



the Cord
San Luis Rey Fraternity of the
Secular Franciscan Order
Mission San Luis Rey,
Oceanside, CA.
www.slr-ofs.org



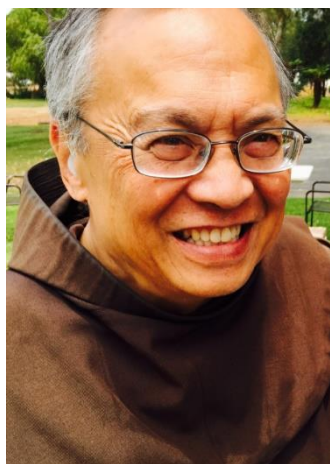
May 3, 2020 on 'ZOOM'
See below

10:00 AM Mass on 'Live Stream'
11:30 AM-Lunch at 'Your Kitchen Dinner'
12:30 PM-Community Prayer in 'Your Heart' chapel.
12:50 PM-Adoration, in 'Your Heart' chapel.
1:00-3:00 PM General Gathering on 'ZOOM'
Council Meeting when Minister calls it, on 'ZOOM'

Future Meetings:
June 7, 2020, July 5, 2020, August 2, 2020, September 6, 2020.
These are regular monthly gatherings, All dates subject to change

Our Lady, and The Franciscan Crown Rosary

Our May Gathering – via Zoom on May 3rd at 1PM



Please join us on Sunday for our regular May gathering which again will be on Zoom. We will likely have a beloved guest joining us, **Fr. Franklin Fong, OFM.**

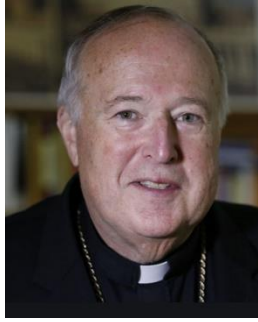
To join by Computer, Laptop, Tablet, SmartPhone App:
Click or Go to this [link](#). When prompted use:

Meeting ID: 760 726 2486 with the Password: 1798

To join **by landline or voice-only Phone:** (no video)
Dial this number (it's in San Jose): **1-669-900-6833**

Meeting ID: 760 726 2486 with the Password: 1798

Minister's Note



In his Easter Sunday [homily on April 12th](#), Bishop McElroy spoke of this Easter of unlike any other. He said that despite the shadows that surround us, we are also full of hope. It is the resurrection of Christ that provides the greatest hope, the strongest hope. Christian hope is not the belief that everything always comes our right... that is optimism. Optimism is about tomorrow. Christian hope is about *today*. Christian hope is understanding that during these hard times, God embraces us. This Easter of all Easters... it is a time of *hope*.

We are called, in this time of uncertainty and chaos to be filled with Christian hope. To be surrounded by this hope, to be in the 'bubble' of hope. Sandy has created a beautiful reflection on living 'In a World of Chaos' in the form of a poem. Her poem is attached to this edition of The Cord. Please take a moment with it and reflect on it.

In this month of May, we especially celebrate our Blessed Mother and the hope we receive from her. Did you know that one of the titles of our Blessed Mother is '[Our Lady of Hope](#)?' In 1871 Mary appeared to children in Pontmain, France, which was facing invasion of war. Mary encouraged the people to pray *and have hope*. The war ended the next day and did not reach the village. Since then, Mary already recognized under the title of Our Lady of Hope, has been associated with this vision.

From the [Novena to Our Lady of Hope](#) comes this beautiful prayer: *I am the mother of fair love, and of fear, and of knowledge, and of holy hope. In me is all grace of the way and of the truth; in me is all hope of life and of virtue. Come to me all that desire me and be filled with my fruits (Sirach 24: 24-26). O Blessed Virgin Mary, Mother of Grace, Hope of the world. Hear us, your children, who cry to you.*



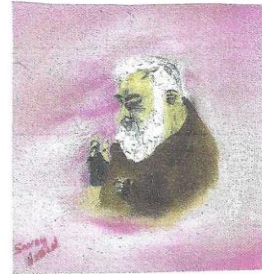
It is hope that will sustain us today and through the long haul. It is hope that will sustain us in the darkness. It is hope that will be a bubble that 'floats' above the chaos. It is in hope that we connect with each other and remain steadfast in prayer. It is spirit of hope that pervades our father Francis's joy in all things. It is this hope, this Christian hope, that we are called to live – individually and as a community. We are all in this together; let us together share Christian *hope*.

