

Morning Star

Apostolic Carmel- Sri Lanka Province

Volume IX

July - December 2017

Choose to Shine

“Attitude is a choice,
Happiness is a choice.
Optimism is a choice.
Kindness is a choice.
Giving is a choice.
Respect is a choice.
Whatever choice you make
makes you.
Choose wisely.”

- Roy T. Bennett

With you I shall go...



GOD chose to be WITH US
Let us be God to one another
Choose...
to accompany
to care for anyone in need
to share our gifts and lift up others
to appreciate
to encourage
to sow seeds of joy ...

Special Events

Memories Linger

A bouquet of experiences still linger in the hearts of the Sisters of Sri Lanka A.C Province after the three phased visits of our dear Superior General, the Secretary General and the Bursar General. They spent 2-3 days in each community, attending to each sister and every aspect of the community.



Sister Provincial visits Pakistan

Sr. Rubika our Provincial Superior during her Canonical visitation to Pakistan met our 16 Sisters- of four Convents -Lahore, Issanagri, Gujranwala, Lidhar, and also the nine schools run by them, in the month of September 2017. The outcome of this visit was the joy experienced, awareness of their mission, the challenges they face, and the need of sisters volunteering to work in Pakistan to strengthen our mission there. It served above all to strengthen the bond of love and renewed the family spirit.



Rubies 2017

Sr. Mabilia and 25 Ruby Jubilarians visited Sri Lanka in August 2017. They visited most of our convents and were warmly welcomed by the communities they visited. They came to know more about the different ministries our sisters are involved in various parts of the island.



Provincial Councillor meets A.C.As

Sr. Dhayalini the Councillor in charge of Social Apostolate visited 20 ACA Units in the Province together with their animators. It was with the intention of renewing the spirit of the ACA s. Her sessions started with a Holy hour continued with one input session. This did strengthen and rekindle the missionary spirit in the participants.



A.C. Teaching Sisters' Seminar

A very effective two-day Seminar was organized by Sr. Deepani the Councillor in Charge of Education. It was held on 14th -15th October 2017 at Eymard Campbell Retreat House, Hanwella, with the intention to enhance the leadership skills of the Teachers. 50 AC Sisters who are engaged in schools, participated in the event. Inputs given by Dr. J. M. Nilam on creating better citizens through healthy childhood, by Sr. M. Kathleen A.C on Pro-Life, sharing of experiences by some of our sisters and a Yoga session.



English Programme

A three day programme was conducted by Sister Carmella from August 2017 at Divya Darshana and a two day programme was organized by Sr. Christella from 28-29th November 2017 at Trincomalee for our Junior Sisters to enhance their knowledge of English. It included special tips to prepare for the O/L exam on English Literature in December 2017. Rev. Fr. Annistan S.J. was the main resource person at Trincomalee.



Answers to the QUIZ on Our Foundress Venerable Mother Veronica

1. Summit
2. Will
3. Silence
4. God
5. All
6. Humility
7. Keeps
8. Truth
9. Solitude
10. Pious
11. Cross
12. Delight
13. Small
14. Nothing
15. True
16. Joy
17. Real
18. Lot
19. Guide
20. Poor
21. Charity
22. Good
23. Seek
24. Singular

Hearty Congratulations to all the Participants!

Sr. Dinithi, Carmel Piyuma, Wanathamulla
The Sisters, Sacred Heart Convent, Chilaw
Sr. Anne Marie, Province Infirmary, Dematagoda
The Sisters Carmel Convent, Jaffna



Empowerment Programme



An Empowerment programme was conducted for the families of prisoners of Welikada prison, at Holy Family Convent, Wennappuwa from 19th - 21st December 2017. There were 30 participants including the wives and children of the prisoners. Sr. M. Dinithi A.C. And Sr. Maureen HF organized it together with the prison Chaplain Rev. Fr. Julian Patrick. The input sessions included legal aid, meditation, recreation, personal sharing and discussion.

