



Sandal Prints

April 2014

St. Clare Fraternity of the Secular Franciscan Order

Minister's Message

By Michael T. Reidy, OFS

Sisters and Brothers,

I hope you are having a Blessed Lent in preparation for Easter. We accomplished a significant formation goal this Lenten season by reviewing our Franciscan Rule in 3 separate articles here in the Sandal Prints. I hope you had a chance to read them and accepted the invitation to read at least one verse per day during Lent, either from the Gospel or our Way of Life. It is easily accomplished, since there are only 28 verses in our Way of Life. We could easily cover our Way of Life in a day or a week, much less a month. We are invited to Gaze, Consider and Contemplate Christ in our Way of Life or the Gospel (Gospel to Life or Life to Gospel) by Easter.

This past weekend, we accomplished another significant goal we set shortly after the Q. We committed to gather together on a voluntary Day of Community separate from our monthly Fraternity gathering or any other previously scheduled Day of Reflection or Recollection, commission or committee meeting, etc. The purpose of our gathering was intended simply to better appreciate the gift of each other, to see Christ in each other through faith sharing. While we faith share deliberately in each Fraternity gathering and presumably at least occasionally in local groups, there is a difference when the intention of the gathering is simply to voluntarily to spend time loving each other.

For those dozen or more that were able to make it, it was a time to better get to know each other, share our faith journey, and spend some time in reflection on our Way of Life. The culminating question we asked ourselves and shared with each other is from our Reflection on the Rule this Lent, what one thing from the Rule motivates our life and why did we become Secular Franciscans? It was a chance to stir the gift of Faith in each other and to better Love One Another. Our unifying scripture was John 15: 16-17:

It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another.

Many expressed an interest to have a day of community on a somewhat regular basis. There seems to be some interest to meet as a whole, rather than only meet in local groups. We'll include this suggestion as an item to consider in our annual fraternity evaluation. Thanks for everyone who was able to participate. Several others expressed the desire to attend, but had previous family or work commitments. As a final commitment to each other,

continued on page 3

**Please note change in usual schedule:
April gathering is 1st Sunday of month.**

Calendar

April

- 6 Fraternity Gathering
1:15 p.m. Parish Center
*Christ the King Catholic Church
7414 SE Michael Dr., Milwaukie, OR*
Vespers & Refreshments:
Lete Davis, Laura Wagman,
Giovanna Zanotto
Donations for Francis Center:
meals in a can (e.g. stew, chili)
- 9 Kay Haberlach's birthday
- 20 Easter
- 14 Jim Burns' birthday
- 16 Marie Stobie—64 yrs
profession anniversary
- 18 Nominee resumes due to
Barbara
- 20 Mary Flateau's birthday
- 21 Barbara Allen—2 yrs
profession anniversary
- 21 Verna VanNewkirk—2 yrs
profession anniversary
- 23 Evelyn Brush—36 yrs
profession anniversary
- 23 Natalie Ettlin's birthday
- 28 Tricia Fryer—23 yrs
profession anniversary

May

- 18 Fraternity Gathering
Chapter of Elections
1:15 p.m. Parish Center
*Christ the King Catholic Church
7414 SE Michael Dr., Milwaukie, OR*
Vespers & Refreshments:
Clare Reidy, Michael Reidy,
Jerri Wagner

Rule Reflection - We Turn to Others

by Lynne Burns, OFS

In the first two articles (February & March) on the Rule, we were reminded that God initiates a relationship with us by first turning towards us and then we are to reciprocate this relationship, by turning towards God. This part three of a three part series from our Formation FUN manual is on why and how we turn towards others.

Scripture teaches us that God has reached out to us. God, in Christ empties Himself as a total self-giving. We imitate Christ in His humility. Bonaventure says that love is a union that desires to become one with another; this is also called compassionate love.¹ Teresa V. Baker, OFS, the author of the FUN lesson, tells us that our purpose in turning to others is to reflect God's goodness and love to others because God reflects His goodness and love to us. St. Francis shows us an example by embracing the leper after his conversion. With this background of giving to others, we can look closer at the specific articles in our Rule to examine the "how" that is important as we turn to others.

Articles 11-19, 22 and 24 give examples for us in our everyday lives. They address areas such as trust, community, justice, work, respect, unity, fraternal harmony and communion to name a few. As we read through these articles we are enlightened as to how we can grow in humility toward all of God's creation. In article 13, "Secular Franciscans with a gentle and courteous spirit, accept all people as a gift of the Lord and an image of Christ." Francis would look at everyone as an image of Christ. Our General Constitution

Spiritual Exercises in Everyday Life

by Lynne Burns, OFS

During our March Fraternity meeting, our guest speaker, Heidi Franklin, presented on the Spiritual Exercises in Everyday Life (SEEL) program. She gave us some background on the exercises and a little biography on St. Ignatius of Loyola. We were given 2 handouts and had some quiet time to prayerfully read them. Afterward we met in small groups for faith sharing.

