

St. Clare

Feast Day: August 11



The Cord

August, 2023

Newsletter of the San Luis Rey
Secular Franciscan Fraternity

Monthly Gatherings: 2nd Sundays

August Gathering

General Gathering:

August 13:

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

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

* * *

12:30pm St. Clare Chapel

**1:00 to 3:00 pm General Monthly Gathering
Visitation**

* * *

No Vespers in August

**Next Month General Gathering:
2nd Sunday**

September 10, 2023

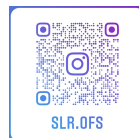
Login for All Zooms:

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 August



Caroline Yandell, OFS

Tom Bello OFS, Former National Minister, shares that the 4 things that are integral to every Secular Franciscan gathering are “Prayer, Formation, Fraternal Sharing and only as much Business as is necessary.” We are not alone in ensuring we have our priorities in order. We are lovingly supported by Region in our efforts at crafting a rich Fraternal life. **We are privileged to have a Fraternal Visitation in August by our Regional Minister, Caroline Yandell, OFS.**

Article 92.1 of the General Constitutions of the Secular Franciscan Order says: “The purpose of both the pastoral and fraternal visits is to revive the evangelical Franciscan spirit, to assure fidelity to the charism and to the Rule, to offer help to fraternity life, to reinforce the bond of the unity of the Order, and to promote its most effective insertion into the Franciscan family and the Church.”

For our August gathering, as always, everyone is invited to gather for a brown-bag lunch at 11:30 so that we can share in community (this month, the Council will be meeting separately with Caroline during lunch. Please come and be community for each other!). We will then have our regular communal prayer at 12:30, this month honoring St. Clare in the St. Clare Chapel, and then our Fraternity Gathering from 1pm – 3pm.

During our visitation, it's likely that Caroline will want to assess the health of our constitutionally mandated “signs of vitality:” Prayer, Formation, Fraternal Sharing, and Necessary Business. Please read about those in Tom Bello's article here: TAU-USA Winter 2010 Issue 69, http://www.nafra-sfo.org/tau-usa/articles/winter10/minister_winter10.pdf. He's a quick summary:

First is Prayer. Without question, the essential element of “fraternity” is the spiritual; the spiritual should never be cut short to take care of business.

Second is Formation. If fraternity itself is our main business, then our main fraternity business, after prayer, is formation. Good fraternities need solid formation: initial formation, ongoing formation, formation leading to transformation and conversion of heart.

Third is Fraternal Sharing is the social aspect of our gatherings. Secular Franciscans should have a good time when they gather!

Fourth, there is always Business. The rent on the room needs to be paid, plans made, reports given. Business gets done, but not it's not the primary focus of our gatherings.

We're looking forward to our time with our Regional Minister, Caroline Yandell, and hope that each of us makes a special effort to attend our August gathering, if possible in person, and for lunch and prayer as well -so that we can help make her visit a fruitful one.

