



INSTITUTO CALASANCIO
HIJAS DE LA DIVINA PASTORA



Madrid, February 26, 2020

**To the Sisters and religious communities.
To the team of the Educational Ministry.
To the Management Teams,
To the Executive Teams of the Schools,
To those locally responsible for the shared Mission
To those who feel attracted by the Calasansian Charism
Of Daughters of the Divine Shepherdess,
Bequeathed by Saint Faustino Miguez of the Incarnation.**

My desire for all of us, who form this charismatic family of the Calasansian Institute of Daughters of the Divine Shepherdess, is that Jesus may reign in our hearts and embrace us in his love.

I get in contact with you, to begin together, each one from our place and reality, this time of Lent that the Church offers us once again.

In all simplicity, I propose that this year we go deeper into the Lenten road, made concrete in fasting, in alms giving and in prayer, holding the hand of Pope Francis and of his last Exhortation «Dear Amazonia», in which his teachings touch ground in the Encyclical "Laudato Sii" on the care of our common home.

a) Lenten Road: To go from individualism to communion.

From a joint reading of both texts, we can affirm that the Pope proposes a change of life: **to fast** from individualism and opt for communion, which, besides, it is also the attitude in which, this year, all of us want to deepen in order to make it life.

Pope Francis insists on the need to go from "I am to we are", to situate ourselves in daily life, on the horizon of the common good. In addition, we can add that for us, it is translated into the urgency to cry out vitally, "I am with you" which is our educational motto for this year 2020, as Charismatic Family.

To respond to the dreams and desires expressed by the Pope, it is asked of us for a profound transformation, which touches the heart and affects our whole being.

b) A change in our life-style

I believe that down deeply there is subjacent a call to a change in our life-style, according to which we get involved more in the loving care for all and for everything. A change, which presupposes, in the first place, to get out from individualism and from the self-referential attitude to strengthen the sense of the other in our lives. It is only from there that the care of others and of the environment will be possible.

We need to live a spirituality, which will support us on this road of conversion, at personal level and of that of our religious and educational communities, to make of them spaces of relationship and interdependency, of fraternity, of communion and of dialogue. This asks of us, among others, the following attitudes.

- To live according to gratitude and gratuitousness.

In order to know how to contemplate the world as a gift received from God. Pope Francis invites us to learn from the indigenous people "to contemplate" because, on many occasions, "the aesthetic and contemplative sense that God placed in us, is atrophied" (QA 56).

It is a contemplation what makes attitudes of decentralization, of getting out of self from the center, spring up, and of generous surrender even if they are not recognized (Mt. 6, 3-4). Moreover, this can be the **alms** to give at this time, convinced that this is what pleases God.

- The loving conscience not to live disconnected from our world, from our reality and from others.
- Feel invited to agree or be in tune with all the beings of the universe and to live communion with others; to take steps that break walls and distances.
- A return to simplicity, which, allows us to value the small or little. Which also becomes explicit in knowing how to be grateful for the possibilities offered to us, without attaching ourselves to what we have nor be saddened for what we do not possess.
- An attitude of the heart that lives everything, with serene attention.

Moreover, from the one in which we are present in the daily happenings and consciously we situate ourselves in openness, acceptance and the care of others.

I desire that we know how to live this liturgical time, also intensifying **prayer**, so as to listen to the Lord and, discovering him in everything that happens, as well as to raise our requests or petitions for the realities of the world in which, sometimes, we allow individualism, the violation of the rights of the brothers and the lack of loving care of our planet to dominate.

Happy Lenten Journey to all and for everyone!

A fraternal embrace,

A handwritten signature in black ink, appearing to read "J. Calderón", enclosed within a large, horizontal, oval-shaped flourish.

Sacramento Calderón
Superior General