Mother Veronica's Project - Sing Along Fund raiser

Sister Pierre was desirous of helping the family in the picture who are going through much hardship without a house. Since their 7 year old daughter is suffering from an incurable disease and must be taken for treatment to the LRH on a weekly basis, it is hoped to provide this house in the Colombo District, enabling them to make ends meet in this perilous situation.

Inspired to reach out to this destitute family, together with the Apostolic Carmel Associates Sister Pierre organized a Sing Along Fundraiser on the 16th of September, with the idea of providing this house with the proceeds.

The show went off well and concluded on a great note of success, being attended by a versatile participatory audience who, from the very onset was ever ready to join in singing along with the bands and artistes. Many guest artists and amateurs joined in making the event more entertaining. Among the artistes were, Thilak Perera, Sureshni Wanigasekera, Derek de Silva and Billy Fernando with Nushika of "Twoforttwo". There were amateur singers too on the band stand leading the audience, while we had the students of Vishwarupa Dance Academy from Moratuwa doing their part of exhibition dancing to most of the Sinhala numbers

.Sister Pierre and the ACA are grateful to all who joined hands in support of this worthy cause, and are on the lookout for a suitable house for an appropriate cost and look forward to more generous contributions to tide over the balance deficit in funds to achieve the goal of giving a better life to this family.



The lady we intend to help with her two children

Carmel Seth Pahana, Katubede, Moratuwa .

Don't make ASSUMPTIONS.

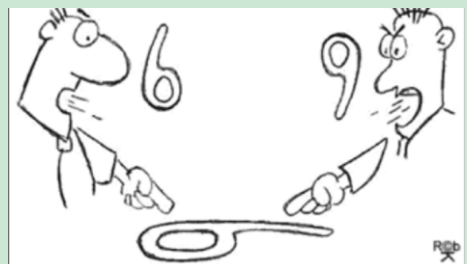
Find the courage to ask questions
and to express what you really want.

Communicate with others
as clearly as you can

to avoid misunderstandings, sadness and drama.

With just this one agreement,
You can completely
Transform your life.

Miguel Angel Ruiz



‘Christmas the origin of love’

State Christmas programme 2017 was conducted in Trincomalee. His Excellency Maithripala Sirisena, President of the Democratic Socialist Republic of Sri Lanka was the chief guest. It was organized under the auspicious of Hon Mr. Amaratunga, the minister of Religious Affairs, on the Theme ‘Christmas the origin of Love’

The streamlined programme started with the opening prayer led by the Christian group and the students of St. Mary’s College, Trincomalee gave the welcome dance. Carols were sung by almost 30 Marians in all three languages. Finally the President gave the key note address and thanked everyone who helped to organize the State Christmas programme.

Sr. M. Christella A.C. Trincomalee



News and Updates - AC Postulants 2017

Community Experience



As Postulants we had the opportunity of working in different communities for two weeks. They were the Home of Compassion, Provincial Infirmary and the Crèche. While we were caring for the elders, the poor children and our own dear elderly Sisters, we felt proud of our Congregation for their dedicated service. We realized the value of our call to be in touch with our broken society. Working with those people, we were much enlightened to encounter God’s blessings.

We thank our Provincial Superior and the Team for the great opportunity we received to see and experience the mission of our Congregation in a miniature.

The 21st of November was a very special day for us. We celebrated the Feast of the Presentation of the Blessed Virgin Mary. The day was filled with blessings in galore and it became a memorable day. We are grateful to our dear Sr. Charmaine, Sr. Stella Maria and the Sisters of the Community for enabling us to enjoy a grace filled day. We value all the prayers which prepared us to walk in the footsteps of Mother Mary. Following in our Mother's footsteps we are determined to walk with more enthusiasm to taste the AC way of life.

