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***“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God” (Col 3:1).***

Loving Provincial Superiors, Regional Superiors, Local Superiors, beloved mothers, sisters, and my dear children in formation,

I hope that everyone is keeping fine and happy. Together with all the FCC daughters, let me bow my head in deep gratitude before the grace of God that we experienced incessantly throughout the General Synaxis. During the five day Synodal Journey followed by the days that were set apart for the renewal of the ‘FCC Way of Life,’ all the Synaxis members could experience the outpouring and accompaniment of the Holy Spirit. He inspired our thoughts, spoke through our voices, and worked through each member of the Synaxis. Your continuous and sincere prayers were a great support and strength and all the FCC daughters deserve high appreciation. We express our heartfelt gratitude to each and every one of you. As you all know, the Provincial Synaxis will be held in the coming months in all our provinces. Let us continue our prayers for the anointing of the Spirit upon all the Synaxis members.

We are carrying out our journey to renewal through four stages namely: Discovery, Dream, Design and Destiny (Commitment). Through our Questionnaire and Synodal Journey we found out where FCC stands, and prepared the Emmaus Diary. This was the stage of Discovery. During the Discovery phase, each province prepared their dream for FCC. At the very beginning of the General Plenary Synaxis, **FCC Dream** was formed by merging your dreams for the FCC. Thus the second phase was completed. I am glad to share it with you all - the dream how FCC should be in 2027.

*In union with the Holy Trinity, rooted in the Word of God, identified with the poor, humble and crucified Christ, thriving in fraternal love, reading the signs of the times FCC builds up the Church, committing to the glory of God and the salvation of souls.*

A consecrated person – a FCC daughter should not have a lesser goal than the Union with the Holy Trinity. The Son of God who came down from the bosom of the Father, desires that we should reach the highest status of the union with God. He invites us to discern and fulfill His will through the deep meditation on the Word of God. Contemplation on

the Word will gradually make us identified with the poor, humble, and crucified Jesus, the center of the FCC Charism.

Then we will be able to experience the fullness and perfection of fraternity in the community, and to make our valuable contribution as a member of the community. Thus the community members will be able to glorify God with one accord, striving for the salvation of souls through various ministries in tune with the Charism, and discerning the signs of the times. And they become the builders of the Church, the mystical body of Christ.

The third and fourth phase of our journey to renewal is to find out and formulate Design and the Commitments to implement and fulfill the designed plan. During the General Plenary Synaxis, we shaped the designs and commitments to fulfill FCC Dream 2027, focusing on four key areas: spirituality, fraternal life, formation, and apostolic activities. But each province should discern whether additional commitments are needed to address its specific needs. Our dream will fulfill only when each province, community, and individual wholeheartedly commits to its realization with dedication and determination. The designs and commitments prepared during the General Plenary Synaxis will be in your hands shortly.

I hope, in the Holy Eucharist and in our personal and community prayers, you are all fervently praying for our Holy Father, Pope Francis, who remains in critical condition. May our prayers bring him strength, healing, and divine comfort.

Mr. Josef Maassen (VKO Board Member & FCC Association's Advisor) who was our benefactor for a long term in Germany went to the Heavenly Abode on 28 January 2025. Thanking God for all the good that we have received through him, let us pray for his soul.

We are entering into a season of penance that invites us to love more through reparation and atonement. In our journey towards the heights of holiness, if at any time the velocity of our journey has slowed down, it is a time to speed up, and if we have strayed even a little from our goal, it is a time to return with caution. If the bonds of fraternity have drifted even a little, it is a time to rekindle them more strongly. If our witness to Jesus and the Gospel has waned in the apostolic fields, it is a time to make the most of every opportunity to proclaim Him with love and increased zeal in word and deed. If we have fallen short in living our Charism, it is a time to return with resolution. Beloved sisters, this Season of Lent demands all these from us. I wish and pray that all our FCC sisters may be able to enter into the glory of the resurrection, spending this Lenten Season more effectively - the season which invites us to repay the debt of love with the abundance of love.

