

St. Francis of Assisi
Feast Day: 10/4



The Cord

October, 2020

*Newsletter of the San Luis Rey
Secular Franciscan Fraternity*

Upcoming Gatherings on Zoom:

- **Transitus:** 10/3rd Saturday, at 6:30pm
Zoom link: <https://www.zoom.us/join>
Meeting ID: **784 921 6585**
Passcode: **0qzYHk** (first digit is a 'Zero')
- **10/Monthly General Gathering:**
Sunday, 10/11th, 1:00 – 3:00pm

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

- 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:

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 October

The Fall brings with it a season of change. In many parts of the country, the leaves turn color before they fall to the ground, providing all sorts of crunchy sensations as we shuffle through them on the sidewalk. The natural world is resplendent with cycles of becoming quiet and in some ways 'dying to self' in the Fall and bursting out with new life in the Spring.

As Secular Franciscans, we are called to be brothers and sisters of Penance. What kind of Penance? What does this even mean? Penance can be several different things: it can be related to self-control, perhaps giving something desirable up for Lent (self-discipline), it can be repairing damage that we ourselves have caused (Christian atonement), it can be the total turning to God out of faith, sorrow, or love, that becomes a way of life (Conversion). All of these sorts of Penance can be experienced in the Sacrament of Reconciliation.

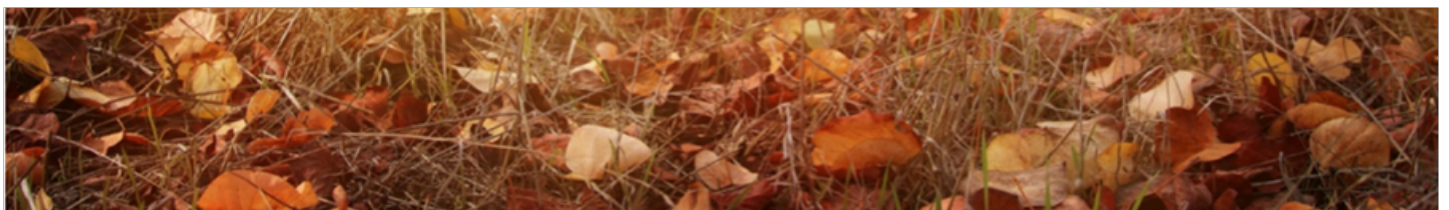
Let's talk about Conversion. In the book 'To Live as Francis Lived, A Guide for Secular Franciscans' by Leonard Foley OFM, et al:



If we are to turn our lives to God, we must change. Change can be difficult and painful. Give up old ways is challenging, especially when we have considered 'the way we've always done it' to be 'right.' The process of spiritual change is conversion. Conversion is not a once and for all experience. Rather it is something we do daily for the rest of our lives because while we still breathe, we do not reach the spiritual perfection to which God calls us.

Let us embrace this Season of Change and turn our lives to God. Let us look at the spiritual life with 'new eyes' and willingness to see situations from new perspectives – and to learn from that. In this time of such great cultural consternation, let us be open to *Conversion*. As Fall comes with shorter days and longer nights, I ask that we each be a channel of God's Light in the figurative darkness. And I pray that we each receive the gift of 'Illumination' – to see the world and each other not through our eyes – but through the eyes of God.

