

All Saints Day November 1st



The Forerunners of Christ with Saints and Martyrs, 1420s by [Fra Angelico](#)



Michaelangelo: [Pietà](#), St Peter's Basilica (1498-99)



All Saints Day, Holy Cross Cemetery in Gniezno, Poland, 2017 [Diego Delso](#)

The Cord

November, 2022

Newsletter of the San Luis Rey
Secular Franciscan Fraternity

Our Monthly Gatherings are on the
2nd Sundays of the month

November Gathering:

November 13:

**10:00am Mass at San Luis Rey Mission
Church**

**11:30am BYO box lunch at Mission Retreat
Center Refreshment Lounge**

12:30pm Prayer in Mission St. Clare Chapel

**1:00 to 3:00 pm General Monthly Gathering
in the Guadalupe Room and on
Zoom (link [here](#))**

Vespers: Last Mondays of the month

November 28: 7pm-8pm on Zoom (link [here](#))

Login for All Zooms:

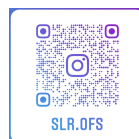
www.zoom.us Click on: **Join a Meeting**

Meeting ID: 760 726 2486 Password: 1798

**Next Month General Gathering:
Advent Day of Recollection
Sunday, December 11**

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

Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057



Minister's Note for November



How are you doing on your homework? The Council is asking each of us to watch this beautiful video prior to our next Gathering on Sunday, November 13th – so it's not too late! It's about a letter that we each received from Pope Francis, 'Laudato Si.' The video is beautifully produced and absolutely worth your time (it's an hour and twenty minutes). You can find it here: <https://www.youtube.com/watch?v=Rps9bs85BII> . Makes notes about what strikes you and bring them with you at our next Gathering; we'll be talking about it on November 13th.

We also have a special treat on November 13th. **Fr. Martín Carbajo Núñez, OFM** will be speaking to us about the **Spirituality of Laudato Si**. Fr. Martin is a visiting professor at the Franciscan School of Theology. Born in Zamora, Spain, Martín Carbajo Núñez, OFM has lived in Rome since 1995, where he currently teaches ethics and communication at two universities: the Antonianum (Pontifical University Antonianum or PUA) and the Alfonsianum (Pontifical Lateran University or PUL).



I recently attended a beautiful celebration in thanksgiving for the **50 years** of service for a wonderful friar, Fr. Vince Mesi, OFM. Throughout the joyous evening, I couldn't help but think of all our dedicated Secular Franciscans who have been faithful to their vocations for so many years! Here's who in our Fraternity that has been professed more than **THIRTY** years: Dottie Dassen (60 years), Carol Imhoff (57 years), Eileen Costa (45 years), Josephine Matranga, Emerita (33 years), Prudy Hrisanthopoulos (32 years), Jan DeSpain (31 years), Rock DeSpain (31 years), Karron Esmonde (31 years), and our Spiritual Assistant, Sr. Madeline Fitzgerald (60+ years as a Poor Clare!).



As we approach Thanksgiving, I ask for much grace and many blessings on all our members over thirty years professed – and all members of our San Luis Rey Fraternity as well as Secular Franciscans throughout the world. As Francis, may we each be faithful in our call to follow our Lord Jesus Christ and help be a conduit of his Grace to the world.

May God grant you peace -
Laura

Laura Chun, OFS, Minister,
San Luis Rey Fraternity



St. Agnes of Assisi



Agnes of Assisi was a younger daughter of Count Favorino Scifi. Her birth name was Caterina and took the name of Agnes when she became a nun. Her mother, Countess Hortulana, who also would join the order founded by her daughters, belonged to the noble family of the Fiumi. Their cousin Rufino Scifi was one of the original "Three Companions" of Francis of Assisi. Agnes spent her childhood between her father's palace in the city and his castle of Sasso Rosso on mount Subasio.

On March 18, 1212, her eldest sister Clare, inspired by the example of Francis of Assisi, renounced her inheritance, left her father's home in secret to become a follower of Francis. Sixteen days later, Agnes ran off to the Benedictine cloister of St Angelo di Panzo where Francis had brought her sister to share Clare's life of poverty and penance. It is here where they received their initial training. Angry at the loss of his two daughters,

their father sent his brother Mondaldo, several relatives and armed men to the monastery to force Agnes to return home. Mondaldo drew his sword to strike his niece, but his arm allegedly dropped to his side, withered and useless. The others dragged Agnes out of the monastery by her hair, striking and kicking her repeatedly. Agnes' body became so heavy, perhaps due to the miraculous efforts of her sister Clare, that her assailants dropped her in a field nearby. Agnes' relatives, purportedly realizing that something divine protected her, allowed the sisters to remain together. Francis himself cut her hair and gave her the religious habit, in recognition of Agnes' dedication.

