

St. Bonaventure

Feast Day: July 15



Attributions:
Saint Bonaventure by [Claude François](#)
(1614–1685)



Attributions:
Saint Bonaventure at the Council of
Lyon by [Francisco de Zurbarán](#) (1598–
1664)
Bonaventure receives the envoys of the
[Byzantine Emperor](#) at the [Second
Council of Lyon](#).

The Cord

July, 2023

*Newsletter of the San Luis Rey
Secular Franciscan Fraternity*

Monthly Gatherings: 2nd Sundays

July Gathering

General Gathering:

July 9:

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

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

* * *

**12:30pm *Eucharistic Adoration* St. Clare
Chapel**

1:00 to 3:00 pm General Monthly Gathering

* * *

No Vespers in July

Next Month General Gathering:

2nd Sunday

August 13, 2023

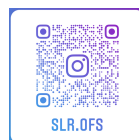
Login for All Zooms:

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

Meeting ID: 760 726 2486 Password: 1798

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

Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057



Minister's Note for July

Here we are in the midst of summer! The annual picnic with our 5 sister Fraternities in San Diego was such a wonderful time for fellowship, delicious food, and sharing each other's company. These shared events are such a good reminder that we are a part of something much larger than our little Fraternity. We are a part of a global religious order and the larger Franciscan family. Each fraternity was *exceedingly* generous in their donations to the charitable organization we selected: [Generate Hope](#), a faith-based organization that helps former victims of sexual trafficking.

Secular



Franciscans from Nuestra Senora de Los Angeles Fraternity (Spanish), St Anthony of Padua Fraternity (Vietnamese), [Immaculate Conception Fraternity](#), San Diego Fraternity (Korean), and our course, our own Fraternity, [San Luis Rey Fraternity](#) (Eric, Laura, Corinne, and Heidi) all joined together, along with our special guests, a Fraternity from Mexicali, Mexico (including Br. Herman, pictured center). It's not too late to join the fun! Please mark your calendar for our Regional Picnic on Saturday, September 9th from 10am - 2pm at Mason Regional Park in Irvine.

Do you receive holy cards in the mail? Perhaps rosaries, medals, other devotional items? The Feast of San Luis Rey is August 25th and as Seculars, each year we are invited to be a part of it! We host a booth, share about Secular Franciscans, see Fr. Franklin's beautiful calligraphy – and give away devotional items. People LOVE receiving them. If you have small devotional items you'd like to donate, bring them to our July or August gathering.

The Council thoughtfully considered our theme for July – and wanted to continue to explore the Eucharist and the role of the Eucharist in our lives. We shared the Agape meal as a reflection on the Eucharist in June and wanted to continue to unpack that. We'll share our stories about the Eucharist and what it means in our lives (the Council has started us out with sharing their own stories in this edition of the Cord). We'll also engage in Eucharistic Adoration. As usual, lunch will be at 11:30am, Prayer at 12:30, and our Gathering from 1pm–3pm., Come and be a part of something very special!!!



Pace e Bene,

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

My First Communion

I made my First Communion at Mary, Star of the Sea Parish on Squantum Island, near Boston, in 1956. It was, and still is, a memorable day in the larger picture of my life. I remember my mother emphasizing that the day was about Jesus and not the dress. It was as deeply personal to me at the age of seven as it is to me today.



The Sister who prepared us taught us to say a prayer after receiving the Eucharist. “Dear Jesus, thank you for coming to me. Never let me be separated from you!” I have continued to say that same prayer every single time I receive Communion for the past many years. The Presence of God was tangible to me then and it is today. It is pure grace.

Corinne Helena, OFS
Treasurer, San Luis Rey Fraternity

Eternally Grateful

When asked to write on what the Eucharist means to me, I needed to ponder that in the light of how I got to where I am today. As a convert, I had a long journey to get to my understanding today.

Since I was brought up in the Lutheran faith and married Catholic after a short courtship, I had no understanding and many reservations about the Catholic faith, but was determined that family unity was important. “My initial “catechesis” was meeting with a priest three times and making a profession of faith. It didn’t matter much as my husband had little interest in attending Mass.

After a divorce and remarriage, my husband, Rock and I became interested in the OFS. That required becoming sacramentally right by seeking an annulment. Attending formation helped me in a new understanding and appreciation for the eucharist. A big aha moment came from reading the Bread of Life discourse in John 6. Even while Jesus walked with them, many disciples left him after this. He was speaking literally, not symbolically in John 6.

