to take charge of their new responsibilities in Kathmandu and Gorkha respectively. We are grateful to both of our sisters for their loving



and selfless service to the mission and we miss their presence here. We warmly welcomed Sr. Marina to our community and wished her God’s abundant blessings.

Buddha Jayanti was observed at school. The students of class IX visited a nearby Buddhist monastery and they were reminded of the teachings of Lord Buddha. Choral Recitation in Nepali was organized at school for all the classes.

A pre-graduation ceremony was hosted for the outgoing students of class XII. The Mayor of Biratnagar Municipality, Mr. Nagesh Koirala, was the guest of honour. The students were felicitated in the presence of their parents, the college lecturers, and the School Managing Committee. Sr. Daisy CJ, the former Regional Superior of Bangalore Region stayed with us for a couple of days and her presence gave immense joy to each of us. -Sr. Marilyn Murickal

Mary Ward - Sirsia

The month dedicated to Mother Mary bid all the sisters and hostellers to pray the Rosary together. A three days retreat was conducted at our parish by the Sisters of the Congregation of the Holy Family from Jabalpur, India. The sisters stayed with us for a week during those days. The silver jubilee of our parish priest was celebrated at our parish church. The faithful of the parish community as well as the faithful of the various substations joined in the celebration.

“The earth has yielded its harvest. God blesses us. Our God blesses us.” With these words of the Psalmist, we raise our hearts in gratitude to the Almighty who blessed us with plenty of crops. Our boarders helped us in harvesting the maize. The produce of our garden is rewarding. Since it is harvesting time, children are busy helping their families in harvesting. As a result, there has been a decline in the attendance of the students in our evening tuition centre. -Sr. Celine Arulandhu



St. Mary's, Pokhara

“Let us celebrate the end of the last academic session with familiar faces to welcome the new one with a new face, with a hope that we will have new chances to learn new things and grow in life.” These were the words echoing from every corner of the school as it gratefully bid farewell to Sr. Deepa, and welcomed Sr. Jessy to the school along with the new academic year, new class, new set of friends, new uniform and new books. But the school kept on repeating about



Sr. Deepa, “We miss you Sr. Deepa, but we are sure you will be appreciated wherever you go.” The month also announced more farewells and welcomes as Sr. Monica left for Bangalore for a one-year diploma in Theology and we welcomed the youngest member of our community, Sr. Polrani.

The month of May dawned with the celebration of Labour Day in the company of the administrative and supportive staff which was followed by the gathering of the parishioners in our chapel to pray the Rosary together. In the following days, the community joined our parishioners to pray the Rosary in their homes.

Along with the various other activities at school, the two main events of the month were the Family Day and the Environment Day celebrations. Family Day was celebrated with the members of the Managing Committee, teachers, supportive staff, and their families. Fr. Amrit Rai, SJ and Sr. Karuna stole the hearts of everyone as Fr. Amrit talked about the importance of love and forgiveness in the family and Sr. Karuna conducted a healing service with the theme of forgiveness. -Sr. Jessy Puliyanthuruthel

St. Mary's, Gorkha

The new academic year began smoothly under the guidance of our new Principal, Sr. Amrita. A one-day orientation programme was conducted by Sr. Amrita for the new captains and house moderators. The school organized a two-day orientation programme on 'Parenting in Modern days' for all our parents by Ms. Geetanjali Sharma a trained counsellor, from St. Mary's, Biratnagar. On the third day, the students too got a chance to have an interaction programme with the counsellor.

Sr. Neena received the tragic news of the terrible bike accident of her sister-in-law in the middle of May and she rushed to Kerala. Her sister in law Mrs. Maya Salu went to her eternity leaving her husband and her only son. After having attended the funeral and the requiem mass, Sr. Neena returned to Gorkha. We continue to pray for the bereaved family.



Srs. Amrita and Polrani regularly went for family visits every weekend to our students' houses and after returning shared interesting stories of their visit. We were indeed happy to have Sr. Polrani with us for three months but unfortunately we had to bid farewell to her as she moved to her new community in Pokhara. We all surely miss her.



