

Ascension of the Lord
May 26



Attribution:

The Ascension by [Rembrandt](#) 1636

The Cord

May, 2022

*Newsletter of the San Luis Rey
Secular Franciscan Fraternity*

Our Monthly Gatherings are on the

2nd Sundays of the month

Except this May

Upcoming Gatherings in Person:

- **May 15: Monthly General Gathering**

1:00 – 3:00 pm

Login Link to Zoom: www.zoom.us

Click on: **Join a Meeting**

Meeting ID: **760 726 2486**

Password: **1798**

- **June 12: Monthly General Gathering**

1:00 – 3:00 pm

Upcoming Gatherings on Zoom:

- **May 23: Vespers at 7:00 pm**

Login Link: www.zoom.us

Click on: **Join a Meeting**

Meeting ID: **760 726 2486**

Password: **1798**

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 May

Hail, O Lady, Holy Queen, Mary, holy Mother of God: you are the virgin made church and the one chosen by the most holy Father in heaven whom He consecrated with His most holy beloved Son and with the Holy Spirit the Paraclete, in whom there was and is all the fullness of grace and every good.



Cimabue - Madonna Enthroned with the Child, St Francis and Four Angels, 1278-80. Lower Church, San Francesco, Assisi

So begins the Salutation of the Blessed Virgin Mary by St. Francis of Assisi. According to Franciscantradition.org, *this simple collection of titles forms a litany of greetings describing Mary's role in the plan of salvation.*

As we come together for our May 15th gathering, we will begin our gathering time together with this beautiful prayer as we celebrate our special Franciscan connection with the Blessed Mother, particularly as the Immaculate Conception. We will begin our day with our Chapel prayer at 12:30 with the Litany of the Blessed Virgin Mary. It will be a beautiful way to spend time with Our Lady.

Inside the May edition of our newsletter, The Cord, you will find articles that tell parts of this amazing story. Sam DeSantis will be writing about St. Joseph the Worker (Feast Day 5/1), Jan DeSpain will be writing on the Visitation (Feast Day 5/31), and Marta Kassai will be reflecting on the Immaculate Conception and that incredible and long held devotion in Franciscan spirituality.

I leave you with a prayer of Consecration to Our Blessed Mother as a gift for the month of May: *O Immaculata, you are my queen and my mother. I, (your name), a Secular Franciscan, consecrate and entrust my entire life to you. Through your Immaculate Heart, keep me always faithful and united to the Sacred Heart of your Son, to the teachings of St. Francis of Assisi, and to the magisterium of the Catholic Church. Please help me to remain pure and holy, O Immaculata. I love you. Amen.*

Blessings to you,

Laura



*Laura Chun, OFS
Minister, San Luis Rey Fraternity*

Saint Joseph the Worker - Saint of the Day for May 1

The Story of Saint Joseph the Worker

Image: Childhood of Christ by Gerard van Honthorst

To foster deep devotion to Saint Joseph among Catholics, and in response to the “May Day” celebrations for workers sponsored by Communists, Pope Pius XII instituted the feast of Saint Joseph the Worker in 1955. This feast extends the long relationship between Joseph and the cause of workers in both Catholic faith and devotion. Beginning in the Book of Genesis, the dignity of human work has long been celebrated



as a participation in the creative work of God. By work, humankind both fulfills the command found in Genesis to care for the earth (Gn 2:15) and to be productive in their labors. Saint Joseph, the carpenter and foster father of Jesus, is but one example of the holiness of human labor.

Jesus, too, was a carpenter. He learned the trade from Saint Joseph and spent his early adult years working side-by-side in Joseph’s carpentry shop before leaving to pursue his ministry as preacher and healer. In his encyclical *Laborem Exercens*, Pope John Paul II stated: “the Church considers it her task always to call attention to the dignity and rights of those who work, to condemn situations in which that dignity and those rights are violated, and to help to guide [social] changes so as to ensure authentic progress by man and society.”

Saint Joseph is held up as a model of such work. Pius XII emphasized this when he said, “The spirit flows to you and to all men from the heart of the God-man, Savior of the world, but certainly, no worker was ever more completely and profoundly penetrated by it than the foster father of Jesus, who lived with Him in closest intimacy and community of family life and work.”