I know we experience the same thing today. So many Catholics are not well catechised or find this too hard to believe just like in John 6. Yes, it involves belief in what our Lord said and acceptance of mystery.

As a eucharistic minister, it is humbling to experience true devotion on many faces as well as an opportunity to serve and love each one where they are. All I know, is that I am eternally grateful that God led me into the Catholic Church and into the OFS. My journey is strengthened by the weekly opportunity to receive the gift of the body and blood offered in love each Mass. The eucharist gives me strength to do what Jesus “commanded” of his disciples. “Love one another as I have loved you”. John 13:34 This is powerful as Jesus says to love everyone the way he loves you.



Jan DeSpain, OFS
Director of Formation

Eucharistic reflections

Summers were always special; my mom would pack up the Country Squire station wagon with luggage and kids and we'd head 'back home' – from the Chicago area where we lived to our grandparents' farm in rural Tennessee. It was a time to gather eggs, break beans, go swimming, churn homemade ice cream under a cedar tree, and play with cousins. We'd usually attend the one Catholic church out on the edge of town, but sometimes the Baptist or Methodist church with my cousins. I was always struck by the *passion* of the participants and preachers. But as I sat in my pew, I looked for the tabernacle and the candle glowing in the red sanctuary light, and both were missing. I didn't have the language to communicate it, but despite the incredible energy, the church *felt* empty. The Real Presence, as I understood it – in the Eucharist... was just not there.



1st Communion, May 1971

Years later, in college, I was a part of a small group of student meeting with a Roman Catholic sister at a large public university who were discerning vocations to the religious life. We were asked to draw our image of God. Sister's eyes lit up as we prayerfully considered each young woman's image. Some drew images of the Father, Son, and Holy Spirit. Others drew members of the early Christian communities, all with beards. Others images were of Jesus. Sister seemed triumphant – and made her point – that all of our images of God were represented by *men*.

Then she looked at mine. My image was decidedly different... very abstract, but with a large white circle (completed with an 'IHS') and 'rays' of vivid colors radiating out in all directions, *completely* filling the page. Explained that it was the completeness, universality, and Grace of God, freely radiating out to all in the world, filling the world. It was neither male nor female. It was Eucharistic. It was the concept of the Real Presence. It encompassed all, touched all. It was grace flowing. Sister looked at my abstract drawing and honestly seemed a bit disappointed.



NOT my image from college, but you get the idea :-)

Finally, she simply said, 'Well... I guess you're an outlier...'



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

My Eucharistic Experience - Part 1, My First Communion

In continental Europe, Santa Claus comes on St. Nicholas Day, December 6. He brings candies, fruits and nuts in people's boots shined and placed at entrance door (if you were good). Christmas is reserved for baby Jesus who brings the gifts while the Angels deliver the Christmas tree. When I was only 6 years old, and I remember this vividly, Santa Claus came to our home on December 6, dressed in the traditional custom of red with white trimming, white beard and a big red hat. I was very excited. Mom invited him into our dining room where he took off his hat, beard and jacket. Underneath, he was a priest from our church. He came incognito to ask for the church tax that the Hungarian Communist Government prohibited, but it was the main revenue of the church. He was protecting us dressing up like Santa Claus so no informant will tell the government that a priest visited us.

Mom paid him the tax and asked if she could enroll me into the catechism class (here it's known as CCD) so I learn my Catholic faith that was needed to receive first communion. I was stunned of the answer the priest gave - it still pierces my heart when I recall. He recommended against it because if he enrolls me, he has to report it to the communist government. I would be put on a black list for the rest of my life. It would effect what universities I can go to and what jobs I can take. So mom withdrew her request, and I missed preparation for first communion.



Three years passed, and nothing happened. So my Aunt, who was my godmother felt it was her responsibility to assure I had first communion. She was a wonderful loving person of great faith. My parents took a vacation abroad, and I stayed at my godmother while they were gone. So she with her mother, my grandmother on my father side, decided it was the right time. Weeks before that my grandmother told my mom she wanted to give me a beautiful dress. Grandma and I went shopping. She picked out a beautiful white fabric laced with white flowers. After a few visits to the tailor, the dress was made. It was very pretty. Neither my mom nor I had a clue that this was going to be my first communion dress. Why didn't Grandma just buy me a first communion dress you may ask. The communist government did not allow any stores to sell first communion dresses, or any other religious items, including bibles.

