

St. Clare of Assisi

1194 to 1253

Feast Day: August 11



The Cord

August, 2020

*Newsletter of the San Luis Rey
Secular Franciscan Fraternity*

Upcoming Gatherings on Zoom:

- August Monthly General Gathering ~
Sunday, August 2nd, 1:00 - 3:00 pm
- Mid-Month Evening Prayer ~
Wednesday, September 2nd, 7pm - 8pm

CHANGE of Monthly Gatherings Dates to 2nd Sunday of the month:

- September Monthly General Gathering ~
Sunday, September 13th, 1:00 – 3:00pm
- October Monthly General Gathering ~
Sunday, October 11th, 1:00 – 3:00pm
- November Monthly General Gathering ~
Sunday, November 8th, 1:00 – 3:00pm
- December Monthly General Gathering ~
Sunday, December 13th, 1:00 – 3:00pm

***Our Gatherings Will Be on Zoom.
Please see the email sent for the Zoom
Logon Instructions. See you then!***

Contact Us via our website [Contact Page](#)

San Luis Rey Secular Franciscan Fraternity
Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057

Minister's Note for August

Such a beautiful, bittersweet, summer! We are blessed in August with so many beautiful Franciscan Feast days including August 2nd ([Our Lady of the Angels of the Portiuncula](#)), August 11th ([St. Clare of Assisi](#)), and August 25th ([St. Louis IX, King of France](#)).

[Sister Claire André Gagliardi, OSC](#), tells us that 'Clare was a cofounder of the Franciscan movement, where Clare supported Francis as he discerned God's message for himself and his followers. Together with her sisters, she wrote the first Rule written for religious women by a woman.' Not only do we have Clare's Rule, we also have the benefit of her spiritual insights through correspondence: her letters to Agnes of Prague. This was social distancing not due to disease, but due to *geography*.



Agnes of Prague was one of the celebrated people of her day, the daughter of the King of Bohemia. Word had reached Agnes about the Friars Minor and a beautiful noble woman in Assisi named [Clare di Favorone](#), who embraced poverty and the Franciscan movement. Clare, whose very name means 'light,' lived the Franciscan life in her own profound and contemplative way. Being inspired to follow Jesus in the manner of Francis and Clare, Agnes chose a religious life over a royal one.

In the days before cell phones, email, or Zoom, Clare and Agnes communicated via *hand written letters* personally carried back and forth between Bohemia and Assisi by Franciscan Friars as they made their dangerous travels on foot across Europe. Clare shared her insights about the spiritual life with Agnes in these letters. The letters span a time period of 19 years. The first letter first letter is very formal, Clare, as Abbess and leader of her own religious community, is addressing a *Princess*, the eldest daughter of a King. Clare shares her fascination in Jesus in this letter. The Second letter dwells on Poverty and Contemplation, Clare asks Agnes to gaze upon Christ, contemplate Christ. Clare encourages us to look prayerfully, to think deeply, and through contemplation, to become Christ-like: to see our reflection in Christ, and Christ's reflection in us. In the third letter, Clare bolsters Agnes up in meeting the challenges in living a Franciscan life. The fourth and final letter is written near Clare's death; the letter is full of peace and joy and is considered by many as 'one of the most beautiful pieces of spiritual literature.' I invite you to spend time with Clare's letters; they are posted on our website [here](#).

May God Bless you and Keep You and in this extended time of Coronavirus and separation from so many that we love, [please God, we'll meet again before too long](#).

Laura, OFS
Minister, SLR

Holiness... a Largeness of Heart?

Our focus on holiness this month in our OFS vocation requires reflection on our rule and gospel living as primary guides. How can we become, more like Christ through finding pearls of wisdom in our rule?

In Chapter Two, "The Way of Life" Article 19 speaks to us of the transforming power of love.

"Mindful that they are bearers of peace which must be built up unceasingly, they should seek out ways of unity and fraternal harmony through dialogue, trusting in the presence of the divine seed in everyone and the transforming power of love and pardon. Messengers of perfect joy in every circumstance, they should strive to bring joy and hope to others."

This does not happen overnight! I recently listened to a Zoom presentation, "Finding Joy in the Midst of Chaos", by Dr. Darleen Pryds. She shared many stories about Francis; The leper, Perfect Joy, Wolf of Gubbio, Francis resignation from leadership, Stigmata... Her point was that it took Francis a lifetime to come to a mature faith through suffering and growing in compassion to others and himself. He remained open to this transformation and slowly became a holy man with a growing largeness of heart.