On the 11th of June, Sr. Vinita paid her first visit to Gorkha as the Regional Superior for the installation of our new Superior, Sr. Catherine. We had a short prayerful installation function followed by Holy Eucharist on the feast of the Body and Blood of Christ. We pray for Sr. Catherine and wish her God's choicest blessings as she takes up her new mission at Gorkha. -Sr. Mariette Pinto

Mary Ward Lubhu

The 8th anniversary of Laudato Si week was celebrated at Mary Ward, Lubhu. The community spent the week reading and reflecting on the given topics for the day. During the entire week the students were encouraged to pray the Laudato Si prayer at the morning assembly. The students and staff found the prayer meaningful and relevant for the world today as it conveyed the message that we are God's creation and not its owners.

Seven catechumens were initiated into the Catholic Church through the sacrament of Baptism at Sacred Heart Parish Church, Lubhu and Sr. Asha prepared them. Five of them are students from our hostel. The G.C 2022 action plan of our Region was studied and we discussed the ways of implementing them in our mission.



The Investiture Ceremony was a memorable occasion when the newly appointed school captains were conferred with badges and sashes to take up their responsibility as leaders at school. Sr. Nancy in her speech emphasized the role of leaders as torch bearers standing for the values of the school and urged that they must shoulder their responsibility with commitment and integrity. -Sr. Nancy Edamansseril
The new academic year began with regular

Mary Ward, Jhamsikhel

classes. The teachers had a challenging time making our newly admitted students of UKG to feel at home at the beginning of the school year. The students now enjoy regular singing and dance classes at school. We were happy to welcome Sr. Vinita, our newly appointed Regional Superior, with a short cultural programme.

Srs. Karuna and Charlie went to North-East India



for vocation fostering. But since an unexpected ethnic conflict in Manipur arose, they could not stay long and had to return to Nepal quickly. The twelve women of the tailoring centre completed their course in tailoring and were awarded with certificates for their achievement. The next batch of students will begin their tailoring course in the beginning of July. -Sr. Shobha Ullattu

St. Mary's, Kathmandu

The farewell of our outgoing Regional Superior,



Sr. Jessy, and the installation of our new Regional Superior, Sr. Vinita, were prominent occasions

for all of us at St. Mary's. St. Mary's community expressed gratitude to Sr. Jessy through a thanksgiving Holy Eucharist offered by Fr. Matthew S.J. Sr. Jessy had been an outstanding leader and a cheerful member of our community for the past nine years, during which she served as the Principal for four years and as the Regional Superior for five years.

We welcomed our new community members, Srs. Veena, Deepa, and Prathibha. The school expressed its excitement in welcoming its newly appointed Principal, Sr. Deepa. Similarly, Sr. Veena took up her mission as in charge of the primary section. We wish our sisters the very best in their respective mission fields.

Our school took part in a Science Exhibition conducted by Ripumardini Sainik Mahavidyalaya and obtained the title of the best Project Presenter and won a monetary award. Twenty-four students of the Environment Club accompanied by the club animators went to Tika Vidhyashram Sec. School and, along with the students of that school, planted twelve saplings on the school campus.



The Catholic families of our parish zone along with the Catholic students and families of our school gathered in our convent chapel to pray the rosary on 30th May.

We were glad to have Sr. Dorothy and her team from World Social Forum and also to host the CRN meeting with them in our A.V. room. We were also blessed to have the gracious presence of our Bishop Rev. Paul Simick for this meeting.

-Sr. Divya Kalamparambil

Friends of Mary Ward- Nepal

As I review these FMW reports from the units, it is evident that the legacy of the movement is very much alive in Nepal. It is refreshing and at the same time, a delight to read about the activities conducted by the units.

