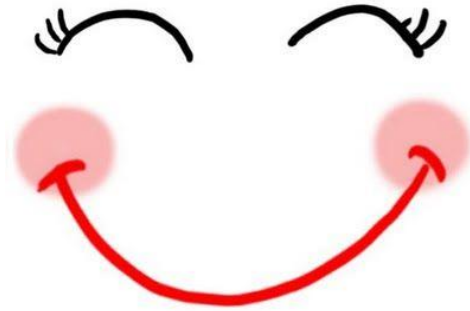




LIVE FROM THE APPRECIATION



“Gratitude is the heart's memory”
(Lao Tse)

**“The torch of the Charism is in our hands,
it is yours, it is mine, it is ours. It is our
treasure ... keep this sacred torch lit.
THANK YOU”**
Hna. Mónica Joseph RJM



The letter of Sr. Monica Joseph RJM post-Bicentennial, introduces us to the topic of gratitude, which in this document we want to deepen with some proposals to pray, reflect, share at a personal and group level.

"TO THE GREAT FAMILY JM. Dear sisters, priests, Brothers, AFJM, staff, students, alumni, youth and friends:

Before leaving Lyon for Rome, I wish to contact all of you. As time goes! It seems that it was yesterday when we met in Agra for the opening of the Bicentennial of the Foundation of our Congregation, and now we have reached the end of this year of great celebrations.

On behalf of the General Government, we wish to express our gratitude:

First of all, we thank God our good Father, for giving to the Church and the world, Santa Claudina and her charism.

In the second place, we thank our beloved Saint Claudina who, despite many trials, persevered valiantly to make God's will come true.

In the third place, we do it to all the RJM and friends, who took the flame of the charism to different countries and cultures to continue spreading this gift and be a blessing for society.

Finally, to each one of you, for making this Bicentennial Celebration of our Foundation an unforgettable experience full of blessings. We are aware of the amount of time, energy and resources invested to make the theme a reality: "On the road with Claudina, a woman of faith, forgiveness and communion" on many levels, both provincial and international.

On a personal level, I do not have adequate words to express my sincere and profound gratitude to Srs. M^a Carmen Muñoz RJM; Irene Rodrigues RJM; Alejandra Díaz RJM; Nuria Cuadras RJM; Carmen Aymar RJM and Marta Guitart RJM.

We believe that everyone, in one way or another, has received many thanks and blessings from God and from our beloved Saint Claudina. Today, we are on the threshold of another moment, another page in our JM history, POST-200. The torch of the Charism is in our hands, it is yours, it is mine, it is ours. It is our treasure as well as our responsibility, to transmit it to future generations to make this world a better place.

We know we can count on you to keep this sacred torch lit. THANK YOU.

We begin the countdown to the next international event: the 37th General Chapter to be held in Rome from September 16 to October 16, 2019. The theme is: "On the way with hope as an apostolic family." We ask you to pray for this important event for the life of our Congregation and, if possible, your active participation in your countries, so that this experience will be more fruitful and relevant.

It is no coincidence that during this time the Synod for Youth is held in Rome. We have the young people in our prayer.

Once again, our deep gratitude to each one of you, dear friends of Claudina.

May Mary our Mother and Saint Claudine bless and guide us. "Monica Joseph RJM. Superior General

- ✚ We invite you to make a grateful memory again of the experience lived in Jesús María, people, moments, situations ... and, share ...

"What is God inviting us today, in the AFJM?"



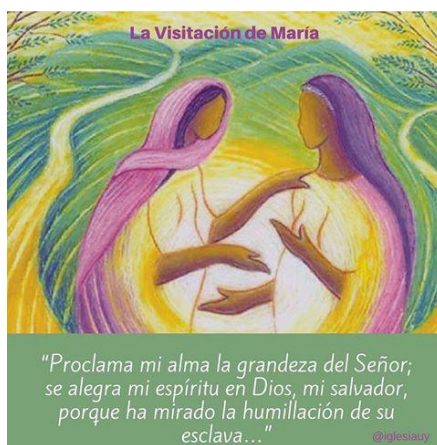
I.- INTRODUCTORY BIBLICAL TEXTS TO REFLECT, PRAY AND SHARE.

- ✚ **The biblical text of The Visitation of Mary to Elizabeth. Lc. 1,39-56 that will accompany and enlighten the General Chapter invites us to pray from gratefulness:**

Mary naturally sets out to serve. The meeting between Elizabeth and the Virgin is a song of joy and praise, both witnesses and of the grace that has made them fruitful. Mary is grateful for what God has done in her, because she keeps her promise and has done wonders for her people. The Magnificat is a foretaste of the Beatitudes, a compendium of the Gospel and makes explicit the way of God.

