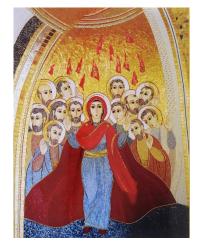
Rome, 30 May 2020



"There appeared to them tongues as of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit" (Ac 2:3-4)

Dear Sísters,

God so loved the world that He sent His only Son to free us from the bondage of sin and death and Jesus so loved us that He sent the Holy Spirit to guide and sanctify us, offering us the fulness of Divine Life. Just as God appeared to Moses in the burning bush the Holy Spirit descended on the disciples gathered in the Cenacle in the tongues of fire purifying and enlightening them yet not consuming.

The disciples who were frightened and hiding in the upper room, enriched by the power and the gifts of the Holy Spirit, went out courageously in the open and testified to the resurrection of Jesus even at the cost of death, initiating the beginnings of the Church of which we are a part. This is the same fire with which Jesus wanted to light up the world and which continuously burns in the hearts of those who listen to his Word.

Today on this Solemnity of Pentecost we are given assurance that Jesus after His ascension did not abandon us but has sent a Paraclete for us to guide us, inspire us and to lead us on our way to sanctity. Just as the disciples were gathered with Mary in the Cenacle with the desire to receive the Holy Spirit, let us pray that our hearts may be always open to the promptings of the Holy Spirit, that enriched by the gifts we might be powerful witnesses of the Risen Lord and His Gospel in this present world.

Today as we celebrate the birthday of the Church on this Solemnity of the Pentecost, may God's blessings and the gifts of the Holy Spirit descend upon you and sanctify you. Wish you a joyous celebration!

Yours affectionately,

<mark>бл. Selin Коліккattil</mark> Sr. Selin Karíkkattil Superior General