



Blessed are the peacemakers: for they shall be called the children of God.
— Matthew 5:9

Sandal Prints

September 2013

St. Clare Fraternity of the Secular Franciscan Order



ORDO FRANCISCANUS SAECULARIS

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Rome, 02.09.2013.

AN INVITATION OF POPE FRANCIS FOR A DAY OF FASTING AND PRAYER

Dear All,

The situation in Syria continues to be critical, and has been exacerbated recently by the willingness on the part of some nations to intervene in the region with their military resources. However, from all over the world, a common voice has been rising against such a military intervention, giving preference instead to an intervention of diplomacy through the United Nations, believing that this conflict can only be stopped through dialogue and with the resolute aim of returning peace to this country.

We all know that peace is a gift of God, and that it is necessary for us to engage in requesting this gift of peace through prayer.

In this light, during the Angelus on Sunday, September 1, 2013, Pope Francis has appealed to the entire Catholic Church, and also to every Christian of other confessions, as well as to followers of every religion and to those brothers and sisters who do not believe, to pursue peace for all of humanity. The Holy Father makes his request with these words:

“I repeat forcefully: it is neither a culture of confrontation nor a culture of conflict which builds harmony within and between peoples, but rather a culture of encounter and a culture of dialogue; this is the only way to peace.

May the plea for peace rise up and touch the heart of everyone so that they may lay down their weapons and be let themselves be led by the desire for peace.

To this end, brothers and sisters, I have decided to proclaim for the whole Church on 7 September next, the vigil of the birth of Mary, Queen of Peace, a day of fasting and prayer for peace in Syria, the Middle East, and throughout the world, and I also invite each person, including our fellow Christians, followers of other religions

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Calendar

September

8 Fraternity Gathering
1:15 p.m. Parish Center
Christ the King Catholic Church
7414 SE Michael Dr., Milwaukie, OR
Francis Center Donations:
baby food

11 Frank Cali's birthday

20 John Goold—17 yrs
profession anniversary

27 Bruce Siggins—29 yrs
profession anniversary

28 Jerri Wagner's birthday

October 13

13 Fraternity Gathering
1:15 p.m. Parish Center
Christ the King Catholic Church
7414 SE Michael Dr., Milwaukie, OR

Celebrate!

Sr. Loretta Schaff, osf
is celebrating her Golden Jubilee
on Sunday, October 6 at 2 p.m.
with a celebration of
Praise and Thanksgiving
at Lewis and Clark College
South Campus Chapel.
(615 SW Palatine Hill Rd., Portland)

Reception follows.

Please RSVP by September 14
if you are able to attend.
schaffox@hevanet.com
503-252-4288

. . . Gaze . . .

*As we embrace this year's theme of Gaze, Consider, Contemplate so that we may Imitate,
I offer a thought on Gaze as summer time all too quickly slips through our fingers and vacations may be over.*

*While vacations may be over and even if you didn't have the opportunity for one,
there are many "minute vacations" that one can take in our busy lives
and gaze on the beauty of creation . . .*

*. . . noticing a fleeting hummingbird, the deep color of a particular flower,
the brightness of the moon, the songs of chirping birds,
ripening tomatoes, a soft breeze on one's cheek,
a smile from a stranger or loved one,
a "random" act of kindness given to you . . .*

*all gifts of the present moment to "vacation" in mind and heart
and give praise to our loving God.*

*Be praised my Lord
as we Gaze on the beauty revealed
through Mother Earth and those who love us.*

By Sr. Loretta Schaff, OSF

Eat More, Meat Less

With the rain comes autumn, the perfect time for a cozy bowl of soup!

