



Himalayan Echo



Vol: 78/23

NEPAL REGION NEWSLETTER

Jan - Feb 2023

Regional Superior speaks...

Lent is the solemn Christian religious observance in the liturgical year commemorating the 40 days Jesus Christ spent fasting in the desert and enduring temptation by Satan. During this lent, let us once again remind ourselves of the words of our Holy Father, Pope Francis, "Fast from hurting words and say kind words; fast from complaints, contemplate simplicity; fast from worries and have trust in God; fast from bitterness, fill your heart with joy; fast from sadness and be filled with gratitude; fast from selfishness and be compassionate; fast from words, be silent and listen."

From the Editor's desk...

This issue of Himalayan Echo draws your attention to both happy and sad events in the life of CJ sisters in the Nepal Region. The last couple of months were filled with events

which took our breath away both with happy and sad events. Some lifted our spirits high, and some brought us to tears. The following is my effort to sum up our consolations and desolations during January and February of 2023.

Mary Ward Week 2023

This year the celebration of the Mary

Ward Week began with spiritual consolations as our FMW (Friends of Mary Ward) members experienced both physical and emotional healing during the healing sessions held at the National FMW meet. A gifted preacher and a spiritual healer, Fr. Augustine Mundakkattu, VC, put out all his mite to inspire and move our teachers to follow God with sincere hearts. In his efforts, our teachers experienced healing which made them affirm their faith in a God who



The Himalayan Region of Congregation Jesu heartily welcomes our new General Superior Sr. M. Veronica Fuhrmann and her Assistant Sr. M. Pratima Pinto to Nepal.



forgives and heals.

First Profession of Sr. Pol Rani Ghale

30th of January was a blessed day for all of us in Nepal Region as Sr. Pol Rani Ghale re-



ceived her religious habit and took the First Vows in the Congregation of Jesus. Sr. Pol Rani hails from Tipling, a mountainous village in C. Nepal. Rev. Bishop Paul Simick presided over the Solemn Eucharist and about 20 priests concelebrated. Bishop Paul, in his homily, highlighted the



aspect of consecration and dedication to the service of the Lord through humanity. Explaining the meaning of Profession Day, the Bishop said, "Your vocation, dear Sr. Pol Rani, is about Christ. It is about Christ in you, and you in Christ. Today is about Christ. Today it is about the Holy Spirit breathing new life into you. But before the Holy Spirit can breathe new life into you, you must die with Christ, in order to be raised up again".

The Eucharist was followed by a felicitation program in the School Canteen. Sister Pol Rani was greeted by all in the presence of her

parents as she cut the 'First Profession Cake'. A fellowship meal was served on the occasion. Indeed it was a joyful and grace-filled occasion for the Church in Nepal, especially for us CJs. We send our prayers and blessings to Sr. Pol Rani as she continues the path of the Lord in the Congregatio Jesu.

Jubilee bells...



The 5th of February, 2023, witnessed another joyful celebration as our Srs. Veronica, Asha and Antoinette celebrated their Diamond and Golden Jubilees respectively. Once again we



were blessed to have Rev. Bishop Paul Simick and about 20 priests for the Solemn Eucharist which was celebrated in Mary Ward Auditorium. The ambience of the well decorated hall gave us a heavenly feeling and the soothing hymns and music played during the Holy Eucharist raised





our hearts in gratitude to God for the gifts of our Jubilarians to our Congregation.

The death of Fr. Cap Miller, SJ

In the early days of January, we heard that Fr. Cap Miller's health was deteriorating. Many of us rushed to meet him. He received all of us with his usual beatific smile and humorous comments. Each sister at St. Mary's had been given a rhyming pet name by him in his green days and he didn't forget to receive us with those names even in his weak health.



Fr. Cap Miller was not just a Jesuit priest for us CJs. From the inception of our Congregatio Jesu in Nepal, he meant much to us. He was our Spiritual father who guided us in various ways in our difficult times. Assurance of his prayers in times of difficulties continued to sustain us over the years. He was available at any time and on any day of the year for filling in if other priests were not available for Mass in the

convent. When our senior sisters retired to their rooms and were unable to come out he visited them in their rooms giving them all the spiritual help that he could render. He said special Masses for them in our small chapel. He assisted many of them to go peacefully to their heavenly abode.

If we begin to account what Fr. Miller was for us, these pages will not be enough. In a nutshell, he was our spiritual mentor and a model saint for us. His passing away is a great loss for all of us. We mourn his death and we pray to him that he may continue to assist us from His heavenly abode.

