

Synodal women who create evangelical and inclusive communities.

Prophetic women who, in old age, sickness or frailty, continue to be signs of hope.

- *"Wisdom is revealed to the prudent, and manifests itself in just and righteous deeds. Those who possess it are close to God, and its influence extends to all" (Wis 6:12-14).*
- *"You know that those who are considered rulers of the peoples dominate them, and the great oppress them. But among you it shall not be so; on the contrary, whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be the slave of all. For the Son of Man did not come to be served, but to serve and to give his life as a ransom for many" (Mk 10:42-45).*
- *"After he had washed their feet, he said to them, 'Do you understand what I have done to you? You call me "Teacher" and "Lord," and you are right, for that is what I am. Now that I, your Lord and Teacher, have set you an example, you also should do as I have done for you"' (Jn 13:12-15).*
- *"Shepherd the flock of God that is under your care, not out of obligation, but willingly, as God would have you do it; not for sordid gain, but eagerly; not as lording it over those entrusted to you, but being examples to the flock" (1 Peter 5:2-3).*



**FILLED WITH the HOLY SPIRIT,  
SHE CRIED OUT IN A LOUD VOICE . . .  
(LUKE 1:41-42)**



**retreat September 2025**

**Formation and Spirituality**  
PROVINCE OF OUR LADY OF PILAR

We held a General Chapter where we joyfully took on the mission of being generators of life. Do you remember?

Because this was about the impossible... the angel's announcement to Mary (Lk 1:31), the revelation of Elizabeth's happiness (v. 36), unhakeable trust (1 Sam 1:15-20), nervous laughter (Gen 18:1-20), in short, the "You will conceive and give birth" that has framed our 31st General Chapter is a commitment and response to this delicate task of generating new forms of Hospitality in our environments and in the world... and today, in prayer, we take the next inevitable step: to exclaim with a loud voice!

The present opens up as an opportunity, and when everything seems to be getting complicated, we are invited to resurrect our "pathological positive," that light, that hope, that ember, whatever it may be, that brings us out of the darkness and focuses us on the next step. Sisters, September has arrived, with its "Oh, my God," summer has brought us back to where we left off, nothing has changed, the tasks at hand are still there, and every day continues to be a time of encounter: with others, with reality, with God.

Let us take advantage of this time of Encounter to become aware and, above all, to experience the "**lines of force**" that the Chapter invites us to uphold, to understand, guide, illuminate reality and make it a charismatic and missionary space.

*"This is a propitious time to cultivate the interior life, to allow ourselves to be challenged by the signs of the times, and to welcome with boldness and courage new paradigms that help us to redefine religious life today.*

*Our searches reveal a deep longing for meaning, authenticity and communion, and awaken a prophetic and compassionate response from our vocation in today's world" (LF XXXI CG).*

Identity and gestures, silences and words, joys and difficulties, needs and fraternity, encounter and sending forth, tasks and mission, sisters and companions, servant leaders, equals... everyday life is transformed into experience, and that experience leads us to discover God and people as Charity made Hospitality.

Enjoy this day of retreat from the chapter proposal, scrutinise it with a heart ready to welcome every different intuition, every word that smacks of novelty, every claim imbued with the Spirit... without further ado...

## CHARISMATIC IDENTITY

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*In light of number 3 of the Constitutions, which expresses our charismatic identity, and discovering it woven with history and promise, the Spirit invites us to dig deep to reach the roots and recognise ourselves as part of a universal family, in which no one is excluded.*

- *"Blessed are the poor, for yours is the Kingdom of God. Blessed are those who hunger now... Blessed are those who weep..." (Lk 6:20-21).*
- *"Come to me, all you who labour and are burdened, and I will give you rest" (Matthew 11:28-30).*

## LEADERSHIP

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*The Spirit calls us to live leadership in the style of Jesus, as the ability to inspire, generate communion and accompany people through close service that listens, mobilises and encourages participation.*

*We opt for inclusive, horizontal and shared leadership that encourages discernment processes and enables networked congregational governance that trusts in the talents of others and cultivates and promotes personal, institutional and environmental growth and transformation.*

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The final document of the XXII Assembly of the UISG reflects the commitment of the Superiors General. In it, the participants recognise themselves as "*consecrated women, invested with the same call to be disciples of Christ through the service of leadership for our Congregations*".

