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**“You have brains in your head, you have feet in your shoes, you  
can steer yourself in any direction you choose.”**

**Dr. Seuss**

Each day is a new day and a new opportunity to do something. If there are clouds even metaphorically, there is sun behind. The morning is a beautiful reminder of the grandness of life, laced with a profound sense of gratitude. Having experienced a metamorphosis, living life in gratitude and making it more meaningful for the people around is the virtue we draw from our Foundress Mother Mary Ward. Her life was dedicated to the service of man as she believed that service to man is service to God.

“Difficult says defy cult. I choose to be the chosen one” ... Mother Mary Ward followed the path of God and never allowed herself to give in to the clouds of darkness. Her unfaltering energy and resilience are the qualities to reckon with. We, the members took a leap of faith and assessed our capacity and capability to make life worthwhile for all, by conceding to be a part of this mission. Despite, the drudgery of life we draw inspiration from our Foundress and strive to reach out to the down-trodden, inculcate values in our students and aim to create a world of peace, justice and reconciliation.

Towards this mission, FMW is committed to, staying au fait with the demands of the times.

### **CHARITY COSTS NOTHING**

**"Each of you should give what you have decided in your heart to give,  
not reluctantly or under compulsion, for God loves a cheerful giver."**

**— 2 Corinthians 9:7**

With the blessings of the Almighty, Friends of Mary Ward extended their helping hands, to the slum dwellers of Chota Baghada on December 16, 2023. Wheat packets were distributed to the widowed women of the slums by the members of the group under the able guidance, support, and blessings of our Principal Rev. Sr. Lissy C.J. and our Vice Principal Rev. Sr. Surbhi C.J.

The activity was facilitated by Sr. Rose and Sr. Joselette, whose guidance and accompaniment immensely boosted our purpose and confidence. Conducting this activity in the month of December felt especially fulfilling and vibrated completely with the Christmas spirit.



## SHARING IS CARING



Adhering to the value of 'Sharing is Caring', the bright winter morning of 20th December, 2023 dawned with the 'Tiffin-sharing Activity' conducted by the FMW students. The FMW students shared their tiffins (home-cooked food) with the Children of Ashadeep Junior High School, (Our outreach School), a humble effort to strengthen the bonds between them.

Cementing the purpose of our mission the FMW students interacted with the Ashadeep Children and gave a patient hearing to the difficulties they face in their daily life. The activity commenced with a short prayer and concluded by paying gratitude to the Almighty for his benevolence and to our Principal, Rev. Sr. Lissy CJ and FMW Coordinator, Rev. Sr. Rose for their suggestion and guidance.





**The joyful environment was the harbinger of the Christmas Celebration.**



### **COMMEMORATING THE DEATH ANNIVERSARY OF OUR FOUNDESS**



**“Women in time to come will do much”.** To commemorate the Death anniversary of our Foundress Mother Mary Ward, and the Father of our Nation Mahatma Gandhi, class-VIII C, under the guidance of their teacher Ma’am R.Neogy, staged a beautiful assembly on 30th January 2024. The assembly commenced with a floral tribute to Venerable Mother Mary Ward and Mahatma Gandhi the Father of our Nation, by the Reverend Sisters, teachers and student representatives followed by a prayer. The Life Journey of Mother Mary Ward was creatively depicted with the help of a skit thereby, setting the mood for the solemn





occasion. The meticulous dance performance and choral recitations brought forth the significance of the 5C's – Courage, Compassion, Commitment, Competence and Conscience, on which ethos of our school stands. The assembly was made more meaningful with 'An invitation' that was extended to all to be the champions of change and carry the baton of peace in the society. The assembly concluded with the inspiring words of the Principal, Rev. Sr. Lissy CJ who emphasized on 'Truthfulness' and Verity.



## **CHARTING PATHS: FMW MONTHLY GATHERING**

**“A good plan is like a road map: it shows the final destination and usually the best way to get there.” – H. Stanely Judd**

Our monthly gatherings serve as pivotal moments where we craft roadmaps guiding us towards our shared objectives. Bearing this notion in mind, we convened our meetings on April 13th and May 17th. Commencing each session with a review of the previous meeting's minutes, we then delved into a comprehensive



exploration of the essence, purpose, vision, and principles of FMW . The elucidation provided by our Principal, Reverend Sister Lissy, offered invaluable clarity on the manifold facets of membership within this esteemed Movement. Furthermore, we extended a warm welcome to our new members, eager to embrace their participation in this special community.

