

# A sister to the poor

**Maria Clara do Menino Jesus**  
Foundress of the Congregation of the  
Franciscan Hospitaller Sisters of the Immaculate Conception



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## BLESSED MOTHER CLARA

*Blessed is she who is “poor in spirit”, devoid of any blot of self-sufficiency, pride and arrogance. Aware that nothing happens in the world without divine permission, she trusts and abandons herself to the arms of God-Father. Divested of splendour and wealth, poor in her food, clothing, journey, in the day to day living, she follows the invitation in docility “Come, in my name, among the poor”; she feels good amidst them sharing the lot of Jesus and of all those who suffer.*

*Blessed is the woman who feels moved and cries with the victims of sickness, misery, violence, injustice. Not feeling satisfied in mingling her tears with those of the unfortunate, she lives and spends herself in consoling and helping them.*

*Blessed is the benign and humble woman who renounces imposition by strength or by any type of superiority. She learns from her Master meekness and tenderness, acting simultaneously “with gentleness and firmness”.*

*Blessed is the one who hungers and thirsts for justice, as if to say: the one who always seeks to adapt her will to the blessings of God. By living only for Him and for the neighbour, she does not agree with grey mediocrity, but decides: “either to heal me or to die”. Certain that her desires will be satiated, she exhorts her Daughters to “make divine will reign over hers. He will shower you with his peace”.*

*Blessed is the merciful and compassionate woman, who does not allow the heart to be anaesthetized, rather, she makes it ever more sensitive, indulgent and magnanimous.*

Mercy is the fuel of her ardent zeal for a more just and more fraternal society.

*Blessed is the woman with a heart, pure and burning with love for God and for the children of God, our brethren. From the Heart of Jesus, her Spouse, she draws cordiality and affectivity that make her tender, but not falsely sweetened. A friend of transparency and sincerity, she does not tolerate pretence and lies, always journeying in uprightness and truth of the divine Master.*

*Blessed is the peaceful and pacifying woman. She congregates the hearts, sows concord, contaminates by her peace the environment in which she moves. One who in the communities, wants to see “but one heart and one soul”.*

*Blessed is the one who suffers hostility and persecution for the cause of justice. A target of criticism, mockery, infamy and disagreements, makes of the Passion of the Redeemer her food; does not feel discouraged nor loses her serenity, but sees, amidst anxieties and trials, the melodious and providential glance of God. She teaches the Sisters to compare their sufferings with the immense trials of the divine Master and to joyfully tread the royal path of the holy Cross.*

*Blessed is the woman, seasoned with the salt and ferment of the Gospel! She has authority and credibility to show the beautiful face of Jesus to the men and women of our time.*

**Fr. Abílio Pina Ribeiro, cmf**  
**Colégio Universitário Pio XII, Lisbon**

### In the light of the Master

Jesus explained, in all simplicity, what it is to be a saint; he did it when he left us the beatitudes. They are like the identity card of the Christian. So, if any of us questions about «what is to be done to become a good christian», the answer is simple: it is necessary to do – each one according to his manner – what Jesus said in the sermon of the beatitudes. In it is delineated the face of the Master, that we are called to reflect upon in our day to day life.

The word «happy» or «blessed» becomes a synonym of «holy», because it expresses that a person who is faithful to God and who lives his Word achieves, true happiness in self-surrender.

However, these words of Jesus may even appear to be poetic, they are decisively contrary to the usual, to what is done in the society; and, even though this message of Jesus fascinates us, in truth, the world leads us to another style of life. The beatitudes are not absolutely, a light or superficial commitment; on the contrary, we will only be able to live them, if the Holy Spirit permeates us with all its power and frees us from the weakness of egoism, laziness, pride.

Let us listen to Jesus again with all our love and respect that the Master deserves. Let us allow him to severely chide us by his words, challenge us, call us to a real change of life. Otherwise, holiness will not go beyond words. Remember the various beatitudes, in the Gospel of St. Mathew Chapter 5:3-12.