The statement expresses gratitude for Pope Francis' contribution to the dynamism of Consecrated Life and emphasises how, in this Jubilee Year, at a time of profound upheaval in our world and transition in the life of the Church, women religious wish to make their specific contribution as consecrated women.

At the end of the Assembly, the Superiors General commit themselves to becoming increasingly:

Women of peace, resilient, who remain at the foot of the cross.

Women who are on the frontiers, who reject exclusion and discrimination.

Women who watch over the night and, like the moon, reflect the light.

Jesus has shown us that life is given in simple gestures: paying attention to details, looking at the heart, washing feet, sharing bread, allowing oneself to be anointed, offering tenderness, not seeking the first places... We must make concrete in our communities those gestures that make existence more human, that recognise dignity and sow beauty. Let us make our homes places of gratitude and Eucharist, where care and interdependence become a proclamation of hope for a world thirsting for love and fraternity.

God invites us to live with empathy, to cultivate interest in every living being and to intuit the needs of all our brothers and sisters, especially the poorest and most needy. Indifference to the pain of others is a form of violence that undermines our charismatic identity. A good remedy for this can be a holistic view that recognises that everything is interconnected and that our actions have consequences in the lives of others, especially those closest and most vulnerable to us.

Every word, gesture, attitude, action or omission can build or destroy bridges of fraternity. Structural violence, abuse of power and exploitation of natural resources are expressions of a throwaway culture that we must denounce and transform. Integral ecology calls us to a conversion that involves social justice, respect for indigenous peoples and care for our Common Home.

- *"The Lord God took the man and put him in the garden of Eden to cultivate and care for it" (Gen 2:15).*
- *"Render justice to the weak and the fatherless; uphold the cause of the poor and the needy. Rescue the weak and the poor; save them from the hand of the wicked" (Ps 82:3-4).*
- *"Open your mouth for the mute, for the rights of all who are destitute; open your mouth, judge with justice, and defend the cause of the poor and needy" (Prov 31:8-9).*
- *"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor; he has sent me to proclaim liberty to the captives, sight to the blind, to set the oppressed free" (Lk 4:18).*

*Together with the lay members of the Saint Anne Family, we want to recreate the Charism today, open to the signs of the times, listening to the cries of humanity, especially the poorest and Mother Earth, with a new language, recovering the intuitions of our Founders and discovering spaces and situations where vulnerability needs our care.*

***"Remember the whole journey that the Lord your God has made you travel" Dt 8:2.***

We are called to design together the path we want to follow, to question ourselves and allow ourselves to be guided by God in order to take concrete steps that shape us according to His plan and strengthen life.

Recreating the Charism... three words that open us to gratitude for the gift, to assuming our heritage, to living in fidelity, to responding to the demands of humanity, to tenderness and audacity. To recreate the Charism is to live with **hope**.

Four clues for prayer: Dig deep, reach for roots, recognise ourselves as part of the whole, no one excluded.

- *"Blessed is the one who trusts in the Lord and puts their trust in him. They will be like a tree planted by the water, stretching out its roots to the stream: they will not fear when heat comes, their foliage will always be green" (Jer 17:7-8).*
- *"Jesus Christ is the same yesterday, today and forever" (Heb 13:8).*
- *"See, I am doing a new thing! Now it springs up; do you not perceive it?" (Isaiah 43:19).*
- *"Remain in me, and I will remain in you. Whoever remains in me, and I in him, will bear much fruit" (John 15:4-5).*

## INCARNATE SPIRITUALITY

*Our inner life needs to be cultivated like sacred ground. We are called to rekindle the fire of our relationship with God, to live*

*prayer as nourishment that sustains us and as a bond that drives us forward.*

*We express the incarnation of our spirituality, centred on Christ, by being contemplative in action and unfolding it in the being and doing that we embody through our presence, compassion and justice, opening ourselves to renewed symbols, unexpected spaces and people who have not yet heard the message of Jesus.*

*Discovering God in everyday life, especially in the smallest and most vulnerable, disposes us to listen, discern and respond to the cries of the earth and the poor, with the spirituality of humility, hospitality and heroism.*

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**"What must we do to act as God wants us to?" Luke 6:28.**

How can we embody your Kingdom in this broken and lost humanity? Where can we put you at the centre, if it seems that we no longer make room for anyone? How much do we discover you in the other, in the different, in the unexpected? What do you want from us?