In the footsteps of Mary



Outreach Programmes to Promote Vocations

A vocation exhibition was held on 4th November 2017 on the National Day of St. Joseph Vaz at St. Anthony's Shrine, Wahakotte. The CMRS organized a common stall for all the Congregations. The life of St. Joseph Vaz, St. Vincent de Paul, ASIPA, and the Charisms of different Congregations were highlighted. Almost 25 AC Sisters from different parts of the Island participated in it.



On 17th and 18th November the Kalutara Denary organized a vocation Exhibition to encourage and enthuse young girls and boys to join priestly and religious vocations. Sr. Thiagi with the help of others organized the A.C. Stalls.

Another vocation programme was organized by the Gampaha Denary. Sister Priyani together with the community at Gampaha and the candidates prepared the AC stall together with sisters Rangika and Dilusha. AC sisters from the convents in Colombo also participated in it and encouraged the young girls. It was held on 11th and 12th of November at St. Jude's shrine, Indigolla.



'Amen' - Christmas cum Vocation Promotion

All Saints' College, Colombo 10, held their Christmas Programme on 8th December 2017 based on the 'Fiat' of Mary and the call of a young girl to Religious Life.

The Call of God and the struggle to respond to His call in the midst of uncertainties was depicted in the form of a drama. It touched the hearts of the audience since it was a story of an inner struggle between flesh and spirit which any human being would go through. The dances and ballet added meaning and colour to the programme.



News and Updates - AC Candidates 2017

A day with grandparents at the Home of Compassion 18th September 2017



A unique experience of the love of Jesus at 'Supuwath Arana' on 24th March.



Our festal celebrations keep us joyful.



Spending a Day at Tewatte on 13th Sept.- to gaze at our Beloved.



Welcome to our Shepherdess Sr. Susheela, Superior General. - Your presence enhanced our joy



Had a joyous time meeting the Rubies on 18th Sept. 2017



Outing at Trincomalee to enjoy the rising sun, the beaches and above all the love of the sisters on 12th July.



Encountering our sisters at the Infirmary at Dematagoda on 18th Sept. They expressed the joy of their past spent with fruitfulness.



Our prayerful support and constant accompaniment is with you our dear Junior Sisters as you renewed your Commitment to the Lord on 23rd December 2017 at Fatima Retreat House, Lewella



Encouraging the Young

Live Exhibits

The students of Carmel Balika, Chilaw who offer Christian Culture as a subject in grade 13 had an exhibition with the guidance of Sr. Rangika. There were alive exhibits.



The students had an experience of working in groups sharing their views and talents. It helped them to develop a team spirit. They also gained knowledge in Scripture, Sacraments and the lives of saints. Students from nearby schools came to see the exhibition with their teachers.

New Inventors Exhibition

The talented students of All Saints' College, Colombo 10 had the honour and privilege of holding an exhibition with their creative and innovative ideas. This exhibition was organized by the New Inventors' Club for the first time on the 1st of November 2017 adding pride and honour to their Alma Mater on her feast day.

The exhibition comprised of goods produced by the students which could be used in our day today activities. The prizes and certificates were awarded to the concepts that were new, original and practical. Accordingly the enthusiastic future scientists of the 21st Century produced a match box which can be handled even with a wet hand. She won the 1st place. The 2nd place went to a cap with a phone charger. The 3rd inventor produced an automobile shoe polisher. There were other surprising inventions such as a sewing machine fixed to a bicycle, vacuum cleaner with a plastic bottle, garbage collector, waste management system, portable light post, hair drier, a fan for the lap top user, air conditioner, jewelry box with a secret drawer.

The assistance of the Institute on Engineers was great in this regard. Hats off to the teacher in-charge of the New Inventors' club Mrs. Ashanthi Seneviratne who took up the challenge and the new dream came true. Congratulations to the young innovative Saints who made it possible and brought glory to All Saints' College.



