



# Sandal Prints

January 2018

## Minister's Message

by Evelyn Brush, OFS

*Sisters and Brothers,*

This new year provides us a chance to reflect on 2017, as well as outline our hopes for 2018. Sometimes I find myself a bit timid in identifying hopes and dreams, lest I reach too high or sense a shadow of disappointment even before the year is over. I can easily set goals and expectations for the year, because I have a sense of control over accomplishing them. I can strategize, budget, and allocate energy to the goals on my to-do list. But hopes and dreams are different. They take trust and a vision.

A few weeks ago, the Mass reading was from Isaiah, chapter 7, where God told Ahaz to ask for anything he wanted: "let it be deep as the nether world, or high as the sky." Ahaz did not use the opportunity to ask, thus troubling God. The presider urged us to not be afraid to ask God for things, even big things. But there is safety in not asking. If we don't ask, we can't be disappointed. So this new year, I want to be bold and ask God and let God. Otherwise, I will be limiting myself to what I can achieve on my to-do list, and failing to trust God with the biggies, which brings me to:

"God Doesn't have Grandchildren."

This is what one of my wise professors at Catholic Theological Union told me a couple of years ago as I was fraught with worry about my adult daughter. God doesn't have to go through us to care for our children, our loved ones. We are not the necessary conduit for God's grace to have an effect. Our worry and stress, or our refusal to dream rather than worrying and fretting, does not help build the Kingdom. Each of our loved ones, as well as each of our enemies, is a child of God not dependent on us. That realization has helped me catch my breath and exhale fully. Now I can dream and ask God for the biggies that Ahaz refused to do. Now I can boldly vocalize my dreams for this new year. What are your dreams for 2018?

Peace and All Good,

*Evelyn*

*National Migration Week is January 7 - 13; National Human Trafficking Awareness Day is January 11th. Pope Francis has called us all to "Share the Journey" with migrants and refugees. See more about how you can respond in this month's newsletter.*

## January

### Gatherings

- 14 Fraternity Gathering  
1:15 pm, Parish Center  
*Christ the King Catholic Church  
11709 SE Fuller Rd., Milwaukie, OR*

### Birthdays

- 1 Dorothy Palzinski  
4 Tom Brannon  
9 Shirley Stevens  
11 Mike Reidy  
12 Marie Stobie  
29 Lynne Burns

### Profession Anniversaries

None this month

### Refreshments & Vespers

January 14, 2018  
*Lynne & Jim Burns,  
Barbara Allen*

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

## A Note About Prayer

Beginning in January, our communal prayer during Fraternity gatherings will be mid-day prayer with that day's gospel reading. Mid-day prayer is a better fit to the time of day during which we pray together and is a bit shorter. Using the Sunday gospel reading for the date of our gathering allows us to read the gospel together.

**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

The wonder of the Incarnational season is *not* over. How easily one can forget that every moment of our existence has the capacity to be aware of the intimate Incarnational nearness of God . . . the God Francis knew . . . the God who is Love . . . who is Charity . . . who is Good . . . who is Humility . . . who is Wisdom . . . who is Patient . . .

Oh! God is patient with us? . . . waiting for us to become who are created to be . . . waiting for us to be God's presence in our daily reality . . . whether it is in our apartment complex, place of work, neighborhood, family, people we meet on the street or in the store. The wonder of God being enfleshed in Jesus can only be "dimly comprehended". God being enfleshed *in us* is equally dimly comprehended.

God is waiting for us to wake up to continue the Incarnational Love of this season each day . . . God's presence enfleshed as we reach out to those who are in need in our lives, in our city, in our neighborhood, in our world . . . and yes, even ourselves. It looks differently for each one because of our time, our gifts and our resources. But open the circle of one's heart and life to others, for the mystery of God enfleshed in the other is just as real and dimly comprehended.

"This Patient God will never give up" on us. God needs our hands, our feet, our hearts, our service to bring the intimate nearness of God's Incarnational love, care and concern to others.

This reflection was inspired by a poem by Edwina Gately.

Blessings of sweet grace and peace as the gift of a New Year unfolds.

## It's Evaluation Time!

At our January fraternity gathering, we will be doing the annual evaluation. In years past the evaluation was done in spring so that the formation team could plan for the upcoming school year. From this point forward, we will be shifting to a calendar year, rather than a school year. This shift will put us in line with the reporting responsibilities we have for the Region.

