

JULY 2024

Purvi Dhara

THE APOSTOLIC CARMEL
EASTERN PROVINCE



DIAMOND JUBILARIANS



Sr. Grace D'Lima



Sr. M. Lancia



Sr. Maria Prema



Sr. Marie Ivy



Sr. M. Leela



Sr. Leena Mary

GOLDEN JUBILARIANS

SILVER JUBILARIANS



Sr. Mary Grace Beck



Sr. Dibya Sushma



Sr. M. Leotina



Sr. Maria Clemita



Sr. Anna Sushma

We greet you...

In the garden of Carmel, where devotion blooms,
Stand sisters of grace, lighting up rooms.
Srs. Grace D'Lima and Lancia, in diamond's pure glow,
Sixty years of service, love they bestow.

Srs. Maria Prema, Marie Ivy, M. Leela, Leena Mary,
Their golden hearts in service carry.
Faithful and true, to the call they've heeded,
In every heart, their love is seeded.

Srs. Mary Grace Beck, Dibya Sushma bright,
Silver jubilees shining, their spirits alight.
Srs. M. Leotina, Maria Clemitha, Anna Sushma too,
Twenty-five years of grace, in all they do.

With commitment strong, and love so pure,
They've touched the needy and helped them endure.
Students and staff, all whom they've met,
Are blessed by their presence, we won't forget.

So here's to the Jubilarians, Diamond, Gold, and Silver,
With gratitude deep, our hearts do quiver.
For your love and service, steadfast and true,
May blessings abound, in all that you do.

Congratulations to you dear sisters.

Purvi Dhara

THE APOSTOLIC CARMEL

EASTERN PROVINCE

Provincial House, 96, Moore Avenue, Tollygunge,
Kolkata, West Bengal 700040

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Sr. Maria Reshma A.C.
Provincial House, Kolkata

EDITORIAL



MOTHER OF CARMEL:

Our Source of Strength and Solace

Throughout my life, I have felt the gentle, steadfast presence of the Mother of Carmel, guiding and protecting me. Known as Our Lady of Mount Carmel, she holds a special place in the hearts of many, offering comfort and protection in times of need.

The story of Our Lady of Mount Carmel dates back to the 12th century when a group of hermits settled on Mount Carmel in the Holy Land, living a life of prayer and devotion to the Virgin Mary. They saw her as a mother and protector, and over time, she became known as the Mother of Carmel.

For me, the Mother of Carmel is more than a historical figure; she is a source of strength and solace. In moments of uncertainty and fear, I find myself turning to her, seeking her guidance and comfort. Her maternal love and care feel as real to me as the embrace of my own mother.

One of the most profound ways I feel her protection is through the wearing of the Brown Scapular. This small, humble piece of cloth is a symbol of her promise to be with us always. It serves as a constant reminder that she is watching over us, interceding on our behalf, and shielding us from harm. The scapular is not a magical charm but rather a sign of our commitment to live a life of faith and devotion, knowing that the Mother of Carmel is always by our side.

I remember a time when I felt particularly lost and overwhelmed. Life's challenges seemed insurmountable, and I was struggling to find my way. In those dark moments, I prayed to the Mother of Carmel, asking for her help and protection. Slowly but surely, I felt a sense of peace wash over me. It was as if she was gently reassuring me that everything would be alright. With her guidance, I found the strength to persevere and overcome the obstacles before me.

Her protection is not just about shielding us from harm, but also about guiding us towards the light. Mother of Carmel encourages us to

live lives of love, compassion, and faith. She inspires us to be better people, to help those in need, and to trust in God's plan for us.

In the everyday hustle and bustle, it is easy to forget that we are never truly alone. Mother of Carmel is always with us, offering her loving protection. Whether we are facing big life decisions, dealing with personal struggles, or simply going about our daily routines, her presence is a comforting reminder that we are cared for and loved. Her story, her love, and her protection are a testament to the power of faith. Our Lady of Mount Carmel shows us that even in the most challenging times, there is hope and light. Her gentle guidance helps us navigate life's complexities with grace and courage.

In honoring the Mother of Carmel, we acknowledge the profound impact she has on our lives. Her protection is a gift, a source of unwavering support that helps us through life's ups and downs. As we go forward, let us carry her love in our hearts, knowing that with the Mother of Carmel by our side, we can face any challenge that comes our way.

As we celebrate the 156th Foundation Day of the Apostolic Carmel this year, it is an especially meaningful time to reflect on the enduring presence of our Mother. Her unwavering love and protection have sustained our communities over the years, guiding us through

challenges and inspiring us to grow in faith. This celebration serves as a powerful reminder of the blessings bestowed upon us and calls us to continue living according to the values she has imparted to us.

In this issue of Purvi Dhara, we have dedicated a special space to our elderly sisters, who are truly the treasures of our Province. These venerable sisters have dedicated their lives to the service of God and the Congregation, embodying the values of Mother Veronica. Their wisdom, experience, and unwavering faith are sources of inspiration and joy for all of us. They have faced numerous challenges

and have remained steadfast in their commitment to Carmel. Their stories are a testament to the enduring power of faith and the protective presence of the Mother of Carmel. As we celebrate our Foundation Day, we honour their contributions and express our deep gratitude for their continued presence and guidance.

Some of our sisters have expressed their love and devotion to Mother Mary and how she guides them in their life's journey.

May Our Mother of Carmel and our beloved foundress Venerable Mother Veronica Pray for us! ■

Wish you a very happy feast of Our Lady of Mount Carmel, and joyous Foundation Day!





Seven Joys

OF THE
BLESSED VIRGIN MARY

Sr. M. Roslinda AC
Carmel Convent, Burdwan

The name of the article may enthrall the readers from where these joys of Mother Mary come across. But if we unearth, definitely we will know that she is there with her countenance of radiant Joy to welcome us. All of us are familiar with many titles of our Blessed Mother while praying the litany at the Rosary; About 50 of them and a couple of years back

Pope Francis, the great admirer of Mother Mary added three more as per the signs of the times. These thoughts give us great pleasure that we have a Mother who never fail us in our life. Every person experiences mixed feeling in one's life that is what we see in the life of our Blessed Mother. We are sure besides the seven sorrows, she also had treasured moments of joy

with Joseph her beloved husband, her cousin Elizabeth, and her only Son Jesus.

The practice of gathering series or chains of scriptural passages referring to particular moments in the life of Jesus Christ and Our Lady for the purpose of prayer and meditation and it goes back to the Middle Ages. This practice is in fact is in the background of the development of the Twenty Mysteries of the Rosary. The ancient popular devotion which commemorates the principal joys of the Blessed Virgin Mary to match that of the SEVEN DOLORES or SEVEN SORROWS OF MARY we commemorate every year on September 15th. Here we must know that Mary also had some moments of Joy and happiness to share with others which she has cherished in her life.

