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“And all of us, with unveiled faces, seeing the glory of the Lord as through reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.” (2 Cor 3: 18)

Loving Provincial Superiors, Regional Superiors, Local Superiors, beloved Mothers, Sisters, and my dear Formees,

I hope that everyone is keeping fine and happy. As we step into the second half of July, our minds get filled in with the image of Saint Alphonsa, isn't it? Our beloved elder sister, naturally fills all our minds. After journeying through the days of the novena and reflecting deeply on the life of our elder sister and as we enter into the solemn celebration of her feast, let us pause and ask: At the end what remains in my life? If we go deeper into St. Alphonsa's writings, the depth of her spirituality will surely surprise us. She is the one who loved Jesus the Crucified to the extent of embracing suffering to its fullness, drinking the cup of suffering to the brim and asking for it again and again. “Humility is the queen of virtues, and I consider every opportunity to be humble a great blessing.” St. Alphonsa, who wrote these words in her early days, discovered the profound depth of humility and love in self-emptying. St. Alphonsa, was longing to be the decaying, leaves nourishing the beautiful rose plant! In the lines of ‘A Sacrificial Offering to Christ’, we read that St. Alphonsa was transforming herself into Jesus, who emptied Himself to the extent of descending to the dust of the earth, taking on human flesh — the symbol of weakness — and accepting death, even death on a cross, to raise humanity to heaven. The young nun, assimilating the fragments of wisdom imparted to her by her spiritual guides during her Novitiate period could grow up into an enlightened contemplative.

We are the younger generation of an elder sister who, by the age of 36, attained profound spiritual depth and a contemplative union. Have the spiritual lessons I received during and after formation, helped me to know God? Let us examine how the knowledge gained through meditation on the Holy Scriptures and meditative study of the Word of God have shaped and transformed our personalities. It was the depth of her pure and immense love that made St. Alphonsa unique.

We are approaching the feast day of our mother St. Clare, who taught us through her life that love can be repaid by only love. St. Clare, who traded the wealth and privileges of the Offreduccio family for the true treasure found in the Lord of the manger and of

Calvary, was transformed into His likeness. Longing to see the same transformation in her daughters, she exhorts,

*If you suffer with Him, you shall reign with Him,
[if you] weep [with Him], you shall rejoice with Him;
[if you] die [with Him] on the cross of tribulation, you shall possess heavenly
mansions in the splendor of the saints
(The second Letter to Blessed Agnes of Prague 21, 22)*

Though St. Alphonsa has not read these words of Mother St. Clare, she lived it authentically in her life than any other daughters of St. Clare. The cross being the birth right of a Franciscan nun, our mother St. Clare and elder sister St. Alphonsa, who proved this through their lives, invite us to follow the same. Even if we don't have the spiritual strength to ask for crosses like St. Clare or St. Alphonsa, let us also grow in holiness accepting the crosses we receive in our daily lives wholeheartedly and try to grow into His likeness.

I extend my warmest wishes to everyone on the feasts of St. Alphonsa and St. Clare. And also offer my heartfelt greetings for the Feast of the Assumption of the Blessed Virgin Mary.

Let us remember our Holy Mother Mary with deep love. Mother Mary our queen who assumed into heaven, body and soul knows all the sorrows, anxieties, and pains of her children. If this Holy Mother's humility and purity that made her worthy to receive the Annunciation, it was her constant cooperation and dedication to God's will that made the Assumption possible. As we constantly seek the grace through the intercession of the Mother full of grace, let us also strive to grow in grace daily and abstain consciously and willingly all that separate us from that grace.

On this Feast of Assumption, let us dedicate India, as it celebrates its Independence day, to the Immaculate Heart of our Blessed Mother, the Queen of India. Each of us carries the responsibility to pray for God's grace to overcome the evils that plague the nation we live in. It is high time for us to fight against the evil of drug abuse, which is destroying our teenagers and youth. Are we not alarmed by the increasing reports of violence and murders committed by our young generation under the influence of these destructive substances? Our youth is the future of the Church and the Nation. To fight against this social evil, first of all let us take up the weapon of prayer. Secondly, to prevent the spread of this evil, let us take up all possible measures to conscientize our people through all our apostolic activities. Thirdly, we must reach out to those already affected, guiding them to de-addiction centers and offering the help they need. Fourthly, but most significantly - let us strengthen and safeguard our families through our regular and effective house visits. In two phases, around 90 sisters were already given awareness on these issues from our

Generalate. However, I lovingly urge every local superior, sisters engaged in various apostolic fields and all FCC members be prepared to fight against this evil.

