



Message of the General Minister

- **The shared way**
- **The roots for a going out Church**
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Dear Sisters,
I send to you these brief lines for this

coming Easter, wishing to take a point from a book published in Switzerland on the occasion of the year dedicated to consecrated life. Originally written in French, it has the title, "To love is to give all"! The book contains brief testimonies of consecrated women and men and is richly illustrated with photos of smiling and happy religious. Yes, 'to love is to make a gift of everything,' and in this path toward Easter no one more than Jesus reminds us of this truth. In fact, he, having loved us, loved us to the end. Even unto death on the cross. The resurrection at Easter illuminates the event of the cross as the love that saves. It is not the suffering that saves us, but only suffering that is lived in love. Thus the cross becomes a glorious cross!

We have embraced the religious life, we have decided then to love and, in consequence, to give all of ourselves to the Lord and to humanity. What can we give him when we feel the

heaviness of our communities that are always growing smaller, when we feel the weight of the years, when we depend on others, and when we feel the difficulty of living together? It seems to me something very simple; we give him all of this and we give it to him without hesitations, with love! In this consists a life full of joy. Do you recall that Pope Francis has said many times that consecrated persons are marked by a deep joy? This has its roots in an honest and

sincere relationship with the Lord.

Thus, dear sisters, I have the joy of wishing you a good and holy Easter and of knowing in you yourselves, in your daily giving of yourselves, how beautiful it is to follow in the footprints of our Lord Jesus even to the cross and beyond. Happy Easter!

*Br. Mauro JbB, General Minister
of the Capuchins*



Diligent care and special solicitude



Br. Leonardo Ariel González, OFM Cap

Dear Sisters, I am beginning my service as Delegate of the General Minister for the Capuchin Sisters and the Institutes aggregated to our Order. With some of you I am already acquainted, but the majority I have not yet met. It is my wish to come to each of you with a warm and affectionate greeting at this Easter, that we might feel like true brothers and sisters. I am content in the service entrusted to me and I hope to carry it out as did

my brother predecessors...a special thanks to Br. Juan María Castro, who for eight years has accompanied you with a generous commitment and helped with formation. I hope also to be able to incarnate and represent the relations that unite our Orders in the same charism. I entrust myself to your prayers and to the dedication of all of you. In this first meeting, I want to tell you that I am Br. Leonardo, from Argentina, I am forty-four

years old and I have been living in the General Curia of the Order of Friars Minor Capuchin in Rome since November 2014. May it please God that we meet in the not so distant future. In the name of all my brothers of the Order, I want, as much as is possible, to reflect in my own person the promise made by St. Francis to St. Clare and to her sisters: *"I resolve and promise for myself and for my brothers always to have the same loving care and special solicitude for you as for them."*

THE SHARED WAY CC

I want to share some footprints of the fraternal way spent with the sisters in this time, with diverse visits and meetings...

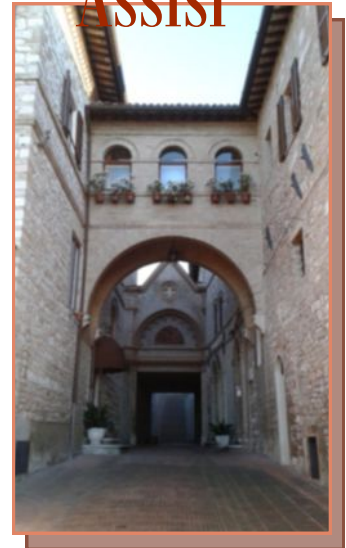
Città di Castello



The sisters from Città di Castello have the great mission of keeping and making present to us the memory of Saint Veronica Giuliani and blessed Florida Cevoli. With their simple and welcoming fraternity, in a holy way, they help so many people to find God every day.

The monastery of the Holy Cross is the presence of the reformed Capuchin Poor Clares in the city of our holy founders Francis and Clare. It's a large fraternity blessed with vocations, whose mission is very special for all our Order, testifying to our mother Saint Clare's memory of fidelity and to the noble Capuchin tradition. The Monastery, founded in 1723 has the particularity of being German speaking.

Assisi



The Monastery of Good Jesus, in Gubbio, has celebrated 25 years of perpetual adoration, in their specificity of Sacramentary Capuchins, a re-foundation with Mexican help, which has continued the long life history of the capuchin sisters in this place, so loved by the Franciscan tradition.

