



Prot. No.138/2026

Dated: 23.05.2026

LMG.03/2026

“If you love me, keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. The world cannot receive him, because, it neither sees him nor knows him; but you know him, for he dwells with you and will be in you” (Jn. 14:16 - 18).

Beloved Provincial Superiors, Regional Superiors, Local Superiors, dear mothers, sisters, and all my little children in formation,

Hope you all are keeping well and happy. We are now passing through the Season of Resurrection, during which we contemplate and experience the mystery of the Resurrection of our Lord Jesus Christ, while we also look forward with hope to our glorification. Let us remember our Mother and the Apostles who waited for the baptism of the Holy Spirit, following our Master's instructions given before His ascension into heaven, “Do not depart from Jerusalem, but wait for the promise of the Father, which you have heard from me” (Acts 1:4). Let us thirst fervently for the anointing of the Holy Spirit. “If anyone thirsts, let him come to me and drink” (John 7: 37). This is the invitation from our Lord. Let us eagerly wait with thirst to drink the living water, the Holy Spirit. Let me also examine whether my thirst is to be filled by the Spirit and to become authentic witness of Jesus. And also reflect whether our thirst is for our own union with God, and that of all the souls who are to be redeemed through us.

Jesus warns us that “the world cannot receive the Spirit of truth” (John 14: 17a). He reminds us of the truth that there should never be worldly spirit in our thirst. Let not the standards and desires of the world contaminate our thirst. When he says, “The world neither sees him nor knows him,” Jesus sees all those who cannot know or embrace His Cross or His Paschal Mysteries. When our Lord says, “But you know Him (the Holy Spirit),” did He not mean you and me along with the Apostles? The word ‘know’ means intimate union. Am I in intimate union with Jesus and the Holy Spirit to deserve this claim of Jesus “I know Him”? Have I delved into the Gospel to the point of following His footsteps?

Dear sisters, let us prepare wholeheartedly for the Feast of Pentecost. Isn't the Season of Lent and the fifty days that follow are also given for our anointing by the Holy Spirit? I believe, during these days most of you have done your 33 day retreat or annual retreat or the observation of the prayer week and so on. I wish everyone a

happy Pentecost with the prayer that the insights, God experiences, and deep convictions you have received may lead to the anointing of the Holy Spirit.

“You will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth” (Acts 1:8). We know that the Feast of Pentecost was a festival of harvest for the Jews. The Apostles began the harvest of souls when they received the Holy Spirit at Pentecost. They travelled with the Gospel to the ends of the earth. May our every journey, every action, and every prayer be to quench the thirst of Jesus, and to save souls. The fields are ripe and waiting for workers to harvest. While praying to send workers, I humbly request you all to discover prayerfully, and implement what we can do to win the souls in the places and situations where we are. I believe that all provinces engage in vocation promotion with great dedication and seriousness. Let us remember once again that religious vocations are the fruits of the ministry of evangelization.

The month of June is approaching. We remember with love the Most Sacred Heart of Jesus, and pray persistently to be conformed to this Heart of Jesus. I pray that this month dedicated to Sacred Heart may enable each FCC daughter to become one with His Heart, who comes daily to receive you into His Heart. May all of you be able to share the flames of His love with many of our brethren. With this prayer, I sincerely wish you a very happy feast of the Sacred Heart.

Our renewed *Way of Life* is ready to be given for our observation. The General Synaxis held in November 2021 decided to renew it. The entire FCC would like to express her gratitude to the committee members, Sr. Geo Maria (CHY), Sr. Ancel Maria (BHM), Sr. Starlet Scaria (TSR), Sr. Shefi Davis (EKM) and Sr. Archana (VJDA) who did the work. And also to Sr. Maria Treasa (CHY) who recorded with utmost care all the matters connected with the Canon Law, and put the numbers in accordance with our Rule and Constitutions. May our good Lord richly reward you all for your commendable service, in which you have offered much time, health, and talents in a self-sacrificing and worthy manner.

St. Alphonsa Mission, South Africa

The missionary work that was begun in South Africa in 1995 by Alphonsa Jyoti Province, Bharananganam has now become a Mission with 4 houses and 14 members, and it was established as St. Alphonsa Mission on 25 April 2026. Sr Sebastine Maria is the Mission Superior. Congratulations and best wishes to dear Sr Sebastine Maria and all the sisters of the Mission! I hope and pray that our South African Mission may be able to make good contributions to the African mission to spread the Kingdom of God.

