



Himalayan Echo



Vol: 77/22

NEPAL REGION NEWSLETTER

November-December-2022

Regional Superior speaks...

Christmas has come. For believers, the birth of Jesus in Bethlehem represents the victory of light over darkness, joy over sadness, hope over despair, love over hatred, peace over conflict, gratitude over misery, obedience over disobedience, and order over chaos. The birth of Jesus Christ, Son of God, son of Mary, brings profound goodness to our world, each year and all the years. And it happened because Mary and Joseph listened to God's direction in their lives, and were open to God's prompting.



The Scripture passages we read during the Advent days of preparation tell us that both Mary and Joseph were told of "God's plan" – Mary by an angel, Joseph in a dream – and while they did not fully comprehend, they opened themselves completely and cooperated with God's will. That obedience changed their lives and ours forever! We do everything to proclaim the Christmas message well: Christmas music; Christmas decorations; Christmas gifts; Christmas food; Christmas celebrations. It is all about love and goodness – which is the heart of Christ's saving message to us.

May each of us, like Mary and Joseph, listen to God's direction in our lives and be open to God's prompting so that we may experience the love of Christ at Christmas! And may we share that Christmas gift with others every day by our words and deeds.

Mary Ward, Lubhu



The most exciting activity of November was the first ever reunion of Mary Ward alumni for the batches from 1997 to 2022. It

was amazing to see a great number of them enthusiastically and proudly returning to the campus. All enjoyed the reunion which helped them to catch up with old friends, former teachers and current faculty members. The overwhelming success of the event would not have been possible without the support of the dedicated class representatives and alumni volunteers who worked closely with the school administration.



Sr. Asha and her team of students invoked the blessings of the Lord and thus gave the gathering its formal commencement. Rising up to



the occasion, fusion dances were performed by the present students of Class X. Subsequently, a few of the alumni expressed their gratitude to their alma mater through speeches, songs and dances. It was an unforgettable day for the Mary Wardians as they once again sat beside their old classmates and friends and shared their experiences and sweet memories of the school days.

At the end of this mega event, everybody enjoyed dancing to the tune of the music played for them and snacks with their beloved friends.



His Excellency most Rev. Leopoldo Girelli, the Apostolic Nuncio to Nepal, celebrated Holy Eucharist in our chapel along with Rev. Bishop Paul Simick. The Holy Eucharist was for the intentions of the community and His Excellency gave us his Apostolic Blessings.

Sr. Nancy along with the CJ principals of Nepal Region and Delhi Province attended a Principals' Training Workshop in XLRI, Delhi. The main focus of the workshop was, 'Challenges in



academic administration and how can we make a transformational impact in the field of education?' The seminar was insightful, relevant and enriching to all the participants.

After a rigorous training of one year, the train-



ees of the second batch of Mary Ward Tailoring Centre were honoured with certificates and marksheets at a ceremony organized by Sr. Asha. The guest of honour for the occasion was Mr. Bisworaj Shrestha, the president of our municipality. He promised possible and available support for the trainees from the municipality. The women were beaming with joy as they received their certificates and expressed their gratitude to Sr. Asha and all the sisters. – Sr. Nancy Edamanasseril

Mary ward, Jhamsikhel



After a long vacation of five weeks for Dashain and Tihar, our school reopened on 5th November. Though many among the teachers and the students were absent due to Dengue and its aftereffects,



classes went on regularly. We took our children for an educational tour to the National Zoo. We walked all the classes, from UKG to Class V, with their teachers, to the zoo in great excitement. They carried their special tiffin and water bottle. Some of them had a little money for the games available at the zoo. They enjoyed the long walk to capture the scenes of the animal kingdom. Later they enjoyed their shared lunch, music and dance.



Our teachers tried hard to make our children focus on studies and prepare them for their second term examination. Sr. Margaret Mary went to XLRI, Delhi for a workshop for the principals and returned on 28th November.

