



Sandal Prints

December 2013

St. Clare Fraternity of the Secular Franciscan Order

Minister's Message

By Michael T. Reidy, OFS

Dear Sisters and Brothers,

I began this letter on the 50th Memorial of President John F. Kennedy's assassination. The Vespers were the Memorial of the Presentation of the Blessed Virgin Mary and the Gospel was Luke, Jesus Weeping. It all seemed to fit. Anyone from our generation, particularly Catholic, remembers the day of the JFK tragedy. It was the 9/11 of our day. It reminds us of the difference one person can make when they respond to their calling.

The day we professed as Secular Franciscans and the day we married fall in this category of life-changing moments. At every one of the several profession masses last year we renewed our own professions, which we typically do annually. We celebrated another moment of Epiclesis in Eugene this month at the profession of Helen Haley and Debbie Wright which Lynne, Clare and I attended. Epiclesis is the invocation of the Holy Spirit and the moment of conversion and sanctification for the professed. Epiclesis is also a part of the Eucharistic prayer. Profession happens in a moment, but requires a lifetime of rigorous radical interior change.

United by their vocation as "brothers and sisters of penance" and motivated by the dynamic power of the gospel, let them conform their thoughts and deeds to those of Christ by means of that radical interior change which the gospel calls "conversion." Human frailty makes it necessary that this conversion be carried out daily. Rule Chapter 2:7

This weekend we had another such an opportunity for conversion at our silent day of recollection with Sr. Loretta. More than a dozen of us spent the day quietly Gazing upon Christ (our theme). Sister shared with us a cherished photo of the San Damiano Cross from her Jubilee Celebration and shared that our coming to Christ in contemplation is not because of sin, but because of love. That powerful message was also shared at our last Fraternity meeting when we discussed the need for prayer ("Let prayer and contemplation be the soul of all they are and do" Way of Life 2:8).

We heard the story of St. Clare and St. Francis when Francis had asked for prayers from St. Clare and Brother Sylvester concerning how he should live (whether as a hermit or preacher). St. Clare, Brother Sylvester and the Holy Spirit confirmed Francis was to live an active life by means of contemplation. "God did not call you for yourself alone, but also for the salvation of others." This line is repeated in three separate stories from the life of Francis (one with Clare and Brother Sylvester, one with Brother Maseo, and the third in the Valley of Spoleto). Three times to emphasize that both contemplation and action are required, as well as to

continued on page 3

Calendar

December

- 8 Immaculate Conception of the Blessed Virgin Mary
- 12 Our Lady of Guadalupe
- 13 Natalie Ettlin—25 yrs profession anniversary
- 15 Combined gathering and potluck with San Buenaventura 2:00 pm
*Ascension Catholic Church
743 SE 76th Ave., Portland, OR*

January

- 12 Fraternity Gathering 1:15 p.m. Parish Center
*Christ the King Catholic Church
7414 SE Michael Dr., Milwaukie, OR*
Vespers & Refreshments:
*Mary Lou Betzing, Lete Davis,
Verna VanNewkirk*

Join in
the fun!



St. Clare and
San Buenaventura Fraternities are
gathering together for an

Advent Potluck Social

**Sunday, December 15
2:00 pm**

Ascension Catholic Church
743 SE 76th Ave., Portland, OR

Bring your favorite dish to share!

Formation Corner

By Lynne Burns, OFS

All this took place to fulfill what the Lord had said through the prophet. "Behold, the Virgin shall be with child and bear a son, and they shall name him Emmanuel, which means God is with us." Matthew 1:22-23

St. Francis meditated on the incarnation often. Jesus became one of us for several reasons. One reason in particular was for God to be "with" us, His people. He loves and cares for us so much that He desires to come among us and be one of us to be "with" us. It is an incredible and awesome mystery. We, in imitation of St. Francis, are asked to gaze on the Christ child lying in a manger.

In addition to being with Christ, St. Francis spent time with his brothers and saw them as a gift or a blessing. We, too, have brothers and sisters that we are called to be "with" and are a gift to us. Article 12 of our rule speaks of setting themselves free to love God and their brothers and sisters. It isn't easy to make time to be with our brothers and sisters. We meet once a month in our fraternity gatherings. However, it's difficult to get to know each other in the approximately 3 hours of time together. We are family and we witness Christ when we spend time sharing our faith and presence with one another. At times we may need to rearrange our schedule to make time to be with a brother, sister or a small group.

