



Prot. No.71/2024

Date: 30.03.2024

LMGNo:03/2024



“By His wounds you have been healed.”(1 Pet 2:24)

Dear loving Provincial Superiors, Regional Superiors, Local Superiors, Loving Mothers, Sisters & Beloved Children in formation,

Hope you all are keeping well and happy. When we prepare ourselves for Easter, which is an exodus from dark graves of sin to a new life of light and liberty, let us realize that Easter is the heart-distance, of our wounds to the Holy Wound. Prophet Isaiah speaks about Jesus who was subjected to the cruel scourging of the soldiers, wounded in body and mind, stood silently bowing his head before the will of His Father: “from the sole of the foot to the head there is nothing healthy: only wounds, bruises and open sores.”(Is 1:6). “As many people were astonished at him – he was so inhumanly disfigured that he no longer looked like a man”(Is 52:14). The wounds on the body of Jesus, who was buried dead, were frightening, painful and disgusting. But the wounds on the body of Jesus, in which the power of resurrection was indwelt, did not disappear, they turned into ‘Holy Wounds’ that spread the light of hope, and give healing and salvation to many.

It was his wounded hands and sides that brought the light of recognition to the eyes of Mary Magdalene, who was crying at the empty tomb, and gave strength of courage to the disciples who closed themselves in the room to become brave witnesses of the

Messiah, and enabled St. Thomas to proclaim the faith as “My Lord and my God” overcoming his doubt. “He was wounded for our transgressions. His punishment saved us. By his bruises we are healed” (Isaiah 53:5).

As the wounds of Jesus turned to Holy wounds with His resurrection, each Easter is an invitation to turn our wounds to holy wounds. Dear sister, is there any wound in you that hinders you to experience spiritual freedom? If so, the Risen Lord desires to lift your life with Him. Our prayers, fasting and mortification of these fifty days were means of grace to transform our wounds to sacred ones and to embrace them as Holy Wounds. In the radiance of the risen Lord, let us pray earnestly to consecrate our wounds and make them Holy. Also let us be able to lead our sisters and those in the apostolic field to the victory and love of Risen Jesus. Wish you a Blessed Easter to each and every one.

Greetings

Prayerful greetings to the Senior Sisters of Phase I, who celebrate their Patron’s day on 1st May 2024. May the guardian of virgins help you to live in holiness without the specks of the world.

Let us remember and pray for Sr. Julie, our General Councillor who celebrates her feast on 23rd May 2024. Let us thank the good Lord for all the graces and blessings showered upon our FCC family through Sr. Julie.

Provincial Synaxis 2024

It has already been informed that the study list in preparation for the Provincial Election Synaxis is to be reached in convents before 31st March 2024. The names of sisters set to make Perpetual Profession on May 23, 2024, are to be included in the voters list, and it should be sent to each house on June 8, 2024. Sisters vote for the members of the Synaxis on June 30, 2024. The list of the members of the Provincial Synaxis is to be published on July 20, 2024. List of sisters eligible to be elected as Provincial Superiors should be sent to communities on 30th July 2024. Let us prepare prayerfully for the election.

Animation Team

The Thirty-Three Days Retreat, a part of the FCC Renewal Programme, commences with the Course for the Silver Jubilarians. Annual Retreats are scheduled across all provinces in April and May. Let's join in prayer for the rejuvenation of FCC sisters in both personal and common prayers.

All the animators are to participate in the Animation Training Programme at Portiuncula from 17th June 2024, 5.00 pm to 30th June, 4.00 pm. Those who come to attend the 33 Days Retreat are advised to bring their Old and New Testament Bible, the Divine Praises Book following the Syro-Malabar Rite, and notebooks for class and meditation reviews.

Final Profession

Our 98 Junior sisters are in intense preparation for Final Profession. Their 40 Days retreat will begin on 8th April 2024. The Final Profession ceremony will be officiating by Bishop Mar Chacko Thottumarickal at Portiuncula on 23rd May 2024 at 10.00 am. Let us pray that their final commitment be eternal, holy and pleasing to God.

One Year Prayer

With thankful hearts, FCC remembers our sisters who have been in Portiuncula for the 'one-year prayer' during the year 2023-24 and interceded before the Lord for the entire FCC family, for the Holy Catholic Church, and the world at large. Dear sisters, may God bless you abundantly. The names of those who wish to come for the same in the year May 2024-April 2025 are to reach in the Generalate before 15th April 2024. Let us take care to send sisters from all provinces for one year and two months prayer in order to empower the communion of prayer as FCC one Family.