Incarnate spirituality is the search for the vital question, for the deep meaning of our lives. It calls us to transcend ourselves and to go beyond ourselves. It is a concern that arises from the depths of our hearts, but which expands, resonating in the places we inhabit, questioning the times we live in and challenging our usual responses. It pushes us to cross thresholds and borders, to venture beyond the known.

- *"Learn to do good; seek justice, rebuke the oppressor, defend the orphan, plead for the widow" (Is 1:17).*
- *"I desire mercy, not sacrifice, and acknowledgement of God rather than burnt offerings" (Hosea 6:6).*
- *"Whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be the slave of all" (Mk 10:43-44).*

- *"Hear, O Israel: the Lord is our God, the Lord is one. You shall love the Lord your God with all your heart, with all your soul, and with all your strength" (Deut 6:4-5).*
- *"Whoever welcomes this child in my name welcomes me; and whoever welcomes me welcomes the one who sent me" (Mk 9:37).*
- *"Learn from me, for I am meek and humble of heart, and you will find rest for your souls" (Matthew 11:29).*
- *"Everyone who hears these words of mine and acts on them is like a wise man who built his house on rock" (Matthew 7:24).*

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**CARE**

*We contemplate how God cares for everyone and everything. We learn from Him to live with compassion, empathy and attention to detail, to cultivate and maintain an interest in all creation, and to intuit the needs of all people and creation.*

*We need to recognise our interconnectedness and interdependence and be aware of how we relate to ourselves, to our Sisters in community, to others and to nature, and of the harm we can cause with our words, gestures, attitudes, actions and omissions.*

*We choose to create safe spaces where the dignity of each person is respected and we can all feel confident, accepted, valued, well treated and cared for, and to eradicate all forms of abuse.*

*We choose to live integral ecology by applying the 3Rs (reduce, reuse, recycle).*

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**"The earth is the Lord's, and everything in it, the world and its inhabitants" (Psalm 24:1).**

We must also begin by caring for relationships as a sacred space where our vocation is played out. We must be able to speak truthfully without hurting, listen patiently, and release the love we hold back that can do so much good.

## FORMATION

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*We need comprehensive and ongoing formation that helps us deepen our experience of God and our commitment to reality.*

*There is an urgent need for a profound, universal and contextualised formation, not only to know more, but to be better.*

*We want a transformative formation that puts the person and their capacity for relationship at the centre, responds to processes and, from our institutional project, liberates, questions, gives roots and wings, prepares us to embrace interculturality and strengthens our shared mission, opens the way to a more evangelical, charismatic and synodal style of leadership, and shapes and accompanies happy, compassionate, critical and creative women.*

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**"Blessed are those who hear the word of God and put it into practice" (Lk 11:28).**

May formation not remain mere knowledge, but transform our lives. Likewise, the key to prayer is to change the verb, to stop talking about Formation, and to place ourselves on the side of those who, like everything in life, receive, welcome, and LEARN.

It would be nice to talk and pray today about learning, about putting ourselves on the side of those who know they are on a journey, growing, who allow each piece of knowledge to become nourishment that strengthens faith and awakens attention.

Perhaps in this way we can welcome the diversity of life with respect and tenderness, discovering in every culture, in every face, the reflection of God. May the desire to learn enlarge my heart, make me vulnerable, and take away my fear of the unknown.

May recognising ourselves as learners put an end to all fratricidal competition and deadly comparisons, and chart new paths of growth and service. May we learn to be compassionate, creative women, capable of listening, of being amazed, of growing, of welcoming and... teaching others to live.

