

COMMUNIO IN CHRISTO

*Our Life -
Our Works*

Digital Spiritual Letter No. 41, August 18 2026

Theme: ONLY LOVE SEAT IN LIFE

Dear Reader,

The reflection of Mother Marie Therese was written in 1993, in a period of social and economic changes in a reunited Germany. In the text she quotes a person who is fearing growing unemployment, an economic crisis and violence.

The country being divided since World War II and having experienced totally opposing political and economic conditions was about heading into a deep recession in 1993 following a short reunion boom.

The transformation of the East German economy resulted in massive unemployment. The social climate was tense, marked by xenophobic riots and growing concerns about rising crime. Society became increasingly secular. The traditional bond with the Church disappeared in the modern Western society, existential crises were discussed rather economically and politically, however not on religious terms.

However, Mother Marie Therese regarded the world basically always in relation to God. She shifts the perspective of the worried man from an earthly crisis to the divine promise.

Her words speak of Christian mysticism and eschatology. For her, the solution does not lie in political reform, but in the inner conversion of each individual ("to begin with oneself"), accepting salvation through the blood of Christ and the practicing love which alone has the power to transform the face of the earth.



Deacon Manfred Lang, Deputy Superior General



REFLECTION OF MOTHER MARIE THERESE

13 October 1993



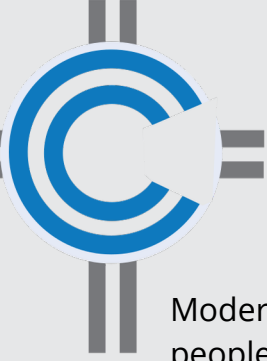
The Spirit's promises to speak about love is a request to reveal the insufficiency of my knowledge. The permanent search and the journey through endless suffering tell me that a great future must lie ahead.

I am sure I can only speak about love if I can perceive it in myself and show my gratitude. The love I am bearing witness to is alive in me time and again. I will never be able to fully convey its immense abundance. Inside myself it has taken abode and manifests its permanent presence. God permits us to see what we humans are.

Therefore the question of a solicitous man was legitimate and it is a request to us to give in to the urging of the Spirit. The man's concern was his fear of the future, which he expressed in words: "Where are we going to drift if we don't take the rising unemployment rate seriously? Where is the economic crisis going to lead? Will we ever be free from the fear of violence? Who or what is going to save us if nobody is ready to begin with changing himself?"

I replied: "God alone can save us!" "And how!", he asked. "By being willing to realize the promises in us." Only love will be able to transform this world.

We are redeemed, which means that we live in an inseparable union with God. The personal salvation reaches the ends of the earth. The countenance of the Spirit is the sun that sends its rays to us. His lively presence rules over all nature, so that in all our tribulations we must not lose God out of sight. Our faith teaches us that we will return to the beginning of our life, to the ultimate fulfilment. We know that one day we will enter into God, out of whose love we have been created. We know that the blood of Christ has brought about the remission of our sins and that his love must be unspeakably great.



Modern man does not – or very seldom – speak about God. In endless discussions, people try to find ways and remedies for many problems but must admit their inability to bring about a change for the better. Though having to admit their helplessness and impotence, they insist on finding a way out all by themselves. And yet it is evident that the chaos is getting worse. The urgent request of the Spirit to speak about love becomes effective if God means something to us. The path to the solution of all our problems cannot be planned by us. We can only try to find the way to God. In order to accomplish this, our personal life and our personal salvation are important.

In order to encounter His love, we have to return to our insignificant self, to the simple contact and exchange with the fellow-being, someone who is like me. I have to penetrate the incomprehensible hatred in order to free myself from the lunacy of the violence resulting from it. I have to keep God in mind and to trust in his mercy. From out of an apparent distance to God rises the image of my Saviour who reveals to us a deep human fellowship. God wants to be addressed by us. His love - revealed in Himself to us in many different ways - begs to be recognized.

It means a lot to be sure of a future eternal life. It means a lot to be delivered from all guilt. It means a lot to rest in the hands of God, to be protected and supported by him. The fact that we are allowed to live in our century and to know for sure that he stands by us ought to reassure us. Love permits of calmness and imperturbability. It perceives what has as yet remained unspoken and unexplained. It senses and feels sorrow and grief. It endeavours to turn discord into friendship. It is the voice of our time we have to pay attention to so that the world may turn into love.

So far this voice has remained unanswered. If it is heard the world will find a way out of the impasse. If we have lost a friend, we are overwhelmed by grief. It is especially at such times that we experience something that comforts us. Our time has separated from God. The recurring faith in him will reveal the mystery of love. It is the eternal security of its existence. It turns our infidelity into fidelity, our pride into humility. It has the capacity to catch up with us when the history of our lives comes to an end.

Nowadays man wants to be entirely self-sufficient. He thinks he can manage everything by himself. To him God is of no importance. A godless person is plagued by a terrible emptiness. He will be haunted by loneliness. The source of love has run dry.

The man who had accosted me had only one question: "How can the world be saved?" "It can be saved only through love and our faith in God."



