



FRANCISCAN CLARIST CONGREGATION

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Peace & Joy



Prot. No.217/2026

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LMG.04/2026

“O’ Lord Jesus, hide me in the sacred wound in your Heart....”.

Dear Provincial Superiors, Regional Superiors, Local Superiors, beloved Mothers, Sisters, and loving Children in formation,

The beautiful prayer we have been praying with our beloved elder sister since the beginning of the month of July! We know that the essence of our FCC charism is there in this prayer. It is a time of fervent preparation for the feast of St Alphonsa, who longed to be hidden in the sacred wound of Jesus. If October 4, 2026 is the 800th anniversary of the Heavenly journey of our father St. Francis, then July 28, 2026 is the 80th anniversary of the Heavenly entrance of his faithful daughter St Alphonsa.

Yes, there is a difference of seven centuries between the lives of father Francis and his daughter Alphonsa. But they are very close in their spirituality. By deeply experiencing the self-emptying love of Jesus, who humbled himself, “...unto death, even to the point of death, death on a cross” Phil.2/8) St Francis, became a lesser brother. Now we see how valuable are the treasures that St Alphonsa, the faithful daughter of Francis has dived from the depths of lowliness. This is the reason why the number of people visiting her holy tomb is increasing day by day. Churches named after St Alphonsa are also being founded in different parts of the world.

How did Alphonsa, who lived in FCC only for 19 years, in the first half of the 20th century including her formation period, acquire so much the uniqueness of FCC spirituality? Didn’t God bring St Alphonsa to FCC for each of us? She is the one who experienced the love of Jesus, who left the Heavenly throne to reveal that ‘we all are most precious to God. Even though Alphonsamma was advised to join another congregation, she desired to join a poor congregation. Really she was planted in the heart of the soil of FCC. Who knew the mystery of God’s call and choice? We do not know whether St Alphonsa had even read a biography of St Francis. Whatever she read or heard about our father St Francis, ignited her desire to become the least and be hidden in the heart of Jesus. Thus the true charism of FCC brightly shone in her life. Now this our elder sister is moving ahead as a beacon for her younger sisters who are trying to walk **Through Lowliness to Holiness**. Let us move after her - to holiness through the exact footsteps of lowliness.

If St Alphonsa prayed, “Free me from my evil desire to be loved and esteemed, redeem me from my selfish attempts to gain respect and fame,” we can assume that she also had the natural temptations of human nature. But, on the other hand we have to understand that St Alphonsa fought against these natural tendencies bravely, and her desire to be one with her Lord to become a spark of love in His heart, made her victorious in that battle.

Do we sometimes let ourselves to be overpowered to these natural tendencies? Only the depth of our love can help us to anchor ourselves in our consecration. We can experience true happiness in our consecrated life, only if we love and appreciate ourselves, as well as appreciate our fellow beings, more than seeking to be loved and esteemed. Our meditations should help us to discover how far we must travel, to acquire the attitude of our elder sister, who desired to shine as a spark in the flame of the sacred fire of the love of Jesus. St.Alphonsa realized that this is possible only if she forgets all creatures and herself. Let us pray to her to teach us the lessons of true love.

Prayerful Greetings of the feast of St Alphonsa to everyone!

Special Greetings to all the Pre-Postulants who celebrate their patroness’ day.

The feast of St Clare is fast approaching. We know how St Clare, who stands ahead of any follower of St. Francis in the observance of poverty and in the contemplative life, responded to the divine call she received by paying a great price. St Alphonsa was also successful in paying this price. Many of us have received our vocation and entered FCC after paying a great price.

St.Clare, St.Alphonsa, and Bl.Rani Maria paid the price of consecration all throughout their lives and attained the heights of holiness. Let us examine ourselves. Do I accept today all my experiences of consecrated life with proper value? Am I willing to pay the price to make my daily meditation fruitful, to live the insights of meditation, to continue the Holy Eucharistic celebration in my life through a sacrificial life, to protect my relationships holy, and to make my apostolic fields glorious with evangelical love? We can deepen our consecration and commitment only by paying good price. We should not forget the reality that we cannot grow in holiness or receive the crown of victory unless we pay the price throughout our lives.