Gubbio



THE SHARED WAY C

Rome, Garbatella



The fraternity of the Most Holy Body of Christ Monastery, in Garbatella, Rome consists of 25 sisters at the present. A few days

ago, at the beginning of the Lent, the fraternity was increased with the arrival of the sisters from Santo Urbano Monastery at Via Aurelia Antica, Rome, that has been closed. A painful fact that is a fruit of a discernment made with a strong spirit of faith. This is a testimony for all of us.

To the stable community are added the student sisters from

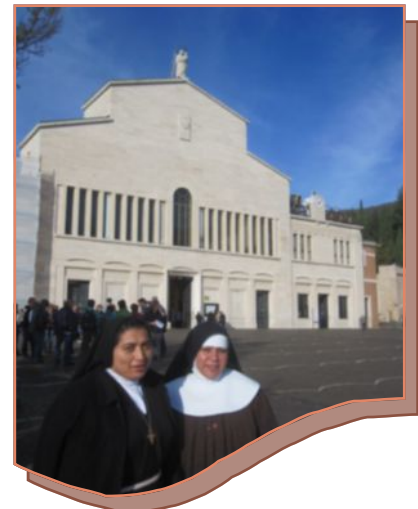


several countries who are living the experience of the "Garbatella project" of superior study at the Pontifical Antonianum University, at the same time carrying out an intense intercultural coexistence, very useful for discovering a wider sense of the fraternity.

The Garbatella Monastery depends directly on the General Minister.

Fabriano

The Capuchin nuns' fraternity of the "Saint Romualdo" Monastery in Fabriano, coexists every day with the historical memory of more than 1000 years of monastic life in that place and the challenge of recreating the gift of this presence for today's society. With a very cared for and beautiful liturgy and the accompaniment of the people in the celebration, we have shared the whole Christmas week, in a climate of fraternal joy.



The president from the American Confederation, Sister Maria de Lourdes Garcia and the president of the Federation of South America, Sister Olga Martinez have visited Italy. Sister Hilda Lopez, president of the Federation Immaculate Conception and Saint Francis, of Mexico, came as well. Thank you for caring the sisters sent to the different missions in so many places.

San Giovanni Rotondo

The monastery of "Risen Christ" at San Giovanni Rotondo, in the shadow Saint Pio's shrine and the House Sollievo della Sofferenza, provides the beautiful testimony of joy in the Lord. With the presence of Chilean sisters who have joined the Italian ones the sisters form just one fraternity in the "holy unity" wanted by Saint Clare. An oasis for so many searchers of God that come to Father Pio, full of so much suffering.



THE ROOTS FOR A GOING OUT CHURCH

Pope Francis insists on calling us to be an evangelizing church, burning in the heart for communicating the message of salvation to all.

Repeatedly he has talked about a “going out” church, that’s to say one that will be disposed to go to the missions and with the doors open to receive so many brothers in need.

For the

contemplative life, what does this time marked by the need of evangelization mean? In which specific way be a part of this “going out” church?

To be a true missionary Christian it is necessary to have a strong spirituality and an authentic mystique. And we are invited to live and offer to everybody this contemplative testimony.

To renew our daily encounter with Jesus Christ (EG 3; 264)

To re-discover the mystique of living together in fraternity (EG 87-92)

To live the reality with a

sense of mystery (EG 275-280)

To experience the spiritual taste of being people (EG 268-274)

To believe in the missionary force of intercession (EG 281-283).

It is a big challenge to offer to the Church today our daily experience on these aspects and thus “support the drooping limbs of his ineffable body”, as Saint Clare says.

The dynamism of a going out church is also a downward movement, deeper, with more roots, to support in the Lord the whole tree and to give authentic fruits.



This year 2015 gives a very special grace for all the consecrated people.

The goals for this year are three:

To look the past gratefully

To live the present with passion

To face the future with hope

2015

Some key words to live this year in each community:

- **Joy**
- **Awaken the world**
- **To be experts in communion**
- **To go out of ourselves**
- **To ask questions of ourselves**

I hope that each one of our fraternities could live deeply the grace of this year for offering the wealth of our renewed charism. First of all to our spiritual family, especially the secular persons that feed from the monastery spirituality and that share the charism. It is also very important to renew our link with the diocesan church, with its pastors and its different groups and with the members of God’s people. When we share our charism and put it at the service it becomes a grace to all.

