



# Himalayan Echo



Vol: 120

**NEPAL REGION NEWSLETTER**

January-February, 2026

## From the Desk of the Regional Superior



“As we journey through Lent, we are invited to reflect on a simple yet profound question: do we love Christ more than the things of this world?”

In the Gospel according to St. Mathew (26:25), at the moment of betrayal, Judas asks Jesus, “Rabbi, is it I?” And Jesus replies, “You have said so.” That brief exchange reveals the mysterious depth of betrayal, something that does not begin outside of us, but within the human heart.

In his book, ‘In The Day Is Now Far Spent’, Robert Cardinal Sarah says, ‘The mystery of betrayal seeps out from the hidden folds of the human hearts’. It reflects that Judas is not merely a historical figure from the past. Judas is the name of a possibility that lives within each of us. Whenever our comfort, ambitions, security, or personal happiness become more valuable to us than Christ, we too “price” Him; just as Judas did for thirty pieces of silver.

How do we free ourselves from this subtle betrayal? Cardinal Sarah points us to another

Gospel scene - this time from the Gospel of John (21:15). After the Resurrection, Jesus asks Peter a piercing question: “Do you love me more than these?” This question must echo constantly in our hearts.

Archbishop Fulton J. Sheen, in his autobiography *Treasure in Clay*, writes that he often tried to answer this question, yet felt he could never fully respond to it in words. The only real answer, he suggests, must be given through one’s life. Judas answered with despair. Peter answered with tears and with renewed love. Both were weak. Both failed. But one turned inward in hopelessness, while the other turned back to love.

Ultimately, the question is not whether Judas once lived. The question is: Who lives within me? Each day, through our choices and priorities, we either betray Christ for lesser things or reaffirm our love for Him. The Lord’s question remains: “Do you love me more than these?” May our lives become our answer. – *Sr. Vinita Mazhuvanchery*

## Region Events: First Profession





On 30th January, as we commemorated the death anniversary of our dear Foundress, Venerable Mary Ward, our Region was blessed with two new members, Sr. Diana Sangtam CJ and Sr. Sarita Murmu CJ, who made their First Commitment to the Lord. Sr. Polrani Ghale renewed her vows on this grace-filled day. It was a grace-filled and memorable occasion, marking an important milestone in their religious journey.

The solemn Eucharistic celebration was attended by their parents, relatives, priests, religious, CJ Sisters from within and outside the Valley, and many parishioners who gathered to witness and pray for them. The Holy Mass was presided over by Rev. Fr. Silas Bogati, Apostolic Administrator of the Nepal Vicariate, and concelebrated by 29 priests. Among them were Fr. Philip Magh, Fr. Thomas Toretkiu parish priests of Sr. Diana's home parish, Fr. Jose Nellisery SDB from Manipur, and Fr. Pius Perumana, Chancellor of the Nepal Vicariate and parish priest of Sr. Sarita.

Their presence, together with priests, catechists, and family members who had travelled long distances, reflected the strong bond between the professing sisters and their home communities. The celebration was filled with prayer, gratitude, and spiritual joy as the Church rejoiced in the generous "yes" of these two young sisters. Through the homily, they were encouraged to remain faithful, joyful, and

steadfast in their vocation.

After the profession, both sisters spent a month with their families. A Thanksgiving Mass in Damak was organized for Sr. Sarita, where the small but vibrant Catholic community gathered in gratitude for the gift of her vocation.

A special thanksgiving celebration also took place in Kiphire, Nagaland, at Sr. Diana's home parish. Srs. Amita and Divya represented the CJ family at this joyful gathering. Sr. Diana's profession was particularly significant as she is the first religious nun from Kiphire Village, nearly 35 years after the arrival of the Catholic faith there. The Holy Eucharist was celebrated by Fr. Philip Magh, Fr. Thomas Toretkiu, Fr. George Antony along with several other priests from neighbouring parishes and was attended by village leaders, church members, youth groups, catechists, and faithful from surrounding villages.

A deeply touching moment came during the offertory procession when Sr. Diana, dressed in her traditional attire, symbolically offered herself to the Lord and handed over her ornaments to her parents. This gesture expressed her complete surrender to God's call and the loving support of her family. It was a powerful reminder of the beauty of a vocation generously offered in faith and love. – *Sr. Prathibha Palissery*

### St. Mary's Convent, Jawalakhel

The months of January and February were marked by energy, talent, and success for our students in sports, academics, and cultural activities at both regional and national levels. In tennis, Arya Paudel secured 1st Runner-Up at the Flash Sports National Junior Tennis in Buddhanilkantha, while in football, Aastha Jindal played a key role in her team's championship win at the ANFA Under-20 Tournament in Nuwakot. In badminton, Yumika Sampang Rai earned 1st Runner-Up in the Under-11 Girls' Singles at the All Nepal Open National Inter-School Tournament in Pokhara. Academically, four students excelled at the NCSQC in Pokhara, and two others won first and second prizes in an inter-school art competition at DAV School.

