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From the Desk of the Regional Superior



The past months have carried for us both turbulence and tenderness. The Gen Z protests that swept across the country stirred deep emotions, reminding us of the longing of our young people for a just and peaceful nation. As schools closed their doors and silence filled our corridors, our hearts turned in prayer for those who lost their lives and for families bearing the pain of loss. These moments became sacred pauses, occasions to reflect on the value of peace, dialogue, and understanding.



Amid these challenges, we were also blessed with moments of deep joy and thanksgiving. The Platinum Jubilee of St. Mary's, Jawalakhel, marking seventy years of the CJ presence in Nepal, filled our hearts with immense gratitude to God, who has guided us with providence and love. The celebrations became a living testimony to His faithfulness and to the tireless labour of the Sisters who planted and nurtured the seed of education in this land.

Amid these national and local moments, our Congregation now stands at a profoundly significant milestone in its history. It is with immense joy and gratitude that I pause to reflect on the long and grace-filled journey of the Companions of Mary Ward, a journey that has spanned more than four and a half centuries and is now approaching the long-awaited union of the Congregation of Jesus (CJ) and the Institute of the Blessed Virgin Mary (IBVM - Loreto Sisters).

Throughout history, Mary Ward's daughters have endured trials, fragmentation, and delay, yet the charism of unity she dreamed of never dimmed. That dream will soon be realized on 4th November 2025, when both branches will officially "MERGE"- a single body sharing one heart, one mission, and one hope.

As we, the Sisters of the Nepal Region, prepare for this sacred moment, our hearts are filled with gratitude for what has been and faith for what is to come. The Lord who began this good work continues to shape us through every experience, whether joy-filled celebrations, challenging transitions, or the steady rhythm of daily mission.

We are called now to co-create the future: to live our synodal spirit of listening, walking, and discerning together; to strengthen our ministries through collaboration and compassion; and to bring the light of Christ into the lives of those entrusted to our care.

May this season of unity, peace, and renewal rekindle in us Mary Ward's vision, that "women in time to come will do much" and may we continue to do much, together, for God's greater glory. – **Sr. Vinita Mazhuvanchery**

Platinum Jubilee Bells Ring in Seventy Glorious Years of St. Mary's, Jawalakhel

Marking seventy years of excellence in education and service, St. Mary's Secondary School, Jawalakhel celebrated its Platinum Jubilee with immense joy and pride on the 5th and 6th of September, 2025. The occasion also commemorated seventy years of the presence of the Congregation of Jesus (CJ) Sisters in Nepal, a milestone that speaks of faith, courage, and unwavering dedication to forming women of conscience, competence, and compassion.

The school premises resonated with festivity, nostalgia, and gratitude as Sisters, faculty members, students, alumni, and distinguished guests gathered to honour the inspiring legacy of Venerable Mother Mary Ward. The Jubilee celebrations showcased the school's remarkable journey through a blend of drama, dance, music, and narration, all creatively presented by the students.

In her keynote address, Sr. Vinita CJ, Regional Superior, expressed deep gratitude to the pioneering Sisters whose vision and courage laid the foundation of St. Mary's. She remembered with reverence and affection the pioneers, Late Srs. Benigna Wender, Marie Terese, Winefred Wogle, Francis Penzkofer, Benedicta D'Costa, Silveria, as well as all the past Principals whose invaluable contribution and untiring service helped the school grow into a hope of learning and moral formation in Nepal.

The highlight of the celebration was the school play, which beautifully wove together the life story of Mother Mary Ward, her pioneering efforts in women's education, and the adventurous beginnings of St. Mary's in Nepal.

Through engaging scenes, the play captured the Sisters' early struggles, their adaptation to the local culture, and their steadfast spirit of faith and service. It offered a meaningful and inspiring narrative of courage,

creativity, and resilience that continues to guide the school community today.

The two-day event was graced by the Honourable President of Nepal, Mr. Ram Chandra Paudel, and Mrs. Aarzu Rana, then Minister for Foreign Affairs and an alumna, whose presence brought immense honour to the celebration. The Mayor of Lalitpur Metropolitan City, Mr. Chiri Babu Maharjan, also attended and lauded the school's significant role in shaping generations of responsible citizens.



