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“I have been crucified with Christ, and it is no longer I who live, but Christ who lives in me” (Galatians 2:20).

Dear loving Provincial Superiors, Regional Superiors, Local Superiors,
Loving Mothers, Sisters & Beloved Children in formation,

I believe that everyone is comfortable and happy. After the local - zonal Synodal Journey, I hope all of you are now preparing for the Provincial Synodal Journey. Many of our sisters have shared that the Synodal Journey at the local level was a profound experience for all of them. Let us all earnestly pray that this program, given to us by the good God, be carried out effectively at the provincial level and then at the General level, that we may prepare better for the next General Synaxis.

My dear sisters, these days we are preparing to celebrate the nativity of our beloved Mother Mary which falls on 8th September. We should be able to celebrate her birthday with joy and pride. How many times a day do we address our Mother as *Hail Mary, full of grace*? We know that our Mother's wealth is *grace*. She is a *grace-filled* Mother. Dear sister, if you are the daughter of this *gracious* mother, do you not have the right to inherit your mother's wealth? As we recite daily *Hail Mary Full of Grace*, let us ask lovingly to our *Mother, Grant me the wealth of your grace*. In order to inherit and be filled with the *grace* of our Mother, we should be well prepared for it. This year, let us give our mother a birthday gift by celebrating her day with an abundance of grace. I wish you all a grace - filled feast.

September 17th 2024, marks the 800th anniversary of the Stigmata of our Seraphic father St. Francis, who received this unique sign from the Crucified Lord. The moment when the love for the Crucified was sprouted in his heart, Francis started dying for himself and desired ardently to be conformed and transformed into the Lord.

When the Crucified Jesus spoke to him at San Damiano, His holy wounds were engraved in Francis' heart. The burning love within him grew so stronger that it consumed him, transforming not only his soul and mind but also his body to the Crucified. This is what happened when Francis received the Stigmata. The Crucified Lord came down to become one with him; concurrently Francis was elevated to be absorbed in that love.

We all received the seed of discipleship at baptism and deepened it at the time of our profession. How far have I nurtured it?

St. Francis, wholeheartedly, strived to nurture the divine image within himself into the likeness of Christ. We, who are created in His own image, have the possibility as well as obligation to foster this image and to be transformed into the likeness of God. St. Clare, the little plant of St. Francis, also exhorts us; "Place your heart in the figure of the divine substance! And transform your whole being into the image of the Godhead itself through contemplation!" (Third Letter to Blessed Agnes of Prague). St. Alphonsa, who lamented that she was served more than her Crucified Lord, and Bl. Rani Maria, who made space for the great heart of Jesus within her, invite us, the daughters of FCC, to transform our entire being to the Crucified Lord. Let our daily lives be the means to respond to this call. Let us pray to our Crucified Bridegroom to bless us with this burning love in our hearts and the courage for Kenosis to express this love. May each province and community take care to celebrate this jubilee of the Stigmata of our father Francis in a meaningful and fitting manner. Wish you all a happy Jubilee! I wish

prayerful greetings to our young buds entering Pre-Postulancy Phase -1 on this feast day.

Commemoration of the Founding Mother's Day

On 12th September, we commemorate the death anniversary of Rev.Mother Mariam Clara, the first Superior of FCC. As we honor the memory of our Founding Mothers on this day, let us thank God Almighty for His powerful intervention in the establishment of FCC and the continuous care with ties of love and cords of human kindness. Let us pray unceasingly that each FCC daughter may grow in the spirit of the Founders.

Feast of St. Padre Pio

On 23rd September we celebrate the feast of St. Padre Pio, the patron saint of our sisters, who celebrated their Golden Jubilee. At this juncture, I pray and with love greet you all the blessings of the day. Let us remember that like our father St. Francis, St. Padre Pio also was a close follower of the Crucified Lord and was fortunate to receive the Stigmata.

Fifth Major Archiepiscopal Assembly - 2024

The Fifth Major Archiepiscopal Assembly of the Syro-Malabar Church took place from 22nd to 25th August 2024, at Alphonsian Pastoral Centre, Pala. There were 348 participants, including all the Archbishops and Bishops of the Syro-Malabar Church, as well as representatives of priests, religious, and laity. I had the opportunity of representing the FCC at this gathering. The discussions focused on the theme of 'Mission and Life of the Syro-Malabar Church, in response to the needs of the time' with particular emphasis on Renewal of faith formation, strengthening the lay faithful for the effective proclamation of the Gospel, and the empowerment of Syro-Malabar Community. The assembly was organized and conducted in abundance of grace. I remember with gratitude the valuable support and service extended by

our sisters from Alphonsa Province Pala and Alphonsa Jyothi Province Bharananganam for the success of this assembly. A special note of thanks to all for your valuable prayers.