Thus the Seven joys of Mary are not only the JOYFUL MYSTERIES but a few or many more we can add namely : The Annunciation; The Visitation; The Nativity of Jesus, The Adoration of the Magi at the Birth of Jesus, The Finding of Jesus in the Temple, The Apparition of the Risen Christ to His Mother, The Assumption and Coronation of the Blessed Virgin Mary

What is the Annunciation about, it is nothing but a scene that prepares the way for the Visitation as when angel Gabriel announces Elizabeth's unusual pregnancy to Mary. It was a sign that with God nothing will be impossible. The encounter

between the two women is also the first encounter between the two unborn sons- JESUS and JOHN the Baptist. The joys were shared by the unborn, -The Babe in her womb leaped for joy;

The Birth of Jesus. As we know at the Birth of Jesus, there was unending Joy acclaimed by the heavenly choirs of angels, singing Gloria, Gloria In Excelsis Deo; and certainly Mother Mary after the pangs of birth did rejoice with the choirs of angels together with heavenly Father whom He chose to be the Mother of the Savior; what about the animals surrounded by them, they too kept time with Gloria nodding their heads in joyful mood, something great, something unusual amidst them; then the shepherds rejoicing and dancing when they heralded by the angel about the birth of Jesus instantly sensing and hurriedly marching to Bethlehem to pay the homage to the new Born King, definitely Mother Mary experienced the joy within her and St. Joseph the fatherly figure, standing and supporting Mary and glorifying God for the new born Son Jesus who has brought Joy to the world.

The Magi from the East: What a Joy they experienced after having crossed the barriers of Herod and his folk, following the Star with one interest, to come and adore the New Born King and on arrival bending low to offer the precious gifts of Gold, Myrrh and Frankincense. To

Mary it was a pleasant surprise to have these learned men traveling all the way from the East and spending time with them.

The finding of Jesus in the temple: Three days intense search, and When Jesus was found in the temple after three days, it was nothing but joy experienced by the mother's heart, whom she had been searching anxiously and desperately;

The Apparition of the Risen Christ : was another joyful event in Mother Mary's life. The whole Good Friday and Holy Saturday Mary had been saddened by the death of her beloved Son. She too was eagerly waiting to witness the resurrection of Jesus. What a Joy! Cannot be explained when she met the risen Lord Jesus. Alleluia was the song of Joy; and The Assumption and Coronation: It was the sacred moment; finally her own self to be taken up to heaven with body and soul who was born without sin, "no more sorrow, no more pain"

as Jim Reeves the well known singer puts it, but enjoy with the heavenly hosts and God the father crowning her as Queen of heaven and earth as our Queen and Mother.

Like Mother Mary in our life too we face the joyous and sad moments and she teaches us to offer them to God and be a blessing to others. She teaches us: To be like her in soul and body; to be like her in mind and heart and to be like her in joys and sorrows; be a positive person which will lighten our burden and others; a forgiving person, where mercy will flow in abundance; a person who takes an extra mile to those in need and will be surrounded with lots of friends a person of Smile which will have no end, and be a person to give Christ and Mary to all those whom we come in contact with in our day today life's situations. **MARY, CAUSE OF OUR JOY, PRAY FOR US. ■**



MARY in my life

Sr. M. Rosalie AC
Carmel Convent, Kutra

watch her and eventually join her in prayer at her bedside.

As a family, we came together to pray in the evening at 7 p.m. We would start with the Angelus, followed by the rosary, the litany, and prayers to all the saints. We also recited other devotional prayers like the prayer to the Sacred Heart, St. Anthony, St. Therese, and St. Joseph. We would say the "Vanakamasam" in Malayalam to Mother Mary, the Sacred Heart, and St. Joseph. We used to kneel down for prayers and the rosary, stretching out our hands in the shape of a cross. My father would tell us that whoever learned the rosary by heart, the ordinary litany, or the all saints litany would get a prize. We learned quickly. Even our grandmother joined our prayers, and finally, we would read the Bible, sing devotional songs to Jesus or Mary, and receive blessings from our grandmother and parents.

As I grew older and reached Class X, I started thinking about joining the congregation and becoming a

My baptismal name is Mary. Since I was a child, I've been part of my family's evening and morning prayers. I remember my grandmother vividly, holding the rosary and praying while seated on her bed with her legs stretched out. She would start her morning prayer at 4 a.m. and the evening prayer at 5 p.m., always on her bed. Growing up, I would



"Make yourselves small and remain very small for there is always place for little ones."

-Mother Veronica of Passion

sister. I had this desire since Class I, inspired by an elderly sister who taught us needlework. She loved all the students, and her care for us was marvellous and very inspiring. She wore a habit and a veil, the traditional dress of the C.M.C congregation. We called her 'amma,' which means mother. I admired her so much that I wanted to be like her. One day, I asked her if she was a boy or a girl because I wanted to inherit her dress if she was a girl. She confirmed that she was a girl, and though I couldn't express it to her, I wanted to be as loving and patient as she was. She promised to give me her dress after I finished my 10th grade and asked me to say three Hail Marys and pray to Mother Mary to become a caring person like her.

After lunch, I started praying to Mother Mary daily in the convent chapel. I would run to the chapel, kneel down, and look around to see if anyone was there. Then, I would stretch out my hands and pray three Hail Marys, asking Mother Mary to make me a nun after completing my tenth grade.

Years passed quickly, and after I finished my tenth grade, I spoke to my father about my desire to become a sister. He told me that convent life is not as simple as peeling a banana and throwing away the skin. He advised me to continue my studies and then decide about entering the convent. I decided to prioritise obedience over sacrifice and pursued my studies.

After completing my studies with good results at Kerala Government Technical College, I told my father that I wouldn't study alongside boys. During college, I faced challenges from boys who teased and harassed me during lunch break. When two boys, Mani and Jose, approached me with inappropriate remarks, I stood up for myself and threw the sweets they offered at them. I had to protect my vocation and keep my focus on my desire to serve Jesus by becoming a sister.

I told my father about the boys bothering me, and they were suspended for two weeks. When they returned, they apologized, but I made it clear that I saw them as friends, not boyfriends, as I had decided to dedicate my life to Jesus and become a religious sister in the Congregation.