Pace e bene -

Laura Chun, OFS
Minister, San Luis Rey Fraternity



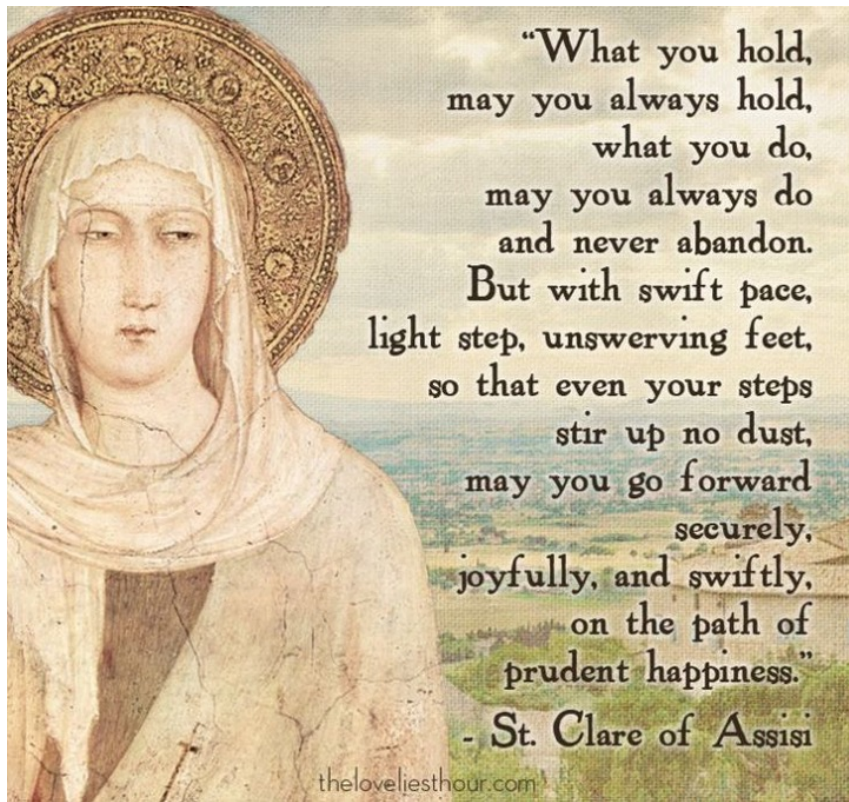
Laura Chun, OFS

St. Clare and the Saracens

The politics of the Middle Ages were almost as unsettled as ours are today! There seemed to be constant war among City States, Papal States and whoever wanted power at the moment. Frederick II was very ambitious and determined to control Assisi. He had a mercenary army of Saracens who were terrorizing the Spoleto valley. As they approached Assisi, the Saracens set their eyes on the Monastery of the Poor Ladies as a path to access the city.

Thomas of Celano is reported to have described the incident in this manner:

[With a fearless heart, St. Clare commanded them to lead her, sick as she was, to the enemy, preceded by a silver and ivory case in which the Body of the Saint of Saints was kept with great devotion. And prostrating herself before the Lord, she spoke plaintively to her Christ: "Behold, my Lord, is it possible that Thou wouldst deliver into the hands of pagans Thy defenseless slaves, whom I have taught out of love for Thee? I pray Thee, Lord, protect these Thy slaves whom I cannot now save by myself."]



Celano continued: “Upon seeing the courage of the sisters, the Saracens took flight and fled back over the walls they had scaled, unnerved by the strength of the sister whom they saw praying.”

The citizens of Assisi were grateful to Clare and to God. They viewed Clare as a saint and a woman of miracles. She saved the city a second time from approaching hoards when Clare again prayed passionately and a huge storm came up that drove the enemy away.

We often see this miracle depicted in art with Clare holding a Monstrance. In the interest of historical accuracy, it's good to know that a Monstrance was not used until the fourteenth Century. The ‘silver and ivory case’ containing the Consecrated Host described by

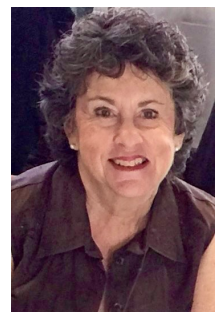
Celano would have been brought to Clare by one of the Friar chaplains of the monastery. I consulted my Middle Ages expert and friend, Bill Short, OFM, on the issue of so many pictures with a Monstrance. Bro Bill called it ‘artistic license’.

Artistic license in art occurs regularly, but the faith of Clare is something to inspire us all.

[St. Clare of Assisi and the Saracens \(traditioninaction.org\)](http://traditioninaction.org)

[Saint Clare « Our Lady of the Pearl](#)

Corinne Helena, OFS Treasurer



Prayer of St Clare

WE BECOME WHAT WE LOVE
AND WHO WE LOVE SHAPES
WHAT WE BECOME.

IF WE LOVE THINGS
WE BECOME A THING

IF WE LOVE NOTHING
WE BECOME NOTHING

IMITATION IS NOT A LITERAL
MIMICKING OF CHRIST
RATHER IT MEANS BECOMING
THE IMAGE OF THE BELOVED

AN IMAGE DISCLOSED THROUGH
TRANSFORMATION, THIS MEANS

WE ARE TO BECOME VESSELS
OF GOD'S COMPASSIONATE
LOVE FOR OTHERS.

