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From the desk of the Regional Superior



“Love Jesus Christ more and more! Our life is a response to his call, and you will be happy and will build your life well if you can answer this call. May you feel the Lord’s presence in your life. He is close to each one of you as a companion, as a friend who knows how to help and understand you, who encourages you in difficult times and never abandons you. In prayer, in conversation with him, and in reading the Bible, you will discover that he is truly close. You will also learn to read God’s signs in your life. He always speaks to us, also through the events of our time and our daily life; it is up to us to listen to him”. — Pope Francis, ‘The Church of Mercy’

Pope’s call to “love Jesus Christ more and more” makes me think of this world scarred by conflicts and wars, violence and suffering, and my heart goes out to the people of Palestine, Israel, Ukraine, Manipur, and countless other regions that are grappling with the harsh realities of violence and turmoil. As the world watches these painful struggles, let us remember that behind the headlines and statistics are real people enduring unimaginable hardships. In times of darkness, we can be a source of compassion, hope, and solidarity. Let us work and pray for peace and love Christ MORE!

REGION DAYS - 2023

The Region Days 2023 of Nepal Region was held at the Region House, St. Mary’s, from Sept. 17 to 19, 2023, with 28 participants, including two Loreto (IBVM) Sisters Flora and Priyanka. The theme of the Region Days was, ‘Companions on the Journey- A Synodal Way’. Rev. Dr. Benny Grigoriose Koottanal, MSFS, former provincial of MSFS in Bangalore was the facilitator and resource person.

At the inaugural Eucharistic celebration, Rt. Rev. Paul Simick, the Bishop of Nepal Vicariate, highlighted certain aspects of the Emmaus story: having our face pointed to Jerusalem always.

The Region Days provided an opportunity to re-discover the lost charm of our commitment to our true charism and rootedness in God. Situating ourselves under the enriching GC 2022 theme ‘Companions on a Journey, a Synodal way’, the members undertook a meaningful, spiritual, constructive and path-breaking journey into the meaning and relevance of our consecrated and committed way of life as CJs, living community life and undertaking prophetic ministries.

The outcome of the meeting can be summarized in the following manner:-

1. Orientation to go back to the roots: The spiritual patrimony of our Congregation can



be preserved by returning to our spiritual roots and core values.

2. Orientation to renewed reawakening in Christ by cultivating 'Jesus Culture', i.e., being rooted in the values of Christ: being like Jesus - prayerful, other-centred, loving and forgiving; simplicity of life; mingling with all sections of people, and being connected to God. Jesus becomes the centre of my life, my actions, behaviour, thoughts, and attitudes.
3. Emmaus Journey: It is walking towards Jerusalem by giving space to suffering/cross in our lives, placing ourselves as a companion to Cleophas and contemplating the words, 'Stay with us, Lord'. Reading the Bible in the present tense ignites the fire within us. We learn that it is not enough to be efficient, but effective, and that is possible only with God's help.
4. Orientation to the Synodal way of community living
5. Orientation to Apostolic Ministries: Mission-driven Region
6. Envisioning planning for the ministerial life of the Region for the coming four years.

The new Vision Statement of Nepal Region 2023 and Strategic Action Plan for the coming four years is the result of a series of community conversations, reflections, discussions and deliberations over a month and insights received during the sessions in particular:

"We, the sisters of Congregation of Jesus in Nepal Region gathered at Region House, from Sept. 17 to 19, 2023, responding to the theme, 'Companions on a journey - in a synodal way', resolve to be awakened by 'Jesus Culture' following the founding charism of Venerable Mother Mary Ward, living the directives of the General Congregation 2022. We resolve to live joyfully in communities with mutual respect for each other's uniqueness and commit ourselves to the apostolic ministries of the Region."

Our heartfelt gratitude to Fr Benny for his invaluable guidance and support during our Region Days and for journeying with us. His expertise has been instrumental in our personal and communal spiritual growth.