**Pope Francis.**  
**Rejoice and be Glad, ref nºs 63 to 66**

# In God and with the needy

*Testimonies of favours received, through the intercession of Blessed Maria Clara:*

**Sta M<sup>a</sup> da Feira** – I had recourse to the intercession of Blessed Mother Clara, because of a health problem of a five year old grandson of: a cerebral infection, at the age of two, which caused him to be in com for seven days. He lost his speech, ability to walk and was not able to eat by himself. Several tests were done and the doctors were unable to explain the cause. With great faith, I had recourse to Mother Clara, that all the tests may be good and asking protection for my child... Endless days of struggle with the time, he was able to recover gradually, without any consequences. At the age of four, when everything was settling down, the whole thing started once again: another cerebral infection! This time he was not in coma, but there were side-effects: difficulty in balancing and trembling in the arms and in the hands, which made it difficult for him to do his school work. He continues to undergo therapy, in the hope of improvement. He is also under treatment to help to decrease the tremors. Even then, taking into account the earlier condition of health, at this moment he is much better. I am very grateful and whole heartedly thank God and Sr. Maria Clara do Menino Jesus.

**M. F. A. C. T. - Argoncilhe, Sta M<sup>a</sup> da Feira** – I come to thank for the favours received, through the intercession of our dear Mother Clara: My son met with an accident at work – he fell from the crane, on to the blades of the vertical aluminum plates, with which he had deep wounds on the hands, leaving them lacerated. With the help and intercession of Mother Clara, to whom I had recourse, he is alright now.

**M. P. C. G. - Lamas de Olo, Vila Real** – My husband had a heart attack. Three arteries were blocked. He was very bad. Daily, with great faith, he and I prayed the prayer to Mother Clara. Thanks to God, to Our Lady and to her, everything is fine now. Thank you, Father in Heaven and Mother Clara!

**E. M. - Amadora** – I have a little two and a half year old granddaughter, who was detected with a virus, high fever and vomiting. She was admitted. In four days of being hospitalized they were not able to discover the cause of the fever that kept coming. I continued praying fervently, with all my faith, that Mother Maria Clara may intercede to God, and find a remedy. And that is what happened: all of a sudden the fever began to recede and the girl was out of the hospital and everything passed off. Thanks to God and to Mother Clara, who heard my supplication. Thank you very much!

**M. I. - Lisbon** – I asked for the intercession of Mother Maria Clara do Menino Jesus, that there may be right understanding among the family members, in the sale of a property, which was becoming quite difficult. But everything went on well. Hence, I come to express my gratitude.

**O. G. - Paço de Arcos** – My daughter had a very serious problem at her work place, motivated by intrigues and ambitions; the situation was very delicate and she was on the verge of a depression, due to the pressure she was undergoing. I prayed much to our dear friend, Mother Maria Clara. Our prayers were heard. Thank you, Mother Clara!

**M. L. A. P. - Santo Tirso** – I give testimony of this favour that was granted to me, in the waiting room of a dentist, where I found a mother who was crying desperately. Her son was in the consultation room with an uncle to get his tooth extracted, since it was an urgent case. I approached her to inquire about the reason of her tears; she told me that the boy would not allow, because he has an aversion to needles and he would immediately run away from the consultation room, which was customary in him (he is over 17 years old). I was alone with her and I asked her to pray with me one Our Father with Mother Clara; before that, the uncle came to the door to tell that it was not possible. Minutes after we had prayed the Our Father, the uncle appeared joyfully with the nephew to tell that everything was successful. That it was not difficult. Thank you, Jesus; thank you, Mother Clara!