The letters of St. Clare (The Four Letters to Bl. Agnes) will help us to grow deep in contemplative life. I request each of you personally to read these four letters on the occasion of the feast of St. Clare (Aug 11). Then, why not read it again, reflect on the message that touched you most, and make this year's feast even more meaningful?

Wish you all a very happy feast of St. Clare!

I wish all the Postulants who celebrate their patroness' day *Festal Greetings and prayers*.

We celebrate three feasts of our Mother Mary in the month of August - Queen of Portiuncula (August 2), Assumption of Mary into Heaven (August 15), and Coronation of our Blessed Mother (August 22). Celebrating various feasts of our Blessed Mother in every month of the year, our Mother Church, invites us to walk along the paths of her life.

Being the Handmaid of the Lord and submitting to the will of God, our beloved Mother gave prompt response to the Divine Call by remaining as a servant without any complaint in the manger, in Egypt, in Nazareth, and on the Calvary. The title – ‘Queen of Heaven’ is the crown that is presented by Heavenly Father to the one who committed herself unconditionally without any measure.

We celebrate the feasts of our Mother with great joy. The crown of life is guaranteed to us only if we are able to respond at each moment from the depths of our consecration, “Here I am, your servant.” I wish you all the greetings of all the feasts of Mother Mary, especially the feast of Assumption.

August 23 is the feast of our beloved Sr Rose Anitha, the Asst. Superior General. Let us extend prayerful wishes from entire FCC to our beloved Sr Rose Anitha. Prayerful wishes to Rev Sr Jyothis, the General Councillor, Sr Linta Rose, the General Finance Officer and Sr Merlin, the Secretary General who celebrate their feasts on 11, 23 and 15 of August respectively. Let us also take this opportunity to thank the good Lord who blesses FCC through the instrumentality of these of our beloved sisters and pray for them all.

Commemorations

Let us commemorate the death anniversaries of Bishop Hippolytus (9 August), and Mother Maurus (20 August) who embraced FCC in their hearts and faithfully responded to God's will for the unification, growth and renewal of FCC through their sacrificial service. Let us observe these anniversaries with appropriate programs, seeking their intercession and God's blessings. It is especially important that our formation houses give due attention to these commemorations, as they will help the new generation of FCC, remain rooted in its spirit.

Official Visitation

After the official visitation and Constitution retreat Sr.Jyothis General Councillor and myself reached back safely from USA on 14 July 2026. Thank you for your prayerful support. On 12 August 2026, General Councilor Sr. Josia and I will be leaving for

Italy and Germany for official visitation and to conduct course on Compassionate Communication. General Treasurer Sr.Linda Rose and Secretary General Sr.Merlin are accompanying us. Sr. Linda Rose and Sr. Merlin will return on 14 September 2026. I will return on 30 September 2026, and Sr. Josia on 14 October 2026. I kindly request each one of you to keep us in your special prayers. During this period, I entrust the responsibility of the General Administration to the Assistant Superior General, Sr. Rose Anitha.

Final Profession - 2027

The Final Profession in the year 2027 will be on 22 May. Understanding the importance of the perpetual covenant, with Him who called, the junior sisters are to prepare themselves. The Provincial Superiors also are to take care of it. Their report is to be submitted to the General Council before 15 November 2026. The exams in preparation for the Final Profession will be held on 28 (Paper I) and 30 (II Paper) December 2026. The syllabus is attached 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. In the Footsteps of the Founders (FCC Charism: A study and Reflection, Vol. 2)
7. Magnificat Humanitas

Coordinators Meet

According to the IX General Plenary Synaxis, a meeting of all coordinators of the different groups of senior sisters of the North Indian Provinces will be conducted at St. Paul's Provincial House, Delhi, from 7 November 2026, 9:00 a.m. to 9 November 2026, 4:00 p.m., and at Laverna, Karukadom, from 27 December 2026 to 29 December 2026, 4:00 p.m. for the Kerala Provinces. Participants' names are to be send to Generalate before 31 October 2026.

Vocation Promoters' Meet

The Vocation Promoters' Meet for Mission Provinces will be held at San Damiano Provincial House, Noida from 11 November 2026, 5.00 p.m. to 13 November 2026, 8.00 a.m. For Kerala Provinces it will be held at Portiuncula from 11 December 2026, 5.00 p.m. to 12 December 2026, 4.00 p.m.