Some friends of Mary Ward visited our students and shared gifts and played games with them. The school and the community celebrated the birthday of Sr. Margaret Mary. St. Mary's community was invited for the Mass which was followed by lunch. We joined the Lubhu community for tea to honour Sr. Edwina on her birthday.

Sr. Shobha left for Kerala to meet her ailing mother and is expected to return before Christmas.



DAV School arrived with a lot of food provisions for the families of our students as part of their

donation drive. Every family benefitted from the generosity of DAV school. The British School also came to share their Christmas joy with our students. They came in great style, teachers and students, ringing the bell of Santa Claus which made our children break into peals of laughter as they also sang 'jingle bells'. Every child was given a packet of gifts for Christmas and the visitors danced with our students.

Sr. Charlie is on a study leave in preparation for her pre-board examination. She is busy with music classes, choir practices and giving the house a Christmas look. May we all be blessed by the Infant Jesus at this season. -Sr. Margaret Mary

St. Mary's, Gorkha

Srs. Veena and Mariette along with a few teachers accompanied the students of class X on a two-day excursion to Lumbini and Kapilvastu, the birthplace of Lord Gautam Buddha. It was an enriching experience for the students to see and experience Lord Buddha's sacred birthplace and



visit the different international monasteries on the same campus. The students also had a thrilling experience at a Water Park at Saina Maina and later on enjoyed visiting the Shasvat Dham Temple in Chitwan.

Eighty scouts from St. Mary's Jawalakhel along with their scoutmasters, Ms. Bharati Dewan, Ms. Neetu Mahat and Mr. Papinder, had a one-day camp in Gorkha. The students enjoyed their overnight stay in our school campus. Our community joined the scouts for the bonfire at night and enjoyed the fun and dance.

Sr. Mariette attended the national CRN gathering at Thecho and returned the next day. We were happy to have Sr. Jessy with us for visitation. Sr. Agnella's presence too added joy to the community.

Sr. Veena joined the principals' meeting in Delhi. At the same time, Sr. Veronica went for a two-week visit to Patna. Sr. Smitha escorted her to our different houses and mission stations where Sr. Veronica had worked in the past. It was a wonderful experience for Sr. Veronica to meet our sisters of Patna Province, some of her friends and ex-students. She returned grateful and happy after her visit.

We were also very happy to welcome our Provincial Superiors of Allahabad and Delhi Province, Srs. Sweta and Elsy, accompanied by Sr. Vinita. They certainly enjoyed the beauty and serenity of nature in this place.



The students of classes I to IX had a one-day educational tour in three groups each to Gorkha Palace Museum and Bhimsen Park. Srs. Veena, Neena and Nilanjana accompanied the teachers and students and enjoyed the educational outing.



Srs. Neena and Veena visited the village of our teacher, Mr. Ramchandra, in Nuwakot and experienced the hospitality of his loving grandmother and relations. The school bid farewell to Mr. Ramchandra Lamichhane and thanked him for his generous service to the school and hostel for the past 15 years. He will be leaving for Canada soon. St. Mary's School, Gorkha was blessed by

having a dedicated and committed teacher like him. His absence will surely be felt by all. - *Mariette Pinto*

St Mary's, Pokhara

"Peace on earth will come to stay, when we live Christmas everyday". The month of December brings hope for us as we wait eagerly for Baby Jesus to come into our hearts. We began our Advent with advent wreath prayer. We had a Science Exhibition for the whole school. There was



a rangoli competition and the students portrayed different themes. It was very interesting to see our students showing their experiments to their parents and to other schools.



We had our school annual fete inaugurated by Srs. Clotilda and Regina. We had a short and sweet visit of our Indian provincials Sr. Elsy from Delhi province and Sr. Sweta from Allahabad.



We the parishioners of Pillar Mata began our carol singing by carrying Baby Jesus from house to house and thus reaching the good tidings of Christmas to all. - *Monica Hansda*

Mary Ward, Sirsia

The cemetery of the Parish was decorated by our parishioners to pray for the departed souls of their family members on All Souls Day. A meaningful Eucharistic celebration was offered at the cemetery.