The +2 section celebrated its Annual Parents' Day on 14 January 2026 with joy and enthusiasm. The event featured prayer and welcome dances, a thematic performance reflecting the school's 70-year journey, and a one-act play on Helen Keller, inspiring resilience and determination.



The school welcomed the Chief District Officer (CDO) of Lalitpur, Mr. Prem Prasad Bhattarai for an orientation programme. He delivered an engaging and thought-provoking talk to the students, encouraging them to focus on their studies, develop their own identities, and make responsible life choices. He also strongly urged students to adopt healthy habits and confidently say "No to Tobacco," emphasizing the importance of self-discipline. The highly interactive session left students feeling motivated and inspired.

The outgoing students of Class X conducted a thanksgiving prayer service, acknowledging the strong foundation they built during their years at the institution and wishing them success as they embark on the next phase of their lives. The event was a beautiful expression of gratitude, as the students conveyed their sincere appreciation to the sisters, teachers and the entire Marian family for their unwavering guidance, support and encouragement throughout their formative years. – *Sr. Divya Kalamparambil*

### St. Mary's, Pokhara

We closed the year 2025 with hearts full of gratitude and stepped into 2026 with renewed faith and hope. Students and teachers were busily and creatively engaged in organizing a grand 3DI and Science Exhibition. A proud and memorable moment for our school was hosting the 19th National Convention of Student Quality Circle (SQC). All our teaching and non-teaching staff, along with student volunteers, worked tirelessly for the smooth flow of the programme. Nearly 700 students from over 60 schools participated in the convention. The highlights included case study presentations, panel discussions, and collage-making competitions.



Our students also brought laurels to the school by winning medals, shields, and certificates in various events such as running races, taekwondo, marathons, badminton, and dance competitions organized by the Municipality, Ward Office, and other institutions. In addition to these activities, students from Classes IV to XII had informative classes on cyber security conducted by Ncell

Foundation in collaboration with NAASA Securities. The Plus Two section also participated in a career counselling programme along with their parents. The resource persons were our alumnae, now established in various professional fields, who generously shared their experiences and guidance.

The month of February brought moments of relaxation and joy, as students from all classes, along with the teaching and non-teaching staff, enjoyed their class picnics and staff picnic at different locations.

On the occasion of Sr. Jessy's birthday, the teachers and students came together in a beautiful spirit of unity and compassion to raise funds to support a cancer patient with financial assistance. What made the celebration truly meaningful was the collective desire to transform a personal milestone into an opportunity to bring hope and relief to someone in need.



The school extended its outreach by contributing to the construction of two houses in the ward, using the funds collected through the school fete. This initiative not only strengthened our bond with the local community but also reflected our shared commitment to social responsibility and service.

The school also distributed tracksuit sets to 50 students of the neighbouring government school, bringing warmth, comfort, and joyful smiles to their faces. With gratitude in our hearts, we bid farewell to Sr. Neelu as she left for St. Mary's, Biratnagar. With hope, we continue to move forward. **-Sr. Jessy Puliyanthuruthel**

### Snehanjali, Godawari



As spring gently paves the way, we joyfully await the vibrant blooms and radiant colours that will soon grace our garden. The daily rhythm of the Formation House continues to inspire growth and creativity. The candidates are diligently learning the basic skills of playing the keyboard and guitar. With each passing day, their dedication becomes more visible, and we witness remarkable effort and steady improvement in their musical journey.



Sr. Sangita remains deeply immersed in her studies and writing her mid-term examination. Meanwhile, Sr. Regina finds joy in taking gentle strolls and lovingly caring for the house and garden. Sr. Karuna joyfully fulfils her responsibility of accompanying the candidates, juniors, and the youth of the Assumption Parish. Recently, the youth did quite well in their quiz on the Gospel of Saint Luke. Seeing their passion and dedication to reading and comprehending the Bible was a true delight. **-Sr. Karuna Shrestha.**

### St. Mary's, Gorkha

Mary Ward's birthday became a joyful and grace-filled celebration as sisters from Pokhara Community and other religious joined us for the Eucharist, fellowship, and a week of creative prayer services that deepened our faith and strengthened our unity in her charism.