Courtesy of the internet



Submitted by:

*Sam DeSantis, OFS
Vice Minister,
San Luis Rey Fraternity*



For I was . . . in prison and you visited me” (Mt 25: 35, 36)



Jesus has mercy for “the least,” those despised by others. Convicts rank high among “the least.” We often will think that when a criminal gets prison time, the criminal is getting what is deserved. Jesus understands the brokenness of those who have done hateful things. From the cross Jesus said, “Father, forgive them, they know not what they do” (Lk 23:34).¹

Also consider that in the local jails, many people incarcerated are waiting for court dates – meaning they are still ‘innocent until proven guilty.’ They have not yet been convicted. Sometimes as many as 75% being held in the county jail perhaps being unable to afford bail, are awaiting court dates while their outside lives unravel in their absence.

Judge & Jury: As a Jail Chaplain, I have a great respect for the judges and juries that comprise our judicial system. Their job is to render judgment. When I encounter the incarcerated, I’m not there to pass judgment. I can greet each with an open mind and open heart, literally in jail ‘meeting them where they are.’ When I visit, I can’t influence their case. I can’t ‘fix’ things. But I can bring the love of God. I can pray with them. I can be with them. I can simply be present.

Reflect: *When encountering the ‘other’ can I abandon my need to be judge and jury? Can I meet them where they are and simply be in the encounter without trying to ‘fix’ them? Can I be free to see their God-given goodness as they are?*

Beauty & Silence: The sound of loud buzzers reverberating on institutional concrete walls, great metal doors slamming shut, incessant human yells of anger, territoriality, desperation echoing across the housing units. Incarcerated people often crave beauty, they often crave silence. Each time I begin a prayer service in the jail, we always start very quietly – acknowledging the presence of God perhaps in silence or with soothing music. Silence is a balm for the soul. Sharing a holy card – always with beautiful art. Something that speaks of the greater world, outside. A reminder that there is beauty in the world.

Reflect: *Do I take a moment to appreciate the beauty in my own life? Do I allow myself time and space to savor silence? Do I enter into prayer even in difficult times?*

Being a Peacemaker: Jail by its nature is a violent place. St. Francis came to embrace peace after his time as a soldier and being incarcerated as a prisoner of war. Inmates living in these violent situations have taught me how to better be an instrument of peace. Often their lives, or length of their sentences, depend on it. Even in very difficult situations, and especially in difficult situations, we are called to be Peacemakers.

Reflect: *Do I pray for peace, even for the ‘least of these,’ including those who are incarcerated? Jesus wants us to be compassionate. Please pray for the incarcerated. Please pray that they know they are loved.*



Laura Chun, OFS
Minister, San Luis Rey Fraternity

¹ <https://thecatholicspirit.com/news/local-news/special-sections/year-of-mercy/visit-the-imprisoned/>

San Luis Rey

St. Louis IX, King of France, is not only a patron of the Secular Franciscan Order, but is also significant to our San Luis Rey Fraternity, as well as to the Mission San Luis Rey, which has been our “home” for 73 years.

St. Louis was born April 25, 1214, just three years after St. Francis wrote the Rule for lay Franciscans. Louis was crowned King at the age of 12, following the death of his father, Louis VIII, from dysentery. The elder Louis had been on crusade at the time of his death. Because of the young Louis’s age, his mother, Blanche of Castile, assumed the role of regent, and ruled until Louis was of age.

St. Louis was a Third Order Franciscan. His life was one of self-sacrifice and generosity to others. He dined with poor people and washed their feet. He served lepers. He founded hospitals and a home for reformed prostitutes, forbade usury and gambling, and changed France’s the legal system of trials to one of justice, rather than of combat.

The material things Louis treasured most were the Crown of Thorns of Jesus and a fragment of the True Cross, which he acquired by paying off the debt of an emperor. Louis had the Sainte Chapelle built to house the relics.

St. Louis, like his father, was inspired to go on Crusade, and on August 25, 1270, he died of the plague while on Crusade in North Africa. We celebrate Louis’s Feast Day on August 25th.