Biratnagar: The main highlights of our first session for this academic year were the three virtues of Mary Ward: Freedom, Justice, and Sincerity. Sr. Marilyn briefed us about the fourth virtue, Felicity, meaning inner peace and inner joy. In her session, Sr. Marilyn also focused on being compassionate and on the importance of truth necessary for inner joy. Believe in Good. Believe in God” was the final message of the session.-Ms. Snehalata Giri

Gorkha: In the first meeting, Mr. Maheshwor Sharma, a member, shared inspiring insights on “Self Awareness”. The main agenda for the discussion was regarding the “Donation for the needy and the poor” in a nearby orphanage. The programme schedule was worked upon and the various responsibilities were allocated to each member. -Ms. Merina Tamang

Jawalakhel : During the first session Ms. Roshni played a video by Sadhguru on the topic, “Anything that you wish will happen”. Sr. Vinita, later on, discussed the future activities of the Unit, its aspirations and the activities that will help to achieve success to meet these aspirations. She informed the members of the monetary help given by our unit for a student’s studies. It was also decided that an online meeting will be held once a month and a physical meeting on the first Friday of every month. -Ms. Vandita Basnet

Lhubu: The FMW students visited the Intellectually Disabled Children’s Parents Society, Lubhu. The centre is for those who suffer from Down syndrome, Autism, Learning Disabilities, etc. Our students felt blessed by this visit and were inspired to assist these children. They realized that they were fortunate to have a normal childhood in comparison to the disabled ones and hence were thankful to God. They played,

danced, and sang rhymes for those children and then distributed sweets and stationery to these smiling faces. - Ms. Nira Subedi



Pokhara: We welcomed our new spiritual animator and Principal, Sr. Jessy with a felicitation programme. Various topics on improving our



spoken English and upholding Mary Ward’s values by emulating them in our daily lives were discussed. It was decided that FMW meetings will be held on the last Friday of every month and each member will host a short programme (speech/story) and play a vital role in the lives of everyone, especially the students. -Ms. Indira Gurung. *(Compiled by Ms. Jaya H. Subba)*


The JPIC Movement...

Labours Day was celebrated meaningfully at St. Mary’s, Gorkha. A few students were invited to speak on the importance of this day during the school assembly. Posters highlighting this day were displayed on the notice boards. The non-teaching staff was honored with gifts and appreciated for their services at St. Mary’s, Biratnagar on this day.



The JPIC unit of St. Mary’s, Jawalakhel, has been enterprising in bringing laughter to all by putting on view different jokes for its readers on the school notice board to celebrate World Laughter Day.

The International JPIC co-ordinator together with the national co-ordinator organized a virtual conference for the Himalayan JPIC animators during which Sr. Prabina IBVM highlighted the role and duties of JPIC animators in their respective units. The action plans for JPIC regarding water management was also discussed and planned during this meeting.

|  CJ/IBVM/HIMALAYAN JPIC TEAM,SOUTH ASIA JUSTICE PEACE AND INTEGRITY OF CREATION Activity Calendar APRIL 2023 | | |
|---|---|--|
| DATE | ACTIVITY | DETAILS |
| 5 th June 2023 | World Environment day | <ul style="list-style-type: none"> Plantation program with coordinati office, chart displaying on water m drawing competition, visiting charitab street play, awareness procession and fund from food festival. |
| 12 th June 2023 | World day against child labour | <ul style="list-style-type: none"> Special assembly |
| 15 th June 2023 | World elder abuse awareness day | <ul style="list-style-type: none"> Skit awareness on elder abuse |
| 21 st June 2023 | <ul style="list-style-type: none"> International yoga day World music day | <ul style="list-style-type: none"> Display Board Live performance by music band |
| 26 th June 2023 | International day against drug abuse and illicit trafficking | <ul style="list-style-type: none"> Skit awareness against drug abus trafficking in the border area. |
| 23 rd June 2023 | Remembering Mary Ward | <ul style="list-style-type: none"> Special assembly |

Red Cross Day was observed on the 8th of May at Mary Ward School, Lubhu. The students held a prayer assembly as well as displayed posters focusing on the importance of this day. On the 21st of May, St. Mary’s, Pokhara marked Anti-terrorism Day. The students spoke on this topic raising their voices against terrorism.