As FMW members, a profound understanding of the life of Mary Ward affords us deeper insights and a clearer vision. During our second gathering, Ma'am Rangoli and Ma'am Shipra expertly presented the initial phase of Mother Mary Ward's life, spanning from her birth in 1585 to the

establishment of the Institute in 1609. Their exposition shed light on her formative years, familial background, educational journey, spiritual evolution, her vocation, and early challenges. Sister Martha's discourse unveiled lesser-known facets of Mary Ward's life, imparting the virtue of punctuality to the members. Subsequently, we engaged in meticulous planning for upcoming meetings and activities. The session culminated with the uplifting remarks from our coordinator, Reverend Sister Rose.



## WHERE LEARNING IS FUN

The members of Friends Of Mary Ward got the golden opportunity to bond with the bright young minds of our outreach school - Ashadeep Junior High School, on 3<sup>rd</sup> May. The students of class



9 and 10, took up the activity "Each one Teach one" where they spent time helping the students to improve their English vocabulary. This compassionate endeavor not only allowed them to impart knowledge but also provided insight into the backgrounds of these students, who may lack the comforts and essentials they themselves often take for granted. Inspired by this experience, FMW students pledged to continue their lifelong mission of fostering positive change in both the world and themselves, aspiring to become compassionate individuals.



## EXALTED MOMENTS OF SHARING

"In the end, it's not the years that count, it's the life in your years." From childhood to adulthood, our life journey constantly reminds us, of the significant roles played by those around us – our parents, teachers, and especially the elderly. Their presence radiates warmth, conversations with them fill our hearts with satisfaction, and the bonds we share with them enrich our lives in profound ways.



An opportunity to forge such special bonds presented itself to the members of FMW on May 14th, 2024, when they visited 'The Old Age Home', accompanied by FMW coordinator Sr. Rose and teachers.



The group spent some quality time making these elderly members cheerful by interacting with them. A humble effort was also made to uplift the spirits of the residents with meaningful prayers and songs. The visit became emotional, as we saw tears rolling down the eyes of these elderly, as they longed to have the company of their own children and grandchildren. These old people who have devoted their lives for the upbringing of their children are now victims of solitude, abandoned by their children, left on their own to even meet the basic needs of life. Having spent sufficient time with them and sharing the day's breakfast which was contributed by the FMW members themselves, the group left the place making a promise that another visit would soon be made.

## **JOURNEY OF MY LIFE WITH MOTHER MARY WARD- A REFLECTION**

**“The only person you are destined to become is the person you decide to be” and henceforth I am here today who decided to become a person who follows the footsteps of Mother Mary Ward.**

It was the year 2021, the year of the deadly pandemic-Covid-19. I was usually having that monotonous yet an encumbered routine. Lost in my thoughts and constantly missing the shady corridors, classrooms of SMC and the live interactive sessions with teachers hoping that everything gets back to normal at the earliest. Being a 7<sup>th</sup> grade student, struggling to find purpose in my life, having big dreams and being a little ignorant about what's happening around, I was introduced to this group of Friends Of Mary Ward which not only helped me to hone my unclear mindset but also became an instrument in my journey towards becoming the best version of myself. As it was the year of lockdown a sense of solitude took place, it offered me a clarity and a mental space to introspect my thinking and reflect on things that were related as a member of FMW. Solidarity, Justice and Equality the various aspects of life that our foundress Mary Ward strived for, her firm conviction towards the betterment for the society fostered into me the will power and to stand out for the same.

This prestigious Institution- St. Mary's Convent Inter College, Prayagraj, and the Friends of Mary Ward Group, has transformed me into a finer version of myself. They have provided me with the necessary knowledge and skills essential for personal and academic growth, while also instilling in me a sense of responsibility towards mankind and society at large. I feel ecstatic about this transformation in my personality, as I have gained a greater understanding of my strengths and capabilities, a closer connection with God, and the ability to apply the life lessons taught by Mother Mary Ward.

