

Sandal Prints

St. Clare Fraternity of the Secular Franciscan Order

May 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 May 2019

by Evelyn Brush, OFS

The beauty of the Resurrection reflects the coming to new life that is all around us. This can, of course, be seen by looking at the flowers and the green-ness of our region. But, the coming to life can also be seen within our fraternity. The new growth of life.

Our fraternity gatherings lately have been ones of joy and laughter. They have been times of carefree abandon in witnessing our faith and testifying to our devotion to St. Francis and Clare. It has been a joy to be together and we have dearly missed our members who were absent!

I remember what I wrote a few months after being elected Minister:

Let us grow beyond cordiality. We need each other to live our Franciscan calling, to bring the 'gospel to life and the life to gospel'. Being a Roman Catholic is so countercultural in America and certainly in Oregon, that we, indeed, need each other. We hear from John in his first letter: "Little children, let us stop just saying we love people, let us really love them, and show it by our actions." (1 John 3:18)

We have truly moved beyond cordiality! You can feel the love in the air. It is time to grow!

(continue on pg. 8)



Calender

May

- 19 Fraternity Gathering**
12:15 pm, Parish Center
Christ the King Catholic Church
11709 SE Fuller Rd., Milwaukie, OR
Change of date due to Mother's Day!

June

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



Treasure's Report

by Jim Burns, OFS

Month ending

Account balances: \$ 2611.96

General Income: \$ 235.00

General Expenses*: \$ -625.00

As of April 22, 2019

Account Balances: \$ **2221.96**

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

May Franciscan Saints and Blesseds

3 Bl. Edouard-Joseph Rosas, Bishop III Order
16 Margret of Cortona, III Order
30 St. Joan of Arc, III Order



Council Members

Minister

Evelyn Brush, OFS
evelyn.parker.brush@gmail.com

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

Shonne N. Farrell, OFS  
nardelle8491@gmail.com

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

## Long Range Goals

1. Entertain possibility of establishing a fraternity in Vancouver, WA
2. Host two "Come and See" events a year, one in Portland, the other in Vancouver.
3. Increase the number of people in formation
4. Communication plan; have a bank of bulletin announcements
5. Have a Spiritual Assistant
6. San Buenaventura's independence.
7. Commissioning service for our members and Martha- Mary partnership.
8. Day of Recollection

Luke 10:38-42

Now as they went on their way, he entered a village; and a woman named Martha received him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 one thing is needful. Mary has chosen the good portion, which shall not be taken away from her." 1

There is no real opposition between the contemplation of Mary and the activity of Martha. However, this incident serves as a warning to the Church (that is, to us!) that Christian mission cannot "be anxious and upset about many things." All activity must begin with and be nourished by attentive listening to the Lord in prayer, or it will be a futile exercise in self-deception. Substituting activity for prayer, instead of basing activity on prayer, is a real temptation against which the Christian must always guard. The "one thing required" (v 41) is a call to the right ordering of priorities and to simplicity. 2

This text has been the basis for distinguishing two evangelical lifestyles, the contemplative and the active. However, the story is not about which lifestyle is more perfect, but about the quality of Christian life. What Jesus disapproves of in Martha's behavior is not her good works, of which he was about to be the beneficiary, but her motive in doing them. The quality of one's service does not come from the activity itself, but from the purity of one's intention. Jesus' defense of Mary is not an excuse for

(continue pg 3)

*we are threads of all colors  
gifted and free  
creating for earth*



*a tapestry of justice*

*We are living and loving,  
working and dreaming,  
hoping, believing  
that all may be one.*

*We are threads  
of all colors, gifted and free  
creating for Earth  
a tapestry of justice.*

*We are singing and dancing,  
teaching and healing,  
giving, receiving  
That all may be one.*

*We are gathered and sent  
with hearts that can see  
creating for Earth  
a tapestry of justice.*

*Sing out a song  
of promise and peace,  
send it on wings of healing.  
And make it a song  
that all want to sing,  
let us learn it  
and sing it together.*

*We are changing and growing,  
laughing and weeping,  
seeking and searching  
that all may be one.*

*We are bridging and building,  
a promise are we  
creating for Earth  
a tapestry of justice.*

lazy folks to avoid chores. But neither is it a motive for those who are working hard to get annoyed if those engaged in a contemplative lifestyle do not help them. When Jesus tells Martha that Mary had chosen the good portion, he is telling Martha that she needs to find a place in her life for this contemplative quality, and that this perspective would make her good actions better. He is also warning Mary that there is something even better than the good portion. This is the union of contemplation and action.