Francis later established a cloister for Clare and Agnes at the rural chapel of San Damiano, where they were soon joined by other noblewomen of the city and there Agnes achieved perfection as a religious at a young age. This is where the Order of Poor Ladies, later known as the Poor Clares began, with Clare as its abbess. In 1219, Agnes was sent by Francis to direct the Poor Clares at Monticelli near Florence. She was named the abbess and chosen to lead the new community. Although life in the Florentine convent was harmonious and without faction, she missed her sister greatly. Agnes wrote a letter to Clare and this surviving document clearly demonstrates her love of poverty and her loyalty to Clare's ideals. She later went on to establish other communities of the order in Mantua, Venice, and Padua. Agnes was said to be very virtuous, and as abbess, ruled with a benevolent kindness knowing how to make the practice of virtue appealing to her sisters.

In 1253. Agnes was summoned to Assisi to nurse her sister Clare during her illness and assisted at her funeral. Agnes followed quickly as Clare had predicted, dying three months later on 16 November 1253. Her remains were interred with those of her sister at the Basilica of St Clare of Assisi. Her mother Hortulana, and a younger sister, Beatrice, had already died, and Agnes was buried near them.

Agnes' feast day is the anniversary of her death, 16 November. She was canonized in 1753 the year of her 500th anniversary, by Pope Benedict XIV.

Resources: information provided by Fransican Media and Wikipedia

Sam DeSantis, OFS, Vice Minister
San Luis Rey Fraternity



Welcome Sister Death

Every November we begin the month remembering our recognized Saints, followed by praying for All Souls. It truly is a beautiful month to remember our deceased loved ones and our beloved Franciscan family who have preceded us.

As Franciscans we have a rather unique image of death given to us by Francis as a Sister. When I first was introduced to this concept, I felt comforted, considering our culture has for so long many people fearing or ignoring the topic of death and dying. Even long before I became a Franciscan, I was working in Loyola Medical Center in Maywood, Illinois and attended a lecture by the late Elizabeth Kubler-Ross, who wrote many books on death and dying and was a world renowned authority on dying. Her theory of the five stages of terminal death which (denial, anger, bargaining, depression and acceptance) advocated helping people through these stages because she saw death as the normal end and felt people needed loving people to assist them during this time. She describes "Death" as The Final Stage of Growth" in her book of this title.

Our October Candidate class found us exploring a deeper dive on this subject by unpacking article 19 which is focused on peacemaking and ends with these words....

" Since they are immersed in the resurrection of Christ, which gives true meaning to Sister Death, let them serenely tend toward the ultimate encounter with the Father."

Our Constitution gives us further help in Article 23.3

" To preserve peace in the family, the brothers and sisters should, in due time, make a last will and testament for the disposition of their goods." Let us flash back to our first Rule of 1221. Tertiaries were required to do this within 3 months of profession. Our rule today is less prescriptive, but certainly an important consideration in our journey here on earth.

We are blessed to have Carolyn Brock to also give her perspective on this. She is an attorney and has has much to share in her experience with families who struggle at the death and distribution of assets, etc. at the death of family. She will also share an article in the Cord.

My hope here is to inspire you if you have been postponing this task to at least consider thinking about giving this gift of preparation to those you love.

I think it also ties into what Karron has asked us to do in keeping the fraternity updated with with family contact information in the event of your disability or death. We want to be there to support you. All too often, your own family might be not aware of your wishes. If you have everything in writing in your final documents, we can help you and your family.

Final thoughts: What did our St. Francis do in his final hours? On his death bed he composed the final part of his canticle: "Praised be You, my Lord, through our Sister Bodily Death, from whom no one living can escape. Woe to those who die in mortal sin. Blessed are those whom death will find in your most holy will, for the second death shall do them no harm."