I wanted to recall people in my life who I felt exemplified holiness. My list was short. All on my list were humble, gentle souls who I knew had suffered much. I know they all would have protested had I dared to call them holy. A truly holy person is quite unaware of that virtue and if you are fortunate to know one, they emanate the presence of the divine seed in everyone.

None of us escape trials and suffering. They are our opportunity to expand the transforming power of love and pardon in our lives. So often this is in context of others. We spoke of this last month when we discussed seeking ways of unity and fraternal dialogue and listening. When we are with others of differing opinions, we can choose to be a bearer of peace, by considering what they are saying, accepting that they mean well, and choosing not to react, but respond kindly. What helps me, is to remember that I do not know their journey and I do not have to agree with them or change my mind. What will help me to grow in holiness is to recognize that I need to be a loving example for them.

We certainly do this imperfectly, but we should strive to bring joy and hope to others. Because we live in a stressful time of unrest right now, we grow larger in love as we profess to be bearers of peace which must be built up unceasingly. Peace and joy indeed are partners. Joy happens when gospel values and ideals take root in our lives.

So, what might help bring us as Secular Franciscans to a deeper holiness? Faithfulness to our profession? Deeper trust in God? Daily conversion? Hope in God's will for us? Growing in humility? Simplicity? Acceptance of suffering? Forgiveness of self and others? Relationship with Christ in his Word and Sacraments? Gratitude? ... Something we might want to bring to prayer.

We have been given an incredible gift in our Order, one that, as they say, " keeps on giving". If it took St. Francis a life time, I guess we too will grow into that largeness of heart that will ultimately blossom into greater holiness. As Brothers and Sisters, let us journey in love.

*Jan DeSpain, OFS
Formation Director*

Feast of the Porziuncola

The celebration of the Feast Day of the little church of Porziuncola chapel is August 2nd, as we also remember St. Francis and St. Clare. We remember St. Francis as he was called by Jesus, in San Damiano, to repair His church.

The little church needed repair so Francis set to work thinking he was doing "God's Will" as he continued to repair other little churches throughout the area like the Porziuncola Chapel. It seems to me Francis was doing "God's Will," even though he came to realize he also needed to repair, "The Holy Catholic Church."

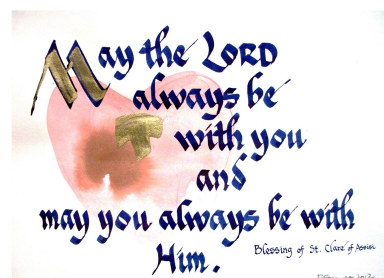


Millions of souls have crossed this "door of eternal life" aspiring to the "Pardon of Assisi" of the Portiuncula.

The Porziuncola church was a small Benedictine Chapel also named, "Our Lady Queen of Angels," which has been dedicated to Peter the Apostle. We also remember St. Clare when she trusted in "God's Will" as she ran from home in the darkness of night and fled to the Porziuncola Chapel where Francis received Clare's vows, and hence began the second order of St. Francis, the Poor Clare's. Attached is the poem, which I think some of you have already read, but does not hurt to be reminded of how a soul must trust in our Lord. The poem is an attachment on "Clare's Flight From Home." We must always remember to trust in our Lord as Franciscans, "Going from Gospel to Life and Life to the Gospel."



Sandy Baden, OFS
Vice Minister



Saint Clare of Assisi

~~Gaze~Consider~Contemplate~Imitate~~her admonition when gazing at the Damiano cross.

...But those unsuspecting Saracens had no idea what they were getting themselves into. Unbeknownst to them, the woman's monastery in their sights was headed by the daughter of a knight, the niece of castellans, the cousin of crusaders and cavaliers. Chivalry was in her genes. Courage, valor, and bravery coursed through her veins. They were in for the shock of their lives...

August 11, 1253~~the first Rule by a woman for women.

(...Passage from: Light From The Cloister...)

Submitted by Kelly Farnum, OFS



*My Lord
My God and,
My All.
Jesus,
I Love You Always.
I Adore You
I Bless You
I Praise You
Oh My God*



Submitted by Carol Imhoff, OFS

Justice Peace and Integrity of Creation: Our Franciscan Call to Service

When we Professed as Franciscans, we understood we'd have a Ministry, and likely several of them, as we followed St. Francis into the Heart of Jesus.