Vegetable Soup (Lynne Burns, OFS)

2 tbsp. extra-virgin olive oil
2 cups onion, chopped
5 cloves garlic, minced
2 ribs celery, chopped
1 cup green beans, cut into 2-inch pieces
1/2 cup carrots, cut into 1/4-inch pieces
1 med. zucchini, halved lengthwise and sliced into rounds
5 leaves fresh basil
1 tsp. dried oregano
1 tsp. fresh rosemary
4 cups low-sodium vegetable broth
4 cups purified water
1 (15-oz) can low-sodium light kidney beans, drained
4 cups tomato, seeded and chopped
2 cups green cabbage, shredded
1 tsp. sea salt
1 tsp. freshly ground black pepper

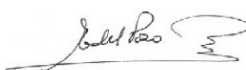
Heat oil in large stockpot over medium-high heat. Add onion and garlic and saute 2 minutes. Stir in celery and next 10 ingredients. Bring to a boil and simmer 30 minutes. Add cabbage, salt, and pepper. Cook an additional 5 minutes, until cabbage wilts. Serve hot.

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and all men of good will, to participate, in whatever way they can, in this initiative.

On 7 September, in Saint Peter's Square, here, from 19:00 until 24:00, we will gather in prayer and in a spirit of penance, invoking God's great gift of peace upon the beloved nation of Syria and upon each situation of conflict and violence around the world. Humanity needs to see these gestures of peace and to hear words of hope and peace! I ask all the local churches, in addition to fasting, that they gather to pray for this intention."

On September 7th, we therefore invite all of you, both as individuals and as fraternities, to join in the initiatives proposed by parishes and dioceses in response to the Holy Father's intention to pray for peace in the world, and especially for peace in Syria and upon each situation of conflict and violence around the world. Let us pray to Mary, Queen of Peace and of the Franciscan Order, invoking her powerful, merciful and maternal intercession.



Encarnacion del Pozo
Minister General

Saintly Inspiration

By Jim Burns, OFS

This month consider the sayings of Joseph of Cupertino and of the life of St. Francis, our founder. I read Joseph's writings and was struck by how they are reflected in St. Francis' lived way of life. Joseph speaks of love, and Francis lived it looking at our crucified Lord Jesus. Let us strive to really love and trust God as we live our lives. Let us focus our prayer and reflection time on our sacrificial loving God. Peace to all who pass by the Lord and his ways.

From the thoughts and sayings of Saint Joseph of Cupertino:

“The three most important things for a religious are to **love God with all his heart, to praise him continually, to be a light to others by his good example.** No one intent on living a spiritual or religious life can ever reach perfection without the love of God. He who has love is rich even though he may be unaware of his riches, and he who does not have love is indeed very unfortunate. As the sun by its rays adorns the leaves and branches of plants with colors and keeps each vigorous in its proper species, so **the grace of God by its illumination adorns man with virtues, enkindles in him the fire of love, makes him beautiful in God's sight and brings his nature to perfection without inflicting any injury.**

Clearly, what **God wants above all is our will** which we received as a free gift from God in creation and possess as though our own. When a **man trains himself to acts of virtue** it is with the help of grace from God from whom all good things come that he does this. The will is what man has as his unique possession. God is therefore most pleased **if man renounces his own will and places himself completely in God's hand.**

As a fruit tree bears most fruit when it is carefully tended, so man proceeding along the way of God must always grow and advance in virtue so that he can bear the choicest fruits of sanctity, give an example of virtue to draw others and lead them safely to the way of the Lord. **To bear sufferings and misfortunes patiently for the love of God must be considered a special grace which God grants to those who love him.**

As our Lord Jesus Christ endured so many bitter sufferings for our sake so God wants us also to share in his sufferings. Surely, **if you are good, tribulation will purify you of dross; if you are iron, your rust will be scoured off.**

Consider the birds of the air; they come down to the ground to get food but swiftly fly back into the air. Similarly the servants of God must stay on the earth only as long as is necessary and soar up quickly again to heaven in spirit to praise and glorify God. Note too how careful birds are not to land in muddy places and how they avoid tumbling into the dirt. **In like manner men must not involve themselves in things that defile the soul but soar aloft again in spirit to glorify the Most High God by their holy deeds.”**

From the Legenda Minor of Saint Bonaventure:

“Two years before Francis, the faithful servant of Christ, gave his soul back to God, he was alone on the top of Mt. Alverna. There he had begun a fast of forty days in honor of the archangel Michael and was immersed more deeply than usual in the delights of heavenly contemplation. His soul became aglow with the ardor of fervent longing for heaven as he experienced within himself the operations of grace.