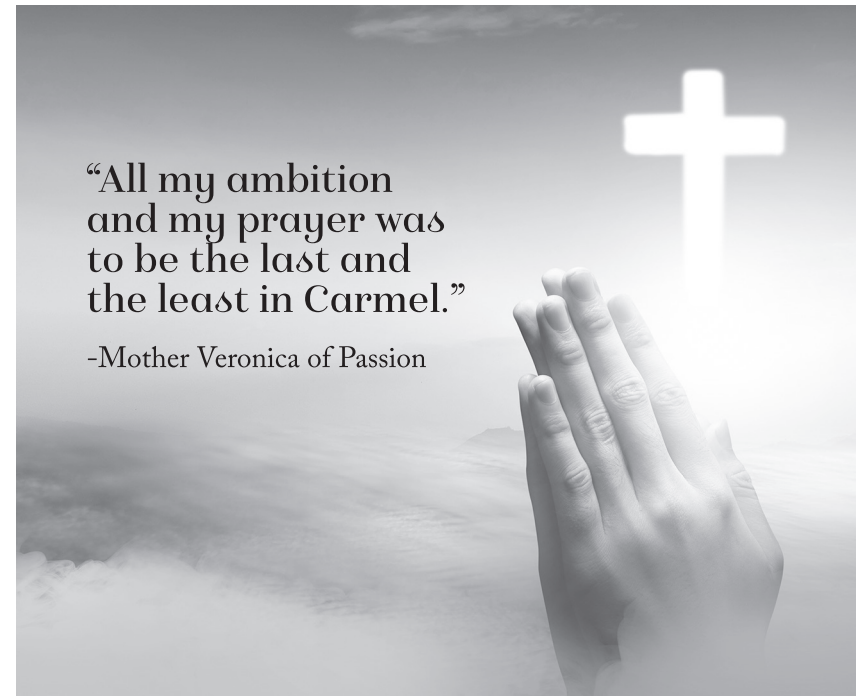
Later, my father permitted me to go to a convent because I wanted to become a missionary. As the mission league secretary, I wanted to serve in the mission stations. I asked my cousin, a T.O.R priest working in Bhagalpur, if I could join the congregation dedicated to Mother Mary. He spoke to the sisters in the convent about my desire to join the Apostolic Carmel. My cousin, who offered mass in the Bhagalpur convent, met Sister Blanda, the provincial superior at the time. She told him to bring me to the convent. My elder sister, who was teaching in Ranchi with the

Holy Family Sisters, brought me to the Ranchi convent, where I met the sisters. They accepted me as a candidate. After a few months, they sent me to Hazaribag and then to Patna Technical School for a year. They tested me, and I was selected to continue as a postulant and later as a novice.

Throughout my life, Mother Mary has always guided me. Whenever I faced difficult situations, she was there to help me. Through prayer and her intercession, all my requests were granted. I have always felt her love, care, and protection. Witnessing Mary's intense love for her son, Jesus, helped me dedicate myself entirely to Jesus, leading to my First and Final profession.

Whenever I face illness, failure, or any problem, I pray the "Memorare" prayer to our Lady nine times, and I always receive her help. I firmly believe that through my prayers to the Blessed Mother, I will have the humility, love, and unwavering faith in the Blessed Trinity, as well as guidance from the Holy Spirit to always do God's will until the end of my life. I am very happy to be a member of the A.C. Congregation. Now, I can say that Mary, Mother of Carmel, is my spiritual Mother who takes care of me at all times.

Thank you, Jesus. Praise you, Jesus. Glorify you, Jesus.



“All my ambition
and my prayer was
to be the last and
the least in Carmel.”

-Mother Veronica of Passion



Mary IS THERE...

Carmel Convent, Gariahat

Mary's intercession has always been a beacon for those seeking solace and strength. Her unwavering faith and gentle guidance offer a pathway to her Son, Jesus. In moments of doubt and despair, turning to Mary can bring clarity and peace, for she is a compassionate mother who understands our struggles.

Her life, filled with moments of profound sorrow and boundless joy, teaches us the essence of unwavering trust in God's plan. Mary's quiet strength and humility are a testament to her deep faith. Even as she faced the agony of her Son's crucifixion, she remained steadfast, embodying a grace that transcends human understanding.

Mary's role did not end with her earthly life. She continues to intercede for us, a constant presence in our lives, whispering prayers on our behalf. She is a model of virtue, an example to emulate in our daily lives. Her pure love and maternal care are reminders of the divine love that surrounds us.

In our daily challenges, we can seek Mary's guidance. Her intercession can illuminate our path, helping us navigate life's complexities with grace and wisdom. She stands as a pillar of strength, urging us to remain faithful and trust in God's providence.

As we reflect on Mary's life, we are inspired to cultivate the virtues she embodied: humility, compassion, and unwavering faith. Her story is not just a tale of divine motherhood but a narrative of enduring love and devotion. Through her, we learn to approach our own lives with a spirit of surrender, trusting in the divine plan laid out for us.

In our prayers, let us ask Mary to intercede for us, to grant us the strength to overcome our trials and

the wisdom to follow the path of righteousness. Her presence in our lives is a gift, a reminder that we are never alone, for she is always with us, guiding and protecting us.

May we always find comfort in her maternal embrace and strength in her unwavering faith. Let us echo the sentiments of countless generations who have found solace in her presence, calling out to her in times of need:

"Be with us, Mary, along the way.
Guide every step we take;
Lead us to Jesus, your loving Son.
Come with us, Mary, come."

In the spirit of her divine motherhood, let us walk our paths with the same grace and humility that Mary exemplified. Her story is a beacon, illuminating the way for all who seek the light of her Son, Jesus. ■

In our daily challenges, we can seek Mary's guidance. Her intercession can illuminate our path, helping us navigate life's complexities with grace and wisdom. She stands as a pillar of strength, urging us to remain faithful and trust in God's providence.

QUIZ 1 - Marian Memories

(Answers are to be submitted to this

Email ID : acanjali1995@gmail.com by 20th October 2024)

Sr. Praxedes A.C.

Apostolic Carmel, Anjali, Barrackpore

1. We Indians were freed from foreign domination on the feast of Our Lady's _____.
2. The mystery of the Incarnation took place on the feast of the _____.
3. The Immaculate Conception means _____.
4. On December 8th we celebrate the feast of the _____.
5. The Three dogmas that proclaim the greatness of Mary are _____.
6. Mary is honoured with all sorts of titles in the _____.
7. For the Carmelites 16th July has a very significant feast of _____.
8. On October 7th we venerate Mary under the title of the _____.
9. There is a feast in the church's calendar where Mary's charity is highly praised.
10. Our Lady gave the Brown Scapular to _____.
11. Mention Three Scripture references in connection with Mary's Virgin birth.
12. Where is Mary prophetically foreshadowed in the Old Testament?
13. Mary brought life because _____ brought death.
14. His mother kept all these things pondering in her heart." What is the Scripture reference? -
15. Mention Three significant appearances of Mary in the Public life of Jesus
16. What words of Jesus publicly declare Mary as Our Mother?
17. Give one proof from Scripture to show that Mary supported the Apostles after the Ascension of Jesus.
18. How did God reward Mary after her death?
19. When do we celebrate the following feasts?
 - a. Mother of God
 - b. Visitation
 - c. Presentation of Mary
 - d. Our Lady of Sorrows
 - e. Queenship of Mary
20. Mention the world-famous shrine in France _____.

