



Prot. No: 215/2024

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LMG. 06/2024

**“I resolved to know nothing while I was with you except Jesus Christ and him Crucified”
(1 Cor 2:2)**

Hope, you all are keeping fine in the love of Jesus. In our journey towards perfect love, the entire heaven is with us in order to inspire and strengthen us, and to make our journey more fruitful and dynamic. When we celebrate the feasts of our beloved saints, being in heaven, they intercede for us with much love towards us.

Now we are about to celebrate the feasts of St. Alphonsa, our elder sister and our Mother St. Clare. All of us have received many blessings and inspirations for our spiritual growth through the intercession of these two great saints. Their lives were profoundly anchored and rooted in Jesus Christ, our Lord. When we look at them closely, we understand the truth that St. Alphonsa also followed the same path that was trodden by our Mother St. Clare. Though St. Alphonsa could not read any of the letters and writings of St. Clare, her biography testifies that she deeply imbibed the sources and styles of the spiritual life of St. Clare, our Mother, and laid the foundation of her life on it. St. Clare who adorned herself by looking at the Mirror - Jesus incarnate, and modified her personality with poverty, pure love and self-emptying, until she was transformed to him asks to us: “Gaze upon Him, Consider Him, and Contemplate Him.” St. Alphonsa who lived almost 7 centuries after St. Clare also - bejeweled her personality, by gazing solely upon Jesus - the Mirror. Thus our loving Mother and our beloved elder sister who attained the crown of holiness and reached the pinnacle of perfect love invite the FCC daughters to grow to the perfection of love through a life that is centered on Jesus and Jesus alone.

Jesus in the Gospel is the ‘Mirror’ put before us by St. Clare to assess our growth in spiritual life. Let us not forget that our comparisons are to be done with Him alone. *At the surface of the mirror, dwell on the holy humility, the blessed poverty, the untold labors and burdens which He endured for the redemption of all mankind. Then, in the depths of this same mirror, contemplate the ineffable charity which led Him to suffer on the wood of the Cross and die thereon the most shameful kind of death (Francis & Clare page: 205, No: 22,23).* If it is His immense love towards each of us, led the Son of God to total self - emptying, it is to be our deep love towards Him that leads us to a radical self - emptying. Mother St. Clare and sister Alphonsa acquired the personality traits of Jesus by contemplating His kenosis. May these saints be our inspiration and intercessors. Faithfulness in the daily meditation, prayerful study of the Word of God, and the sincere learning of letters, writings and biographies, of our Father St. Francis, our Mother St. Clare, and our elder sisters St. Alphonsa and Bl. Rani Maria will

accelerate our journey to holiness. In order to observe these spiritual exercises in a smooth manner, even in the midst of our heavy schedule, let's fix our hearts in the goal i.e. our union with God. Thus, with one accord and love, let us make this journey sweet and magnanimous. I wish all the joys and greetings of the feasts of St. Clare and St. Alphonsa to one and all!

Our loving Mother Mary who gave birth to the Word of God was taken up into heaven with her pure body and soul. As we journey towards heaven, today also, our loving Mother says to us to incarnate the Word of God in this modern world through our very lives. Thus our Blessed Virgin who is assumed into heaven invites us to be transformed to the personality of Jesus, in order to re-enact His life in this world. Let us strive our level best to give proper response to this call. Joyful greetings of the Feast of the Assumption of Mary to all! On the day of the Queen of Portiuncula, kindly remember all the Portiuncula daughters in your valuable prayers.

Loving festal greetings to Rev. Sr. Rose Anitha, the Asst. Superior General, who is named after St. Rose of Lima. Also Prayerful feast day wishes to Rev. Sr. Jyothis, the General Councillor who celebrates her feast on 11 August. Sr. Linta Rose, our General Treasurer and Sr. Merlin, our General Secretary celebrate their feasts on Aug 23 and Aug 15 respectively. Joyful greetings of the day to both of you dear sisters! Let us thank God for the immeasurable gifts that the good Lord has showered upon our Portiuncula family and the entire FCC through the instrumentality of our loving sisters. Let us offer our sincere prayers for them so that they may continue to be filled with the divine graces and their ministries be blessed by God.