Before Elizabeth's affectionate greeting, Mary opens her heart in indescribable praise. It is the heart of Mary that represents all of us, it is the soul of Israel, it is the soul of humanity that recognizes the wonders of God in her own life:

*«My soul sings the greatness of the Lord,
 and my spirit trembles with joy in God, my savior,
 because he looked with kindness on the smallness of your servant.
 From now on all generations will call me happy,
 because the Almighty has done great things in me:
 His Name is holy!
 His mercy extends from generation to generation
 about those who fear it.
 He unfolded the strength of his arm, scattered the proud of heart.
 He overthrew the powerful of his throne and elevated the humble.
 He filled the hungry with goods and dismissed the rich with empty hands.
 He helped Israel, his servant, remembering his mercy,
 as he had promised our parents,
 in favor of Abraham and his descendants forever ».*



- ✚ In prayer everyone can make their own Magnificat: what are the wonders that God has done in my life, my heart, my family, my people?

“I will not leave you, if you do not bless me” (Gn 32: 23-34).

“Because where our treasure is, there will also be our heart” (Mt 6, 21).

Jesus may have wanted to say that when we decide and determine to find good (our treasure) that is when we will feel gratitude (in our heart). Gratitude arises in our consciousness, begins in us, but does not have to stay there. The fullness of gratitude comes when we experience it and express it in our daily activities and in our relationships.

When we are grateful we create a space of security, peace, love, and joy, and people trust us, enjoy being around us, establish wonderful spiritual connections that make us see the presence of God.

Active gratitude is what gives and not only receives; it is a way of living, a way of being.

II.-THE VIRTUE OF THANKS.

In a world where individualism prevails, a reflection on gratitude can help to understand how gratitude humanizes and promotes communion among brothers.

If we observe, our society does not move by freely giving, but is given to obtain an economic benefit, as an organized satisfaction, of a social pact.

The gratitude, experienced as a personal gift, should be:

- 1.- Between people, as a personal encounter.
- 2.- Free and voluntary. Nobody can force us to be grateful.
- 3.- With respect towards who receives the gratitude.

He who helps or does something for others should not do it with superiority, but with humility.

There are times when one experiences the need to give thanks for the existence of the other. This gratitude, unconsciously, is directed to God. In our relationships the word "thank you" and love must be coordinated. The word straight is that which is always pronounced with love.

From this consideration, thanksgiving is a basic experience of love communication.

When gratitude is really profound, it is transformed into actions.

Thus, in gratitude there is an element of knowledge of the good received and another element of response that moves us to express it. We can not live isolated, but related to each other because mutual help enriches us. Gratitude implies that I recognize the other person and that is how solidarity begins.

And from gratitude to the close brother we walk towards gratitude towards God as one of the basic virtues of the Christian spiritual life. Gratitude for the gifts received in our lives encourages salvation, frees us from negativity and despair. This is the strength of gratitude in the face of envy, which is a break with the true reality of our existence. Prayer always springs from humility before the mystery of God that moves us to thanksgiving.

Gratitude is an answer to the love of God, awakens man. The grateful person is not a superficial person, but a profound person, who lives in the key of humility and recognition of God.

Gratitude always seeks to be expressed. It is not by chance that thanksgiving occupies such an important place in the liturgical one. Let us remember, for this, the three great hymns: Benedictus (Lk 1, 68-69), Magnificat (Lk 1, 46-55), and Nunc dimittis (Lk 2, 29-32).

Gratitude essentially includes joy and gratitude is a fundamental source of happiness.

III.- LOVE AND GRATITUDE.

"There is more joy in giving than in receiving" (Acts 20, 35). We need a society where gratitude is inseparable from life. We can not take everything for granted, but work against superficiality and banality. Thus, gratitude is the fundamental answer to every gift that always has its first motive in love.

Simple reasons to be grateful:

"Look at the sky, contemplate it and just have to say thank you, for all that I have lived, for a wonderful year, for life, family, friends, employment, people with a good heart, for each trip, for each brother, for the celebration of the 200 years we lived. For a wonderful God who is all love and takes us to unexpected places to know his mercy.

To thank all those who were present in our lives, new confreres of faith, new challenges, new ideas, different ways of seeing life always under the protection of God, the same intention to be better people every day with the desire to make known and love Jesus and Mary. Thank because for God and those who follow the barriers do not exist, distances are reduced, dreams are increased, thanks for the emotions that are born to move the soul, thank for each life story, for all those who give their whole lives to generate more life.

