

# *Sandal Prints*

St. Clare Fraternity of the Secular Franciscan Order  
February 2019

**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.*

**Our Fraternity Mission:** *St. Clare Franciscan fraternity makes a difference every day, enhancing the lives of everyone they encounter by being the living presence of St. Francis of Assisi.*

## **Minister's Message**

by Evelyn Brush, OFS

*Sisters and Brothers,*

A few months ago, I was driving around town with the car radio tuned to Mater Dei Radio, what used to be called KBVM. It hadn't been my regular habit yet, to listen to Catholic radio, but what I heard that day was significant. It was a broadcast from EWTN radio with a moral theologian as the guest. This particular episode was so remarkable that we discussed it at work when many of us realized that we had heard the exact same program.

The moral theologian said, "It is more important to do good than to avoid evil." The host was dumbfounded and couldn't believe what he was hearing. After a moment's pause, the host asked the theologian to say it again, which he did. "It is more important to do good than to avoid evil." This precipitated an intense discussion; clearly the radio host had not considered the axiom. This is an important insight.

If we are busy with the culture wars, thinking that secular society is evil and we must protect ourselves, we end up avoiding evil, but not doing the good. If we think that Christ is against culture, then we insulate ourselves against the evils of society. We can focus all of our energy in remaining pure, pious and devout, with our gaze ever heavenward. But how do we see our brothers and sisters if our head is always pointed upward?

I am currently preparing the teens in my parish to receive the sacrament of Confirmation, sometimes called the 'sacrament of service'. Some of the students who attend Catholic schools are used to doing charity projects. Another group of students isolates themselves within their extended family and are able to avoid evil. The challenge I set for myself as a catechist is to help them see that doing the good is everyone's responsibility, regardless of earning a grade; that avoiding evil is a consequence of doing the good.

Our call to do good is what Jesus is talking about in Mathew 25: 31-46. We don't want to be gazing heavenward so much that we miss Jesus in the poor. Yet, we don't want to be so busy helping people with their temporal needs that we forget to look upward. As Pope Francis says, we don't want to be just another NGO (nongovernmental organization).

As Secular Franciscans we are called to live

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## **Calendar**

### **Gatherings**

#### February

- 10 Fraternity Gathering  
12:15 pm, Parish Center  
*Christ the King Catholic Church  
11709 SE Fuller Rd., Milwaukie, OR*
- 16 Book Study, 2:00 pm  
*Mike & Clare Reidy's home*
- 25 Council Meeting, 4:30 pm  
*St. Joseph Catholic Church  
6600 Highland Dr., Vancouver, WA*

#### March

- 10 Fraternity Gathering  
12:15 pm, Parish Center  
*Christ the King Catholic Church  
11709 SE Fuller Rd., Milwaukie, OR*

### **Birthdays**

#### February

- 9 Bob Sells

### **Profession Anniversaries**

#### February

- 8 Tom Brannon—10 yrs
- 23 Clare Reidy—33 yrs
- 25 Carlene Roeker—27 yrs

### **Refreshments & Vespers**

*February 10, 2019*  
Mike & Clare Reidy,  
Laura Wagman

*March 10, 2019*  
Jim & Lynne Burns, Barbara Allen

## **Caring for Creation**

by Tricia Fryer, OFS

### **Ecology and the "Purple Bucket"**

We are called as Catholics and Franciscans to care for our Sister Mother Earth. Can we start by bringing a reusable cup, plate, napkin and utensil to use at social time? Allyn has done a marvelous job of providing the purple bucket's bounty for our use if we forget. She has decided to pass this service to the fraternity along; we need a new volunteer. Thank you, Allyn, for taking care of all of us for several years! Let's all work together to be gentle to our planet.

contemplation in action, to live the gospel. How can we do good while avoiding evil while many of us are not able to be out under the bridges delivering food to the poor or housing the homeless? What can we do within our physical and financial limitations? We are called to be both Mary and Martha, as depicted in the gospel of Luke. We are Mary, gazing at the face of Jesus, and Martha, taking care to feed everyone.

The Mary/Martha approach is my personal method of ministry within my job at the parish. If I want to begin an outreach program, then I make sure it is paired with a prayer component. For example, when it was time to pull together a volunteer care ministry team for grieving parishioners, it was paired with the monthly Taizé prayer service. Even the Confirmandi teens spend time in Adoration regularly. Prayer is dynamic. Prayer is 'doing;' prayer is not 'avoiding'.