Upon Israel's majestic crest,
A mountain adorned with scenic splendour,
Shone bright with panoramic grace.
In its luxuriant embrace,
Prophets and monks of Carmel made their dwelling,
Near the life-giving springs of this hallowed place.

With health in the Lord,
And blessings of the Holy Spirit,
They revered this mystic beauty,
In prayerful contemplation,
Divinely inspired, surrendered in aspirations.
They beheld Our Mother, Queen of Carmel!

Gently guiding them to the Divine,
Wrapped in purity, simplicity, and generosity,
Showering blessings with magnanimity.
A Queen sinless and pure,
Adorned in heavenly beauty and might,
With virtues and graces veiled in humility.

Her divine essence lay in Jesus,
Whom she bore in her virginity,
Inspiring all Carmelites to immerse in contemplative motion,
To blossom in their ministries!

Touched by grace, reaching out to all,
With prayer, kindness, love, faith, hope, and liberation,
Determined to free the poor and marginalized!
O Mary, you are all beautiful,
Awaken in all Carmelites
A renewed yearning for holiness.

You are all beautiful, O Mother,
For in your Son, Jesus, resides!
Help us always heed the Lord's call,
Hear our prayer, may God's magnificent love,
And divine beauty be all-embracing,
As we bow in humble adoration.

Mother, inspire us today to walk with Jesus,
Holding high the beacon light of Carmel,
Of joy, love, peace, charity, patience, and benevolence,
Imbued with compassion and kindness,
To be healers in a war-torn, divided Israel.

Let us be Mary-like in all our endeavours,
With rosaries in hand, spreading golden roses of love and prayer,
For the wars to cease! In prayer, we raise our voices,
To Our Mother, Queen of Carmel, we pray,
In unison, raising high our Carmel banners!

O MARY, MOTHER OF CARMEL

Carmel Convent, Gariahat

Our Lady of Mount Carmel:

A Guiding Light for Mother Veronica of the Passion

Carmel Convent, Tollygunge

Mother Veronica of the Passion, foundress of the Sisters of the Apostolic Carmel, led a remarkable life dedicated to education and faith. Woven into the tapestry of her journey is a deep devotion to Our Lady of Mount Carmel, who acted as a guiding light throughout her endeavours.

Our Lady of Mount Carmel: A Legacy of Protection

The veneration of Our Lady of Mount Carmel dates back to the 12th century when Christian hermits on Mount Carmel in Israel established a chapel dedicated to the Virgin Mary. Over time,

the Carmelites, as they came to be known, developed a strong association with Mary, seeing her as their patroness and protector.

The image of Our Lady of Mount Carmel resonates with themes of intercession and guidance. The “Scapular of Our Lady of Mount Carmel,” a small brown woollen garment worn by Carmelites and devotees, is a symbol of this special relationship.

Mother Veronica’s Path: A Life Shaped by Faith

Born Sophie Leeves in 1823, Mother Veronica’s life was marked by a strong religious yearning. After

converting to Catholicism, she initially joined the Sisters of Saint Joseph of the Apparition. However, a deeper calling led her to seek a path that would allow her to serve the educational needs of women in India.

Apostolic Carmel’s Birth: Under Mary’s Mantle

It was on the feast day of Our Lady of Mount Carmel, July 16th, 1868, that Mother Veronica, with the support of Bishop Ephrem, officially established the Congregation of the Carmelite Third Order Regular, known as the Apostolic Carmel. This date seems more than coincidental. Choosing the feast of Our Lady of Mount Carmel suggests Mother Veronica’s desire to place her newly formed order under Mary’s mantle, seeking her

continued guidance and protection.

Throughout her life, Mother Veronica remained a devoted daughter of Mary. The Apostolic Carmel Congregation itself reflects Carmelite spirituality, with an emphasis on prayer and service. Mother Veronica’s dedication to education, particularly for women in India, aligned perfectly with the Carmelite values of compassion and social justice.

A Lasting Legacy

Mother Veronica of the Passion’s life and work stand as a testament to the enduring influence of Our Lady of Mount Carmel. Her story serves as an inspiration for all who seek to live a life of faith and service, guided by the unwavering presence of the Virgin Mary. ■

The First Ever National Mental Health Conference on Catholic Mental Health Ministers (CMHM)

Sr. Virginia Sangma A.C.
Carmel Convent, Agartala
Executive Secretary, CMHM, India

“Whoever suffers from mental illness always bears God’s image and likeness and has an inalienable right to be considered a person and treated as such.”

— St. Pope John Paul II

On April 5th and 6th, 2024, a significant event took place for the Catholic Church of India. The India chapter of the Association of Catholic Mental Health Ministers (CMHM), in partnership with the Catholic Bishops’ Conference of India Commission for Health Care, organized its first National Mental



Health Conference. This event was held at the Nirjhari Conference Center in Carmelaram, Bengaluru.

Mental health challenges affect people from all walks of life. Recognizing this, the conference gathered 270 participants from

across India, including religious leaders, clergy, church members, experts, and professionals. Ten Apostolic Carmelites from three different provinces also attended. In today’s fast-paced world, mental health is a growing concern. The Mental Health Ministry is a

response to this urgent need. As Deacon Ed Shoener, the Co-founder and President of CMHM, said, “It’s pretty clear to me that the Holy Spirit is moving and guiding this because Christ wants to be with us in these struggles and these sufferings.”

The conference covered many aspects of mental health, such as the current mental health situation in India, the church’s role as a healing community, and the difference between mental health and spiritual well-being. One of the main topics was the importance of the Catholic Mental Health Ministry. This ministry provides spiritual support and promotes mental health for those struggling with mental health issues, their families, and caregivers. The India Chapter of this ministry, supported by the CBCI Commission for Health Care and led by Rev. Fr. Shinto Mathew Kuzhinjalil OCD, aims to be a source of healing for those with mental illness. The

ministry offers spiritual support, mental health education, advocacy, and connects people with necessary resources.