-Sr. Vinita Mazhuvancherry

Annual Ignatian Retreat refreshes Sisters



The annual eight-day retreat, held at St Mary's, Jawalakhel, from October 14 to 22, helped 16 retreatants, to dive into the rich Ignatian resources and the Holy Scriptures. The retreat, directed by Calcutta Jesuit Fr Julian S Das SJ, the Rector of St Lawrence High School, Kolkata, led the sisters through the general dynamics of the Spiritual Exercises of St Ignatius of Loyola.

At the introductory talk, Fr Julian invited the retreatants to relish the love of God for them, and he asked the sisters to spend as much time as possible before the Lord, with the Holy Bible by their side, to strengthen their bond of love with the Lord. The numerous illustrations, anecdotes and stories that interspersed the talks of Fr Julian not only enlivened the presentations, but also helped the retreatants to discover the depth of the Ignatian themes and Scriptural passages.

One of the grace-filled parts of the retreat was the 24-hour chain adoration, being with the Lord night and day, raising the prayers and intentions of all the sisters and of the Region. The adoration culminated in a healing service, bringing the Lord's healing not only on those present, but also those they were praying for.

The afternoon talks highlighted 'Pearls from Ignatian Spirituality' - applying key ideas of Ignatian spirituality to daily life. The topics highlighted include the Principal and Foundation, Disordered Affections, Spiritual Indifference, Magis, Consolation, Desolation, and Finding God in all things.

Summarizing the fruits of the retreat after the concluding Eucharistic celebration, Sr Smitha said

that the well planned and systematic approach to the retreat, laying special emphasis on the Word of God, helped the retreatants to enter deeply into their inner recesses and encounter the Lord in and around them.

As all the sisters of the community joined the retreat, Sr. Marisa, the superior of St. Mary's community, took care of the kitchen and other needs of the retreatants.

We want to express our deepest gratitude to our retreat master Fr. Julian Das SJ for guiding us through this transformative journey. Your wisdom, compassion, and dedication have enriched our lives in ways words cannot capture. Thank you for leading us on this profound and enlightening path.

– Sr. Mariette Pinto

Mary Ward, Lubhu



The visit to the Living Mountain Lab, Godavari, educated our students of class IX in matters related to conservation of energy, solar energy, water, endangered animals, and plants. All our teachers had an opportunity to participate in an eight-day Teachers' training programme on Curriculum Technology organized by Mahalaxmi Municipality.

'Women's Rights Day' was marked by the students, who emphasized the various ways of empowering women for a better society. Our students participated in an inter-school dance and music competition organized by Don Bosco School and won the second prize. A debate competition was conducted for the students of classes VI to X on the occasion of Children's Day on Child Labour, Child Marriage, Human Rights and



Responsibilities, and the best speakers won many prizes. It was followed by a short entertainment programme staged by the teachers.

The annual award ceremony showcased 34 students. The various awards were in memory of individuals and sponsored by benefactors. Sr. Vinita C.J., Regional Superior and the guest of honour, presented Sr. Francis Pastorfer CJ & Honny Penzkofer Memorial Award to the best student of class IX. She also gave an inspiring speech about Late Sr. Francis CJ and her sister, Late Ms. Honny Penzkofer, and their great love for Nepal. A retreat, conducted by Fr. Paul KC S.J. and Sr. Asha C.J. for the Catholic Students of our school and their parents, was an enriching spiritual experience for all.

–Sr. Nancy Edamanasseril

St. Mary's, Biratnagar



The inter-house one-act play practices kept the teachers and the students busy to give their best and win the prize. The Green House won the prize of the running trophy. The words of Ralph Waldo Emerson emphasize the above, 'The reward of a thing well done is to have done it well.'

Krishna Janmashtami was observed in the school by the students who danced a lakhe dance. A storytelling competition was conducted for the students of the Junior Section. The students of



Plus Two won the third prize in an inter-school Nepali essay writing competition. Children's Day celebrations brought in a lot of fun and frolic.