The demise of Fr. Mathew Das

On the 26th of February, in the evening hours, the air itself stopped for us as we heard the most tragic news of the terrible accident and death of six people including Fr. Mathew Das in Sumer, Meghalaya, India. A truck carrying cement rammed into the Bolero in which Fr. Mathew Das and companions were travelling. Fr.



Mathew, three religious sisters, a teacher and the driver died on the spot.

Fr. Mathew Das worked for many years in Nepal as a Jesuit before he joined the diocese of Bongaigaon in India. Known to be a talented musician, he contributed much to Nepali Liturgical hymns and above all to the Church in Nepal. He was a great friend of CJs and a great help for all

of us when we went to Assam for Vocation Fostering. Most of our sisters in Nepal learnt many hymns from Fr. Mathew Das. A much hailed and loved hymn, "Sundar yo Jeewan..." is just an example of his invaluable contribution. He was always available as a resource person for the different seminars and workshops in our schools. As a charismatic and vibrant personality, the youth always flocked to him and he inspired them much.

Dear Fr. Mathew, our hearts are troubled and saddened at your untimely going. Your melodies will ever be etched in our hearts. The vacuum that you have created in us will ever remain... Bless us from heaven.

– Sr. Vinita Mazhuvancherry

Mary Ward, Sirsia

Every New Year begins with renewed blessings and surprises in our life. To welcome the New Year, we had a solemn Eucharistic Cel-



ebration in the Parish followed by games and a fellowship meal with the parishioners.

After a short term-break, Don Bosco School resumed its classes and once again our hostellers and sisters become busier and active. Along with her duties in the school, Sr. Celine managed to



clear her first year B.A. Board exams.

The feast of the Holy Name of Jesus was celebrated in our community in a befitting manner. Family visit is an integral part of our mission here and hostellers and sisters visited Catholic families where there were sick people and provided them with provisions.

We were happy to be part of the Jubilee celebration of IBVMs at Dharan. The celebration highlighted the manifold blessings upon their mission here over the past 25 years.

- Sr. Celine Arulandhu

St. Mary's, Biratnagar

On the 1st of January as the nation celebrated National Dhaka Topi day, the students were asked to wear Dhaka Topi to mark the day. The NASA organisation in Nepal showed our students a glimpse of our universe and the space which was a very thrilling experience for them.

Sr. Marilyn along with the FMW members went to Sirsia for an outreach programme and provided them with stationery materials, warm



clothes and eatables. Our old school administrative block is demolished and that has given a lot of space for our students to move around. At

present the place is used for conducting morning assemblies for high school students.

The community was happy to attend the Silver Jubilee celebration of Dharan IBVM exis-



tence. Our sisters also joined our parishioners for an outing on the 7th of January. Classes 11 and 12 went for an educational tour to Sikkim and Darjeeling. Likewise, Class 10 too had an outing to Chitwan, Lumbini and Janakpur.

Sr. Rufina went to Shahapur, India, to attend the celebration of the silver jubilee of Sr. Bindu along with Sr. Jessy. We celebrated Sr. Antoinette's Golden Jubilee in our community as none of us could participate in the grand celebration that she had in Kathmandu. We were happy to have Sr. Agnella with us for a couple of



months as she was recuperating from a bronchial ailment. She returned to Kathmandu after regaining her health.

Mr and Mrs Wolfgang and two other visitors from 'Nepal Hilfe AHAM', Germany - also stayed with us for a night. Nepal Hilfe Aham is a charitable organization started in honour of Late Sr. Frances Penzkofer, CJ in Germany. They were extremely delighted to see the growth of our school and the infra- structure.

– Sr. Marilyn Murickal

St Mary's, Kathmandu

After a short winter vacation, students came back to the school feeling revitalised and enthused. All were taken aback when they discovered that the school corridors were adorned with lovely and colourful tiles. The classrooms and verandahs in the primary wing too have been refurbished with bright new tiles.

A Yeti Airlines flight from Kathmandu to Pokhara crashed on landing before catching fire on the 27th of January. A memorial service was held in our school for the plane crash victims. The news of their instant death after the plane plunged into a gorge, devastated all in Nepal. May the Almighty give the souls of the deceased eternal peace and the grieving family comfort and hope.



