



# Sandal Prints

February 2014

St. Clare Fraternity of the Secular Franciscan Order

## Minister's Message

By Michael T. Reidy, OFS

*Sisters and Brothers,*

Greetings! Last month, I shared how St. Francis developed the first Rule of the Franciscan Family for us, his Brothers and Sisters of Penance, (the *Memoriale Propositi*" (1221). The Rule has only been changed three times in 800 years, the last change coming as a result of the Holy Spirit's renewal of the Church in Vatican II. Subsequently, Secular Franciscan formation material was officially updated for both initial and ongoing formation after the CIOFS chapter in 2008, which was the anniversary of our Patroness, St. Elizabeth of Hungary. As a result of that chapter, the International CIOFS formation material was updated, which led to the effort of several years to deliver our National Formation Manual (For Until Now – FUN), delivered to our region last June 2013 at the Regional Formation Workshop. There, the local formation teams were tasked to share this rich formation material with our fraternities. Our first sharing of this new material is on our Way of Life, from the FUN Manual, Chapter 11. "The Rule of the Secular Franciscan Order", written by our previous National Formation Director, Theresa Baker, OFS.

Rather than study the Rule as we might have in the past by its Three Chapters and 26 verses, this reflection of our Way of Life focuses on the movements of the Rule in our Relationship with God. In the first movement, God turns to us. This month Clare shares with us this first movement.

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## January's Fraternity Gathering

By Lynne Burns, OFS

Our Fraternity was blessed to participate in a Taize Prayer Service where we began with three centering songs, "Come and Fill", "In God Alone" and "O Christe Domine Jesu". Maureen Briare was our cantor and harpist, accompanied on piano by Sr. Loretta. The Word of God proclaimed was from the gospel of Mark 1:12-15. We had a time of silent reflection to gaze, consider and contemplate. Mary Lou led the intercessions. Afterward we were invited to approach the San Damiano cross, surrounded by candles, to bring our concerns before the Lord. I appreciated the beautiful music, time of prayer and peaceful quiet.

On this day, the fraternity also welcomed Gordon Smith with a Rite of Admission. Welcome Gordon into the Order as a Candidate!! We all adjourned to the St. Clare Parish Center to enjoy fraternity with cake and snacks.

## Calendar

### February

- 2 Clare Reidy—28 yrs  
profession anniversary
- 5 Robert VanHandel's birthday
- 9 Bob Sells' birthday
- 9 Fraternity Gathering  
1:15 p.m. Parish Center  
*Christ the King Catholic Church*  
7414 SE Michael Dr., Milwaukie, OR
- Vespers & Refreshments:  
Tricia Fryer, Bruce Siggins,  
Jim Shaffer
- Donations for Francis Center:  
men's socks and underwear
- 25 Carlene Roeker—22 yrs  
profession anniversary
- 28 Joanne Cody's birthday

### March

- 9 Fraternity Gathering  
1:15 p.m. Parish Center  
*Christ the King Catholic Church*  
7414 SE Michael Dr., Milwaukie, OR
- Vespers & Refreshments:  
Jim Burns, Lynne Burns,  
Claudette Elmore

*I need very little,  
and of that very little,  
I need very little.*

*St. Francis*

# Rule Reflection - God Turns to Us

by Clare Reidy, OFS

*We love because he first loved us. 1 John 4:19*

The first principle of the Rule rests on this fact: God has reached out to us, in a particular way as Secular Franciscans, and invited us into the life of the Trinity and the mission of the Church. Even as He did Francis, he has “called [us] to build a more fraternal and evangelical world.”<sup>1</sup> It is easy to think of the Rule as a list of things we do for God, but in fact the entire Rule is God’s gift to us.

As limited human beings, all struggle with the question, “What does God want of me?” But we have been gifted with the answer. By responding to the call of the Father and the movement of the Holy Spirit, we have been “united more intimately with the Church through profession,”<sup>2</sup> and the Church (the Body of Christ), speaking on the Lord’s behalf, has given us the direction and pattern of our Gospel life through our Rule. (This is

why there are sometimes “new” Rules; the witness of Secular Franciscans must be adapted “to the needs and expectations of the Church in the conditions of changing times.”<sup>3</sup>) So the Rule is a living document that expresses God’s desires for us in the context of today’s world and today’s Church.