Pace e Bene +

Laura, OFS

PADRE PIO

In Rome, June 16, 2002 Pope John Paul II canonized a new Saint, Padre Pio. I first came to learn of this Priest in 1971 when I was converting to the Catholic faith. I was shown a picture of Padre Pio and thought what a peaceful man he seemed to be and wanted to learn more.



Padre Pio was born May 25, 1887, died September 1968, and was an Italian friar, priest, stigmatist, mystic, and now a saint in the Catholic Church. He was known for the Stigmata, healing, Apparitions, Transverberation and Prophecy. I have learned to love this Saint and with my devotion to St. Francis of Assisi.

Our Blessed Mother so loved Padre Pio as she began to appear to him when he was just a child. Padre Pio grew up thinking it was natural that Mary appeared to everyone until he had casually mentioned speaking about Mary to someone and came to learn his experiences were unusual. Our Blessed Lady appeared to him throughout his entire life. This special love given by Our Lady to Padre Pio is a sign to us today that she is our Mother and watches over each one of us as we pray with love to her Son, Our Lord Jesus Christ, especially in the Holy Rosary.

May Padre Pio give you all his peaceful awareness of God.

**Sandy Baden, OFS
Vice Minister**

Minister

IN A WORLD OF CHAOS

***We live in a bubble, a protection given from God.
Chaos is around us, knowing God is
still there, surrounding our bubble with His love.
We Praise you, Oh Lord.***

***Living with hope as God reveals to us his guiding
light. How hard it must be for those who
have not love or faith to sustain them, no bubble
to protect them in our world of Chaos.
We Praise you, Oh Lord.***

***Give us courage Lord to keep moving forward
with hope and love toward the end of the
tunnel, which seems so far away, outside
our bubble of protection.
We Praise you, Oh Lord.***

***No longer are we able to gather in our Church
building, nor receive our Lord in the
Holy Eucharist, but in our bubble of protection
we are there, waiting for the bubble to pop.
We Praise you, Oh Lord.***

***In the darkness we see your light, in Chaos
we see our Hope. In our Hope we see
Christ hanging on His cross, which He has
now given to us.
We Praise you, Oh Lord.***

***Sandy Baden, OFS
April 2020***



An Image of Love

In a world seemingly filled with Chaos - we often look for hope, peace, courage, and guidance. The Franciscan and Clare charisma sets an example of our trust in the safety of our Lord's surrounding protection and of our special ability to reach out to his mother. One is overwhelmed by the spirit of sacrifice of people like St. Maximillian Kolbe discussed in this month's Cord. The question posed is "how can I imitate or respond with such love?" I feel the inspiration is often in the quiet humanity of ourselves and our life.

May I offer up the painting of **Our Lady of the Street**.



It is a 19th century painting by Roberto Ferruzzi of two children. His notes refer to being drawn to the beautiful face of these children, eleven-year-old Anna Bovo (the future Sister Angela Marie) and her one-year old brother Giovanni on a cold windy day on the streets of Venice. The life of this painting is a stunning example of an inspiration of turning a creation into an inspiration. While the artist may have seen **The Madonna**, the public envisioned an image of the vulnerability of a child-mother and her infant son. It is, to me, a daily tranquil painting of peace and hope. Though we may never be a Fr. Kolbe or Fr. Pico, may we find the image of beauty in all life.

By Joe Cannon, OFS. Based on an article from "*The Saint Anthony Messenger*" and Guest Author Barbra E. Stevens

I remember this picture hanging in our room at my grandmother's house when I was a little child, and always thought it was Our Lady and Baby Jesus. Now that I know the content of the picture, it means even more to me as my sister and I spent a lot of time together as children. My sister was/is 6 & ½ years older than I. EDITOR.