From the moment I became part of this remarkable group, my life has been truly enriched. I am grateful for the friendships and the community we have built together. As a member of Friends of Mary Ward, my participation in various activities has been immensely rewarding. Through initiatives like 'Each One Teach One,' where we engaged with the students of Ashadeep, 'Visit to The Blind School,' where we were inspired by the rising models, and 'Visit to the Old Age Home,' where we learned from and were motivated by the elderly residents—because the best classroom is at the feet of an elderly person—I have gained numerous opportunities. These experiences have helped me develop a positive attitude, improve my skills, enhance my decision-making abilities, and foster a deeper sense of community engagement.

**"Be convinced that God will always give you what is best for you"** has indeed been my motivation to keep working in bringing forward the best of me. Irrespective of the numerous hard challenges and setbacks one should hold the potential to not deter from their path as it is said by mother Mary ward, **"In adversity, do not let it cause fear, anxiety or trouble, but have confidence that God will work in the confusion"**. These values have really helped me to transform my personality and thoughts.

I am highly obliged to our Principal Sr Lissy, our teacher animator Ma'am Rumela Neogy and the entire school authority who provided me with this golden opportunity to be a part of this prominent and astounding group that helped me to raise my soul into an extraordinary one by embracing the legacy of Mother Mary Ward, that gave me a perfect aim ie to transform into a refined human being.

**Kashika Kesarwani, Class – X**  
**FMW President**

## **ST. MARY'S HIGH SCHOOL, KANPUR**



**"My Life is my Message"** This line by Mahatma Gandhi – the Father of the Nation is very apt to describe the life of Mother Mary Ward and the message she conveys.

On the beautiful morning of January 10, 2024, the teachers of the Friends of Mary Ward gathered for a session to discuss their progress as members of the group.

The life of Mother Mary Ward carries a profound message. It is of utmost importance to know about her life and learn from the same. Under the abled guidance of Rev. Sr. Roshni, the Manager, Sr. Prabha, the Principal and Sr. Renu, the Headmistress, the teachers have successfully completed learning about the life of Mother Mary Ward, Phase I. With an earnest desire to know the life and the teachings of our Venerable Mother, whose life of courage and compassion has been an inspiration to thousands, we decided to continue



to delve deeper into her life by studying the II phase of her life (1600 – 1615) from the book – ‘Life of Mother Mary Ward’.

## Mary ward- God’s Gift to us

On 7th February, 2024, the students of Class I, under the able guidance of their class teacher, Mrs.



P. Chaurasia, enacted the early life of Mother Mary Ward. The value of prayer and her compassion towards the needy that made her even to give up her chicks for the sake of the prisoners are some of the aspects, the little Marians tried to portray through role plays, songs and dance. They promised to soar high and "Do good and do it well" so that the world becomes a better place to live in.

**“Kindness is giving hope to those who think they are all alone in this world.”**

Kindness is an attribute that is essential in every individual. Through some thought-provoking enactments and presentations, students of class III depicted various aspects of

kindness and pledged to practice this virtue in their day to day lives.





### **A STRING OF QUESTIONS.....**

There is nothing like a competition to inspire perfection. Keeping this in mind, a quiz was organized for the FMW students of Class V and they participated in it with great enthusiasm. This included oral round, rapid fire and writing. The competition was tough and the children participated keenly. The students not only enjoyed answering the varied questions but also gained moral values from the life of Venerable Mary Ward.



### ***Creative mastery: Poster Making, Power Point Presentations, and Calligraphy***

Mary Ward Week serves as a vital reminder of the enduring legacy of Mary Ward and her pioneering efforts in the field of education and women's empowerment. The celebrations not only honor her memory but also inspire current and future generations to continue her mission of advocating for justice and equality in all aspects of life. Every year St Mary's School, Kanpur celebrates Mary Ward Week by organizing a number of activities that would inspire and motivate students to imbibe the values of our Foundress Venerable Mary Ward. It is an opportunity to spend a week focusing on the values that are at the heart of our education. This year the FMW students had a poster making competition emphasizing the values Mary Ward embodied, which continues to inspire and empower the St. Marian community.



The students also engaged themselves in activities such as bookmark and card making. These activities help the students to work together as a team and to instill in themselves the values of our foundress.

### **MARY WARD WEEK CELEBRATIONS**



To honour our Foundress Venerable Mother Mary Ward, the FMW students, under the able guidance of Mrs. A. Sethi, conducted an assembly on the occasion of her birth and death anniversary emphasizing the teachings of Mother Mary Ward. Her maxims and teachings are cherished among myriads of women who have committed to do "GREAT THINGS" in the service of God and His needy people.