Father

*O Father, I am bowing to You,
who loves me so dearly.
I confess to being unable
to fathom Your Spirit.
I hesitate to speak about Your reality.
Everything that lives in me and has been revealed,
everything I state about You does not do justice to You.
I am deeply aware of
Your great efforts to save me.
My awe is growing
with the grace You bestow upon me.
I am overwhelmed by Your loving kindness
showing in Your efforts to draw me towards You.
You renew me so that my heart, inflamed by Your fire,
is ready to respond to Your grace with a gesture of devotion,
inspired by You.
Through Your touch my wretchedness has been turned into the strength
that enable s me to turn to You.
Your love enables me
to give expression to Your nature.
O Father, I accept You
as You fulfil Your will in me.
I will try to fathom Your mercy,
Your immeasurable love for us humans.
The heart of Your Son has taken upon itself all guilt,
has turned the eternal communion with You
into justice.
My testimony to everything I received from You
is insufficient.
In a world of greed and immorality
You have called upon me
to let the world know of my meeting with You,
so that hatred and ungodliness may be turned into love and thanks.
Your all-embracing loving kindness carries me away.
It embraces me,
so that I may recognize the magnitude of love
and rush towards it,
which is imploring and uplifting me.*



*Love that is full of humility.
Love, so mild and gentle
that it goes unnoticed.
It is the guide,
the supreme fulfilment in God.
It is the truth
that reveals itself to me,
that asks me to bear witness to my own insignificance.
It is the impulse to reflect upon God,
to realize our distance from God.
It is the fulfilment of the redemption in man,
the blessed union in God.
Father, when I say I love you
I am aware of the insufficiency of my emotions.
I love You
because You love me so undeservedly.
I love You in what You have bestowed on me,
now and forever more.*

*Taken from: Mother Marie Therese, I implore You, o Holy Church – In the name of the Spirit, Patris
Verlag GmbH 2015, pp. 380 ff*



COMMENTARY

by Fr. John Baptist Nsubuga from Uganda

My 4-week stay at the Communio in Christo Motherhouse in Mechernich has been a moment of experiencing, of learning, exploring, and improving my spiritual, prayer, social interactions, reflected on love of all those around us, community life and my human formation as well. Having participated in the various activities of the Community, has left with me a significant impact that has enriched my pastoral approach in the mission of God.

In today's society, with its wide variety of living standards, people are judged by different criteria. Some are highly valued like the rich, educated, clerics and religious persons, those holding political positions and others are taken to be less important and neglected for example the old people, the sick, the physically handicapped, the poor and in some countries the widows and widowers. These people are isolated. Also, religions and denominations often go their separate ways and exclude one another.

Staying in the Mechernich Community, I have learned that the foundress Mother Marie Therese was entrusted by God with a unique charism which is to bring all people of God to live together in love of one another. And this love reflects God's love and responds to his commandment to love one's neighbor.

Reading Mother Marie Therese's reflection, I came across passages that aptly describe the reality of what is happening in today's world. Mother Marie Therese writes: "Our time has separated from God." And she goes on: "Nowadays man wants to be entirely self-sufficient. He thinks he can do it on his own. God is of no importance to him". This fact can be seen all over the world: Increasingly, people live for themselves striving mainly for their own survival. Such behavior creates disharmony, enmity and class social divisions within society.



Mother Marie Therese on the contrary says: "By being willing to put his promises in action. Only love will be able to transform this world".

I have experienced love beyond all borders in this Community's Motherhouse. There, people who are often overlooked and considered less important by the world are accepted and loved for who they are.

In the Communio in Christo long-term care facility the physically and mentally handicapped are cared for and the sick are treated and provided with food. In the Mechernich hospice "Stella Maris" the moribund are being accompanied the most loving way and given comfort. I also visited the senior citizens' home "Haus Effata". What struck me was the joy these people lived. Although they were old and frail and seemed to be neglected by the world, the Social Foundation Communio in Christo allowed them to feel happy and protected.

Outside, I saw around eight old men together under a tree chatting. I was deeply touched to see them sharing their life experience. I wanted to interact with them with my broken German language, and they laughed and waved at me. What a wonderful moment!

I have experienced that the love Mother Marie Therese is teaching us, does not stop at words, but rather must be put in action, as is witnessed in the care facilities in Blankenheim and Mechernich. I have experienced it myself and can attest to it.

I now feel called myself and challenged to go back in my country and do the same in my own capacity and ability. I have observed and experienced that the works of Mother Marie Therese are universal. She does not address only the members of Communio in Christo but all those who read and access her works.

The works invite all people of God to place love at the center of their lives, and this love should embrace all people regardless of their status in society.



The Ordo Communio in Christo is a community which holds its doors open for all people. The lay faithful, priests, deacons and religious work together in realizing the commandment of love in the world. Not only the Catholic faithful are welcome, but likewise the members of any other religious denomination, indeed, basically all people.

I have cherished the charism of Mother Marie Therese, and it has changed my way of treating people as I now try to understand and accept every person no matter what their current life situation is.

I am going back to Uganda as an ambassador of propagating this charism of love to those I minister to.

About the author

Fr. John Baptist Nsubuga from Uganda belongs to the Congregation of Holy Cross, Province of East Africa. He was born in November 1979, into a family with seven children. After his primary and secondary education, he joined the College to become a Secondary School teacher. Then he started his priestly training.

His ordination by Bishop Vincent Kirabo took place on 7 January 2017 in Kampala.

He is currently serving at Holy Cross Catholic Parish at Konge Lukuli in Kampala Arch Diocese as deputy assistant parish priest and Director of Holy Cross Family ministries in East Africa.

Through sharing with Father John Paul Jjumba in one of the ministries in his parish he realized that love is about taking care of those in need like the poor, the old people, and the neglected children.



Then he started to know more about the Communio in Christo spirituality which made him desire to go to Mechernich and experience how they are practicing the mission of love.



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