Pace e Bene +
Laura OFS, Minister

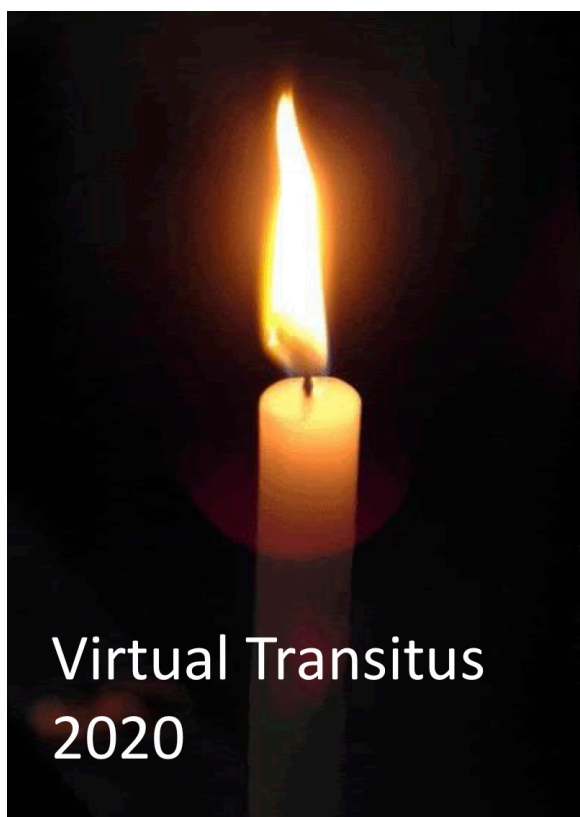


Transitus Celebration

This year with the ongoing pandemic, the Friars will be conducting a private Transitus rather than one in the Old Mission. As we shared at our September gathering, the San Luis Rey Fraternity Council decided that our Fraternity would host an *online* Transitus via Zoom on Saturday, 10/3 at 6:30pm. This will be our 'Evening Prayer' for this month.

The [San Diego District](#) Fraternities have been invited to assist in presenting the readings. Representing our District fraternities, the readings may be shared verbally in either English, Spanish, Vietnamese, or Korean - but all the text presented on the slides will be in English. Members from all Fraternities in the St. Francis Region will be invited to join us (that said, please arrive early - ideally by 6:15pm). We are *delighted* to share that Fr. Franklin Fong, OFM will be joining us for Transitus.

The invitation is attached and the Zoom information is also copied into this email. **PLEASE MAKE A NOTE: This is a new Zoom link for the Transitus. YOU WILL NEED THIS NEW LINK.** This is Patricia Grace's Zoom where she just hosted the Regional gathering; it will accommodate 500 participants.



[San Luis Rey Fraternity](#)

of the Secular Franciscan Order invites you to

What: Transitus 2020 via Zoom

When: Saturday, October 3rd at 6:30pm

Where: Zoom (link [here](#)). <https://www.zoom.us/join>
Meeting ID: 784 921 6585
Passcode: 0qzYHk (first digit is a 'Zero')

You are invited to join us for a reflective, prayerful evening to commemorate the Transitus of St. Francis of Assisi. We will be joined by Fr. Franklin Fong, OFM.



If you are able and can do so safely, have a candle to light and a small piece of bread to be symbolically blessed as part of the evening prayer.

Questions? Please contact Laura Chun at chun-ofs@att.net.

Transitus Zoom link:

<https://us02web.zoom.us/j/7849216585?pwd=c1NOVWFKeEtwQVJ5dW9uZmxFWDBMZZ09>

Meeting ID: 784 921 6585; **Passcode:** 0qzYHk (first digit is a 'Zero')

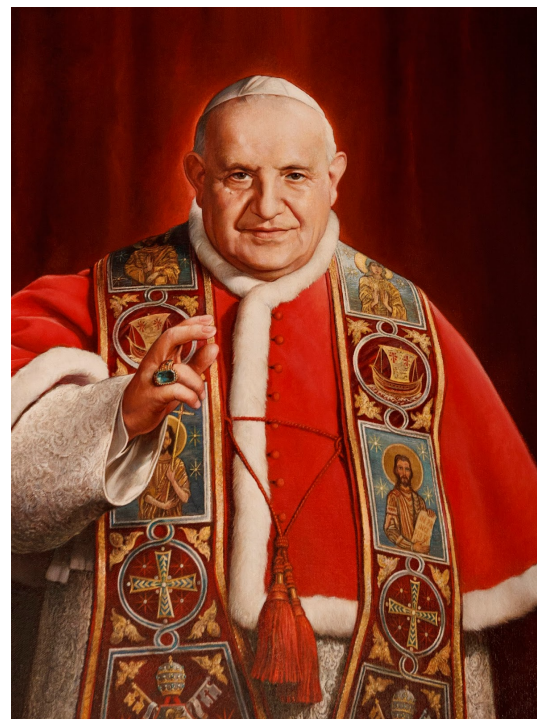
A Surprising Man of Change, St. John XXIII, Secular Franciscan

When I learned that our meeting date for 10/would be the eleventh, the Feast Day for St. John XXIII, I wanted to shed light on this Pope, who because of his advanced age (77) was assumed to be a short term pope who would do little during his pontificate.