When my parents left and I stayed with my godmother, she revealed her plan to take me to first communion. The question was at which church. It couldn't be my church. People knew me there, and someone may inform the communist government about me receiving first communion. It had to be a church where no-one knew me or them. Grandma and my Aunt settled on the Great [Szent László \(St. Ladislaus\) church in Köbánya](#), a suburb of Budapest that was a good 2 hours away, see enclosed photo. It was where my father received first communion. A most beautiful church with the tallest tower in the city. Then came the question of preparation for holy communion. My godmother gave me a small booklet, less than 20 pages with lots of illustrations to read that will prepare me for communion. A large part was on confession and sin, and how important it was to confess all your sins before communion. If you leave out something you may

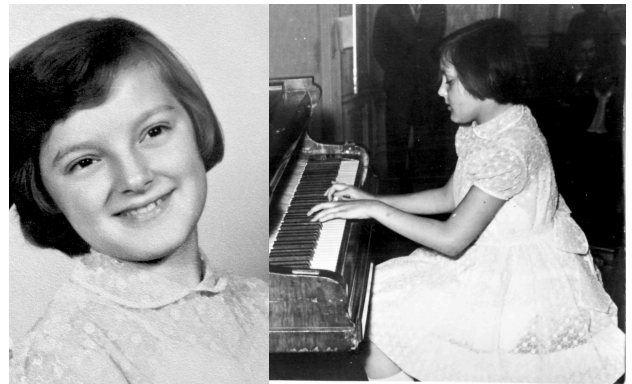


[Szt. László \(St. Ladislaus\) in Hungary](#)

end up in Hell, but for sure you go to Hell if you do not confess it the next time before communion. Then it becomes a mortal sin. The illustrations looked pretty scary. So in my little mind I concluded the best way to avoid Hell is not going to communion after the first one. My God mother settled my dilemma asking herself whether she should take me for confession then telling her mother: "this sweet little girl couldn't possibly commit any mortal sin" (the only one you must confess).

The day arrived for my first communion. I put on my beautiful new white dress. My godmother suddenly got concerned that since one can't eat anything that day before communion (the no eating 1 hr before communion rule came later). By the time we arrive to St. Laszlo and receive my communion half the day will pass and not having eaten anything, I may faint. She said eating before communion is prohibited but not drinking. She made me a big cup of hot chocolate to drink before we took off.

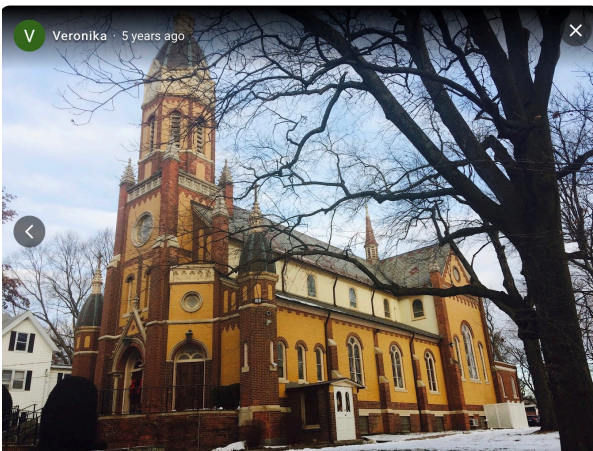
St. Laszlo was a great magnificent church I never been in before. It sits 2,000 people. The three of us sat down in front not far from the railing (Vatican II has not yet taken effect). It was a solemn Latin Mass. When the time for receiving communion came, my godmother told me to go to the railing by myself and kneel down like everyone else. I was the only little girl in white dress. It was a holy moment edged in my mind. The priest was coming down the other side of the railing with an assistant placing a tray under my chin while receiving the host on my tongue. It was a very special moment. My godmother and grandma were very proud of me.



My First Communion dress

There was no party and no gifts like here in America. No pictures were taken. It was just between me and God, and sharing the joy with my godmother and grandma. The pictures I have are those wearing my white dress at other occasions. It was very special to have a tailor made dress for the occasion. Most kids just went up to the altar not dressed in white to receive Jesus without any preparation other than what they might have learned from their parents.

As I was doing my research on Google to find pictures of Great St. Laszlo church, I came across an incredible finding. Hungarian immigrants who settled in South Norwalk Connecticut toward the end of the 19th century have built an exact replica of St. László church, called [St. Ladislaus Roman Catholic Church](#) there, see attached photo from Google, designed by the same Hungarian architect Ödön Lechner who designed the Hungarian church. I couldn't believe it. St. László Church in Budapest was built between 1894 és 1899. The copy in Connecticut was established in 1907. Building in the USA started in just a few years after the building was completed in Budapest, Hungary. The Hungarians settled in the Carpathian Basin of Europe in the year 896 (AD), and St. László church was built for the millennium of Hungary. It was the tallest building in the land at the time. Amazing!