This is what “vocation” means. God looks toward us and in love invites us to the Gospel life. I invite you to read through the Rule and underline where you see God reaching out to you, and then share with a brother or sister (or several)<sup>4</sup>. See if their list matches yours. Then let’s give thanks for the Gift of our Rule, and respond in joy!

<sup>1</sup> *Rule of the Secular Franciscan Order*, Article 14

<sup>2</sup> *Rule*, Article 6

<sup>3</sup> *Rule*, Article 3

<sup>4</sup> To get started, I suggest the following Articles: 1,2,3,4,6,7,14.

## Family, Work and the Constitution

By Tricia Fryer, OFS and the FYW Commission

The Family, Youth, and Work Commission invites you to consider parts of the Constitution that pertains to “Family” and “Work” this month.

Art. 25

Out of the conviction of the need to educate children to take an interest in community, “bringing them the awareness of being living, active members of the People of God” and because of the fascination which Francis can exercise on them, the formation of groups of children should be encouraged. With the help of a pedagogy and an organization suitable to their age, these children should be initiated into a knowledge and love of the Franciscan life. National statutes will give appropriate orientation for the organization of these groups and their relationship to the fraternity and to Franciscan youth groups.

16 Let them esteem work both as a gift and as a sharing in the creation, redemption and service of the human community. (Rule, Chap. 2 The Way of Life)

Gen Const; chap 2, title 1, Art. 12 :

They (the Secular Franciscan brothers and sisters) should bear witness to this faith before all: in their family life; in their work...

Art. 15: Secular Franciscans, who must provide for their own families and serve society by means of their work and material goods, have a particular manner of living evangelical poverty.

Title 7 is “The Franciscan Youth”

There is more here than I wish to type! Please see your copy of the Constitution, or ask another member for theirs. I am more than willing to send you a copy if you need it.

## Eat More, Meat Less

### Basil, Feta and Tofu Pizza

recipe by SeAnne Safaii

1 unbaked 15-inch whole-wheat pizza crust  
1/4 cup super firm tofu, crumbled  
1/4 cup Italian herb feta cheese crumbles  
1 cup tomato sauce  
1/4 cup Parmesan cheese  
2 green onions, sliced  
1 cup mushrooms, sliced  
6-7 fresh basil leaves, chopped  
3/4 cup green, red or yellow peppers, diced  
1-1/2 cups mozzarella cheese, shredded

Bake pizza crust at 350 degrees for 10 to 15 minutes. Mix together tofu and feta crumbles, tomato sauce and Parmesan cheese. When crust is ready, evenly spread the tofu mixture on top. Sprinkle with green onions, mushrooms, basil and peppers, then top with mozzarella cheese. Bake 10 to 15 minutes more, until crust is done and cheese is melted.

## Chapter of Elections: May 18, 2014 Nominations Are Open!

St. Clare Fraternity will conduct a Chapter of Elections on May 18, 2014 to elect its new Council for the 2014-2017 term. All professed Fraternity members are encouraged to nominate those they consider best qualified to fill Council offices. All professed members of the Fraternity are eligible to hold Council office. The nomination form is included with this newsletter and will be available at Fraternity meetings in February and March, as well as by request by contacting Barbara Allen, 360-334-1566 or rosessoap@gmail.com. The deadline for submitting nominations is March 15, 2014.

# The Song of the Church

By Fred S. Schaeffer, OFS

Divine Mercy Fraternity, Vero Beach, FL

I've always had a particular interest in the Book of Psalms, perhaps because as a Franciscan, I use them every day for my daily prayers. As a Secular Franciscan, the use of the Divine Office (The Liturgy of the Hours) is not mandatory as it is with priests, and religious. Having been in religious life for a total period of 8 years of my life (5 with a contemplative order of monks), I've fallen in love with this form of prayer which can be said by any Catholic, even a lay person.

