

Sandal Prints

St. Clare Fraternity of the Secular Franciscan Order

June 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 June 2019

by Evelyn Brush, OFS

I am excited for our ongoing formation program that we will follow for the next year or so! I am looking forward to learning about famous Secular Franciscans from our past. We have such a rich history that I want us to get to know our extended family.

Below is a list of factors that should be researched in preparation for your presentation. Be as creative as you like. Suggestions include having handouts, dressing the part, using music or film or enlisting others to amplify your person. Below are questions to work with:

- Who were they? When did they live?
- What was society like where and when they lived?
- What was going on in the world during their life?
- What did they do that shows and teaches holiness?
- What was their spirituality like, and how does that touch you?
- What challenges did they face and how did they handle them?

Each month the discussion questions will be the same. The questions themselves may provide you focus for your presentation.

- What does their way of handling challenges say for us today?

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Calender

June

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

We don't draw people to Christ by loudly discrediting what they believe, by telling them how wrong they are and how right we are, but by showing them a light that is so lovely that they want with all their hearts to know the source of it.

Madeleine L'Engle



Treasure's Report

by Jim Burns, OFS

Month ending April 30, 2019:

Account balances:	\$ 2846.98
General Income:	\$ 315.00
General Expenses*:	\$ - 93.80
As of May 21, 2019	
Account Balances:	\$ 2443.18

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



Please help us keep our mailing list current. To change your mailing or email address, remove your name or to receive our newsletter electronically, contact:

Shonne N. Farrell, OFS
nardelle8491@gmail.com

June Franciscan Saints and Blesseds

10 Bl. Gregory X, Pope, Franciscan Third Order Secular, d. 1276

18 Bl. Jeanne of Saint Mary, virgin, Franciscan Third Order Secular, d. 1360

22 St. Vincent Pallotti, priest, Franciscan Third Order Secular, d. 1850

24 Bl. Paule Gamgara Costa, widow, Franciscan Third Order Secular, d. 1515

Council Members

Minister

Evelyn Brush, OFS
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Vice-Minister

Tricia Fryer, OFS

Secretary

Barbara Allen, OFS

Treasurer

Jim Burns, OFS

Formation Director

Juan Urias, OFS

Councilors

Mike Reidy, OFS
Shonne N. Farrell, OFS

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### Newsletter Editor

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**Submission deadline for the next issue is:  
May 20**

## The Little Flowers of Saint Francis

### First Chapter

#### The First Twelve Companions of Saint Francis

We must first consider how the glorious Sir Saint Francis was conformed to the blessed Christ in all the acts of his life; as Christ at the beginning of His preaching chose twelve apostles to despise all worldly things, and to follow Him in poverty and in the other virtues; in the same way Saint Francis chose as the beginning of the foundation of the Order twelve companions who possessed highest poverty. And just as one of the twelve Apostles, the one called Judas Iscariot, became an apostate from the apostolate, betraying Christ, and hanging himself by the neck, so one of the twelve companions of Saint Francis, who was named Brother John of Cappella, because an apostate and finally hung himself by the neck. And to the chose this is a great example and cause for humility and fear, considering that no one is certain of perservering to the end in the grace of God. And as those holy Apostles were admirable to the whole world for their holiness and humility, and

“Know for certain that I am the perfect and perpetual Virgin Mary, Mother of the True God...here I will show and offer all my love, my compassion, my help and protection to the people. I am your merciful Mother, the Mother of all who love me, of those who cry to me, of those who have confidence in me. Here I will hear their weeping and their sorrows... their necessities and misfortunes...Listen and let it penetrate your heart...Do not be troubled or weighed down with grief. Do not fear any illness or vexation, anxiety or pain. Am I not here who am your Mother? Are you not under my shadow and protection? Am I not your fountain of life? Are you not in the folds of my mantle? In the crossing of my arms? Is there anything else you need?