Under the visionary leadership of Sr. Vinita CJ and the meticulous planning of Sr. Deepa CJ, Principal, every aspect of the Platinum Jubilee unfolded with elegance and joy. The event stood as a living tribute to seven decades of grace, growth, and greatness, a journey of faith lived in service, education, and love for the people of Nepal.

As the Platinum Jubilee Bells rang across the campus, they echoed a profound sense of gratitude for the past, pride in the present, and hope for the future, reaffirming St. Mary's enduring mission to nurture hearts and minds for God's greater glory.

– Sr. Divya Kalamparambil

CJ Schools Unite in Prayer for Peace and Healing

In the wake of the Gen Z protests that swept across Nepal in September, the CJ schools across Nepal stood together in solidarity and prayer for the nation.

The week-long closure from 9th to 14th September brought a pause to normal

routines and prompted deep reflection within each school community. When classes resumed, special prayer services were held to remember those who lost their lives during the unrest and to pray for national peace, healing, and wisdom for the country's leaders.

At St. Mary's, Jawalakhel, students and staff observed a day of mourning, lighting candles and offering floral tributes in memory of the departed. Mary Ward, Lubhu, echoed the same spirit of compassion, as its community gathered in silence and prayer for harmony and reconciliation.

In Pokhara, the Gen Z movement brought an unexpected halt to the festive preparations for Children's Day and Dashain and Tihar, yet the school community transformed the moment into one of gratitude, reflection, and renewed dedication to study and prayer.

Together, the CJ schools turned a time of national unrest into a lesson in peace, empathy, and faith reminding every student that true education forms hearts that understand, serve, and hope for a brighter tomorrow.

– Sr. Prathibha Palissery

St. Mary's, Jawalakhel

The school is deeply saddened by the untimely passing of a beloved student, Sambriti Gautam, a bright learner of class VI, whose life was tragically ended with an accident in a construction area during the festive season of Dashain. The entire school community mourns this heartbreaking

loss. A special prayer service was held in her memory to pray for the eternal peace of her departed soul. Sambriti will always remain in our hearts and memories.

33 students participated in a Joint School Table Tennis Tournament at the National Table Tennis Centre at Lainchaur, hosted by Rosebud School. St. Mary's students excelled, securing first, second, and third place in the Senior Girls' Single category, as well as second and third place in the Junior Girls' Single category. Marians proudly exhibited their team spirit and athletic skills at the Sports Day Celebration of St. Xavier's, Godawari, by winning the Baton-Relay event.



St. Mary's community offered special prayers and blessings to honour Sr. Smitha, who faithfully served the Region as well as the School as the Region Treasurer and School Accountant, and a Teacher for the past several years.

The community and school wished her well as she is missioned to East Timor. Her tireless commitment to student welfare, the seamless operation of the Administrative Office, and the nurturing of a warm, respectful environment enriched lives in ways words can scarcely capture. As she embarks on a new chapter of her life, the St. Mary's family extends heartfelt prayers and best wishes for God's continued blessings, joy, and success in all her future endeavours.

At the same time, the school joyfully welcomed Sr. Marisa as the new school accountant. We extend our support and best wishes to her as she takes on this important role. Our community expressed heartfelt gratitude to Sr. Marisa for faithfully serving as our animator for the past five years, leading with understanding, patience, and unwavering dedication, and wished God's abundant blessings upon her new mission.





We joyfully welcomed Sr. Rufina as our new community animator after being officially installed by Sr. Vinita, and we look forward to working together under her guidance, confident that her dedication and care will strengthen our community.

Marians celebrated the vibrant festivals of Dashain and Tihar through meaningful prayer services conducted by the students of class IX that were marked by reflective prayers and joyful celebrations.

During the festive holidays, Sisters from the community joined the annual retreat at Pokhara, while others went on home visits. Srs. Deepa and Prathibha, along with the teachers and students, went on an educational trip to Thailand. It was a wonderful experience full of learning, fun, and discoveries.

– Sr. Divya Kalamparmbil

Snehanjali, Godawari

As winter begins to embrace Godavari, a gentle chill graces the mornings and evenings. The candidates are busy with their daily routine, enjoying regular physical games, and visiting Catholic families to pray together. Srs. Regina and Sangita had a blessed time with the Lord during their annual retreat.



