

Sandal Prints

February 2018

Minister's Message

by Evelyn Brush, OFS

Sisters and Brothers,

Sometimes we never know when Jesus will appear or what He will look like. Today at Mass we did the kick-off of the Archdiocese of Portland's Archbishop's Catholic Appeal (ACA). With our pastor off on medical leave, I was tasked with the job of addressing the congregation on this important campaign and make the sales pitch. At one of the Masses we had a local homeless man wander into the church and join us. His mental state didn't allow him to sit still so he would wander up the aisles and at time stand in front of the pews so he could be close to the altar. He was a slight man, with dirty hands, but his odor was not too oppressive. After giving the pitch for the ACA, I explained that we had a visitor with us today, that he was not dangerous. I reminded everyone that "Jesus has many faces" in hopes that they would respect him and not be frightened.

But the man made several of our older gentlemen nervous and they wanted to forcibly escort him out of the church. I reminded them that our sign in front of the church says "ALL WELCOME" and that we really mean it. The man continued to quietly walk around the church, flitting here and there. One could see that he didn't have the capacity to sit or kneel so as to participate. The Mass continued unabated. I tried to reassure the older gentlemen and keep them from calling the police, all the while keeping a watchful and welcoming eye on our visitor. The man reminded me of a small bird when it's trapped inside a big building like Costco.

When it was time for the Our Father, many people stretched out their arms to hold hands. The man was standing midway up in the center aisle. Seeing the outstretched hands, he stretched out his hands to join them. Without hesitation, two parishioners on each end of their respective pew accepted his hand in prayer. This simple gesture of respect made my heart swell and brought a tear to my eye.

The man flitted around some more and then, at Communion time, he just disappeared. No one had seen him enter the church and no one saw him leave. I suggested to the older gentlemen that perhaps we had been visited by an angel? They thought **not** and called the police as soon as I wasn't looking. Later that day I found out the man's name: Francis (Frankie for short). Wow! That took my breath away! We were honored to have Frankie join us for Mass.

Peace and All Good,

Evelyn

February

Gatherings

- 11 Fraternity Gathering
1:15 pm, Parish Center
Christ the King Catholic Church
11709 SE Fuller Rd., Milwaukie, OR
Donations for Francis Center:
men's underwear and socks

Birthdays

- 9 Bob Sells

Profession Anniversaries

- 2 Clare Reidy - 31 yrs

Refreshments & Vespers

February 11, 2018
Shonne Farrell, Laura Wagman,
Evelyn Brush

Please sign up at the February Fraternity gathering to help provide refreshments and lead prayer on a future date.

A Little Book for Lent

The Little Monk by Harry Farra

A humble and self-effacing "little monk" is the unlikely hero of this gentle parable about making prayer the centerpiece of life. The little monk is sent to a mythical monastery, where he must learn about prayer, one lesson a year. The little monk goes on his journey--a loving metaphor for the spiritual search we all undertake.

Our Fraternity Vision: To be a contemporary incarnation of Christ Jesus as a vibrant fraternity in the spirit of St. Francis and St. Clare of Assisi through contemplation of the Gospel, on-going conversion and service to others.

Spiritual Reflections

by Sr. Loretta Schaff, osf

As the Lenten season approaches, I offer the following prayer attributed to St. Francis. There was an expressed request in the evaluations that the Formation Team received that the Fraternity become more aware of prayers from Francis and Clare. You are encouraged to make this prayer your own and frequently pray, especially each time one enters a Church.

We adore You, O Lord Jesus Christ, in this Church and all the Churches of the world, and we bless You, because, by Your holy Cross You have redeemed the world.

2018 Ongoing Formation Calendar

Gatherings are at Christ the King Parish Offices on the 2nd Sunday of the month, unless noted below. Any future changes will be published in the newsletter.