[St. Ladislaus church in Norwalk, Connecticut](#)



Dr. Marta Kassai, OFS Councilor

Justice, Peace and the Integrity of Creation



Plastics

The good, the bad, and the ugly.

Good: Convenient, inexpensive, and can be made into just about anything.

Bad: Almost indestructible, 99% are petroleum based, the applications are growing exponentially.

Ugly: Our landfills are full of it and ever-growing. Our oceans are full of it and all creatures on land and sea are suffering because it is virtually indestructible. Only 9% of all plastics are recycled (there's no money in being a recycling center).



[Household items made of various types of plastic](https://commons.wikimedia.org/wiki/File:Plastic_household_items.jpg)
(https://commons.wikimedia.org/wiki/File:Plastic_household_items.jpg)

Is there hope?

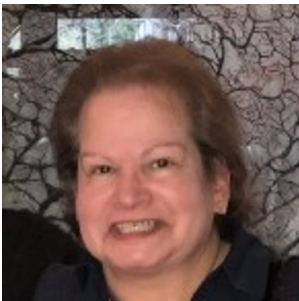
Children are now being taught the 3 R's: Reduce, reuse and the last option should be recycle.

A suggestion of how to reduce one's use is to keep track for a week, writing down each time you use plastic. At the end of the week, review your list to determine what plastics you could eliminate in your life.

There are tons of videos on line showing all kinds of ideas of how to reuse plastic and they're very inventive.

Recycle: Paper, flattened cardboard, magazines, bottles, aluminum cans, plastics with a recycle symbol, bit-metal cans and unbroken glass. Not all plastics are recyclable. Check with your trash company what they will recycle.

Cannot Recycle: Plastic film, Styrofoam. No plastic bags of any kind—no sandwich bags, freezer bags, trash bags, grocery bags. **No bags**. Sea turtles favorite food are jellyfish. They will mistake a floating bag in the ocean water and eat it and die.



Join and/or support organizations who are fighting for solutions. Make your voice heard to companies who need to package their products with recycled material. Oceanside just banned the use of Styrofoam because of a citizen-led effort! We each can make a difference.

Pam McArthur, OFS

Solar Energy

This article is intended to provide some basic information regarding Solar Energy as to where it comes from and how it works.

THE SUN

is a massive, flaming sphere of gases, 330 thousand times more massive than the earth. At the core is 27 million degrees Fahrenheit which is 60 thousand times the temperature of your oven when baking a pizza. It gives plenty of energy into space as heat and light called Solar Energy.

SOLAR ENERGY

The word So-Lar means relating to or determined by the sun. All the energy we need in this world comes from the sun. The rays of the sun drive the wind, helps plants grow, and ultimately produces wood, coal, and natural gas. Right now, we are not using all the energy the sun provides but instead rely on coal, natural gas, and oil that are not renewable and will eventually run out. At the current rate of usage, we may run out of oil and natural gas in the next 50 years or so and coal in 115 years. Not only will they run out, they are polluting our planet contributing to climate change. On the other hand, the sun's energy will not "run out" for the next 5 billion years so it is a renewable resource.

HARNESSING THE SOLAR ENERGY

There are many challenges to harness this energy. Some places get much needed sun such as the desert areas of the world. In the U.S. primarily the southern and western states get much more sun than does the northern states or even Oregon and Seattle areas. However even in high sun areas, it is not constant due to change of seasons, the cycle from day to night, and cloud cover at various times during the year. Therefore, we need to find methods to store the energy when it is available and make solar technologies more efficient and less costly. Currently, less than 1% of all energy used in the U.S comes from solar energy. But that is changing through technology as we advance storage capacity such as Tesla batteries, capacitors and SunRun home backup systems and others. However, even these storage capacities provide other challenges themselves.

SOLAR PANELS

Solar panels directly convert sunlight into usable electricity using special materials such as silicon which is a semiconductor as well as a glass cover generally dark blue in color to provide the best absorption of the sun and other metal materials. When the panels are placed together, they form a solar array which is a collection of multiple solar panels that generate electricity as a system. A solar array facing south will have maximum output. However, the number of panels needed in a solar array will depend on factors such as electricity consumption, where one lives, and the direction that the roof faces.