St. Maximilian Mary Kolbe, O.F.M. Conventual (1894 - 1941)

In this traditional Marian month of May, if I asked most Catholics/Franciscans who they might name as a great Marian saint, I doubt most would reply, [St. Maximilian Mary Kolbe](#). If they were familiar at all, they would connect him with being the martyr saint of Auschwitz who offered to die in the place of a stranger. There is so much more to know about our Brother Max that I have loved for many years.

His connection to Mary started at age twelve when in a vision Mary offered young Raymond (Max) a choice of two crowns in his life. The white crown was for a life of purity and the red one was for martyrdom. He asked of her and received both in his life.



Early in his career as a priest, he organized an association in the Church, called the [Militia of the Immaculate](#) which is still active internationally today. He was an amazing intellectual (two PhD's by his mid-20's) was a writer and interested in the newest technology available at that time. He almost did not become a priest, as he wanted to serve his country in the military. When he was professed, he took the name of Mary.

He wanted to use his energies to defend the faith through the intercession of Our Lady. The Freemasons were actively attacking the Church and Pope at that time. He attracted an army of young men to the religious brotherhood that he hoped would be knights to conquer the world for the Immaculate Mother.

The friary he opened outside Warsaw at the time was the largest in the world. He named it [Niepokalanow](#), meaning 'Marytown.' He began publishing a monthly periodical named [Knight of the Immaculate](#). He also opened a private radio station for evangelization and opened a second Marytown in Nagasaki, Japan. He hoped that eventually every country would have a Marytown. He even sent two brothers to flight training to expedite circulation of his publication. These are his words, "If Jesus or St. Francis was alive now, they would use modern technology to reach the people." In 1939 war came to Poland and everything changed. Eventually Kolbe and other priests were sent to Auschwitz. This was where he met his martyrdom in offering to take the place of another prisoner in the starvation bunker. That prisoner was at Kolbe's [canonization by JPII in 1982](#). He lived to be 95. On a personal note, I was humbled to visit Auschwitz in 2016. I could not enter the bunker where he was martyred so I pressed my hands on the rough brick exterior and thanked God for this beautiful Franciscan brother. It was an honor to be there.

As we continue the current war on the Coronavirus, let us ask for the intercession of St. Max and Our Immaculate Mother in continuing to bring souls to Christ. As we continue to use the technology of our time, I'm certain we are making Kolbe happy. I recommend you use the following for a beautiful video to learn more. It is only 30 minutes long but extremely well done from the National Shrine of Saint Maximilian Kolbe at Marytown in Libertyville, IL. The video is [here](#). You won't be disappointed!

Submitted by Jan DeSpain, OFS

How to Survive the “Long Haul” of Physical Separation

“We’re in it for the long haul.” What does that mean? How long IS the long haul, anyway? As we continue our journey in physical separation, it may be important for us



to let go of the desire to know *when* this will end. We really don’t know. But letting go of that desire to know can be difficult. Simply not thinking about something *is* difficult! Try it: Do not think about an elephant right now. What are you thinking about? If you are not thinking about an elephant, you may have substituted a different thought (for example, the thought of a puppy) for the thought of an elephant. Similarly, we can substitute thinking about the present for thinking about the unknown future.

One way to stay present-focused is to engage in mindful activities. I recently heard that at least one of our members is knitting or crocheting for others while in quarantine. What a great way to stay focused on the present – one stitch at a time! What other ways can each of us find to remain present-minded?

Another tip for getting through this time is reframing. We remember the old story of Pollyanna, who played the “Glad Game,” in which she reframed every difficult situation into one of opportunity and joy. Although this game annoyed her aunt, it was a very effective coping mechanism for Pollyanna, who was able to thus manage both great losses and small inconveniences without becoming depressed. In recent times, many of us have seen the reframing of the term, “stuck at home” to “safe at home.” This simple example illustrates the power of perspective. How we frame something influences how we feel about it. Just for today, how can we play our own Glad Game?