- *"I assure you, whatever you did for one of these least brothers of mine, you did for me" (Matthew 25:40).*
- *"Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares" (Heb 13:2).*
- *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10).*

Do not respond yet, restrain your desire, immerse yourself in the mystery of God, accompany it only with prayer, allowing it to germinate in the sacred soil of your interior.

## EVERYTHING FROM FRATERNITY

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*We recognise that in a humanity threatened by division and questioned for its lack of solidarity, fraternity is a prophetic sign, a seed of the Kingdom, which commits us to each person.*

*The heart of our Mission is to turn our houses into homes where truth, freedom, dialogue, joy and forgiveness are breathed.*

*We dream of fraternities woven with threads of diversity (interculturality and intergenerationality), communion, reverent listening, transparency, inclusion, compassion, and care.*

*We are committed to communities that, in prayer, seek to grow in humanity and naturally and hopefully share work, rest, concerns and challenges, accompanying one another.*

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**"How good and pleasant it is when brothers live together in unity!" (Psalm 133:1).**

We know we are fragile in our relationships, sometimes wounded by lack of communication, fatigue or even envy. We are weighed down by comparison, complaint and disharmony. The Lord knows perfectly well all that we strive to hide: pains we do not confess and tenderness we dare not show.

But there is much more that unites us, that gives us meaning, that calls us to live in fraternity (and that will be what calls



other to want to live in this way). Open to the Word, capable of trusting beyond what we often understand, because it is in shared pain, in assumed vulnerability, that fraternity is strengthened and faith grows.

Let us pray today that we too may learn to let each one be as she is, to be grateful for diversity and make it the foundation of fraternity, to collaborate from what each one is, knowing that when we come together, the Kingdom becomes visible among us (and through us).

- *"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers... All who believed were together and had all things in common" (Acts 2:42, 44-46).*
- *"I give you a new commandment: love one another. As I have loved you, so you also should love one another" (Jn 13:34-35).*
- *"Let love be sincere... Love one another deeply... Live in harmony with one another" (Rom 12:9-10, 16).*
- *"Clothe yourselves with compassion, kindness, humility, gentleness, and patience... Above all, clothe yourselves with love, which binds everything together in perfect harmony" (Col 3:12-14)*

## SHARED MISSION

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*Together with the lay members of the Santa Ana Family and in union with collaborators, other congregations, entities, ecclesial groups and other religions, we look closely at the challenges of our world and listen to its cries and sufferings in the light of the Gospel, particularly from the perspective of "you did it to me" (Mt 25:40), we are committed to responding in a committed way from our Charism.*

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**"Each one should use whatever gift he has received to serve others, as faithful stewards of God's grace" (1 Peter 4:10).**

Together (which is why we have said EVERYTHING from the fraternity), together with the lay people of FSA (it could not be

otherwise, since they too have been enriched by the same charism) and united with many other people (as good universal Catholics where no one is superfluous), we open ourselves to the world by listening attentively to its cries, sufferings and hopes.

The charism unfolds like a seed of hope where diverse lives and vocations intertwine: the mission is understood as a fruitful dialogue, where each person contributes their gift so that fraternity may grow and abuses, thinking oneself better than others, watching over, controlling... may cease to exist.

Sisters and lay people are invited to learn to embody tenderness in concrete gestures: where bonds of fraternity and social friendship are cultivated, a sign of the Kingdom springs forth, where we are able to contemplate how the small and everyday things — sharing, accompanying, reaching out — can become a place where hope becomes visible and the Gospel is incarnated.

Contemplating reality becomes an act of communion: looking with tenderness at what hurts and allowing that gaze to transform the heart. In that contemplative gaze, the shared mission is a school of sensitivity and commitment.

- *"If you give your bread to the hungry and satisfy the afflicted, your light will shine in the darkness and your darkness will be like midday" (Is 58:10).*
- *"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me" (Mt 25:40).*
- *"Bear one another's burdens, and so fulfil the law of Christ" (Gal 6:2).*
- *"Just as in one body we have many members, and not all members have the same function, so we, though many, are one body in Christ, and individually members one of another" (Rom 12:4-5).*