February: FUN Manual: Vocation and Call

March: Justice and Peace presents Human Trafficking

April: FUN: Our Identity as Secular Franciscans

note May date change due to Regional Visitors:

May 6: FUN: Charism and Mission

June: FUN: Fraternity and Francis

July: Picnic

August: 70th Anniversary of St. Clare Fraternity

September: FUN: Francis/ Divinity of Christ/ Cosmic Christ

October: Outreach to the poor activity, TBD

November: FUN: Franciscan Theology/ Spirituality

December: FUN: Franciscan Theology/ Spirituality

Lenten Prayer

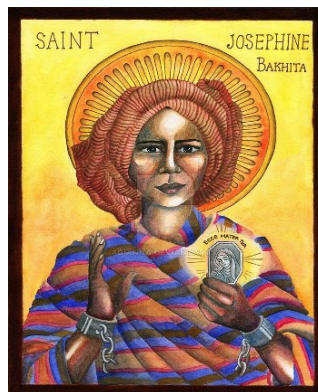
By Jane Deren

May Lent be for us
a time of learning to see
where Christ is crucified today,
a time of learning
to recognize the complex roots of injustice,
to recognize the Gethsemanes
in our global community.
May we witness the suffering
of God's children
as Mary witnessed her beloved son's suffering.

May Lent be for us
a time of learning to become
an Easter people,
a time of learning
to recognize the deep roots of compassion,
to recognize we too are called
to witness the empty tomb and
to announce to a world in despair
the Hope of the Resurrection. Amen.

Josephine Bakhita

Patron Saint of Victims of Human Trafficking



St. Josephine Bakhita, enslaved during her own childhood, has emerged as a patron not only for her home country of Sudan, but for all victims of human trafficking.

The girl, Josephine, was born about 1869 in the village of Olgossa in the Darfur region of Sudan. It is believed that she had a good family who loved her and she was happy and well cared for.

Unfortunately, in February 1877 she was kidnapped by Arabic slave traders and forced to walk barefoot 600 miles to El Obeid. The seven-year-old girl was bought and sold twice during this horrible journey.

For the next twelve years she was bought and sold and abused by the traders and the owners. She forgot her original name and the traders called her Bakhita which means fortunate. Josephine was beaten, whipped, patterns were cut into her skin and the wounds were salted to make permanent scars. One owner, a Turkish general gave her to his wife and mother-in-law who beat her daily.

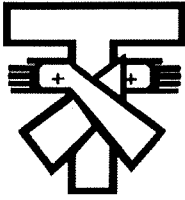
In 1883 Josephine was sold to the Italian Vice Consul, Callisto Legani. He was a much kinder master and he did not beat her. When he returned to Italy he brought her along. She was given away to a family as a gift and she served them as a nanny.

It was while she was working with the children that she was exposed to the Catholic Church and the Conossian Sisters. When her mistress was going back to Sudan, Josephine refused to go. The Italian government, upon review of her origin supported her decision because Sudan did not support slavery and she was born free. Josephine stayed with the Conossian Sisters and eventually professed. She spent the rest of her life doing menial labor for the Sisters. Her charisma and reputation for sanctity was noticed by her order and they wrote a story about her life that brought people to see her. She was very happy being a spouse of Jesus.

During the last year of her life she had a great deal of pain because of the mistreatment she endured as a child. She valiantly endured the pain and gave it up for her prayers with the mercy of Jesus for those who hurt her. Josephine passed away at 8:10 PM on February 8, 1947.

"Never forget that justice is what LOVE looks like in public."

—Cornell West



History of the *Rules* of the Secular Franciscan Order

1221: Francis writes a letter that becomes the basic *Rule (Memoriale Propositi)* of the Third Order, a Franciscan Order for lay men, lay women and diocesan clergy. In the same year, Pope Honorius III writes to the Bishop of Rimini, urging him to protect the “Penitents” who are being forced to take up arms

1228: A revised version of the Letter of 1221 (*To the Faithful*) gives some of the precise rules required by the Church [for example, + simplicity of dress + eat meat on only three days of the week + fast every Friday + take Holy Communion three times a year + pay their tithes fully (outstanding debts or overdue tithes) + not bear arms or take up arms against anyone (some historians believe the refusal to bear arms helped bring an end to the Crusades; little wonder there was no great love for the “Penitents” among the powerful) + guide their families in living a Christian life + reconcile with neighbors (with whom they quarreled) + be free of all suspicion of heresy + take oaths only – to preserve peace, keep faith, refute slander or give evidence in court + attend Mass together once a month + pay their monthly contribution (used for the needs of the sick and needy) + attend funerals + visit the sick + offer prayers for all + make out their will within three months of profession + and settle legal disputes among themselves]; in addition, a woman needs the consent of her husband before entering the Movement

1238: Pope Gregory IX mentions the three Orders founded by St. Francis

1288: (February 22) Nicholas IV becomes the first Franciscan friar to be elected pope