Purity of intention developed through contemplation bring to action the quality of love. Without prayer action easily becomes routine, draining, and may lead to burnout. At the very least, it fails to perceive the goldmine that ordinary life contains. [There are] treasures of holiness hidden in the most trivial and mundane events. Jesus calls both Mary and Martha. Martha's activity was good, Mary's was better, but neither was good enough. Both needed to move into the union and harmony of the two. Through contemplative prayer we come under the influence of the Spirit both in prayer and action.

Jesus said to Martha "You are anxious and troubled about many things." Anxious is the key; it means she was attached to her activity, or possibly to Mary's inactivity. There was nothing wrong with her activity, but to be upset indicated she was withdrawn from the purity of divine inspiration.

This parable encourages us to seek the integration of action and prayer. Prayer is the encounter between the creative vision of union with Christ and its incarnation in daily life. Without this daily confrontation, the contemplative vision can stagnate into a privatized game of perfectionism or succumb to the subtle poison of seeking one's own satisfaction in prayer. Without daily renewal in prayer, action can become self-centered and forgetful of God. The contemplative dimension guarantees the union of Martha and Mary.

Teresa of Avila says that transforming union might be likened to the transformation of a worm into a butterfly. The life of a butterfly totally transcends that of a worm, but the worm contributes to the process by weaving its own cocoon. 3

1. The Holy Bible, Revised Standard Version
2. Banquet of the Word by Thomas Welbers, pp. 303-304. Resource Publications, 1986.
3. The Mystery of Christ by Thomas Keating, pp.50-52. Amity House 1987

I have put together something for our prayer partners to read and contemplate. I value your input.

Tricia

Dear Friends,

Fr. Dave Pivonka, founder of The Wild Goose, will be in our area in June! This is a rare occurrence, and we are very privileged to be able to hear him speak at this all day seminar, including lunch.

They are already taking registrations for this healing retreat. Sign up now!

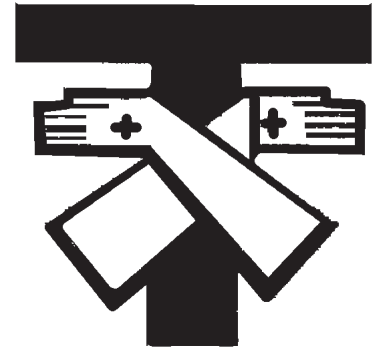
May the peace of Christ be with you,  
Therese

Fr. Dave Pivonka, TOR  
Saturday, June 1st, 2019  
8 am - 4 pm  
St. John the Apostle Catholic Church  
417 Washington St, Oregon City, OR 97045  
Register at [WOCCR.org](http://WOCCR.org)  
Admission  
Pre-registered Adult (with lunch) \$25  
Adult at the door—no lunch \$25  
Youth 18 and under (with lunch) \$22  
Child age 11 and under free, with lunch \$6  
Pre-Registration Closes May 15  
Questions: contact Felix Barba  
[f.barba@sja-catholicchurch.com](mailto:f.barba@sja-catholicchurch.com)  
971-400-2548



**Newly elected for San Buenaventura:**

- Mateo Francisco Gonzales, Minister**
- Nadia Robinson, Vice Minister,**
- Erica Velasco, Secretary**
- Rogelio Hernandez, Treasure**
- Lourdes Hernandez, Councillor #2**
- Gloria Vasquez, Councilor #1**
- Jose Roberto Pacheco, Formation Director**



### **The Tau: A Symbol of Reform For All**

For Francis the symbol of the Tau represents the certainty of salvation because of Christ’s victory over evil. The proof being that when Brother Leo doubts over his own destiny after death, Francis restored his hope by means of the letter Tau per Damien Vorreaux, OFM.