Words of the Blessed Virgin spoken to Juan Diego on the 9th and 12th of December 1531 at Guadalupe, Mexico

Secular Franciscan Order

Submitted by Tom Brannon, OFS

full of the Holy Spirit, so these holy companions of Saint Francis were men of such holiness, that from the time of the Apostles the world did not have such admirable and holy men. For one of them was caught up to the third heaven like Saint Paul, and that was Brother Giles. One of them, that is Brother Philip the Tall, was touched on the lips by the Angel with the fiery coal like Isaiah the prophet. One of them, and that was Brother Sylvester, spoke with God as one friend with another, as Moses did. One through subtlety of intelligence soared to the light of divine wisdom like and eagle, that is, John the Evangelist, and that was the very humble Brother Bernard, who explained the depths of Holy Scripture. One of them was sanctified by God and canonized in heaven while still living in the world, and that was Brother Rufino, a gentleman of Assisi. Thus all were marked by a singular sign of holiness, as described in what follows. (To be continued next month.)



## The House of Our Lady

was published by the  
American Society of Ephesus in the late 1990's.

The untold story of the Virgin Mary last years speaks of the discovery of her final home in Ephesus in Turkey. Factual evidence is the biblical documentation of Mary's relationship to St. John the Apostle. He is the only apostle to have been present at the Crucifixion of Christ. John 19:25, 26 from that day for the apostle "took her into his house."

Historians do not dispute that John went to Ephesus except when he wrote the book of Revelation. In the sixth century, Emperor Justinian constructed a Basilica in honor of St. John. Further evidence that Mary Lived near Ephesus is the fact the 3rd Ecumenical Council of the Catholic Church was held there AD 431. The Council formalized the doctrine known as "Theotokas" Greek for "Mary, Mother of God."



The house of the Virgin was first discovered by Abbe Gouyet of Paris through the description of the stigmatist Anna Emmerisck of Germany. Pope Paul VI visited Mary's home in 1967 Pope John Paul in 1979.

A surprising comparison can be made between our Lady of Guadalupe and the vision of the Lady of Ephesus. The messages are ones of love, compassion and understanding.

Submitted by Tom Brannon, OFS

- How can we live today with the spirit they did in their day?

Below is a list of who has been 'claimed'.

|           |                         |
|-----------|-------------------------|
| Evelyn    | Bl Franz Jagerstatter   |
| Rosemarie | Michelangelo            |
| Jim       | St. Louis IX of France  |
| Shonne    | Danté Alighieri         |
| Mike      | Francis Bacon           |
| Dave      | the Japanese Martyrs    |
| Tricia    | Pope Leo XIII           |
| Barbara   | Jane Frances de Chantal |

Tom will be presenting on St. Bonaventure. Though he was not a member of the Secular Franciscans, Tom has a passion for him that I want to share with the Fraternity. We are hoping Sr. Loretta will be able to present on the Cosmic Christ in the near future.

Franz Jägerstätter was born on 20 May 1907 in St Radegund, Upper Austria, to his unmarried mother, Rosalia Huber, and to Franz Bachmeier, who was killed during World War I. After the death of his natural father, Rosalia married Heinrich Jägerstätter, who adopted Franz and gave the boy his surname of Jägerstätter in 1917. He received a standard education in a one room schoolhouse. He was fortunate to have a stepfather who loved to read and had a vast personal library. As a young man, he loved to ride his motorcycle and was the natural leader of a gang whose members were arrested in 1934 for brawling. For three years he worked in the mines in another city and then returned to St. Radegund, where he became a farmer. He fathered a child outside of marriage and stayed involved in the child's life

After his marriage to Franziska in 1936 and their honeymoon in Rome, Franz grew in his faith but was not extreme in his piety. Besides his farm work Franz became the local sexton and began receiving the Eucharist daily. He was known

to refuse the customary offering for his services at funerals, preferring the spiritual and corporal works of mercy over any remuneration. While supporting his wife and growing family of three girls, he began thinking deeply about obedience to legitimate authority and obedience to God, about mortal life and eternal life and about Jesus' suffering and Passion. While much of Austria was beginning to follow the tide of Nazism, Franz educated himself about Nazi policies and aims. He became ever more rooted in his Catholic faith and placed his complete trust in God.

In 1938, he publicly opposed the German Anschluss, annexation, of Austria and had cast the single vote in his village against annexation. The next year, he was drafted into the Austrian army, trained for seven months and then received a deferment to return to his farm. It was during military basic training that he professed into the Secular Franciscan Order, informing his wife in a letter of his commitment.

Franz Jägerstätter was called up for military service and sworn in on 17 June 1940. Shortly thereafter, thanks to the intervention of his mayor, he was allowed to return to the farm. He was in active service between October 1940 and April 1941 but was again deferred, thanks to the intervention of his mayor. He became convinced that participation in the war was a serious sin and decided that any future call-up had to be met with his refusal to fight.