The conference featured several notable speakers, including:

1. **Most Rev. Bishop Peter Machado**, Archbishop of Bangalore
2. **Rt. Rev. Thomas Tharayil**, Ecclesiastical Advisor for CMHM India
3. **Deacon Ed Shoener**, Co-founder and President of the Association of Catholic Mental Health Ministers
4. **Fr. Santhosh Dias**, Secretary of the CBCI Healthcare Commission
5. **Fr. Shinto Matthew OCD**, National Chairperson of CMHM India
6. **Sr. Dr. Joan Chunkapura MMS**, Secretary of CMHM India
7. **Mr. Edwin Walker**, Director and International Team Member of Communication and

Outreach for CMHM

8. **Dr. Johnson Pradeep**, Head of Psychiatry at St. John’s Medical College

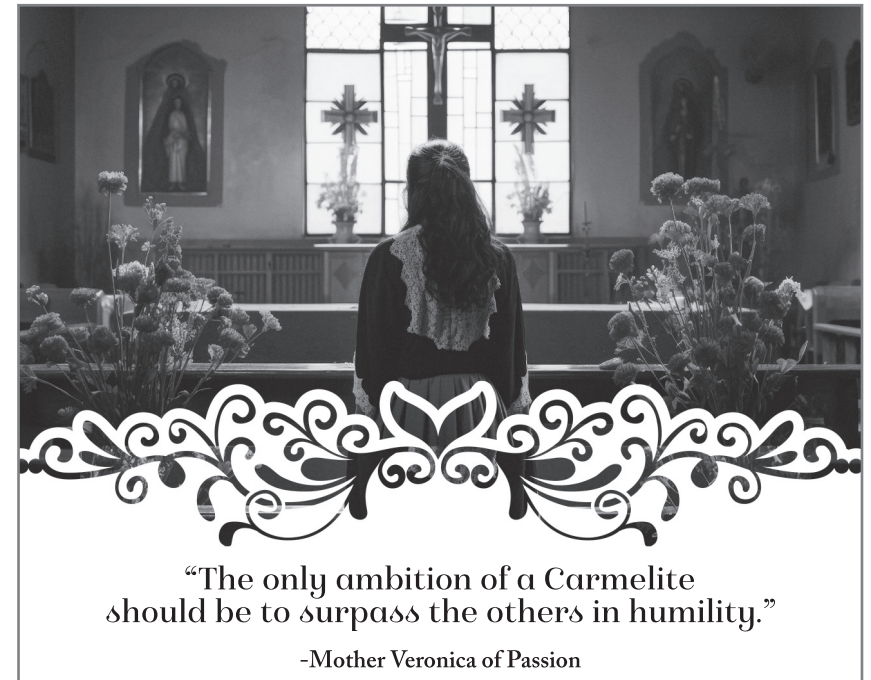
These distinguished speakers shared their insights on various aspects of mental health. The conference also included workshops conducted by members of the Focolare Movement, group discussions, and Q&A sessions, providing a platform for dialogue and knowledge

The conference inspired attendees to be like the Good Samaritan—not ignoring those living with mental illness but instead offering support and compassion. Participants were encouraged to join and collaborate with the Catholic Mental Health Ministry to care for and support

vulnerable individuals. They were also guided on starting Mental Health Ministries in their dioceses, parishes, and institutions.

The establishment of CMHM India is a step towards empowering minds, breaking stigmas, educating, advocating, and promoting action within communities. The goal is to integrate the Mental Health Ministry into every Catholic parish and community throughout India.

May Saint Dymphna, the patroness of mental illness, bless CMHM India’s efforts to spread this ministry nationwide, bringing God’s healing presence to those with mental illness and sharing Christ’s message of mercy, hope, and justice. ■



“The only ambition of a Carmelite should be to surpass the others in humility.”

-Mother Veronica of Passion



My experience in Arunachal Pradesh

Sr. Maria Riktha A.C.

Carmel Convent, Doimukh, Arunachal Pradesh

Payalincho Isor
Payalincho Jesu
Payalincho Moriam
Payalincho St. Don Bosco
Payalincho Mother Veronica

I was Sent from Sikkim to Arunachal Pradesh another Himalayan State for mission last year. The first word in Nyishi I learnt 'Payalincho' means thank you. Arunachal Pradesh has beautiful flora and fauna of creation and blessed with many tribes. Foxtail orchid is the state flower and hornbill is the state

bird. The state animal is Mithun, cattle of the mountain and called ship of Highland. Mithun is a very expensive animal domesticated but lives in the forest. You have to pay Rs 80,000/- if you want to buy it. The elephant fruit is in plenty. The elephants love to eat it and also Mithun. It was surprising to see hens sleep on the trees. People speak in broken Hindi so we can understand them. They are happy to live in their own community. They have plenty of money as the Center gives them lavishly thinking that

they may become part of China. Arunachal Pradesh has only two Dioceses born in the same year 2005, the Diocese of Itanagar and the Diocese of Miao. The Apostolic Carmel Convent belongs to the Itanagar Diocese. The new Bishop is Rt. Rev. Benny Varghese the 2nd Bishop of Itanagar.

The next day of my arrival at Doimukh I was in Don Bosco School. A grand welcome was given in the school as well as in the Parish. To my surprise, I fell in love with St. Don Bosco who was just eight years older than our Foundress Mother Veronica. He was born in 1815 and Venerable Mother Veronica was born in 1823. Now both are friends in heaven watching us how we serve the people of God and how we educate the children of God. As I went to his school I prayed to St. Don Bosco daily to teach me his ways of teaching. Don Bosco was one of the greatest educators of the last Century. The spirit of St. Don Bosco helped me to teach the students in the school. He said, accompany the young. Your students are rough diamonds with their fault lines. Correct them by applying the golden rules reason, love of God and loving kindness. The spirit of St. Don Bosco helped me to walk with students during break and be with them in loving conversation like friends.

Once, during prayer, I counted the blessings of God and felt grateful for the many blessings and rich experiences I had in Arunachal Pradesh. The Don Bosco system

of education taught me how to effectively engage with youth, especially students in the classroom. I learned simple and effective counseling techniques in the Don Bosco way. His approach focused on counseling and guiding students in a practical manner, emphasizing prevention over cure. These techniques can be implemented in the classroom to help students overcome their problems and life struggles. I particularly enjoyed teaching Nyishi children at Don Bosco School for a year, which was different from my experience at Carmel school.

I had a meaningful experience during a synodal journey with parishioners as we walked together and sang carols. This tradition begins on the 1st of December, and I joined in on the 3rd of December '23, going from house to house with the community in different villages. It was a true preparation for Christmas, with everyone participating - fathers, sisters, brothers, deacons, catechists, and parishioners of all ages. I sang, danced, and prayed with the people, sometimes delivering a brief message. Outside each house, a fire was lit, and everyone danced in a circle, celebrating the arrival of baby Jesus, the light of the world.