1289: (August 17) In the Papal Bull *Supra Montem* Pope Nicholas IV gives the Franciscan Third Order a revised *Rule of Life* “for seculars living in their own homes, called *Tertiaries*” which recognizes Francis as the founder of the Order of Penitents and gives the friars of the First Order responsibility for the *visitatores et formationes* of the Penitents; it contains 20 chapters and follows *The Rule* of 1221, but arranges things in better juridical order

1686 – 1689: *General Constitutions* are drawn up; Pope Innocent XI ratifies them in 1689

1883: Pope Leo XIII gives the Franciscan Third Order Secular a new *Rule* which contains three chapters and spells out what should and should not be done [for example, avoid extremes, avoid lewd shows, receive monthly Holy Communion and confession, and recite the “Office” of 12 *Our Fathers* and 12 *Hail Marys*]; the Order becomes more a devotional society or organization than an Order

1957: Another set of *General Constitutions* is published

1978: (June 24) Pope Paul VI (now Blessed Paul VI) promulgates a revised *Rule of the Secular Franciscan Order* (three chapters, 26 articles) which reflects more faithfully the *Letter to the Faithful* (1st version); this *Rule* clearly situates the Secular Franciscan Order within the family of the Church and with the other members of the Franciscan family

2000: The current *General Constitutions* are approved

2013: The current *National Statutes* are approved for the United States



2018 Monthly Prayer Intentions

To underline our communion with the Pope, we offer the intention of the Holy Father for the month and an intention for OFS according to the life and important events of the Order.

Say "No" to Corruption: That those who have material, political or spiritual power may resist any lure of corruption.

OFS: For the national fraternities of RD Congo (VP) and Cyprus (VFP)

Franciscan Saints and Blessed

FEBRUARY

- 4 St. Joseph of Leonissa
- 6 Sts. Peter Baptist, Paul Miki, and Companions
- 7 St. Collette
- 9 Bl. Mother Maria Theresia Bonzel
- 19 St. Conrad of Piacenza

Eat More, Meat Less

Fiery Tomato-Basil Mac and Cheese

www.readyseteat.com

- 16 oz elbow macaroni, uncooked
- 2 cans (14.5 oz each) Fire Roasted Diced Tomatoes, undrained
- 1 cup packed fresh sweet basil, chopped
- 1/2 cup unsalted butter
- 1/2 cup all-purpose flour
- 2 teaspoons kosher salt
- 5 cups milk
- 4 cups shredded sharp Cheddar cheese
- 1-1/2 cups Italian-style bread crumbs
- 1 cup grated Parmesan or Romano cheese
- 4 tablespoons unsalted butter, melted
- basil leaves for garnish, optional

Preheat oven to 400°F; spray 15x10-inch (4-quart) casserole dish with cooking spray. Cook macaroni according to package directions. Drain and place in large bowl. Add undrained tomatoes and basil. Stir to combine; set aside.

For sauce, melt 1/2 cup butter in saucepan over medium heat. Whisk in flour; continue whisking over medium heat 5 to 6 minutes or until flour mixture (roux) is browned. Add salt; gradually whisk in milk until combined. Constantly whisk sauce 10 to 12 minutes or until it thickens and begins to simmer.

Remove from heat; add Cheddar cheese. Gently mix until completely melted. Pour cheese sauce over macaroni mixture; stir to combine. Pour into prepared dish.

Combine bread crumbs, Parmesan cheese and 4 tablespoons butter. Spoon evenly over top of macaroni mixture. Bake 15 to 20 minutes or until top is golden brown. Garnish with basil leaves, if desired.

Treasurer's Report

by Jim Burns, OFS

Month ending December 31, 2017

Account balances	\$ 3799.60
General Income	\$ 1208.00
General Expenses*	\$ 100.00

As of December 27, 2017

Account Balances	\$ 3582.60
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*Expenses include monthly and necessary budgeted expenses to operate the Fraternity.

Contributions may be mailed to the Fraternity Treasurer at:
St. Clare Treasurer, 14917 NE 87th St.,
Vancouver, WA 98682

"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

Council Members

Minister

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Vice-Minister

Ramiro Hernandez, OFS

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Treasurer

Jim Burns, OFS

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Mike Reidy, OFS

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Sister Loretta Schaff, ofS

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Newsletter Editor

Barbara Allen, OFS
rosesoap@gmail.com

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

This month's banner:

Into the desert for Lent.