Connecting with Community

Joyful Service

The entire community of Polgahawela is engaged in several Apostolates in carrying out their mission. Our outreach programmes include

The main Parish at Pogahawela

Teaching Catechism, Preparing adults for Sacraments, zonal meetings, preparing children for First Holy Communion, distribution of Holy communion and house visits which are seen to by Sr. Lakmali.

Udapola Estate

Sr. Mercy Jasmine visits them twice a week, conducts A. C. As and Carmel Blossoms meetings, enthrones the Sacred Heart picture in homes, visits houses, distributes Holy Communion to the sick, helps at the church feast, organizes various programmes for Udapola parishioners and children, and sees to the spiritual and human needs.

Sr. Rosemalar accompanies Sr. Jasmine in her parish apostolate. She also goes to Kurunegala Mawathagama International School thrice a week to teach Catholicism to the R.C. and different other Sects, children over there from Grades five to eleven and conducts programmes to uplift and build unity among children.

Allowa parish Apostolate is entrusted to our dear Sr. Anita who sees to the spiritual and human needs of this small sub station. Besides, she is fully in charge of our Pre School. Sr. Lakmali, the superior is in charge of the hostel where there are only seven boarders and a working girl. Although the hostel cater to neglected young girls of the area to give them a bright future, it is open to all the children from any part of the Island.

Lourdes Convent, Polgahawela



Be simple... Feel at Home...

One day while I was traveling, I saw a sign board, where a group of youth were running and it was written ***'Oh men where are you running?... I'm in search of myself'***.

Not only the youth, but each one of us, specially so called 'religious' too are on a constant race. From dawn to dusk, we work as machines in the name of mission. Often we forget the simple way of living. We don't wait to admire the simple joys of life ; a gently opening bud, dancing of leaves, flapping and singing of birds... Even we fail to relish the food we consume, but gulp in a hurry. We have become insensitive to the pain of our own and of others, that we don't see a drooping plant thirsting for a drop of water. Where is our identity, our purpose of life, where is our real search in life? By the fast and instant way of life, we find nothing except a weary, drooping and tiresome self at the end of the day. Joy, enthusiasm, creativity, belongingness are far beyond us.

Let us come Home- feel happy and fulfilled in our commitment. We are unique. Let's go deeper into the search of our own self. Let us walk on this mother earth gently, respecting everyone and everything, embracing both friends and enemies. Let me create a difference in me and around me.

„Simplicity is feeling At Home & At Home is ALL ARE IN LOVE'

Sr. M. Sujanthini A.C.



Congratulations on your Jubilee

Well Done, my good and faithful servant

Matthew 25.23

75
Platinum

Sr.M. Theonilla - 7th January
Sr. M. Niceta - 24th May

60
Diamond

Diamond Jubilee

Sr. M. Laeta - 3rd January
Sr. Stella Maria - 9th September

50
Gold

Golden Jubilee

Sr. Maria Regina - 21st May
Sr. M. Tilda - 21st May
Sr. Marie Enid - 21st May
Sr. Helen Teresa - 21st May
Sr. M. Lucrece - 21st May
Sr. M. Constantine - 21st May
Sr. M. Carmella - 21st May
Sr. John Marie - 8th September

40
Ruby

Ruby Jubilee

Sr. Margaret Moses - 6th January
Sr. Jennette Rajasekara - 6th January
Sr. M. Roselind - 6th January

Silver
25

Silver Jubilee

Sr. M. Priyadarshani - 9th January
Sr. M. Nishani - 9th January

Perfect Joy

One day in winter, as Saint Francis was going with Brother Leo from Perugia to Saint Mary of the Angels, and was suffering greatly from the cold, he called to Brother Leo, who was walking on before him, and said to him: "Brother Leo, if it were to please God that the Friars Minor should give, in all lands, a great example of holiness and edification, write down, and note carefully, that this would not be perfect joy."

A little further on, Saint Francis called to him a second time: "O Brother Leo, if the Friars Minor were to make the lame to walk, if they should make straight the crooked, chase away demons, give sight to the blind, hearing to the deaf, speech to the dumb, and, what is even a far greater work, if they should raise the dead after four days, write that this would not be perfect joy."



