

Rome, December 15, 2014

Dear Confreres, Sisters, and Associates,

For in the one Spirit we were all baptized into ONE BODY (1 Cor. 12:13).

The Congregation unites members who live together and form one missionary body (C.2).

We have just begun the Year of Consecrated life, and we are preparing for the celebrations for the Icon of Our Mother of Perpetual Help in 2016 as we commemorate the 150th Anniversary of the Holy Father's mandate to Redemptorists to "make her known". These two special occasions call the Congregation and each one of us to a time of spiritual renewal.

There will be many initiatives to help us in this process of renewal: from the Vatican Dicastery for Consecrated Life, from the Redemptorist General Government, and from the Commission for Our Mother of Perpetual Help. "ONE BODY" is one such instrument for prayer and reflection for our communities, Institutes, associates and laity.

The "ONE BODY" project, prepared by the Centre of Redemptorist Spirituality, would like to develop the following themes through a monthly prayer resource:

- 2015 – CONSECRATION (during the Year of Consecrated Life)
- 2016 – MISSION
- 2017 – COMMUNITY

I recommend that each community participate in the Year of Consecrated Life (2015) and prepare for the Mother of Perpetual Help celebrations (2016) through regular prayer and reflection, using ONE BODY and other available resources.

ONE BODY is prepared for community prayer and reflection, but it can also be used by individual confreres, lay missionaries and associates, groups and individuals. We ask you to make it available to Sisters and lay men and women who would benefit from its reflections.

We count a great deal on the (V) Provincial Superiors to translate ONE BODY into languages other than Italian, English and Spanish. We also ask you and Local Superiors to print a copy for those who do not have access to the internet.

In his Apostolic Letter "Witnesses of Joy", Pope Francis "entrusts this Year of Consecrated Life to Mary, the Virgin of listening and contemplation... the unsurpassed model for all those who follow Christ in love of God and service to their neighbour." (III,5).

May Our Mother of Perpetual Help accompany us in this time of grace and renewal. May St. Alphonsus and all our Saints and Blessed Confreres inspire us as we deepen our missionary vocation to preach the Gospel ever anew.

Your brother in the Redeemer,

Michael Brehl, C.Ss.R.

Superior General