



CARMEL  
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# CARMEL SPECTRUM

VOLUME 6 | ISSUE 4

Special Edition

Dear Readers,

*We celebrated bicentennial birth anniversary of...*



*Mother Veronica - A radiant star  
1823-2023*

*Foundress of The Apostolic Carmel*

Let's take a few quick glances...

BELIEF ENHANCES LIFE



## A Tribute to Mother Veronica

"The only ambition of a Carmelite should be to surpass others in humility" - says Mother Veronica.

On 8th September the whole School viewed a documentary movie on 'A Strange Destiny' life of Ven. Mother Veronica. It was on the autobiography of Sophie Leeves, a pioneer in women's education and the Founder of the Apostolic Carmel Congregation.



## Students' pen down their cerebral stimulations...

Mother Veronica, valiant woman who received inspiration from God to start a new congregation, Apostolic Carmel. The story of Mother Veronica is not only fascinating but also motivational. Even though she faced harsh circumstances, she never let obedience fail her. "Obedience is my Life," she said. She left her home, her family and friends to establish Carmel. She was a beautiful young girl; she always said that beauty is a God-given gift like any other gift and thought that it made one proud and made the person concentrate only on outward appearance. Her joys were tremendous when she felt so touched when she finally entered Carmel. Hers was a strange destiny in all circumstances. We are happy to have her as our Founder and to be called the Carmelites.



**HEENA CHARAK**



## Stimuli for the brain

Sophie Leeves was born on 1st October 1823. She was a very versatile and hardworking woman. She suffered through so many difficulties but never gave up. She struggles so much. By watching this movie, we learned so many values. We learned never to give up. If we fail sometimes, we don't have to worry; we have to try again and again. The story of Mother Veronica taught us that even if we are struggling with difficulties, we should never let ourselves down. The life of Mother Veronica also taught that we also had to believe in God. I say that I was happy to see the movie because a movie by Mother Veronica ignited the light of passion and confidence in our minds and souls. We will do hard and smart work to be successful like our Mother Veronica.



**AADHYA SHARMA**

## Students' Writing on Mother Veronica

"Venerable Mother Veronica" is a well-known and profound name taken with great respect and dignity. Mother Veronica nee Sophie Leeves was the founder of the Apostolic Carmel Congregation. She was a woman of great discipline and generosity and devoted her life to Jesus Christ. One day on Easter Tuesday, Mother Veronica heard the divine words "My Peace I leave you, My Peace I give you".

Her journey from being a young girl to the most respected Nun of her time and date is summed up in the documentary "Strange Destiny". The movie showed the selfless life of Mother Veronica in such a way that I felt as if I was seeing Mother Veronica in real life. If I had to write everything I saw in the movie, then these pages would not be enough to remark on the life of our venerable Mother Veronica, who inspired me in every way possible. I thank Sr. Swati for giving us this wonderful experience. In this way, I was spiritually able to connect with our Mother. I would like to end by concluding Mother Veronica's favourite quote is now mine too: "Trust in God alone, not in humans"



**AREEBA AKHTAR**



## Students' pour out their heart to...

The founder of Apostolic Carmel, Venerable Mother Veronica of the Passion, was born on October 1st 1823. Sophie Leeves was her former name. She was an English lady, daughter of Marina Leeves and Henry Leeves, and military chaplain to the British ambassador posted in Constantinople. She knew several languages and also had a great passion for music. On 8 September 2023, we watched a beautiful documentary, "The Strange Destiny". Through



her hard struggle and determination, she finally opens the Apostolic Carmel. Her inspiration and dedication towards the girl's education inspired me. I am motivated by this pure soul, a beautiful person of God. I feel proud when we are addressed as "Carmelites" because of Ven. Mother Veronica. The journey of one and half centuries of the Apostolic Carmel began with a single step. Today it has grown into a big tree of reverence.

## Class: UKG & LKG – Gems of Mother Veronica

The little angels represented the Gems of Mother Veronica. One by one, the students displayed their gems and highlighted her exemplary life with the help of banners. It was a small step to understanding the life of Mother Veronica.





