

Message from Provincial Superior

'Apart from the Cross, there is no other ladder by which we may go to heaven'



Dear Sisters,

As we have begun our Lenten journey, we are called to deepen our commitment to prayer, fasting, and almsgiving. This sacred season is a time for spiritual renewal, guiding us toward the Paschal Triduum and the glorious Easter Season. It is an invitation to reflect on our lives, turn our hearts more fully toward God, and allow His grace to transform us.

In the Gospel of Matthew, we read, “Jesus was led by the Spirit into the desert... He fasted forty days and forty nights” (Matthew 4:1-2). This passage reminds us of Jesus’ own journey into the wilderness, where He fasted, prayed, and prepared for the work ahead. As we received the ashes on our foreheads with the words, “Remember that you are dust, and to dust you shall return,” we are reminded of our mortality and our need for repentance. Lent calls us to introspection—a call to examine the state of our hearts and our relationship with God.

Saint Teresa of Avila beautifully reminds us, “Our Lord is pleased only with the motions of the heart... although, to please Him, we must begin with exterior practices, and we must soon pass to the interior.” This wisdom teaches us that outward acts of penance—prayer, fasting, and charity—are not ends in themselves. They must be rooted in the interior transformation of our hearts. True penance is not simply about what we do, but why we do it. It is through genuine change within us that we find true spiritual renewal.

Lent invites us to move beyond superficial observance. While external acts of penance are important, they must be animated by a sincere desire for inner conversion. This journey is not only about what we give up, but also about what we take on—a deeper relationship with God, a heart open to His grace, and a willingness to be transformed by His love.

As we undertake this Lenten journey together, let us be mindful that our acts of charity, fasting, and prayer are not only for our personal spiritual benefit, but also for

the healing and peace of the world. By allowing our hearts to be transformed, we contribute to building a more compassionate and peaceful world around us.

May this season of Lent be a time of deep conversion, where we allow the grace of God to work within us, transforming us into instruments of peace, love, and mercy in our world.

Gratitude and Prayerful Collaboration

I also take this opportunity to express my profound gratitude for the trust and confidence you have placed in me by electing me as your Provincial Superior. With humility, I accept this responsibility, knowing that it is not by my strength, but by the grace of God, that I am called to serve. As the Apostle Paul reminds us, “I can do all things through Him who strengthens me” (Philippians 4:13).

As I step into this role, I ask for your prayers, support, and collaboration. Like the early Christian community, let us strive to be “of one heart and soul” (Acts 4:32), bearing witness to the Gospel through our lives. Challenges will come, but together, strengthened by the power of Christ’s resurrection, we shall move forward with hope and unity.

May God bless each one of you as we journey through this Lenten season and as we work together in our shared mission.

Yours Sincerely in Christ,
Sr. Mercy Mathew
Provincial Superior