Yes, Francis greets death as another expression of God's presence. I like to imagine Sister Death as coming and pulling back the curtain between this life and the next. I also found it interesting that in the book by Elisabeth Kübler- Ross it begins with a "Prayer for Healers" which is the Prayer of St. Francis modified by Charles C. Wise. I never remembered this connection as I had read it years before becoming a Franciscan. God loves to connect the dots. 😊



*Jan DeSpain, OFS,
Director of Formation*

Bearers of Peace

"To preserve peace in the family, the brothers and sisters should, in due time, make a last will and testament for the disposition of their goods."

Constitutions -article 23.1, 23.2,23.3

The Franciscan Journey has been such a wonderful "journey." I can hardly believe how much time has passed since starting down this path in 2020. We are just a few months from profession, God willing.

Our formation classes have been via zoom. In our last meeting, sitting at my desk at home watching our formation director Jan's power points, we came upon a slide about wills. I suppose before I go further, I should confess that I had not read all of the materials in advance and had not seen this coming. I had a moment of panic thinking perhaps I was accidentally sharing my screen. Although the slide did not look familiar it was talking about making a last will and testament. I am an estate planning attorney.

In hindsight, I should not have been surprised at all. Rule 19 tells us that Secular Franciscans are called to be bearers of peace in their families and in society.

A will (or perhaps a revocable trust) can be a love letter left behind written for your family. It is a way to take care of young children, leaving funds in a trust for their care and naming a trustee to manage the funds. It can also be a good way to manage the share of a young adult, setting aside funds for college.

It is also a way to avoid disputes and dissent among family members. I cannot claim that it is always successful – some family members still want to bicker. But what is very consistent is when we do nothing, it puts stress on the family and creates additional expense. Also, it is always hurtful when children/grandchildren are not treated equally. We are called to be bearers of peace. I love that creating a will falls under the category of being a bearer of peace -- to preserve peace in the family. It must be very Franciscan.

Another way to show our love for our family members might be to consider pre-need funeral/burial planning. My mother died in 2019 and she had planned her burial and funeral and paid for it in advance. She was well prepared for sister death, and as a result we as her adult children benefited by her preparation. We had the information about her burial plan written into her advance health care directive, making clear her wishes about transitioning from this life to the next.



Carolyn Brock, Candidate

St. Bonaventure Part 3 - from the lectures of Fr. Tom Herbst, OFM

The Theology of St. Bonaventure



This is a series of four articles on the theology of St. Bonaventure taught by Fr. Tom Herbst, OFM this Summer at the Franciscan School of Theology in a weeklong Continuing Education Course I took. Our beloved Father Tom just passed away early this month unexpectedly. He is gravely missed. Our prayers are with you Father Tom. 🕊️ 🙏

Bonaventure believes that God has envisioned each one of us eternally in his mind. That would be the Father, the inexhaustible source that has known you forever said Fr. Tom. "God envisions you from eternity. You have existed eternally, the same as God has." Just like the old testament says: "Before I formed you in the womb I knew you" - *Jeremiah 1:5* "I have called you by name, you are mine." - *Isaiah 43:1*

If Bonaventure is right, God knew me forever, but that is not an actualized person. It's an internal conceptualization of an individual human being. It is a pure potential, an idea that gets expressed, that is "actualized" by the Logos - *John 1:1-3*: "In the beginning was the Word" (*the Greek Logos is translated to Word in English, but Logos is more than just word, traditional meaning of logos is thought, principle, or speech; the spoken word that implies an action or doing*) ... "all things were made through Him, and without Him was not anything made that was made". Logos is the causal agency, the hand that picks up the paint brush and creates the art work the painter envisioned. The idea is actualized, becomes an actual painting, a favorite metaphor of Fr. Tom, a painter himself. The Son, Jesus (Logos) is the creator that expresses or actualizes the idea of the Father. The concept of you that existed forever in the mind of the Father becomes really you. God created you perfect, says Fr. Tom. The blue print of you is perfect in every way. You committed no sin how God created you. But you're born into a sinful world.

What is Sin? Sin is understood by Bonaventure as the lack of God. The accepted theology of the time was that God did not create sin. The Church today agrees. God could not create sin because God creates only good. Sin is a void, the deprivation of God. Sin is a no thing. Sin isn't anything. It can't be, because if it was something, God would have had to create it, since God created everything that is, and God cannot create sin.