Fond Memories and Feasts

We commemorate the happy memory of Bp. Hippolytus Kunnumkal and Rev. Mother Maurus on 9th and 20th August respectively. Let us gratefully remember these dignified souls, to whom we owe so much, and offer the Holy Eucharist praying for the repose of their souls.

On 23 August, we celebrate the feast of St. Rosa of Lima. On behalf of the entire F.C.C., I extend my warm wishes and prayers to Assistant Superior General Rev. Sr. Rose Anitha on her feast day, and to General Treasurer Rev. Sr. Linda Rose, who also shares this day. Heartfelt festal greetings to General Councilor Sr. Jyothis, celebrating her feast day on 11 August, and to General Secretary Sr. Merlin, who celebrates feast day on 15 August. Let us thank God for the abundant blessings He has bestowed upon F.C.C. through each of these esteemed sisters, and let us pray for them with love and gratitude.

Formation

On 3 June 2025, 40 junior sisters (FCC – 39, FSC - 1) entered the Common Juniorate at Portiuncula. 35 Junior sisters (FCC – 30, from other Congregations - 5) entered the Common Juniorate in Indore on 17 June 2025. Let us pray that they may benefit the best from the coming year which is given to them to love and follow Christ more deeply, ardently and faithfully. All the best to the sisters in the Common Juniorate!

Perpetual Profession

The Perpetual Profession in 2026 will be held on 21 May at 9:30 a.m. The application and evaluation reports of our Junior sisters who are convinced to live faithfully the FCC Way of Life are to be reached at the Generalate on or before 31 October, 2025. The concerned Provincial Superiors are kindly reminded to prepare the sisters by giving special attention to their daily meditation, contemplative study of the Word of God, and the Charism centered life. The examinations for them will be conducted on 28 December (Paper I), and 30 December 2025 (Paper II). The syllabus is given below.

Paper I

1. TOR - Rule and Life
2. FCC Life and Constitution
3. FCC Way of Life
4. FCC Ratio - Chapter 1 & No 127, 128

Paper II

1. *Lumen Gentium* (LG) - Chapter 6
2. II Vatican Document on Religious Life (PC) - No 5, 6, 12, 13, 14, 15, 16, 17, 18)
3. *Vita Consecrata* (VC)
4. Admonitions of St. Francis
5. 4 Letters of St. Clare to Bl. Agnes
6. Holy Bible and Franciscan Siddhi (Vol. 4)
7. In the Footsteps of the Founders (FCC Charism: A study and Reflection, Vol. 2)
8. *Dilexit Nos* (He Loved Us. 24 Oct 2024)

Local Superiors Training Programme

The Compassionate Communication and Leadership Training Programme for Local Superiors and Provincial Councils, as decided at 9th General Plenary Synaxis, is scheduled for four full days. The details of the schedule are given below.

Sl. No.	Date	Centers	Sl. No.	Date	Centers
1	Aug. 3, 5 pm – Aug. 8, 8 am	Alphonsa Province, PALA	9	Sept. 3, 5 pm Sept. 8, 8 am	Laverna Karukadam, KLM
2	Aug. 11, 5 pm- Aug. 16, 8 am	Anthonianum, Konnakuzhy	10	Sept. 11, 5 pm Sept. 16, 8 am	Seraphic Province, PKD
2	Aug. 16, 5 pm- Aug. 21, 8 am	Alphonsa Jyothi Province, BHM	11	Sept. 3, 5 pm Sept. 8, 8 am	Nirmala Province, VJDA
3	Aug. 18, 5 pm- Aug. 23, 8 am	St. Joseph Province, TLY	12	Sept. 12, 5 pm Sept. 17, 8 am	St. Francis Province, JLDR
4	Aug. 23, 5 pm - Aug. 28, 8 am	Zion Renewal Centre Thiroor	13	Sept. 18, 5 pm – Sept. 23, 8 am	Amala Province, BPL
5	Aug. 24, 5 pm- Aug. 29, 8 am	St. Mary's Province, MTDY	14	Oct. 1, 5 pm - Oct. 6, 8 am	Maria Matha Province, HZB
6	Aug. 24, 5 pm- Aug. 29, 8 am	Alphonsa Bhavan Okkal	15	Oct. 23, 5 pm - Oct. 28, 8 am	Nirmal Jyothi Province, DMPR
7	Aug. 29, 5pm- Sept. 3, 8 am	St. Thomas Province, KPLY	16	Oct. 20, 5 pm - Oct. 25, 8 am	St. Paul Province , DLH
8	Sept. 1, 5 pm – Sept. 6, 8 am	Devamatha Province, CHY	17	Oct. 18, 5 pm - Oct. 23, 8 am	san Damiano Province, NDA

It is desirable to conduct this programme in all the Provinces for the renewal and enrichment of our communities. The resource persons trained at the Generalate can help and significantly contribute to attain this goal.