St. Mary’s, Jawalakhel marked World Biodiversity Day on the 22nd of May. A video presentation called the attention of all to understand biodiversity issues and to strive to preserve it.

World Environment Day

World Environment Day was celebrated with much pomp and show in all our schools.



In Gorkha our students enacted a stage play highlighting the topic, ‘Save Water’. A drawing competition too was organized on the same topic. 30 saplings were donated by the Forest Department on this occasion and we planted them in our campus.



In Lubhu, Environment Day celebration focused on the theme ‘Beat the Plastic Pollution’. The day flagged off with an organized assembly on the same theme. A few members of the Association of St. Mary’s Alumni conducted a plastic bottle solution drive during which our students were taught to recycle soft drink bottles into an ornamental garden to decorate our homes and school. The high school students enjoyed shaping and painting the bottles and decorating the school premises with them. Seasonal flower saplings were also planted in our school garden.



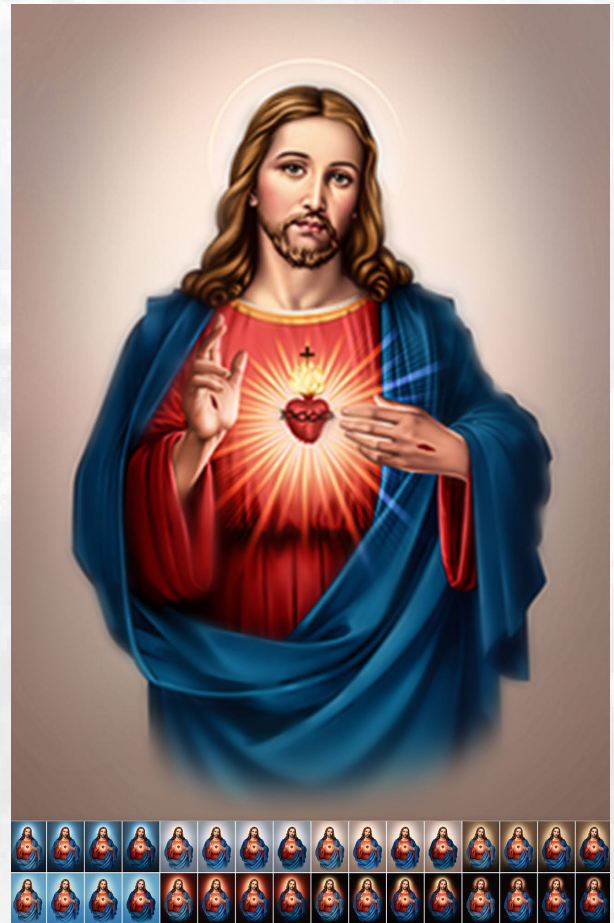
Environment Day was celebrated in collaboration with ASMAN in Jhamsikhel. The members of ASMAN talked about the plastic-free world and about the harm that plastic can do to the environment. They also talked about the importance of trees in our surroundings and the need for a healthy environment. A drawing competition was conducted for the students where they were asked to draw two pictures; the theme of the first one was a world with trees and the other picture was a world without trees. They were also asked to write an essay on the same topic.



Our school in Pokhara took a very different path among all the schools to celebrate the Environment day to give the students a first-hand experience of the living conditions of the people around us. The school was decorated green and everybody had a tinge of green worn on them. After the speech and street play competitions on the theme, 'Plastic Pollution',

representatives from each class were divided into three groups and accompanied by sisters and teachers visited the two houses which were being constructed by the school for two homeless families. The students had an opportunity to visit a few more families who were homeless and house construction for them by the school is in the pipeline. The third group was taken to the neighborhood government school with a few stationery items as a contribution. The students interacted with the head teacher and the students of the school.

All the groups returned to school with gratitude in their hearts and a determination that they will not grumble about the little inconveniences they have to face in their life; also with a desire to reach out to the people in need in small and big ways possible for them. *Complied by Ms. Pratibha Niraula*



Thank You