Franciscan Media <https://www.franciscanmedia.org/saint-of-the-day/saint-louis-of-france/>

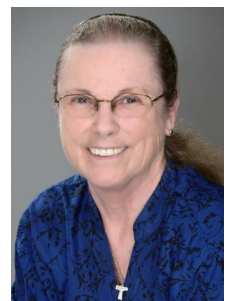
St. Louis NPR <https://news.stlpublicradio.org/arts/2014-04-24/10-things-to-know-about-saint-louis-himself-on-his-800th-birthday>

New Advent <https://www.newadvent.org/cathen/09368a.htm>

Wikipedia https://en.wikipedia.org/wiki/Louis_IX_of_France https://en.wikipedia.org/wiki/Saint_Isabelle_of_France



[HDR photo of the Apotheosis of St. Louis.](#)
Sculpture by C.H. Niehaus



Connie Collins, OFS
Secretary of SLR Fraternity

Justice, Peace and the Integrity of Creation



August is the beginning of a new Care of Creation season:

This past week, I participated in a meeting of the Catholic Climate Covenant for Catholics active in a Creation Care ministry. All over the country, Catholics shared the quests, activities, sources of support, and special events created for their parishes, schools and the greater community. It was great to see how much is happening around the country! Check out the Catholic Climate Covenant website at <https://catholicclimatecovenant.org/resources/season-creation-2023>.

Note especially the new Creation Care Communications Guidebook and the “Encounter Campaign” section.

COMING IN SEPTEMBER:

September 16

Br. James Lochman & Caroline Archer OFS

The Care of Creation (Laudato Si) Action Platform & the Seven Goals

Mission San Luis Rey

9:00 am to 3:30 p.m

September 24

Cardinal’s Mass and Reception

The Season of Creation, Peace and Justice

Cardinal McElroy will bless our Care of Creation Action Plan, and those of other groups.

St. James Parish, Solano Beach

11:00 a.m. to 1:30 p.m.

Our Care of Creation Action Plan

Our activities over this year – both those completed and upcoming – are being documented in the San Luis Rey Fraternity Laudato Si Action Plan. This is simply a description of the activities the Fraternity has undertaken to raise awareness about our stewardship of the Earth and to be advocates for the Planet. Any writings, artwork, slides etc., you create as part of your Team Presentation can be included in this Action Plan –presented for the Cardinal’s blessing on September 24th

The August Presentation for Care Of Creation

At our August gathering, we will learn how our diet – the types of food we eat – impacts the well-being of our Planet. How food is raised, preserved, processed, and preserved – or wasted has a huge impact on humans, the animals around us, and Mother Earth. So please listen attentively – whoever among us buys food, cooks or eats on a regular basis is sure to find “food for thought” in August’s presentation from the “Green Team.”

Pax et Bene!

Karron Esmonde OFS, JPIC Animator, SLR Fraternity



Karron Esmonde, OFS

Justice, Peace, and Integrity of Creation *Love the Lord, Love His Kingdom*

The Eucharist and JPIC: *Radical Love, Divine Love, Transforming Love*

Our blessed St. Francis called us to live a Eucharistic life. Specifically, our rule reads, “Let them participate in the sacramental life of the church, above all the Eucharist.” (Chapter 2, Article 8). I read that to mean the Eucharist serves as the inspiration and pattern of our lives. As I reflect upon that statement, I remember a retreat from many years ago. After Mass at the retreat, our retreat master, a wise priest, asked the retreatants, “Do you believe in God? All gathered without hesitation responded “Yes, of course.” Then he asked, “Do you believe God?” The room fell silent. I think part of the silence was grounded in confusion about the meaning of the question and the purpose of it by a priest we all admired. But, as the conversation unfolded, I realized that we are all somewhat intimidated by the depth and implications of the question. Over the next few days and as the years have unfolded since that time, I have concluded that we all have to submit that important question to God in prayer and contemplation, answering it for ourselves. What does it mean to believe God? I humbly offer you my answer, at least in part. My answer is love, radical, divine Love, as shown to us in the Eucharist given to us by our Lord Jesus Christ, as a gift and model of our lives. The Eucharist is Love.

