

# Vita Nostra

The Newsletter of the Institute Of Our Lady of Carmel

January - March 2016

*The jubilee Year of Mercy*

*The trip of the Mother General for the fraternal visit to the Delegation of Poland-Czech Rep.*

The itinerary of the visit of the Mother General in Poland - Czech Rep. Was From March 07- 18 2016. It took place according to the scheduled program. In the Delegation of Poland-Rep. Czech there are five communities, four in Poland and one in the Czech Republic. Throughout the delegation there are 17 sisters of perpetual vows; 4 Juniors and two postulants and one sister is in exclaustation. Some of the sisters are doing the apostolate in public schools by teaching the religion and managing a home for the aged which belongs to the Institute in Wola Gulowska; all our sisters have had the opportunity to meet personally with the Mother.

On March 14, we attended the Mass at the Shrine of Jasna Gora, after the mass the vice Prior showed us the location where Pope Francis will be celebrating the Holy Mass on the occasion of the World Youth Day, also the Bastion Rocha where there are several things about the history of Jasna Gora.

On March 15, the Mother met with Sr. Elizabeth Sienkiewicz who is in exclaustation.

In the Czech Republic the sisters are involved in the Caritas project and the teaching of the religion in state schools. Both in Poland and in the Czech Rep, they are Working with the Christian civil and cultural formation of the youth.

All The sisters are greeting and assuring us with their prayers.

*Sr Walentyna Wylotek*

*December 2015*

## PERPETUAL PROFESSIONS

*December 8 in Manila*

*Sr Evelin Estrera*

*December 28 in Kalamassery*

*Sr Sini Padamattamel,*

*Sr Tiji Joy Gopurathingal,*

*Sr Shiji Kalluvilla*

***Best wishes!***

## *The healing of Sr M. Matron Ola*

Dearest Sisters,

after a long course of illness more or less one year and a half, the Lord who is rich in mercy has given me the grace of complete healing and I believe that it was the graceful favor of our Mother Foundress as well.

Just yesterday, on 1 December, the specialist who examined me, had declared that my sickness in the level of bones is completely

cured so it is no longer necessary the intervention. Now, I would need to continue with the physiotherapy to strengthen the muscles.

Dearest sisters, with a grateful and sincere heart I thank you all for whatever you have done and expressed especially for your prayers.

Thanks, Thanks and Thanks.

God bless you, and the protection of Our Dear Mother always with you all.

With love and prayers

*Sister Maria Matrona*

### *Greetings of peace, joy and love!!*

I am sending this article of my Graduation from the Bachelor's degree and my final profession of vows just happen this October 20, and December 8 my Perpetual Profession.



Blessed be God, because He has not rejected my prayer or removed His steadfast love from me. (Ps.66:20) Indeed, for all the graces and blessings. How can I forget His holy name? The very reason of my existence, the most worthy to receive the gratitude and thanksgiving. He is always present never changing in love, inspires and leads me to attain these two precious gifts that once in a lifetime can only happen. The gift of completion for my Bachelor's Degree in Education happened last October 20, 2015 and the celebration of my Perpetual Profession on December 8, 2015 the solemnity of the Immaculate Conception.

My heart is overflowing with tears of joy and gladness, counting all the blessings for our Congregation and for the greater glory of our Lord. How can I repay Him for all the goodness, mercy and love? Especially for all the people He used and continually uses. It is my

will to obey and follow whatever the Mother General and the General council intended me to do for the service of God in our apostolate, and I promise to do my duty with a sincere heart following the constitution whatever there is a need in our congregations apostolate and mission. That is why it is my pride to acknowledge all these people who work behind my growth and success. For my family and friend, for my congregation Mother Angelisa and all the councilors, to all my dear superiors Sr. Annie, Sr. Alby, Madre Maria Teresa, Sr. Daisy and Sr. Freeda. To all my dear formators: Sr. Alby, Sr. Shiny and Sr. Adriana. And lastly to all the Sisters in our congregation, you are all in my heart. I appreciate you a lot especially for all your prayers, sacrifices and hard work because you also believe in my own strength that I have also the capacity for the betterment of our congregation.

May we always be one in Spirit of our Blessed Mother Foundress. And like Mother Mary may we always continue to renew our "Yes" as a trademark of a true spouse of Christ in accordance to the will of the Father. I also continually ask your support and prayers for my own perseverance in doing God's purpose and mission here on earth. May God bless us all!

With gratitude of heart,

Evelyn C. Estrera

#### **Transfers:**

The Indonesian juniors: Sr. Reni Yulia Meak, Sr Yolinda Naisaban and Sr. Bona Wandalina, they are in the Generalate - Rome to complete their formation .

Sr. Trisiska Uniturce is transferred from Maumere to Maple (Toronto, Canada).

*Kupang, Indonesia February 02 2016*

*Celebration of the laying of  
the first stone of the Novitiate.*

Dear sisters, with the grace of God, the ceremony of the laying of the novitiate house is gone well. Thank you for your prayers and the support for the success of this special event. The principal celebrant was His exelency Mons. Petrus Turang the Bishop of Kupang. There were our parish priest, Don Sebastian and other six priests, Sisters of other congregation belonging to our parish and some of our neighbors had participated at this event. We are very grateful to the three sisters who came from Maumere to witness and support to this special event.

*Sr. Jessy*

### **Sisters List Vocationist 2016**

Sr Walentyna Wylotek, the General Coordinator and of Communitie of Castiglione  
Sr Patrisia Abi, Community of Bologna  
Sr Vincy Padamattummel, the Community of Casa Madre,  
Sr Sylva Velebova, Community of Montevarchi  
Sr Lucy Chakkalakal, Community Peretola,  
Sr Leela John, Community of Pietrasanta,  
Sr Elsy Vaimelil, Community of Rome FateBF,  
Sr Teresa Kolapparambil, Community Torvergata RM,  
Sr. Barbara Ogonowska, Community San Giuseppe  
Sr. Maria Anthoinette Torres, Community of Sassari  
Sr. Kochuteresia Kaithatara, Community Stella Maris  
Sr. Maricla Deiana, the General House.

Perpetual profession:

Sister Maria Matriona Ola  
On May 15, 2016, at 11:00 am  
in General House - Rome

The Mass presider for the  
event will be His Exelency Mons.  
Filippo Iannone O. Carm.



### ***The return to the House of the Father:***

After a long wait and living in silent suffering, **Sister Valeria Riu** has returned to the Father's house on 25/02/2016. Throughout her life she gave us an example of meekness, of prudence and a polite relationship with everyone.

Thanks, Valeria for the valuable inheritance you left to the sisters.

The 03/21/2016 died Giovanni Pycka, the Father of Sr. Agnieszka.

***A prayer***

*All the best for your vocation ministry!*