Final Profession

Let us together raise our hearts and minds to God Almighty that 81 of our junior sisters made their Perpetual Profession on 21 May 2026 in the liturgical ceremony presided by His Beatitude Mar Raphael Thattil, Major Archbishop of Syro Malabar Church. Let us continue to keep them in our prayers.

Welcome to the Newcomers

Welcome to all the little daughters who have entered into Come & See, responding to the powerful call of Jesus to follow Him. I offer to the Sacred Heart of Jesus all those who will be entering into Pre - Postulancy Phase II in the beginning of June 2026 and our formators who accompany all our formees. May your humble efforts to be transformed to Jesus be counted worthy before Him.

15 June, St Germaine's Day

Prayerful Greetings to our dear sisters who celebrate their patron's day on the feast of St Germaine, who won the heart of God with her purity of heart, endurance in sufferings, and love for the poor! I pray for the intercession of St Germaine, so that you all may be adorned with holiness.

With Grateful Hearts

With hearts full of gratitude, the entire FCC family remembers and values all the sacrificial services that our sisters have offered for conducting the retreats at various centres during these holidays. We gratefully remember all the General animators and formators who guided different retreats. We specially express our sincere gratitude to the provincial superior and team and the community members of Laverna Convent, Karukadam of Vimala Province Kothamangalam who toiled for the success of Silver Jubilee celebration. Also my sincere thanks to the provincial superior and team and the community members of Devamatha Province, Changanassery, who made the necessary arrangements for the orientation course of provincial councils from mission provinces. I pray that all the sacrifices of our sisters who have witnessed to the ideal of *FCC one family* may be written in the book of life.

As per the decision of the 9th General Plenary Synaxis, handbook based on the syllabus given in the revised *Open to the Spirit* has been prepared. Thus the handbook on Sacred Scripture was prepared by Sr. Sayujya (BPL), Sr. Dhanya Kallarackal (JLDR), Sr. Thejas (EKM), Sr. Renit (KLM), and Sr. Rekha Rose (TSR). The handbook on Moral Theology was prepared by Sr. Pradeepa Jose (EKM), Sr. Bince Maria (IDK), Sr. Meera (BHM), and Sr. Siona (PALA).

According to the decision of the General Plenary Council 2025, the book *Fundamental Principles of Faith* for the formees in the *Come & See* stage was

translated into regional languages through the initiative of the following sisters: Sr. Alice and Sr. Lucy (HZB) in Hindi, Sr. Gracin and Sr. Christeena (JLDR) in Punjabi, and Sr. Archana (VJDA) in Telugu.

The entire FCC family gratefully acknowledges and appreciates the dedicated service of all of you dear sisters.

Intercessory Prayer

“I urge, first of all, that supplications, prayers, intercessory prayers, and almsgivings be made for all people” (1 Tim 2:1). Thanks to all our sisters who had been in prayer for the entire FCC family at Portiuncula Generalate in the year 2025 – 2026. Hearty welcome to dear sisters who came for prayer for the year 2026 – 2027

Family Ministry

Three missions, namely, formation of holy and loving families, upliftment of marginalized families, and drug-free families, have been selected as the action plan for the year 2026-2027. The fulfilment of this mission is the most appropriate way to build up the Holy Church, and to promote religious and priestly vocations. According to the evaluations of the communities, made after official visitations by General Council, it is understood that we must give more attention and vigilance to the family ministry. Dear sisters, today, families come across many crises. So I remind all the FCC daughters to wake up and take utmost care to protect our families.

Community Animation

I am happy to know that the *compassionate communication training*, has been completed in all provinces of Kerala. I remember that, behind this achievement, there is strenuous hard work by the councillors of animation in charge. Special thanks to you all! The training of province level animators in the mission provinces was held at Alphonsa Bhavan, Bangalore from 11 to 14 April 2026. Hope mission provinces also may complete the compassionate communication training as early as possible. Our communities are growing in the compassionate communication which we have accepted as the plan of action for community renewal for the year 2026 - 2027. “You must be quick to listen, slow to speak, slow to anger (Jas 1:19). May our good Lord give us the gift of love as a grace to live this Word of God as a norm of our dealings in the communities and apostolate.