All the Principals of the East Nepal deanery gathered together at Deonia for a meeting under the leadership of Sr. Marilyn C.J. to discuss and plan for the upcoming inter-school activities. October was the time to seek the intercession of Our Lady of Rosary, holding holy hour and praying the Holy Rosary.



'Family Day' was celebrated in a meaningful way for the staff and their family members with a prayer service, games, and a fellowship meal and they strengthened our relationship with one another. The FMW unit visited the children of Sirsia and shared a meal with them. The students also put up a skit and danced to entertain the little ones. It made the students to understand the abundance they have been blessed with in comparison to the underprivileged.

-Sr. Marina Sharma C.J.

Mary Ward, Jhamsikhel

Mother Benigna Memorial award ceremony was held for the excellent students in different categories, like study, sports, art and craft etc. It was great indeed that our benefactors contributed generously and spent their valuable time to be with the students to attend the award ceremony. We thank ASMAN members for their tireless effort to make our students happy and for encouraging them to study better. They were awarded with certificates and cash for their excellent performance.



On Children's Day, sisters and teachers put up an energetic entertainment programme. It began with a prayerful atmosphere followed by the wonderful performance. Our students were overwhelmed to see the teachers and sisters on stage. It was followed by a fellowship meal with students, teachers and support staff.

-Sr. Neena Thevarkunnel

St. Mary's, Pokhara



"I recommend you to take care of the minutes and the hours will take care of themselves." These words of the Earl of Chesterfield underline the message for us when we see the second term of the academic year move fast and packed with



various activities. All the teachers and students were kept on their toes as they ran from one item to the other. The students of Classes V to X had an educational field trip to different places of Pokhara as a part of their Social Studies project to touch and feel what their brains have captured from books. One of the highlights of the activities was the inter-school speech and debate competitions where our students bagged all the prizes among many other schools.

The various clubs were vying with each other to organize programmes to keep themselves alive and active. The Environment Club and the Scouts together organized the Talent Show for the students of Classes I to XI along with sale of pastries and soft drinks and the earnings were used to buy a speaker for the old and differently-abled inmates of Mother Teresa sisters. St. Mary's and St. Francis' school teachers together benefitted from an enriching one-day programme on Self Development given by Fr. Ivan D Almeida, SFX. He also gave a seminar to our students of Classes VIII to X on developing our focus and concentration.

We, as St. Mary's family, celebrated Dashain, Tihar, and Chhatt, the great festivals of Nepal, with a meaningful prayer assembly depicting the meaning and importance of these festivals and sharing a potluck meal brought by each one. The month of October is marked with a family rosary which started in our chapel. The community joined the parishioners for the family rosary and spent Saturday evenings in the family apostolate ministry.

-Sr. Jessy Puliyanthuruthel

Snehanjali, Godavari



The Candidates have regular classes under the guidance of Srs. Karuna and Neelu. Sr. Karuna went to Bangalore to attend a two-week Formators Training Programme. In her absence, Srs Pratibha and Divya helped out by being with the candidates and teaching them. The house requires a lot of repair and maintenance. The Candidates actively participate in parish activities such as family visits, choir practices, Mass readings, and the Legion of Mary. Jesuit Fathers from our neighbouring community offer the Holy Eucharist for us in our chapel twice a week.

-Sr. Neelu C.J.

Mary Ward, Sirsia



'Smell the rain and feel the sky, let your soul and spirits fly'. Showers of blessings fell upon us in the form of Rain in September. 8th September was a special day for us as we celebrated the Nativity of our Blessed Mother as well as the feast day of Sr. Jyothi. Regular classes are arranged for the students of the evening coaching classes. They are served with snacks after their classes as it motivates them to join the classes. Our community makes frequent family visits and spends time praying for the family. Our hostel children enjoyed the monsoon holidays by casting their nets in the Paddy fields for fishing.

-Sr. Celine Arulandam C.J.

St. Mary's, Gorkha.



