



**VOL: 4 / 2 FMW ALLAHABAD NEWS BULLETIN JULY- DECEMBER 2024**

## **ST. MARY'S CONVENT INTER COLLEGE, PRAYAGRAJ**

### **With God All Things Are Possible**

These are days of punctuated equilibrium when there is nothing but dullness of routine and suddenly there comes a weekend that compresses empathy, compassion and care. As true daughters of Mother Mary Ward, it's overwhelming to encounter the challenges and be effective healers. A world which is dominated by technology, it's easy to lose sight of the transformative power of values. But we believe that if we cultivate compassion, kindness and empathy then a brighter, more loving and just society can be created, thus helping us to become the best versions of ourselves.

Inspired by the life of our Foundress venerable Mary Ward, we the Friends of Mary Ward at St. Mary's Convent Inter College, Prayagraj are dedicated to fostering the growth of fine human beings through its four-fold activities.

**Community Support:** guided by a spirit of compassion the FMW group extends support to the needy through various acts of kindness. By making small sacrifices members cultivate empathy, responsibility and a sense of solidarity towards the society embodying Mary ward's vision of care for the needy.

**Grow in the Values and Principles:** To internalize Mary Ward's values of freedom, justice, sincerity and verity, members organize weekly meetings for Juniors and monthly meetings for teachers.

**Personal Growth:** by engaging in meaningful group activities and discussions the group tries to develop self-awareness and leadership skills and contribute to the overall development of each member.



**Nurture the nature-** Recognizing the urgent need to address climate change, the group creates awareness through special class activities designed to instill eco-consciousness.

Based on these virtues, we have again embarked on various activities and striven to reform the society to the best of our abilities.

## Embodying Virtues

**“Education is for improving the lives of others and for leaving your community and world better than you found it.” —Marian Wright Edelman**



On the auspicious morning of 23<sup>rd</sup> July, 2024, the members of the Friends of Mary Ward received a golden opportunity to visit the Christ Jyoti Social Centre run by CSM Sisters at Muirabad, along with some of the sisters and teachers.

The blooming buds of that heavenly place welcomed the students with their glowing smiles and heartfelt greetings. Their hard work and determination were truly admirable, inspiring the students to embrace positivity amidst life’s ups and downs like a sunflower gazing at the brightly shining sun.



During the time spent together, amidst shared laughter and heartfelt conversations, students discovered the true essence of attitude of gratitude. As students sang songs and distributed various stationery items along with sweets – the atmosphere was infused with profound joy and happiness. The sparkle in the eyes of the students undoubtedly made us believe that education is truly an essential part of a child’s life. As we reflect on this enriching experience, it

reaffirms our belief that every child deserves the opportunity to grow and flourish. The journey to Christ Jyoti Social Centre not only strengthened the bonds of friendship and empathy but also instilled in the students a deeper commitment to strive for a brighter future through their compassion and dedication.

## Enabling The Differently Abled



**“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” – Helen Keller**

This encapsulates the essence of charity, emphasizing that the act of giving enriches both the giver





and the recipient, fostering a spirit of generosity and sensitivity. On August 16, 2024, the members of the Friends of Mary Ward visited the Nirmala Shishu Bhawan run by the Missionaries of Charity sisters in Muirabad, with the noble objective of distributing essential daily items to those in need. This sanctuary, which houses approximately 16 children and 25 women, serves as a refuge for individuals afflicted by various medical conditions.

The visit allowed the members to observe the daily routine and challenges faced by the inmates, including their lifestyle, medical follow-ups, and the limitations imposed by their disabilities. In our effort to alleviate their hardships and to meet their expenses, we contributed various items of daily need such as hair oil, semolina, pulses, rice, wheat flour, daliya and other necessities. This modest initiative was a collective endeavor by the SMC family, aimed at bringing a semblance of joy and comfort to those enduring such profound adversity.