Beautiful nativity scenes were displayed in front of each house, with a decorative star above them. In the last house, we all had a fellowship meal. The strong sense of togetherness and the lesson on being with people until 9:30 or

10:00 pm was truly fulfilling. This is in line with Pope Francis's message of being present with people. It was a valuable opportunity for me to connect with both the poor and the rich. Myself and two other sisters didn't mind staying until 10:00 pm, as the faithful in this community need our support and encouragement to deepen their faith.

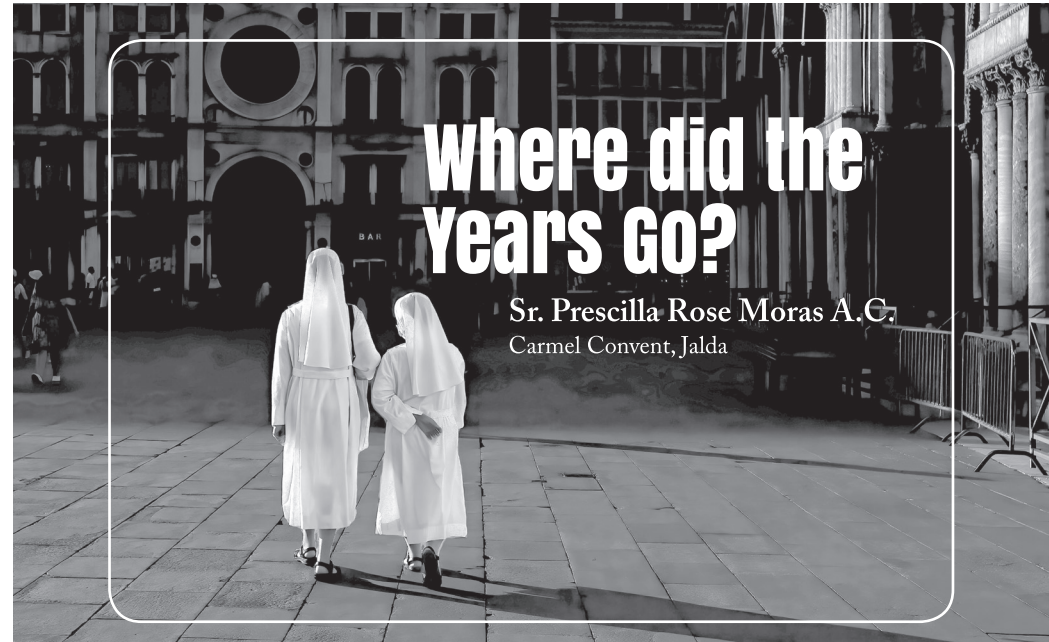
During the season of Lent, made the Stations of the Cross with the girls from Carmel hostel in our chapel every Friday. Most of them are non-Catholics. I was amazed by their devotion, attention, and prayerfulness, which I didn't see during class or study hours. It was astonishing to see the same students who were often undisciplined and distracted in class, now kneeling and bowing their heads at every station of the cross. During Holy Week, we visited different village churches with the local community for the special services. On Good Friday, I went to Bogoli Church, a village with around 20 Catholic families. We gathered at the riverbank and commenced the Stations of the Cross led by Fr. Benny. People took turns carrying a big cross from one station to the next, and I was asked to give a short reflection at some stations. It was the most meaningful experience of the Stations of the Cross I've ever had. On Easter Sunday, I visited St. George's Church, and after the Mass, people thanked and wished Fr. Paul Adhae and me. There was

a celebratory lunch outside the church, and it was heartwarming to see the joy of Easter being shared and celebrated with the community.

After Easter, we had a one-month holiday due to the election. Every day during Holy Hour, we prayed for a fair election and peace in the world. Sr. Amal went for a home visit to be with her aged mother. Our workers went to cast their votes. In their absence, I volunteered to cook and give food to the pig, and Bruno (pet dog) for a week. On the first day, when I went to give food to the pig, it made a loud noise and approached me. I got scared and ran away. After some time, I came back with a stick to give food. The next day, the pig was happy to get food from me. I had to make a fire to cook for the pig, and I had to prepare special food for Bruno. I realized how much work our workers do for us. I want to express my gratitude to them. I also want to extend my gratitude to the Don Bosco fathers and CMC sisters, who are our community friends. We often come together for fellowship meals.

Again, I am sent to Sikkim to seek Him alone, to find Him, and to love Him more. Payalincho to Arunachal Pradesh, and Payalincho to all. You can sing in Nyishi with me. Isor Aleja (God is so good.)

Isor Aleja (3) Aleja ngulmelengam
Isor Anyado (3) Anyado lohyiam. ■



Where did the Years Go?

Sr. Prescilla Rose Moras A.C.
Carmel Convent, Jalda

As I write this I remember my day of Final profession on this day in 1964.

I wonder, where did the years go? I still remember my days in my thirties, forties, and fifties and the responsibilities that I was entrusted with even in my sixties and seventies.

I felt so afraid of making mistakes in my twenties and thirties and yet I could not avoid those mistakes; I had a big share of them I must say! Once I learnt to entrust myself and my responsibilities to my Master I was at ease. It is He who chose me and it is His responsibility and not mine.

Here I am, many decades later with many life experiences and beliefs that I didn't have 60 years ago. There are also many wrinkles

and pains that I didn't have before. But the sweet lessons the Lord has taught me over the years are more valuable. I would not mind sharing these valuable lessons that I have learnt with anyone who wishes to be taught.

Your life ahead is yours But it really isn't

- Growing in Christ over the decades helped me see that God's plans are supreme over my plans.

- Many things God ordained for my life that I wouldn't have chosen; some very hard, some very pleasant and surprising.

There is nothing wrong with setting goals and making plans for the future. My life is 'hidden in Christ' and I am his possession (Ps. 100:3). Know that the LORD, he is God! It is he, who made us, and we are

his, we are his people, and the sheep of his pasture.

Trust in everlasting God no matter what comes your way.

Celebrate the God who made you by avoiding comparison

I wanted my tendency to compare myself to another banished. Unfortunately, this habit starts in childhood and becomes ingrained into our adult thinking. In order to see the error of comparison, I must put it into Genesis 1: 27, "We are made in the image of God," and say "Wonderful are your works; my soul knows it very well (Ps. 139:14)

Without realizing it, I am telling God that he somehow 'got it wrong' when I look at someone else's uniqueness and feel bad. Then I will be saying, 'Wonderful are your works in everyone else's life, God'. My soul cannot rejoice because I am envious and feel inferior. Stop thinking, "I need what she has!" Instead think, "I need her"! Invite her to come over and help you in what she is good at and watch your friendship grow. Stop envying others' gifts and talents but see them as a bridge to connect; you will better understand why God made us uniquely.

