

HOW CAN I BE A MINIM NUN?

The young person who, with the aim of practicing penance, (that means, a continuous conversion throughout one's life), intent to practice the evangelical counsels in following Christ, Chaste, Poor, Obedient and Penitent, can be received as a nun in our Minim Order.

STAGES OF FORMATION

As from 16 years one can be a part of or join us in our Order. The stages of formation are as follows:-



Postulant – It's a period of human knowledge, christian and religious formation which will enable the postulant to be in a capacity to respond God's call. It takes one year, but can be shortened or prolonged.

Novitiate

This is the period of initiating the Religious life. It takes two years, but can be prolonged six months more.



Juniorate

In this stage, the nun profess four vows: Chastity, Poverty, Obedience and Lenten life. She now forms part and life of the holiness of the Church much more intimately. This period takes five years, but can be prolonged four years more, total nine years.



Solemn Profession - It is the final and definitive step whereby the minim nun consecrates herself fully and totally to Christ through the four vows and becomes completely a spouse of Christ.



"Oh my God, for me, you are everything" (Vble. Sr. Philomena – Minim nun).

WHERE WE ARE LOCATED

Our Convent was founded on 1st march 1681, with the name, "Convent of Immaculate Conception of Mary" in the city of Valls - Tarragona - Spain.



If you believe and feel that God is calling you to consecrate yourself to Him in this Minim Order, we hereby offer you the opportunity to have a vocational experience in our Community.

Our Address is:

Minim Nuns

**C/ Sor Filomena Ferrer, 8
43800 Valls - Tarragona (Spain)**

Tel.: (0034) 977600051

E-mail: minimasvalls@minimas.org

Web Page: www.minimas.org

MINIM NUNS

**DO YOU FEEL GOD'S
CALL?**



"O God, my soul longs for you".

"O Lord, I will seek your Face".

**"My being thirsts for God, the
Living God".**

OUR FOUNDER, SAINT FRANCIS OF PAULA

Saint Francis was born on 27th March 1416 in Paula (Italy). His parents were James Martolilla and Viena of Fuscaldò. At the age of 14 years, he decided to dedicate himself fully to God as a hermit whereby, through a stricter separation from the world, the silence of solitude, assiduous prayer and penance, he offered his life for the salvation of the World. His life example moved many young people whom were encouraged to abandon their wicked way of life and joined him to live together, sharing with him his life style in the service of God. That is how emerged our Minim Order, composed of three branches, that is, Religious Fathers and Brothers (Friars), Nuns and Tertiary.

Nowadays we have the three branches existing in three continents: Europe, America and Asia, hoping in future to establish our Order in the rest of the other Continents. St. Francis died in Tours (France) on 2nd of April 1507 at the age of 91 years. His relics are honored at Paula (Italy) and Tours (France).

On 1513 he was declared Blessed, of which six years later, on 1st May 1519, was canonized solemnly by Pope León X. On 27th March 1943 was proclaimed the Patron of the Marine workers by Pope Pius XII. Pope John XXIII proclaimed him as the main Patron of Calabria (Italy) on 2nd June 1962.



“Prayer and contemplation of the heavenly things are true and natural food of our souls”.
(St. Francis of Paula)

WHAT IS A VOCATION?

Vocation is a free gift from God to whom He wills. The person is offered this gift not only for his sanctification, but also, for the goodness of the entire Church and becomes through it, a witness and living instrument of the mission of the Church itself. Of all, it **is a call of Love for a specific mission**, of which the person has to respond freely and with faith to the call. God calls us to seek Him, to know Him, to love Him above all, configuring ourselves with Christ, imitating Him through the evangelical counsels of chastity, poverty, obedience and Lenten life. St. Francis received from God this charism of Lenten life whereby, the Church approved it, that is why we have the fourth vow of Lenten life which identifies us in the Church, imitating Christ penitent in all our life.



Saint Francis of Paula understood well this and tells us: **“the religious state is not for all, neither for majority, neither for many, but for those whom God chooses to serve Him.”** Our responsibility is great to correspond this Love that God offers to us, and by so, each one of us should always be asking the Lord, ¿which is my mission in the Church?, for our peace and happiness consists in accomplishing His Will. St. Augustine affirms: *“...you have made us for yourself, and our hearts are restless until they rest in you.”*

“The more humble you are, the greater perfection you will acquire”
“All is possible for who loves God”.
(St. Francis of Paula)

WHOM WE ARE AND OUR MISSION IN THE CHURCH

We are completely contemplative nuns with papal enclosure. We stay together in community so as to live as one heart and one soul, the life of Christ, giving ourselves totally to Him as our Supreme Love. The purpose of this way of living is to achieve perfect charity, through the practice of fraternal life nitrated and sustained by the daily meditation of the Word of the Lord and the practice of the theological and cardinal virtues through the impulse of the Holy Spirit.

A Minim nun, through a stricter separation from the worldly things, a silence of solitude and having purified the heart and mind through assiduous prayer and penance, as imitation to our Founder, dedicate her life to praise the Lord and for the salvation of the human kind united with Christ.

For a Minim Nun, the Virgin Mary is Mother, sublime example of purity, humility, consecration to the Lord, whereby entrusting her life to Her, pursue confidently in the way to sanctity.

OUR MISSION : Prayer and penance

The mysterious activity of the Minim nuns in God's people is underlined by the excellent vitality and the testimony of prayer and life in Spirit which is sustained by the spiritual effort as in lent period. This is a clear expression of apostolate and also make other souls become saints imitating the good example of the Nuns.