We need your help to design ongoing formation, to know what will nurture and deepen your Franciscan vocation. Please let us know by answering these two questions:

1. What activities, topics, programs at fraternity gatherings nurtures your Franciscan vocation; what feeds you?
2. What don't you want?

Please think about them now so that you will be prepared to write out your answers. By having these open-ended questions, we hope you can be deliberate in your answers.

## TAU-Daily

Receive a daily email featuring, in rotation, the Rule of the Secular Franciscan Order, the Admonitions of St. Francis, an article from the General Constitutions / National Statutes, Little Flowers of St. Francis, Franciscan quote, and a Franciscan saint of the day. (This is not a discussion list.)

To subscribe, send a **blank** email to:

[TAU-Daily-subscribe@yahoogroups.com](mailto:TAU-Daily-subscribe@yahoogroups.com)

If you feel the need to leave the list, there is an unsubscribe link at the bottom of each email. You are welcome to subscribe again when the time is right for you.

This year's schedule:

Jan OFS Rule  
Feb Admonitions  
Mar OFS General Constitutions  
Apr OFS USA National Statutes  
May Francis Quotes  
Jun OFS Rule – with questions  
Jul Admonitions – with questions  
Aug Clare Quotes  
Sep OFS General Constitutions  
Oct OFS USA National Statutes  
Nov Little Flowers  
Dec Little Flowers  
Plus the Franciscan Saint of the Day, if applicable.



Congratulations to Mary Lou Betzing, OFS (pictured on the right) on the occasion of her 25th anniversary of profession to the Secular Franciscan Order. Mary Lou received a commemorative certificate from Fraternity Minister Evelyn Brush, OFS and renewed her profession promises at the December Day of Reflection.





## Understanding Pope Francis' message

### “MIGRANTS AND REFUGEES: MEN AND WOMEN IN SEARCH OF PEACE”

Pope Francis began his papacy five years ago, on March 13. No one knew what to expect when Cardinal Jorge Mario Bergoglio of Argentina announced that he would take the papal name Francis.

Saint Francis of Assisi, preacher of brotherly love and peace, best known for his love of nature and animals, is most commonly quoted for having said “Preach the Gospel at all times. When necessary, use words.”

### Faith in Action

True to his name, Pope Francis has been known to use his actions to preach the Gospel. Possibly his best known act has been his washing the feet of those typically considered outcasts as part of the Maundy Thursday Lenten ritual. The pope has poured water on the feet of refugees, migrants, and prisoners, and kissed them to recall Jesus' washing the feet of his apostles at the Last Supper.

Now, Pope Francis is using his annual message for the Church-sponsored World Day of Peace, held on January 1, to further teach the Church that migrants and refugees are our brothers and sisters rather than a force to be feared. He says that those who foment fear of refugees and migrants are sowing violence, racial discrimination and xenophobia, while they could be building peace instead.

In the message entitled “Migrants and refugees: men and women in search of peace,” Francis, the son of immigrants, says, “All indicators available to the international community suggest that global migration will continue for the future. Some consider this a threat. For my part, I ask you to view it with confidence as an opportunity to build peace.”

### Opportunity to Build Peace

The pope notes that there are currently 250 million migrants around the world, of whom 22.5 million are refugees. He identified several causes for these unprecedented numbers: protracted violent conflicts and wars, a desire for a better life, and poverty caused by environmental degradation.

*“ I ask you to view [global migration] with confidence as an opportunity to build peace. ”*

In order to find peace, the pope says, asylum seekers, refugees, migrants and victims of human trafficking are willing to “risk their lives” on long and dangerous trips, only to “encounter fences and walls built to keep them far from their goal.”

## Four-part Strategy

Pope Francis names a four-part strategy, rooted in Scripture, for nations to offer refugees and migrants an opportunity to find the peace they seek.

- **Welcome** them by expanding legal paths for safe migration and ending deportation back to countries where they would face persecution and violence. Pope Francis says Scripture reminds us: “Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.” (Hebrews 13:2)
- **Protect** the dignity of vulnerable populations, in particular women and children, from danger and exploitation. Pope Francis quotes the psalm, “The Lord watches over the foreigner and sustains the orphan and the widow” to demonstrate that “God does not discriminate.” (Psalm 149:9)
- **Promote** integral human development of migrants and refugees by ensuring their access to education to cultivate their own potential but also “to better equip them to encounter others and to foster a spirit of dialogue rather than rejection or confrontation.” The pope says God “loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.” (Deuteronomy 10:18-19)
- **Integrate** them in the daily life of the society that welcomes them, as part of “a process of mutual enrichment and fruitful cooperation.” The pope quotes the apostle Paul: “You are no longer foreigners and strangers, but fellow citizens with God’s people.” (Ephesians 2:19)

## Global Compacts

The pope also names two pending agreements, known as Global Compacts, one for safe, orderly migration and the other for refugees, that the United Nations is scheduled to draft and approve in 2018 as the structure in which nations can meet their obligation to assure human rights for all migrants and special protections for vulnerable migrants, such as refugees, forced migrants, victims of human trafficking, and women and children at risk.