As we discuss a new apostolate for our fraternity at the February gathering, let us look at ways we can do good by incorporating both a Mary and a Martha approach. Our brainstorming session will open up opportunities. Perhaps we will want to write letters to and pray for prisoners. Or write letters for Bread for the World, while praying for politicians who vote on food legislation. Maybe we will want to have prayer partners, coupling an active member with an excused member. Or, make sack lunches for the hungry while including prayer cards in each sack. Maybe we will adopt an unborn child for special attention or help pay for the respectful disposition of fetal remains.

When we incorporate both contemplation and action, we remember both Mary and Martha. We are gazing heavenward, thus avoiding evil, while we are seeing our brothers and sisters in need. What a wonderful conversation we will have this month!

*"To truly serve our sisters and brothers, our actions and sharing must come from the heart! Listening and answering God's call often leads us to an unexpected place. We must be open to that space and grace and let His directed Light consume us! Be open to the Spirit that breathes in each and every one of us! Surrender to it!"*

Peace and All Good,

*Evelyn*



## **Our Presence in the World and Church**

At our January 2019 gathering, we asked those in attendance how they live out their Franciscan vocation in the world; what they are involved with. Here is the list we compiled:

### ***In the community***

Helps with winter homeless shelter  
Supports at-risk special education students by providing supplies  
Assists at a neighborhood food pantry  
Helped with a winter clothes drive  
Knowing Me Ministry with the homeless  
Volunteers at The Francis Center  
SMART reader volunteer  
Offer respite care  
Board member for a prolife, pro-peace organization

### ***Catholic organizations***

Serves as president of parish St. Vincent de Paul conference  
Another volunteers with St. Vincent de Paul  
Street evangelization  
Assisted poor at the downtown chapel  
Encore Jesuit Volunteer Corp member

### ***Liturgical ministries***

Sacristans  
Extraordinary Ministers of Holy Communion  
Lectors  
Greeters  
Music ministry

### ***Parish work***

Teach religious education classes  
Assists with Children's Faith Formation  
Helped parish youth service project of yard clean-up  
Volunteers for projects around the parish  
Several assist with RCIA at their parish  
Serves on the parish Life, Justice & Peace commission  
Cleans the parish church  
Participated in parish Third Order Fair

### ***Church work***

Helps with Marriage Encounter  
Participates in Catholic Scouting  
Leads bible study  
Lead small faith sharing group in their home  
Volunteer with Catholic Daughters of America

### ***Corporal Works of Mercy***

Compassion Connect, feeding the hungry  
Visit people in jail  
Volunteers at Rahab's Sisters  
Ministry to those in hospital  
Visit the sick and home-bound  
Assist at St. Francis Dining Hall  
Write to prisoners (one on death row)  
Charity knitting  
Care for ill spouse

## 12 Months of Franciscan Peace

Adapted from the 12 Weeks of Franciscan Peace by Carolyn D. Townes, OFS, National Chair for JPIC in the United States

*Each month focuses on one specific PEACE building block and will include a connection to the prior month, a short explanation of the month's theme, a Psalm fragment, a Reflection Question and a prayer for the Month.*

### The thought for last month was “EVANGELICAL LOVE.

Saint Francis went about loving the brothers and sisters of Assisi. He greeted each one with “Pace e bene!” “Peace and all good”. When you can greet another with the greeting of peace, then you will not have malice in your heart.

### Psalm Fragment:

“The Lord opens the eyes of the blind; the Lord raises those who are bowed down; the Lord loves the righteous.” Psalm 146: 8.

### Prayer for last month:

“I will extol You, my God, O King; and I will bless Your name forever and ever. Every day I will bless You, and I will praise Your name forever and ever. Great is the Lord, and greatly to be praised; and His greatness is unsearchable.” Psalm 145: 1-3

### For the 6th month the theme is “MINDFULNESS”.

Author James Baraz said, “Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).”

Mindfulness is not thinking, interpreting, or evaluating; it is an awareness of perception. It is a purposeful, nonjudgmental state of mind which does not anticipate the future or reflect back on the past. Any activity can be done with mindfulness – talking on the telephone, cleaning your home, driving. Being mindful, you are fully present to the moment – which is the only moment you have – being focused on what you are doing, knowing why you are doing it.