## Banners of Gems from Mother Veronica

### Class: I - A & B

The students represented the 20 virtuous gems of Mother Veronica. One by one, the students displayed artistically written and presented exemplary lives with the help of banners. The girls were confident and radiated positive outcomes to the whole event.



## Flash Cards Making on Mother Veronica

### Class II - A & B

Students enthusiastically participated in a flash cards-making competition on Five Gems of Mother Veronica. Each student prepared the flashcards beautifully and came forward to speak about what they had learned during this activity.





# Skit on "Handmaid of God"

## Class III - A & B

Class teachers conducted an activity on 20 gems of Mother Veronica. Few students acted out on the life of Mother Veronica. Theme: 'Handmaid of God'.



## Learning 20 GEMS of Mother Veronica

### Class IV- A & B

Teachers of Class IV had conducted the activity on 20 gems from Mother Veronica. The students came forward and spoke about what they learned from the life of Mother Veronica.



## Sketch Making and Calligraphy

### Class V - A & B

The students demonstrated enthusiasm and dedication throughout this artistic endeavour. They drew beautiful sketches of Mother Veronica. Further, enhancing their appreciation of Mother Veronica, they were involved in the calligraphy of the gems.





# Collage Making Activity

## Class VI - A & B

On the 200th birth anniversary of Venerable Mother Veronica, the students of class 6 joined in paying tribute to honour her legacy. They diligently presented the handwritten GEMS of Mother Veronica creatively and beautifully as a mark of memories related to Mother Veronica's life and accomplishments. They beautifully crafted and depicted her inspiring journey from her early years to the Apostolic Carmel order through the collage.



## PPT and Collage Making



## Class VII - A & B

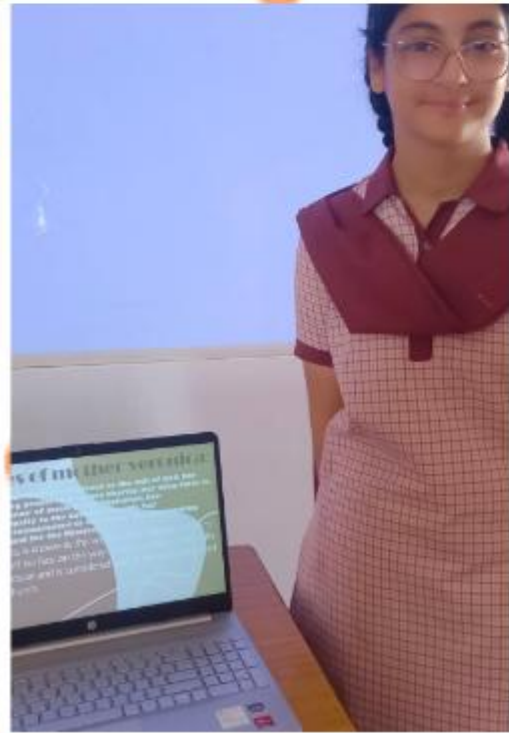
To honour Ven. Mother Veronica, activities like Collage making and PowerPoint Presentations on the GEMS were held in the classes. Every student took part in either of these activities. Collages and PowerPoint presentations were very creative and appreciable.



# PPT, Posters & Life Sketch of Mother Veronica

## Class VIII – A & B

The students of class 8, celebrated the bicentenary of Ven. Mother Veronica discussing the 20 Gems. Based on her life, students showcased different PPTs, a Life sketch of Mother Veronica, and a digital poster on gems and collages to represent an honour to her. Along with the activities, the students recited poems and sang songs to honour her.