Kindly remember to submit to the Generalate, the action plans for Family Mission and Community Animation for the year 2026 - 2027 before 31 July 2026.

Generalate Construction Activities

We are preparing to reconstruct a wing of the Generalate which includes our refectory and kitchen. Dear sisters, kindly remember this in your prayers, so that

everything will be done according to the will of God. I specially entrust this to my beloved mothers and sisters who are praying daily before the Blessed Sacrament as well as those who are on the bed of suffering.

Transfer

I sincerely thank Sr. Shanti (KPLY) who went back to the Province after a year of selfless service at Alphonsa Bhavan, Bangalore. I warmly welcome Sr. Flowerlit (KPLY), who wholeheartedly replaced her. I heartily thank Sr. Memphy Rose (TSR), who went back after fulfilling the responsibilities of assistant secretary in the Generalate for one year. Welcome to Sr. Josna Therese (CHY), who came back to Portiuncula community once again.

Visits

During the months of April and May, I, along with Sr. Princy Rose, the General Councillor visited South Africa and Malawi mission centers, and Assistant Superior General Sr. Rose Anitha, together with General Councillor Sr. Julie visited our mission in Kenya and Tanzania. We experienced the unity of FCC daughters in the powerful prayer support all through our journey. Let us empower our missionary activities through prayer and sending more members.

On 11 June 2026, General Councillor Sr. Jyothis and I will be visiting our communities in the United States, and General Councillor Sr. Josiya and General animator Sr. Maria Joseph (TSR) will be conducting classes and workshops for the formees and sisters in the mission in Tanzania and Kenya. In these days war and epidemics causing crises in many parts of the world. So, I request your earnest prayers that our journey may be safe and visits may be completed for the greater glory of God.

I hereby entrust Sr. Rose Anitha, Assistant Superior General, with the execution of all official affairs from 11 June 2026 until my return on 14 July 2026.

Animation

The revised list of the 33 day retreat to be held in 2026 is attached below. I kindly remind you to make arrangements for the retreat, so that you can have a full participation in the retreat.

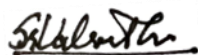
33 Day Retreat 2026 – Kerala	
Date	Place
July 28 – August 29	Provincial House, Kanjirappilly
July 28 – August 29	Provincial House, Idukki
July 29 – August 30	Zion, Thiroor (TSR)
September 2 – October 4	Provincial House, BHM

September 2 – October 4	Anthonianum, Konnakuzhy (IJK)
September 2 – October 4	Laverna, Karukadam (KLM)
October 12 – November 13	Provincial House, MTDY
October 13 - November 14	Zion, Thiroor (TSR)
October 15 - November 16	Alphonsa Bhavan, Okkal (EKM)
November 17 – December 19	Anthonianum, Konnakuzhy (IJK)
November 18 – December 20	Alphonsa Bhavan, Muttuchira (PALA)
November 18 – December 20	Laverna, Karukadam (KLM)
33 Day Retreat 2026 – Mission	
August 29 – September 30	Provincial House VJDA
November 18 – December 20	Provincial House, BPL
December 18 – January 19	Tuibuang, Imphal

On the shore to Eternity

Let us pray for, and seek the intercession from our beloved sisters who have departed from us: Sr. Harold (PKD, 04.04.2026), Sr. Kusumos (KLM, 06.04.2026), Sr. Regi Manuel (JLDR, 07.04.2026), Sr. Pius Maria (KPLY, 10.04.2026), Sr. Paul Maria (BHM, 14.04.2026), Sr. Ancy Joseph (KLM, 15.04.2026), Sr. Justin (EKM, 16.04.2026), Sr. Elsy Jositta (TSR, 24.04.2026), Sr. Sneha (MTDY, 27.04.2026), Sr. Jainy (VJDA, 27.04.2026), Sr. Crispin (TMY, 28.04.2026), Sr. Ritti Paul (IJK, 02.05.2026), Sr. Tresa Rose (EKM, 08.05.2026), Sr. Julie Rose (TSR, 10.05.2026), Sr. James Mary (TLY, 18.05.2026), Sr. Anie Justin (TLY, 19.05.2026) and Sr. Clara (PKD, 21.05.2026).

Your humble servant in Jesus Christ,



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(Kindly make this letter available in all our houses)
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Happy Feast of Pentecost