



Sandal Prints

August 2013

St. Clare Fraternity of the Secular Franciscan Order

Minister's Message

By Michael T. Reidy, OFS

Dear Sisters and Brothers,

Why Francis? Claim the Gift! Happy Q Anniversary!

Sorry we missed you at the July picnic, but returning from summer vacation, we were excited to receive our Q Anniversary Edition Tau! By now you should have received yours. Otherwise, look for it posted soon on the NAFRA website (http://www.nafra-sfo.org/tau-usa/tau_newarticles.html). The Q Anniversary Tau is filled with a number of excellent articles and synopses of notable Q addresses by Sister Ilia Delio, OSF, Brother Bill Short, OFM and others. The Q Tau is dedicated to Professor Ed Shirley, OFS, whose Q address we transcribed and distributed with the May Sandal Prints, "Perichoresis, The Divine Dance".

Our National Minister, Deacon Tom Bellos, OSF, summarized three lessons learned from the Q:

1. Hard work and attention to detail
2. Understanding and Sharing our Franciscan Gift
3. Putting our gifted vocation into action and Outreach.

The Q Theme, "Why Francis, Claim the Gift!", best summarizes these lessons learned. The Q2012 will continue, for the next three years, to be

continued on page 3

Gathering: Feast of St. Clare

By Kay Haberlach, OFS

Our next Gathering on August 11th is also the Feast of St. Clare, the patroness of our Fraternity. A special program is planned, including Vespers from the new Franciscan Liturgy of the Hours. Please plan to arrive by 1:15 p.m. so that we can begin promptly at 1:30 p.m. Those who are participating in the program should arrive by 1:00 p.m. An ice cream/cake social will follow Vespers and will take place in the Gathering room.

As of this writing, we do not know if we will meet in Conference Room A of the parish center at CTK or the Library of the parish school. All the renovations on the parish center have been completed and furniture returned to the usual rooms, except Conference Room A. Your patience is appreciated. You will be notified as soon as we know. Peace and blessings to all during this transition.

Calendar

August

- 11 Feast of St. Clare
- 11 Fraternity Gathering
1:15 p.m. Parish Center
*Christ the King Catholic Church
7414 SE Michael Dr., Milwaukie, OR*
Francis Center Donations:
socks - men, women, children
- 15 Assumption of the Blessed Virgin Mary—holy day of obligation
- 17 Open House—Q Review
2:00-4:30 p.m.
Mike & Clare Reidy's home
RSVP 360-718-8609
- 27 Sue Holcomb—13 yrs profession anniversary

September

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

Celebrate!

Sr. Loretta Schaff, ofS is celebrating her Golden Jubilee on Sunday, October 6 at 2:00 p.m. with a celebration of Praise and Thanksgiving at Lewis and Clark College South Campus Chapel. Reception follows. Please RSVP by September 14 if you are able to attend. schaffox@hevanet.com

Formation Corner

By Lynne Burns, OFS

Last week I read an article in the May-June issue of “The Way” magazine on the relationship between Clare of Assisi and her mother Ortolana. The article weaves insights on Ortolana, Clare and how it has made an impact on the students of Jean Molesky-Poz at Santa Clara University.

Ortolana’s name in Italian means “gardener”. Some of the values which Ortolana helped to cultivate (like a gardener?) in Clare along with her other two daughters was courage, prayer, and service to the poor. While on a pilgrimage, Ortolana, pregnant with Clare “heard a voice telling her she would give birth to a light that would shine brightly in the world.” The name of Clare means “the clear or bright one.” Clare and Ortolana had a very special relationship even before Clare was born, and throughout her life.

The mother-daughter bond that Ortolana and Clare shared is an inspiration for me especially as I work on my relationship with my daughter. At times I am challenged and need prayer and “light” to guide me. A personal experience I had after reading the article on Clare and Ortolana was to pray and ask for their intercession. The very next day after my prayer, my daughter and I had a wonderful time cooking in the kitchen. It was a special time of bonding together through laughter.

We, as a fraternity, can ask for Clare and Ortolana’s intercession as we seek to cultivate and deepen our relationships with one another. *Lord, may Clare (our fraternity’s namesake) shine Jesus’ light brilliantly through us to our world.*

Eat More, Meat Less

A couple of favorites from this year’s summer picnic!

Smashed Potato Salad (Lete Davis, OFS)

2 Tbsp German mustard
1/3 cup vinegar
1 tsp salt
1/2 tsp black pepper
1/2 cup olive oil
3 pounds small red potatoes
1 Tbsp salt
1 bunch green onions, sliced
3 ribs celery, sliced
1/2 bunch Italian parsley, chopped
1/4 cup capers drained and rinsed

Whisk the mustard and vinegar until smooth. Add 1 tsp salt and the pepper. Whisk in the olive oil gradually in a thin stream until emulsified. Set aside until ready to dress the potatoes. Cook the potatoes and 1 Tbsp salt in water to cover until barely tender. With a large spoon or potato masher gently mash the potatoes leaving mostly large pieces. Toss in the dressing and let cool. When cooled, add the remaining ingredients, toss together and chill.