Many Franciscans are unaware that while in seminary he became a professed Secular Franciscan at age 16. He was born Angelo Roncalli on 11/25/1881 in Northern Italy to a poor sharecropper family and was one of 13 children.

He was affectionately known as "Good Pope John" and was known for his humility, ordinariness and wit. A few examples of his humor: #1. Following his election as he walked by a crowd, he heard a woman's loud exclamation. "My God, he's so fat!" (5'2" and 200lb.). He retorted, "Madame, the holy conclave is not a beauty contest." # 2. He was once asked, "How many people work at the Vatican?" He answered, "Oh, about half of them." #3. "God knew from all Eternity I would be called to be Pope, so why didn't he make me more handsome?" He seemed to love laughter and people.

In 1959 he astounded the Church by calling for an ecumenical council and major changes to modernize the Church known as Vatican II. Upon hearing this, future Pope Paul VI quipped at the time. "this holy old boy doesn't realize what a hornet's nest he's stirring up." He was fearless in calling for liturgical changes as well as an emphasis on ecumenism. Prior to the first session of the council he traveled to Assisi on Oct.4 to pray at the tomb of St. Francis for the success of the council. 10/11th was picked as St. Pope John's Feast day because it honored the day he opened the first session. An interesting note is that our Holy Father Francis will be in Assisi this year to sign his new encyclical on Oct. 3rd based on Francis' Admonition 6.



This Good Pope has a fascinating history including involvement in both World Wars. I encourage you to research and familiarize yourself with this Franciscan brother. His most famous encyclicals were Mother and Teacher (1961) and On Peace in the World (1963). His autobiographical writings are contained in "Journey of the Soul" published after his death. This is a man who used the past, present, and future to make decisions on leading the Church.

We too can seek to do the same in 2020. May we consider our past and understand how this can help us in future decisions. We do this as we listen to God's Spirit speaking to us in the present through our vocation and asking for John's intercession to live humbly and bless us with a bit of humor to get us through our difficulties.

Jan DeSpain, OFS, Formation Director

Feast of Our Lady of the Rosary



As we have already celebrated the birth of Mary in September we now are celebrating the "Feast of Our Lady of the Rosary," in October. Pope Pius V, instituted this feast of "Our Lady of the Rosary," due to the battle of the Turkish fleet at Lepanto which occurred in 10/1571 as they had defeated Muslim domination. The battle was won and attributed to the prayers given to "Our Lady." The date for this feast is 10/7th and the entire month of 10/is dedicated to praying the Rosary.

Our Lady had appeared to three children at Fatima beginning in the Spring of 1916, and on 10/13, 1917 was the miraculous event of "Our Lady" having announced to all pilgrims present, "I am the Lady of the Rosary." The word Rosary means "Crown of Roses," as St. Luis DeMontfort stated, "The rosary produces spiritual roses which will never wilt or die, and in saying the Rosary is a priceless treasure which is inspired by God."

Today, as I am writing this article, is the feast day of St. Pius Pietrelcina, "Padre Pio." It had been said that St. Padre Pio was never without a Rosary in his hands and he was in constant prayer saying the Rosary. Someone once had asked Padre Pio, "How many rosaries have you said in one day?" His response was, "The most said in one day was at least thirty-two." St. Padre Pio was a Capuchin Priest and was known for a vast reputation for sanctity.

We are not required to say the Rosary, but why would we not? Saying the Rosary is living the gospel in prayer with Mary, and as a Secular Franciscan we live, "Going from Gospel to Life and Life to the Gospel," so why not also in our prayer with the Holy Rosary.