Shortly after, he cried out again: "O Brother Leo, if the Friars Minor knew all languages; if they were versed in all science; if they could explain all Scripture; if they had the gift of prophecy, and could reveal, not only all future things, but likewise the secrets of all consciences and all souls, write that this would not be perfect joy."

Perfect Joy cont...

After proceeding a few steps farther, he cried out again with a loud voice: "O Brother Leo, thou little lamb of God! if the Friars Minor could speak with the tongues of angels; if they could explain the course of the stars; if they knew the virtues of all plants; if all the treasures of the earth were revealed to them; if they were acquainted with the various qualities of all birds, of all fish, of all animals, of men, of trees, of stones, of roots, and of waters - write that this would not be perfect joy."

Shortly after, he cried out again: "O Brother Leo, if the Friars Minor had the gift of preaching so as to convert all infidels to the faith of Christ, write that this would not be perfect joy."

Now when this manner of discourse had lasted for the space of two miles, Brother Leo wondered much within himself; and, questioning the saint, he said: "Father, I pray you teach me wherein is perfect joy." Saint Francis answered: "If, when we shall arrive at Saint Mary of the Angels, all drenched with rain and trembling with cold, all covered with mud and exhausted from hunger; if, when we knock at the convent-gate, the porter should come angrily and ask us who we are; if, after we have told him, "We are two of the brethren", he should answer angrily, "What you say is not the truth; you are but two impostors going about to deceive the world, and take away the alms of the poor; begone I say"; if then he refuse to open to us, and leave us outside, exposed to the snow and rain, suffering from cold and hunger till nightfall - then, if we accept such injustice, such cruelty and such contempt with patience, without being ruffled and without murmuring, believing with humility and charity that the porter really knows us, and that it is God who makes him to speak thus against us, write down, O Brother Leo, that this is perfect joy.

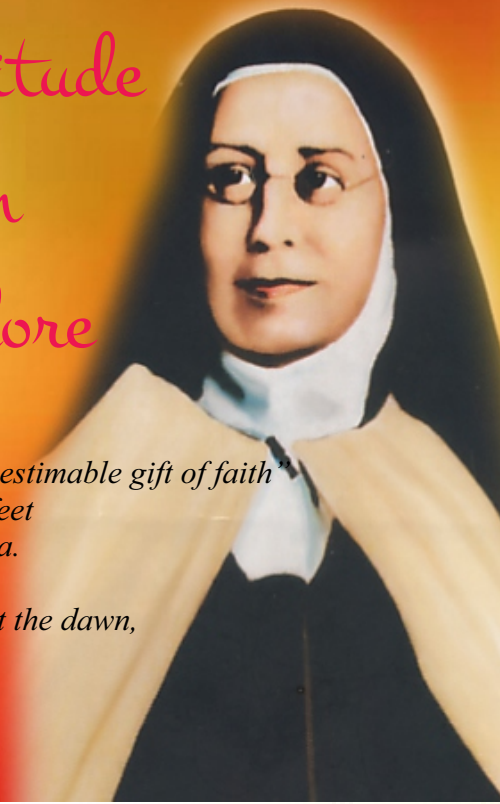
And if we knock again, and the porter come out in anger to drive us away with oaths and blows, as if we were vile impostors, saying, "Begone, miserable robbers! to the hospital, for here you shall neither eat nor sleep!" - and if we accept all this with patience, with joy, and with charity, O Brother Leo, write that this indeed is perfect joy. And if, urged by cold and hunger, we knock again, calling to the porter and entreating him with many tears to open to us and give us shelter, for the love of God, and if he come out more angry than before, exclaiming, "These are but importunate rascals, I will deal with them as they deserve"; and taking a knotted stick, he seize us by the hood, throwing us on the ground, rolling us in the snow, and shall beat and wound us with the knots in the stick - if we bear all these injuries with patience and joy, thinking of the sufferings of our Blessed Lord, which we would share out of love for him, write, O Brother Leo, that here, finally, is perfect joy