Sr. Jyoti went to Kathmandu to participate in the National CRN Meet held in Thecho after which she also went to Patna to attend the G.C. sharing. After the long holidays of Dashain and Tihar, Don Bosco School resumed its classes. Just a few hostellers returned to the hostel after the holidays.

We were happy to welcome five new members who received Baptism into our parish; one marriage rectification also took place.



We were delighted to have Sr. Jessy for her annual visitation. The children of the evening tuition centre were happy to meet Sr. Jessy and she taught them a few action songs.

Hard work always yields a hundredfold; this adage came true as we are blessed with good paddy this year.



The Feast of Christ the King was celebrated meaningfully and creatively by all of us in our parish; the procession was followed by Eucharistic adoration. —Sr. Celine Arulandhu

St Mary's, Kathmandu



Our students made their parents happy with mesmerizing dances, songs, and skits on Primary Parents' Day with a rainbow of colors and awe-inspiring performances. Mrs. Shivani Basnet, the undersecretary of Foreign Affairs Ministry and a Marian, was the chief guest of the day.



After two years of inactivity due to pandemic, the school had Sports Day for the High School section during which each class engaged in inventive and vigorous activities, such as Mass P.T. and a march past. Students had a good time participating in the various athletic competitions; at the same time, the Sports Day gave them a break from their academics.



COIN Provincials and Regional Superiors had a meeting in Kathmandu and we were grateful for their presence. The joy and sense of togetherness



that they provided to us was incredible. They participated in a meeting for two days and visited different communities in Nepal.

It was a moment filled with grace and blessing when Rev. Bishop Paul Simick and the Nuncio to India and Nepal, His Excellency, Leopoldo Girelli, paid a short visit to our community.

Our candidates actively participate in the parish activities. They now assist the parishioners in praying effectively with their lovely angelic



voices. Their carol singing filled the air with joy on the day of the Parish Carol Day. We had CRN Christmas gathering in which many religious of Kathmandu and Rev. Bishop Paul Simick took



active participation. Our Candidates put up a Christmas play depicting the nativity narration from St. Luke.

The inaugural International Schools Science Model-making Competition for college students



was held at DAV School. Eleven schools participated in it. Three students from our college's science stream participated in the competition and bagged the first prize. They received a trophy, certificates, and medals as winners. With the raw materials offered, they created a model of a "Smart City." - Sr. Karuna Shrestha

Friends of Mary Ward-Nepal

Jawalakhel Unit:

The teachers members unanimously decided to have their meetings after school for an hour once a month as doing so would give them more time to discuss and plan in a more relaxed way. Since the month of September, regular meetings are being held after school with teachers taking turns to animate the sessions.

Ms. Pabita Aryal, who was the animator of the first session, gave the members a chance to witness a video by B.K. Shivani titled "Destiny is your choice". The attendees discussed blessings and relationships in their lives. The next session was conducted by Ms Paru on the topic, "Seeking God in periphery". She reminded that God is the center of these peripheries. She ended the session with a beautiful saying by Mother Teresa, "We think sometimes that poverty is only being hungry, naked and homeless. The poverty of be-



ing unwanted, unloved and uncared for is the greatest poverty. We must start in our own home to remedy this kind of poverty.”

The members in every meeting discussed about the upcoming National Meet and their responsibilities in it. After having a quiz competition amongst themselves, three participants have been selected to represent Jawalakhel Unit.

Pokhara Unit: In the months of September



and October, the FMW Unit organized various programmes; the first one was the SMS Fair, held on the occasion of SMS Day on 8th of September. Events like painting competition, games and a concert were included in the Fair. A short assembly was conducted by Cl. 6C on 23rd of September on Mary Ward Day. The students and teachers, in order to know more about our foundress Mary Ward, took the same platform to discuss with one another on a Teachers Versus Students program.