'Be a friend'. The older we get, the harder it seems to make new friends and keep them. Be a friend even to those you think might not like you.

Life is short- tell / show you love them. It can be hard to always tell our sisters how we feel about them. Sometimes, we assume they already know. Make sure to take time to tell those who are special to you just

how much they mean. Don't take them for granted.

Prepare your heart for suffering
Heartache, suffering, hardships.....
Typically aren't the favoured topics in the life of a sister. I would rather do a survey on special gifts that I could possess and wonder how God will use me. In order to prepare ourselves for suffering, we have to get a grasp on suffering with biblical teaching. When hardship sends us reeling, we don't get sidetracked with false beliefs and our faith remains firm in Christ. Yes, God allows suffering at times and uses that situation for his plans and glory, no matter the course he chooses.

Base your value on Christ, not your circumstances.

First Peter 2:9 says that you are a special possession of Christ Jesus! Sisters, do you realize the gravity of that? That is your identity more than everything else in your life. That is the base and everything else is built upon it.

When you see that your value in life isn't 'who you are' but rather 'whose you are', and then you will latch onto the truth that will carry you, your entire life and give you purpose. Your identity in Christ will never shift or change.

Enjoy your young years, but see them for what they are- a fading season. Find lasting beauty in acting out of love and grace to those God has placed in your life. Show them your faith by your humble service each day. When the wrinkles come later in life you will know where your true beauty lies. ■

Our Treasured Sisters

Sr. Jacintha Aroza A.C.
Carmel Convent, MAMC, Durgapur

The Apostolic Carmel Community at MAMC Durgapur deeply appreciates and cherishes their elderly sisters, recognising them as invaluable blessings to their community. Among these revered members are Sisters Titus and Honoria, whose lives and actions exemplify dedication, faith, and love.

Sr. M. Titus of the Holy Family Institute No.: 1177

Sister Titus, the oldest member of the Carmel Convent at MAMC,



remains young and vibrant in spirit despite her ninety-four years. Her love for the Eucharist is remarkable; she is willing to give up anything to participate in it, demonstrating her unwavering commitment to her faith. Sr. Titus also wishes to conduct community prayers, showing her continued dedication to her spiritual duties.

Her infectious joy and loving nature make everyone around her feel happy and joyful. Living in the present and forgetting the past, Sr. Titus often makes fun with words, drawing the attention of all. Her jovial ways captivate everyone who meets her, making them feel instantly connected. She has great love for the poor, particularly showing kindness to the campus workers, always ready to offer a helping hand or a kind word.

Sr. Titus has a special relationship with Mother Mary, often talking to her as if she is very close, and faithfully recites the rosary. She is hospitable, and always ready to entertain guests with whatever is

available in the house. Her care extends beyond people to animals and birds, feeding them while watching television, thinking they are real. Her large heart and great love for priests motivate her to visit the parish church and meet people despite her age.

Her deep love for the poor and her commitment to the mission have helped her remain grateful, always thinking about others' needs. Sr. Titus is interested in the church and the world's needs and problems, constantly praying and reflecting on ways to help. She expresses her joy through singing holy hymns, with her favourite being "O Lord my God...". Her guileless and innocent dealings, along with her radiant smile, help others forget their sorrows and worries. She is quick to ask for pardon if she hurts anyone, always before bed.

Her presence is a source of inspiration and comfort. With her witty and engaging stories, she captures everyone's attention, particularly with tales about the foundress Mother Veronica and her grandfather. The sisters love her dearly, cherishing her mischievous ways and the joy she brings to the community.

Sister Titus's life is a testament to the power of faith, love, and dedication. Her care for others, whether through small acts of kindness or her unwavering devotion to the church, makes her a true blessing to the Apostolic

Carmel Community. Her enduring spirit and heartfelt contributions continue to inspire and uplift everyone around her.

Sr. Honoria of the Immaculate Heart of Mary; Institute No. : 1107

Carmel Convent MAMC Durgapur



is truly blessed by the presence of Sr. Honoria, a remarkable and self-made woman whose life is a testament to dedication, faith, and love.

Sr. Honoria spends much of her time in prayer and reading, finding solace and strength in her spiritual practices. She is meticulous in all her work, with a deep appreciation for cleanliness and tidiness. Most of the time, you will find her reading, listening to religious talks, or watching religious movies. Her passion for learning and spirituality is so intense that she sometimes forgets to eat or sleep, becoming completely engrossed in her reading or stitching.

Recreation is another joy for Sr. Honoria, and she misses it when it's not part of the day. She loves contributing by singing old songs in different languages, and her witty words often bring laughter to those around her. She is particularly careful to keep everything in order, ensuring that her surroundings are as tidy as her thoughts.

Though she suffers physically, Sr. Honoria endures with incredible patience. She is loving, caring, and thoughtful, always considering the needs of others. Despite her age and feeble health, she remains deeply interested in helping the poor, aged, and sick. Although she cannot visit them personally, her heart is always with them, and her zeal for the mission is unwavering.

At ninety years old, Sr. Honoria's faith is as strong as ever. She prays the prayers of the church, reads the Bible and reflections, and spends time in deep reflection and meditation. Her devotion to Mother Mary is evident in her daily recitation of the rosary, and she has a profound love for the Eucharist. She is also deeply concerned about the sisters who go out, waiting for their safe return.

Sr. Honoria's endurance, patience, and self-discipline are a source of inspiration to us all. Her presence brings joy and vitality to our community, making life more vibrant and meaningful. She truly embodies the spirit of love and faith, and we are grateful for the light she brings into our lives.

Sr. Regina Kropi A.C.

Carmel Convent, Upper Balijodi

Eleanor Roosevelt once said, "*Beautiful young people are accidents of nature, but beautiful old people are works of art.*" This quote perfectly captures the essence of Sr. Prescilla Moras A.C. and Sr. Vinaya A.C., who remain vibrant and active despite their years. Whether it's early in the morning or late at night, during the coldest winters or the hottest summers, nothing stops them from participating in community activities. They're always present for prayers, meetings, meals, planning

sessions, discussions, recreation, and celebrations. These two remarkable women are truly unique and invaluable to our community.

The Carmel Convent in Jalda feels blessed to have these beautiful souls among us. Sr. Prescilla Moras A.C., Institute No. 1116, age 89, and Sr. Vinaya A.C., Institute No. 1480, age 79, have grown gracefully over the years. Their presence is a blessing and an inspiration for all of us who are still exploring life's mysteries to find inner peace.

Sr. Prescilla Moras A.C.