And now, brother, listen to the conclusion. Above all the graces and all the gifts of the Holy Spirit which Christ grants to his friends, is the grace of overcoming oneself, and accepting willingly, out of love for Christ, all suffering, injury, discomfort and contempt; for in all other gifts of God we cannot glory, seeing they proceed not from ourselves but from God, according to the words of the Apostle, "What hast thou that thou hast not received from God? and if thou hast received it, why dost thou glory as if thou hadst not received it?" But in the cross of tribulation and affliction we may glory, because, as the Apostle says again, "I will not glory save in the cross of our Lord Jesus Christ." Amen. To the praise and glory of Jesus Christ and his poor servant Francis. Amen. [Http://www.missa.org/joie_parfaite_e.php](http://www.missa.org/joie_parfaite_e.php)

As we are treading towards
our sesquicentennial Year of its existence
(Triple Gold), 1861-2017

Mother Veronica's tireless labour of love and
God's relentless love above
Urged her to vision
"A Carmel for the Mission"
As "action Contemplation"

Gratitude
in
Galore



*The Apostolic Carmel Congregation
Stands as an edifice in preparation
to celebrate around the world.*

"Eternity is not enough to thank God for the inestimable gift of faith"

*Yes, we remember gratefully all those blessed feet
that touched our soil as missionaries from India.*

A tribute of love and gratitude

Rise up to heaven, we with hope and love await the dawn,

The AC band in heaven ,

To intercede so that our Revered Foundress

Soon to be raised to the honours of the altar.

Sr. Fatimanayaki A.C.

Fondly remembering our departed dear ones

Sr. M. Adelina	Brother	Mr. M. J. Emmanuel	26. 07. 2017
Sr. M. Dilukshi	Father	Mr. Joachim J. Pathinathar	26. 07. 2017
Sr. M. Liliosa	Brother	Mr. M. S. Devathas	28. 07. 2017
Sr. M. Lorraine	Sister	Ms. Lily Porelinthina	06. 08. 2017
	Brother	Mr. Victor Emmanuel Perera	07. 10.2017
Sr. Dharshika	Sister	Mrs. M. Dona Mary Anasooya	28. 08. 2017
Sr. M. Vinodha	Brother in law	Mr. Pushparajah Aloysius	30. 09. 2017
Sr. M. Sebamalar	Brother	Mr. Thruchelvam	29. 09. 2017
	Sister	Mrs. T. Mary Ravinayaki	06. 11. 2017
Srs. Theresilda & Amali	Brother/Uncle	Mr. Santhiagu Roche	08. 10. 2017
Sr. M. Dilani	Brother	Mr. Emmanuel A. Chandrakumar	17. 10. 2017
Sr. M. Nirosha	Sister	Mrs. Punitharakini Don Bosco	13. 11. 2017
Sr. Charlotte. P	Brother in law	Mr. Douglas Ponweera	18. 11. 2017
Sr. Gertrude Mary	Brother	Mr. Francis Anton	25. 11. 2017
Sr. Cecilia Abraham	Brother	Mr. Thirugnanaselvam	26. 11. 2017
Sr. Christobel	Brother in law	Mr. Roshan Ranasinghe	10. 12. 2017
Sr. M. Pavalaranee	Brother	Mr. Edmund Thavapragasam	16. 12. 2017
Sr. M. Luke	Sister`	Mrs. Violet Benedict	17. 12. 2017
Sr. M. Geethani	Brother	Mr. Meril Perera	17. 12. 2017
Sr. M. Angelini	Mother	Mrs. Mary Winifred Jesuthasan	28. 12. 2017
Sr. M. Estelle	Father	Mr. Gabrielpillai	29. 12. 2017