



FRANCISCAN CLARIST CONGREGATION
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Peace & Joy*



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“.... you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator” (Colo.3: 9,10).

Dear Loving Provincial Superiors, Regional Superiors, Local Superiors, Dear Mothers, Sisters, and Loving Children in formation,

I hope everyone is keeping fine and happy. Once again, a Season of Lent is approaching, giving us a powerful call to hasten our journey of continuous conversion. FCC daughters are specially called to travel without a full stop until they are transformed into the image of the Creator. After having been given many opportunities to put off the old man and put on the new man, we need to sincerely evaluate whether we are producing the fruits of repentance. “Every tree that does not bear good fruit, is cut down and thrown into the fire” (Lk 3:9). These sharp words of John the Baptist truly frighten us. But, there is a worker who is begging for mercy before the master who ordered the unfruitful fig tree to be cut down from the vineyard. This worker is our Lord Jesus Christ Himself. The Lent is an opportunity that is given by Jesus who is ready to fertilize for one more year. Dear sisters, how many times and what all kinds of good fertilizers has He given us? Long retreats like one month retreat (1990-92), 40-days retreat, and 33-days retreat etc...besides these, several renewal programs, courses, annual retreats, and monthly recollections,... all

these are nutritious fertilizers that are given to us. Now, it is the time for each of us to evaluate oneself carefully. Even after receiving all these, let us examine the quality and taste of the fruits we produce. Will the merciful Jesus who has waited so long “without crushing a bruised reed and quenching a smoldering wick,” (Mt.12:20) find good in His awaiting? Let us be vigilant so as not to disappoint Him. Let us look into the eyes of our Lord, who is ready to dig in and fertilize again during this Lent. There is hope in those eyes that my life will bear good fruit and I will become a living witness, who can reveal Him to many. Let us also prepare ourselves to give Him a positive and wholehearted response, for we do not know if we will be given another chance. Therefore welcome this Lent and the 33-day retreat we are presently receiving, along with other retreats and opportunities, as though it were our last chance to draw the maximum fruits.

Pope Francis taught us that, the season of Lent is a call to descend from our self-centered life to God and others. Let us pray for the grace to see ourselves through the eyes of God, to understand the worth God gives us, and to open our eyes to see our brothers and sisters with the same extent of value. This vision is much essential to walk with the marginalized.

During the Lenten season, we abstain from meat, fish, eggs, and other food items as a form of sacrifice and spiritual discipline. But Lent invites us to go deeper. It is not only about abstaining from certain foods; it is also about consciously stepping away from habits that distract and weaken our spiritual life. In today’s world, we are constantly surrounded by notifications, messages. It is not about rejecting technology; it is about restoring balance. However, excessive use can drain our time, disturb our inner peace, reduce personal interaction, weaken our spiritual focus and sometimes may lead us to unhealthy relations.

I invite you all to reduce or abstain intentionally from digital entertainment such as mobile phones, social media, television, and other online distractions during Lent, or even for a week, or one day each week. By setting aside the digital devices, we create space for prayer and reflection, meaningful conversations, reading and learning, time with nature and in silence, self-awareness and mental clarity.

Just as physical fasting strengthens discipline and purifies the body, digital fasting strengthens the mind and renews the spirit. It helps us become more present, present to God, to my sisters, and to ourselves. In this Lenten season, along with fasting from food, let us also consider fasting from silly entertainments from screens so that our hearts may grow closer to God. With this desire to become more close to God, I wish everyone a Lent that produces the fruits of real repentance.

We are preparing ourselves to celebrate the 31st anniversary of the martyrdom of our elder sister Blessed Rani Maria. She, who gave her own blood as a price to keep up solidarity with the marginalized, possessed the heart of Jesus. It is the love of the Sacred Heart that she poured out towards His little ones. We understand from her diary and meditation notes the importance she gave to the Holy Eucharistic celebration, daily meditation and to all prayers. Her life itself is a lesson for us to learn how to integrate prayer and action. She teaches us that prayer is the only weapon to face the increasing pressures in the apostolic realms, and those who remain faithful and steadfast in prayer can work miracles in this very life itself. As a preparation to the feast, let each of us try to read any book on Rani Maria during these days and discover the special pages of her life that influence me in a deep manner. Try to examine whether any area of my personal life is challenged by her heroic life, and strive to make a difference. Thus we may celebrate this feast in a more meaningful way. Wish you all a happy feast of Bl. Rani Maria.

St. Joseph, our special intercessor, and the guardian of the Holy Catholic Church, challenges us in many ways by his very life that is unstained by ego, and totally dedicated to others. The spotless mutual dedication of the members of the Holy Family is a shining example for our communities. To acquire deep spirituality and commitment, seeking the intercession of St Joseph, I extend my warmest greetings to all, especially to those who are named after St. Joseph.

Wish you all greetings of the feast of Annunciation! When we realize that this is the first moment of God's Incarnation, we must recognize it as a decisive point in the outpouring of the love of a God who lovingly runs after man who has been fleeing away from Him for centuries.

