

Mary Ward Week - 2026

Nepal

Mary Ward as a Risk-Taker

February, 2026



From the Desk of the Regional Superior...

This year, Nepal Region joyfully celebrated Mary Ward Week-2026, with the inspiring theme, “Mary Ward as a Risk Taker.” The theme deeply touched hearts and captured the attention of our students, sisters, and staff, inviting all of us to see Mary Ward in a new and meaningful light. It encouraged us to reflect on her bold spirit, unwavering faith, and courageous decisions that shaped her mission. We are especially grateful to all who contributed their inspiring messages and reflections in the Mary Ward Week booklet titled “Looking into the Future: Mary Ward, the Risk-Taker.” Their thoughtful contributions enriched our celebration and helped bring the theme to life in a powerful way.

It gave us a new way of looking at Mary Ward’s life not only as a woman of courage, prayer, and faith, but especially as a woman who was willing to take risks for what she believed in. We reflected on her courage in times of suffering, her endurance in facing injustice, her strong convictions, her fight for women’s right to education, and her deep love for the poor. All these qualities show how boldly she lived her mission.

Throughout the week, our schools organized various programs, reflections, and prayers centered on this theme. The sisters also spent time in prayer and sharing, finding deeper meaning in the risk-taking spirit of Mary Ward. This theme encouraged our young students to step out of their comfort zones, to believe in themselves, and to take positive risks in life for truth, justice, and service. It gave them a renewed confidence to face challenges with faith and courage. Mary Ward’s life continues to inspire us in Nepal to live boldly, act justly, and trust in God in all circumstances.

– Sr. Vinita Mazhuvanchery

Our Foundress’ legacy lives on

Rare is the soul whose life burns with such efficiency that its light reaches across centuries.

To forge a vision into an eternal legacy requires a person of formidable spirit, one, capable of turning

a quiet dream into a living reality.

Such was Mother Mary Ward.

A master of the spiritual and the intellectual, she navigated the tempests of her era with grace, anchoring a lineage of successors who continue to breathe life into her timeless wisdom.

Each Year, dedicates a week to honour the legacy of our foundress Mother Mary Ward through the celebration of the Mary Ward Week, observed from 23rd January to 30th January as a tribute to her remarkable life as a visionary woman.

– Mrs. Jaya Subba

Mary Ward, Jhamsikhel

The month of January was joyfully celebrated in our school, honoring the life, legacy, and charism of our Foundress. During this time, the Mary Ward Compass action plan, “Being Grateful,” was actively practiced by students, teachers, and sisters. The Principal introduced the action plan in the assembly, encouraging gratitude through classroom activities. Gratitude charts with notes written by students and teachers helped foster reflection and thankfulness to God and one another.



In preparation for Mary Ward Week, a meeting was conducted based on the theme “Mary Ward as a Risk-Taker.” The teachers collaboratively planned various meaningful programmes. Throughout the week, the Painted Life of Mary Ward was explained in the morning assemblies, highlighting her faith, courage, and trust in God during hardships.

On 29th January, Mary Ward Week was celebrated with reverence and creativity. Students from UKG to Class V, guided by teachers and sisters, presented prayer services, maxims, poems, skits, songs, dances, and portraits, paying tribute to Mother

Mary Ward. The performances were inspiring and reflected her enduring values.



The teachers also shared uplifting reflections on Mary Ward's life. The celebration concluded with a song in her honor, leaving the school community grateful and inspired to continue living her values.

- Sr. Asha C.J

Mary Ward, Lubhu

Mary Ward Week was observed from 25th to 30th January, 2026 by the Friends of Mary Ward Unit to commemorate the life, values, and vision of Mother Mary Ward. The week began with an assembly by the FMW Students' Unit, featuring prayers, a skit, dance, and song depicting her early life. Sr. Amita explained the theme and emphasized the importance of courage, risk-taking, faith, and service in daily life.



Subsequent assemblies were conducted by Classes VI to IX, and the FMW Teachers' Unit, highlighting Mary Ward's contributions to women's education, her guiding maxims, and her final messages of love, justice, and prayer. Prayer services, hymns, speeches, and creative presentations helped students reflect on her enduring values.

Various activities such as writing the Mind and Maxims of Mary Ward, portrait sketching, chart making, poem writing in English and Nepali, and speeches were conducted throughout the week. The



programme concluded with appreciation from Sr. Amita, who encouraged students to practice Mary Ward's values in their daily lives.

- Ms. Ishori Amatya

St. Mary's, Gorkha

Mary Ward Week at Gorkha Unit was celebrated with deep enthusiasm, reflecting on the values of our foundress, whose birthday on 23 January remains a cherished occasion for our school community. The theme for the year, "Mary Ward: The Risk Taker," inspired students to explore values such as education, faith in action, leadership, freedom, integrity, and service through class-wise reflections and activities.



Each class was assigned a sub-theme and presented short prayer assemblies during the week, helping students connect Mary Ward's ideals with everyday life. The celebrations were enriched with morning reflections, a poster competition, and a special emphasis on academic excellence. Numerous competitions, ranging from debates, quizzes, choirs, and speeches to drawing, dance, spelling bees, and typing highlighted the talents and dedication of our students.

Teachers also contributed by preparing short video

reflections on Mary Ward, which were shared daily on the school's Facebook page. The winners of various competitions were awarded certificates and medals. Inspired by Mary Ward's spirit of compassion and generosity, the school organized



an internal fete to raise funds for those in need.