We can probably all think of a time when we had to overcome obstacles to be with our family. An example of a time when I had to overcome obstacles to be with my extended family was a little over 2 years ago. Originally, I made plans for my daughter and I to take a train to Minot, North Dakota. 2011 was a very rainy year in North Dakota, even flooding in some areas. Minot was one of the towns that experienced flooding. So I changed our plans and bought airline tickets. There were other challenges that had to be dealt with and family helped out.

In summary, I would like to invite us to make some time to be with a brother, sister or a few people from our fraternity this Advent or Christmas season. Some suggestions might be to attend Mass together, share a meal or snacks and visit with each other. Another idea would be to gather around a nativity set and choose one of the items or people in the nativity and say what the item means to you - for example, a shepherd; he was visited by the angels and heard about the birth of a savior.

Have a blessed Advent and Merry Christmas!



Family and the Rule

By Patricia Fryer, OFS

The FYW commission would like to highlight parts of the Rule and Constitution that pertain to family:

Article 24 In the Family

1. Secular Franciscans should consider their own family to be the first place in which to live their Christian commitment and Franciscan vocation. They should make space within it for prayer, for the Word of God, and for Christian catechesis. They should concern themselves with respect for all life in every situation from conception until death. Married couples find in the Rule of the SFO an effective aid in their own journey of Christian life, aware that, in the sacrament of matrimony, their love shares in the love that Christ has for his Church. The way spouses love each other and affirm the value of fidelity is a profound witness for their own family, the Church, and the world.

2. In the fraternity:

-the spirituality of the family and of marriage and the Christian attitude towards family problems should be a theme for dialogue and for the sharing of experiences;

-they should share the important moments of the family life of their Franciscan brothers and sisters and they should give fraternal attention to those- single, widows, single parents, separated, divorced- who are living difficult situations;

- they should create conditions suitable for dialogue between generations.

- the formation of groups of married couples and of family groups should be fostered.

Eat More, Meat Less

Maple Cinnamon Mashed Sweet Potatoes (Angela Liddon, ohsheglows.com)

Like little fluffy clouds of pure bliss, these maple cinnamon mashed sweet potatoes make a lovely addition to any holiday meal.

2 large sweet potatoes, peeled and roughly chopped
2 tablespoons butter or coconut oil
2 teaspoons pure maple syrup
a couple generous pinches of fine grain sea salt, to taste
cinnamon, to taste
1/4 teaspoon pure vanilla extract

Add peeled and chopped potatoes into a medium pot and cover with water. Bring to a boil. Reduce heat to a simmer and cook until the potatoes are fork tender, about 5-8 minutes. Drain. Add potatoes back into the pot and with a potato masher, mash in the butter until smooth. Add the rest of the ingredients to taste. Serve immediately.

... Consider ...

Reflection from Sr. Loretta Schaff, OSF

Advent begs to be noticed amidst the busyness of preparation for the celebration of the human Incarnation of God in Jesus, our brother.

The Church invites us to not only "notice" but to infuse our Advent time with the richness it offers to us in our waiting hearts for the Feast of "God-with-us". Advent offers four weeks of spiritual treasures, customs and holy expectation. These weeks have the potential of deepening the true spirit of the season so that by Christmas Day, our hearts over-flow with true joy and deep peace.

To enrich your Advent journey . . .

- * bless an Advent wreath in your home
- * bless your Christmas tree
- * bless your crèche
- * bless the gifts you will give
- * bless the cards you will send
- * absorb the Advent scripture readings of the day, especially those of Advent Sundays
- * honor the special days of St. Nicholas(6), Immaculate Conception(8), Our Lady of Guadalupe (12) , St. Lucy(13), the ancient O Antiphons(17-23)
- * share something with the poor

May each of us receive the grace that opens our hearts to "notice" Advent more intentionally this year. Surely, then, our hearts will soar with "Joy To the World" on Christmas Day.

Minister General's Letter, continued from page 1

underscore we are not called for our own sake, but for the salvation of others.