Pope Francis says that the compacts need to be “inspired by compassion, foresight and courage” so as to advance peace. “Only in this way can the realism required of international politics avoid surrendering to cynicism and to the globalization of indifference.”

## Ways to Respond

**Read and share the World Day of Peace message** of Pope Francis. Gather your faith community to ask: How might the Holy Spirit be calling us to respond to the needs of our refugee and migrant brothers and sisters? <http://bit.ly/WDP2018>

**Celebrate the life of Saint Frances Xavier Cabrini**, an Italian immigrant to the United States who became the first U.S. citizen to be canonized. Pope Francis describes Mother Cabrini in his World Day of Peace Message as “a remarkable woman, who devoted her life to the service of migrants and became their patron saint, taught us to welcome, protect, promote and integrate our brothers and sisters.” 2017 was her centenary year (1917-2017).

<https://www.motherscabin.org/>

**Send a letter to President Trump.** The Trump administration announced on December 2 that the U.S. government is withdrawing from the process at the UN to develop a Global Compact on Migration. Ask the president to reconsider this decision. <http://bit.ly/USCompact>

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## 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.

Evangelization—Religious Minorities in Asia: That Christians, and other religious minorities in Asian Countries, may be able to practice their faith in full freedom.

OFS: For the national fraternities of Togo, Mozambique, and Korea.

## Franciscan Saints and Blessed

### JANUARY

- 1 Solemnity of Mary, Mother of God
- 3 Holy Name of Jesus
- 7 Bl. Angela of Foligno
- 12 St. Bernard of Corleone
- 14 Bl. Odoric of Pordenone
- 16 Sts. Berard and Companions
- 24 St. Francis de Sales
- 27 St. Angela Merici
- 30 St. Hyacinth of Mariscotti
- 31 St. John Bosco

## Eat More, Meat Less

### Vegan Pumpkin Chili

[www.fatfreevegan.com](http://www.fatfreevegan.com)

- 1 bag of meat-free crumbles (such as Boca Ground Crumbles)\*\*
- 1 medium onion, chopped
- 1 cup canned pumpkin (or squash)
- 1 28 oz. can diced stewed tomatoes
- 1 15 oz. can kidney or black beans, drained & rinsed
- 1 12 oz. bottle of chili sauce
- 1-2 tablespoons chili powder
- 2 teaspoons pumpkin pie spice
- 1-1/2 teaspoons salt
- 1 teaspoon pepper

In a crock pot, combine all ingredients and slow cook on low for 3-4 hours. Or, on the stove in a soup pot, combine all ingredients and bring to a boil. Reduce heat, cover and simmer and for 1 hour.

Serve with your favorite chili toppings!

\*\* You can substitute lentils, bulgur wheat, or more beans for the crumbles.

### Why should I eat a meatless meal?

*It can create a more balanced diet.*

Animal proteins tend to have more saturated fat and are lower in fiber, something most Americans need more of. When you substitute animal proteins with vegetarian proteins, more whole grains and veggies, you will end up with a diet that is higher in fiber and will offer you a wider array of essential vitamins and minerals.

## Treasurer's Report

by Jim Burns, OFS

Month ending November 30, 2017

Account balances	\$ 3514.58
General Income	\$ 320.00
General Expenses*	\$ 260.00

As of December 27, 2017

Account Balances	\$ 2474.58
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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

Evelyn Brush, OFS  
[evelyn.parker.brush@gmail.com](mailto:evelyn.parker.brush@gmail.com)

### Vice-Minister

Ramiro Hernandez, OFS

### Secretary

Tricia Fryer, OFS

### Treasurer

Jim Burns, OFS

### Formation Director

Juan Urias, OFS

### Councilors

Mike Reidy, OFS

### Spiritual Assistant

Sister Loretta Schaff, ofS

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### Newsletter Editor

Barbara Allen, OFS  
[rosesoap@gmail.com](mailto:rosesoap@gmail.com)

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

### This month's banner:

A timely example of  
negative space art.