## Routing The Path To Compassion



**“Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built or a pair of shoes made or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you’re there.” - Ray Bradbury**

To make our life worthwhile and to enhance

the efficacy of the team, the Friends of Mary Ward gathered in the lower concert hall in SMC, Prayagraj on 17<sup>th</sup> August 2024 to deliberate on different activities and share insights. This monthly congression provides an opportunity to study the life of Mary Ward and draw relevance into our lives. The meeting commenced with a prayer led by Ms. Divya Srivastava. The members delved deeper into the life of Mary Ward by elucidating the three visions. They elaborated the concepts and emphasized on how the visions can inspire



one and amalgamate the relevance in educational, social and spiritual outreach, reflecting a commitment to bringing their faith into action. Sr. Rose highlighted the core ideas to give a clear and focused understanding of Mary Ward’s guiding visions. At the end, Rev. Sr Lissy, our Principal, encouraged the members to stay committed. She motivated the team members to continue their work with dedication, confidence and faithfulness.

The meeting concluded with the heartfelt vote of thanks expressing gratitude to all the members for their participation, insights and commitment to Mary Ward’s vision.

## Gifting A Life

**Education is a gift that no one can take away.**



FMW successfully completed their activity on 25<sup>th</sup> October, 2024 with the children of Ashadeep where the FMW members comprising teachers and students gave a pep talk on topics related to “Health and Hygiene” and “Good touch and bad touch” to the students from classes 4 to 8.



This was followed by distribution of stationery articles.

Educating on health and hygiene is immensely beneficial, as it plays a crucial role in promoting wellness and preventing diseases. Educating children about good and bad touch is essential for their safety and well-being. By teaching children, the difference between good touch and bad touch, we make them aware of a safe society and those that are inappropriate; we empower them to recognize and respond to uncomfortable situations. The members took the opportunity to extend a hearty thank you to our dear Sisters

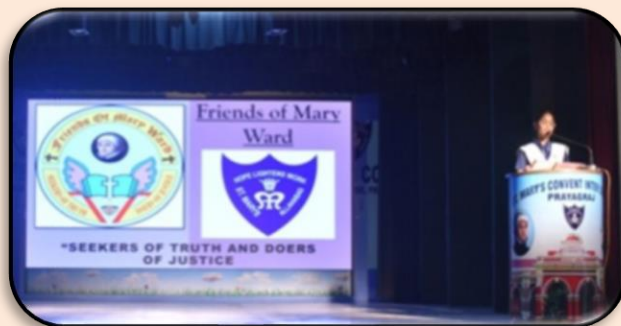


and teachers for their constant support.

## A Call For Change

**“Faith in the divine should keep us motivated through the darkest hours.”**

Friends of Mary Ward (FMW) is a community inspired by the teachings of Mother Mary Ward. The group is committed to serving God and humanity, following values that guide members through life’s challenges. Our motto, “Seekers of Truth and Doers of Justice”, encourages personal growth, a commitment to truth, and dedication to justice.



On 13<sup>th</sup> November, 2024 FMW conducted a session to extend a warm invitation to the students of class 8 to join the FMW group. The group values freedom, sincerity, integrity and truth, aiming to make a positive impact on their families and communities. The members encouraged them to carry forward Mary Ward’s legacy with gratitude and leave an

impactful impression with their presence.



The seminar commenced with a meaningful prayer seeking God's blessings and guidance. A heart touching video presentation depicting the virtues of kindness, compassion and empathy gave deeper understanding



of the group's purpose. FMW remains a powerful force for social change shaping individuals dedicated to forming compassionate and just society. The members shared their experiences of serving the society through various outreach programmes.

Our Principal, Rev. Sr. Lissy urged the students to be the driving force of change, embody the indomitable spirit of Mary Ward & remain committed to seeking truth and justice. The enriching

session culminated with contented faces and smiling hearts.

## Care Givers

**"It's not how much we give but how much love we put into giving."**

Senior members of FMW visited Gaughat Balseva Ashram to extend a helping hand to the underprivileged students residing there. The ashram is the effort of a compassionate gentleman dedicated to meeting the educational needs of the children from nearby slum areas. The children warmly welcomed the group with flowers and a heartfelt welcome song. Rev. Sr. Josita inspired the children with an uplifting talk on the importance of education in their lives. As a gesture of support the children received stationery items, generously contributed by the members. This noble initiative was met with appreciation, leaving the members deeply content, knowing they had shared the joy of the season with those in need.