As he was drawn aloft through ardent longing for God one morning near the feast of the Exaltation of the Cross, and was praying on the mountainside, he saw what appeared as a seraph with six bright wings gleaming like a fire descending from the heights of heaven. As this figure approached in swift flight and came near the man of God it appeared not only winged but also crucified. The sight of it amazed Francis and his soul experienced joy mingled with pain. He was delighted with the sight of Christ appearing to him so graciously and intimately and yet **the awe-inspiring vision of Christ nailed to the cross aroused in his soul a joy of compassionate love.** “

Formation Corner

By Lynne Burns, OFS

A Review of the Feast of St. Clare

In August our fraternity met and had a celebration in honor of St. Clare. We heard two readings by St. Clare, entered into song, participated in small group faith sharing, prayed a special evening prayer and enjoyed cake and ice cream during our social.

The first reading was Clare's Third Letter to Blessed Agnes of Prague which said, *“Place your mind in the mirror of eternity; Place your soul in the splendor of glory; Place your heart in the figure of the divine substance; And through contemplation, Transform your entire being into the image of the Divine One himself, So that you, yourself, may also experience what his friends experience when they taste the hidden sweetness that God alone has kept from the beginning for those who love him.”* Then we paused for reflection.

Our second reading was entitled, Clare's Fourth Letter to Blessed Agnes of Prague. *“Look into the mirror every day...and continually examine your face in it, so that in this way you may adorn yourself completely, inwardly*

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Franciscan Saints and Blesseds - September

- 1 St. Beatrice of Silva, virgin, II Ord., founder
- 2 Bls. Apollinaris of Posat, John Francis Burté, Severin Girault, priests, and companions, martyrs, I and III Ord.
- 3 Bl. Claudio Granzotto, religious, I Ord.
- 4 St. Rose of Viterbo, virgin, III Ord.
- 17 Stigmata of our Holy Father Francis
- 18 St. Joseph of Cupertino, priest, I Ord.
- 20 St. Francis Mary of Camporossa, religious, I Ord.
- 22 St. Ignatius of Santhia, priest, I Ord.
- 23 St. Pio of Pietrelcina, priest, I Ord.
- 24 St. Pacifico of San Severino, priest, I Ord.
- 25 Finding of the Body of St. Clare
- 26 Bl. Aurelio of Vinalesa, priest, and companions, martyrs of Valencia [Ambrose of Benaguacil, Pedro of Benisa, Joachim of Albocácer, Modesto of Albocácer, Germaine of Cargagente, Bonaventure of Puzol, Santiago of Rafelbunol, Henry of Almazora, Fidel of Puzol, Berard Lugar Nuevo de Fenollet, Pacifico of Valencia], I Ord.
St. Elzear of Sabran and Bl. Delphina of Glandenes, husband & wife, III Ord.
- 28 Bl. Innocent of Berzo, priest, I Ord.

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and outwardly, clothed and covered in multicolored apparel... In this mirror shine blessed poverty, holy humility and charity beyond words, as you will be able, with God's grace, to contemplate throughout the entire mirror. ... the vision of him is the splendor of everlasting glory, the radiance of everlasting light, and a mirror without tarnish."

Our reflection questions were:

1. What do the readings from Clare on light and mirror call me to in my Franciscan vocation?
2. Who witnesses "light" in my life?
3. How can the St. Clare Fraternity as a group become a light, mirroring Jesus Christ to those around us?

We closed with the blessing of Clare. *"May you always be with God wherever you may be And may God be with you always."*



Treasurer's Report

By Lete Davis, OFS

Month ending July 31, 2013

General Income	\$160.35
General Expenses*	\$170.00
Account Balances	\$2608.51

**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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Submission deadline for the next issue is September 20

This month's banner includes a photograph of the Pilgrim of Peace bronze sculpture seen near the Basilica of St. Francis in Assisi, depicting St. Francis as a soldier before he devoted himself to a life of poverty.