As I have already mentioned in the previous circular (Prot. No. 59/2022), *Fasting of the Tongue* and *Media Fasting* are relevant today. We should be able to keep ourselves from the bad habit of unnecessary use of media and futile conversations, which are harmful to our prayer and consecrated life. Hope you will read the circular dated 17.02.2022 before the beginning of this Lenten season and would include it in your decisions. Studies on the use of data in digital media indicate that only 10% of the data is used for study purposes while 90% is used for mere entertainment. Majority of the entertainment includes games, pornography and cinema. In this Lenten season, let me invite the FCC daughters to become a counter culture and do penance for this. If some of these vices and vanities have entered amidst us, they should be eradicated by all means.

The month of March is a special occasion of remembrance and prayer to our Father, St. Joseph. Many of us have a special love and devotion to St. Joseph, the patron saint of the consecrated. We, who seek the intercession of the saint for all things, can pray to St. Joseph, the patron saint of families, for the sanctification of families in this Year of Family. Hope each province has planned out programmes to strengthen and sanctify families. As we approach each family, let us pray to St. Joseph to enable us to strengthen that family like the Holy Family. *Let us accept St. Joseph as our special patron saint in the observance of the Year of Family.* We pray that each province and each community be able to celebrate the Year of Family most effectively.

March 25 is the feast of Annunciation. This year is the Jubilee Year of Annunciation also. The best news the earth ever received, 'Heaven is descending to Earth', is the Good News that the shepherds also received on Christmas. This was the fulfilment of Annunciation. Dear daughters, you and I have the responsibility to proclaim the Good News of the Salvation to all the children who have not yet known it. Let us discover prayerfully how it can be fulfilled through my life. May this Jubilee of Annunciation prompt us to examine ourselves to see how far the command, "Go into the entire world and proclaim the good news to the whole creation" (Mk.16:15) is fulfilled in me. Greetings of the feast of Annunciation to all!

On 1 March, falls the fifty second anniversary of our Congregation's elevation to the Pontifical right and the approval of our Constitutions. Let us thank God for our Founders who received the Rule and Life from God and handed over to us. Let us remember with gratitude Bishop Hippolitus, Mother Maurus and other sisters, who took the initiative to frame the Constitutions.

## **Formation**

The Juniorate Course for the year 2025 - '26 will begin on 1<sup>st</sup> June 2025 at Portiuncula, Aluva and on 15 June 2025 at Santi Dham, Indore.

The names of Junior Sisters who secured First, Second and Third ranks in the examinations conducted in preparation for Final Profession, and in the Common Juniorate Course are given below. Dear sisters, may God bless you all for the faithful efforts and commitment that you have offered for the religious studies. Hearty Congratulations to the winners!

### **Common Juniorate Course (2024-2025)**

| <b>Rank</b> | <b>Portiuncula, Aluva</b> | <b>Shanti Dham, Indore</b>         |
|-------------|---------------------------|------------------------------------|
| First       | Sr. Teena Joseph (CHY)    | Sr.Christine N.Simiyu (EKM, Kenya) |
| Second      | Sr.Alby (IJK)             | Sr.Jismi Abraham (BPL)             |
| Third       | Sr.Anna Anit (KLM)        | Sr.Jeevana (VJDA)                  |

### **Examinations in preparation for Final Profession (2025)**

| <b>Rank</b> | <b>Name</b>                                      |
|-------------|--------------------------------------------------|
| First       | Sr.Jeevana (VJDA)                                |
| Second      | Sr.Anna Anit (KLM)                               |
| Third       | Sr.Jintu Jayas (PALA)<br>Sr.Reetha Francis (PKD) |

### **Final Profession Course**

Our 93 Junior Sisters participate in the Seniorate Course (3 Months) that commences on 1 March 2025 at Portiuncula. The 40-days Retreat for them will begin from 13 April 2025. Kindly remember and pray for them so that they may be able to make a radical loving offering of life by grasping deeply the seriousness and significance of the covenantal relationship, and by growing in the intimate relationship with God.