One handout was called "Examen of Consciousness", wherein the process for an "awareness examen" was explained. It is different from an examination of conscience. The Examen of Consciousness is a way of exploring how God is present within the events, circumstances, and feelings of our daily lives. The following is one of the four Examen methods that can be used to review your recent day:

THANK YOU

Everything is a gift from you, God my creator.
I give You thanks and praise for the gifts of the day.

HELP ME

Holy Spirit, give me increased awareness of how you are guiding my life.

(G.C. 13.2) says we should firmly commit ourselves to oppose every form of exploitation, discrimination, and exclusion against every attitude of indifference in relation to others.

In order to exemplify Christ, we are blessed with many opportunities to convert, change and grow in our awareness of giving to all God's creatures, especially the people in our lives each day.

Our penitential life encompasses our ability

- To be detached from the inordinate things of life
- To be free and open to acknowledge God and care for those around us
- To reverence the divine seed in the other
 - ◇ To promote
 - Catholic family values
 - Peace, justice and ecology as the basis of an egalitarian world
 - Work as a cooperation in God's creative activity
 - ◇ To encourage youth and young adults
 - ◇ In a spirit of perfect joy
 - ◇ In fraternal community

Read through articles 11-19, 22, 24 underlining how they speak of turning towards the other.

How will I respond to everyday situations with the spirituality of Jesus present in those around me?

Reflect and share with another person your insights.

1. Sr. Ilia Delio, OSF, *Crucified Love: Bonaventure's Mysticism of the Crucified Christ* (Quincy IL: Franciscan Press, 1988), 100.

I LOVE YOU

Jesus, you are present in my life today.
Let us look together at my day.
Let me see through Your loving eyes.
When did I listen to Your voice today?
When did I resist listening to You today?

I AM SORRY

I ask Your healing for...
I ask Your forgiveness for...

BE WITH ME

Filled with hope and a firm belief in your love,
I entrust myself to your care.
Continue to be with me each day.

The small group questions for sharing were:

- What is your image of God? To Whom do you pray? What name or names do you use to address God in prayer?
- How would you describe your current relationship with God? What kind of relationship would you like to have?
- How can the Examen of Consciousness fit into the Franciscan way of life?

Gaze...Consider...Contemplate

by Sr. Loretta Schaff, osf

As our Lenten journey continues, I offer a reflection by Heather Hannam to deepen your contemplation during this season as we anticipate the joy of Easter.

Lenten Feasting

If I am to come to your Lenten banquet,
prepare me, Lord, please, to feast.
Dress me in humility and expectation.
Adorn my heart in ardor and adoration.
Heighten my appetite for the sweetness of life.
Lift my arms to receive your graces and guidance.
Stir my feet to the dancing rhythms of your path.
Turn my eyes toward your will, and
my deepest soul to your very breath.
Slow me down, Lord,
that in the fast from hurry and pressures,
I come to rest in the full Sacred Stillness,
and feast with you there.

Francis and the Sultan—Resources

By Claudette Elmore, OSF

Our April Fraternity gathering will include a presentation on “Francis and the Sultan”. Here are a couple of resources you may wish to obtain for further reflection after the meeting.

Muhammed, Legacy of a Prophet (DVD)

The life story of the man who lives in the hearts and minds of Muslims.

Produced by Kikim Media and Unity Productions Foundation; c 2002; English and Arabic Subtitles; 116minutes

Meeting Islam, A Guide for Christians

Author, George Dardess

Paraclete Press, Brewster, Massachusetts, c 2005, pp242

"Meeting Islam says that the acquaintanceship is being made by co-believers in the God of Abraham."
intro, pg v

"When one is no longer concerned about reaching agreement, and restoring confidence, but simply about attaining insight and understanding, then one can enter freely into other cultures, lives and religions and come back to understand one's own in a new light."
intro, pg vi

"as Christians we were called to seek alternatives to violence as a way of solving not only personal but international conflicts." pg 1

This is a most challenging, but excellent read!

Minister's Message, continued from page 1

we wrote notes to those in the fraternity that have been unable to attend the regular fraternity gatherings.

Nominations for our upcoming election are now closed and we are excited by the tremendous response so far. We have nearly as many nominations as we have active members, a very positive result.

We have intentionally included both reactivating fraternities in both the nomination and election process since, until they become independent in the hopeful near future, they are still members of our one united fraternity. We want to ensure that all eligible professed members are included in both the nomination and election process.

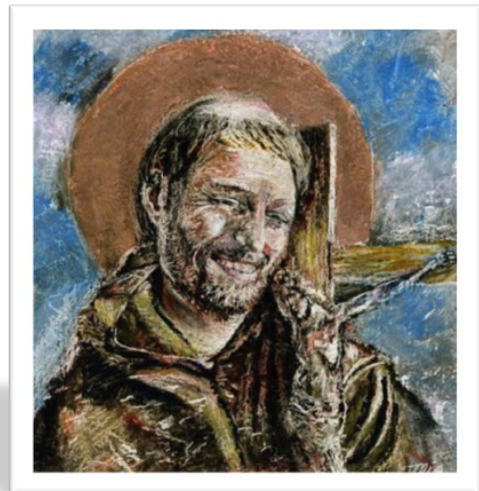
The nomination process is how everyone is best informed of who is willing and eligible to serve as servant leaders. It is both a privilege and a grace to serve the fraternity in any capacity. Special thanks to Barbara Allen for taking on the responsibility of the nominations chair. For those of you who have been notified of your nomination for office, please return your nominee resume to Barbara no later than April 18.