Homage to Rev. Mother Henry Suso

Hope all of you came to know about the heavenly departure of Rev. Mother Henry Suso (12.07.2024), the 4th Superior General of Unified FCC, who led the FCC family from 1991 to 1997. Hope, you all know that our loving Mother Henry Suso was suffering from cancer. Yet, when I visited her last year, she was more or less healthy, and had a bit memory power. For the official visitation, when I had been staying at Assisi Bhavan Provincial House, Malaparambu (Thamarassery) for 4 or 5 days, I could spend time with her. I nicely cherish the good memories of our loving Mother Suso. When I was sitting in the chapel, she came to me and asked the permission to go out to take medicine, to take some rest when felt tired and so on. Such was her ardent zeal for love of obedience which is highly appreciable and exemplary. Mother was totally bedridden for more than two months. Though the last days of our dear mother, who submitted herself to the will of God, were much painful, she was calm and quiet. I Thank God for the valuable opportunity, where I could be with Mother Henry Suso in her last days, together with the General Councillors - Sr. Julie and Sr. Josiya. Let's thank God for all the blessings that the good Lord has showered upon FCC family through her instrumentality. Let's also offer a Holy Mass in each community for the repose of her soul. Dear mother, we wish your noble soul eternal rest and heavenly bliss with Jesus. FCC family with one accord bid you a prayerful adieu.

Aug 19 and 20 are the days of commemoration of Rt. Rev. Bishop Hippolytus Kunnumkal OFM Cap and Rev. Mother Maurus respectively. Kindly take care to offer Holy Mass and pray for them on these days. Let us thank God for these two great souls, to whom the unified FCC is much obliged. Rt. Rev. Bishop Hippolytus Kunnumkal OFM Cap and Rev. Mother Maurus

were the instruments in the hands of God, to write down the FCC Constitution in a Spirit-filled manner. Even today, being in heaven, they intercede for all the FCC daughters. Let us seek their intercession so that we may understand and live our Constitution in its true spirit.

Major Archiepiscopal Assembly

The Major Archiepiscopal assembly of Syro Malabar Church will be conducted at the Pastoral Centre of the Diocese of Pala from 22 to 25 August 2024. Kindly pray for the success of the assembly during these days.

Be Vigilant

Dear sisters, I would like to bring to your attention an important matter. Monastery of Holy Ruha was a Pious Union established in the model of religious life in the Archdiocese of Thrissur on 8 September 2017. This pious community claimed that their community is a contemplative order, and it made many attempts to admit some religious from other congregations including FCC, by enticing them that they may get deep prayer experience. Due to some serious issues in connection with its administration and formation, the Archbishop of Thrissur Archdiocese dissolved and banned this community; from the archdiocese of Thrissur by order on 27 April 2023. Then, though this community appealed to the Dicastery for the Oriental Churches, it was rejected. It is informed in the entire Archdiocese that the ban from the Head of the Archdiocese (Order No 980/2023) remains in force. This community launched out a YouTube channel called *The Holy Ruha*, and it broadcasts spiritual sermons and some spiritual discussions held by their community. It is advised that please do not attempt to contact them for a deep spiritual experience, clarification of doubts, and prayer requests by phone calls, e-mails or letters. Kindly be vigilant so as not to fall into this trap.

Formation

Hearty welcome to all our courageous youth who stepped into the FCC family (Kerala - 28, Mission - 148), responding to the great and special divine call to the religious life, by giving up all the worldly pleasures and favoritisms like scraps! May our Poor, Humble and Crucified Jesus fill their hearts with the abundance of graces so that they may follow Him with great zeal till the end of their lives.

The **30 day Retreat** for the 2nd year novices from Kerala and Mission provinces will begin on 16 August at Konnakuzhy and 12 August at Vijayawada respectively. Kindly remember them in your prayers.

Though the junior sisters preparing for Final Profession are busy with different apostolate kindly get them ready by giving special attention for daily meditation, meditative study of the Bible, a life in tune with our Charism etc. It is good that the Provincial Superiors inform them personally and make the necessary arrangements for study and reflection. Their evaluation and report should be submitted to the Generalate before 15 October 2024.