The FMW students of grade VIII enthusiastically participated in the study sessions conducted to deepen the knowledge of Mother Mary Ward. They



have completed studying the Second Phase of her life.

In the month of April, as the school reopened, we cordially welcomed the new members who intended to be a part of this group and become **'Seekers of truth and Doers of Justice'**. Together, we pledged to embrace the values of Freedom, Justice, Sincerity and Verity, and transform our lives to transform the world. The Life of Mary Ward was introduced to them by the students of Class 7 through, their creatively prepared PowerPoint presentation made their sessions interesting and interactive.



## St. Mary's Convent Inter College, Lucknow

***"Act not out of fear but solely from love."***

***- Mary Ward***

### TRIBUTE TO THE LEGENDARY LEADERS



On 30<sup>th</sup> January 2024, a pious prayer assembly was conducted by the students to pay homage to Venerable Mary Ward and the father of our Nation, Mahatma Gandhi. The prayer service commenced with a floral tribute offered by respected Sisters, teachers, office bearers, and F.M.W junior group representatives.





The students then reflected on the ideals propounded by Mahatma Gandhi through a poetic rendition presented by Daksha Singh (VIII B). Then Shrishti (IX A) and Aarush (XI B) shared a profound maxim of Mother Mary Ward which was followed by its implication in the present times.

F.M.W junior group and the Choir members of Classes VIII and IX sang Mary Ward anthem to express their deepest affection towards our Venerable foundress. The prayer

assembly concluded with words of wisdom by our Respected Principal, Sr. Marina.

### **BRIGHTENING LIVES OF THOSE IN NEED**

In a graceful display of benevolence and compassion, the esteemed members of the FMW group embarked on a noble mission to extend a helping hand to the less fortunate. Bearing the torch of philanthropy, our hearts brimming with empathy, we ventured forth to the *Adarsh Kushtha Ashram* on the auspicious day of 17<sup>th</sup> February, 2024.



We encountered souls whose resilience shone brightly amidst their physical challenges. Among them stood individuals adorned with prosthetic limbs, souls with eyes that beheld the world through a different lens. Led by the guiding light of our revered foundress, Mother Mary Ward, we humbly engaged in the noble act of distributing essential rations to those in need. May the light of compassion continue to illuminate our path, guiding us ever closer to the essence of our shared humanity.

### **STRENGTHENING THE BOND OF FRIENDSHIP**

To nurture the divine bond that we share with our Friend and Foundress Mary Ward and with each other, our F.M.W junior group conducted the first meeting of this session on 19<sup>th</sup> April, 2024. The meeting commenced with a prayer followed by a precise presentation based on our journey so far.

Another significant aspect was the distribution of F.M.W badges by respected Sr. Marina to our new members. Sister addressed the members and explained the importance of aligning each and every step that we take in our lives toward accomplishing our greater vision of committing ourselves to be the Seekers of Truth and Doers of Justice.



Similarly, with great enthusiasm, respected sisters and teachers came together for the F.M.W meetings held on 13<sup>th</sup> January and 7<sup>th</sup> May. The meetings mainly focused on planning for the activities to be conducted in the new session and to study the life journey of Mother Mary Ward.

### **NURTURE NATURE**

On 22<sup>nd</sup> April, the F.M.W and U.S.M members collaborated for a plantation drive to celebrate Earth Day. The members excitedly planted the saplings and used trowel to level the soil. They not only planted the saplings but also continue to water them on a regular basis.



This drive is an onus towards our planet, to preserve and widen its realms of biodiversity and express our gratitude towards the riches it offers us. This event was blessed by the gracious presence of our Manager, Respected Sr. Mariette, Our Principal, Respected Sr Marina and guest of honour Mr. Harris Siddiqui.

### **BENIGN BLESSINGS**

Inspired by the spirit of service, all the members participated in a brainstorming session to blend artistic skills with altruism. In a heartwarming display of creativity and compassion, F.M.W. group members crafted wall hangings for a noble purpose.

Students poured their heart and soul, unleashed their imagination into this process to make beautiful wall hangings. In the near future, these wall hangings will not merely be decorative pieces but will also serve as a constant reminder of the power that creativity, compassion and commitment beholds.



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