# Collage Making and Quiz Competition

## Class – IX, X A & B

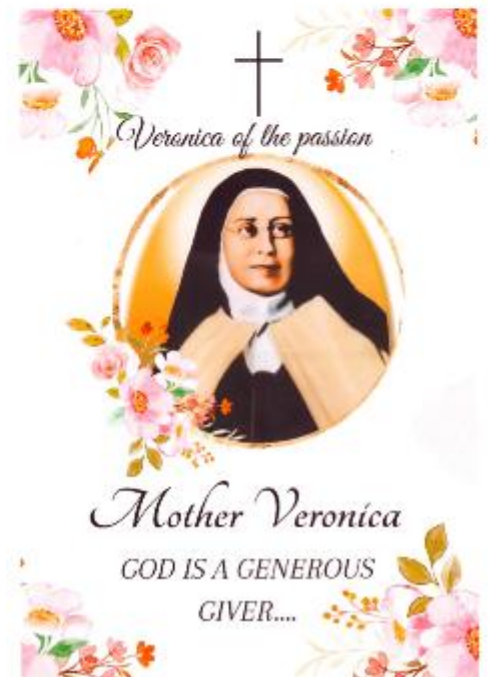
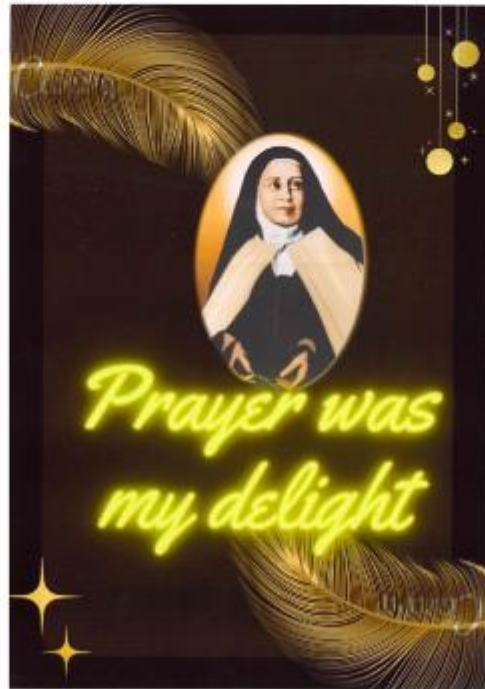
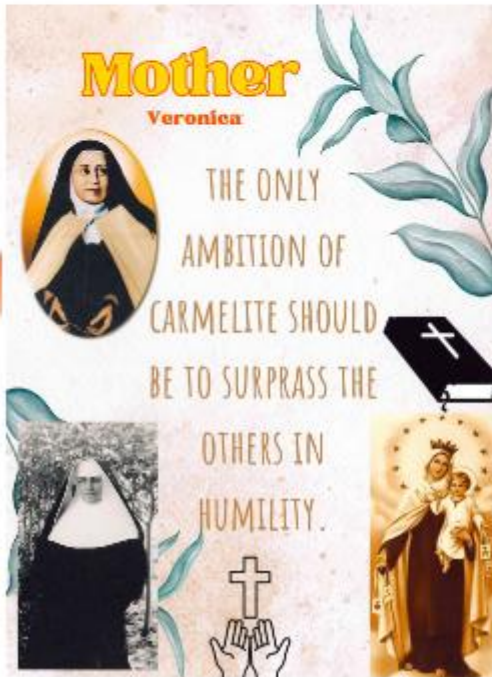
To get a deeper understanding and to love Mother Veronica, students of classes 9 & 10 participated in a collage-making competition on the Gems from Mother Veronica. They also participated in a quiz competition on the life of Mother Veronica. The Students enthusiastically learned about the life of the great visionary, Venerable Mother Veronica.





## Class XI – A & B – Digital Poster Making.

To commemorate the birth anniversary of Ven. Mother Veronica's digital poster-making was organized on the life of Mother Veronica. They beautifully designed the digital poster along with a Gem. They devoutly paid homage to Ven. Mother Veronica by their melodious voice.



## Singing Competition by the School Choir:

A singing Competition was held on the songs of Mother Veronica for the school Choir. The 16 students comprised two categories junior and senior categories.

*Almighty God,  
we praise and thank you for our foundress,  
Mother Veronica.*