Justice, Peace and Integrity of Creation - otherwise known by its initials JPIC - is a ministry within the Order designed to heighten our awareness of the choices we make every day to either foster or hinder our personal conversion. Making wise choices deepens our relationship with God, invigorates our Franciscan community, and benefits the world around us.

The goal of JPIC is to align and guide our commitment to loving service in accordance with the Gospel, our Rule of Life and Catholic Social Teaching — in the spirit of our Franciscan charism.

JPIC is active at the Fraternal, Regional, National and International levels of the Order to gather information, build consensus, and foster relationships with others in the Church who are called to this work.

The role of your Fraternal JPIC Animator is to inform, inspire, encourage and facilitate the quest to grow spiritually in the service of Justice, of Peace, and the Care of Creation. Karron Esmonde, OFS volunteered to be the JPIC Animator for our Fraternity.

*Karron Esmonde, OFS
JPIC Animator*

Francis, his Spiritual Experience, his Gospel Interpretation and Contemporary Life

Franciscan School of Theology Continuing Education Summer

Course taught by

Dr. Joseph Chinnici, OFM:

A Summary of What I Learned

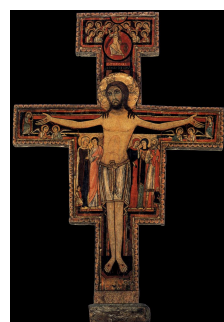
We live in a turbulent world, a world that is suffering under the deadly COVID19 virus. There is darkness all around us. Even church services are cancelled. The Eucharist, the bread of life, the body of Christ, God's real presence is denied to us. How are we to respond as Christians and Franciscans? How can we be the presence of Christ in a suffering world? Fr. Joe Chinnici, OFM addressed these issues and pointed a way for us in this course.



We're called to evangelize through contemplative gaze: sharing our stories, our experiences of God's love for us, telling others how we experienced His real presence through our inner senses, how He touched and healed us, the sweetness of His goodness we tasted, the beauty of creation that revealed Him in our eyes, His comforting voice we heard in the silence of our heart, and the sweet aroma we sensed in His presence. I learned that in this virtual world of contradictions, it's hard to discern the truth, what's real, so I should navigate through my contemplative gaze.

Work is related to genuine power, and should connect us to our creator. We should use our creative power and not rely on our position of power at work. God graced us to participate in his creative work through our labor that builds communities. It's very important how we use our power. We should contemplate other people's contributions in God's creating work. Ask can I see the value in my neighbor's work.

Some say the Church became an obstacle to peoples' faith today. The church needs to recover her image according to Matthew 12.46-50. The focus should be on the incarnate Christ who became poor so we can become rich. Francis discovered himself in the disfigured Christ. He saw perfection in imperfection because of the presence of God in all of us. We should preach by example, and discover the perfect in the not so perfect world then we will be at peace.



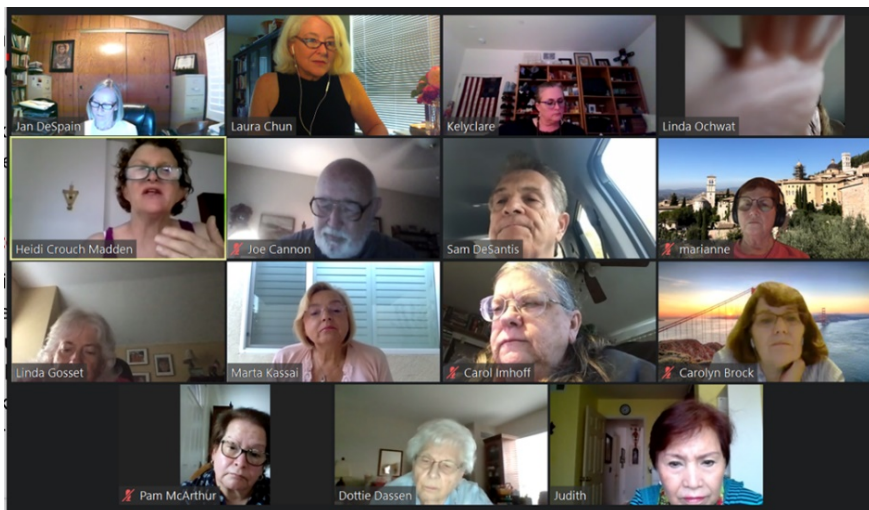
“Whoever does the will of my Father in heaven is my brother, and sister, and mother.”

