



Daughters of Mary Immaculate International
Lot 5, Block 3, Fernando St., Pasay City Tel. (02) 833-1203

January 1, 2009 – WORLD DAY OF PEACE
Feast of the Solemnity of the Mother of God

TO: Our dear Daughters of Mary Immaculate
THRU: Regional Representatives (Members of the Board of Trustees)
Diocesan, Vicarial and Circle Regents
BIBLICAL QUOTATION: “John 15:4-5 “I am the Vine, you are the branches. Whoever remains in Me and I in Him will bear much fruit, because Without Me you can do nothing.”
SUBJECT: SPIRITUAL FORMATION – It is of primary importance, a requirement for a loyal, strong and a true DMI.

As we embark on another DMI year, deriving strength from our Lord and the Blessed Virgin Mary through your leadership in your respective communities, let us aim for the spiritual formation of our sisters by encouraging those personal and communal undertakings that will promote such growth in our every daughter of Mary Immaculate.

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| 1. daily mass and holy communion | (Eucharistia) |
| 2. daily scripture reading/contemplation on God's Words | (Biblia) |
| 3. Wednesday – fasting on – only one full meal for the day | (Maria) |
| 4. daily family rosary | (Maria) |
| 5. attend regular meetings, assemblies, conferences, recollections, retreats, formation programs, Christian life seminars | (Fellowship and Community support) |
| 6. know the acts of mercy to enable us to serve better those in need. | (Service) |

Corporal Works of Mercy

- a. to feed the hungry
- b. to give drink to the thirsty
- c. to clothe the naked
- d. to harbor the harborless
- e. to visit the sick
- f. to visit the imprisoned
- g. to bury the dead

Spiritual Works of Mercy

- a. to convert the sinner
- b. to instruct the ignorant
- c. to counsel the doubtful
- d. to comfort the sorrowful
- e. to bear wrongs patiently
- f. to forgive injuries
- g. to pray for the living and dead

Our founder, His Eminence the late Jaime Cardinal L. Sin, had always encouraged a life of “living for others”. Thus our goal: loyal, strong and true DMIs to equip us to “live for others”.

May God the Father, Son and the Holy Spirit bless all that we do.

Holy Mary Immaculate, pray for us!

Yours in Jesus through Mary,

(Sgd) SIS. JEAN T. VELARDE
International Regent