**I. N. S. - Angra do Heroísmo, Az.** – Due to a fall, I fractured my pelvis and went about with crutches during eight weeks, always with intense pain. I prayed much to Mother Clara, to the Most Holy Trinity and to Our Lady to heal me and to relieve me from the difficulty in walking. Thanks to God, I now walk without any difficulty and I am alright. The way I fell, I could have been paralyzed, because of my advanced age. Fortunately, nothing of the type happened.

**N. C. A. M. - Horta, Faial, Az.** – I come to thank God who, through the intercession of Blessed Maria Clara granted me these favours:

- the sale of my sister's house, in France, so that she could return to Portugal;
- the regained health of my sister Teresa. She was admitted with chest pain. The diagnosis pointed out to a serious cardiac problem; she had to undergo catheterization and was kept in the Intensive Care Unit. I prayed much to Mother Clara and, thanks to God, who heard the prayers of Blessed Maria Clara; the outcome was good. Thank you Father, Son and Holy Spirit, for the great intercessor that you have given us.

**I. P. M. - Marracuene, Moz.** – My 34 years old son, married and with three minor children had a heart attack. He was neither able to speak or move about. I prayed night and day, until one day, I spoke to the Franciscan Hospitalier Sisters of the Immaculate Conception, from Marracuene; I was advised to pray to the Mother of the poor, Blessed Maria Clara. I did it and continue doing so. Now, my son is able to walk and speak. I am extremely grateful to Mother Clara. May she intercede for him unto total healing and may he listen to us always.

**L. G. S. - Fazenda Grande do Retiro - Salvador, Br.** – A year ago, I and my son were undergoing moments of anguish and disillusion. My son, a young boy was in search of a job and was always unsuccessful, going about very sad and depressed at home. Many times, I went to cry to one Sister, who always listened to me and helped me with her encouraging words. One day, she suggested to me to pray, asking for the job for my son. I and my husband prayed for several days, asking Mother Clara for her intercession. Sometime later, my son was called to work as an apprentice in the Escola Mãe Clara. Thanks to God and her intercession, we all very happy and my family thanks God and Mother Clara do Menino Jesus for the favour received.

### The path of Hope

Peace is a precious gift, the object of our hope; the whole humanity longs for it. To place hope in peace is a human behavior that encloses such existential tension, that the present moment, at times, even with difficulty, «can be lived and accepted, if taken to a goal, if this goal is so great that it justifies the tiredness of the journey. Hope is the virtue that sets us on a journey, gives wings to continue, even when the obstacles appear to be insurmountable.

We know that, very often, war begins by the mere fact that we cannot bear the diversity of the other, who fosters the desire of possession and the will to dominate; nurtures itself with the perversion of relationships, with the hegemonic ambitions, the abuses of power, with the fear of the other and the difference seen as an obstacle... Mistrust and fear increase the frailty of relationships and the risk of violence, in a vicious circle that will never be able to lead to a peace relationship.

That is why, we cannot desire to maintain stability in the world, through fear of annihilation, in a very unstable equilibrium, pending on the nuclear and closed abyss within the walls of indifference, where socio-economic decisions are taken that open the road to the dramas of man discarding and of creation, instead of protecting one another.

One can truly reach peace, when there is a convincing dialogue of men and women who seek the truth beyond the ideologies and difference of opinions.



The patient work, based on the power of the word and truth, can awaken in the persons the ability for creative compassion and solidarity.

The Bible, especially, through the word of the prophets, calls the consciences and the people to the covenant of God with humanity. It is about abandoning the desire to dominate the others and to learn to look at persons mutually, as children of God, as brothers and sisters.

It is only by choosing the path of respect that it will be possible to break away with the spiral of revenge and embark on the path of hope.