Year of Consecrated Life



CAPUCHIN FRIARS

The Capuchin Order walks to live another important moment in its renovation with the celebration of the VIII Plenary Council of the Order (VIII PCO) that will be held in November on this year at Rome.

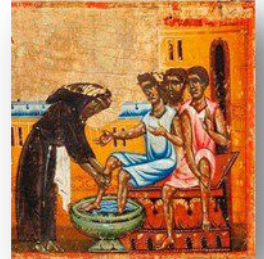
Each PCO has been an opportunity to reread and adapt the charism of the tradition of the Order to these changing times, in the line of renovation indicated by Vatican Council II. In this opportunity we'll reflect about our way of living, of working, in relation to poverty

The grace of working

lived in fraternity (VI PCO) and to minority (VII PCO).

It's not only to reappropriate manual work, but reappropriate some original and living values of our fraternal life. In the future, we will be called to diversify significantly our work activity and we must do so by privileging the principles that guide our fraternal -evangelical life

"It is necessary to pray, reflect, search new ways and take innovative choices. For that reason, it's important that the whole Order, that is each of you, be implicated on this reflection and communicates it to the others" (General Minister Letter, 1/11/2013). I'm sure that each Capuchin sister has a great experience to share!



Identity and belonging

The General Minister has motivated all our Capuchin family with a letter on identity and belonging (10/04/2014) . Have we read, prayed, meditated, and shared in fraternity? It can come in a beautiful instance of lifelong learning and perhaps opportunity to express our opinion...

I have wanted to communicate what I consider essence of our identity - belonging. In this essential I hope each of you can find a place where we can go to

confront life with beauty and timeliness of all our charism. Therefore I dare to insist on fraternal life : I am aware that sooner or later, sustained by the Grace of God, fraternity may be a sign of more authentic human relationships that breathe the clean and invigorating air of the Gospel. The brother who lives his membership in the Order with joy and recognizes his identity on the fraternal life, becomes fascinating and capable

of a great spiritual fruitfulness." "I ask that the brothers "work" on this letter. Brothers, assemble, speak , engage in dialogue. Discuss the suggestions that I have given in this letter. I gladly accept the letter or email message the brother wants to communicate his own reflections, comments and criticism".

"The sense of belonging cultivated and feed by the relationship with God and with brothers, help us to live the beauty of an existence donated to God and to the humanity and sustains us in the moment of the proof".



The general Minister in Benin

In January 2015, our brother Mauro visited the custody of Benin in Africa . There, he was found with the sisters of the monastery of "Jesus Eucharist" from WAWATA .





International Formation Project GARBATELLA

Dear brothers and sisters , peace and good!

My name is Sister Monica of the Blood of Jesus, I am part of the Capuchin Poor Clares of the Community of Genova. I have come to Rome to attend the academic years 2014/2015 - 2015/2016 at the Pontifical University Antonianum with six other sisters from different parts of the world: Mexico, Africa , Indonesia . We are guests of the Sisters (Italian and Mexican) of the monastery Corporis Christi in the Garbatella district and who with great enthusiasm carry forward the "Project Garbatella". We live together in one international community.

I have been asked: "How are you living this time? The study, fraternal intercultural life, the prayer, contemplative mission?"

This is for me a time of grace that is given to me unexpectedly, and for this I am most grateful to the Lord first of all, but also to those who allowed and works for

this project. The sisters who welcomed us among them, are for me a great example of tireless service and joyful.

Living in an international community, if it is on the one hand exciting because it allows me to learn about new cultures, new worlds, different ways of thinking and acting, and different ways of living prayer and fraternity, on the other hand looks like a daily challenge because the communication is not always easy. I cannot take anything for granted: it is a challenge because it forces me even more to get out of myself, from my schemes, from my cultural settings and I'm over and over again called to revise my position in relation to the sisters and to God which gave them me as a gift.

This experience allows me

to expand my way of seeing things and the way I live them , once again I was asked to improve , to take a step further , to grow in love and fidelity to God .

All that surrounds me (facts and people) reminds me that if I am here not for myself but for our brothers and sisters around the world , for the Church ; it is in this sense that I live today contemplative mission : spreading my arms and heart to the novelty and diversity, and bringing everything in prayer .