Mary Ward Week was a joyful and meaningful experience, transforming our school into a living tribute to a courageous woman whose legacy continues to inspire students even after 400 years. We feel truly blessed to celebrate her life and values with our young Mary Wardians.

St. Mary's, Biratnagar

-Sr. Amrita Francis CJ

The FMW teachers meaningfully celebrated 25th January with deep reverence and enthusiasm, commemorating the life of Mother Mary Ward, a visionary woman of faith, courage, and service.

The programme began with a heartfelt tribute, presenting Mary Ward's birth as a precious gift to the world and reminding students that each of them is also a unique gift with a special purpose. Special emphasis was laid on the value of gratitude, highlighting how Mary Ward imbibed love from her mother, service to the poor from her father, and sacrifice from her grandmother. These values were beautifully portrayed through miming and narration, making her life journey both meaningful



and engaging.

An interactive activity titled "What are you grateful for?" encouraged students to reflect on their blessings and express gratitude through sticky notes displayed on a gratitude board. The programme concluded with a soulful song comparing life to a sunflower that always turns towards the sun, symbolizing the teachers' commitment to uphold Mary Ward's legacy in their lives and teaching.



As part of Mary Ward Week, prayer assemblies were conducted by Classes II to IX, each focusing on one of Mary Ward's guiding maxims through prayers, quizzes, dance, drama, and music. The concluding programme by students of Class IX, titled "Her Voice, Our Mission", featured prayer, candle lighting, a short drama, and a musical performance, leaving a lasting impression on all.

Overall, the Mary Ward Programme was inspiring, reflective, and enriching, reinforcing the values of gratitude, love, truth, justice, service, and sacrifice among students and teachers alike.

- Ms. Shreya Shrestha

St. Mary's Pokhara

The school observed Mary Ward Week with a series of spiritual, educational, and social initiatives aimed at deepening students' understanding of the values of Venerable Mary Ward. The week served as a time of reflection, service, and renewal for both students and teachers.

The programme began with a special assembly organised by the FMW students' unit. Sr. Jessy introduced the theme for the year, "Mary Ward – Risk Taker," urging students to practise courage, integrity, and responsibility in their daily lives. Ms. Neelam, an FMW teacher, addressed the gathering and encouraged students to become cheerful and responsible individuals.

As part of the outreach activities, sisters, teachers, and students visited Annapurna Orphanage, where ration items were distributed and time was spent interacting with the children. Tracksuit sets were also distributed to students of a nearby government school, reinforcing the spirit of compassion and service.



Various student-centred activities were conducted during the week. Students of Classes 1 to 5 participated in portrait-making of Mary Ward, while Classes 6 to 10 reflected on her teachings through written reflections. Gratitude note-writing activities inspired students to express thankfulness and appreciation.



The week concluded with a prayer service conducted by the FMW teachers' unit, highlighting Mary Ward's courage and leadership. New members took their oath, and senior members renewed their commitment to live by Mary Ward's values.

Mary Ward Week proved to be a meaningful experience, inspiring the school community to uphold the values of courage, service, justice, and faith in daily life.

- Ms. Ruchi Bajracharya

St. Mary's, Jawalakhel

Mary Ward Week was celebrated in the school with great enthusiasm and devotion. The week began with a meaningful morning assembly, where teachers shared reflections on Mother Mary Ward's timeless maxims. A hymn dedicated to our foundress set a prayerful tone, filling students with gratitude and inspiration for the week ahead.

The celebration featured a variety of activities designed to engage students in learning about Mary Ward's life and values. Class 9 students led a prayer service highlighting the dispositions needed for all good works. The FMW teachers' unit presented a short enactment portraying Mary Ward and her companions, showing how they brought positive changes in the lives of young girls and women. Class 5 participated in a memory test based on her teachings, while Classes 8 and 9 engaged in a lively debate on "Integrity is more important than success." Class 6 enjoyed a quiz competition on Mary Ward's life and values, and Class 10 showcased their creativity in an inter-house wall painting competition illustrating her four virtues - Freedom, Sincerity, Justice, and Felicity. Class 7 shared their thoughtful interpretations of her maxims.

The week culminated in a deeply spiritual and memorable Promise Day, which became the highlight of the celebration. The atmosphere was filled with devotion as students, dressed neatly in their white shirts and crisp uniforms, gathered in the auditorium. Two teachers, elegantly clad in their pink FMW sarees, added to the solemnity of the occasion. Twenty students and two teachers took the solemn promise, pledging to live the spirit of Mary Ward through prayer, service, and a commitment to FMW values. Sr. Vinita, the animator, guided the students with thoughtful questions, and they responded sincerely, affirming their dedication to lead virtuous and purposeful lives.



The ceremony was further enriched with a short cultural dance, adding joy and vibrancy to the occasion. Sr. Deepa expressed her heartfelt thanks to all students and teachers for their dedication throughout the week. The Promise Day was witnessed by guest priests and the parents of our newly professing sisters, making it a deeply moving experience for all present.



Mary Ward Week inspired both students and teachers to reflect on her life and enduring legacy, encouraging everyone to embrace her words: “Apt disposition for all good works.” The week was a perfect blend of devotion, creativity, learning, and celebration, leaving a lasting impression on the entire school community.

– Aditi Baral and Athena Maskey



THANK YOU