Matthew 12:50

*Dr. Marta M. Kassai, OFS
Editor of The Cord Newsletter
of the San Luis Rey Fraternity*



Vespers & Gospel Sharing – Next Session on Wednesday, 9/2.



Our Mid-Month Meet-Up on July 22nd took on a new tone as we focused on ‘Vespers & Gospel Sharing.’ Fraternity members crafted prayer intentions for the evening and graciously shared them as others held up their prayer candles. Kelly led us in Vespers, having created a ‘prayer guide’ and sharing it on her screen – with the prayers assigned to everyone so that we could all have a voice. Each of our voices wove together in this beautiful liturgical prayer form.

After Vespers, we reflected on ‘The Pearl of Great Price’ ([Mt 13:44-52](#)) where Jesus said to his disciples: “The kingdom of heaven is like a treasure buried in a field.” We prayed, ‘Lord, What is the pearl of great price to each of us? You are invited to our next evening ‘Vespers & Gospel Sharing’ – we’d love to have you there! To accommodate Fr. Tom Herbst’s sessions in August, our next Vespers will be on Wednesday, September 2nd at 7pm on Zoom.

‘Holiness of Life’ Volunteers for August 2nd

We’re going to reflect on St. Bonaventure’s ‘[Holiness of Life](#),’ a prayer reflection that St. Bonaventure wrote for the Sisters of St. Clare. This brief work (100 *petite* pages and posted in its entirety on our website) has wisdom for us all – it’s both simple, and yet exceedingly profound.

Forward & Editor’s Introduction – **Joe Cannon**

Chapter 1: True Self-Knowledge – **Karron Esmonde**

Chapter 2: True Humility – **Linda Ochwat**

Chapter 3: Perfect Poverty – **Carol Imhoff**

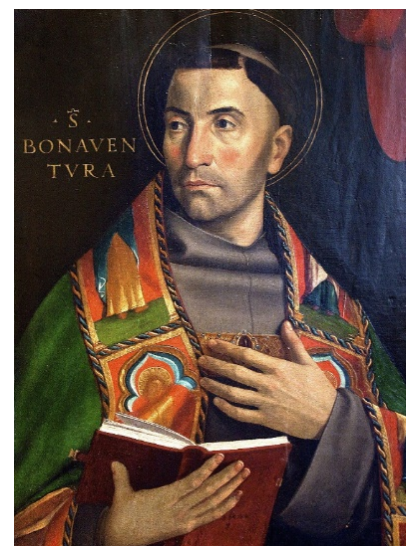
Chapter 4: Silence – **Corrine Helena**

Chapter 5: The Practice of Prayer – **Judith Inglesby**

Chapter 6: The Remembrance of Christ’s Passion – **Sam DeSantis**

Chapter 7: The Perfect Love of God – **Barbara Kaylor**

Chapter 8: Final Perseverance – **Marta Kassai**



Our wonderful Fraternity members listed above have committed to read, reflect, and pray with Bonaventure’s tome, [Holiness of Life](#), and then to summarize and share *one* of the chapters with the Fraternity at our August gathering. For our volunteers, if you’d like a PowerPoint slide for your Chapter please provide a few bullet points to Laura by 7/31 at the very latest. Then, share about your chapter in about a 3-minute presentation at our August 2nd Gathering. Many thanks to our volunteers!

News from the Fraternity Council

From our Director of Formation



Blessed greeting in the month of the Feast of St. Clare. May this month guide our Aspirants and Candidate in steadfastness which was a strength of Clare that encourages us to trust and never give up what God has given us to do.

Candidacy: We are canceling our August 1st class as Heidi will be absent because of closing escrow on her new home that weekend. We wish her abundant joy in her new abode. We will re-schedule the class from this month to September. This assigned Chapter in "The Franciscan Journey" will be Chapter 18, "Being Faithful". Keep Heidi in your prayers for continued discernment. Dottie continues to be a delightful part of this class as she is using this class as a "refresher" course after a long absence from life in fraternity.

Orientation: Kudos to all Kelly is doing with our four Aspirants. She brings a loving and enthusiastic presence to our formation team.