The Tau represented the universality of salvation as expressed in the recitation of the prayer, “by your holy cross, you have redeemed the world.” It is the symbol of permanent conversion. To be marked with the Tau, is to be marked with poverty. The Tau called him to mission and service of others just as Christ became our servant even unto death. It is an undeniable fact that Francis considered he was called to preach penance as the Tau symbolized reform.

Francis was present at the Fourth Lateran Council in 1215. He was there as a leader of a spiritual movement, and founder of an Order. Pope Innocent III opened the Council with a sermon with the words of Christ desiring to eat these Pasch with you. The Pope expresses the hope the Council, the new Passover may become a triple passing: corporal, spiritual and eternal. The corporal represented an army departure for the liberation of Jerusalem. The spiritual was to be a conversion, that is a reform of the universal church. The eternal passing to true life was to be accomplished by means of the sacraments, especially the Eucharist.

## A Prayer for Refugees

God of our Wandering Ancestors,  
Long have we known  
That your heart is with the refugee:  
That you were born into time  
In a family of refugees  
Fleeing violence in their homeland,  
Who then gathered up their hungry child  
And fled into alien country.

Their cry, your cry, resounds through the ages:  
“Will you let me in?”

Give us hearts that break open  
When our brothers and sisters turn to us with  
that same cry.  
Then surely all these things will follow:  
Ears will no longer turn deaf to their voices.  
Eyes will see a moment for grace instead of a  
threat..  
Tongues will not be silenced but will instead  
advocate.  
And hands will reach out—  
working for peace in their homeland, working  
for justice in the lands where they seek safe  
haven.

Lord, protect all refugees in their travels.  
May they find a friend in me  
And so make me worthy  
Of the refuge I have found in you. AMEN

Peace and Blessings,  
Annette Roy, OFS  
TOPR JPIC Counselor



Here’s an “Ecology Note”

Thank you everyone for bringing your own reusable plates, utensils, cups, etc. at our last gathering. I hope this is the beginning of a good habit for all of us.

I have researched ideas for how we can live a little lighter on Mother Earth. This month the focus is on water.

- soak pots and pans instead of letting the water run while you scrape them clean.
- shortening your shower by 1 or 2 minutes might save as much as 150 gallons a month.
- upgrade an old toilet, dishwasher and washing machine to more energy and water efficient models.
- wash fruits and vegetables in a pan of water instead of running water from the tap.
- use the garbage disposal sparingly. Compost vegetable food waste instead. Portland makes composting easy with curbside service and they accept items I’d never put in my home compost like meat, seafood, bones, cheese, bread.
- install water-saving aerators on all of your faucets run your washer and dishwasher only when full. You can save up to 1,000 gallons a month.
- keep a pitcher of drinking water in the refrigerator instead of running the tap to cool the water.
- while you wait for hot water, collect the running water and use it to water plants.
- check your faucets and shower heads for leaks. One drip every second amounts to five gallons per day.
- cook food in as little water as possible. This also help retain more nutrients.

Regarding bottled water: every year the equivalent of 17 million barrels of oil are used to make plastic water and soda bottles in the U.S.. This is for something that most people just throw away afterward; only 1/3 are recycled. Fill and use a reusable bottle. It takes 3 liters of water to produce one liter of bottle water. Carrying a reusable bottle is definitely more efficient.

Pax et Bonum,  
Tricia Fryer OFS



# The Biggest Lie in the History of Christianity

## *Comeback*

By Matthew Kelly

Everybody loves a comeback. Everybody loves an underdog. Christianity is now that underdog, but everybody doesn't love it. It is, however, time for a Christian comeback.

The world has written us off. Lots of our own Christian brothers and sisters have given up on us. But I have not given up. Not even close. And not only have I not given up, I can see the path of humanity hangs in the balance. We can stay here, bickering among ourselves about things that will mean just about nothing to just about nobody a hundred years from now, while our enemies take over the world. Or we can heal and unite as Christians and fight our way back into the light one moment at a time. History is made one moment at a time. Each moment is a moment of light or a moment of darkness, a Christian moment or an unchristian moment, a Holy Moment or an unholy moment....