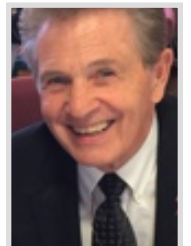
Reflection

To capture the devotion to Saint Joseph within the Catholic liturgy, in 1870, Pope Pius IX declared Saint Joseph the patron of the universal Church. In 1955, Pope Pius XII added the feast of Saint Joseph the Worker. This silent saint, who was given the noble task of caring and watching over the Virgin Mary and Jesus, now cares for and watches over the Church and models for all the dignity of human work. - *Courtesy of Franciscan Media*

PRAYER TO ST. JOSEPH THE WORKER (*For employment*)

God our Father and our Creator, You bestow on Us gifts and talents to develop and use in accord with Your will. Grant to me, through the intercession of St. Joseph the Worker, As model and guide, employment and work, that I may with dignity,

Sam DeSantis, OFS, Vice-Minister



The Visitation of the Blessed Virgin Mary



The Visitation, by Domenico Ghirlandaio 1491

In researching this feast, it seems most likely that the Franciscans originated this feast in 1263 when St. Bonaventure recommended it for the entire Church. However, it took nearly a century for that to happen in Church history. It was originally celebrated on July 2nd but moved in 1969 to May 31st so it would fall between the Annunciation (March 25) and the Nativity of John the Baptist. This was done to harmonize it with the Gospel sequence.

In the Visitation we have two holy pregnant women together as Mary responds to Gabriel and the Holy Spirit on her mission of charity. She has been told in the Annunciation that she has been chosen and she says "yes". She then, "in haste", begins her discipleship immediately by responding to the news about Elizabeth now in her sixth month. You might find it interesting that Mary's trek from Nazareth to Ein Karem where Elizabeth lived was

about a hundred mile journey with a rise in elevation of 1,336 feet. It probably took about a week in a caravan. Mary was a strong young lady!

Besides wanting to assist Elizabeth, she probably sensed the opportunity to share her wonderment how she now had insight into God's plan and purpose for her life. And what does Elizabeth say to her? "Who am I that the Mother of my Lord should come to me? Wow!! Elizabeth had been also chosen for insight by the Holy Spirit. Think about Mary's response to Elizabeth in the Magnificat. Everything in it was about praising God, not herself. Her beautiful humility and simplicity is why she had been chosen.

Last month, in Candidacy, Article 9 we covered how Mary was chosen protectress and advocate of the Franciscan family. We are called to imitate her beautiful self giving and prayer life so we can become more Christlike ourselves. So Mary is our model for bringing Christ to others in our daily life. Don't think that it was easier for her than us. She had much she had to struggle with and suffer her whole life.

I was meditating about how as Franciscans Christ should be also growing in us. Do "we give birth to him through a holy life which must give light to others by example"? (from the Prologue) Remember, you too are chosen. As we seek to be open to God's opportunities and surprises, we can then feel the joy both Mary and Elizabeth experienced during the Visitation.

Sources: <https://udayton.edu> and <https://www.catholicculture.org> and search for *the Visitation of the Blessed Virgin Mary*

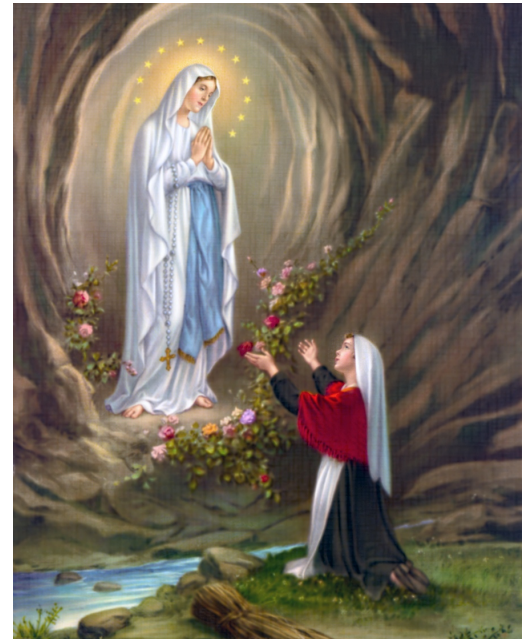


*Jan DeSpain OFS
Director of Formation*

"I Am the Immaculate Conception"

The answer the Virgin Mother gave on March 25, 1858, at her 16th apparition in Lourdes to the poor 14 year old Bernadette Soubirous who asked the lady, at the request of the parish priest, what her name was. Bernadette repeated the lady's answer "I am the Immaculate Conception" all the way home so she won't forget as she never heard of the term Immaculate Conception. She was ill and missed the class when it was taught.

The Immaculate Conception of the Blessed Virgin became a dogma just 4 years prior when in 1854 Pope Pius IX solemnly proclaimed: "The most Blessed Virgin Mary, in the first instant of her conception, by a singular grace and privilege granted by almighty God, in view of the merits of Jesus Christ, the savior of the human race, was preserved immune from all stain of original sin." However, that was not the beginning of the story. It started many centuries before. Never the less, this dogma was confirmed from above by none other than the Blessed Virgin Mary.