From our Formator & Councilor



Our Aspirants: Carolyn, Gina, Linda & Pam had their first session with their formators Joe & Kelly ~going over Chapter One in the Journey Book.

In our time together we began by praying Mid-Morning Prayer from the Liturgy of the Hours, keeping foremost the Franciscan call to be a people of prayer and brothers and sisters of penance. We went through Our Rule's Prologue- Chapter One-Concerning Those Who Do Penance looking up and reading together the imbedded scripture (references). We read the Identity of a Secular Franciscan from page seven of the Journey Book which we are all encouraged to prayerfully read from time to time. We talked about penance, what formation is, and the structure of the OFS. We emphasized the perfect joy of extending mercy to the undeserving as we have been graced with the same.



Thank you Laura for your input and for hosting our zoom meeting.

Of Peace Be The Token ~ *Joe Cannon, OFS & Kelly Farnum, OFS*

JPIC News - Regional & Local

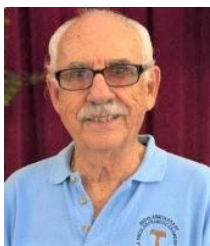


Patricia Grace OFS, our Regional JPIC Animator will be our guest speaker at our August gathering on August 2nd. Secular Franciscan JPIC 'Justice, Peace, and the Integrity of Creation' opportunities abound! JPIC is one way we can carry the love of our Lord into this world to shine His Divine Light into this darkness. Patricia will share with us what JPIC is and some of the things going on at both the National and Regional.



Karron Esmonde OFS, is our new JPIC Animator for our Fraternity! Karron has role on both Regional projects and will take on this role for the Fraternity as well. Thank you, Karron! Fr. David last month shared such optimism when we said that with everything going on in the world, that 'NOW is a great time to be Secular Franciscan.' Karron will help us as Fraternity stay aware of JPIC Opportunities and animate them for us, 'animate' meaning - *to give life to; make alive: ... to move or stir to action.*

From our Treasurer



My brothers and sisters in Christ and Francis:

It is not often that there are articles about money and related items. However, this is a subject that I have spoken to fraternities over 100 times in my years serving at the regional level.

Please understand, I am not demeaning any of my Franciscan family. I only want to explain the importance of every fraternity being able to operate knowing every expense involved in the fraternity's day-to-day operation. We are blessed with many OSF's generosity, however, if the OSF doesn't turn in an a receipt for an expense because they prefer to make the expense a donation. This is a good intention by an OSF.....However, may I please make a suggested different approach:

1. Buy the item(s),
2. Turn in an expense receipt with the cost,
3. Accept your check from fraternity for the cost,
4. As an option, increase you normal fraternity donation by the amount of the Expense.
5. This will help your fraternity to understand the total expenses to operate the fraternity and help the fraternity to create an accurate budget.

If you have questions, please bring them up at our next Zoom meeting.

Thank you!!

Rock DeSpain OFS, Treasurer, San Luis Rey Fraternity

You can mail your OFS fraternity contributions to: Rock DeSpain OFS, 1257 Lodgepole Drive, Hemet CA, 92545



Secular Franciscan Regional & National News

Please see the most recent [Regional Newsletter – The Joy of Francis](#) for all the Regional News.

The 20th Quinquennial Congress is still on (August 18th – 22nd, 2021 in Phoenix, AZ). Registration opens August 18, 2020 and closes on July 28th, 2021.

Please see the most recent [National Tau Newsletter](#) for all the National News.

Franciscan School of Theology



Franciscan School of Theology – Free Online Zoom Sessions! Each 40-minute lecture will be followed by a 20-minute discussion period via Zoom, beginning at 7:00 PM PDT. Each lecture has a unique Zoom link. Registrants will be sent an email with the Zoom link 24 hours in advance of the lecture. There is no cost to attend. A free-will offering via eCheck or credit card is most welcome and gratefully accepted [here](#). A FST email with lecture descriptions will be attached with this Cord.

- July 30: Dr. Maureen Day - Young Adult Catholics: Why Questions are Better Than Answers. Register [here](#).
- August 13: Dr. Joseph Chinnici, OFM - What Makes Pope Francis so Franciscan and Why Now? Register [here](#).