I thank you all for your support and your prayers.

with affection ,

*Sister Monica
of the Blood of Jesu*

I am Sr. Vincenza Zebua Indonesia. First of all I thank God who gave me as a gift the opportunity to study for a Diploma in Franciscan Spirituality at the Antonianum University - Rome. I arrived a year ago in Rome and I am very happy, and also very well here in the monastery of Garbatella, because the Mother and the sisters take care of me like a daughter.

They care of me to rest, to eat and to be fine. I enjoy it so much during recreation, and I laugh a lot and so I share life together with my sisters every day.

I like very much the life in the monastery and the

cloistered life, for the great serenity and for the continued presence of Jesus in the Eucharist; every day I can do meditation and also can pray the Liturgy of the Hours; we make the "desert day" in silence, every month, and spiritual exercises which became a source of strength for me. I live happily with the sisters in the monastery of Garbatella, but it is also true that I have to face many more difficulties, for example: I have to do many tasks in my academic activity, the weather is extremely cold, the language is very difficult, the different culture and

the mystery of every person who becomes a challenge for me, but I still learn to walk with courage, because I believe there is a hand up there that will help me to keep going. I am very grateful to God in the silence of my prayer.

*Sister Maria Vincenza Zebua
OSCCap*





THE MYSTERY OF MY EXPERIENCE IN THE CAPUCHIN POOR CLARE COMMUNITY IN GARBATELLA - ROME

I am Sister Beatrice, I am of the Capuchin Poor Clares Monastery Sarikan - Pontianak Indonesia. First of all I thank God who guides me and brings me love in my vocation; I also thank the Federation of Capuchin Poor Clares

who as gave this program of study in Franciscan spirituality at the Antonianum University and I am very happy! The course has helped me to find and enjoy the deep wealth of the St. Clare and St. Francis spirituality.

I learned so many things, and for that thanks to the mother and sisters of the community in Garbatella, that I have accepted

and welcomed with open arms and hearts, to live together with them two years more or less. They have always helped me in the study, being always available in the service and ready to welcome each of us especially in prayer. The fraternity is wonderful and the communion true!

I'm happy with my experience. I understand that being strong in the mood helps to overcome all difficulties, and also, a virtue opens the doors to the others.

It's also a part of our human experience the finding of our weaknesses: Many times we have to recognize that we were not able to perform certain jobs that were within our reach.

For this I have to repeat my "yes" each day, in prayer, in

service and in giving myself for fraternal life. Although they are aware that living like a nun is not all easy. But I experience that the Lord truly blesses my life where I'm living. The Lord gives me the joy and so many others through the gift of life.

I have satisfaction of having had so many changes in my life. I can to love many people with prayers and with my service. These are the graces that I have experienced until today.

The abandonment to the will of the Lord should remain the principle of all life, even in mine at this time and in my future, in the security of God's presence which I give infinite thanks.

I greet you:

Sr. Beatrice

MY EXPERIENCE IN GARBATELLA

I live right now along with my sisters of the Order, in Corporis Christi Monastery of the Capuchin Poor Clares Nuns in Garbatella - Rome. This place is amazing for me, because we are sisters of different nationalities, cultures, languages, but united in the spirit of St. Francis and St. Clare. I'm happy, and I feel in my community.

Why is this? Because we are sisters who live the same vocation. Although there are the joys and challenges, the beautiful things and the difficulties, temptations and limitations in community life, they do not separate us in fraternal life.

Every day we live our relationship with the Lord in prayer, in the liturgy of the hours, in meditation and Holy Mass; all this helps us time.

Sometimes I'm immersed in the study, but I remember that: I'm a student, but specially a contemplative nun. For this everywhere I go I have to guard the enclosure of the heart. The harder it is to learn Italian to understand the lessons and communicate. Another challenge is homework from school is sometimes a little difficult and I have no time to finish them all, because I have to work twice to



translate materials because before I do it in Indonesian.

And this is what I can share with you and ask you to pray for me.

Sr. Bernadette Nainggolan



My name Sr. Florence Syombua Mwanja.

I am Kenyan but my monastery has been in Spain for eight years. I have been in Italy for ten months and study at the Antonianum University in Rome.

I live in the

community of the Capuchin Sisters of Garbatella. Since I came here I feel good and I thank the Lord and the sisters of this community, because they have been for me a model of dedication to the Lord, and also because I feel welcomed and supported throughout.