**Mrs. Rumela Neogy (FMW Coordinator)**

**Esha Bhattacharya (Student)**

# ST. MARY'S CONVENT INTER COLLEGE, RD50, LUCKNOW

## Bringing History to Life

The Friends of Mary Ward group organized an enriching summer vacation activity aimed at fostering creativity, historical awareness and moral reflection. The activity comprised of two distinct yet interconnected components: *Character Designing* and *Period Costume Designing*. The creations were inspired by the life and times of Mother Mary Ward.

The members of Classes 7 and 8 engaged enthusiastically in Character Designing. They made sketches and created illustrations of pivotal figures in the life of Mother Mary Ward. Meanwhile, the members of Classes 9 and 10 showcased their talent and research skills through Period Costume Designing. Drawing from the historical era in which Mary Ward lived (1585- 1645), they crafted designs of authentic period attire.

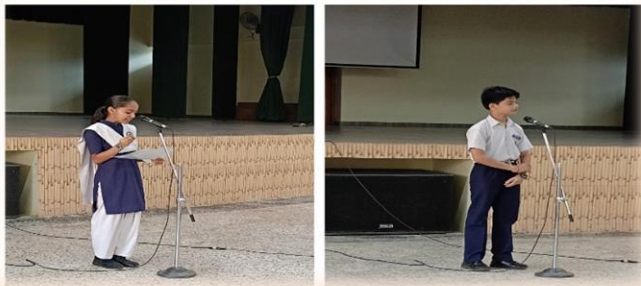
By immersing themselves in the characters and costumes of her time, the children gained deeper appreciation for her contribution to society and the enduring relevance of her principles. The enthusiastic participation of the students and the dedication they displayed in their creations served as a meaningful tribute to Mother Mary Ward's legacy.





## A Storytelling Session on the Life of Mother Mary Ward

On 9th July, 2024, all F.M.W members assembled together for the story telling session that brought the life and teachings of Mother Mary Ward to the forefront. The session led by the members of Classes 8 and 9 aimed to instill values of faith, perseverance, courage and optimism. The event commenced with an introductory speech and prayer. Then, the students enthusiastically took turns narrating various anecdotes from her life, each story highlighting her unwavering faith and selfless service.



One student narrated the incident when fire broke out into little Mary's house in the year 1595. The panic-stricken household evacuated hurriedly, but Mary Ward and her two younger sisters Barbara and Elizabeth were left alone. In the face of such adversity, Mary did not lose hope and prayed earnestly to God. Soon, her father came to rescue them. Later that night - Mary knelt to pray. She expressed gratitude for her survival and her father's selfless bravery. Another student recounted the time when Mary Ward faced immense opposition yet stood firm in her belief that women should be educated and empowered.

What made the session truly special were the personal reflections shared by students. This session not only celebrated the life of a remarkable woman but also encouraged every member to reflect on their own journeys and strive to make a positive impact in the society.

-Prisha Bhatia (VIII- C)

## Mary Ward: Her Life, Our Inspiration in Action

On August 30, 2024, we, the FMW members, gathered to honour the enduring legacy of Mary Ward through a meaningful meeting filled with inspiration and learning. The event, held under the able guidance

of our coordinator, Ma'am Swati Mukherjee, was graced by the presence of our esteemed Principal, Sr. Marina.



The meeting began with a warm welcome speech, followed by a heartfelt prayer, invoking God's blessings. The highlight of the event was a beautifully performed role play, depicting pivotal moments from Mother Mary Ward's life. These acts illuminated her virtues of faith, fortitude, and an unwavering dedication to God's will.

A lively Question-and-Answer round followed, where the members engaged enthusiastically, answering questions based on the role play. Sr.

Marina addressed the members and concluded the meeting with a discussion regarding the upcoming activities. This remarkable event, which was made possible by the grace of the Almighty, was a testament to the enduring spirit of Mary Ward, teaching us many life lessons.



*"Mary Ward's spirit was indomitable, and her heart was afire with the love of God."*

**Satisfy yourself with nothing less than God..."**



On 20<sup>th</sup> September, 2024, the FMW members conducted a meditation session for the students of classes 7 to 10 in the Mary Ward High School, who





embarked on a journey of inner peace and tranquility.