*Pope Francis*

*Message for World Peace day, 1.1.2020, ref nn. 1 to 3*

**May Peace always abide in  
your heart!**

*Blessed M. Maria Clara*

### A bundle of sharing

On the 120th anniversary of the passing of Blessed Maria Clara to the Father, on 1.12.2019, from all over we received praises to God for this Mother of great and admirable evangelical virtues, powerful intercessor of the poor and the afflicted. From the preparation to the Feast itself, everything carried us over to the last moments of her earthly life, involving us in a unique atmosphere of communion between heaven and earth. Challenged to share in one sentence what remained of this ephemerid, emerged a bundle of sentiments, consisting of admiration, gratitude, inspiration and incentive to the evangelical life that the “saint” Mother Clara followed. Here are some branches:



- The preparation of this celebration deepened the understanding of her spirituality, with a great desire of following it.
- Like Mother Clara, be an explosion of love, a love that transforms the world.
- Blessed Mother Clara is an icon of compassion. She challenges us to be beacons of love and mercy towards the wounded and broken hearts.
- A prophetic woman, whose courageous faith inspires us to be a Church in exodus.
- Great admiration and gratitude to Mother Clara for what she was and is: example of service; a glance that sees Jesus in others.
- A face full of contaminating joy, illuminating the path.
- Her image, as never before, involves us in a “movement” of her life.
- We felt her presence so much, as if she were there, next to us.

*(The others will appear in the future Bulletins)*

### The Perfume of gratuitousness

Gratitude and prayers to all the longitudes from where we receive the fragrance of immense generosity in favour of the canonization and work of Blessed Maria Clara. Thanks to Afife, Amarante, Angra do Heroísmo, Apúlia, Arcos de Valdevez, Argoncilhe, Barros da Paz, Benfica, Caminha, Chaves, Capelo-Az., Carnaxide, Cartaxo, Casais de Revelhos, Constantina, Entroncamento, Ermesinde, Escapães, Évora, Fiães, Formariz, Funchal, Gandra-Paredes, Guimarães, Horta-Aç., Lamas de Olo, Lamego, Lavos, Leiria, Linda-a-Pastora, Linda-a-Velha, Lisboa, Lousada, Macedo de Cavaleiros, Madalena-Gaia, Madalena-Pico, Marvão-Régua, Maxial, Mem Martins, Messejana, Moura, Oeiras, Oleiros, Paço de Arcos, Parada da Barca, Parada de Aguiar, Parada de Lindoso, Paradas; Parede, Penamacor, Peso da Régua, Ponta Delgada, Porto, Póvoa de Lanhoso, Queijas, Santa Maria da Feira, S. João da Madeira, S. Pedro da Cadeira, Sarzedela, Sequeirô, Silveiras-Guimarães, Sobrado-Valongo, Suíça, Toronto, Valbom, Viana do Castelo, Vila das Lages, Vila de Rei, V. N. de Gaia, V. N. de Paiva, V. P. Âncora, Vila Real, Vilar do Paraíso, Viseu.

### In the heart of the Diocese

On 1st December, first Sunday of Advent, in the See of Viana do Castelo, to illumine the Word of God and the journey of Advent, we had with us Blessed Maria Clara do Menino Jesus.

The saints make the family of the Church beautiful, taking through their intercession the dynamism of holiness upon the children of God. A present time and daily holiness that in the watchfulness of love, faith and hope seek to correspond to the Lord who comes. And Blessed Maria Clara is our journey companion during the whole year. Many persons have recourse to her, imploring for favours, mercy, peace and light, and in her life and mission, in her face, they find the source: Jesus, the son of God and of Mary. Her statue is quite close to the tabernacle to where she leads her devotees and remains close to the altar where, Mother Clara, in the same Eucharist, gives glory to God.

The presence of Mother Clara was noticed at all the places of our diocese. She went to some of the geographical and human spaces: in the help to the more needy, in the sharing of bread that nurtures the physical and spiritual hunger, with meaning and life. At a time without much help, Mother Clara, raised up or promoted houses, where the daughters of her love, of her prayer, of her life and mission were and are signs of her project: Quinta do Paraíso em Arcos de Valdevez; Colégio D. Maria Pia em Ponte de Lima; Caminha, Valença and Viana do Castelo. A surrender to the children, the youth and adults: in formation, in human acceptance, in the service to the sick and the elderly. And then, we can imagine the impact of this life and mission in the vastness of Portugal and other countries.

