



*Unless the Lord builds the house,
those who build it labor in vain.*

Ps 127:1

Dear friends and benefactors,

« *Nisi Dominus edificaverit Domum, in vanum laboraverunt qui edificant eam.* » Unless the Lord builds the house, those who build it labor in vain.

The Sisters Adorers of the Royal Heart of Jesus were born within the Institute of Christ the King Sovereign Priest and continue to receive the many graces that come from being members of this spiritual family. Every day we strive to live out the Salesian and Roman spirituality imparted to us by our founder, seeking to love God with all that we are, and consecrating ourselves totally to Him. This total giving of ourselves can seem at first glance to be impossible, but the teaching of Saint Francis de Sales helps us to undertake this daunting task in a spirit of humble and realistic optimism. This is the genius of the way of holiness taught by our Patron Saint: he encourages us to give everything to God, but he also reminds us that we can only give Him what we *are* and what we *have*, nothing more. “God is satisfied with little,” wrote the saint, “because he knows that we have but little to give”. Often times it is in the very recognition of our littleness, in the daily experience of our weakness, that our love for God is strengthened. We can say to Him in these moments, “Lord, take everything, all that I am, even though I know it isn’t much.”



Daily life at the convent: sewing, music, setting the table in the refectory.



We avoid all discouragement and despair, because we know what God really expects of us. He does not demand that we prove our devotion to Him through the impossible or the extraordinary, but through the things within our reach, through fidelity to the everyday duties of our state of life. We learn that true love for God is measured by the love with which we do His will, by our faithfulness and perseverance, even in the smallest matters. Many of us Catholics have experienced times of special grace and religious fervor in our lives. In these moments of intense love for God, we strive eagerly to practice a particular virtue and we make good resolutions. But how many of us can really claim to have kept those resolutions faithfully over a long period of time? “Long-term perseverance is a great grace,” wrote Saint Francis de Sales, “for therein we encounter true difficulty and acquire real virtue”. The test of true devotion, then, is not in fasting and difficult sacrifices, or even only in the mortification of our own will, but in the loving perseverance with which we carry out humble and ordinary duties.



Five postulants make their vows before receiving the habit, dressed as brides to symbolize their spiritual marriage to Christ

In our simple and loving community life, we seek only to carry our daily cross. Several times a day, we find strength and joy in the chanting of the Divine Office, joining our voices to that of Holy Mother Church. Because our rule contains no particular austerity, we have little that would tempt us to become proud of our own efforts. **All heroic virtue and all true merit, after all, belong to our Crucified King.** We have no reason for being self-satisfied, and every reason to marvel at the wonderful works of our God. In the singing of the office, we learn to stop looking at ourselves and to lift our minds and hearts to higher realities. We consider the beauty of physical creation, and we give thanks for the “tender mercies” and the

A life of adoration centered around the Liturgy



boundless love of God our Father. **We rejoice in the beauty the Church's Liturgy, that "foretaste of Heaven" inspired in its every detail by the Holy Ghost. We contemplate Our Lord Himself, truly present in the Blessed Sacrament, and enthroned in the monstrance before which our community kneels daily in adoration.** Thus, even in this life, God calls us to come out of ourselves, to set aside our human concerns, and to join in the worship of the Angels and Saints. For in Heaven our life will be a life of adoration and praise, an everlasting contemplation of the love of God.

Filled with this beauty and love, the soul is animated by only one desire: that all men might know and love the God for whom they were made. **Our Sisters pray especially for the priests of the Institute, that by their personal holiness and through fidelity to their sacred mission they might bring as many souls as possible to God.**

Why then fear the religious life? Because of its difficulties and sacrifices? Like any form of Christian life, the consecrated state certainly has its crosses. But, as Our Lord himself reminds us in the Gospel, the Cross is unavoidable for all of us on the journey towards Heaven. The crosses of the religious life are also accompanied by great joys. Our Sisters, young though they may be, know this from their daily experience. They know that they have found the joy "that the world cannot understand". This joy is not an emotion. It does not depend on external things. It is the joy that comes with the continual discovery of God living within them, just as He lives in the souls of all those who seek Him.

*Mother Caroline Marie
of the Holy Trinity*

Mother Caroline Marie of the Holy Trinity
Superior of the Sisters Adorers of the Royal Heart

P.S. For vocational questions please contact the Sisters directly at adoratrices@icrsp.org. Due to the duties of their religious life and to limited internet availability in their local area, please kindly allow the Sisters sufficient time to respond.

A community life of prayer and devotion to the Heart of Jesus



The novitiate in Switzerland



URGENT PROJECTS FOR OUR COMMUNITY

NEW CAR

The new convents are about 370 miles apart, and the sisters will often need to travel between them.

Our community needs your help to buy a new car capable of making the trip...

FURNITURE

By the grace of God, the Sisters Adorers are now present in Germany and Switzerland, as well as in the mother-house near Gricigliano (Italy).

While this is a great blessing, it also means new challenges for our young community. We plan to host Salesian retreats for the faithful in the House of the Eucharistic Heart in Switzerland, but we lack the necessary furniture.

Please consider helping us!

**OUR
COMMUNITY
NOW
COUNTS
25 MEMBERS**



**INCLUDING
6
AMERICAN
SISTERS AND
POSTULANTS**



before...

Thanks to your generosity, we have been able to restore a large part of House of the Royal Heart in Italy since 2011.

Thank you!



after...