The members also had a short meeting on 30th of September for exchanging best wishes on the occasion of Dashain and Tihar followed by light snacks. In other meetings, the Unit had short but fruitful discussions about the National Meet to be held on the theme, “Heal the World”.

Biratnagar Unit: After a month-long holiday, the members had two monthly meetings, both presided over by Sr. Marilyn. In the first meeting, Sister introduced three new members to the Movement and they were joyfully welcomed to the FMW family. She also explained to the members about



the three key virtues of a “Just Soul”. The theme of the meeting was ‘Awareness of God’ and that God is within each one of us.

In the second meeting, the main discussion was about adding students to the Movement and expand the FMW family. Sister explained what FMW really means. She encouraged the teachers to practice virtues, have consciousness and do good to others every day. The meeting, thereby wound up with the realization that “A small helping hand can make a difference and bring happiness on someone’s face.

Gorkha Unit:



The members visited an old age home at Devghat in Chitwan. The members had fortnightly meetings. The first one was animated by the Unit president and the second by the treasurer.



Lubhu Unit: Interactive programmes were conducted by the FMW teachers for the students, sisters and teachers. The members distributed stationery items and sweets to the primary level students of Mayalaxmi School.



A Drawing competition was conducted for classes 1 to 10 and prizes were distributed not just to the best ones but to all the participants so as to boost them. Practice for the quiz competition for the teachers was conducted by Sr. Nancy and Sr. Neelu. The teachers have regular dance practices for the National Meet in Pokhara. - *Compiled by: Mrs. Jaya H.Subba*



CJ Nepal JPIC Unit

	CJ/IBVM/HIMALAYAN JPIC TEAM, SOUTH ASIA JUSTICE PEACE AND INTEGRITY OF CREATION Activity Calendar DECEMBER 2022		
	DATE	ACTIVITY	
10 th December	Human Rights Day	Special Assembly.	
11 th December	International Mountain Day	Art Competition on the Mountains of Nepal.	
25 th December	Christmas	Visit to Orphanage	

"Do good and do it well." - Mary Ward



creating short videos and posting them on the schools' official pages and channels. The day was further celebrated with art work highlighting the theme of this year –“Our time is now, our rights our future”. A report was shared with the UN office at New York.

October is a month of festivities and celebration. The JPIC unit of Biratnagar, performed a short drama depicting the story of Dashain. The play ended with Goddess Durga killing the Demon; the children gave the message that Good always wins over Evil.

At St. Mary's School Pokhara, a devoted friend of Mary Ward Miss Tulsi conducted a short seminar explaining the meaning of the 9 days of Navratri. She explained in detail the significance of each Goddess and the auspicious color of each day.

Mary Ward School Lubhu celebrated the day of the girl child in collaboration with Zonta club. The mothers of the students were divided into groups and given relevant topics to enact short dramas. St. Mary's school Pokhara and St. Mary's school Kathmandu created awareness by



St. Mary’s School Kathmandu celebrated UN day by preparing a beautiful video on designated UN days celebrated in the school. These days have created a revolution around the world in trying to find solutions to world issues related to climate, health, women safety, pollution and more. The working body of the JPIC unit met several times in the months of October and November to draft the plan for participating in the second National general meet of UN/JPIC South Asia, to be held in Kolkata on the 1st and 2nd of February 2023.



The school coordinators along with the students prepared a presentation made up of three slides, two slides showcasing the work done by the JPIC unit in each school and one slide proposing the possible future goals. The reports were mailed to the organizing team of the National UN/JPIC general meet on the 10th of December.



On 27th November, UN advocates Shreeja Basnet and Shreya Tamang conducted a girls’ Conversation Circle on the theme “Challenges and opportunities in achieving gender equality and the empowerment of rural women and girls”. The participants were 10 students from the five CJ schools in Nepal. It was indeed a great learning experience for both our Girl Advocates in organizing and facilitating this meeting as per the guidelines given by the IBVM/CJ NGO office in New York. - Sr. Smitha Innaci Muthu