[MSLR Retreat Center](#) and Fr. Tom Herbst, OFM

A Light Within: Keeping Our Faith Alive in Uncertain Times



Mark your calendar for the Tuesdays in August! The MSLR Retreat Center invites us **online** for another engaging series of 4 lectures from our favorite scholar and storyteller. Fr. Tom's presentations open hearts and minds to deeper spirituality in times of uncertainty, difficulty, and change. This 4-week series weaves together inspiration from Old Testament and New Testament scriptures, models of unceasing faith from lives of the saints, and the wisdom in personal lived experiences. Each week offers new lessons in nourishing the light of our faith.

- Sessions will be offered live through Zoom Tuesdays August 4, 11, 18, 25 at both **9:30am-11:30am** and **7:00pm-9:00pm** (same session content in the morning and evening)
- Question and Answer times and a short break are included in each session.
- Links to join the Zoom sessions will be provided to registered participants prior to the start of each weekly session.
- The published tuition is \$60 for the 4-week series or \$20 per session
- For help with registration, or to register for individual sessions, call the Retreat Center at (760) 757-3659 or email mercedes@sanluisrey.org. Please indicate you are a Secular Franciscan. You can access the Registration page on their website [here](#).

Franciscan Institute at St. Bonaventure University



The Franciscan Institute at St. Bonaventure University will initiate the first International Franciscan Blog in partnership with The Franciscan Study Center at Tilburg University in the Netherlands. They aim to connect the best of Franciscan learning with the wider world of scholars, educated professionals and communities of practice: www.franciscanconnections.com.

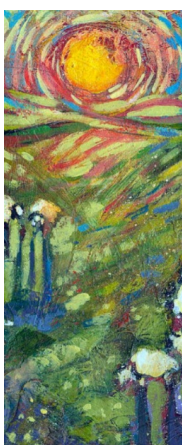
Mark your Calendars, Write it down... Change is On the Way!



Starting in September... our new regular monthly Gathering day will be the SECOND SUNDAY of the month. Please mark your calendars, put a note on the fridge, and tell your beloved spouse, significant other, family, and friends that you'll be busy the 'Second Sunday.' Our next gathering is Sunday August 2nd, then after that – **Second Sunday**... so –

- September 13th,
- October 11th,
- November 8th,
- December 13th

Laura Chun's Zoom Meeting Room



To join by Computer, Laptop, Tablet, SmartPhone App:

- Click or Go to this [link](#) (full link is below):
- When prompted use: Meeting ID: 760 726 2486
- Then use Password: 1798

To join by landline or audio-only Phone (no video):

- Dial this number (it's in San Jose): 1-669-900-6833
- Meeting ID: 760 726 2486
- Then use Password: 1798

Full Zoom link: <https://us02web.zoom.us/j/7607262486?pwd=dmRBNVU5WFUxMTdzaUxGcy9ibGtwdz09>



Let us Pray for our brothers and sisters, especially: :



- ❖ For those who died in the month of August ~~~✝
 - August 7, 2013 **Alice Pritchard** ✝
 - August 13, 2003 **Julia Nick Dexter** ✝
 - August 20, 1996 **Irving Sussman** ✝
 - August 26, 2016 **William 'Bill' Haynes** ✝
- ❖ For the safety of Laura, our Minister, and our Council that they may be filled with wisdom and grace to fulfill the roles in which they have been entrusted.
- ❖ For Pope Francis, Bishop Robert McElroy, and all Bishops.
- ❖ For our pastors, priests, deacons and consecrated religious, and lay orders.
- ❖ For the victims of war, and terrorism throughout the world. For all of our brothers and sisters served by our fraternity's home outreach.
- ❖ For our Fraternity members, our council, in formation, and homebound.
- ❖ Members of all three Orders of the Franciscan Family who need our prayer.

The Peace Prayer in the Spirit of St. Francis

*Lord, Make me an instrument of your peace:
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy;*

*O Divine Master,
Grant that I may not so much seek:
To be consoled, as to console;
To be understood, as to understand;
To be loved, as to love.*

*For, it is in giving, that we receive;
It is in pardoning, that we are pardoned;
and it is in dying, that we are born to eternal life. Amen*



in Thanksgiving for Blessings Received



Mission San Luis Rey Rose Garden, Oceanside, California

From the Editor: Thank you all for your contributions to this month issue of *The Cord*. Due to change in our monthly general gathering date to second Sundays, please submit your articles, reports or adds by the **25th of the month** to publish in next month issue. Send your Word or Pages files (font Arial 12 pt, if possible) and any photos (jpg or png) via email to: mksfo@me.com. Thanks, Marta