His pastor, other priests, and the bishop of Linz urged him not to refuse to serve if drafted. Challenged by his attorney that other Catholics were serving in the army,

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Franz responded, "I can only act on my own conscience. I do not judge anyone. I can only judge myself." He continued, "I have considered my family. I have prayed and put myself and my family in God's hands. I know that, if I do what I think God wants me to do, he will take care of my family."

"It is very sad", he wrote, "to hear again and again from Catholics that this war waged by Germany is perhaps not so unjust because it will wipe out Bolshevism.... But now a question: what are they fighting in this Country - Bolshevism or the Russian People? "When our Catholic missionaries went to a pagan country to make them Christians, did they advance with machine guns and bombs in order to convert and improve them?... If adversaries wage war on another nation, they have usually invaded the country not to improve people or even perhaps to give them something, but usually to get something for themselves."

In February 1943, Franz was called up again and reported to army officials in Enns, Austria. He refused to take the oath of loyalty to Hitler and announced his refusal to fight. Several times he offered to serve in the medical corps but each time he was denied. He was held in custody at Linz in March and April, transferred to Berlin-Tegel in May and subject to trial on 6 July 1943 when he was condemned to death for sedition. The prison chaplain was struck by the man's tranquil character. On being offered the New Testament, he replied: "I am completely bound in inner union with the Lord, and any reading would only interrupt my communication with my God".

On 9 August Franz was beheaded, his body immediately cremated. The day before

being executed, Franz wrote: "If I must write... with my hands in chains, I find that much better than if my will were in chains. Neither prison nor chains nor sentence of death can rob a man of the Faith and his free will. God gives so much strength that it is possible to bear any suffering.... People worry about the obligations of conscience as they concern my wife and children. But I cannot believe that, just because one has a wife and children, a man is free to offend God".

Following the war, Franz's family was shunned and treated badly. Many citizens considered him a traitor. Only after many years following the war did Franziska start tell the story of her husband and sharing his letters. Soon his story spread. His "spiritual testament" is now in Rome's St. Bartholomew Church as part of a shrine to 20th-century martyrs for their faith.

His beatification happened on October 26, 2007 under Pope Benedict XVI, who himself had taken the loyalty oath to Hitler.



This month I will focus on energy savings. Both the Clark PUD and PGE websites have energy calculators and helpful hints. Here are a few ideas:

1. Each degree you lower your thermostat in winter saves an estimated 2 percent on your heating bill. In winter, set it to 68 when you're awake, 60 when asleep or gone. In summer, try 75 to 78 degrees to save on air conditioning. Turning your thermostat higher or lower than needed doesn't heat or cool a room faster, so avoid this energy wasting myth.
2. Use the Energy Saver mode on your clothes washer and dishwasher. Wash laundry in cold water. Run your dishwasher only when it's full and let dishes air dry. Take quick showers instead of baths. Don't let the hot water run when shaving or doing dishes.
3. Set your water heater thermostat to 120 degrees for savings and safety.
4. If you have baseboard heaters, wall heaters or room air conditioners, don't heat or cool unused rooms. Close the door, but watch for mold or mildew in colder rooms. However if you have a ducted, forced-air system, it's not a good idea to close off individual registers because it can make your system run less efficiently.
5. Window coverings. In summer, close drapes and blinds to block sunlight and reduce the need for cooling, and in colder months close drapes at night to stop heat loss.
6. Turn off your computer and home electronics when not in use. Consider a smart strip for your media center or computer area, where peripheral devices such as printers, task lights, DVD players and game consoles suck power even when turned off.

“Let us ask Jesus Christ, Our Lord, to fill us with His mercy, so that we may practice compassion with ourselves and others, not judging nor condemning, but forgiving those who hurt us, helping those who are in need, pardoning all offenders, offering mercy, just as God has shown mercy to us.”