Provincial Election Synaxis - 2024

Our mother FCC is preparing for the upcoming Provincial Election Synaxis. May all of you pray earnestly that the Synaxis may be conducted in the fullness of God's grace. From 8th October 2024 to 22nd November 2024, Novena to the Holy Spirit is to be recited in all our houses for this intention. In every province, one hour adoration should be conducted on one of the nine days before the commencement of the Synaxis. It is good to conduct the adoration in each province on a fixed day and at the same time. As per our Way of Life No. 211, let us pray to our Seraphic Father St. Francis, St. Clare, St. Alphonsa, and Bl. Rani Maria for the success of our Synaxes. Besides these, during election days, we have to make intentions for the Holy Mass and Adoration for the province where the election takes place. The schedule of the Election Synaxes is given in the circular Prot. No. 04/2024 dated 03.05.2024. I trust that all the Synaxis members are given dates for fasting and prayer. The *Thapas Retreat* is also to be conducted in preparation for the Synaxis. I request all the Synaxis members to study the election procedure carefully. May our Lord bless us to conduct our Election Synaxis without having any human consideration but only through the intervention of the Holy Spirit and His Will. Through our ardent prayer, let us discern the servants whom God has predestined for us.

I also wish to remind the members of the Provincial Election Synaxis to elect members for General Plenary Synaxis and General Plenary Council in the synaxis. The newly elected Provincial team has to meet immediately after their election to elect the Regional Superior & Council / Mission Superior & Council wherever it is required. So the present provincial council has to collect the consultant votes for them.

Reception of the Newly Elected Provincial Team and Preparation for General and Provincial Synaxes

The newly elected Provincial Team should arrive at Portiuncula by 5.00 pm on 18th December 2024. They can depart after the Holy Mass on 19th December 2024. All the team members from Kerala Provinces should come. From Mission Provinces as many as possible should participate in it. I hope we will be able to meet the others during the orientation program which will be held in March 2025. The training programme for the Synodal method of conducting General, Provincial Synaxes will be held on 18th and 19th December 2024. The Provincial Superior and Assistant Provincial Superior of each province should participate in it.

Silver Jubilee Celebration and Retreat - 2025

The 33-day retreat for sisters celebrating their Silver Jubilee from Kerala Provinces will be conducted from 7th April to 12th May 2025, at Antonianum, Konnakuzhi. And for the sisters in Mission Provinces, it will be held from 8th May to 10th June 2025, at Portiuncula. There will be no two-month prayer during these days (8th May to 10th June 2025). One year prayer for the coming year (2025) will commence on 15th June 2025.

Adieu to Rev. Sr. Rose Virginia (TSR)

I am sure by this time all of you have come to know that Rev. Sr. Rose Virginia, who served our FCC as the Asst. Superior General from 2003 to 2009, went to her Heavenly Home. Let us pray that she may enjoy the eternal bliss. Sr. Rose Virginia faithfully carried out the responsibilities entrusted to her, enhancing the spiritual wealth she had been given and extending her service to the FCC and beyond until the very last moment. Her contribution in writing is commendable. We recall gratefully the immense sacrifice and hard work undertaken by her to hand over to the younger generations, the various dimensions of FCC

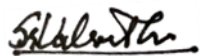
Charism, the beauty of Mother Nobert's spiritual life, and all about the contribution of Bishop Hippolytus' to FCC.

While she was spending her last days with the support of oxygen in her room, she completed a book titled *Nobertamma: Mozhimuthukal*, which she gave me when I visited her last. Recently we received the articles about Bishop Hyppolytus and also of Mother Henry Suso to be published in the next issue of Snehadeepthi. Yes, she was enriching, empowering, and enlightening FCC till her last breath. Her legacy continues to inspire us all. Dear loving Virginiamma, you kept FCC in your heart and loved us all deeply. We with awe and reverence stand before your fond memory.

On the shore of Eternity

Let us pay our tribute and seek the intercession of our sisters who were called to their heavenly abode. Sr. Maggie Maria (VJDA, 01.08.2024), Sr. Flavia (CHY, 04.08.2024), Sr. Joslin(CHY, 05.08.2024), Sr. Jositta Punnackal (BHM, 13.08.2024), Sr. Stilla (IJK, 15.08.2024), Sr. Annie Maria (KLM, 20.08.2024), Sr. Veronica (KPLY, 20.08.2024), Sr. Bonomi (IJK, 24.08.2024), Sr. Rose Virginia (TSR, 25.08.2024), Sr. Mary Kottekudy (EKM, 27.08.2024).

Your humble servant in Jesus Christ



Sr. Litty

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(Kindly make this letter available in all our Houses
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