Sr. Karuna, together with Sr. Charlie, traveled to Tadi for a youth camp that blossomed into a remarkable celebration of faith. The event drew around 500 enthusiastic young people from parishes across the Vicariate, creating a vibrant atmosphere of joy and spiritual renewal. It was a truly inspiring experience to be among the youth from different communities, united in their faith and energy. After the camp, they continued their



journey to Nagaland and Shillong for vocational fostering. The trip proved to be both hopeful and enriching, as they encountered many young hearts eager to listen and respond to God's call.

– Sr. Karuna Shrestha

St. Mary's, Biratnagar

The Gen-Z andolen brought all our September activities to a standstill. The students and teachers had been preparing for the Annual Parents' Day event, which was scheduled for the 19th and 20th Sept. The terror created in the entire nation traumatized every one and the school was closed for safety and protection, and the Parents' Day Celebration was postponed to December.

After the reopening of school, a fitting condolence service was organized to pray for all those who lost their lives during the protests. The unit tests were postponed to be held before Dassain holidays.

Sr. Rufina, our community animator, was given a fitting farewell by the school, the parish



the community, recalling all her services and thanking her for all that she has been. She left for Kathamandu to take up her new mission.

As soon as Sr. Margaret Mary returned after her home visit, she was installed as the superior of St. Mary's, Biratnagar community by Sr. Vinita, on the 24th of September. Immediately after the installation, Sr. Marilyn left for her home visit.



The school closed for a month-long holiday for Dassain, Tihar, and Chhath, the august festivals of Nepal. During the Tihar holidays, some of our teachers visited us singing "Deusie re". We went round the town on Diwali night to enjoy the beautiful illuminations. The entire Biratnagar looked spectacular, colorful, and alive!!! We also spent some time with our sisters in Sircia as we went there to wish Sr. Monica on her Birthday.

Sr. Nancy went to Pokhara to make her retreat, leaving behind Srs. Margaret and Polrani to hold the fort. During the holidays we visited our Loreto Sisters at Dharan. Unfortunately we could meet only one sister, Sr. Shakuntala. We had lunch with her and enjoyed a very good conversation - lots of fun and lughter.

- Sr. Margaret Mary Vettickapallil

St. Mary's, Pokhara

The months of September and October have brought a vibrant blend of learning, celebration, and exploration; a time for our sisters, staff, and students to shine in their studies, rejoice in our beautiful festivals, embark on new journeys, and take an inward path of self-reflection and prayer.



The holidays were not just a time for rest but also for meaningful exploration. Some of our high school students had the enriching experience of an educational trip to Japan, while students of class X set out for educational exposures to Kolkata, Bandipur, and Gorkha. These trips offered them opportunities to learn beyond the classrooms.

During this period, the Region also hosted its first annual retreat for the sisters, led by Fr. Ravi Sagar, SJ, from the Kohima Province. Twenty CJ sisters and two St. Anne's sisters from East Nepal participated in this deeply spiritual experience, held in our own house. Following the retreat, our community organized a rejuvenating trip for some of our sisters to Mustang, a district renowned for its breathtaking natural beauty cascading waterfalls, snow-clad peaks, rugged mountains, and lush apple orchards.



Our community also joined hands with the parish for the family rosary throughout October. The Month of Rosary concluded beautifully in our house, where all the parishioners gathered in a heartfelt procession, praying the rosary with deep devotion and unity.

Our school also responded with compassion to the cries of those in need, reaching out to support the flood victims in Sadakbari.

– Sr. Jessy Puliyanthuruthel

Mary Ward, Lubhu

The community had its monthly recollection guided by Sr. Shobha on the theme “Shadows of Religious Life”. Sisters Edwina, Daisy, and Amita made their annual retreat in Pokhara. After the retreat, Sr. Amita joined the Pokhara Community to Mustang for sightseeing. She enjoyed the scenic beauty of the Himalayas, the Natural beauty of Dhumba Lake, Muktinath Temple, Jomsom airport, horse ride, and fresh apples from the garden. Sr. Shobha left for Kerala for her home visit, and

Sr. Daisy traveled to Kerala and Allahabad. Sr. Amita attended the Nepal Catholic Association Principals’ Meeting at Godavari.

The Mahalaxmi Municipality-Wide Inter-School Basic Level Solo Folk Dance Competition was held as part of the Silver Jubilee celebrations of West Wing Secondary School. Kanjan Magar a class VIII student everyone proud by securing second position.



