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*Blessed be the Most Holy Trinity*

*Ave Maria SS.ma*



CIRCULAR LETTER N. VI/2023

HOLY EASTER 2023

Dear Sisters in the Most Holy Trinity,

peace, joy and serenity for the new Lenten itinerary that the Lord gives us, which with his help and our collaboration with his grace, will lead us all towards the Easter of Resurrection!

In this difficult time for Christians, especially for Consecrated Souls, I would like to share this journey with you up to Easter, even if you will surely experience it in your communities, parishes and dioceses where you are involved and immersed in the various apostolic activities.

On Wednesday 22 February we will celebrate the Sacred Ashes, which will start the Holy Lent, and will be characterized by 5 Sundays and in which we will read the Gospels of Year A.

**On the First Sunday of Lent** (February 26) we will reflect on the Gospel of Matthew (4:1 - 11). The evangelist presents us with Jesus in the desert. We know that this place is arid, without life, without borders, without roads nor shelters. This is where certainties and certainties fall. Either we trust God or we don't hold up. Jesus accepts the challenge and, pushed by the Holy Spirit, is brought here for forty days to be tempted by the devil. This is the world in which the illusion grows that material goods alone fill our religious life, and that seeking one's own advantages or interests is more convenient, and that closing the doors of love is less painful. The tempter's voice is so sneaky that it pushes our mind to enter the labyrinth of doubts and fears, to close the heart, suggesting that we can do without God to pursue goals far from His love.

Therefore, the Lord calls us to vigilance of the heart, cultivating our interior life more and comparing our every choice in the light of the Word of God.

**PRACTICE of the 1st WEEK of LENT:** in this week we find the time, at least 10 minutes, to stop in the chapel, to keep Jesus in the

**The Second Sunday of Lent** (March 5) is also characterized by the Gospel of Matthew (17, 1-9). Our heart is filled with joy and light. We are there with Peter, James and John on Mount Tabor where Jesus is transfigured. All spiritual life is an opportunity to release all the light kept in one's person.

Those of us who experience the light of God no longer allow the fear of the darkness of sin to take over. We are well aware that the experience of life has painful passages in store for us, but this does

not prevent a bright gaze from still radiating light. Everything around us is beautiful and this allows us to always start afresh, despite our sin.

**PRACTICE of the 2nd WEEK of LENT:** in this week we make an elderly sister happy, dedicating some of our time to her and keeping her company.

**The Third Sunday of Lent** (March 12) opens with the Gospel of John (4, 5 - 42). The evangelist takes us to the city of Sychar in Samaria. The Samaritan woman meets Jesus near Jacob's well. During their conversation we understand that the woman does not suffer any reproach, any criticism, any condemnation. Instead, "living water" is given to her free of charge, which reawakens the life of the Samaritan woman, who, from that moment on, will overflow with hope, acceptance and fruitful love. In the encounter with Christ, in this luminous awakening, the woman leaves the jug of her old life to go towards others to bear witness, to prophesy, to give birth to a community of new disciples. May Jesus also grant us to illuminate our lives and apostolic activities with his merciful love.

**PRACTICE of the III WEEK of LENT:** in this week we make the effort to forgive one of our sisters from whom I have received a slight or an unedifying word.

**On this Fourth Sunday of Lent** (March 19), the evangelist John presents us with "the sign" of the man blind from birth who is given sight. All the protagonists of the Gospel passage, accurately described, ask themselves: "Who has sinned?". Instead, Jesus focuses attention on the human capacity to feel compassion. In fact, we read in the story that no one feels sorry for this blind man and no one rejoices when he regains his sight. The Pharisees, who know the Law, do not feel joy. To these men who prefer blind observance, God prefers the happiness of a person who returns to see.

Therefore, may God's love and his gaze that rests on us help us to open the eyes of the heart to understand that our frantic efforts to appear better than we are not worth much.

**PRACTICE of the IV WEEK of LENT:** in this week we pray for our Mother Superiors, so that, more and more, they can conform themselves to the compassionate and merciful Heart of Jesus and, at the same time, we ask the Holy Spirit for all of us the virtue of humility to understand them and help them in their service to the Community.

**Also, on the Fifth Sunday of Lent** (March 26) we will meditate on the Gospel of John: the resurrection of Lazarus (11, 3-45). Jesus says to Martha: "I am the resurrection and the life". He speaks in the present. The resurrection is not just a future projection. It is an experience that affects our present first of all. In fact, life advances from resurrection to resurrection because Christ inhabits it! However, situations often arise in which one has to confront death or one enters apathy, one no longer finds the desire to commit oneself, or to love. There may be moments in our life in which neither God nor joy can be found, but there are also little seeds of love that begin to sprout through the voice of someone who approaches the other to wipe away a tear, of someone who offers a good word and a comforting hug, of one who gently calls his sister to shake her life and bring her out of the whirlwind of darkness, because if the name of God is Love, then his name is also resurrection!

**PRACTICE of the V WEEK of LENT:** in this week we address a good word to a sister who is in difficulty.

**On Palm Sunday** (April 2) the evangelist Matthew (26, 14 - 66) will tell us the Passion of Our Lord Jesus Christ. In it too there is the alternation of the hour of light and that of darkness, as is our human and religious life.



The hour of light, as the sacrament of the Body and Blood has been instituted, and it has been said: "I am the bread of life.... All that the Father gives me will come to me; I will not reject anyone who comes to me... And this is the will of him who sent me, that I lose nothing that he has given me, but raise it up on the last day" (Jn 6, 35-39). As death came from man so also the resurrection came to man, the world was saved through him. This is the light of the Supper.

The hour of darkness comes from Judas. Each of us, if not assisted by the Holy Spirit, can "behave" or "live" like Judas. Let us live Holy Week with trust and hope, especially the Easter Triduum, to rise to a new life, both on a personal level and in our community life.

**The Easter Vigil and the Easter Solemnity of the Resurrection** will be celebrated in the light and serenity of the spirit, only if we have lived a Lent of purification of mind and heart; if we have practiced the virtue of humility to recognize our littleness before the greatness of God, but who, despite being a Son, has taught us precisely to be humble, because He too humbled Himself even to death and death on a cross. Therefore, we, his creatures, created in his image and likeness, we just have to follow the Master.

**We live in a world in constant turmoil: the war that is at the gates of Europe, hunger, poverty, natural disasters, individualism, selfishness, hatred and violence of all kinds. In a word, we feel that there is uncertainty in life. How do we, Trinitarian religious, live? Our Patriarch San Giovanni de Matha and our Venerable Foundress, Mother Maria Teresa Cucchiari remind us of the Christian root: CHARITY! So, let's turn our hearts back to REDEMPTING CHARITY! We don't have to go very far... community life is enough for us to put it into practice.**

Let us not forget that the future of the Institute depends on our testimony as Trinitarian religious! During our daily work we are calm, docile and serene with each other and with those we meet for the commitment of the apostolate, wherever we are.

At the conclusion of this process of renewal, I want you to bring to your families, relatives, friends, all benefactors and all the Trinitarian Family scattered throughout the world the profound joy of the Easter announcement: "Christ is truly risen! Alleluia! Alleluia!"

Heartfelt Easter greetings to each and every one of you in particular, and may the Risen Lord bless your every desire for good in favor of the Congregation, of the Church and for the salvation of the world.

Rome, 14 February 2023  
Feast of St. John the Baptist of the Conception



*Maria Augustine of The Assumption*  
Mother Marie Augustine of the Assumption  
Superior General