Because of my former religious affiliations, I use the four-volume edition. That's the one I am used to. But there is also a one-volume addition called "Christian Prayer," which is 1/4th of the cost. Apart from that, the one-volume edition is more complicated to use. There is a greater need to page back and forth to find the right page. A frequent user will get used to that.

Today, I do not wish to speak about the method of using these books, but rather, about Pope St. Pius X (feast day August 21st), who was also active in the Secular Franciscans before he became Pope. Pius X had a particular love for the Divine Office, which during his time (1835-1914), he prayed in Latin. The use of the vernacular in Church Liturgy, wasn't allowed until after the Second Vatican Council, 1962-65.

"The collection of psalms found in Scripture, composed as it was under divine inspiration, has, from the very beginnings of the Church, shown a wonderful power of fostering devotion among Christians as they offer to God a continuous sacrifice of praise, the harvest of lips blessing his name." (Apostolic Constitution *Divino afflatu* of Pope Pius X). Pope Pius X had a hand in the reform of the Divine Office. In this Apostolic Constitution, the Pope quotes St. Athanasius of Alexandria [Egypt], c. 296-373, one of the great Doctors of the Church: "Though all Scripture, both old and new, is divinely inspired and has its use in teaching, as we read in Scripture itself, yet the Book of Psalms, like a garden enclosing the fruits of all the other books, produces its fruits in song, and in the process of singing brings forth its own special fruits to take their place beside them". In the same place Athanasius rightly adds: "The psalms seem to me to be like a mirror, in which the person using them can see himself, and the stirrings of his own heart; he can recite them against the background of his own emotions."

"The Book of Psalms, like a garden enclosing the fruits of all other books, produces its fruits in song, and in the process of singing brings forth its own special fruits to take their place beside them" - what a beautiful way to describe the psalms, written mostly by King David. (1085-1015 B.C.) The psalms are King David's expressions of praise, joy, and suffering. Psalms 3, 7, 18, 34, 51, 52, 54, 56, 57, 59, 60, 63, 142, and some others

*Minister's Message, continued from page 1*

Over the next couple of months, different members will be tasked with reviewing and sharing with us their reflection on the next two responses: We Turn to God, and, finally, We Turn Toward Others. Please look for these articles and be sure to review them with a fellow fraternity member in your local group or your vicinity. Feel free to use the phone or email if driving distance is an issue. At our last Day of Reflection, it was recommended and many have committed to a daily reflection of the Rule between now and our fraternal election this May.

We had a lovely Taize Prayer and Rite of Admission for Gordon Smith. I was able to capture some of it. There is a short one minute Vimeo you can watch at <https://vimeo.com/84020776>. I also did a short commercial for the upcoming retreat in September <https://vimeo.com/84747763>. If you are interested in the longer 15 minute version of the Taize Prayer service, let me know, and I will make a DVD copy for the library.

This month, Sister Loretta, Lynne Burns and I visited Eugene at their request. The community is experiencing some growing pains since Paula Voborsky asked to be excused due to her employment move. Vice-leader, Patty Roland, has succeeded and the new advisory council is in the process of reconstituting. The meeting went well and included the new Pastor at St. Peter's in Eugene, Fr. John Marshall. Fr. John welcomed the Seculars back to St. Peter's. The group's meeting location has been in flux for a couple of months. We look forward to new life in Eugene.

This month our council is working on the annual report, along with the two reactivating Fraternities we are sponsoring at San Bonaventura (Portland) and St. Francis of Assisi (Eugene). Please see my 2013 highlights from the Minister's report.

I also want to highlight the coming first quarter events of 2014, before the election. Please be considering your nominations for office and get those to Barbara Allen, our nominations chair ASAP. They may be submitted to her anonymously, in a sealed envelope if you prefer.

In February, we look forward to a presentation by Sister Theresa Lamkin. Sister Theresa is a Sister of St. Francis of Philadelphia and a Portland native. Sister will be speaking to us on Franciscan Spirituality of the Poor. In March, we look forward to a speaker from the Jesuits on the SEEL Program (Spiritual Exercises in Everyday Life). I have been excited about this since last May's retreat with Fr. John Quigley, OFM, who shared with us his dual training in Jesuit exercises and the examination of conscience and Penance. In April, we look forward to a very exciting insight into Francis and the Sultan, followed by our elections in May. We have much to look forward to this quarter!