Provincial Council Empowerment

In line with the decision of the 9th General Plenary Synaxis to equip Provincial Councils to empower our communities through community building, animation, and spiritual direction, a training is arranged for Kerala Provinces at the Generalate from 9:00 am on 12 January, 2026, to 4:00 pm on 17 January, 2026. The training for the Mission Provinces will take place at Laverna Convent, Karukadam, from 9:00 am on 11 May, 2026, to 4:00 pm on 16 May, 2026. You are kindly requested to make the necessary arrangements for the participation.

FCC Charism Study Plan

In accordance with the 9th General Plenary Synaxis' decision, to deepen ourselves in the FCC Charism the following study programme is prescribed:

One-year Study Plan from July 2025 to June 2026

- 1) 2025 July : St. Alphonsa: A Sacrificial Offering to Christ
(Biography of St. Alphonsa: Fr. Romulus CMI)
- 2) 2025 August : Francis and Clare, The Complete Works Part II
(Writings of St. Clare)
- 3) 2025 September - 2025 October: Francis and Clare, The Complete Works Part I
(Writings of St. Francis)
- 4) 2025 November - 2025 December: In the Footprints of the Founders
(Sr. Goretti FCC)
- 5) 2025 December - 2026 March: Constitution, Way of Life
- 6) 2026 April - 2026 June: F.C.C Ratio (Chapter I)

As we prepare for the feast of St. Clare, let us make her writings the subject of our deep meditation and reflection in particular, her four letters to Blessed Agnes.

Essay Competition

The year 2025 marks the 800th anniversary of the composition of the 'Canticle of the Creatures' by St. Francis of Assisi. In this Jubilee Year, as Franciscans around the world celebrate, let us also share in the joy of this occasion.

An essay competition based on 'Canticle of the Creatures' will be held, for Formees, Junior sisters, St. Joseph, St. Germain, St. Faustina, and St. Padre Pio groups separately.

The competition is to be conducted in each province before 30 November 2025, and the essays of those who secure the first, second, and third position should be reached at the Generalate before 30 December 2025. The essay should not exceed three typed pages. *(Font size – 14, Line spacing 1.15, in Times New Roman)*

Silver Jubilee Course

This year's Silver Jubilee Course (Malayalam) will begin at 5:00 pm on 10 April, 2026, and conclude at 2.00 pm on 12 May, 2026. The Silver Jubilee Course (English) will be held at 4:00 pm on 14 May 2026, and conclude at 2:00 pm on 17 June, 2026. The venue for both courses will be informed you later. The names of the participants should be submitted to the Secretary General before 15 August 2025.

The Silver Jubilee Course will continue as 33-day retreat in 2026 also.

Online Meeting

A soft copy of the revised 'Way of Life' will be sent to the members of the Provincial Council and the General Plenary Council Members for proof reading. Please read it carefully and submit your evaluation before 5 August, 2025. An online meeting for the General Plenary Council Members will be held on 15 August 2025 at 10.00 am. Further details and link will be sent you later.

Internal Auditing

Internal Auditing in the Kerala Provinces will be conducted by Assistant Superior General Rev. Sr. Rose Anitha, together with General Treasurer Sr. Linda Rose and Sr. Anita Jose (EKM), as per the schedule below.

Month	Date	Province
2025 September	16 -18	PKD
	18 - 20	TSR
	20 - 22	IJK
	22 - 24	KLM
	24 - 26	EKM
2025 October	06 - 08	PALA
	08 - 10	BHM
	10 -12	KPLY
	12 - 14	IDK
	14 - 16	CHY
	22 - 25	TLY
	26 - 28	MTDY
	29 - 31	TMY

General Councilor Sr. Mercy, along with her consultant Sr. Leela Jose (HZB) will carry out the internal auditing of the Mission Provinces and Regions. The specific dates for these audits will be announced later.

On the Shore to Eternity

Let us pray for the departed souls of Sr. Silvi (TSR, 20.6.2025), Sr. Feena Joseph (TSR, 21.6.2025), Sr. Pelajia (MTDY, 1.7.2025), Sr. Martin (2.7.2025), /Sr. Annie John (KLM, 6.7.2025), Sr. Tresa Mary (KLM, 15.7.2025), Sr. Bertilia (TSR, 17.7.2025), Sr. Primus (PKD, 19.7.2025), Sr. Jean Mary (CHY, 20.07.2025), Sr. Josepha Maria (DMPR, 20.07.2025).

Your humble servant in Jesus Christ,



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