### **Vocation Promotion**

As I informed in the Circular, Prot.No. (380/2024), the date and place decided to conduct a convention or retreat for the children and youth, at the provincial or zonal level is to be given to the Generalate before 31 March 2025. Through our prayers and mutual support, let us strengthen this initiative each other.

### **Sakalya Course**

‘Equip the sisters for the ministries appropriate to the times’, with this intention, and as per the decision taken by the 9<sup>th</sup> General Plenary Synaxis, the Sakalya Course which will begin in June 2025, will be a two year course. In order to make our sisters proficient in Franciscan Spirituality, Clinical Psychology and Theological Subjects, in such a way that they can handle properly the areas like formation, vocation promotion, life guidance,

animation, family apostolate, evangelization and leadership. Sakalya Course will be re-formulated by combining it with IGNOU Clinical Psychology. At least a Graduation in any subject is the necessary requirement for admission. The names of those who participate in the course are to be given to the Generalate before 31 March 2025. Those who successfully complete the course will be awarded a Master's Degree. This year the course will begin on 3 June 2025.

### **Retreat for Silver Jubilarians**

Retreat for Silver Jubilarians of Mission Provinces will begin from 8 May to 2 June 2025 at Portiuncula.

### **Animation**

Training programs for the new animators is arranged at the Generalate from 19 March 2025, 4.00 pm, to 3 April 2025. Everyone concerned is to participate in the program.

The names of the new animators from the mission provinces are to be given to the Generalate before 15 March 2025. They are to participate in the training programs and the 33-days retreat held at Portiuncula from 7 May to 12 July 2025.

### **Local Superiors**

We know that each Provincial/Regional Council is preparing to form new communities. Each member of the Congregation is to pray specially for the Provincial/Regional teams so that they may discern the will of God in appointment and transfers. The orientation course for local superiors is to be conducted at least for five days under the guidance of the Provincial Council. The online courses from the General level will be held between 17 July and 17 August 2025. The details will be informed you later.

### **Prayer Bhavan**

The next batch for 'One year prayer' will begin on 1 May 2025. On behalf of the entire FCC, I thank our dear sisters, who have been a source of power to FCC through their ministry of prayer, and life of sacrifice for the past one year. May the good God bless your availability and your whole-hearted cooperation with His grace. As given in the previous circular, there will not be '2 month prayer' at Portiuncula from 7 May to 12 June 2025. It will begin from 12 June 2025.

### **Seminar & Meeting**

A seminar is arranged for the sisters who are engaged in Evangelization ministry from 8.00 am on 5 June 2025 to 8.00 pm on 8 June 2025 at Laverna Convent, Karukadom. At least one person from each province should participate in this programme. A maximum of five persons from each province can participate in it.

An online meeting of our sisters who are holding a graduation or post-graduation in Psychology, Family Counseling and MSW - Psychiatry will be held on 5 March 2025 at 5.00 pm. Meeting link will be sent later.

### **On the Shores of Eternity**

Let us remember in our prayers and seek the intercession of our beloved sisters who have departed from us: Sr. Teresitta (KPLY, 07.01.2025), Sr. Jussea (MTDY, 09.01.2025), Sr. Mary Jose Thadathil (KPLY, 13.01.2025), Sr. Ushatta (PKD, 21.01.2025), Sr. Tibursia (IK, 21.01.2025), Sr. Oswin (TSR, 23.01.2025), Sr. Simon (PALA, 28.01.2025), Sr. Melani (CHY, 04.02.2025), Sr. Beena (KPLY, 07.02.2025), Sr. Patricia (KLM, 12.02.2025), Sr. Little Treasa (BPL, 15.02.2025) and Sr. Helen (KPLY, 23.02.2025).

Your humble servant in Jesus Christ,



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