Essay Writing Competition in both Nepali and English was conducted was conducted for classes IV to X, and classes I to III had Mental Maths Competition. All the winners were awarded.



Four students from Class IX participated in the Model United Nations (MUN) hosted by St. Mary’s School, Jawalakhel. The experience offered valuable insights into diplomacy, leadership, and global affairs.

A parent-teacher interaction was held for parents of Class X to help the parents and teachers evaluate the performances of the students. Sessions on the Mary Ward Compass were conducted by Sr. Amita for the sisters and teachers to deepen the understanding of its eight markers.

A meaningful Tihar Assembly was conducted by the students of class VII under the guidance of their class teacher, Ms. Bagwati.

Sr. Amita’s message for her students ...

“Tihar is not just a festival of lights, it is a celebration of hope, harmony, and the triumph of good over evil. This festival should help us to remove the darkness from Our hearts, the darkness of hatred, jealousy, anger, and ignorance. Let this Tihar inspire us to become better individuals, to show kindness, to speak truth, and to spread positivity in our families, our society, and in the world around us.”

Sr. Amita asked the students to carry the spirit of Tihar in their lives through compassion and hardwork.



Being the month of the Rosary, sisters joined the Catholic families in praying the rosary. It was a wonderful opportunity to meet and interact with the parishioners.

We were happy to welcome the Apostolic Nuncio to our parish in Lubhu. He presided over the celebration of the Holy Eucharist and met with the faithful, bringing great joy to them. We, the sisters, were delighted to have him join us for breakfast. The Nuncio also visited our hostel girls, and they were happy to interact with him. He was accompanied by Fr. Silas, the Nepal Vicariate Administrator, along with four other priests from the parish.

– Sr. Amita Valliyamthadahil

St. Mary's, Gorkha

The month of September was filled with vibrant festivities and heartfelt moments. We began with the joyful Teej festival, where graceful dances and melodious songs filled the air with celebration and togetherness by our students and Teachers. Alongside, we held an exciting Spelling Contest for the enthusiastic students, depicting their



talents with bright smiles and eager hearts. The school resonated with laughter and cheer as we celebrated Children's Day, a day devoted to



the pure joy and innocence of our students. Their radiant smiles and boundless energy made the day truly memorable.

At the end of the second term examination, we were blessed with a long and refreshing holidays. During this delightful time, our Sisters Clotilda and Lilian from Pokhara graced us with their loving presence for a week. Together,



we embarked on a day of outing to Bacchek, Bandipur, and the charming Gorkha Bazar, where every moment was wrapped in laughter, scenic beauty, and the warmth of friendship.

– Sr. Celin Arulandhu

Mary Ward Convent, Sircia

This year, the 8th September was marked special as we had our guests from Patna, Srs. Marcella and Helen and they were accompanied by our sisters from Biratnagar. The welcome of our sisters was

also combined with the farewell of Sr. Rufina.

Marking various occasions and very specially the birthday of our Mother Mary, a high tea was hosted at Sircia community for all our sisters and Parish fathers.

Sr. Mariette made a short visit to her home on an emergency. She accompanied a Catholic woman from Sircia Parish who was willing to help her aging parents with the household work. Srs. Antoinette and Monica made their annual retreat at Pokhara and returned home refreshed. During their absence, Sr. Mariette stayed back home with the new cook.

The warning of thunderstorm and heavy rain after Dashain made her anxious and worried to keep the animals and birds in safe places in case the cyclone gets rough. The next day, the rainfall was less, but one could hear continuous sounds of a Siren, warning the people living on the banks of the river to evacuate, as the river level was rising after the 57 gates of Koshi Barrage were opened. By the grace of God, we were all safe.



The students of the evening School had a Rangoli competition on our campus. They were happy to use colors and draw different patterns. Sr. Monica left for her home visit as soon as the school closed for Tihar and chaatt holidays. In the evenings, Srs. Antoinette and Mariette join the neighbourhood families to pray the Rosary every day.

It is beautiful to see our paddy field turning golden and the crop getting ready for harvesting.

-Sr. Mariette Pinto C.J.



Snapshots of a Blessed Journey - 70 Years of Mary Ward's Vision Alive in Our Mission."



□ **Thank You** □