One would think that reciting the Rosary can only bring us closer to our Lord Jesus Christ, and in doing so we also please "The Mother of God." How many spiritual roses can be counted for the times the Rosary is said that go up to Heaven? Especially in the month of October, say the Rosary each day to help bring peace to our country and the world.

God Bless,



Sandy Baden, OFS
Vice Minister



Blessed are the Poor in Spirit

For those who don't know me -

I have been visiting with the Oceanside homeless population for the past four years and feel they have become a part of my family. Because of the COVID virus and lockdown restrictions, I am quarantined and miss being with them. It is amazing how much wisdom and generosity is apparent in this group of people. Because each person is a unique individual, there are differences in ways of life and goals. With this thought in mind I thought about "the poor in spirit."

"Blessed are the poor in spirit for theirs is the kingdom of heaven." Matthew 5:3 Spiritually, the poor in spirit are those who long for God; they want a deep relationship with Jesus above all else. They hunger for and cherish His Word. They want to be for and with God.



Thinking only from a worldly viewpoint, I remember one type of homeless person who wants to climb out of earthly/worldly homelessness and obtain a job. He wants to find a home. This person would welcome obligations and ties that would go with this type of life. Accepting responsibilities would be demanding but rewarding because the goal is to be responsible and to contribute to society. This person would obtain a measure of safety, comfort, and joy. Amid the work of his effort, this person could find worldly joys.



It is possible that on a spiritual level this type of person could catch a glimpse of the Lord and wants more. (The Lord always invites us to a deeper relationship with Him.) This soul has a spiritual hunger for God, and lovingly searches for ways to serve the Lord, and thus becomes closer to Him. What the person experiences on a spiritual level is beyond the joys of the world. The Holy Spirit fills the soul with Truth, Light and Love.

The soul becomes consumed with love and the mind and heart longs to be united even more closely with Jesus. This person watches in amazement as the Holy Spirit urges him to do a job or action and then sees all the pieces to achieve the goal falling into place. This joy is on

a level that cannot be touched. This is abundant life filled to overflowing with Peace, Love and Joy replacing the former strife and struggle with Peace.

Consider a different worldly viewpoint in the form of a homeless person(s) who wants to remain homeless (worldly freedom) with no obligations, no ties, no responsibilities and choosing not to obtain the comforts of home and relationships. A homeless couple I know chose this life. But their life is difficult, unfulfilling and dangerous. Their tent was stolen along with their possessions. Another time their tent and possessions were flooded with rain. Life seems a lonely drudgery although filled with

transitory earthly pleasures. When asked what they wanted the answer was toilet paper and tooth powder. They are loving caring people and are pleasant to talk with.

A person could, on a spiritual level, be considered to be spiritually homeless if he rejects life with God. A spiritually homeless person decides not to accept, know or be in touch with God's love, and the gifts of the Holy Spirit. He doesn't want the responsibilities of listening to God's voice or trying to do His Will. This person's life consists of chasing the illusion of worldly freedom. This type of life would be akin to rowing a boat through rough waters as opposed to sailing with the wind. To reject God and ignore His Word would be to not know His Peace, Love and Joy. The spiritually homeless' happiness and joy is on a surface level of illusionary freedom and transitory at best.

The Lord invites all of us to experience a change of heart – to become His brother, sister, His friend and His companion. We can find true joy when we travel on life's journey towards our real homeland, our heavenly home with God.*



Choose life.

Eileen Costa, OFS

**Inspiration for the meditations on the above Beatitude are taken from Josephine Matranga's book, "A Listening Heart, Sacred Teachings on the Beatitudes."*

Justice, Peace and the Integrity of Creation (JPIC)

In October, we celebrate the Transitus, followed St. Francis' feast day. In addition to being patron of our Order, Francis is the patron of animals, merchants, and ecology. He is also the patron saint against dying alone; the patron saint against fire; the patron of Catholic Action and patron of families, peace, and needleworkers.

As Fraternity Animator for JPIC, I take online courses, join Webinars, read and listen in order to learn and share with you.