St. Anthony of Padua



7. Close your fireplace damper and doors when not in use.
8. Turn off ventilation fans in kitchen and baths or install a timer to ensure you don't accidentally leave them on
9. Avoid Air Leaks. Weather-strip windows and doors. Remove baseboards and fill gaps with non-expanding foam. Add insulating pads beneath face plates on outlets and switches, or seal the edges of the plates with winterizing tape. Seal wall penetrations routed to the outside—pipes, dryer vent ducts, cable and phone lines—with caulk or spray foam both inside and out.
10. Consider if your walls, roof and foundation need more insulation.
11. Check Your Ductwork. Cover seams and connections of any ductwork you can access in your home with sealant and insulation.
12. An annual tune-up of your heating and cooling system can increase its efficiency by up to 30 percent. Changing your air filter regularly can improve efficiency by up to 15 percent. Dirty filters slow down airflow and make your system work harder.
13. Energy Efficient Lighting

Sources: [energy.gov](http://energy.gov), [clarkpublicutilities.com](http://clarkpublicutilities.com), [portlandgeneral.com](http://portlandgeneral.com)

Submitted by Patricia Fryer, OFS

Submitted by Tom Bannon, OFS

A group of Central American migrants followed Sr. Lorena Jiménez to the train tracks, preparing to climb atop the stationary trains just outside the migrant shelter she runs in Ixtepec, Mexico. Though this was not a new activity for the Guardian Angel sister, she was still outside her comfort zone: On this trip, she was drawing attention to the issue of trafficking through a photo shoot with Lisa Kristine, an international humanitarian photographer.

Jiménez and her fellow sisters in Ixtepec are members of Red Rahamim, the anti-trafficking group for sisters in Mexico. Their network and 42 others belong to Talitha Kum, an international network of networks that spans 77 countries and connects sisters dedicated to the fight against human trafficking.

To celebrate its 10th anniversary, Talitha Kum helped Kristine photograph sisters in this ministry around the world. The effort was sponsored by the Galileo Foundation, which works to “strengthen the institutional capacity of the church,” with one area

being anti-trafficking, said John McCaffrey, the foundation’s president.

Known as the Nuns Healing Hearts campaign, Kristine’s photo exhibit was unveiled to Pope Francis on May 10, just before he addressed about 850 sister leaders of congregations gathered for the Union of International Superiors General assembly.

Francis “got quite emotional” when reviewing the photos, McCaffrey said. He also blessed the exhibit and signed three of the photos.

The photos were exhibited just for the day outside the audience room where Francis met with superiors general and will be moved to the UISG offices. They will be displayed July 30 at the United Nations in New York City for World Day Against Trafficking in Persons. The exhibit may be displayed at other locations, but the primary focus will be online. The campaign will raise money for Talitha Kum through the sale of photographs and donations.

Salgado MAY 10, 2019

## Chicken Divan

*The Keto Diet*

|                                          |                                                                      |
|------------------------------------------|----------------------------------------------------------------------|
| 2 tablespoons butter                     | 1 cup shredded sharp Cheddar cheese                                  |
| 1/2 cup finely chopped onion             | 1/4 cup mayonnaise                                                   |
| 1 (8-ounce) container mushrooms, sliced  | 1 tablespoon fresh lemon juice                                       |
| 2 teaspoons all-purpose flour            | 4 cups broccoli florets, steamed                                     |
| 1-1/4 cups unsalted chicken stock        | 3-1/2 cups shredded skinless rotisserie chicken, light and dark meat |
| 3/4 cup heavy cream                      | Cooking Spray                                                        |
| 1/2 teaspoon Kosher salt                 | 1/2 cup grated fresh Parmesan Cheese                                 |
| 1/4 teaspoon freshly ground black pepper |                                                                      |

1. Preheat the oven to 350 degrees
  2. Melt butter in a large skillet over medium-high. Add onion to pan; saute 2 minutes. Add mushrooms; saute 5 minutes. Sprinkle flour over mushrooms. Cook, stirring constantly, 1 minute. Stir in stock, heavy cream, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until mixture thickens, stirring occasionally. Remove from heat, and let stand 3 minutes.
  3. Stir in 1/2 cup of Cheddar cheese, mayonnaise, and lemon juice. Stir in the broccoli and chicken. Spoon the mixture into a 13-X 9-inch glass or ceramic baking dish coated with cooking spray. Combine remaining 1/2 cup Cheddar cheese and Parmesan Cheese; sprinkle over the top of the casserole.
  4. Bake, uncovered at 350 degrees for 20 to 22 minutes or until bubbly and browned. Let stand for 10 minutes before serving.
- 7.