In school I had opportunities to learn new things with lessons that I receive and also by the sisters to participate, which are of different places and congregations. In the time of the tests I have learned that it is good to trust in the Lord and in one's own abilities, and also the experience I had encouraged me to put more enthusiasm in the study.

Although I understand that I have to take care not to neglect the time devoted to the Lord above all in meditation, to devote myself to the study, and beg Him to help me understand that He should be the first in everything and the rest later. I ask Him to continue to help me how he did it. Thank You.

Sr. Florence Syombua Mwanja.

Time is always a Kairos for those who believe; and in this time of the study live experience of encounter with God always close to our human reality.

As contemplatives we discover the way of the renewal, starting under the light of the Word of God, which reveals the 'Love that leaves find it even in the classroom of class or among the books, in the knowledge of our Franciscan Clarian spirituality, in love the Church.

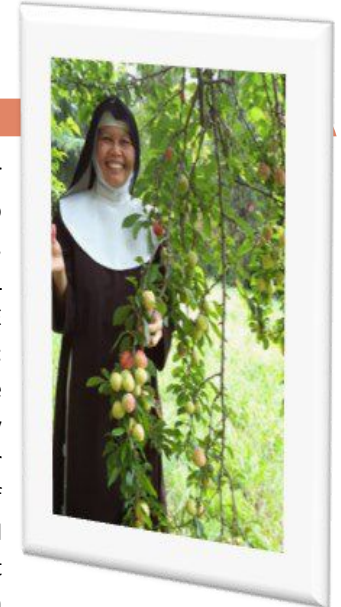
A temptation is not to let God to speak, not to listen to him really and hear another one or myself.

Although I realize that I must be careful to open my mind and heart to the sisters from different cultures and

customs or other people who come to live together the charity of Christ, the same goal and grow in all sense, learning de of their wealth, of its value as consecrated.

Now the challenge is to live the demands of the study as a way of disciple in the contemplation of the bridegroom and of fraternal life, in joy and simplicity, learning and thanking whatever God gives me as a gift.

Thank you to all the brothers and sisters who have



WORDS THAT CAN HELP ME to do with my life,

a PERSONAL EXPERIENCE

1. FORTRESS:

* To persevere in Community Prayer

* Adoration of the Blessed Sacrament

* Life in fraternity

* The Holy Mass every day

* To live in joy

* The Retreat

3. CONQUER TEMPTATION

* Of concentrate too much in the study, neglecting prayer

4. CHALLENGES:

* To adapt myself to every situation, culture, language

* Accept the opinions of others who do not comply with mine.

Sr. Ignacia Sinhombing Indonesia's

made this experience possible and I ask God to reward you and please continue to pray for us.

Sr. Ma. Hope Rivera Salas,

Capuchin Poor Clare, from the Monastery of San Francesco Tepojaco, Mexico.



The process of Maria Lorenza Longo

ROMA. On February 15, 2015, after a 10-year work was presented to the Congregation for the Causes of Saints Positio super vita, virtutibus et sanctitatis fame. It was indeed March 6, 2004 the reopening of the Cause of the Venerable Servant of God Maria Lorenza Longo (1463-1542), founder of the Monastery of the Thirty-Three (Naples) and initiator of the Capuchin Reform of the Poor Sisters of Santa Clara.

In the coming months, the Positio will pass to the judgment of the Historical Consultants, the first step toward the goal of the declaration of heroic virtue. As it is the practice, to the judgment of the Historical Consultants will follow that of the Theological Censors, and on that of the Ordinary of the Cardinals and Bishops. Obtaining the positive opinion, the Cardinal Prefect of the Congregation for Saints with the approval of the Holy Father

will sign the decree of venerability.

The Cause of Beatification and Canonization of the Servant of God Maria Lorenza Longo was introduced on September 4, 1892 obtaining the decree of legal validity on 9 January 1899. Since then many problems and difficulties arose during the itinerary preparation Positio super vita virtutibus et fama di sanctitatis to reopen the diocesan supplementary Research on March 6, 2004. The Public Copy was recognized on April 21, 2005 obtaining the decree of legal validity on 1 February 2008. Since then has worked for the preparation of the Positio, as I said, was presented at the Congregation on February 15th.



New step in the process of beatification of Mother Maria Lorenza Longo, founder of the first monastery of the Second Order in the Capuchin Reform.