Recent commercial installations have been done at a number of churches such as St Francis of Assisi in Vista and St Thomas More in Oceanside to name a couple and to many Walmart locations. In addition to the cost reductions, it provides shade cover on the parking lots for parishioners and consumers.

HOW TO TELL SOLAR IS BEING GENERATED

A simple way to check on the health of your system is to look at the **color of the lights shining on the box on a sunny day**, when the system should be busily generating solar power. A green light on your inverter means your system is functioning properly. A red or orange light during daylight hours means there's a system event or fault.

COST BENEFITS

This year, there are various tax savings by state and federal governments that can amount to as much as a 30% savings on the cost of installation of solar panels. One must talk to an energy advisor to find out all the facts as each installation is different depending on a number of factors. Also, utility companies have made recent changes in credits and how they may or may not be applied to an individual billing.



IMPACT ON THE ENVIRONMENT

Solar does not produce any air pollution or greenhouse gases. However, extreme caution must be used during the manufacturing of the panels so as not to provide environmental issues.



Source of information: Courtesy of Brown University and University of Illinois

*Sam DeSantis OFS
Vice Minister, SLR Fraternity*

Regional Picnic: Saturday, September 9th from 10 am to 2 pm at Mason Regional Park in Irvine



Address: 18712 University Drive
Irvine, CA 92612-2601

Parking: \$5 per vehicle \$5 on Saturday

Friars and seculars at reception following the Mass at the Old Church of San Luis Rey Mission with the Minister General, Massimo Fusarelli, OFM, visiting from Rome



*A Poem inspired by the lectures of the late Father Tom Herbst, OFM
on The Theology, Philosophy, and Spiritual Anthropology of St. Bonaventure*

There is someone at the beginning
Who has no beginning,
but exists for eternity;
Who was, is, and always will be.
Our eternal source.
From whom we came,
and to whom we go back.

*by Marta Kassai, OFS,
October 12, 2022, Corona*

News from the Fraternity Council

Please note: **The July General Monthly Gathering will be in person and on Zoom on Sunday, July 9. There will be a Eucharistic Adoration in St. Clare Chapel at 11:30am. It will last half an hour. Zoom access will start at 1 pm for those who can attend via zoom.**

The San Luis Rey Fraternity Council



Laura Chun, OFS
Minister



Sam DeSantis, OFS
Vice-Minister & Formator



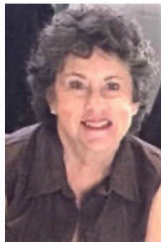
Jan DeSpain, OFS
Formation Director



Sr. Madeline Fitzgerald, OSC
Spiritual Assistant



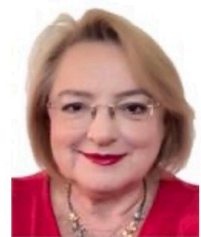
Connie Collins, OFS
Secretary



Corinne Helena, OFS
Treasurer



Pam Pert, OFS
Councilor



Marta Kassai, OFS
Councilor & Newsletter Editor

From our Treasurer

At our July meeting there will be a brief presentation of how our finances are determined from a Franciscan point of view. Please be sure to join us!

You can mail your OFS fraternity contributions to:



Corinne Helena, OFS
1048 Turnstone Way
Oceanside, CA 92057





.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 died in the month of June ~~~✝
 - **Dustin Miller, OFS** 7/15/2013
- ❖ For those who were professed in the month of June:
 - **Dorothea Hoskins, OFS** 7/07/2013
 - **Karen Willson, OFS** 7/10/2016
 - **Karron Esmond, OFS** 7/21/1991
 - **Denise M Scalzo, OFS** 7/21/1996
- ❖ For Rock DeSpain, OFS who has been placed on hospice care, and for Jan DeSpain, OFS to have the strength caring for him.
- ❖ For Tim Pert, husband of Pam Pert, OFS, who passed away May 21, may he rest in peace and his family be comforted by Christ.
- ❖ For Laura's mother who suffered a stroke last month.
- ❖ For Marta Kassai, OFS who received iron transfusion for very low hemoglobin level that she regain her strength soon.
- ❖ For 9 year old Mateo, altar server at St. Peter's in Fallbrook, requested by Sam DeSantis. Mateo will undergo critical surgery to remove fluid around his lungs.

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

Marta

Dr. Marta M. Kassai, OFS, Editor

