

Dear Sisters,

A few months ago, our Claverian Family has lived the experience of the General Chapter, a moment of particular importance in the journey of our Religious Family. Some of us took part in it in person, others spiritually, but all of us were actively involved through the proposals we submitted and the prayer we shared. At the conclusion of this event, the Final Document was drawn up, the fruit of our common work and of attentive listening to the Holy Spirit. It offers the fundamental guidelines that will orient the life and mission of our Congregation in the coming six years.

We have decided to dedicate our monthly retreats to meditate on a specific theme for each year, so that these guidelines may not remain merely programmatic statements, but welcomed into our hearts, allowed to mature over time and be translated into concrete choices of life and mission. Along this journey, we also wish to allow ourselves to be accompanied by the writings and the witness of the life of our Mother Foundress, Blessed Maria Teresa Ledóchowska, through moments of reflection and fraternal sharing. In this way, we hope to foster the integration of the Chapter orientations into personal and community life, encouraging mutual support and an authentic, ever more conscious renewal of our religious consecration.

For the **Monthly Retreat**, the proposed programme is structured in three fundamental stages. Trusting in the help of the Lord and in the intercession of our Blessed Mother Foundress, this journey seeks to strengthen our commitment as consecrated women and to consolidate our sense of charismatic belonging, fostering greater awareness, unity and collective responsibility.

The monthly retreats are intended to be privileged spaces of listening, interiorisation and sharing, where each sister may allow herself to be guided by the Lord towards a renewed impetus of faith, an inner fervour and a deeper fidelity to our charism, joyfully witnessing to consecrated life. Each stage is designed to encourage ongoing interior renewal, discernment of our daily “yes,” and a committed living of the mission in communion.

First Stage (Years 1–2): Spiritual Renewal

- Year 2026 – Religious consecration and social change
- Year 2027 – Life of prayer, communion and collaboration

Second Stage (Years 3–4): Charismatic Renewal

- Year 2028 – Charismatic awareness and the Mother Foundress
- Year 2029 – Initial and ongoing formation

Third Stage (Years 5–6): Apostolic Renewal

- Year 2030 – Communion and fraternal collaboration in the apostolate
- Year 2031 – Missionary and digital animation

The aim of this **journey of reflection and sharing on the writings and the life of our Mother Foundress** is to help us feel ever more united among ourselves, to grow in spiritual communion and to rediscover the richness of our missionary charism within the universal Church.

Each month, we shall offer you a selection of carefully chosen texts from our Mother Foundress' writings. This is not simply a matter of rereading words already familiar to us. Rather, it is an invitation to approach her with an attentive gaze, as if we were walking at her side, in order to grasp her inner countenance, the depth of her personality and the light of her spirit. We are invited to "read between the lines" of her thoughts and to allow ourselves to be touched by her gestures, her choices and her prayers, so that all this may become a source of inspiration for our personal and shared journey.

To accompany us along this path, a few simple and open-ended guiding questions may help us:

- How did she face difficulties and challenges without losing trust and hope?
- What attitude did she embody towards the mission and the people she encountered?
- Which aspects of her love, her prayer and her charism can we embody in our lives today?

We invite you to share the fruits of your reflections at the following email address: ***mtlgeneralato@gmail.com***. You are encouraged to share what you have discovered of the inner countenance of our Mother Foundress, as well as the insights, emotions and small gestures that have touched you. Each month we shall gather your contributions so that, step by step, a "single face" of our Blessed Mother Foundress may emerge - a living image that unites us all as her spiritual daughters.

Through this journey of listening, contemplation and sharing, may we feel closer to one another, grow in deeper communion and strengthen our fraternal collaboration, rooted in the example and spirituality of our Mother Foundress. May her life and her words continue to guide and inspire us in the growth of our charism and in missionary service.

For the monthly retreat and for the writings of our Blessed Mother Foundress, Sr. Krystyna Kita will send us the prepared materials. We express our sincere gratitude for her generous availability to prepare these texts for our spiritual well-being.

As we turn our gaze to the New Year opening before us, let us entrust it to the Lord, that He may make it a time of grace, renewed fidelity and growth in fraternal communion. With grateful and trusting hearts, we wish each one of you a New Year rich in peace, light and spiritual fruitfulness, under the maternal gaze of our Blessed Mother Foundress.

With affection and in communion,

Sr. Selin Karikkattil
Superior General

Rome, 31 December 2025