God doesn't see your sins because there is nothing to see. Not that there is no sin. There is plenty of sin in the world, but we should see sin as the lack of God, the lack of good. To better understand this, Fr. Tom used the Swiss cheese analogy. Sin is like the holes in the Swiss cheese. The holes where there is nothing, no cheese. If the holes become too big and too numerous, the cheese disappears. If they become so numerous that that's all there is, then yourself become a no thing. We call that being dead - told us Fr. Tom. That's Hell, annihilation. In other words, what you did bad is not a thing. It's a hole in a piece of cheese.

How do we deal with sin? It's very important to understand for our spirituality. You can't deal with sin directly because it doesn't exist directly. We need to understand the nature of sin to be able to deal with it. The question we should ask is am I doing the right thing? If I want to deal with the things I do that are wrong, I need to understand I am not doing what is right, and make the adjustment. I need to acknowledge I'm not doing what's right rather than saying I'm going to stop doing what's wrong. I can't aim for that, because the target is nothing, a hole, a lack of something. I will surely miss the mark. But I can do what is right through grace. My aim should be doing the right thing, doing good. Aligning myself with God, who is all good, total good as St. Francis tells us. It's impossible to stop myself doing what's wrong, but focusing on doing the right thing, those holes (in the Swiss cheese) will start to shrink. So aim at doing things right. When we live rightly, correctly, positively, then we are dealing with the lack which we call sin, says Fr. Tom. The remedy for sin is to realign ourselves with God, and who God meant us to be then we're going to grow as people, as human beings.

This leads us into Part 4 next month, the restoration of the original creation, the salvation of the world by Christ. God incarnates for us at Christmas as baby Jesus, out of His great love for us to save humanity and his creation.



Dr. Marta Kassai, OFS, Councilor

St. Elizabeth of Hungary - Feast Day November 17

Patroness of the Secular Franciscan Order



St. Elizabeth of Hungary was the daughter of King Andrew II of Hungary and Gertrude of Merania. Elizabeth was born on July 7, 1207 and passed away (at the age of 24) on November 17, 1231. At the age of four, Elizabeth was taken to the Thuringian court to be brought up with her future husband and, in the course of time, to be betrothed to him. At the age of 14 she married Ludwig IV, Landgrave of Thuringia. It was a very happy marriage. They had 3 children. At the age of 20, she lost her husband on September 11, 1227, due to pest at the crusade to Palestine. Under spiritual direction by Franciscans she dedicated

her life to helping the poor. During an especially harsh period of long winters, poor harvests, floods and pestilence, Elizabeth used her authority to distribute their personal grain harvest to the poor, and to build hospitals where she would personally tend to the sick. It was probably during this time that Elizabeth became a member of the Franciscan Third Order, known today as the Secular Franciscan Order. She died at the age of 24, and was canonized 4 years later.

Dr. Marta Kassai, OFS

Living Laudato Si'

Events and Information for SLR Seculars

Our Franciscan commitment to the “Care of Creation” is supported by a wealth of resources and expertise. Below, you’ll find sources we’ll often refer to – and the websites – including “The Letter” film. Yet better than merely reading about Laudato Si’, the November meeting brings a renowned expert to speak on the importance of Laudato Si’ in our Franciscan life. And, entering the Season of Advent, the Retreat Center offers an opportunity for prayer and reflection on the peace, light and wonder of God’s creation.

*Karron Esmonde, OFS
JPIC Animator*



Laudato Si’ Action Platform

<https://laudatosiactionplatform.org/>

- Main website for the Vatican’s Laudato Si’ program worldwide.

Laudato Si’ Spirit: Collaboration for Action in the West

<https://laudatosispirit.org/>

- Integral ecology initiative of the Saint Barbara Province featuring a growing library of Laudato Si’ resources, stories, and encouragement. Also includes self-assessments and a template to create our own Action Plan. (The plan outline, instruction, helps are designed specifically for Franciscans)

The Letter: Laudato Si’ Film

<https://theletterfilm.org/>

- This full-length documentary about four people invited to the Vatican to converse with Pope Francis about the ecological crisis and its effects on their communities. SLR Fraternity members are urged to watch this film prior to our meeting on November 13th.