While Sr. Amrita was away for the Principal's meeting, we had the entrance exam for the new students of class L.KG and U.KG. Srs. Catherine and Celine graciously conducted the interviews with warmth and patience, welcoming the young aspirants and their parents with kindness and encouragement.



Our house visits were truly meaningful and heartwarming. We had the joy of visiting the home of our coworkers, listening to their difficulties and struggles. We were also blessed to visit the home of the oldest person, who, in the early days, generously offered his strength and hands in building the very walls in our compound.

As each season gently settles into its own temperament, our flower garden and vegetable beds stand quiet and longing, parched by gazing towards the distant horizon. They wait with silent hope for the tender touch of the monsoon, when raindrops will awaken the sleeping buds and clothe the earth once again in vibrant hues of life and abundance - *Sr.Celine Arulanandhu*

### Mary Ward School, Jhamsikhel

The New Year dawned with a new beginning as school resumed after winter vacations. An action plan of 'Being grateful' was practised by the staff members and students. Each class prepared a chart and pinned gratitude notes onto it.



A picnic day was exciting for the entire school that visited the National Zoo. The children enjoyed watching different species of birds and animals as well as sharing food with their friends.

The school bid farewell to the outgoing students of class V. The students of class IV conducted a prayer service and organized a programme for their seniors and gifted each one a 'Token of love'. The outgoing students expressed their gratitude for the good values, support and all the knowledge that they received at Mary Ward School, Jhamsikhel.



A benefactor Mr. RR Shrestha, who is known to Dr. Lekha, an ex-student of St. Mary's accompanied by his family, distributed stationery items and delicious food to all the students in memory of his late wife, Mrs. Kamala Shrestha.

A special prayer for one minute was led by Sr. Asha to pray for the departed soul.



The students of class V, teachers and co-workers went for a picnic to Lakuri Bhanjyang. The spot 'Manmohan Park' was a wonderful place at a height, from where we could see a beautiful view of Kathmandu Valley. The children were happy with all the picnic fun, games, dances and especially the delicious food sponsored by the DAV Principal, who also sponsored the bus fare. Mary Ward School is grateful to our benefactor for her love, concern and generosity, and we pray for God's blessings upon her and the family. -**Sr. Asha C.J.**

### St. Mary's, Biratnagar

Christmas celebrations were short and sweet, sharing cakes and gifts with friends and neighbours. The church celebrations too were filled with a lot of fun and frolic, games and gifts for Christmas friends. Soon after Christmas, Srs. Marilyn and Polrani left for Kathmandu to make their annual retreat.

Our school was functioning in full swing in spite of the biting cold. Classes XI and XII had their term exams and enjoyed a few days of break. The festival of Maghe Sankranti is celebrated in its full spirit, eating all kinds of "Tarul" and other delicacies made at home. Our Sombari Hatiya (The weekly market) brimmed with Traul (yam) at very high prices.

Class picnics were organized and children returned home with lots of smiles and pleasant memories. An educational tour to Pokhara and Narayanghat by the students of class X left them with memories to fill their autographs and

Facebook page.

A 3DI exhibition was organized by the students of classes VI to IX in view of making the concepts clear to the parents. 3DI teachers were available for parents to clarify their doubts and answer any queries. On the same evening, the school staff and sisters went out for a dinner at Ratna Hotel – an overdue dinner meant for Christmas. Sr. Marilyn left for Siliguri to take part in the Principal's Meeting and returned having had a fruitful and impressive tour of some of the Salesian Institutions and other corporate schools. Srs. Polrani and Nancy joined the Parish Community for a picnic at Itarhari.



Lenten season has set in, reminding us of our need to pray, fast and give alms and turn away from our sinfulness. The Science, Art and Craft exhibition was a great success. A good number of students from other schools were invited to this program, and they were impressed by it.

A unique attraction this year was the food stall of +2 students as part of their management studies. The sale was great, but with no profit! A career counselling session was organized for the students of class X. Mr. Sandesh Shrestha, the resource person, spoke to them enthusiastically about the positive aspects of studying in a missionary school, as he himself is a product of the Christian Brothers. -**Sr. Margaret Mary**

### Mary Ward Convent, Lubhu

School reopened on the 12th January after the winter holidays. After having spent a few days with her ailing mother, Sr. Amita returned to join the school. Sr. Shobha returned refreshed and rejuvenated after making her annual retreat at Jawalakhel. Srs. Daisy and Edwina too returned after their home visits. Sr. Daisy was able to attend the silver jubilee celebrations of her priest brother. Sr. Edwina was able to attend the golden jubilee celebrations of her religious sister.