Happy Week of Prayer for Christian Unity (Jan 18-25<sup>th</sup>) and Season for Non-Violence (Jan 30-April 4<sup>th</sup>)!

Peace & Good,

*Mike*

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## 2013 Fraternity Highlights

**January** – The Year of Faith (officially declared Oct 11, 2012 – Nov 24, 2013)

Faith Sharing “The New Evangelization” How is St. Clare Fraternity, as our Rule requires, the Privileged Place for my gospel living? Sharing from the CIOFS Ongoing Formation Project “A Specific Vocation for a Particular Mission” by Benedetto Lino, OFS

**February** – Week of Prayer for Christian Unity and Season for Non-Violence. The Dalai Lama joined the Season of Non-Violence along with Gandhi-Chavez-King. The Dalai Lama visited Portland and several of us got to hear him speak, along with Arun Ghandi. Two very blessed and inspiring interfaith events. Published the memorial remarks from Dr. Ed Shirley, OFS, Quinquennial Address. Dr. Shirley was a member of the joint Committee on Franciscan Unity and the Chair of the NAFRA Ecumenical/Interfaith Committee. This was the first time Dr. Shirley’s Q address was published posthumously in its entirety. Taize Prayer at St. Clare’s.

**March** - Installation Mass of Father Jose Luis Nerio, OFM as Spiritual Assistant to San Bonaventura. New Pope Francis elected! Faces of Friday, Stations of the Cross.

**April** - Mayanna Manion, OSF joins the Lord.

**May** - Retreat with Fr. John Quigley, OFM. Father John shares with us his personal experience from 20 years as head of Peace and Justice for the Franciscans at the Vatican and in Geneva, Switzerland as Director of Franciscans International. Father shares with us his insights on the new Pope Francis and the change in the Vatican. He shares special insights on the wounded healer St. Francis was and the experience of St. Francis as a prisoner of war and the effects of PTSD. We are challenged to embrace our own woundedness and that of Christ and His Church. Jack Jezreel of JustFaith Ministries is a Tobin Lecture speaker, Portland Diocese.

**June** - Annual Ministers Meeting

Region’s Top 3 Goals:

1. JPIC
2. Communications (newsletter)/Technology (website, retreats, etc.)
3. Fraternal Life/vocation development, especially emerging communities

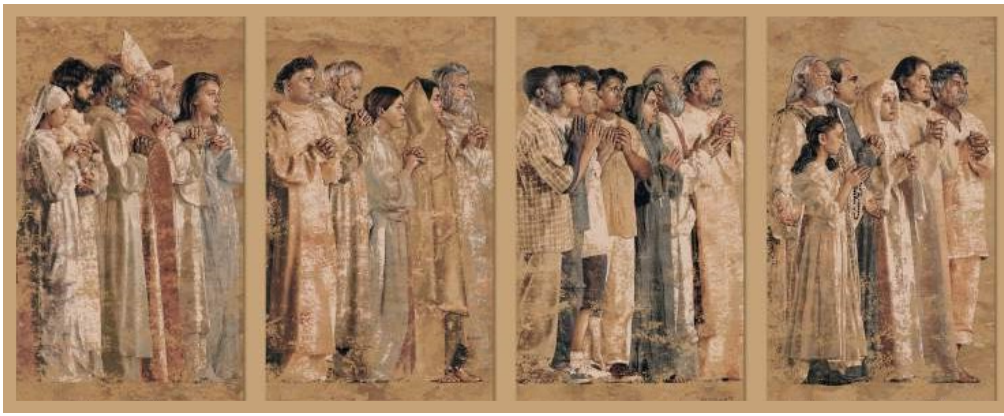
**July** – Evening Prayer of Thanksgiving Commemorating the 70<sup>th</sup> Anniversary of Religious Life of Rev. John F. de Paemelaere, OFM. Fraternal Picnic.