That Mary was "preserved immune" from original sin (Catechism of the Catholic Church) made me imagine original sin as an ancient Virus that copied itself into the DNA of Adam, and was passed down from generation to generation. One could draw an analogy, that baptism protects us from the affect of original sin like a highly effective vaccine protects against a deadly virus. And Christ is the antidote or the antibody that saves us. Baptism is after birth, but Mary was immune at her conception.



According to the catechism, original sin is a "deprivation of original holiness and justice". "Human nature is wounded in the natural powers proper to it: subject to ignorance, suffering and the dominion of death". We are "inclined to sin". Mary is an exception. She had to be free of inclination to sin from the moment of her conception to become Mother of God. Her conception was immaculate through divine grace so she could become Christ bearer, in Greek "Christotokos", that is Mother of Christ, the Ark of the New Covenant.

The idea that Mary was free of the stain of original sin (a term used first by St. Augustin in the 5th century) was not accepted early on. Even St. Thomas of Aquinas in the 13th century did not believe that Mary was conceived without the stain of original sin. While it was thought appropriate that Mary was immaculately conceived, the issue for the Church was how to resolve the problem that only with **Christ's** death would the stain of **original sin** be removed. It took two Franciscans, William of Ware and John Duns Scotus, to develop the theology that was then accepted by the Church.

John Duns Scotus argued that Mary's immaculate conception enhances Jesus redemptive work. Mary's privilege was the result of God's grace and not any intrinsic merit on her part. A gradual acceptance of the [Franciscan's](#) views over the next several centuries was reflected in the teaching of various [popes](#) (especially [Sixtus IV](#) in the late 15th century) and the [councils of Basel](#) (1439) and [Trent](#) (1546). It was not, however, until December 8, 1854, that [Pius IX](#), urged by the majority of Catholic [bishops](#) throughout the world, solemnly declared in the bull *Ineffabilis Deus* that the doctrine was revealed by God and hence was to be firmly believed as such by all Catholics.

In Luke's Gospel (1:28), the Angel Gabriel, speaking on God's behalf, salutes Mary as "Full of Grace". This is before the Holy Spirit comes upon her to conceive Christ. This phrase means that Mary has the grace necessary for the task ahead.



St. Bernadette Soubirous

It struck me that the divine revelation of Mary's Immaculate Conception at Lourdes comes after the Church has officially concluded this truth and declared it in a papal bull. God is patient, he wants us to arrive on our own to the truth rather than spoon feeding us. God respects our freedom of choice, and treats us as adults.

If you ever been to Lourdes, you know what a beautiful place it is, and how prayerful is the atmosphere. Here is a picture for you.



*Dr. Marta Kassai, OFS,
Councilor*

Resources:

1. <https://www.britannica.com/topic/Immaculate-Conception-Roman-Catholicism>
2. *Catechism*: <https://www.usccb.org/sites/default/files/flipbooks/catechism/102/#zoom=z>
3. Immaculate Conception of the Blessed Virgin Mary by Franciscan Media
4. Wikipedia: Our Lady of Lourdes

Franciscans: Far Less Scum on Sister Sea!

*“Praised be You, my Lord, through Sister Water,
who is very useful and humble and precious and chaste.”*

St. Francis of Assisi

Biodegradable Laundry Detergent

Once you’ve seen soap suds at the seashore, commercial laundry detergents don’t seem so innocent. This recipe offers a completely biodegradable alternative:

- Use 2 Tablespoons Sal Suds* per load just like you would a regular laundry detergent
- Optional: Add 2 Tablespoons washing soda or 1/4 cup baking soda for an extra boost

All-Purpose, Sanitizing Cleaner

Tea tree oil is the secret ingredient for this cleaner that sanitizes surfaces. It contains no chemicals to harm people or pets, and is really easy to put together.

- Put 20 drops tea tree oil*, 3/4 cup water, and a 1/2 cup apple cider vinegar in a spray bottle.
- Shake well to combine
- Spray the cleaner directly onto surfaces, then wipe clean with a dry cloth.

NOTE: Shaking before each use will prevent the ingredients from separating



DIY Bathroom Cleaner

For a bathroom cleaner for the tub or shower AND the tile floors, do this:

fill a jar with 1.5 cups of baking soda,

- 1/2 cup of warm water,
- 1/2 cup of liquid soap (such as Dawn), and
- 2 tablespoons of white distilled vinegar.

For really grimy grout, add a touch of lemon juice.

Window and Glass Cleaner

Cornstarch is the key to this streak-free clean! Pour one cup of hot water and one cup of rubbing alcohol in a large bowl. Whisk in four tablespoons of cornstarch and transfer the to a spray bottle. Simply spritz on windows, mirrors, or glass and wipe clean with a microfiber cloth.