Sr. Shobha's birthday was celebrated with a meaningful Eucharistic celebration. CJ sisters from the valley communities and our Salesian community joined us in our celebrations. Mary Ward Week was observed in the community with special prayers.

Our novices, Srs. Sarita and Diana stayed at Lubhu and, under the able guidance of Fr. Xavier SDB, made a three-day recollection as an immediate preparation for their First Profession. Soon after their Profession, Sr. Amita, accompanied by Sr. Divya, went to Nagaland to participate in the Thanksgiving Mass of Sr. Diana at her home parish.



The students of Class X participated in a career counselling programme organised by the ASMAN at St. Mary's. The session was highly informative and inspiring. Two students of ours participated in a Basic Level Art Competition conducted by Mahalaxmi Municipality. They showcased their creativity and artistic talents with great enthusiasm. The Municipality also conducted a HPV vaccination programme for the

students of class VI.

The students of Class IX from St. Mary's School visited our school for their picnic and shared their joy with our students. The collaboration between the students of both schools was truly heartwarming. Both schools performed wonderful dances and actively participated in various activities together. As a kind gesture, the visiting students also gifted some sports items to our school.



Our School bagged the first prize in a Folk Group Dance Competition organized by the Municipality at West Wing School, in which twenty-five schools participated. The students were awarded with medals, a shield and a cash prize of Rs. 20,000/-. It was a remarkable achievement for our school.

Mary Ward School bid farewell to the Class X students with a meaningful programme organized by the juniors. Head Girl Priya Thapa expressed gratitude to the management, Sisters, and teachers for their guidance and care, while Sr. Amita, Principal, encouraged the students to face the future with courage and determination. The farewell concluded with a delicious lunch shared by all. **-Sr.Amita Valliyamthadathil**

### Mary Ward Convent, Sircia

January began with cold weather and a cold wave. After making her annual retreat, Sr. Mariette left for Patna to fetch our novices, Diana and Sarita. She was happy to meet many of our sisters of Patna Province and to spend some time there. Srs. Monica and Mariette attended the Annual General Body Meeting of the Co-operative Society.

Around 100 Crus Veer children of Sircia Parish and its sub-stations gathered for a two-day recollection at Tankisunwari. Sr. Mariette also joined the team as a resource person and spoke to the children on the Importance of the Holy Eucharist in our lives.

The new Salesian Provincial of Kolkatta Province, Fr. Sunil Kerketta, along with his Bursar, Fr. Jijo, visited us one evening during his visitation and spent some time with us sharing some of his thoughts on the development of the mission. Don Bosco School, Sircia, had their biennial sports day this year. Sr. Monica was busy preparing children for the different events. It was a good show, and many parents came to watch their children's performance. Our evening school children, around 30 of them, had a one-day picnic at a nearby fun park. The children enjoyed the different rides at the fun park as well as a good meal. Our boarders had an outing to Sundari Mela with Sr. Mariette and enjoyed the outing.

Our community bid farewell to Sr. Antoinette with a special Mass offered in our chapel, followed by supper with our Salesian fathers. The evening school children thanked their sister for all that she had done for their development and growth. They put up a small cultural programme under the direction of their teachers and expressed their gratitude.



Sr. Mariette was happy to celebrate her first birthday at Sircia along with the boarders, the Parish Community and our sisters from Biratnagar and Pokhara. It was truly a memorable day for her. **-Sr. Mariette Pinto C.J.**

### CJ Principals' Meet 2026



The Principals' Meet 2026, held on 14-15 February at Don Bosco School, Siliguri, was a deeply enriching experience for all of us. Guided by Sr. Vinita and warmly welcomed by Fr. Jose SDB, the principal of Don Bosco School Siliguri, India, six principals from CJ Nepal Region explored various schools' infrastructure, teaching methods, and administrative practices. Visits to Don Bosco, GD Goenka, and Mayur Schools provided practical insights into lesson planning, student mentoring, and disciplined systems, inspiring us to reflect on how we can strengthen our ministries and better serve our students and communities.



The second day focused on reflection, sharing ideas, and planning common programmes for the year. We also affirmed the Theme of the Year, based on GC 2022, key statement Apostolic Intentions: "Be Compassionate and Merciful towards one another," living Mary Ward's call to prioritize ministries and serve the poor. On behalf of all the principals, I thank Sr. Vinita, the host schools, each participant for their openness, collaboration, and dedication, a powerful reminder that our growth is deepest when we journey and serve together. **-Sr. Jeesy CJ, Education Coordinator**