New Interactive boards have been fixed for classes V to VII. The students and teachers are happy and excited about going digital. Soon after the first term exams, the students started practicing for the annual sports day. The sisters and teachers were busy teaching P.T. exercises to the students during the zero period. Children's Day was a day of excitement for our children who dressed up in colorful costumes and came to school and were very excited to watch the entertainment programme put up by the sisters and teachers. The children were also happy with a treat of a Choco-pie each. The second half of the day was spent dancing to Teej songs along with teachers and co-workers.



Fr. Ivan Almeida SFX from Goa conducted a one-day orientation programme for our teachers. The next day the students of classes VIII, IX, and X had a half-day motivational talk on awareness, meditation, focus, and concentration. The teachers and students enjoyed the programme and found it very educative. We were also happy to have with us Gangaram Sir from St. Mary's,

Jawalakhel, for four days. His presence boosted the teachers and students who learned March Past and were also trained for the track events. Thanks to Sr. Deepa for sending Sir to Gorkha. We were happy to welcome Sr. Vinita to our community for her first visitation. The presence of Sr. Rufina who accompanied Sr. Vinita added to our joy. In the presence of Srs. Vinita and Rufina the community was able to discuss and plan for the future urgent projects of the Gorkha mission.



After the second term examination, the school was closed for a month-long holiday for Dashain and Tihar. A special Dashain get-together was arranged by our teachers in a restaurant in Gorkha town and we all enjoyed the time together. With that happy note all dispersed for the holiday. Srs. Catherine, Amrita, and Veronica went to Kathmandu to make their annual retreat. Sr. Mariette stayed back at home to guard the house. We were also happy with the company of our eight candidates who came to Gorkha and spent a few days with us. The Candidates enjoyed their stay at Gorkha and returned to Kathmandu after 10 days. Sr. Amrita is enjoying her home leave with her near and dear ones.

-Sr. Mariette Pinto C.J.



St. Mary's, Jawalakhel



The Community felicitated Fr. George Kalapura, former Parish Priest, on the silver jubilee of his ordination at the convent and honoured him.

The community bade farewell to Sr. Divya who left for Namchi to do her B.Ed studies. The Superiors and the Principals had a one-day meeting at St. Mary's just the previous day of the Region days. We enjoyed the Teej celebrations with our non-teaching staff. The School bade farewell to Mr Rajendra and Mr Pradeep (night guards) and Ms Geeta Thapa (co-worker), who retired from work, after more than 25 years of service.



Among the many visitors from different parts of the world, we were blessed to share a meal with Apostolic Nuncio to India and Nepal, Cardinal Leopoldo Girelli and his guests, welcome Bishop James Shekar of Buxar and Archbishop Anil Couto of Delhi Diocese and a few other bishops and priests from India.



For the one-act play festival, all four houses staged their plays that were educational and entertaining, leaving a lasting impression on the audience. The students got an opportunity to enhance their confidence and acting skills, which impressed the judges.

The school auditorium buzzed with excitement and joy on Children's Day. Students pulsated with excitement when Sisters presented a scintillating prayer dance. The elegant and graceful performance by the teachers left the students cheering. The modern Nepali dance put up by the male teachers left the auditorium roaring with laughter.



To showcase the scientific knowledge, technological skills, and creativity of the students, the Science, Art, and 3DI departments organized an exhibition, which included various exhibits and attracted a large number of visitors from the neighbouring schools.

Fifteen students of grade V went to St. Xavier's Godavari to participate in the Joint School one-act play programme. The students put up a Nepali play, 'Paschatap' based on social issues, with utmost enthusiasm and passion. Students of grade IX participated in the joint school community service programme organized by Kathmandu University High School (KUHS). The students presented a beautiful Magauta Dance of Tharu Culture. They learnt how they could make an impact in the world by getting into community service at a young age.