During the consecration, the celebrant at the Mass takes the bread, blesses it, breaks it, and gives it to us. Taken, blessed, broken, given. As Franciscans, we too are taken, blessed, broken, and given. At our profession, we are asked, “Before this fraternity and the other members of the people of God gathered here, I ask you to express your will: Do you wish to embrace the gospel way of life by following the example and words of St. Francis of Assisi, which are the heart of the Rule of the Secular Franciscan Order?” We respond, “Yes, this is what I want..” Immediately, of course, we think of St. Francis’ conversion, his moment of being “taken,” when he embraced the leper and immediately saw Christ in him. Soon thereafter, St. Francis says, I left the world. We are then blessed at our profession, and in this way given for the life of the world. We “leave the world” as St. Francis did, by now viewing all that we see, hear, and do through a Franciscan lens. The words at our profession continue, “You have been called to give witness to the Kingdom of God and to build a more fraternal world based on the Gospel, together with all people of good will.” As each of us considers how we will fulfill that promise, we are often guided by what breaks our hearts, and realize that it is through our hearts being broken we come to see our brokenness propelling us forward to be given in service for the life of the world.

God’s radical love has called us, and we are taken, blessed, broken, given, to carry forth His love into the world, as servants of the living Lord, and His disciples. Ah, sisters, and brothers, how blessed we are to have been called to our Franciscan life. Let us encourage each other as we fulfill our divine purpose. Let us love.

Peace and All Good

Patricia Grace, OFS

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



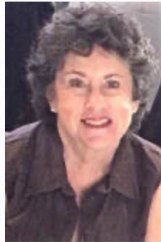
Jan DeSpain, OFS
Formation Director



Sr. Madeline Fitzgerald, OSC
Spiritual Assistant



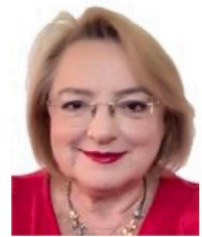
Connie Collins, OFS
Secretary



Corinne Helena, OFS
Treasurer



Pam Pert, OFS
Councilor



Marta Kassai, OFS
Councilor & Newsletter Editor

From our Treasurer

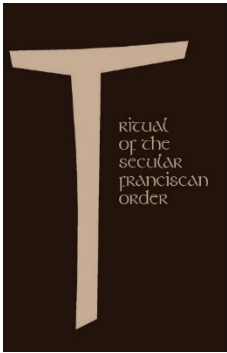
You can mail your OFS fraternity contributions to:



Corinne Helena, OFS
1048 Turnstone Way
Oceanside, CA 92057



Prayer for a Fraternal or Pastoral Visit



Please bring your Secular Franciscan ‘Ritual’ book to our August Gathering if you have one. We’ll be saying the ‘Prayer for the Pastoral or Fraternal Visit’ from page 50, reproduced here:

We praise and thank you, O Lord our God, for through your love and wisdom you have called us to holiness through the Franciscan way of life.

Through your grace and inspiration you have provided for us the means to promote fidelity to the Franciscan charism, to observe the Rule of Secular Franciscan Order, and to receive greater support in the life of the fraternity.

By the power of your Holy Spirit, we have come together today for this fraternal visit, in order to evaluate our efforts and to renew our dedication to live the holy gospel of your Son in the footprints of St. Francis.

We ask for your blessing and guidance so that this occasion may help us to appreciate our vocation more deeply, to embrace it more enthusiastically, and to share it more fully with one another and with all people.

Give us the fullness of your Spirit. Take full possession of our hearts; root out of them attitudes of selfishness and false fear. Give us the will to persevere, as followers of St. Francis in the contemporary world, in rebuilding the Church and in proclaiming the Good News of salvation.

Where we have faltered or even failed, give us the strength to begin anew, the light to discover our true meaning and purpose, and the courage to move forward with conviction and humility.

May the power of your love, O Lord, fiery and sweet as honey, wean our hearts from all that is under heaven, so that we may die for love of Jesus’ love, who was so good as to die for love of our love. This we ask through the same Christ our Lord.

AMEN.

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

Fraternity Faces: Barb and Ed Upson, OFS



What a joy to hear the voice of our dear fellow Secular Franciscans! It almost seems like time falls away and warm remembrances flow through the phone connection.

I had a wonderful phone visit with both Barb and Ed Upson. They're members of St. Thomas More parish and also members of our very own San Luis Rey Secular Franciscan Fraternity.

Barb was a 'Cradle Catholic' and when Ed went through RCIA and became a Catholic in 2000, Barb walked with him through the entire RCIA process, attending all the meetings and was part of the entire experience. After a pilgrimage to the Holy Land a few years later had touched their hearts, Barb and Ed came to know a Franciscan friar, [Fr. Ken Keiffer](#). Fr. Ken invited and encouraged Barb and Ed to explore their own Franciscan calling with the Secular Franciscan Order and recommended our Fraternity, San Luis Rey. They then entered into the Franciscan journey together, and shared their Profession date. Both Barb and Ed were professed in 2007.