**August** – Feast of St. Clare, Commemoration

**October** – Sr. Loretta Schaff, OSF Golden Jubilee. Transitus sponsored by the Seculars at St. John the Baptist Parish.

**November** - Conclusion of the Year of Faith. Profession of Helen Haley and Debbie Wright in Eugene. Day of Recollection St. Clare Parish.

**December** – 100<sup>th</sup> Anniversary of St. Francis Cabrini Parish, Tacoma. Fraternal Minister and Regional Vice Minister in attendance representing the Fraternity. Christmas party with San Buenaventura.



## Franciscan Saints and Blesseds - February

### FEBRUARY

- 1 St. Veridiana, virgin, III Ord.  
Bl. Andrew of Segni, religious, I Ord.
- 4 St. Joseph of Leonessa, priest, I Ord.
- 6 Sts. Peter Baptist, priest, Paul Miki and companions, martyrs  
[Martin of the Ascension, Francis Blanco, priests; Philip of Jesus, cleric;  
Francis of St. Michael, Gonsalvo Garcia, religious; seventeen tertiaries],  
I and III Ord.
- 7 St. Colette of Corbie, virgin, II Ord.
- 8 St. Giles Mary of St. Joseph, religious, I Ord.
- 17 Bl. Luke Belludi, religious, I Ord.
- 19 St. Conrad of Piacenza, hermit, III Ord.
- 27 Bl. Sebastian of Aparicio, religious, I Ord.



*The Song of the Church, continued from page 3*

are Davidic psalms. The Book of Psalms has been called the Gospel of the Old Testament, because it is both prophecy and teaching.

The Psalms speak of the profound majesty of God, His goodness and clemency, and His other infinite qualities that deserve our praise. "His was the voice [St.] Augustine heard in every psalm, the voice of praise, of suffering, of joyful expectation, of present distress." (Ibid).

The "Office" begins with the Invitatory (the introduction the the first hour said on the current day), then the Office of Readings (Matins), Morning Prayer (Lauds), Midmorning prayer (Terce), Midday prayer (Sext), Midafternoon prayer (None), Evening prayer (Vespers), Night Prayer (Compline). If I use Matins, I generally pray these in the afternoon when I have more time to concentrate on the Readings (there are two, First, and Second Reading; the second usually proper to a saint's feastday or other Liturgical priority (e.g. Sundays, or Holy Days). I try to attend Holy Mass daily, and pray the Rosary sometime in the evening before going to bed. The "Minor Hours" [terce, sect, none) need not be said by lay people, but you can, if you want to.

The Song of the Church - sing it often! And remember that thousands of priests, deacons, religious are singing with you - the prayer of the Church. Your personal intentions can be added to the Intercessions that are part of every Morning and Evening Prayer.

God Bless you!

## Treasurer's Report

By Lete Davis, OFS

### Month ending Dec. 31, 2013

General Income	\$100.38
General Expenses*	\$100.00
Account Balances	\$3017.28

### Year ending Dec. 31, 2013

General Income	\$4008.98
General Expenses*	\$3941.10
Retreat Income	\$5760.00
Retreat Expenses	\$5356.19
Account Balances	\$3017.28

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

## Council Members

### Minister

Michael T. Reidy, OFS  
mtreidy@comcast.net

### Vice-Minister

Kay Haberlach, OFS

### Secretary

Patricia Fryer, OFS

### Treasurer

Lete Davis, OFS

### Formation Director

Lynne Burns, OFS

### Councilors

Clare Reidy, OFS  
Mary Lou Betzing, OFS

### Spiritual Assistant

Sister Loretta Schaff, OSF

### Newsletter Editor

Barbara Allen, OFS  
rosesoap@gmail.com

### Submission deadline for the next issue is February 20

*This month's banner includes a photo of stained glass at St. John Catholic Church in Fryburg, Ohio. The Franciscan symbol of the "crossed arms" depicts the arms of Jesus and Francis, both bearing the imprint of the Crucifixion nails. Francis' arm is enclosed in the sleeve of his habit. It is a celebration of that remarkable gift of grace which St. Francis received on Mt. Alverna, the Stigmata.*