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow" as Melody Beattie so eloquently put it. The same thing occurred with our class 10 students, who set aside February 12 to express their sincere gratitude to their parents and teachers. Reminiscing the memories of old experiences made the parents and teachers feel overwhelmed. Our students, parents and teachers were able to make sense of the past, and witnessing our students grow up to become responsible young ladies gave everyone hope for the future and enormous delight in the present moment. For the first time,



parents were invited to take part in the class 10 students' Thanksgiving Service. It was indeed a memorable one. The students were given a token of love and some were awarded for general proficiency, application, best girl in English and Nepali and general improvement.



Our students brought back home the Rashtrapati Running Shield Championship trophy 2079 B.S organised by Lalitpur Metropolitan city. They brought home a total of Rupees fifty thousand in cash along with seven gold medals, four silver medals, four bronze medals and certificates. Kudos to all of our wonderful athletes.

On the 12th of February, we all got together to celebrate Sr. Jessy's 50th birthday. It was a day filled with joy for all of us. Sisters and candidates from various communities in the valley got together to put up a short program for her. The celebration of her golden birthday was a blessing for us.

– Sr. Karuna Shrestha

St. Mary's, Pokhara

The long-awaited Sports and PT Display, after a gap of three years, took place with Honourable Dhanraj Acharaya, the Mayor of Pokhara Metropolitan City, as the Chief Guest. The students of class X put up a spectacular show through a musical dance PT with the theme "Heal the World". The pyramid formations of all the houses with inspiring themes on various so-



cial issues stole the hearts of the spectators.

We were shocked by the news of the plane crash of Yeti Airlines 691 with 72 people on board with no survivors. The crash took place just a kilometre away from our school. We were saddened to hear that one of our parents too was in that fateful flight. We had a memorial service the next day to mourn the death of our parent and all the victims of the crash.

Our senior students were given an orientation programme on 'Community Participation' by Nimmi Basinet, an alumna of our school. To mark the Leprosy Day, the staff of Green Pastures Leprosy Hospital gave us a workshop with the theme "Act Now; End Leprosy".

Sr. Jessy, the National CRN President, organized a two-day orientation for the religious on Evangelization under the guidance of Fr. Augustine



tine Mundakatt, VC. About 30 religious attended the meeting and it was a wakeup call for us to respond to the hopes, aspirations and challenges of the 21st Century and to find ways and means to spread the Good News far and wide. Fr Augustine also gave the students an orientation on 21st Century Skills – the Era of skills and not de-



grees. Our parishioners were also blessed to have a healing Mass in our chapel.

We express our gratitude to God for saving us from a great disaster. An electric pole just in

front of our school suddenly fell to the ground during the peak hour of a morning and three of our parents and two students miraculously escaped from harm.

We were able to contribute RS 62,000/- to one of the kidney patients who is undergoing di-



alysis in Manipal Hospital. We also were able to distribute 50 Track Suits freely to the students of Shree Siddha Mavi School in Phalepatan. We are grateful to all who helped us in this noble endeavour.

– Sr. Deepa Olikunnel

Mary Ward, Lubhu

We are blessed to have Sr. Asha as our community Superior on her 50th year of consecrated life. All the grand celebrations took place at St. Mary's, Kathmandu. In the school we had



a short cultural programme to honour the jubilarian. The presence of the relatives of Sr. Asha added joy to the celebrations. They were delighted when we welcomed them with a colourful Nepali shawl. Her nephew, a music teacher, com-



posed a song for his aunt and sang it during the programme. The lyrics were meaningful and the tune was pleasant to the ear. The hostellers and the co-workers were no less in jubilation with Sr. Asha as they presented a creative cultural programme. The Sacred Heart Parish too organized a beautiful felicitation for Sr. Asha on her golden jubilee.



Our municipality organized a Sports Meet known as 'President Running Shield'. About 43 schools participated in it and some of our students also took part in it and three of them were awarded with certificates and medals.

– Sr. Nancy Edamanasseril

St. Mary's, Gorkha

After a refreshing winter holiday, the



school resumed functioning with Sr. Marina as substitute to Sr. Mariette who was on home visit.

Our high school students took part in an inter-school dance competition organized by Gorkha Municipality and won the third prize. The students were awarded a trophy and a cash prize of Rs. 5000/-



On the 14th of January, His Excellency the Papal Nuncio to India-Nepal visited a sub-station parish of Gorkha and offered Holy Eucharist for the faithful. Our community too joined the Parish in welcoming the Nuncio and participated in the Eucharistic Celebration. His gracious presence delighted the hearts of the faithful and was a moment of joy and blessings.