“The world does not need more chaos. The world needs peace. We cannot offer peace to the world if we lack inner peace ourselves, and mindfulness is a key ingredient to daily inner peace..... In a mindless world of violence, mindfulness makes all the difference. It transforms our inner peace into radiant public action. In this light, we see enough to take the next step, and walk forward in our war-torn world, offering the wisdom of peace.” - from “Living Peace” by John Dear, SJ.

### Psalm Fragment:

“The Lord has been mindful of us; he will bless us;”. For the next month, practice being mindful in every

activity you undertake. Avoid multi-tasking and focus on mindfully attending to one activity at a time. Notice how you are feeling as you are being “mindful”.

### Reflection Question:

Are you mindful in each of the daily tasks you undertake? Or are you distracted and allow your mind to wander?

### Prayer for this month:

God of Peace, thank you for the gift of your great love and all that you give to me. Grant me the grace and the courage to live a life of mindfulness so that I *may be faithful to the Gospels and to the mission of peace. Holy Spirit, help me to be an instrument of peace and love to all I come in contact with. Guide me along the way of mindful nonviolence and disarm my heart that I may be more like your Son, Jesus; in whose name I make this prayer. Amen.*

## To Be Worthy to Live in These Times

*“If Christ deemed us worthy to live in these times, at this hour—the only hour we have—we cannot let ourselves be overcome by fear, nor allow this time to pass without living it fully with joyful fidelity. The Lord will give us the strength to make every age, every moment, every situation, an opportunity for communion and reconciliation with the Father and with our brothers and sisters, especially those nowadays considered inferior, worthy of being discarded.” — Pope Francis, September 24, 2018*

You have chosen us, and called us by name, to live in these times:

We pray that we are worthy of your call.

May we not be overcome by fear or by anger, By indifference, or by neglect.

May we not turn away from your children.

In these times, may we be aware of the lack of respect for the human dignity of all,

The door closed, the multitudes turned away.

May we recognize the anguish of so many who suffer in body and in mind,

The pain of so many still in poverty, so many the victims of discrimination,

The brokenness in individuals, in families, communities, nations, and the global network.

We pray for the grounded faith we need to respond to your call,

For the hope that our lives can make even a small difference,

For the love that believes that healing is always possible, For deep knowledge that reconciliation and communion can create new ways of living,

That justice and peace are always worth the struggle.

May we be worthy of your call to live in these times,

And may you grant us the grace to live out our call Grounded in your goodness, open to your grace.

Amen.

—Jane Deren, Ph.D. [Education for Justice](#)



## National Prayer for Vocations to the Secular Franciscan Order

O, Good and Gracious God, God of mercy, compassion, generosity, and love, As we live our lives today in the model of St. Francis, choosing daily to live the Gospel life, Help us to help others hear Your call. Help us to help others to recognize their vocation as a Secular Franciscan that You have already planted in their heart. Help us, so that together we all may work to bring the Gospel to life. Amen!

## February Prayer Intentions

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

Human trafficking: For a generous welcome of the victims of human trafficking, of enforced prostitution, and of violence.

OFS: For the national fraternities of Argentina (Chapter), and Belarus.

## February Franciscan Saints and Blessed

- 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

## St. Josephine Bakhita, Pray for Us!

February 8 has been designated by the Pontifical Council for Justice and Peace and the International Union of Superiors General as an annual day of prayer and awareness against human trafficking. February 8 is the feast day of St. Josephine Bakhita, who was kidnapped as a child and sold into slavery in Sudan and Italy. She learned from Canossian nuns that she was created in the image of God and possessed human dignity. Once she asserted herself and refused to be enslaved, Josephine became a Canossian sister and dedicated her life to sharing her testament of deliverance from slavery and comforting the poor and suffering. She was declared a Saint in 2000.

On February 8, Catholics all over the world are encouraged to host or attend prayer services to create greater awareness about human trafficking. Through prayer, we not only reflect on the experiences of those that have suffered through this affront to human dignity but also comfort, strengthen, and help empower survivors.



O St. Bakhita,

Assist all those who are trapped in a state of slavery;

Intercede with God on their behalf so that they will be released from their chains of captivity.

Those whom man enslaves, let God set free.

## Council Members

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### Secretary

Barbara Allen, OFS

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To be filled

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

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