For all that you have given us, good God, I give you infinite graces.

Thanks God for everything!..."

Germán Estiven Londoño Barrientos
Member AFJM- Colombia



National Park of Isla de Salamanca (Magdalena)



Colombian Amazonia

LIVE GRATEFUL

"In the Ignatian proposal of life we are invited to make gratitude the basic attitude of our existence as creatures loved and given by God. I allow myself to translate the Ignatian "praise" for our concrete and daily life as the attitude of "thankfulness", to live gratefully, gratefully. Praise should not be just a mouth-to-mouth action, but something lived in the heart, and that praise in the heart, as a habitual attitude and not just as a punctual event, is to be grateful.

That "gratefulness" in the background, that living from gratitude, is not favored by the environmental culture that encourages us to be more aware of what we do not have than of what is given to us abundantly

... From gratitude springs an inner state of joy, availability and agility in responding to the demands of life, a more lively sensibility to perceive everything that daily life has a gift, a greater generosity as a vital attitude, a less tension for not receiving compensations or rewards to our action.

For all these words are so true and accurate Ignatian words and intuition that in the "Principle and Foundation" we say that "praise," "thank" is one of those attitudes by which the creature, that creature that we are each one of us, "saves his soul", "saves his life", not because it leads to the beyond, but because it fills her with meaning and human and divine fulfillment in the everyday here. "

Jesus Mary, by the way of living grateful

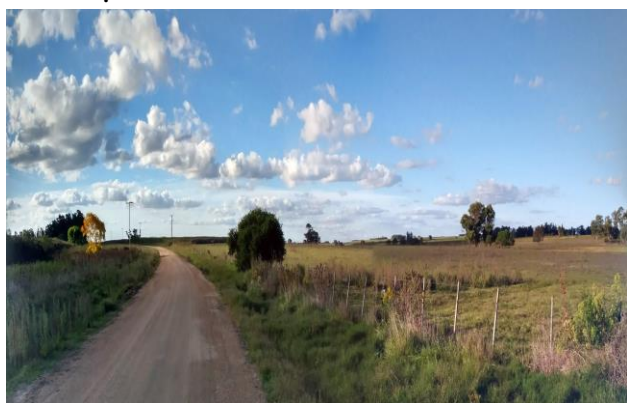
To live grateful to God for the YES of Claudina, a woman of praise expressed in her "sensitivity, availability and agility in giving answers to the demands of life"

To live grateful to God for Jesus Mary today, who with great force calls us to simplicity of heart to go out to meet the most fragile and vulnerable of our society.

To live grateful to God because we are invited to fill our lives with meaning and fulfillment by following the path of the Spiritual Exercises and as Molla sj expresses, "to take care of our gratitude, to keep it alive and active; That is why this daily "examination" of the benefits received by Ignacio, as soon as the Exercises begin, is important. This small and simple exercise will be for us an incredible fecundity and situates our daily life in a totally different dynamic. "

To live gratefully, always uttering and in every place like Claudina, HOW GOOD IS GOD! , fruit of a fruitful and founding life of praise.

Maria Marta Soumoulou
Responsible laica AFJM Argentina-Uruguay



Cardona-Uruguay



Córdoba-Argentina

Grateful for the work of your hands, Lord

"We praise you, Father, with all your creatures, that came out of your powerful hand.
Are yours,
and they are full of your presence and your tenderness. Praise You.
Son of God, Jesus,
all things were created for you.
You formed in the maternal womb of Mary, you became part of this earth,
and you looked at this world with human eyes.
Today you are alive in each creature
with your glory of the resurrected. Praise you. "SS Francisco

✚ Other biblical texts to pray gratitude. Readings for gratitude.

- Mt 11, 25-30
- Salmo 100
- Colosenses 3, 17
- Lucas 17, 15-16

✚ To reflect from the texts:

- Why live from gratitude in our daily life and in Jesus Mary?
- How have I learned and wish to continue growing in being grateful in life?
- If you have done Spiritual Exercises: what is your experience of praise - thanks?
- What value are we called to give thanks?
- How can we express gratitude?
- How to do it in the Eucharist?
- How to do it in relation to Creation?
- Search synonymous words of gratitude to extend them to our life.
- Read the *Magnificat* as a group and share our own *Magnificat*
- We invite you to write a *Magnificat* and send it to share with the AFJM.

To live this year as General Chapter of the Sisters of Jesus Mary in an attitude of gratitude in prayer for their path, their works and their service and, for all received from God through the charism and mission they share with the great family of Jesus Maria.