Finally, it can be very helpful to talk to others. Connecting via phone, text, email, or social media brings great comfort. Praying with and for each other unites us in spirit. Although physically separated, we are all in this together.

Peace and all good,

Connie C., Secretary



THE FRANCISCAN CROWN
ROSARY
&
THE BEATITUDES



Both are surrounded by and
infused with joy.

The Mysteries & The Attitudes of Being/Blessedness:

[The Annunciation](#) ~ The Poor in Spirit/Kingdom of Heaven

[The Visitation](#) ~ The Mourners/Comforted

[The Nativity](#) ~ The Meek/Inheritors of Land

[The Adoration of the Magi](#) ~ The Hungry & Thirsty for
Righteousness/Satisfied

[The Finding in the Temple](#) ~ The Merciful/Shown Mercy

[The Resurrection](#) ~ The Clean of Heart/Seeing God

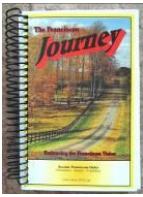
[The Assumption & Coronation](#) ~ The Persecuted for
Righteousness Sake/Kingdom of Heaven

Dear Fraternity, we've had ample opportunity to exercise our
Lenten prayer, the Beatitudes, as our dear Lord knows it's been
the Lentiest Lent we've ever Lented!

In this month of May during the 2020 Easter Season where we
lean into the Immaculate Heart of our Blessed Mother there's an
opportunity to immerse ourselves in her joyfulness and to ponder
the seasons of her life by praying, by Taking Time with the
Franciscan Crown Rosary. As our moments in time expand and
fly and pop into eternity as bubbles, may they release the incense
of our devotion and contemplativity and love; this is healing for
our world.

HE IS RISEN! Alleluia! ~ Kelly, Councilor

Reminders Page



Classes are held the Saturday before the meeting, Please call Jan at **(951)288- 6037**, or email her at sfojan@gmail.com for more information.

God Bless,

Janice (Jan) DeSpain, OFS
Director of Formation

Anniversaries of Profession



May 4, 2003 Roger Alves
May 4, 2003 Jack Shuk
May 4, 2003 Frances Thompson Garcia
May 06, 2018 Connie Collins
May 06, 2018 Joe Cannon
May 16, 1999 Connie Herman
May 16, 1999 Scott Herman

Memorials



We have no Deaths that I know of in May, so a good meditation could be on our im- ending deaths, as in Sr. Death.

Birthdays



May 04, Penny Johnson
May 07, Patricia Dominguez
May 15, Linda Ochwat
May 18, Edward Upson

L.O.C.K.D.O.W.N
is a time to:

Listen to God's voice and reflect. Let go and Let God.

Obey His Word and His teachings.

Call on Jesus's name and be Calm.

Know that God has a purpose for all of this.

Dwell in His presence. Do not panic.

Offer a prayer for everyone's safety.

Wait on the Lord and be patient. This too shall pass.

Nurture our personal relationship with God.



“
Rivers do not drink
their own water; trees
do not eat their own
fruit; the sun does not
shine on itself and
flowers do not spread
their fragrance for
themselves. Living for
others is a rule of
nature. We are all born
to help each other. No
matter how difficult it
is...Life is good when
you are happy; but
much better when
others are happy
because of you.”

Pope Francis

Diocese of Tandag

/TandagDiocese

Let us Pray for our brothers and sisters, especially:



- For the safety of Laura our Minister
- For Pope Francis, Bishop Robert McElroy, his assistant Bishops, and all our Diocesan Bishops; for all of our pastors, priests, deacons and consecrated religious, including those in lay orders and institutes.
- For the victims of war, violence, and terrorism throughout the world
- For all who have asked for our prayers. Especially:
 - Michelle – For healing as she undergoes treatment for an aggressive form of melanoma. Please pray that she be filled with God's love and healing. 5/20
 - Roger – For healing as he recovers from neurological damage to his face that he suffered last summer; pray for him to be filled with God's love and healing. 5/20
 - Linda O - for the healing of ongoing hip pain due to fissures in her pelvis that she may be filled with God's grace, love, and healing. 5/20
- For the repose of the souls of all of our deceased members, and in particular that of, Anne Pert Palmer, sister of Pam OFS, that the entire Pert family may be comforted by the love of God. 5/20
- For our families and friends.
- All of our Fraternity members, especially our council, our brothers and sisters who are in formation, our elderly, and or homebound who aren't able come to our fraternity gatherings.
- Members of all three Orders of the Franciscan Family who need our prayers.
- Please remember those affected by the Coronavirus in your prayers.
- Please remember all the medical personal helping the victims of this pandemic