St. Clare and the Passion of the Lord

By Fr. Russell Becker, OFM

Clare, like Francis, had a deep love for the Christ who suffered and died for our sake. Blessed John Paul II said “If Catherine of Siena is the saintly woman full of passion for the Blood of Christ, the great Teresa of Avila is the woman who goes from “mansion” to “mansion” to the threshold of the great King in the Interior Castle, and Therese of the Child Jesus is the one who, in Gospel simplicity, travels the little way, Clare is the passionate lover of the poor, crucified Christ, with whom she wants to identify.”

When Clare heard Francis speak of the Lord and his great love for us, she became the good ground in which the seed could take root, and it yielded a hundredfold over! She was transformed by the love of Christ that she had experienced throughout her life in sickness, turmoil, danger, sadness and joy. Her sisters were guided by her example and words to embrace the suffering Christ in confidence:

“If you suffer with him, you shall reign with him; if you weep with him, you shall rejoice with him; if you die with him on the cross of tribulation, you shall possess heavenly mansions in the splendor of the saints and, in the Book of Life, your name shall be called glorious among the people.” (*Second Letter to Agnes of Prague*)

Clare is a great example for us as we struggle to live the Paschal Mystery. The dying and rising of Christ, and our sharing in it, draws us closer and closer to the Lord who gave himself for our sake and calls us to embrace his cross as our cross, so that his Easter will be our Easter.

Vegetarian Split Pea Soup (Tricia Fryer, OFS)

Makes 10 1-cup servings.

2 cups split peas, washed
2 quarts water
1/4 cup snipped fresh parsley
1 cup sliced celery
1 cup chopped carrots
1/2 cup diced onion
1 cup diced potato
1 clove garlic, minced
1 bay leaf
1/2 tsp crushed oregano
1/2 tsp. crushed basil
1 tsp. Italian seasoning
1/8 tsp. salt
pinch cayenne

Combine all ingredients in a Dutch oven. Bring to a boil. Reduce heat, cover and simmer 1 hour or until peas are cooked through. Remove bay leaf before serving.

Tricia’s variations: I used about 1 1/2 cup split peas and 1 cup fresh (homegrown!) peas for my soup at the picnic. I have used green onion or yellow onion. I like to use one small russet potato and part of a yam. I have pureed the soup, but prefer it a bit chunky. I also use less salt than called for.

Celebrating Seventy Years of Humble Service

By Paula Voborsky, OFS

On July 11th, over 200 people gathered to pray and celebrate with Fr. John dePaemelaere, OFM, 94, on his 70th anniversary of religious life. Friars, Sisters, and Secular Franciscans from throughout the Pacific Northwest and California as well as personal friends were present. Even a contingent of people came from California to cook the food for the festive celebration that followed the time of prayer.

Fr. John has served in the Northwest for 60 years. In addition to working in the postulant program for the Santa Barbara province, Fr. John was the Regional Spiritual Assistant to the Troubadour of Peace Region of the OFS.

During the prayer service, the Minister General of the Santa Barbara Province offered some reflections about Fr. John. He related that three months earlier, he came to Fr. John to tell him that the Province was moving the postulancy to Mission Santa Barbara. He offered Fr. John the option retiring in place in the Pacific Northwest where he served for so long. He assured Fr. John that he would be well looked after. Fr. John asked the Minister what did the Minister want Fr. John to do. The Minister responded that the really liked what Fr. John was doing in the postulancy and would be pleased if Fr. John wanted to continue in that ministry. Fr. John said, then he would go. The day of the celebration the Minister again asked Fr. John if he would like to stay in the Pacific Northwest. Fr. John told him his bags were already packed.

This simple tale sums up Fr. John: humble, obedient and willing to serve no matter what the cost to himself. He is the living example of what we are called to become. He “preaches the Gospel at all times” by his presence, his prayer life,

*Prayers for a
safe journey, Fr. John!*

Santa Barbara
CA



Minister's Message, continued from page 1

the major event of the OFS in America. The next Q will occur in July, 2016.

Clare and I have committed to an ongoing **Open House** devoted to reviewing both the Q and subsequently our fraternal Pentecost Retreat. Our open house began this summer with a review of Sister Ilia's Q address. Everyone is invited on the 3rd Saturday of every month between 2:00-4:30 p.m. For those interested, we attend the Saturday vigil Mass afterwards at St. John the Evangelist Church in Vancouver. Please note: this date is deliberately picked to be a recurring fraternal event shared with the formation team, so please RSVP with Clare to confirm dates and times. Thanks to the members who RSVP'd this month.