The session was conducted by Hemlata Ma'am and Aditi ma'am, and it offered the much-needed respite from the demands of daily life. Through guided meditation and breathing exercises, students learned to harness the power of mindfulness. They discovered techniques to calm their minds, reduce stress and anxiety, and improve focus and concentration. By cultivating a sense of inner peace, students can enhance their emotional intelligence, develop resilience, and foster a positive outlook on life. This meditation session embodies Mary Ward's spirit of compassionate care. By providing a peaceful space for students to rest and recharge, the FMW demonstrated a commitment to their holistic well-being. The session not only provided a moment of relaxation but also equipped students with valuable tools to manage stress, improve academic performance, and build stronger relationships.

- Abhijay Shukla (VIII-C)

## Rhymes and Realities: A Poetic Tribute to Mother Mary Ward

On 30<sup>th</sup> November, F.M.W junior group had a unique poem-writing activity titled "Rhymes and Realities". This activity was inspired by the life and values of Mother Mary Ward, a pioneer of faith and education.

Students from Classes 7 and 8 showcased their talent by writing acrostic poems that beautifully captured the essence of Mary Ward's virtues. Each letter of her name unfolded a world of courage, compassion, commitment, reflecting her dedication to empowering women and serving humanity.

Class 9 students took the challenge a step further and composed 12-lined poems, delving deeper into Mary Ward's journey and the values she embodied. The beautiful compositions showcased not only their poetic skills but their profound connection with our Friend and Foundress.



## ST. MARY'S HIGH SCHOOL, KANPUR

**“Be compassionate and merciful towards the poor and generous also if you have the means.”**

Mother Mary Ward's life is an inspiration to all of us. She faced endless difficulties, oppositions, suppression but through all these difficulties, her spirit remained tranquil, composed and she surrendered to the divine will. She left everything in the hands of God because she knew that eventually she will find God's hand in everything. This is what made her victorious.

Though times were dark and hard, she moved on to enlighten the path of others and did great things which one could not even imagine during that time. Now it is our turn to keep the fire burning. We need to remember 'Her vision is our mission' and we need to pass it on to the succeeding generations.

The human society is expected to be built on moral, social, ethical, cultural and religious values. We should focus on assisting this system of education by providing the right moral values to form the character and personality of the individuals and hence lead to the formation of a new society. We need to lead our children to introspect and reflect on the purpose of our life so as to bring joy, cheer, laughter and hope in this world which is fraught by disputes and crisis. We, as educators, should attempt to counter the evils of our society such as violence and hatred by teaching our children tolerance and forgiveness. Inspired by the maxim of Mother Mary Ward let us learn to be kind, humble and helpful to the needy, underprivileged, the disabled and also take initiative to help the shelter homes for women and children.

Mrs.Kavita Dias

### We Gather To Inspire ....



A meeting of the Friends of Mary Ward was held on 23<sup>rd</sup> November 2024, led by our President who began the session by invoking God's blessings. The meeting included a group of Friends of Mary Ward teachers, along with the newly appointed Vice President and Secretary. Mrs. Dias delivered a message that eloquently highlighted Mother Mary Ward's vision emphasizing that human society should be built on moral, social, ethical, cultural and religious values.

The group welcomed ideas to enhance and propagate Mary Ward's mission of “being compassionate and merciful towards the poor and generous also if you have the means.” The meeting concluded on a reflective note, with a collective commitment to recognizing and fulfilling our social responsibilities.



## “Do good, and do it well.”

Keeping in mind the thoughts and views of venerable Mary Ward, Friends of Mary Ward encouraged the students of Class VII to host a self-composed poem competition on the life of Mother Mary Ward, celebrating her remarkable legacy and inspiring young minds to emulate her values. Students were tasked with crafting original poems that captured the essence of Mary Ward’s life, values, and contribution to education.