Rest assured, there is a LOT of information! And of this I am sure: our Church and Pope are totally committed to the protection of our planet and the well-being of all God's Creation. As stewards of this

planet, formed in God's love, our covenant with God is to bless and safeguard the life and beauty of the world where Jesus walked, for ourselves and future generations.

It's no accident that this month we'll probably fill out a ballot as we prepare to vote. In the course of my studies, I've read pastoral letters and statements on our Gospel commitment to love all our brothers and sisters as God's gift to us – regardless of race, religion, or species – and to be kind to all, as they are kin. One way we do this is to open our hearts and minds, pray for discernment, and then vote as our conscience dictates.

Two statements are of special interest. One, from our Bishop Robert McElroy, was a talk at USD titled "Conscience, Candidates and Discipleship in Voting" that seeks to shed light on issues that concern us as voting Catholics and may help shield us from partisan noise. You can read it here:

<https://www.ncronline.org/news/opinion/bishop-mcelroy-voting-faith-and-conscience>

The second statement, from the National Assembly of the Leadership Conference of Women Religious (LCWR), which represents religious sisters in the United States, is titled "A Reflective Voting Guide: Creating Communion at the Intersection of Racism, Migration and Climate Crisis." The Guide discusses some of the issues we face, and provides a list of questions to aid reflection. It also includes a list of other guides and resources, from Papal messages to the League of Women Voters! You can find it here:

https://lcwr.org/sites/default/files/resolutions/attachments/2020_voter_guide_region_vii_final.pdf

In future articles, I hope to provide concrete, practical suggestions on how we can care for our beautiful planet and its many life forms. Peace and All Blessings!

*Karron Esmonde, OFS
Fraternity Animator for JPIC*

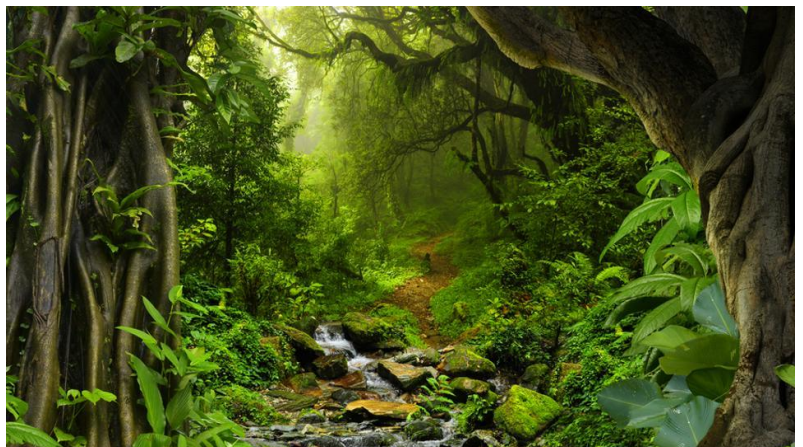
The following is a word received while praying for us and our care of the planet.

Open Your Heart, Let Me In

I hear the fear in your hearts, and how this fear is deaf to words and songs of love.

I hear your angst and see how it distorts your thinking, and cripples your movements and shatters your hope.

I gave you the resources: a beautiful land, fertile and filled with fish and game, and extraordinary beauty. There was plenty: an abundance of food and provision for everyone, so that you could raise your children and live in peace.



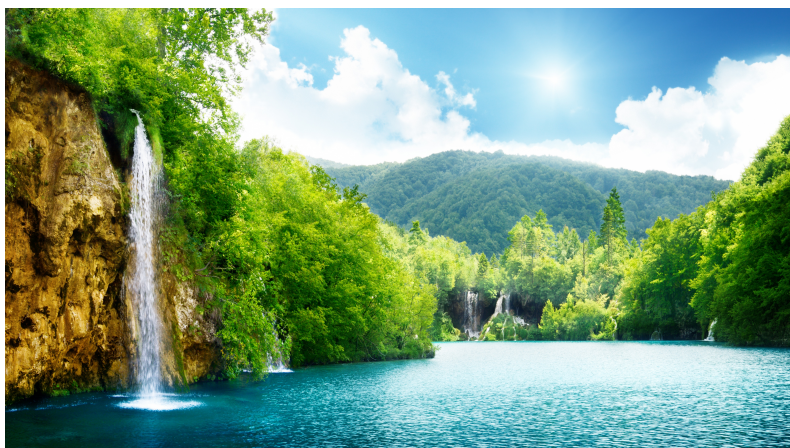
To live in peace and friendship is to grow in wisdom. Those who are wise value their time, and appreciate the contributions - the time and labor - of those around them.