Our enemies are trying to wipe us off the face of the earth, literally. Our enemies are not at the gates; they are inside the gates. The enemies of Christianity are trying to ensure that Christianity has no future. Will you let them do that? How will we stop them? Either we will heal or we will die. Either we will unite as Christians despite our differences, or our enemies will win and our grandchildren and their grandchildren will live in a truly post-Christian world. Let us all start praying for and working toward Christian unity. There is simply too much at stake...

Do we have challenges before us? Yes, huge challenges. Are they original challenges that have never been overcome before? No. The first Christians, our ancient ancestors, dealt with very similar situations, but the scenarios they faced were even worse than those we face today. The first Christians were giants in this sense, and we are going to stand on their shoulders to learn from them by igniting our hunger for best practices and our commitment to continuous improvement. What they learned will allow us to respond to the challenges that face Christianity and society today better than ever before.

It's been done before, and that, my friends, is another thing of beauty, because by transforming their culture and changing the world, the early Christians left us a blueprint. We are going to use that blue print to do it again.

Will it be easier or harder for us to transform the culture and change the world than it was for the first Christians? Easier, I think. I hear someone asking why, and that's good; childlike curiosity is a beautiful thing. I believe that if we can must the same conviction and commitment as the first Christians did, it will be easier. Why? Three reasons:

1. We have legal rights that the first Christians did not.
2. There are more of us.
3. We have the technology that has been used so powerfully against Christianity, and we can harness it now for God and goodness.

So, where do we start? Begin by exploring the strategy that made the first Christians phenomenally successful.... The Holy spirit was moving powerfully within them. Does that mean we shouldn't develop a really we-thought-out strategy? No. Does that mean the Holy Spirit won't work powerfully in and through us? No.

Looking back, the strategy of the first Christians seems to have been very simple. Game changers usually are. In order to cut through the complexity and bureaucracy and gain broad adoption, game changers need to be ridiculously simple. The beauty of the Holy Moment is that it is staggeringly simple.

What was the strategy of the first Christians They lived differently, they worked differently, and they loved differently than everyone else around them. The first Christians probably didn't set out to create this dynamic, but living, working and loving differently, they differentiated themselves in very powerful and attractive ways.

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In contrast to the brutal culture of the first century, Christianity and the first Christians were warm, inviting, kind, and generous and early Christian culture was deeply personal. In a word: Christianity was attractive. The first Christians intrigued the people of their time with their selflessness in the midst of a culture where everybody seemed solely preoccupied with self-interest. *(So like today-Shonne)* That a Christian would set aside his or her self-interest to help even strangers and slaves was both baffling and appealing. The first Christians captured the imagination of their age with their love. They took seriously Jesus' directive that his disciples would be known by their love for one another and their love for others.

Belonging to the Christian community was in many ways the first nonfamily form of a social net. Christian communities took care of the sick, nursing them back to health and providing for their families until the sick had recovered and were able to return to work. In turn, those who had benefited from this extraordinary love and support would pass along similar love and devotion to others in need.

First Christians clearly differentiated themselves from the dominant culture of their times....How do we do that? By inspiring every person and every environment we touch with Holy Moments. It's time for Christians to astound the world with our generosity, kindness, patience courage, thoughtfulness, and selfless care for the weak, poor and forgotten.

submitted by: Shonne N. Farrell OFS



Is there a link between the Virgin of Guadalupe and the Immaculate Conception? Since the time of the miraculous Image on the tilma of Juan Diego, Catholics in the Americas and Europe have believed there is such a relationship. In this case it is a role played by Franciscans who assured it would be seen.

Following the apparition discussions were of the "Woman clothed with the sun." The identity and significance of the role was played by the Franciscans. It was the theologian Blessed John Dun Scotus who worked out the classic theology of the Immaculate Conception. The Lady of Guadalupe really is the Immaculate, the "perfect Virgin" as she proclaims. As Mother of mercy, because she is the Immaculate, intervenes in history to secure the conversion, sanctification and salvation of all peoples. (Franciscan friars of the Immaculate)

submitted by: Tom Brannon OFS



The other activity that happened at our gathering on Palm Sunday was to send our members 'out in mission'. We recognized the volunteer work that we do for the Church and our communities and wanted to know that the fraternity is standing behind each one of us as we undertake the work. For some of us it is volunteering at the parish level, for others it is ministering as parents and caregivers. And, for others it is serving the needs in the neighborhood.