Gathering of the New Buds

The gathering of our New Buds who will be making First Profession in 2026 will be at Portiuncula from 9.30 a.m. on 25 November 2026 to 8.00 a.m. on 27 November 2026.

Golden Jubilee - 2027

The Golden Jubilee Course will begin on 2 February, 5.00 p.m. and will conclude on 6th February, 1.00 p.m. The course will be convened at Laverna, Karukadom.

Silver Jubilee 2027

Jubilee Course for those who celebrate their Silver Jubilee in 2027 will be held in Kerala Provinces from 8 April to 8 May 2027, and for those in the Mission Provinces, it will be from 8 May to 8 June 2027. The course for the missionaries will not be conducted if all the Silver Jubilarians from the Mission Provinces are not participating. The jubilee celebration of sisters from all the provinces together will be held on 8 May 10.30 a.m.

Healing Ministry

A seminar for all Provincial and Regional Councillors (Kerala & Mission) responsible for the healing ministry, along with their consultants, will be held at Laverna, Karukadom. The seminar will commence on 10 October 2026 at 4:00 p.m. and conclude on 11 October 2026 at 3:00 p.m.

General Animators

I gratefully remember all our General Animators, who are working hard for the spiritual growth of the congregation by expressing their willingness to conduct retreats continuously. Dear animators, kindly make necessary arrangements to participate in the Contemplative retreat and evaluation which will be held at Nirmal Provincial House, Vijayawada from 14 February 2027, 9.00 am to 20 February 2027, 8.00 am. The formators who have entered the formation field after 2020 should also participate in this retreat. They can return after 4.00 pm on 18 February 2027.

33 Day Retreat 2027 in Kerala

6 January – 7 February, 2027	Alphonsa Bhavan, Muttuchira (PALA)
6 January – 7 February, 2027	Anthonianum, Konnakuzhy (IJK)
10 January – 11 February, 2027	Alphonsa Convent, Okkal (EKM)
3 April – 5 May, 2027	Zion, Thiroor (TSR)
3 April – 5 May, 2027	Alphonsa Bhavan, Muttuchira (PALA)
3 April – 5 May, 2027	Seraphic Provincial House (PKD)
29 April – 31 May, 2027	Anthonianum, Konnakuzhy (IJK)
29 April – 31 May, 2027	Alphonsa Convent, Okkal (EKM)
15 June – 17 July, 2027	Laverna, Karukadom (KLM)
12 August – 13 September, 2027	Laverna, Karukadom (KLM)

33 Day Retreat 2027 in Mission

10 May – 11 June, 2027	Amala Provincial House, Bhopal
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Education Seminar

A seminar for all Councillors in charge of education, including the Heads of Institutions in North India, will be organized at St. Paul's Provincial House, Delhi, from 9 October 2026, 5:00 p.m. to 11 October 2026, 4:00 p.m. The consolidated list of participants' name should be sent to the Generalate on or before 20 September 2026.

Online Meetings

An online meeting for the Councillors of Community Animation and Family Ministry will be held on 4 August 2026, 5:30 p.m. and 9 August 2026, 5:30 p.m. respectively.

The members of Penitents group in Kerala provinces are already given offline guidelines under the leadership of Sr. Julie, General Councillor. For all the Mission Provinces it will be held as follows.

2026, August 16	ELU, VJDA, BRLY, BLDY
2026, August 17	BPL, DLH, HZB
2026, August 18	NDA, RJN, JLDR
2026, August 19	DMPR, IMPL, ODI, BLDY

On the shore to Eternity

Let us pray for, and seek the intercession of our beloved sisters who have departed from us: Sr. Mary Laetitia (PALA, 24.05.2026), Sr. Tresa (TMY, 06.06.2026), Sr. Candida (CHY, 08.06.2026), Sr. Anjay (IJK, 12.06.2026), Sr. Mary George (KPLY, 22.06.2026), Sr. Macharia (TSR, 29.06.2026), Sr. Mercy Noozhimuriyil (CHY, 06.07.2026), Sr. Licinia (IJK, 07.07.2026), Sr. Tessy (EKM, 08.07.2026), Sr. Pritty (IJK, 09.07.2026), Sr. Rosanna (EKM, 19.07.2026) .

Your humble servant in Jesus Christ,



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(Kindly make this letter available in all our houses)
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