The competition was a golden opportunity for our students to explore their creativity and learn about Mary Ward’s incredible teachings. We were impressed by the students’ thoughtful and imaginative poems,

which truly captured the spirit of Mary Ward’s life and work. Through the powerful medium of poetry, our students paid tribute to Mary Ward’s enduring legacy, exploring themes such as faith, perseverance, and the pursuit of excellence. The self-composed poem competition was a resounding success. Students' compositions inspired us all to strive for excellence, to empower one another, and to make a positive impact in the world.



As we commemorate 125 years of St. Mary’s Convent, Kanpur, we renew our commitment to education and values. We look forward to hosting similar events in the future inspiring our students to continue exploring their artistic talents and spread the values of Venerable Mary Ward.

## Story Narration Competition



In a native American dialect, it is rightly said that those who tell stories rule the world. Class VIII students conducted the Story Narration Competition on the maxims of Venerable Mother Mary Ward. One student from every section of Class

VIII was selected to participate in

the Intra-Class Competition. The students not only spoke on the subject but also highlighted the cause of the occasion. The participants narrated their stories with creativity and innovation. Dishita Gupta of Class VIII D won the competition. We wish all the participants the very best in their future endeavors.



## A Visit to Snehalaya

**“Charity begins at home.”** On the 18<sup>th</sup> of December, a group of student members of Class VIII of Friends of Mary Ward, along with Sr. Bridgit, and teachers visited an old age home near Chandari.

The happy faces of the elderly people greeted us. They always long to meet people who would help them to dispel dismay and helplessness from their lives for some time. Students distributed woolen gloves, mufflers and socks along with some daily essentials like detergent powder, soaps and eatables. They then recited poems, sang carols and performed a dance which they enjoyed.



Our school presented shawls to keep them warm during these winter months. We experienced satisfaction and happiness seeing their smiling faces. We all returned to school pondering on the interaction which we had with the elderly.

We were shocked to know that many of them had been abandoned by their family members. We felt that we should be responsible individuals and take care of our families. We should contribute to such old age homes.



## Almighty God Loves a Cheerful Giver

December, the last month of a year, is very special for St. Marians as it heralds the approaching season of ‘Christmas’-the joyful festival of giving and sharing. To make it more meaningful, the members of the Friends of Mary Ward decided to motivate the Primary School students share small gifts with the students of Mary Ward School (An outreach School). The young girls made packets of stationery items and eatables. Very lovingly, they handed the packets which brought smile on the faces of Mary Ward School children. While returning from the activity, glowing with happiness, fulfillment, and satisfaction, the students realized that it is not only the





receiver but also the giver who experiences exhilaration and joy. As Friends of Mary Ward, we felt it was the perfect way to instill kindness and generosity in our students. Following Mary Ward's wisdom, "If you show service to anyone, do it willingly," we encouraged them to serve with open hearts and genuine willingness.

## **"It Is an Honour to Work for God."**

Cherishing Mother Mary Ward's legacy, the students of class IX B C participated in a skit competition organized by the Friends of Mary Ward group wherein the students depicted how Mary Ward's teaching have influenced our students. Our Respected Principal Sr. Prabha and Sr. Sarita were present to grace the occasion.

Class IX A presented a short skit on Venerable Mother Mary Ward's maxim— "Show yourself at all times glad and cheerful, for Almighty God loves a cheerful giver." Their main purpose of this enactment was to show that generosity isn't just about the act of giving but the attitude behind it.



"Be diligent enough to root out thy vices, but not to hide them"

Implementing the above words, the students of Class IX B portrayed how the five objectives of CJ Education can mold an individual's personality and encourage him or her to acknowledge the flaws and weaknesses in order to root them out. The motive of their depiction was to explain to the students how important the words and teachings of Mother Mary Ward are and abiding by them results in the transformation of one's character, improving the way of living and making life more meaningful. "If you show service to God, do it willingly." This quote by Mary Ward emphasizes the value of performing acts of service with a genuine and sincere attitude. The students of Class IX C depicted the above maxim through a skit highlighting the importance of authentic efforts and deeds with a sincere heart. The participants had put up a wonderful show wherein they skillfully presented the teachings and maxims of Mary Ward. This skit competition made the students to reflect upon their deeds and actions and take inspiration from Mary Ward's life.



Mrs. Subul Fatima

**All for the Greater Honour and Glory of God!!!**