They have strength to nurture, courage and desire to grow, resilience, perseverance, hope. There is kindness born of love. And generosity and joy in knowing what - and in living what - is good.

I come to wipe you clean, so you can see.

Open your heart so you will know, and see, and hear. Let Me in so that I can show you the way, step by step, through your time of travail. Come back to me and you will be healed - body, mind, and soul.

Do not harden your hearts against all I've created - against this Eden, the Earth - that you will either squander or protect.



I call upon you to live simply and quietly, and be calm.

Listen. Open your eyes. I will show you.

*Karron Esmonde, OFS
Fraternity Animator for JPIC*

Sister Death Hmm... ..

Thinking about this can sometimes be depressing, yet it is inevitable for us all. If we are spiritual people, we ought to already have or need to create an attitude to prepare us for that day.



We encounter many challenges during life's journey and our attitude will help us or hurt us on the journey. We are Franciscan, Catholic, Christians that have Professed to live a Rule. However, some of us only partially follow the Principle of our Profession. We rationalize deviations to allow us to dilute the meaning of the Principles we professed to follow. This will create huge problems on our journey. Why? Because it clouds our integrity with personal choices instead of commitment to our principles. Have we based some of our decisions on love or hate?

All of us meet distractions on our journeys that take us off the path of life's goals. Most of us in the Autumn of our lives need to think seriously about our corrections needed or give in to the distractions, and it all depends on our attitude and commitments. Do we pray or ask God's help in changing us when needed, or rationalize our way out of it? Or do we allow emotions to creep in sometimes, or do we go to work on it?

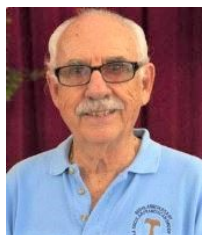
Like it or not, the reality is, there will be a judgement day. So, are you ready, or does your journey need a little tweaking?

I am looking forward to an in-person fraternity meeting with an on-going formation presentation topic of "when Principles or Personal choices drive our lives."

Rock DeSpain, OFS
Treasurer

News from the Fraternity Council

From our Treasurer



You can mail your OFS fraternity contributions to:

**Rock DeSpain OFS,
1257 Lodgepole Drive,
Hemet CA, 92545**



From our Director of Formation

At our 10/fraternity meeting we will joyfully welcome four Aspirants to the next phase of formation, Inquiry. Welcome Carolyn, Linda, Gina, and Pam as they continue to discern and understand our way of life, keep them in your prayers.

In Candidacy we are pleased that Heidi is happily settled in her new home in Borrego Springs. She is about mid-way through the Candidacy process now Oc.



We also are blessed to have two professed members join us on our formation team. Thank you to Liz and Sam who will be assisting us in forming our new Inquirers. An unexpected blessing of meeting on Zoom is that they both are gone during the year to other homes and this made it possible for them to participate via teleconferencing. God is Good!

Jan DeSpain, OFS,
Formation Director



From our Formator & Councilors



Our Aspirants: Carolyn~Gina~Linda~Pam were present to further discuss Clare & Francis. We reflected on our calling.

In John 3:16 it is primarily Gods love for us that sent Jesus amongst his creation. The Franciscan option to hold this belief was posed. We talked about the need of being so grounded in our faith and in Catholic doctrine as Secular Franciscans as to be able to explain them to inquiring souls. We began reading the Gospel of Mark together. Being people full of its joy compels us to be immersed in it. We look forward to finishing reading it together next month.