Those who participated in the 33-day retreat are joyful in sharing their fruitful experiences that made this spiritual journey truly meaningful. I extend my special congratulations to the Provincial Superiors, Councillors, Principals, Headmistresses, and all those who made it possible in the midst of their busy schedule. I hope all the Local Superiors have already participated in the retreat. I also remember a zealous elderly sister who told me "I am getting old, and I want to participate in the retreat before my memory fails." Let no minor illness or hardships prevent anyone from attending this retreat.

Examinations

Amoris Laetitia

Providing opportunities for spiritual awakening within families, the Year of the Family 2025, has been meaningfully concluded with organizing various programmes. I sincerely thank and appreciate the Provincial Superiors and Team for taking the initiative with dedication. My Special congratulations to all those who cooperated wholeheartedly with the General Level examination conducted on the Post-Synodal Apostolic Exhortation *Amoris Laetitia* (The Joy of Love) in connection with the Year

of Family. I also congratulate the prize winners for their commendable efforts and achievements. The names of those who secured the First, Second and Third prizes are listed below group - wise. The prizes will be distributed on Final Profession Day (21.05.2026). The winners are invited to be here for the Final Profession ceremony and to receive the prize thereafter.

Sl. No.	Name	Marks	Province	Rank
St. Padre Pio Group				
1.	Sr. Elsa Toms	46.5	Alphonsa Jyothi Province BHM	I st
2.	Sr. Noble Mary	44	St. Joseph Province TLY	II nd
3.	Sr. Celine Therese	42	St. Francis Province TMY	III rd
St. Faustina Group				
1.	Sr. Teena	50	St. Francis Province JLDR	I st
2.	Sr. Gracy	48.5	Devamatha Province CHY	II nd
3.	Sr. Sonia Jose	48	Alphonsa Province PALA	III rd
St. Germain Group				
1.	Sr. Jomcy Maria	46	Alphonsa Jyothi Province BHM	I st
2.	Sr. Pavana	44	Devamatha Province CHY	II nd
3.	Sr. Pavithra	43	Rani Maria Region BLDY	III rd
St. Joseph Group				
1.	Sr. Christine Nasimiyu	47	Sacred Heart Province EKM (Kenya Mission)	I st
2.	Sr. Dorcas	42	Sacred Heart Province EKM (Kenya Mission)	II nd
3.	Sr. Mary Nisha	40	Rani Maria Region BLDY	III rd
Juniors				
1.	Sr. Reetu	44	St. Francis Province JLDR	I st
2.	Sr. Alby	39	Alvernia Province IJK	II nd
3.	Sr. Sunanda	37	St. Francis Province JLDR	III rd

Final Profession

Heartfelt congratulations to Sr.Bhavana Emmanuel (PALA), Sr.Veena Maria (KLM) and Sr.Angela Vithayathil (TSR) for securing the First, Second and Third ranks respectively. I am sending herewith the mark list of the examination.

Animation

After excluding the sisters who are going to attend the 33-day retreat in June 2026, each Province is kindly requested to send to the Generalate, before March 31, 2026 the total number of Senior Sisters who have yet to attend the retreat. If, due to unavoidable reasons, a participant is absent for more than two or three days, it is better to stop that session and attend the retreat again at a later time in order to receive the full spiritual benefit.

Formators' Meeting

Participants are kindly reminded to bring 'Open to the Spirit' and the 'FCC Ratio' to the Formators' Meeting scheduled for May 2026.

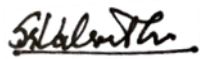
Social Emancipation

Provincial Councilors and Consultants in charge of the Social Emancipation Ministry from Kerala Provinces are expected to attend in the seminar scheduled on June 6, 2026, from 9:00 a.m. to 3:00 p.m. at Laverna Retreat Centre, Karukadom. The provincial councillor incharge and the consultants are expected to participate in it. Each Province is requested to send a minimum of 3 and a maximum of 5 participants. The names of the participants should be communicated to the Generalate before March 15, 2026.

On the Shore to Eternity

Let us pray for the departed souls of Sr. Jose Mary (KLM, 23.12.2025), Sr. Seraphin (IDK, 23.12.2025), Sr. Avila Tresa (CHY, 31.12.2025), Sr. Vandhana (BPL, 02.01.2026), Sr. Ceela (DLH, 04.01.2026), Sr. Amos (TSR, 05.01.2026), Sr. Septima (TSR, 06.01.2026), Sr. Dominic (KLM, 06.01.2026), Sr. Ursula (EKM, 11.01.2026), Sr. Merlin (CHY, 12.01.2026), Sr. Mary John (TSR, 12.01.2026), Sr. Rositta Kalappurackal (KPLY, 15.01.2026), Sr. Beatrice (CHY, 18.01.2026), Sr. Incarnatta (IJK, 20.01.2026), Sr. Mercy Tom (PALA, 22.01.2026), Sr. Emily Paravarakathu (KPLY, 25.01.2026), Sr. Josy Kunnel (BHM, 29.01.2026), Sr. Maria Kunnakattu (KLM, 09.02.2026), Sr. Mercin (TLY, 09.02.2026), Sr. Rose Maria (PALA, 10.02.2026).

Your humble servant in Jesus Christ,



Sr. Litty FCC

Superior General

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(Kindly make this letter available in all our houses)

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