

# FREEDOM IS BORN FROM CHARITY



## MOTIVATION

Freedom is the most precious Gift that we have received, it is a Gift from God that magnifies man, since it places him on the level of the personal relationship with God, realizes him as a “person”, calls him to be a son. But, above all, this gift speaks of the greatness of God, who opens a door to Him by giving Him freedom. That is why it must be received as a gift that moves one to gratitude.

Freedom is a Right inherent to human beings, without any exception and without distinction by age, race, sex, social condition or other characteristics; as established in the Universal Declaration of Human Rights. It establishes that fundamental human rights must be protected throughout the world, and among these rights is freedom. As article 1 of this declaration states: “All human beings are born free and equal in dignity and rights and, endowed as they are with reason and conscience, they must behave fraternally towards one another.”

Throughout history there have been terrible events that have denigrated freedom, such as the slavery of thousands of people on five continents, totalitarian governments that restrict freedom of expression and information...

### **What is the Liberty?**

*The REA defines it as the “natural faculty that man has to act in one way or another, and not to act, for which he is responsible for his actions.”*


*There are individual freedoms: Freedom of thought, Freedom of opinion and expression, Freedom of movement and Freedom of ethical convictions, conscience and religion; and collective freedoms: Freedom of association, Freedom of association, Freedom of peaceful assembly and Freedom of demonstration.*

*“Everything can be taken from a man except one thing, the last of human freedoms, the ability to choose one’s personal attitude in the face of a set of circumstances. This is spiritual freedom, which cannot be taken away from us. That spiritual freedom is what makes life have meaning and purpose. “Whoever lost faith in the future, in his future, was doomed,” writes Viktor Frankl in his book: Man’s Search for Meaning.*

Inner freedom means being more masters of our inner world, being less influenced by the circumstances of the outside world, having greater control of our reactions and emotions, being stronger and less vulnerable to criticism, failures, and the opinions of others. . It is maintaining our integrity, our dignity, our acceptance, our self-respect and self-esteem above the circumstances, it gives us lordship over ourselves and others.

Therefore, considering freedom as a great Value that guides human actions towards respect and integrity, we must take care of and protect it as a treasure that favors full personal development, lays the foundations for happiness and allows us to build societies in which people and groups express themselves, organize and participate, without fear of being violated.





**SONG:** (choose any of the two songs)

**Free from Nino Bravo**

<https://www.youtube.com/watch?v=7812dngARbk>

**A sailboat called freedom. J Luis Perales.**

<https://www.youtube.com/watch?v=EFL1NdCDdIM>

## **BIBLICAL ILLUMINATION**

Since the beginning of salvation history, God has manifested himself to human beings as the liberating God. From the freedom granted to our first parents to choose between good and evil, to the liberating action that occurred when we left slavery in Egypt. God shows himself to his creatures as their Savior, who out of love establishes an Alliance with them that is a sign of liberation. Let us remember that the tables of the law did not represent an oppressive yoke for the People, but rather the liberating path from their own selfishness and sin that distanced them from their God and their brother.

We also remember how God, freeing the people from the slavery of Egypt, led them through signs and wonders towards the land of promise, the land of freedom. We know well that the People of Israel initially embraced the freedom that God offered them, but on many occasions, they remembered the onions of Egypt, murmured against God and longed for the times of oppression under Pharaoh. And we must keep in mind that the conquest of Freedom is not easy, it requires effort, tenacity, perseverance and faith in the God of promise.

A promise that reaches its full fulfillment in Christ. He paid the high price for our freedom by defeating, with the surrender of his life, the slavery of sin in us. The key is love. For this we can affirm that freedom is born from love, **born from Charity.**

**We will recite with a grateful attitude to two choirs, various biblical texts that tell us about this freedom granted by God through Christ the Lord, interspersing the following chorus:**

**SINGING:** The freedom of the Spirit is born from Charity <https://youtu.be/ktRjqalexPU>

Stand firm, therefore, in the liberty with which Christ has made us free, and do not be subject again to the yoke of slavery. (Gal. 5, 1)

**The freedom of the Spirit is born from Charity**

Because the Lord is the Spirit; and where the Spirit of the Lord is, there is freedom. (2 Corinthians 3 , 17)

**The freedom of the Spirit is born from Charity**

So if the Son sets you free, you will be truly free. (John 8:36)

**The freedom of the Spirit is born from Charity**

For you, brothers, were called to freedom ; Only do not use freedom as an occasion for the flesh, but serve one another in love. (Galatians 5:13)

**The freedom of the Spirit is born from Charity**

All things are lawful for me, but not all things are convenient; All things are lawful for me, but I will not allow myself to be dominated by any. (1 Corinthians 6:12)

**The freedom of the Spirit is born from Charity**

And I will walk in freedom , Because I sought your commandments. (Psalm 119:45)

**La libertad del Espíritu nace de la Caridad**

Many are the afflictions of the righteous, But the Lord will deliver him from all of them. (Psalm 34:19)

**The freedom of the Spirit is born from Charity**

As free , but not as those who have freedom as a pretext to do evil, but as servants of God. (1 Peter 2:16)

**The freedom of the Spirit is born from Charity**

Then Jesus said to the Jews who had believed in him: If you continue in my word, you will truly be my disciples; and you will know the truth, and the truth will set you free . (John 8:31-32)