After Thanksgiving we'll begin our new liturgical year preparing for the coming of the Lord. We'll share two final opportunities for fraternity in 2013. The first, will celebrate the Centennial Jubilee on December 8 of St. Frances Cabrini Fraternity in Tacoma. Two cars, one each from Portland and Vancouver, will make the pilgrimage. On December 15, we will celebrate Christmas with our sister fraternity, San Buenaventura, at Ascension Parish (see calendar for details). Then, we look forward to an exciting New Year , particularly focused on prayer and our Way of Life (the Rule).

As Jesus drew near Jerusalem, he saw the city and wept over it, saying, "If this day you only knew what makes for peace— but now it is hidden from your eyes. For the days are coming upon you...because you did not recognize the time of your visitation." Luke 19:41-44

The time of our visitation is not just the great and heroic moments. Every moment is an opportunity for change (repentance, conversion) and new direction. St. Therese, the little Flower, said "I prefer the monotony of obscure sacrifice to all ecstasies. To pick up a pin for love can convert a soul."

Have a reflective Advent, a Joyous Christmas and a Happy New Year!

Peace & Good,
Mike



Franciscan Postulancy Program at Old Mission Santa Barbara, CA. August 1, 2013—June 2014

Back Row (Postulants) Alan Habib, Shant Khokasian, Anthony Pensiero. Front Row: Rev. Michael Harvey, OFM, Director; Bro. Martin Sanabria, OFM, Associate Director; Rev. John F. DePaemelaere, OFM, Associate Director; Very Rev. John S. Hardin, OFM, Provincial Minister, St. Barbara Province; Postulant Fernando Chinchilla



Franciscan Saints and Blesseds - December

DECEMBER

- 2 Bl. Maria Angela Astorch, virgin, II Ord.
Bl. Rafal Chylinski, priest, I Ord.
- 8 Immaculate Conception of the Blessed Virgin Mary, Patron & Queen of the Franciscan Order
- 10 Bl. Peter Tecelano, III Ord.
- 12 Our Lady of Guadalupe
- 13 Finding the Body of St. Francis
- 15 Bl. Mary Frances Schervier, virgin, III Ord.

In Mary-Darkness

by Jessica Powers

I live my Advent in the womb of Mary
 And on one night when a great star swings free
 From its high mooring and walks down the sky
 To be the dot above the Christus i,
 I shall be born of her by blessed grace.
 I wait in Mary-darkness, faith's walled place,
 With hope's expectance of nativity.
 I knew for long she carried me and fed me,
 Guarded and loved me, though I could not see,
 But only now, with inward jubilee,
 I come upon earth's most amazing knowledge:
 Someone is hidden in this dark with me.

Source: "In Mary-Darkness" from *The Selected Poetry of Jessica Powers*, edited by Regina Siegfried, ASC, and Robert F. Morneau. Kansas City, MO: Sheed & Ward, 1989.

Praised be You, my Lord, through Sister Death



Our sister, Bea McLellan, passed away peacefully on Thursday, October 24, 2013, at the age of 102. Bea was a strong presence in the lives of her family, fraternity and a lifelong friend to many. Bea had been professed to the Order for 24 years. She will be dearly missed. A memorial Mass celebrating Bea's life took place on November 11. Mike Reidy, Lete Davis and Patricia Fryer attended on behalf of the fraternity.

Treasurer's Report

By Lete Davis, OFS

Month ending Oct. 31, 2013

General Income	\$260.33
General Expenses*	\$299.61
Account Balances	\$2661.57

*Expenses include monthly and necessary budgeted expenses to operate the Fraternity.

"Regarding expenses necessary for the life of the fraternity and the needs of worship, of the apostolate, and of charity, all the brothers and sisters should offer a contribution according to their means."

—Rule of the Secular Franciscan Order, Chapter 25

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Secretary

Patricia Fryer, OFS

Treasurer

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Formation Director

Lynne Burns, OFS

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Clare Reidy, OFS
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Submission deadline for the next issue is December 20

This month's banner features a sculpture of the Holy Family. Thousands are drawn to the Mepkin Abbey Crèche Festival in Moncks Corner, SC, that each year displays dozens of manger scenes from the abbey's collection of more than 700 from all over the world.