* Sal Suds is available at Walmart, Amazon & Co-Op Markets

* Tea Tree Oil, in addition to its use as a sanitizer, is used in medicine to treat fungus, acne, dandruff and minor skin irritations. It’s widely available under many brand names.

Source: Oprah Daily Insider

<https://www.oprahdaily.com/life/g30666676/homemade-cleaners>



Karron Esmonde, OFS,
JPIC Animator

News from the Fraternity Council

May Gathering will be in Person but zoom is available for shut-ins. Our Zoom link remains the same as always:

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

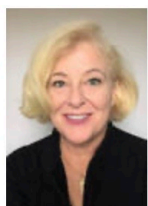
Mark your Calendars for Monday, May 23rd for Vespers!



Join us on Zoom on **April 26th at 7pm** for praying the psalms together with our fraternity brothers and sisters.

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

The San Luis Rey Fraternity Council



Laura Chun, OFS
Minister



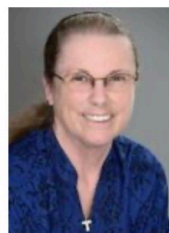
Sam DeSantis, OFS
Vice-Minister & Formator



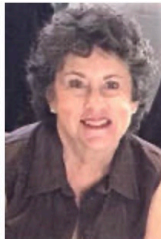
Jan DeSpain, OFS
Formation Director



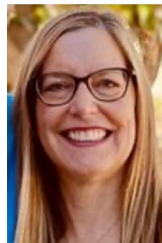
Sr. Madeline Fitzgerald, OSC
Spiritual Assistant



Connie Collins, OFS
Secretary



Corinne Helena, OFS
Treasurer



Pam Pert, OFS
Councilor



Marta Kassai, OFS
Councilor & Newsletter Editor

From our Treasurer



You can mail your OFS fraternity contributions to:

Corinne Helena, OFS
1408 Turnstone Way
Oceanside, CA 92057



Formation News

May the joy of the Risen Lord be with you during this holy Easter season. A reminder that we will be meeting a week later because of Mother's Day on the second Sunday.

We are all mothers, as reminded by Francis in the Prologue:

"We are mothers when we carry him in our heart and body through divine love and a pure and sincere conscience; we give birth to him through a holy life which must give light to others by example."

So Happy Mother's Day to All! 😊

Next Zoom Candidacy Class: **May 14, 2022 at 11:00 am** on our regular meeting link. Sr. Madeline will join us and we welcome any sponsors who might want to drop in. We will be covering Chapter 18 in the Journey text which discusses Article 10.

Article 10 of the Secular Franciscan Rule:

United themselves to the redemptive obedience of Jesus who placed his will into the Father's hands, let them faithfully fulfill the duties proper to their various circumstances of life. Let them also follow the poor and crucified Christ, witness to him even in difficulties and persecutions.

Ongoing Formation Reflection:

This is a challenging article indeed. No one usually but ourselves and God realize the extent of how faithfully we seek to fulfill our duties in life. Not only that, they seem to change as life progresses. As professed, continue to read the Rule, study the Rule, love the Rule, and live the Rule. This is why we are blessed to have Franciscan brothers and sisters to grow and dialogue with. That is why community and ongoing formation is so important for us all.

Peace and Love to you all!

Jan DeSpain, OFS
Formation Director



Franciscan Rite of Extraction at Epiphany Saints in March

Saint for 2022

Feast Days



St. Jutta
Blessed Anna Rose Gattorno
Blessed Franz Jagerstatter
Venerable Maria Jesus of Agreda

May 05
May 07
May 21
May 24



Corinne Helena, OFS
Treasurer

Pam Pert, OFS
Councilor



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

- Click or Go to this [link](#) (full link is below):
- If 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

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



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

❖ For those who were professed in the month of May:



- May 4, 2003
- May 4, 2003
- May 4, 2003
- May 5, 2019
- May 5, 2019
- May 6, 2018
- May 6, 2018
- May 7, 1989
- May 16, 1999
- May 16, 1999

- Roger Alves, OFS**
- Jack Shuk, OFS**
- Frances Thompson Garcia, OFS †**
- Corinne Helena, OFS**
- Barbara Kaylor, OFS**
- Connie Collins, OFS**
- Joe Cannon, OFS †**
- Josephine Matranga (Emerita), OFS**
- Connie Herman, OFS**
- Scott Herman, OFS**

- ❖ For the Ukrainian brothers and sisters that the war with Russia end soon, and they may live in peace and freedom again.
- ❖ Sr. Anne Marie Hubbard, a friend of Marianne, to beat a shoulder replacement infection
- ❖ Linda Ochwat as she seeks more stable housing arrangements.
- ❖ Dottie Hansen, who is dealing with anxiety and depression problems and is considering new housing arrangement.

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
Dr. Marta M. Kassai, SFO, Editor