*fr. Carlo Calloni,
postulator general.*



Spirituality of St. Veronica

On February 25, 2015, at an event organized by the Cultural Commission and the Central Library of the Capuchins, was presented at the International College "St. Lorenzo of Brindisi", the book of Br. JOHAN Vigilius, The Spirituality of St. Veronica Giuliani (1660-1727). The atoning mission of being "mediator" in the Diary.

This book was published in the series of Spiritual Theology, n. 35, in the editorial dehonian EDB, in Bologna, in 2014, 258 pages.



SOLIDARITY: *St. Veronica Fund*



Br. Akililu Petros,
Promoter of
Solidarity and
Br. Alejandro
N&A,
Secretary of
Solidarity, new
General
Treasurer

A fraternal greeting of peace and good!

Recently Pope Francis has exalted the word "Solidarity" as a keyword for the Gospel. With the simplicity that characterizes him, he said that Solidarity means "knowing how to make available to God what we have, because only in the sharing, in the gift, our life will be fruitful, will bear fruit" (Homily, May 30, 2013).

Knowing that the Franciscans are called to live solidarity in a concrete and practical way, and aware of the great help they need the Capuchin Poor Clare nuns in the world, the General Curia of the Capuchin Friars Minor has created in the year 2000 the "Santa Veronica Giuliani" Fund in order to sustain life and the formation of the sisters, as well as the maintenance and construction of new monasteries.

Since then, several projects have been supported by the Capuchins in Latin America, Asia, Eastern Europe, and Africa, worth more than three million US dollars. All this has been possible thanks to the Divine Providence that was manifested through the offers of the jurisdictions of the Capuchin friars, some monasteries of nuns and other generous benefactors.

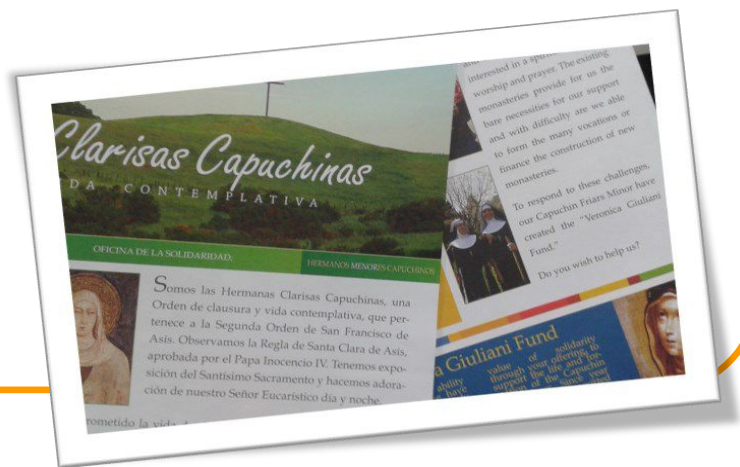
In view of what is written, this year we turn to you, be sure to find the generosity of your Monastery for Solidarity of the

Order, an amount according to your ability, sure that it will be of great help to support many of our sisters around the world.

Dear Sisters, may the Lord shall reward your generosity. We wish that the Lord fill your heart with all that long for, and above all grant you the gift of peace.



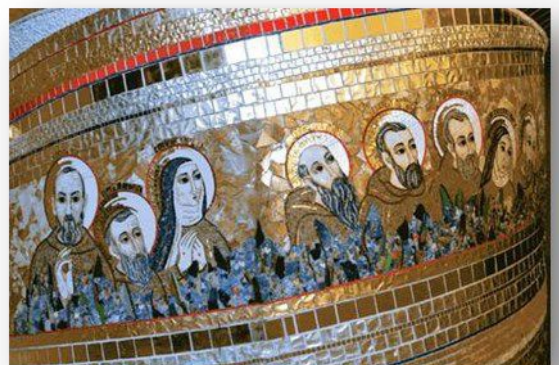
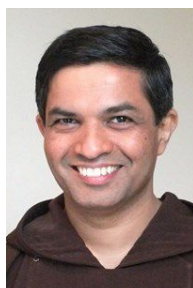
solidarity@ofmcap.org



General Procura

The Office of the General Procurator provides the service of advising in the canonical issues and correctly process all requests to the appropriate authorities of the Holy See, both the Federations and monasteries.