¡SEE FOREVER ALBADOS JESÚS AND MARÍA!



ASK THE GRATUITY

"Ask for internal knowledge of both well received" (EE.EE. 233)

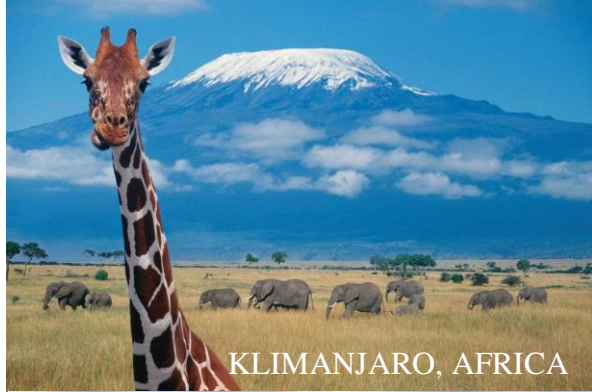
*How can we thank you
 if we are unable to know
 everything we have received?
 Why did you choose me to exist
 among possible infinite beings?
 Who can catalog now
 What you give us in a second?
 Whose hands and fatigue were
 who paved the street on which road?
 How many times in the dark did you stop
 our life on the edge of the abyss?
 How eternal life inside of me
 Already impregnates my moments with infinity?
 If we are all gifts to one another,
 Will I just sing my song?
 Only the risen Jesus can give you thanks
 and we join their song of praise? Benjamín Gonzalez Buelta sj*



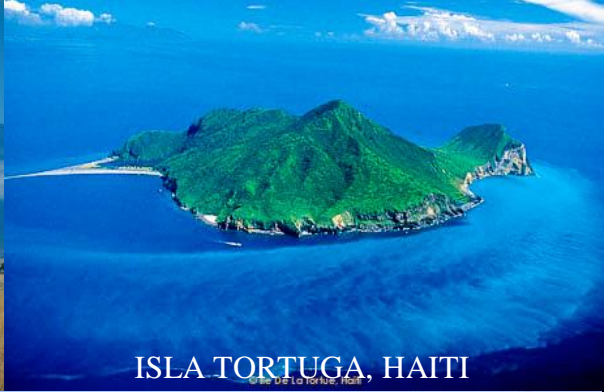
Our world is full of color ... Thank you God for each and every one of the colors you have given us.



Tribu WODAABE, NIGERIA



KLIMANJARO, AFRICA



ISLA TORTUGA, HAITI



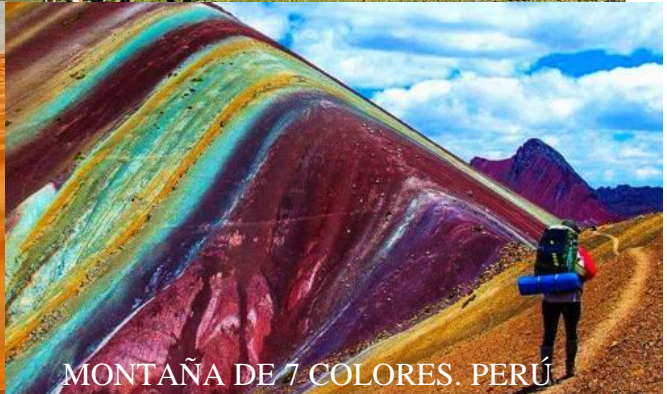
LAGO DERRYCHARE, IRLANDA



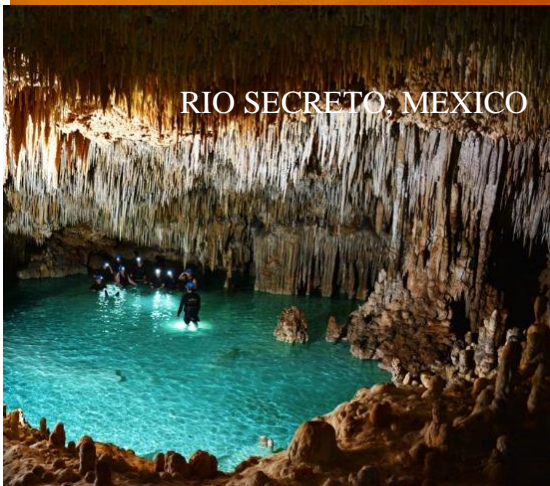
LAGOS DE COVADONGA, ESPAÑA



LAGO UBARI, LIBIA



MONTAÑA DE 7 COLORES. PERÚ



RIO SECRETO, MEXICO



NORUEGA