We are excited for the opportunity to open house in addition to our regular meetings for fraternity, local groups and formation. Our sister fraternities of both Eugene and San Bonaventura have set the example of regularly meeting several times a month as a fraternity. For those whom distance is a factor, we encourage an individual or local group Q DVD review. If you would like your own copy, it is available at <http://www.franciscanvideos.com/p/blog-page.html> The Pentecost retreat Blu-ray is also available for checkout from our St. Clare library.

The Q Theme, "Why Francis?" is the question Brother Maseo asked Francis. Why is the whole world chasing after you? The question is, "What attracts so many people to the Franciscan family? The Franciscans, especially the Secular Franciscans, represents the largest order in the Catholic Church, over a million members!

We should be prepared to answer the questions: What attracted me to this form of gospel life exemplified by Francis and Clare, the Secular Franciscan Order? Are others being similarly drawn by my life's example?

But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asks you the reason of the hope that is in you with meekness and fear. 1 Peter 3:15

"Claim the Gift!" means both to understand and share our Franciscan gift, but also requires putting our gifted vocation into action and outreach. The Latin vulgate translation of *gospel life* is "vitae evangelica" Gospel life literally translates: "living evangelically."

As Secular Franciscans we are "called to build a more fraternal and evangelical world" (Rule 2:14). We profess into fraternity. Fraternity is the privileged place for developing a sense of Church and the Franciscan vocation and for enlivening the apostolic life of its members. (Rule 3:22). *This is how all will know that you are my disciples, that you have love for one another* (Jn. 13:35).

Francis had two 'great loves' in particular, and he associates this expression with two great mysteries of our

Christian faith: the 'humility of the Incarnation and the charity of the Passion' (1 Celano XXX 84): incarnation and passion, humility and charity, Christmas and Easter.

Bonaventure adds the Eucharist, reporting that "Francis wanted to think only of three things: the **Poverty of the Incarnation**, the **Charity of the Passion**, and the **Humility of the Eucharist**." St Francis himself declares, "O sublime humility! O humble sublimity, That the Lord of the whole universe, God and the Son of God, should humble himself like this and hide under the form of a little bread for our salvation." "Letter to All the Faithful" (Omnibus, Writings of Francis pg 105)

Have among yourselves the same attitude that is also yours in Christ Jesus, Who, though he was in the form of God, did not regard equality with God something to be grasped. (Sine Proprio, without grasping, poverty) Rather, he emptied himself (Kenosis, self emptying, humility), taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross. (Agape, compassion, charity) Philippians 2:5-8

In closing, thanks also to everyone who attended Fr. John's anniversary and going away party! We will have a separate article soon just to remember Fr. John, our local Friar who ran the Portland Postulant House moving to Santa Barbara, CA and our Regional Spiritual Assistant to the OFS for the past decade. He is the senior friar in the Santa Barbara province and very beloved by all.

Peace & Good,
Mike

Clare and Eucharist

One cannot improve on Clare's beautiful reflection on the Eucharist in her Fourth Letter to Agnes of Prague. Savor her inspired words.

Happy, indeed, is the one permitted to share in this Sacred Banquet so as to be joined with all the feelings of her(his) heart to Him . . .

Whose *beauty* of all the blessed hosts of the heavens unceasingly admire,
Whose *affection* moves,
Whose *contemplation* invigorates,
Who *generosity* fills,
Whose *sweetness* replenishes,
Whose *remembrance* pleasantly bring light . . .

by Sr. Loretta Schaff, OSF, Spiritual Assistant

Saintly Inspiration

By Jim Burns, OFS

This month consider the writings of St. Clare of Assisi and the patron of the Third Order, St. Louis IX, King (of France). I'm still seeing connections to Jesus on the cross, but this time it is seeing our reflection rather than seeing through Jesus' eyes. And who and what kind of real life do we see? Do we long to let that power of love pour through us and how are we passing by? Do we pass into church to pray orally and in meditation?

From the Spiritual Testament of Saint Louis to his son...

"My dearest son, I exhort you above all else to love the Lord your God with your whole heart and with all your strength; there is no salvation apart from this.

Keep yourself free from everything you know to be displeasing to God, that is, from every mortal sin. You must be willing to suffer any kind of martyrdom rather than commit a grievous sin.

Furthermore, if God wills that you endure some trial, accept it lovingly and gratefully. Remember that it happens to you for your own good and that you may very well have deserved it. If on the other hand the Lord bestows good fortune on you, humbly thank him, and take care not to become worse because of it. Avoid vain-glory too, lest you offend God through the blessings he grants you.

Attend the services of the Church willingly and devoutly, and while in church take care not to let your eyes wander. Guard against idle conversation and pray to God devoutly in oral prayer and pious meditation.