Holy Gospel for Forth Sunday of Easter

Gospel JOHN 10:1-10

Jesus said:

“Amen, amen, I say to you,
whoever does not enter a sheepfold through the gate
but climbs over elsewhere is a thief and a robber.
But whoever enters through the gate is the shepherd of the sheep.
The gatekeeper opens it for him, and the sheep hear his voice,
as the shepherd calls his own sheep by name and leads them out.
When he has driven out all his own,
he walks ahead of them, and the sheep follow him,
because they recognize his voice.
But they will not follow a stranger;
they will run away from him,
because they do not recognize the voice of strangers.”
Although Jesus used this figure of speech,
the Pharisees did not realize what he was trying to tell them.

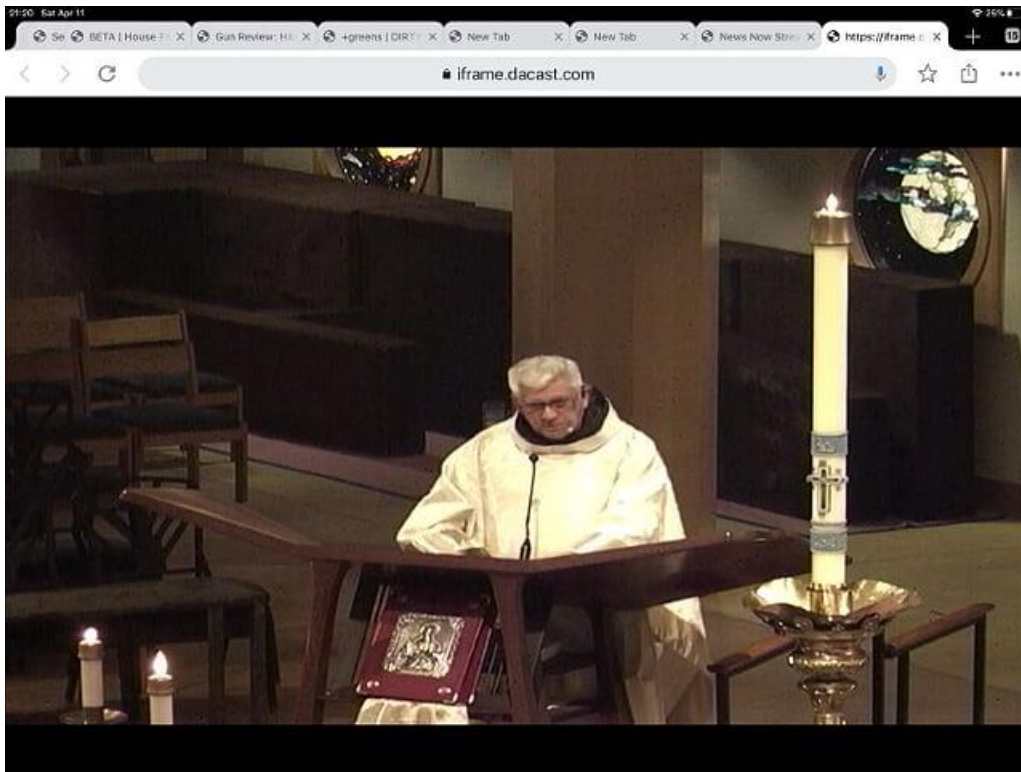
So Jesus said again, “Amen, amen, I say to you,
I am the gate for the sheep.
All who came before me are thieves and robbers,
but the sheep did not listen to them.
I am the gate.
Whoever enters through me will be saved,
and will come in and go out and find pasture.
A thief comes only to steal and slaughter and destroy;
I came so that they might have life and have it more abundantly.”