Their examination before final profession will be conducted on 28 December (Paper I) and on 30 December 2024 (Paper II). 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. Vatican Decree 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. The Gift of Fidelity, the joy of Perseverance (Apostolic Exhortation - Part 1-2, No. 1- 62)

All the novices who are making First Profession this year are to participate in the thanksgiving Holy Mass and *reception* that is organized at the Generalate on 4 November 2024. They are to reach at 9.30 am and the Holy Mass will be at 10.30 am. Sisters from Kerala Provinces can go back on 4 November 2024 itself after the reception and those from Mission Provinces can return in the morning on 6 November 2024 after the pilgrimage arranged on 5 November.

Sisters celebrating Golden Jubilee are to reach at Portiuncula on 27 October 2024 before 4.00 pm and can return on 31 October by 2.00 pm. The Thanksgiving Holy Mass will be offered at 10.30 am.

Alphonsa Garden

Sisters concerned are to take care to give the action plan of the year 2024 – 2025, before 30 August 2024 to the Provincial House after inaugurating the activities of Alphonsa Garden that are already active in our institutions and parishes. The consolidated report must be given to the Generalate.

33 Day Retreat

Those who come for the retreat are to bring Holy Bible, 3 notebooks of 200 pages, and Mess fee Rs. 5000. Mess fee is to be transferred once the retreat is begun. If anyone is taking medicine regularly you are reminded to bring it for a month and a flask if necessary and it is preferable not to have the mobile. The required arrangements are to be done by the provinces so that all can participate in the retreat from the beginning to the end. Please note the details of 33 day retreat given below.

Date	Venue
26 December 2024, 4.00 pm – 27 January 2025	Anthonianum Renewal Centre, Konnakuzhy
26 December 2024, 4.00 pm – 27 January 2025	Laverna Retreat Centre, Karukadom
11 February 2025, 4.00 pm – 15 March 2025	Zion Renewal Centre, Thiroor
11 February 2025, 4.00 pm – 15 March 2025	Maria Matha Provincial House, Hazaribag
11 March 2025, 4.00 pm – 13 April 2025	St.Alphonsa Bhavan, Muttuchira
11 March 2025, 4.00 pm – 13 April 2025	Amala Provincial House, Bhopal
26 April 2025, 4.00 pm – 28 May 2025	Anthonianum Renewal Centre,, Konnakuzhy
26 April 2025, 4.00 pm – 28 May 2025	Laverna Retreat Centre, Karukadom
26 April 2025, 4.00 pm – 28 May 2025	St.Paul Provincial House, Delhi
15 June 2025, 4.00 pm – 17 July 2025	St.Joseph Provincial House, Thalassery
15 June 2025, 4.00 pm – 17 July 2025	Seraphic Provincial House, Palakkad

Synodal Journey

Hope our communities are in the synodal journey. I came to know that all the communities sincerely co-operate with this journey. With much love, I thank one and all. May the spirit of this synodal journey be preserved in our communities in the days ahead too. We have to continue all these procedures in the Zonal, Provincial and General levels. Kindly pray, so that the fruits envisioned by God may be produced in our FCC family through this journey.

Questionnaire for evaluation and the province level synodal journey report are to be reached at the Generalate on 10 August 2024 and 10 September 2024 respectively. The report from the foreign mission is to be given separately by each province and mention the name of the foreign mission and province clearly.

On the Shore of Eternity

Let us pay homage and seek the intercession of our sisters who were called back to the heavenly abode: Sr. Valeria (KLM,10.06.2024), Sr. Bertha (KLM,19.06.2024), Sr. Mary Nedumkallel (VJDA, 24.06.2024), Sr. Litty (EKM, 27.06.2024), Sr. Benedicta (EKM, 30.06.2024), Sr. Annie George (KLM, 01.07.2024), Sr. Pavana (EKM, 04.07.2024), Sr. Cabrini (IJK, 11.07.2024), Mother Henry Suso (TMY, 12.07.2024), Sr. Lellis Kanippalliyil (PALA, 22.07.224), Sr. Bruno (IJK, 22.07.2024), Sr. Tresa Martin (CHY, 25.07.2024) and Sr. Belina (TSR, 26.07.2024).

Your humble servant in Jesus Christ,

Sr. Litty

Sr.Litty FCC
Superior General



Superior General
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(Kindly make this letter available in all our Houses)
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