**The freedom of the Spirit is born from Charity**

Now therefore there is no condemnation for those who are in Christ Jesus, who walk not according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has freed me from the law of sin and death. (Romans 8:1-2)

**The freedom of the Spirit is born from Charity**

But now that you have been freed from sin and made servants of God, your fruit is sanctification, and as an end, eternal life. (Romans 6:22)



### The freedom of the Spirit is born from Charity

The Spirit of the Lord is upon me, Because he has anointed me to give good news to the poor; He has sent me to heal the brokenhearted; To proclaim freedom to the captives,  
And sight to the blind; To set the oppressed free . (Luke 4:18)

### The freedom of the Spirit is born from Charity

But he who looks attentively into the perfect law, that of freedom , and perseveres in it, not being a forgetful hearer, but a doer of the work, he will be blessed in what he does. (James 1:25)

### The freedom of the Spirit is born from Charity

You who love Jehovah, hate evil; He guards the souls of his saints; He delivers them from the hand of the wicked. (Psalm 97:10)

### The freedom of the Spirit is born from Charity

Help us, O God of our salvation, for the glory of your name; And deliver us, and forgive us our sins for the sake of your name. (Psalm 79:9)

**SONG: Woman, you are free.** <https://www.youtube.com/watch?v=RnWapq6keNQ>

### **We are heirs of a Charisma that can only be lived from Freedom.**

María Rafols and Juan Bonal lived and defended the Gift of Freedom in difficult political and social contexts, ensuring that all people, especially the most vulnerable, enjoyed their rights as human beings. Above all, they were free souls, their hearts were not attached to anything or anyone, they were capable of the greatest actions of uprooting to safeguard the lives of others. Throughout history, all the sisters who have freely embraced this Charisma bequeathed by them, continue throughout the world spreading Love made Hospitality and today we continue dreaming of a more free and fraternal world.



## CONSTITUTIONS 2011

Let us contemplate with gratitude how this great value of Freedom that is born from Love is present in our Constitutional text, in each issue we are invited to assume it with responsibility as a personal disposition:

- ▶ “We give ourselves freely to God the Father in total donation of being and doing.” CC 13
- ▶ “Be liberation for others from the freedom of the Gospel that you are achieving” OV 13
- ▶ “With flat Freedom I make a Vote.” Cc15
- ▶ “Through Obedience we freely and joyfully offer our will, identifying ourselves with His will.” CC 24
- ▶ “Try to free yourself from everything that may condition your availability” OV 24
- ▶ “Free your heart from the tendency to possess and simplify your life to achieve freedom of spirit.” OV 30
- ▶ “Before temporary profession, we must hand over the administration and freely dispose of the use and usufruct of the assets that come to us by inheritance.” CC 32
- ▶ “Jesus...by loving the Father with all his heart he becomes free to love all creatures” Cc 33
- ▶ “Following Christ celibate, we center our lives on his love, which seduces us and frees us from selfishness, enabling us to live our vocation of Charity” Cc 35
- ▶ “Live Freedom in the face of the possessive tendency” Ov 36
- ▶ “Availability for the Mission...we put the common good before the personal and community good from Interior freedom” Cc 47
- ▶ “Our mission in the pastoral ministry of health is based on the Christian conception of the person, on respect for their life, freedom, dignity and right to their integral well-being” Cc 53
- ▶ “Help your students to... train for responsible freedom” OV 59
- ▶ “Dialogue with freedom and respect” Cc 67
- ▶ “Work to create a climate of freedom, joy and serenity.” OV 69
- ▶ “Forgiveness frees you and reconciles you with your sister” OV 72
- ▶ “It expresses the testimony of the new fraternity by stating that it is possible to live the freedom of the children of God in the face of the desire for power, being available to attend to the needs of the world” OV 76
- ▶ “The personal encounter with Christ in the Sacrament of the Eucharist... commits us to “wash the Feet” like Jesus, especially of the most vulnerable from compassion and freedom” Cc 81
- ▶ “Live Sunday as a participation in Easter joy, a day of celebration, liberation and commitment to solidarity” OV 83
- ▶ “The novice must strive to ensure that all training helps her acquire right criteria and strengthen her will to make decisions with freedom of spirit” OV 97
- ▶ “In the Juniorate the Sister acquires the human maturity necessary to freely choose a commitment of fidelity” Cc 99
- ▶ “...Duty of the capitular sisters...free, humble and sincere exposition...” OV 119





## **QUESTIONS FOR REFLECTION**

*How do you live the great gift of Freedom that is not debauchery?*

*How do you live and take care of your freedom and that of others?*

*What does it commit you to?*

## **CLOSING PRAYER**

Christ the Lord has called us from darkness into his marvelous light. Let us turn to him with our humble and fervent prayer. Let us seek his grace to erase from our hearts every trace of darkness and everything that prevents us from moving towards full freedom, as children of God.

Oh God, who gave an identical origin to all your Children and you wanted to form a single family with them in your love, fill the hearts with the fire of your charity and awakens in all the faithful the desire for a just and fraternal world, so that, with the goods that you generously distribute among all, may each one realize as a human person, and, all discrimination removed, equality and justice reign in the world.

Through our Lord Jesus Christ, your living Son and reign with you in the unity of the Holy Spirit, and it is God, forever and ever.

Amen

**SONG: A message to the world.** <https://www.youtube.com/watch?v=XgWSCs6CZ5Y>



**SISTERS OF  
CHARITY OF  
SANTA ANA**