Laudato Si’ Expert to Speak at November Fraternity Meeting

November 13, 2022 at Mission San Luis Rey Retreat Center

- We are honored to have Professor Martin Carbajo Núñez, OFM speak to us on the spiritual impacts of Laudato Si’. Fr. Martin’s books focus on the importance of the Franciscan Intellectual Tradition to today’s ethics. Among his books are Sister Mother Earth. Franciscan Roots of the Laudato Si’ and Being a Franciscan in the Digital Age: New Challenge, New Life

Advent Retreat: A Season for Peace, Light and Wonder

Saturday, December 3 at Mission San Luis Rey Retreat Center

9:30am-3:30pm, includes lunch

- A day of guided prayer, art and reflection incorporating Advent themes, Scripture, Laudato Si’ and the beauty of God’s Creation.
- Registration required. Seculars should call the Retreat Center at **760-757-3659** for the discounted rate: Cost is \$22.50.
- More information at

https://mslr.retreatportal.com/events/f?p=101:2:::NO:RP,13:PROGRAM_ID:1734

The San Luis Rey Fraternity Council



Laura Chun, OFS
Minister



Sam DeSantis, OFS
Vice-Minister & Formator



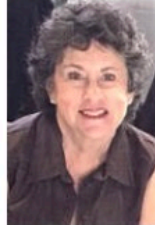
Jan DeSpain, OFS
Formation Director



Sr. Madeline Fitzgerald, OSC
Spiritual Assistant



Connie Collins, OFS
Secretary



Corinne Helena, OFS
Treasurer



Pam Pert, OFS
Councilor



Marta Kassai, OFS
Councilor & Newsletter Editor

News from the Fraternity Council

Please note: **November Gathering** will be **in person & zoom**. Prof. Martin Carbajo Nunez, OFM, see his photo below with Pope Francis, will give us a presentation on *Laudato Si'* and Spirituality.





Mark your Calendars for Monday, *November 28th* for Vespers!



Join us on Zoom on **November 28th at 7pm** for praying the psalms together with our fraternity brothers and sisters.

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

From our Secretary

Please contact Connie Collins, OFS if you'd like to place an order for a San Luis Rey Fraternity name tag. Give her your name and whether you want a magnet or a pin.

From our Treasurer



You can mail your OFS fraternity contributions to:

Corinne Helena, OFS
1048 Turnstone Way
Oceanside, CA 92057N



Advent Day of Recollection

with **Father Michael Blastic, OFM**

Sunday, December 11, 2022

In the **Guadalupe Room** of Mission San Luis Rey

Luncheon @ 12 noon, Presentation: 1 to 3 pm



Francis, Clare, and an Advent Psalm

We will pray and reflect on the Advent Psalm from
Francis' Office of the Passion (Psalm VII).



This event with luncheon is made possible by the generous gift our
late sister **Edna Patterson, OFS**
left to our Fraternity in her Will.

Thank you Edna!

RSVP: Dr. Marta Kassai, OFS @ 951-314-2020

Formation November 2022 News

Our Candidates will gather Saturday November 12th at 10:00am on Zoom. We will cover Chapter 28 (Fraternities Gathering as One) and Chapter 29 (Servant Leadership)

Since our Candidates are very close to Profession, we find the words from St. John Paul directed to us Franciscans in 2002. In Chapter 28. I recommend the professed also consider pulling out your Journey book and meditate on his words (p304-305).

Servant Leadership is also so important. The current council has been in place nearly a year now. We hope we are living and serving the Franciscan vision in our own unique fraternity. Each of you is valued and needed by the council. We thank you for sharing your voices and gifts to make us what the Lord is calling us to do.

Thank you to Corinne who will join us in November at the Candidate session as a council member.



Keep praying for our Candidates and future vocations to our fraternity. Remember, we need you to invite others in your circle who might be that next wonderful aspirant.

Blessings and peace to all, Jan

Jan DeSpain, OFS
Formation Director

Franciscan Rite of Extraction at Epiphany Saints in November



Saint for 2022

Feast Days

St. Elizabeth of Hungary

Nov 19

Venerable Margaret Sinclair

Nov 24



Corinne Helena, OFS
Treasurer

Pam Pert, OFS
Councilor

Prayers Requested from the Fraternity:

1. **Linda Ochwat, OFS** requests that she may find a stable housing arrangement after release from the facility where she's being treated for health condition.



Praying Hands by
Albrecht Dürer

Prayer for Homeless "Men, Women, and Children"

Precious Holy Spirit, I come to You with a broken heart for all of our brothers and sisters in Christ who are living with no security, no shelter, and no safety from the outside world. Please be with all the men, women, and children in our world who are homeless. Give them extra warmth, peace, and guidance like only Heaven can send. Let angels hold their hands at all times, ease their worries, and provide opportunities for a better life.