Sr. Prescilla is a marvel in our community. She skillfully manages the House account and assists with the Society Account. Her artistic talents shine through in the meaningful prayer services she conducts using PowerPoint presentations. She's excellent at art and decoration, arranging beautiful flowers for the chapel, and is always patient and caring when coaching students who need extra help. No task is too big or small for her, and she's always on her feet, serving the community and school with a smile.

Sr. M. Vinaya A.C.

Sr. Vinaya, on the other hand, brings joy and laughter to our community with her graceful dance steps and witty jokes. As the secretary for the Local Assembly, she is alert and attentive, ensuring that all points are noted and organized. She also leads assembly practices for students and assists in the school office. Sr. Vinaya is always ready to represent the community at prayer services, masses, ordinations, jubilees, CRI meetings and other gatherings.

We pray that the Lord blesses their selfless sacrifice to the communities, congregation, church, and people. May they be granted peace, joy, and happiness. Their words of wisdom and dedicated lives continue to inspire many more in the days to come.

In closing, Cindy McDonald's words resonate with us as we honor our two elderly sisters: *"Aging is not an option, not for anyone. It is how gracefully we handle the process and how lucky we are, as the process handles us."*



Alone with none but thee my God



Keeping oneself updated with the signs of the time



One with Nature



Showing love, Support and affection for the young



Faithful in community spiritual exercises

A Heartfelt Connection:

My Journey with Sr. Mirabelle

Sr. Maria Rikta A.C

Carmel Convent, Pakyong



I first encountered Sr. Mirabelle on a train journey to Patna. At that time, I was a young girl traveling with friends, and she was the Provincial Superior. From the moment I saw her, I was inexplicably drawn to her. Her warm and friendly demeanor made it easy for us to strike up a conversation. She spoke with such politeness and genuine interest that I felt an instant connection.

Our conversation was unforgettable. Sr. Mirabelle's smiling face, modesty, and outstanding personality left a lasting impression on me.

Her pleasant and approachable nature was something I had never experienced before. I was fascinated by her words and actions; they were edifying and inspiring. It was in this brief encounter that I felt I had met Jesus in her.

That night, Sr. Mirabelle slept on the lower berth while I was on the middle berth. As I lay there, I found myself observing her. She seemed so holy, beautiful, and charming, with an angelic face. I believed, without a doubt, that I had met Jesus in Sr. Mirabelle. This incident remains one of the most beautiful and fresh

memories in my mind. She touched my heart in a way that I can never forget.

Inspired by Sr. Mirabelle, I decided to join the Apostolic Carmel. She became my guide in my journey of faith. As a Provincial, she was also my spiritual director. She understood me deeply and accepted me as her own sister. Throughout my life, she encouraged and supported me. The annual retreats I made under her guidance were the best I have ever experienced. Her genuine love and wisdom profoundly impacted me.

Sr. Mirabelle's positive contributions to the church, the congregation, and society are significant. Even now, as she is unwell and weak, I know Sr. Casilda is taking good care of her. I wish I could be there to care for my beloved Sr. Mirabelle. She

remains a precious gift from God to all who know her.

Through her art of living and speaking, Sr. Mirabelle entertained her sisters and kept everyone active and lively. She is an exemplary leader whom we all admire. Her loving and caring nature, along with her unique and wonderful personality, have done wonders for the people of God. I cherish her good deeds and words.

Sr. Mirabelle is a beautiful and pleasant person, a loving and caring sister, a wise and visionary leader, a creative and innovative educator, an understanding and perceptive guide, a holy and grace-filled nun, an effective and productive teacher, and a friend to all.

Thank you dear sister for touching the lives of many of us with your life giving ways!



“One day through the ROSARY and the SCAPULAR, I will save the world.”

~Our Lady to St. Dominic



Our Dear Departed

Sl.No.	NAME	DATE	RELATION	SISTER'S NAME
1.	Oliver Cardoza	02.01.2024	Nephew	Sr. M. Desiree
2	Austin Smith	15.01.2024	Brother	Sr. Marie Fay Smith
3	Mary K. J.	19.02.2024	Mother	Sr. M. Alexia
4	Jeronimus Kharbuki	24.04.2024	Father	Sr. Banshailang
5	Helna Baxla	02.05.2024	Sister-in-law	Sr. Coresipsa
6	Sr. Deepti Pudussery H.C.	09.05.2024	Sister	Sr. Maria Arpitha
7	Ignatius Rebello	11.05.2024	Brother-in-law	Sr. Maria Supreeka
8	Albinus Kharhuli	17.05.2024	Brother	Sr. Bertina Mary
9	Benny Lobo	23.05.2024	Mother	Sr. Maria Vera
10	Fr. Rossy Rego S. J.	01.06.2024	Brother	Sr. Mirabelle
11.	Gudu Lakra	03.06.2024	Brother	Sr. Mariam Lakra
12	Veronica Kullu	06.06.2024	Mother	Sr. M. Kumudini

CONGRAT

A Journey Remembered

Sr. M. Leela A.C
Mary Hill Convent, Mangalore

My journey of five decades as an Apostolic Carmelite
Is the record of God's unending mercies,
Like little child, I walked into the unknown,
Not knowing the hidden treasures that lay buried,
Step by step my Master led me through the fifty years.

Days of joy to balance my affliction,
Days of surprises to let go of disappointments,
Days of triumph to face my failures,
Days of sunshine to dry my tears.

I was gripped by the love of the Lord,
That nothing could separate me from His grip,
There were times of loss and times of gain,
Times that challenged, times that opened opportunities.

As I glance through the years that have passed,
My heart wells up with gratitude and praise,
To my Congregation for I received,
The sheltering tree that has been, building my strength anew,
Letting go my roots deeply into the rich soil of Carmel,
That bore fruit in due season along the way.

I did have many models to follow,
Mother Veronica our saintly foundress,
Old and pioneering sisters who held
the helm of the province,
Sisters in communities where I lived,
Staff and students, friends and well-wishers,
All pointed me to the Captain I followed.

Falling in love with Him whom my soul sought,
Found my joy and happiness that none could give,
Having drunk from the stream of God's delight,
I am satisfied and restful as a child in its mother's arms.

O Lord my God, how great art Thou!!! I bow in humble
surrender at your feet, For you are the glory of my life,
Step by step you taught me to climb Carmel's peak,
Setting a seal upon my heart with a love that is strong,
Now waiting for your plan to unfold.
To be lost in You in whom my soul delights,
Where there will be unending joy.



THE JUBILEE PRAYER

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us into tireless
cultivators of the seeds of the Gospel.
May those seeds transform from within both
humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever.

Amen.

Franciscus

