



***Why are these doubts rising in your hearts?  
Look at my hands and feet: yes, it is I indeed!  
Touch me and see for yourselves.  
(Lc 24:38-39)***

Carissimi

Dear Sisters, Canossian Fathers, Lay Canossians and friends of the Canossian Charismatic Family,

At Easter, the Word of God, always alive and efficacious, offers itself to us as a gift of hope. We, too, like the Apostles, can find ourselves in the condition of having doubts and hearing Jesus' question addressed to us:

***"Why do doubts arise in your hearts?"***

Jesus, with love and compassion, invites the Apostles to look at his wounds, a tangible sign of his love for us. To reassure them that he is not a ghost, he asks them if they have something to eat and eats in front of them. With these gestures he wants to show them he is alive, he is close, he is present.

Wishing each other a Happy Easter means believing we are never alone, that our worries are also His and our daily lives are in his hands.

In the face of fear and the confusion of the Apostles, Jesus responds with words of consolation:

***"it is I, touch me, look at me"***

the light of the Resurrection comes to us as the hope of life that does not die. May it bring comfort to the brothers and sisters affected by the devastating earthquake in Myanmar, to the people facing war and violence in the D.R. of Congo, Ukraine, the Middle east and all those who, far from the warmth of their community, find themselves alone, especially the elderly and young people who live with the pain of loneliness and disillusionment.

May our closeness, even if only with a prayerful thought, be a small gesture of solidarity and comfort.

May this Easter celebration renew our faith, that of our families and our communities, because it is true:

***Jesus is Risen!***

***A Happy Easter to all of you***

M. Albertina

M. Mariana

M. Sandra

M. Melissa

M. Josemary