I liken it to my favorite quote regarding Catholic work in the world: "We don't do it because they are Catholic; we do it because we are Catholic." Same with our Franciscan calling. We could not be silent and apathetic to the needs around us. Our Franciscan calling propels us to move outward, serving the community. Our fraternity gatherings now offer us the opportunity to rest in the support of our members from our toil in the vineyard of the Lord. Our prayer together speaks of the contemplation that feeds our soul, nourishing our rest.

But, what about our absent members? You are not forgotten!! We realize that the only way we can routinely give ourselves in service is because we have prayer warriors who support us. It is the partnering of Mary and Martha that supports our contemplation in action. In this way, the whole of our fraternity is active in ministering to the world. Tricia will be developing ministry/prayer partners later this spring.

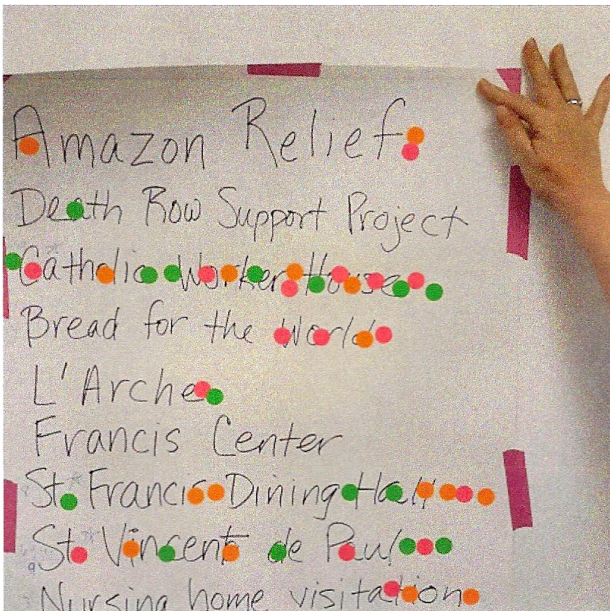
I am excited about our plan for ongoing formation! There are so many famous or important Secular Franciscans over the centuries that it is time to get to know our 'family'. Just look at the article on Wikipedia to get a taste of the breadth of our family tree. At each gathering one of us will introduce one of our relatives. I am looking forward to learning from each other, which will provide additional opportunities for growth.

Evelyn Brush OFS

What should we support and do?

During our Franciscan Fraternity Gathering on April 14th, we voted for for the Organizations listed on the picture to the left.

Catholic Worker House  
St Francis Dining Hall  
St. Vincent de Paul



**Fraternity Gathering will be one week later in May so we can celebrate Mother's Day! Have a nice Mother's Day!**



Love Lives!

It is said that hope is the last thing to die.

My God, my God, why have you forsaken me?

Darkness came over the earth.

For many, hope died.

Hope may die, but love will never die.

For love cannot be killed.

Love lives.

Love lives in the heart torn open so wide that no sin could  
come between us and God, Love lives in  
the wounds that heal,

In the blood and water pouring forth from his side. Love lives  
in that first glad greeting of  
Easter Morning, Jesus has Risen!

There is no greater love than this, than to lay down one's life for  
a friend.

This is the Love we live.

See Christ, Be Christ!

Happy Easter!

Your sister and minister, Jan Parker OFS

April 2019

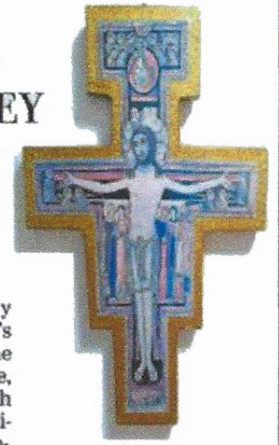
## TOOLS FOR THE JOURNEY

Sacramentals come in many forms, but what draws Catholics to them?