Barb and Ed are experiencing health issues, but shared that the Fraternity is always in their hearts. They read the Cord regularly and were excited to hear updates on so many of our members. Ed said that what draws them to the Franciscan life is care, love, sharing with humanity and love of all of creation. Their Franciscan charism encourages their compassion toward their favorite charities, including the [Best Friends Animal Society](#). Barb shared that what really is key to their Franciscan vocations is a love of St. Francis and St. Clare.

SAVE the DATE:

September 16

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St. James Parish, Solano Beach

11:00 a.m. to 1:30 p.m.



2023 SUMMER SCHOOL OF PRAYER

SAINT BRIGID PARISH & THE FRANCISCAN SCHOOL OF THEOLOGY

present

TUESDAYS
IN AUGUST
2023

FRANCISCAN SPEAKER SERIES

7:00 PM TO
8:30PM
PDT



August 1: Francis and Clare of Assisi and the Cross with Open Eyes
By: Dr. Michael Blastic, OFM, Ph.D.

Fr. Michael reveals how gazing on an image as a contemplative form of prayer can have the ability to transform our hearts. For Francis and Clare, that image was the Cross and in particular a Cross that has Christ with open eyes.



August 8: The Gospel of Luke and Wisdom Literature
By: Angela Zautcke, Ph.D. Cand.

Wisdom literature is an ancient form of literature that contains practical advice for how to live in a way pleasing to God. We see wisdom literature in the Old Testament and within Jesus's teachings in the New Testament. This talk will focus specifically on the Gospel of Luke and the practical advice it gives for living well, drawing out connections between the Old and New Testaments.



August 15: St. Francis the Traveler
By: Dr. Juliet Mousseau, RSCJ, Ph.D.

St. Francis of Assisi takes seriously the call to follow in Jesus's footsteps. His conversion launches him into preaching the Good News both near and far. Francis traveled the local region and went so far as to launch for Muslim lands. His desire for solitude sent him into the mountains and caves around Assisi, church business took him to Rome, and the impulse for evangelization took him to the Holy Land. In 1217, St. Francis was inspired to send Franciscans to all the world. Francis travels with purpose, and he shows us how travel can shape our spirit.



August 22: How Did the Bible Physically Survive Throughout History?
By: Dr. Florence Gillman, Ph.D., S.T.D.

While most of ancient literature no longer exists, the Bible has an amazing history of enduring earthquakes, floods, wars and enemies. This lecture will discuss the fascinating story of how the texts have come down to us.



LOCATION:
SAINT BRIGID PARISH HALL
(858) 483-3030 | SAINTBRIGIDPARISH.ORG
4735 CASS STREET, SAN DIEGO, CA 92109



IN PARTNERSHIP WITH:
FRANCISCAN SCHOOL OF THEOLOGY
(619) 574-5800 | FST.EDU
5998 ALCALÁ PARK, SAN DIEGO 92110





.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 August ~~~✝
 - August 7, 2013 **Alice Pritchard, OFS**
 - August 13, 2003 **Julia Nick Dexter, OFS**
 - August 20, 1996 **Irving Sussman, OFS**
 - August 26, 2016 **William 'Bill' Haynes, OFS**
- ❖ For Rock DeSpain, OFS who has been placed on hospice care, and for Jan DeSpain, OFS to have the strength caring for him.
- ❖ For Rosemary DeSantis, Sam's wife, that she continue to improve.
- ❖ For Sr Therese McDonough of the Medical Missionaries of Mary in Boston of which Marianne has been an associate member for over 20 years. Sr. McDonough was struck by a car crossing a street.
- ❖ For Marianne to recover her health.
- ❖ For Gina Martinot's son Nick and his wife Brooke who is 39 weeks pregnant with their first child and has developed gestational hypertension, so was induced Friday. That all may go well.
- ❖ For 9 year old Mateo, altar server at St. Peter's in Fallbrook, requested by Sam DeSantis. Mateo is now in hospice care.

* * *

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