To contemplate her surrendered life and mission means not to lose the intensity of this vocation. One little light is sufficient. Let not the little light that is still shining in small cells blow off. To be faithful and promoters of this state of life and of service to the poor.

In the See, at the end of the three Masses, we kept her relics for veneration, imploring upon each one her blessing and her intercession. And many people approached in a gesture of gratitude, manifesting their joy for the life of Blessed Maria Clara who challenges and motivates.

*Fr. Dr. Armando Dias*

#### Prayer to Request Cures

Blessed Mother Clara, by the love you had for Jesus in the Eucharist and for the glory of His Most Holy name, with filial confidence in Mary, the Mother of Sorrows, and for the exaltation of her Immaculate Conception, I supplicate that you plead for the cure of... (name) and attend to the prayers of those who ask for your intercession with God.

Glory be to the Father, Son and Holy Spirit (3 times).

#### Crown of Praises to God

It consists of 56 "Glory be" in praise of the Most Blessed Trinity for the 56 years of the life of Mother Clara.

Using the Rosary beads, in place of the "Our Father" say;

To you, all honour and all glory, for ever and ever;

In place of the "Hail Mary" say: Glory be to the Father, and to the Son...;

- at the end of the last 6 "Glory be"

Conclude saying 3 times:

To you, all honour and all glory, for ever and ever.

(With ecclesiastical approval)

Communicate favours received to:

**The Provincial Secretariat  
of Mother Clara**

Clara Sadan Provincialte  
Carmelaram P.O.  
Bangaluru 560 035

**The Provincial Secretariat  
of Mother Clara**

Provincial House  
Mary Hill, 2nd and 3rd Floor  
60, Mount Mary Road -  
Bandra West - Mumbai 400 050

### Blessed will we be...

*Happiness is one of the names of God  
[E. Ronchi]*

If we go hastily towards the existential peripheries and, with Samaritan hands, dare to do Good and only Good!

If we decide for the revolution of the Beatitudes with firm steps of personal conversion and evangelical audacity!

If we allow ourselves to be moved by the gentle and refreshing breeze of the Spirit that blows in favour of the best paths to be opened towards Peace!

If in permanent exodus and in a serious and profound listening we maintain the right steps, even through difficult paths!

If we remain vigilant awaiting the new dawn that will cause to break the new times of hope!

If we leave, with the haste of God, to the encounter of those who are far off and insist to be credible presence to those who are close.

If, courageously we probe the horizons of our time in an ever wider vision of God and his signs.

If we weave our days with absolutely evangelical choices and drink from the perennial springs that reinvigorate our life and mission!

**Blessed will we be**, if we are able to contaminate the others to this joyful and revolutionary proclamation of Jesus that offers **life** to the one who loves, and He himself takes care of the **happiness** of those who care for the happiness of others.

The saints, men and women of Beatitudes, are a silent multitude that points out to and teaches how to prepare the world that we dream.

#### Prayer to ask for favours and for the canonization of Blessed Maria Clara

Most Holy Trinity, most high,  
omnipotent and good Lord!

You caused your holiness to shine in the simple and humble life of Blessed Maria Clara do Menino Jesus, by calling her to be an apostle of your tenderness and mercy.

Grant us the grace of her canonization and may the brightness of your light shine upon us so that, by living in the spirit of the beatitudes, we may practice the Works of Mercy, in fidelity to the Holy Gospel.

Through the intercession of Blessed Maria Clara do Menino Jesus, hear our prayers and Grant us the grace which we confidently ask You (mention your petition).

To You all honour and glory, forever and ever. Amen!

Our Father, Hail Mary, Glory be...

Blessed Maria Clara, pray for us!

(With ecclesiastical approval)