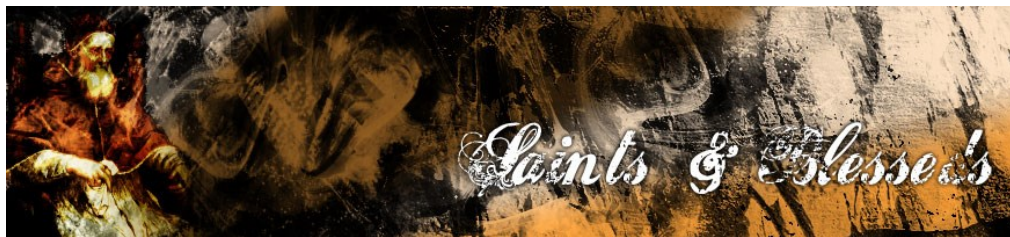
Remember, it is acceptable to nominate from the floor, but the best practice for elections is that everyone should indicate their willingness and intent to serve and submit a nominee resume, so that everyone who is eligible to vote, (all professed fraternity members), are best informed who is willing and able to serve. Thanks to all who have nominated or been nominated. We look forward to the election this coming May 18th.

The rule and life of the Secular Franciscans is this: to observe the gospel of our Lord Jesus Christ by following the example of St. Francis of Assisi who made Christ the inspiration and the center of his life with God and people. Way of Life Chapter 2:4

Have a Blessed Easter!

Mike





Franciscan Saints and Blesseds

APRIL

- 2 Bl. Elisabetta Vendramini, religious, III Ord., founder
- 3 St. Benedict the Moor, religious, I Ord.
- 6 St. Crescentia Höss, virgin, III Ord.
- 16 St. Bernadette Soubirous, cord-bearer of St. Francis
St. Benedict Joseph Labre, cord-bearer of St. Francis
- 21 St. Conrad of Parzham, religious, I Ord.
- 23 Bl. Giles of Assisi, religious, I Ord.
- 24 St. Fidelis of Sigmaringen, priest, martyr, I Ord.
- 25 St. Pedro de San Jose Betancur, religious, III Ord., founder
- 27 St. Zita of Lucca, virgin, III Ord.
- 28 Bl. Luchesius, III Ord.
- 30 Bl. Benedict of Urbino, priest, I Ord.
St. Benedict Joseph Cottolengo, III Ord.

Eat More, Meat Less

Fool-Proof Quiche

- 1 9-inch pie crust
- 1-2 cups filling ingredients, like bacon, mushrooms, onions, and spinach
- 1-2 cups (3 oz - 6 oz) grated cheese, like Gruyere, Swiss, or Cheddar
- 3 large eggs
- 1 cup (8 oz) milk
- 1/2 cup (4 oz) cream
- 1 teaspoon salt

Blind-Bake the Crust: Line a 9-inch cake or pie tin with parchment and spray the sides with non-stick spray. Roll out the pie crust and fit it into the tin. Trim away any overhang and reserve for patching up any cracks that appear during baking. Freeze the crust for 30 minutes. Heat the oven to 350°F. Line the pie crust with parchment and fill with pie weights or beans. Make sure the weights are snug against the sides of the pan. Bake for 20 minutes and remove the weights and parchment. Bake for another 10 to 15 minutes until just starting to brown. Cool.

Prepare the Filling: While the crust is baking, prepare your quiche filling. Make sure all ingredients are cooked through and fairly dry. (i.e., make sure spinach has wilted and that cooked mushrooms have released all their moisture.)

Prepare the Quiche Filling: Sprinkle half the cheese over the bottom of the pie crust and top with the fillings. Sprinkle the remaining cheese over top.

Prepare the Custard Filling: Whisk together the eggs, milk, cream, and salt until frothy. Pour the custard into the pie crust.

Bake the Quiche: Bake the quiche at 350°F for 30 to 40 minutes, until the edges are set but the quiche still jiggles a little in the center. Cool for at least 20 minutes, but ideally overnight.

Quiche can be served cold, room temperature, or warmed. If serving warm, heat in a 300°F oven until just warm to the touch.

Treasurer's Report

By Lete Davis, OFS

Month ending Feb. 28, 2014

General Income	\$275.34
General Expenses*	\$133.00
Account Balances	\$3122.75

*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, ofc

Newsletter Editor

Barbara Allen, OFS
rosesoap@gmail.com

Submission deadline for the next issue is April 20

This month's banner is an image of the empty tomb — a sign of the fulfillment of the Easter Mystery.

Unless there is a Good Friday in our lives we die to this world, we shall not live to the next; unless there is the crown of thorns, there will never be the halo of light; unless there is the cross, there will never be an empty tomb; unless we lose our life, we shall not find it; unless we are crucified with Christ, we shall never rise with Christ. Such is the plan, and on our choice depends eternal issues. —Venerable Fulton J. Sheen