Having smooth communication is very important that each monastery have an active email address, where everyone can go quickly if necessary. The Procurator's office is currently composed of the General Procurator Br. Antonio Belpiede, and the Vice Procurator Br. Albert D'Souza



STATISTICS

Overview of the Poor Clares Capuchins

OSCCap	countries	monasteries	professed	formands
AFRICA	5	10	107	25
ASIA	3	18	264	20
AMERICA	10	21	192	19
MEXICO	1	71	1152	82
EUROPE	8	70	767	31
Totals	27	190	2482	177

We present a summary overview with the latest statistics published (2013). We consider Each Continent Countries What Is the Present, the number of monasteries, total of professed (Perpetual and Temporary) and total formands Starts (postulants and novices). Because of the weight in the Global Issues, we have considered Mexico apart from America.

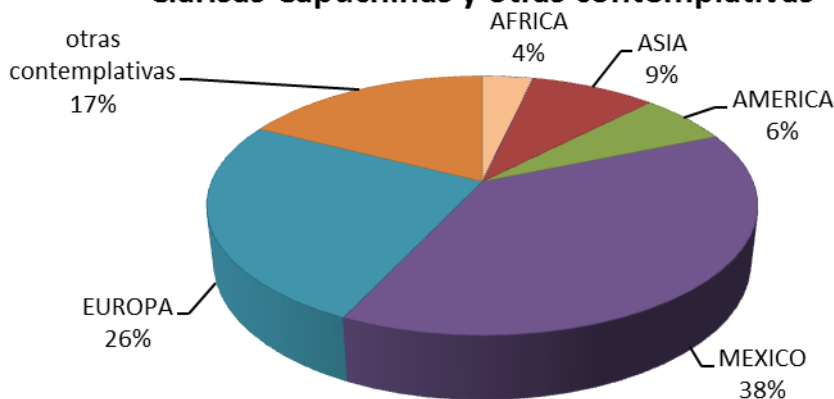
Other contemplative sisters

Besides the Poor Clares Capuchins, we are linked to numerous monasteries of contemplative sisters, among which the Poor Clares of Perpetual Adoration of Poland, the Poor Clares of Perpetual Adoration of India and Bangladesh, and the Capuchins of the Third Order Regular of Switzerland . We present the latest statistics which are of 2011.

OTHER CONTEMPLATIVE SISTERS	countries	monasteries	professed	formands
Poor Clares of the perpetual adoration from POLONIA	1	9	155	9
Poor Clares of the perpetual adoration from INDIA and BANGLADESH	2	14	227	32
Capuchins of the TOR from SUIZA	1	13	144	1
Totals	4	36	526	42

II Orden Capuchina

Clarisas Capuchinas y otras contemplativas



We need to update our statistics. That's why we call on the federal presidents and abbess of monasteries that are not federated to get by email at delclar@ofmcap.org before June 30, 2015. Thank you!!!

II CAPUCHIN ORDER	countries	monasteries	professed	formands
general total	30	226	3008	219

Meetings and celebrations

Assembly of the Confederation of Our Lady of Guadalupe of the Poor Clares Capuchins of America.

1 to June 13, 2015 in the Federal District of Mexico

Celebrating the 350th anniversary of the founding of the first monastery of the Poor Clares Capuchins in America.

On October 8, 2015 Mass of thanksgiving presided by the Minister General at the Shrine of Our Lady of Guadalupe will be held.

International meeting "Consecrated Life in Communion"

From January 26 to February 2, 2016, in Rome organized by the CICLSAL to end the year for Consecrated Life, with some events especially dedicated to monastic life.



International Meeting of Federal Assistants of the Capuchin

3 –7 February, 2016

Objectives:

- Religious assistants provide specific training in the area of competence, from an anthropological, theological-spiritual and ecclesial-canonically
- Share the difficulties and challenges in this service in the various geographic areas
- Cultivate a common vision; promote the exchange and the relationship between the audience and the offices of the General Curia
- Reflecting on the reform of the Constitutions of the Poor Clares, especially so on the methodology for carrying out the reform process.

Date: Wednesday 3 to Sunday 7 February 2016 (immediately after the international meeting of Consecrated Life, from January 26 to February 2, 2016)

Location: General Curia, Rome

Audience: Capuchin Friars religious assistants of the Federations of the Poor Clares and assistants associations and institutes Other contemplative added to the Order.

Methodology: try to combine harmoniously exposures thematic content, personal development of them in dialogue and questions, and the reflection of the reality of each region and the personal experiences of the participants.

Entertainers: Delegate General, Secretariat for Formation, General Procurement, guest speakers.