Be kindly disposed toward the poor, the wretched and afflicted; help them as much as you can and console them. Thank God for all the blessings he has bestowed on you so that you may be worthy to receive greater ones..."

Jack Jezreel Speaks at All Saints Church

By Natalie Ettlin, OFS

In May, Jack Jezreel, founder of the Just Faith Program, delivered an address at All Saints Church as part of the Tobin Lecture series. Just Faith is a 27-week program that explores Catholic social teaching. It is also available to other denominations.

Jezreel compared Francis of Assisi and his mission to the ideal parish life. He said that like Francis, who received instruction from the Crucifix at San Damiano to repair His church, we should also heed that message to restore the church to its intended purpose.

In our parishes we should celebrate the Eucharist, proclaim the Word, celebrate the sacraments and serve the poor. Good parishes are judged by how well they serve the poor.

From a Letter of Saint Clare, virgin, to Blessed Agnes of Prague...

"Look in this mirror every day, O queen and bride of Jesus Christ. Keep gazing at your image reflected in it so that you may be clothed and adorned with the flowers of all virtues ...

In this mirror by the grace of God you will be able to observe blessed poverty, holy humility and love beyond the power of words to describe. As you gaze into it you behold the poverty of him who was laid in the manger and wrapped in swaddling clothes. What wondrous humility! What astonishing poverty! The king of angels, the Lord of heaven and earth, is laid in a manger. Continuing your gaze you note the countless toils and sufferings he endured to redeem the human race; you discern also the ineffable love which made him willing to die a most shameful death on the cross...

When this mirror is hung on the wood of the cross it admonishes all passers-by in these words: All you who pass by, look and see whether there is any suffering like my suffering..."



Parish work (or mission) is divided into two activities: gathering and sending. Gathering in the 21st century is comprised of religious education, R.C.I.A., liturgy, marriage preparation, Eucharist, and scripture study. Sending is ministering to the poor, through St. Vincent de Paul societies; assisting immigrants, battered women, and other marginalized groups; and peace making.

Our parishes are primarily about gathering. As a result we need to rethink sending, which should include emphasizing the common good and the dignity of creation; avoiding violence and embracing the gift of life.

We need to heed the same words Francis heard from the crucifix, "Francis, repair my church."



Franciscan Saints and Blesseds - August

- 2 Our Lady of the Angels at the Portiuncula
- 3 Bl. Frederic Janssoone, priest, I Ord.
- 4 St. John Vianney, priest, III Ord.
- 7 Bls. Agathangelus and Cassian, priests and martyrs, I Ord.
- 8 Holy Father Dominic, priest, founder, Order of Preachers
- 9 Bl. John of La Verna, priest, I Ord.
- 11 St. Clare of Assisi, virgin, II Ord.
- 13 Bl. Mark of Aviano, priest, I Ord.
- 14 St. Maximilian Kolbe, priest, I Ord.
- 17 St. Roch, III Ord.
- 18 Bls. John-Louis Loir, Protase Bourdon and Sebastian François, priests, martyrs of Rochefort, I Ord. * On this day the Conventuals celebrate Bls. Louis-Armand Adam and Nicholas Savouret, priests, martyrs of Rochefort, I Ord.
- 19 St. Louis of Toulouse, bishop, I Ord.
- 21 St. Pius X, pope, III Ord.
- 23 Bl. Bernard of Offida, religious, I Ord.
- 25 St. Louis IX, king, Patron of the Third Order
- 27 The Seven Joys of Our Lady (OFM Conv. on 8/26)

The Lord Is My Pacesetter

The Lord is my pacesetter, I shall not rush.
He makes me stop and rest for quiet intervals.

He provides me with images of stillness
which restore my serenity.

He leads me in ways of efficiency,
through calmness of mind,
and his guidance is peace.

Even though I have a great many things to
accomplish this day,

I will not fret,
for his presence is here.

His timelessness,
His all-importance,
will keep me in balance.

He prepares refreshment and renewal
in the midst of my activity
by anointing my head with the oil of tranquility.

My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruits of my hours,
for I shall walk in the place of my Lord,
and dwell in His house forever.

written by Toki Miyashina, submitted by Claudette Elmore, OFS

Treasurer's Report

By Lete Davis, OFS

Month ending June 30, 2013

General Income	\$387.42
General Expenses*	\$100.00
Account Balances	\$2790.45

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

Consolidated Retreat Statistics January 1-May 31, 2013

Retreat income and expenses have been reported on a monthly basis. Here is a summary for this year.

Income	\$5640.00
Expenses	\$5306.19
Retreat Fund Balance	\$1021.26

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 August 20

This month's banner includes a portion of a window created by master stained glass artist Lyse Charland Favretti.

It is located at Cimetière Notre Dame des Neiges in Montreal, Canada.