Give hope where there is no hope and provide wisdom as they work through their trials. Lord, let them know they are loved, prayed for, and Your precious children who will never be forgotten. In Jesus name, I pray.

- 2. **Marianne Grisez** requests prayers for post surgical healing.

Dear Lord Jesus, through your precious Blood, through your stripes and through your bruises, through the Healing Power of the Eucharist and through the Loving Power of the Eucharist and through the Forgiving Power of the Eucharist, we ask for a speedy and complete cure of all Marianne's infirmities. Jesus, we know that when we ask we receive. We claim the healing and now thank and praise you for this healing. We praise you for this healing and thank you-Lord Jesus. We adore and worship You dear Lord, King of eternal glory.

- 3. **Carol Imhoff, OFS** requests for a successful cataract surgery on her other eye.

St. Lucy Prayer

Saint Lucy, whose beautiful name signifies light, by the light of faith, which God bestowed upon you, Increase and preserve His light in my soul, so that I may avoid evil, Be zealous in performance of good works, and abhor nothing so much as the blindness and the darkness of evil and sin. Obtain for me, by your intercession with God, perfect vision for my bodily eyes and the grace to use them for God's greater honor and glory and the salvation of souls. St Lucy, Virgin and martyr, hear my prayers and obtain my petitions. Amen



- 4. **Connie Collins, OFS** requests that her cousin Roy who fell off the ladder and broke his back be healed.

Healing A Loved One

Lord, You walked on the earth, understood the broken world, yet also rose from death into resurrected life. We pray for Connie's loved one that he will be held in your loving arms. Bless the work of the doctors, surgeons and hospital staff, and bring the power of your resurrection life into his body. Come fill her loved one from top to toe with your restorative spirit. May your resurrection life bring healing and wellness into his being. May your grace carry him through this hard time into a new season filled with hope and joy. We ask this through Our Lord Jesus Christ, Amen

Prayers Answered

Marianne Grisez expresses her gratitude for a successful knee replacement surgery November 9.

* * *

Please update us so we can continue to pray for your special intentions, or give thanks to God for his great mercy and love.

Please send your prayer requests and updates to Sam DeSantis, OFS, Vice Minister: carguyrt66@gmail.com



Sam DeSantis, OFS
Vice Minister





.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

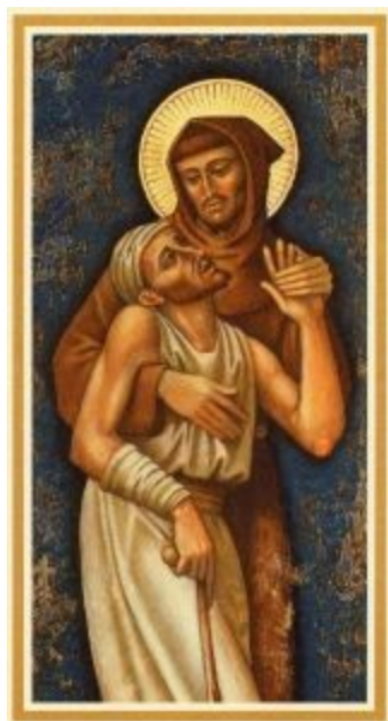
To join by landline or audio-only Phone (no video):

- 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 diseased in the month of November ~~~✝:

- November 4, 1998 **Catherine Wagner, OFS**
- November 6, 2006 **Rose Rita Langen, OFS**
- November 9, 2000 **Rosemary O'Hagan, OFS**
- November 18, 2021 **Edna Patterson, OFS**

- ❖ For Linda Ochwat, OFS that she find good housing, and for her good health. Linda's cell phone is 760-583-5749.
- ❖ For Fr. Tom Herbst, OFM who passed away unexpectedly on November 8 this year.
- ❖ For Pam Pert's husband Tim for speedy recovery after surgery.
- ❖ For Connie Collins' cousin Roy who fell off the latter and broke his back.
- ❖ For Marianne Grisez for post surgical healing and gratitude for successful knee replacement surgery.
- ❖ For a successful cataract surgery on the other eye of Carol Imhoff.
- ❖ For all the souls of our loved ones who passed away.

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*

