



Himalayan Echo



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MARY WARD WEEK 2023

23rd to 30th January 2023

Friends of Mary Ward: National Meet (21st to 23rd January, 2023)



Cherishing the Fond memories of our Pioneer...

OUR WORLD WILL NOW LIGHT ITS HUNDRED DIFFERENT LAMPS.

Coming together is a beginning; Staying together is progress; Working together is success.

With this strong belief in our hearts, the Second FMW National Meet was held this year, three and a half years after the first one. This gap in time was mainly due to the pandemic, Covid-19. It felt so good to meet one another once again, enthusiastic as we have ever been.

On 21st and 22nd of January, 2023, all the members of FMW - the CJ Sisters and the teachers - congregated under the same roof at St. Mary's School, Pokhara. The aim of the

meet was to celebrate the gift of Mother Mary Ward in our lives and to pray for a peaceful world. Moments like this, where many like-minded individuals gather together for a worthy cause, are rare and valuable.



Hearty Welcome to Fr. Augustine Mundakkatt VC

The Meet, which was held for two full

days, started in the most auspicious way with the lighting of the lamps and a prayer service in the presence of Rev. Sr. Jessy, Director of all C.J. Schools in Nepal, and the special guest of honour, Rev. Fr. Augustine Mundakkatt, V.C. From



the outset itself, all participants were united and connected to the theme of the meet, "Heal the World". The theme, selected with the current world in mind, was fitting for the present global scenario where people are suffering due to natural calamities, man-made disasters, walls of hatred and pillars of ego.



SMS, Pokhara

Two days were not enough for all the sharing, happiness and togetherness demonstrated by all members. Thematic dances and dramas were staged by the participants to throw light upon the cause of the Meet but the item that gave the most meaning to the show was the song, 'Heal the world,' an all-time favorite, by the Late Michael Jackson. Everyone became emotional and



SMS, Gorkha

sang along to the great tune – one could feel the bond and the strength of the Meet. The members were also fortunate to receive healing sessions from Fr. Augustine, who through his experience and knowledge shared many inspiring stories. He strongly emphasized that to heal others, one must first start from oneself. At the end of the two days all the participants felt much relaxed.



Mary Ward, Jhamsikhel



SMS, Kathmandu



Mary Ward, Lubhu



SMS, Biratnagar

However, it did not end there. The host school generously organized a bonfire and a barbecue on the second night, to thank all those who attended the event. They also offered sightseeing trips around the place after the closing ceremony. The warm hospitality extended by them was indeed notable.



Thus, the Second FMW National Meet - 2023 indeed was a resounding success throughout, right from the start when the participants were vested with FMW badges. To cherish the momentous event, each participant was also gifted with a souvenir with a logo of our foundress to remind us all to forever make a continuous and consistent effort to live with the spirit of Venerable Mary Ward, thereby making a difference in our family, society and the world at large. -Mrs. Jaya Subha (National Teacher Coordinator)

St. Mary's, Pokhara

For the school family, Mary Ward Week is always a time of rejoicing every year but this year it was more exciting and auspicious because the school was privileged to host the 2nd FMW National Meet just before the Mary Ward Week. So, with the same zeal and energy, several programmes were conducted from 23rd to 30th January, in our school.



Friendly competitions were conducted for students from classes 1 to 9, like, sketching portraits of Mary Ward and writing poems and essays on the topic: "The impact of Mary Ward in your life". Making bookmarks with the maxims of Mary Ward was another activity which was enjoyed by all. Prayer assemblies on the life of Mary Ward were taken up house-wise by class 9 on four different days. A short orientation programme was conducted by the FMW Students' Unit on the topic, "MARY WARD IS A BLESSING" on the 30th of January. The weeklong celebration came to an end with a very exciting quiz contest on the life of Mary Ward. - Sr. Deepa CJ

St. Mary's, Gorkha

The month of January was a time of prayer, reflection and experiences of God's marvelous works through Mother Mary Ward. During the Mary Ward Week each member's heart was filled with gratitude, praise and thanksgiving for the gift of our foundress. The theme for this time was – "LOVE AND SPEAK THE TRUTH AT ALL TIMES".



There was great excitement among the students and they were looking highly spirited to give their best in depicting the virtues and

qualities of Mary Ward which further inspired them to imbibe her spirit. The students expressed gratitude, homage and devotion through relevant speeches on the different stages of Mother Mary Ward's life during the school assemblies. Throughout the week, the students enthusiastically presented meaningful prayer assemblies, skits, songs, thematic dances and maxims.



On 30th January, in honour, love, and appreciation for our foundress, the FMW teachers presented a short programme on the Virtues of Mother Mary Ward: freedom, justice, sincerity, felicity and verity, conveying the message of her heroic life.