**By Sarah Wolf**  
OF THE CATHOLIC SENTINEL

"Holding a rosary is like holding Mary's hand." The saying came down to Mariana Schatte, who attends Mass at both St. Anthony Parish in Tigard and St. Mary Cathedral of the Immaculate Conception in Portland.

Schatte heard the rosary prayed growing up but didn't start praying it herself until adulthood. It became a constant in her life. In times of depression and pain, she would rely on the prayer to get her through. Once she prayed the Marian prayer nine times in one day. A number of years ago, someone gave Schatte a rosary ring and now she doesn't go a day without it.



Patricia Fryer, a secular Franciscan, regularly prays before the San Damiano Cross displayed on her wall. "God gave us bodies and senses, so I'm totally comfortable with things drawing us toward God," she says. (Courtesy Patricia Fryer)

Dear Sisters and Brothers,

This greeting from our international and national ministers came to me on Good Friday. I am sorry I did not get to the computer to forward this in time for Easter Day.

But...the Easter season goes on! The great feast of Easter is not contained in just one day but has a glorious season of its own. So I guess I'm only a little late in that I missed THE day but not the season!

Blessed Easter to all,  
Terry

Dearest Franciscan Brothers and Sisters,  
May the peace of the Risen Christ be with you always!

Please see the attached greeting from our brother, Tibor Kausar OFS, Minister General of the Secular Franciscan Order. Please share this with your region.

I add my own greeting as well, also attached.

Love, prayers and Easter joy,  
Jan

Jan Parker OFS

National Minister  
Secular Franciscan Order - USA

Congratulations to Marie Stobie on the 69th anniversary of her profession! She is one of our unseen prayer supporters.

## Annual Minister's Meeting is June 7-9

in Beaverton at Our Lady of Peace Retreat House. This year's meeting will include the visitation to our region, so we will have a fraternal and pastoral visitor from the National Fraternity. All St. Clare members are urged to attend on Saturday. It is a wonderful opportunity to see fraternal life on a regional level as well as an introduction to the issues faced by northwest fraternities. You get a real taste of the fact that each of us belongs to four distinct fraternities: St. Clare, Troubadour of Peace Region, US national fraternity, and international fraternity. Plan to come for a day and experience how big our fraternal family is!

Blessings of Peace,

Evelyn Brush ofS  
Minister, St. Clare Fraternity

## Mexican Pepper Casserole

|                                                                   |                                                |
|-------------------------------------------------------------------|------------------------------------------------|
| 1 Tbs. Olive oil                                                  | black pepper, to taste                         |
| 2 cups sliced onion                                               | cayenne, to taste                              |
| 6 to 8 medium-sized bell peppers (a mix of colors) thickly sliced | 2 Tbs. flour                                   |
| 4 to 5 medium cloves garlic, minced                               | 2 to 3 eggs                                    |
| 1 tsp salt                                                        | 2 cups yogurt and/or sour cream                |
| optional: 1 tsp dried coriander                                   | optional; a handful of freshly minced cilantro |
| 1 tsp. dry mustard                                                | 2 cups sliced jack or cheddar cheese           |
|                                                                   | paprika, for the top                           |

- 1) Lightly grease a 10-inch square pan or its equivalent. Preheat oven to 375 degrees.
- 2) Heat the olive oil in a deep skillet or Dutch oven. Add onions and saute' about 5 to 8 minutes over medium heat, until the onions begin to soften.
- 3) Add peppers, salt, cumin, dried coriander, mustard, black pepper, and cayenne. Saute' another 8 to 10 minutes, then sprinkle in the flour. Cook and stir another 5 minutes, or until the peppers are very tender. Transfer to the baking pan.
- 4) Beat together the eggs and yogurt or sour cream. Stir in the minced fresh cilantro. Pour this custard over the peppers. Top with slices of cheese, if desired, and dust with paprika.
- 5) Bake uncovered for 40 to 45 minutes until firm in the center and bubbly around the edges. Serve hot with rice and beans and/or warmed tortillas.