Sumira Thapa of Grade X was selected to play Long Tennis at the 19th Asian Games held in China and was honored as the youngest participant and was awarded a Gold Medal. Twelve students participated in an inter-school English and Nepali essay writing competition held at Modern Indian School, Chobhar. Five of them bagged the first, second, and third prizes. Twin sisters of Grade V won the First Prize in the Swimming Competition organized by Little Angels School.

- *Sr. Smitha Muthu*

FMW Nepal



The Friends of Mary Ward Movement continues to grow - reaching out, spreading love and positive vibes, helping and consoling, but most importantly, giving meaning to one's life.

Jawalakhel-The members were enlightened by Ms. Babita on the JOHARI WINDOW MODEL, a method of conveying and accepting feedback from others. Ms. Vandita shared about her sister, a kidney patient, who went through a lot of difficulties, often being taken to the Emergency Room. Despite all odds, her kidney transplant was

successful in Kolkata and is now recovering. The important message of the sharing was that sincere prayer and one's belief in God work miracles. She expressed her gratitude to all the teachers for their constant prayers during her sister's surgery.

-*Ms. Vandita Basnet*

Lubhu - A Spelling Contest for classes I-X was organized by the FMW Unit to improve the spelling skills of students. The teachers in coordination collected several words from every subject and made a word bank. Winners of every class were awarded with special prizes.

-*Ms. Nira Subedi*

Pokhara - The members of FMW and LTS organized a fundraising programme by organizing a Disco for the students and the proceeds were used to celebrate Teej with many women. Monetary help was given to the homeless women of the Tanahun district to help them furnish their houses. They also visited a local orphanage and organized a short Dashain celebration for the inmates, distributed eatables and winter clothes to them. On the occasion of Haritalika, the office bearers paid a visit to an old age home and donated groceries and Rs.10, 200 to the residents.

-*Ms. Indira Gurung*

Biratnagar - During our monthly meetings, we shared our personal feelings and how we can maintain peace and harmony amongst ourselves, and practice forgiveness. We also discussed helping people in need and decided to do charity work, for "if one is good to the world, the world will be good in return." The FMW members are now helping a young widow and her three daughters. The members are greatly inspired by the quote, "Mary Ward, a Prophet of hope at all times." The students of FMW had a day of orientation before closing the school for Dashain.

-*Ms. Snehalata Giri*

Gorkha - The regular meetings have enriched us with knowledge of the values of Venerable Mary Ward. The teachers remind themselves about their duties and responsibilities as an FMW. The group has unanimously decided to render help to single

struggling mothers on the occasion of Dashain. The students' units are actively functioning under the guidance of Sr. Mariette and Ms. Raheal Lama. The students of the FMW spent time during the weekly meetings studying the guidelines of the FMW and preparing themselves for a Quiz.

-Ms. Merina Tamang

JPIC Nepal



International Day of Peace was celebrated on the 21st of September by the students of St. Mary's, Jawalakhel. On the 26th of September, the students and teachers of St. Mary's, Jawalakhel, and St. Mary's, Pokhara, participated in a webinar for the Season of Creation

on "Let Justice and Peace Flow", highlighting energy transition and its impact on natural resources leading to its exploitation. The students of Mary Ward, Lubhu, marked World Animal Day on the October 4 to create awareness on animal rights and their welfare standards.



International Day of the Girl Child was observed on October 11. Since 2011, it has been a global movement to recognize the rights of girls around the world and their unique challenges. The theme for this year was Invest in Girls' Rights: Our Leadership, Our Well-being. The students of the JPIC club (Pokhara) marked this day by visiting Sahara Basic School, a neighbourhood government school, and put up a skit on the importance of Girls' education, and afterwards distributed copies and eatables to the students.



The JPIC club, Jawalakhel, organized an outreach programme with around 10 trash collectors, who were welcomed to the school, interviewed by the captains on matters regarding their work, family, financial issues, and other issues related to their lives. They were offered refreshments, blankets, and caps. This programme helped students to value the dignity of labour and has inspired them to do any kind of work and take pride in it.

-Sr. Smitha Innaci Muthu

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



Thank you ...