



The secret of « ageing well »?

**Open your heart to the dimensions of the world of today...
Enter into the « Globalisation » of the heart...**

Of course ! it is possible, at any age, « in sickness as in health* », to discover the space to live fully as a Sister of Christ !

Personally, ACAT gave me an opportunity of insertion that fulfilled my desire to live « in the Church as the People of God » an original and complementary collaboration with the mission of Jesus, entrusted to us by the Church. It is always possible to **unite with our sisters and brothers where the « meaning of life and the value of every person is promoted.* »**

In concrete terms :

*The ACAT monthly newsletter, which is circulated in the Community, keeps the mind and heart open to all that is happening, often in the shadows, to « **save the whole person and every human being.** »



* Mail sent to every corner of the world to inform or demand action from leaders where respect for life and for humankind is threatened.

* Personal support (in French or in English) for a prisoner, held on death row for a number of years; going to him there where the date of his execution is set and I send him, not without feeling, a friendly message...



* Sharing this simple action allows the Community to support by their prayer...



**Yes, it is possible,
even for future centenarians!**

Sr Marie-Jo Gibrin (Le Puy)

*Rule of Life