English Course

English Course for Sakalya participants is scheduled from 1st May to 30rd May 2024 at Alphonsa Bhavan in Bangalore. The Sakalya participants from Kerala Provinces must attend the course without any delay. Besides this, those who are interested in learning English also, can enroll your name by contacting Sr. Maria Francy, the superior of Alphonsa Bhavan, before 10th April, 2024, at 8105929317. Fr. Babu Kalathuparambil CMI will lead the course.

The Sakalya Course for this year will begin on 6th June, 2024, and participants must arrive by 4th June, 2024.

Vocation Promotion

Let me thank all the Provincial Councils of Kerala provinces for co-operating wholeheartedly with the Central Team Online-Offline Programme aimed at fostering vocation. Let's persevere in this mission with the hope that God will give good vocations to our congregation when we strive for the expansion of the Kingdom of God and the salvation of souls. Let us engage with zeal in prayer, penance and holiness to promote vocation.

Congratulations

Let me remember with appreciation and gratitude to all those who shared their thought provoking and insightful essays in the Essay Competition organized as part of the Community Empowerment Programme. As you know, even though all the runners are running on the race only one gets the prize. At this juncture, I remember the sacrifice taken by our own Brothers of St. Thomas Capuchin Provincial House, Aluva to evaluate the Essays. I also thank each and every one of them for their valuable time and readiness. The names of the winners of the Essay Competition are given below. Prize winners are invited to Portiuncula on the occasion of Perpetual Profession of our sisters on 23rd May, 2024 to receive the prizes. Congratulations to the provinces who secured higher points in the Essay writing Competition- San Damiano Province Noida (17), Alvernia Province Irinjalakuda (14) and Alphonsa Jyothi Province Bharananganam (12).

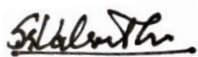
Group	Malayalam	English
St. Padre Pio	1. Sr. Justin Maria Thayyil (BHM) Sr. Mercitta (IJK) 2. Sr. Maria Pushpam (KPLY) 3. Sr. Gracia (TLY)	1. Sr. Hilda (DLH) 2. Sr. Ritty Maria (HAZ) 3. Sr. Elsy Mathews (ELURU)
St. Faustina	1. Sr. Lilly Kattoor (PALA) 2. Sr. Grace Paul (BHM) 3. Sr. Therese John (TLY)	1. Sr. Shobita (HAZ) 2. Sr. Treesa Flower (BRLY) 3. Sr. Annies (DLH)
St. Germain	1. Sr. Anjala (IJK) 2. Sr. Ann Grace (BHM) 3. Sr. Dani Maria (TSR) Sr. Angelyn (PKD)	1. Sr. Alphonsa Haokip (IMPL) 2. Sr. Viji Grace (RAJ) 3. Sr. Bridget (IMPL)
St. Joseph	1. Sr. Seena Xaviour (TLY) 2. Sr. Amal Maria (KPLY) 3. Sr. Elsit Mathew (Pala)	1. Sr. Nirupama (BRLY) 2. Sr. Anu Maria (ELURU) 3. Sr. Jelin Therese (BPL)

		Sr. Spandhna (VJDA)
Juniors	1. Sr. Aleena Joseph (MTDY) 2. Sr. Alby (IJK) 3. Sr. Sibina Jose (MTDY)	1. Sr. Mirya (KLM) 2. Sr. Nikhila (VJDA) 3. Sr. Aparana (NDA)
Novices	1. Nov. Rose Mary Poovelil (IDK) 2. Nov. Fincy Vattaparambil (IJK) 3. Nov. Sanitta Thaikkattil (TSR)	1. Nov. Nabam Rose (NDA) 2. Nov. Kamaljit (JLDR) 3. Nov. Reetu (JLDR)
Postulancy	1. Anitta Joby (PKD) 2. Manasy Maria (CHY) 3. Jismi Antony (CHY)	1. Sanjukata (NDA) 2. Anjali Tirkey (NDA) 3. Margaret Yula Muoki (Kenya)
Pre-Postulancy	1. Sania Maria Reji (TSR) 2. Viva Jaison (TSR) 3. Jiril Jose (CHY) Rinu Mathew (BHM)	1. Madhulatha (Eluru) 2. Clara Hukaid (NDA) 3. Amala (Eluru)

Obituary

Let us pray for the departed souls of Sr. Boromea (DLH, 24.02.2024), Sr. Roderick (TSR, 27.02.2024), Sr. Annie James (EKM, 03.03.2024) and Sr. Marylit Njavallikunnel (KPLY, 23.03.2024).

Your humble servant in Jesus Christ,



Sr. Litty FCC
Superior General
Portiuncula



(Kindly make this letter available in all our houses)

(For private circulation only)