Joe and I are super excited about Liz & Sam joining the Formation team!!!
Peace

Kelly Farnum, OFS, Councilor &
Joe Cannon, OFS, Councilor



Franciscan School of Theology
at the UNIVERSITY OF SAN DIEGO

Franciscan School of Theology – Free Online Zoom Sessions!



Zoom Lecture: [The Franciscan Path of Beauty: A Via Pulchritudinis](#) on 10/1

Fall Franciscan Zoom Lecture #3 by [Mary Beth Ingham, CSJ](#) on Thursday, 10/1, 2020 at 7:00pm. In this presentation Sr. Mary Beth Ingham traces out the transformative cycle that underpins the Franciscan spiritual vision. This cycle begins with a profound experience of beauty and the gift of all that exists. Following the cycle of enlightenment and conversion, we are invited to become artists of beauty in the world around us. [Register Here](#)

Pocket Bonaventure

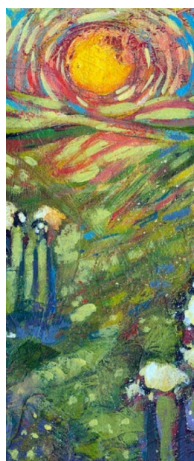


Fr. Tom Herbst, OFM has shared that his new and rather whimsical book- 'Pocket Bonaventure' has been published!!

Here is the link: <https://taupublishing.com/book-store/ols/products/pocket-bonaventure-fr-tom-herbst-ofm>. The book was originally conceived by a group of students who took a course on Bonaventure from Fr. Tom at San Luis Rey and laid the book out based on their notes. Fr. Tom revised, otherwise jazzed up, and illustrated...and presto! Way fun!



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

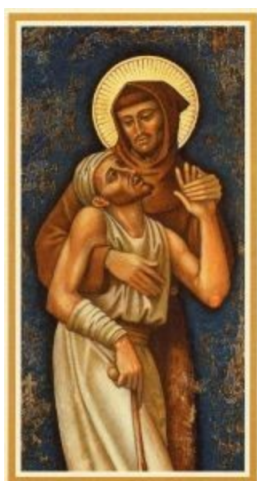
To join by landline or audio-only Phone (no video):

- 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 October~~~✝

- | | | | |
|---------------|---------------------------|-------------|---------------------------|
| • 10/03, 2014 | Dorothy K. Johnson | 10/09, 2015 | Freeda Perrotto |
| • 10/04, 1991 | Virginia Ward Tapp | 10/13, 2005 | Michelle Sagnimeni |
| • 10/05, 1995 | Richard Boerger | 10/19, 2014 | Robert Porfirio |
| • 10/09, 2003 | Margaret Nelson | 10/27, 1995 | Mary Juranick |

❖ For those with Profession Anniversaries in the month of October:

- | | | | |
|---------------|---------------------|-------------|------------------------|
| • 10/01, 2017 | Kelly Farnum | 10/06, 2019 | Peter Normandin |
| • 10/01, 2017 | Liz Marvis | 10/06, 2019 | Linda Ochwat |
| • 10/01, 2017 | Sam DeSantis | 10/06, 2019 | Pam Pert |
| • 10/04, 2015 | Laura Chun | | |

❖ Kim Sang Sook (Agatha) of the St. Francis Fraternity in Anaheim passed away on Aug. 24th 2020. Sang Sook had professed in 1995 and had been in hospice the past year. Sang Sook was blessed with long life and died peacefully of old age. Cecilia Bae, minister at St. Francis Fraternity asks that we keep Sang Sook and her family in our prayers.

❖ The St. Lawrence Brindisi Fraternity asks us to pray for Mary Ann Reid OFS, who passed away on September 23rd. Mary Ann was professed in 1958. Please keep Mary Ann and her family in your prayers.

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From the Editor: Thank you all for your contributions to this month issue of The Cord. 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 12pt) and photos (jpg, png) via email to: mksfo@me.com.

Dr. Marta Kassai, SFO