Sr. Mariette returned refreshed after a month's holiday and joined the school. Sr. Marina returned to her community at Sirsia. Soon after this, Srs. Neena and Veronica left for Kathmandu to participate in the Diamond and Golden Jubilee



celebrations of our sisters. After their return, the students and staff felicitated Sr. Veronica at the school with a small felicitation programme.

The students of class X had their prepara-

tory exams and later bade farewell to the school.

– Sr. Mariette Pinto

CJ Nepal JPIC Unit

The JPIC unit in Nepal campaigned with the United Nations in the 16 days of activism against gender-based violence. Rojnim Shrestha of St. Mary's School, Jawalakhel, created a video where she recited the poem "My Edifice" by Nagma Bista. The video was shared with the UN office as an awareness campaign. The students at St. Mary's School, Gorkha, conducted a special prayer service for all the victims of violence.

Mary Ward, Lubhu, celebrated Human Rights Day by organizing a special program for the tailoring trainees at our centre in Lubhu and certificates were distributed to those who successfully completed the course.



St. Mary's School, Biratnagar, celebrated the birth anniversary of King Prithivi Narayan Shah by presenting a slideshow showing the story of his conquest and the unification of the country.

JPIC South Asia General Meet

The UN/JPIC unit from Nepal comprising of Srs. Amrita, Celine, six teachers and ten students travelled to Kolkata in India to attend the 2nd JPIC South Asia General Meet. On their way, they were warmly received by Srs. Marilyn and Rufina and after resting the night at St. Mary's School, Biratnagar, they undertook a beautiful train ride to the city of joy, Kolkata. On reaching the destination they spent the next two days in exploring the incredible Kolkata. Their accommodation was at Loreto Day School, Elliot Road.



The theme for the 2nd JPIC South Asia General Meet was parivartana meaning transformation. On the day of the meet, we were welcomed by the school band and Sr. Clara IBVM, the Principal. Students draped in beautiful traditional Bengali sarees blew the concha shell and teachers applied tika on our foreheads and escorted us into the school hall. The stage had eco-friendly posters of the 'Laudato Si' action goals of the four zones – green campus, stop child labour, water management and gender equality. The students of the hosting school led



the prayer service and also performed a dance on "Poramboke". The day became historic as Sr. Sabrina Edwards, the Provincial of Loreto South Asia, launched the official website of Loreto JPIC South Asia during the opening ceremony.

The students were divided into two groups – theatre workshop and photography workshop. They were given their action goals to prepare a reel and street plays. Sr. Prabina, IBVM, led the team who was going to draft the action goal for the next 2 years. They had a brainstorming session at Loreto House, after which 'Water Management' was unanimously chosen as the action plan for 2023-25, not compromising the other Laudato Si goals.

On the last day of the meet, five

teams of young actors were all set to perform on the streets of Kolkata. A good number of people stopped by to watch the street plays that had strong messages on gender equality, save water, stop child labour, and nurture nature.

The closing ceremony was a time of gratitude and thanksgiving to the outgoing National and Zonal coordinators. It was also a time to look



back at the three wonderful days that had flown by so fast. The Principal of the hosting school, Sr. Clara, offered the vote of thanks and presented a fresh plant each to the visiting schools.

The team from Nepal travelled back with a bundle of good memories, gratitude, motivation and ideas to build stronger JPIC units in Nepal.

–Sr. Smitha Innaci Muthu

CJ/IBVM/HIMALAYAN JPIC TEAM, SOUTH ASIA JUSTICE PEACE AND INTEGRITY OF CREATION Activity Calendar MARCH - 2023		
DATE	ACTIVITY	DETAILS
3 rd March	World Wildlife Day	Awareness assembly
8 th March	<ul style="list-style-type: none"> Remembering Mother Teresa Ball International Women's Day 	<ul style="list-style-type: none"> Assembly Display Board, Celebrating women through art, Fancy Dress competition, honouring young women achievers (ex-students)
14 th March	International Day of Action for Rivers	Awareness assembly
15 th March	World Consumer Rights Day	Awareness Program
16 th March	National Vaccination Day	Essay Writing
22 nd March	World Water Day	Special assembly, Sit and Draw competition
23 rd March	Remembering Mary Ward	Special assembly
<p>"Undertake no employment which you cannot hope to complete with honour." - Mary Ward</p> <p><i>Coordinators: Mrs. Monica Roy & Ms. Sita Bhattacharya</i> <i>Dputy coordinators: Ms. Prasanna C. Rai & Mrs. Pratibha Wanda</i></p>		