The children had a quiz competition on the life of Mother Mary Ward. They were equally thrilled to make sketches of Mother Mary Ward's portrait and then exhibited them.

The students were motivated by the inspiring speeches of Sr. Neena who highlighted that life is genuinely meant to be experienced and lived sincerely in our deeds and words, finding strength in stress, conquering fear and live one's dreams in truth. - *Sr. Neena CJ*

Mary Ward, Lubhu



The school was on holiday when the Mary Ward Week began; nevertheless, the students, under the guidance and motivation of Sr. Asha, didn't lack the spirit of celebrating the rest of the week meaningfully. On one of the days, the students recited the maxims of Mother Mary Ward. The next day, they all wrote by heart the maxims they had learned. - *Sr. Asha Singh*



St. Mary's, Biratnagar

St. Mary's Biratnagar family celebrated the whole week with enthusiasm asking for God's grace to guide them at every moment of their life. Prayer assemblies were conducted by the students, class-wise.



On the first day, the members narrated the life of the great soul, Venerable Mary Ward, and

they lit candles and offered prayers. The second day's assembly was conducted by class- 4 students on the theme, "Do good and Do it well", and through this assembly the audience got a chance to ponder closely upon the maxim and sincerely assimilate it in their lives. The Bal (Children) Club presented a dance with an act on Mary Ward's first word – "Jesus".



Likewise, each day the students portrayed several maxims of Mother Mary Ward. On the last day of the week, the class-10 students enacted the whole life of Mary Ward from birth to death and it is a matter of pride that every single person present that day had tears welling up in their eyes.



On this occasion, the students honored all the Sisters for their selfless service and dedication to the school and the society. Students were encouraged to make different handicrafts like candles, wall hangings, bouquet, cards, etc. These little handmade objects were designed with the different maxims and pictures of Mary Ward.

-Sr. Marilyn CJ

St Mary's, Kathmandu

Every year St. Mary's School observes the Mary Ward Week with a series of educational activities that help students commemorate our foundress' commendable life.



To mark the commencement of the sacred week, the students of grade 9 presented a skit based on the life of Mother Mary Ward which paved the way for all the events to follow.



On the second day, an extempore speech competition was held for the students of grade 8. Though the students had to make their delivery on the spot they did an excellent job, while the grade 6 students participated in a collage-making competition.



A quiz competition based on the life of Mother Mary Ward was conducted for the students of grade 7. Colouring and maxims-writing competitions were held for the junior school students. The senior students with finesse and grace beautifully executed speech-dances based on the maxims. This activity gave them the opportunity to be conscious of every word and the message it conveyed.

To declare the closure of the week, a prayer service was hosted by the students of grade 6. Although the Mary Ward Week may have reached its end for this year, we certainly will not forget the significant role of Mother Mary Ward in our lives. Her charismatic character will forever inspire all of us to emulate her. - **Rishavi Gautam**(President of Student's Unit)

An Ode to the Spirit of Mother Mary Ward

*Born out of goodness, kindness and love, there once lived a woman, free as a bird.
Mere words would make it hard to describe her, this is my story of Mother Mary Ward.*

*The anecdote goes back to centuries ago,
When, even the West was narrow minded with restrictions galore.
Power and superiority mainly focused on strength and might,
Education, sadly for a woman, was not a right.*

*The greats they say, are committed,
compassionate, wise, forgiving and friendly,
Mary, our foundress, from her early years had all of these qualities, they say in plenty.*

*Courage they say, this lady had in abundance,
She would fight all odds to gain independence.
'Women in time to come will do much' a mantra she swore,
She set out to liberate and educate, the rich and poor.*

*The fight was not without pain, challenges or fear,
She faced many hurdles; she was imprisoned for years.
Yet she never faltered, she was never defeated,
She marched on, true to her path, until she*

succeeded.

*Faith in her God and the journey she chose,
Fragile and weak, she stuck to her vows.
No luxury, no pleasure, no golden shrine,
This iron lady, nevertheless, ruled divine.*

*The difference now, very much evident,
Young girls and women, all very relevant.
Leaders, educators, social workers and physician,
Females, all over the world, making a difference.*

*You've taught the world that nothing is impossible,
Faith, passion and a strong will, can make it all possible.
You planted a seed, a vision, a dream to set us free,
The darkness has vanished, the seed has now blossomed into a tree.*

*Your legacy, your vision, your dreams and your sacred tree,
We, Marians will forever keep it alive; we vow to thee.
You are our pioneer, our mother, our pride,
and as the days grow,
Venerable Mary Ward, we love you more and more.*

Composed by:
Ms.Jaya H.Subba