Commentary: Theme, The Good Shepherd

At many moments of our lives, especially when we have to put up with suffering and unexpected problems, we feel that we are not self-sufficient. In such cases, modern people go to a psychiatrist, a marriage counselor, a lawyer for guidance and advice. Where does God visible in Jesus Christ, fit in your schedule? God's advice and wisdom is available in the words of the Lord Jesus.

The writers of the New Testament were concerned to bring out who the risen Lord is and how we are related to him. This Sunday, we are invited to see the Lord as both the gate or a sheepfold, through which we should enter in security, and our Shepherd, whom we should follow. Though sheep and shepherds are not part of the contemporary American scene and we know them perhaps only from television, with a little goodwill we can understand what the inspired writer wants to say.

By prayerfully reading the Bible and diligently following the Lord Jesus who is “the shepherd and guardian of our souls” (Second Reading), modern Christians know how to integrate the guidelines of their religion with whatever science offers them for the solutions of their problems! From *The New Saint Joseph Sunday Missal Complete Edition*, © 2011, p448



Best commentary on 'Sunday Readings, comes from your Pastor.

Fathers Vince and Oscar celebrating Easter Sunday Mass, Livestream.

The Great Amen!!! Fr. Oscar w/Chalice, and Fr. Vince w/Host

Screenshots of 'Livestream' Easter Mass from Carol OFS's iPad.

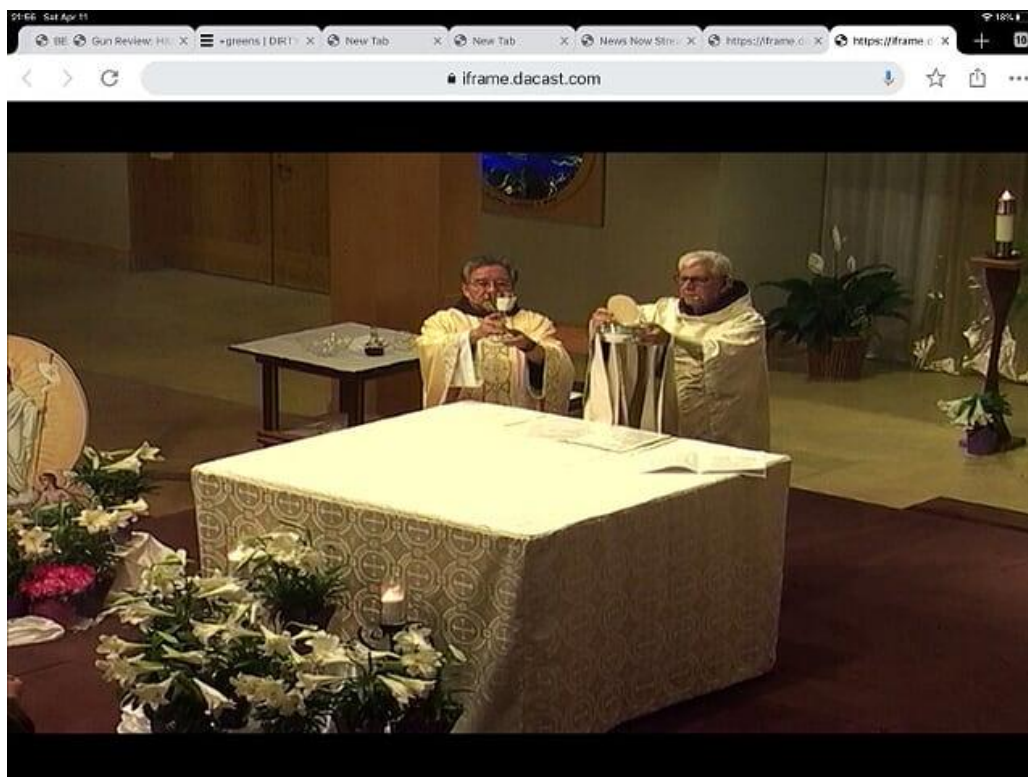




Photo and or
'fun' page

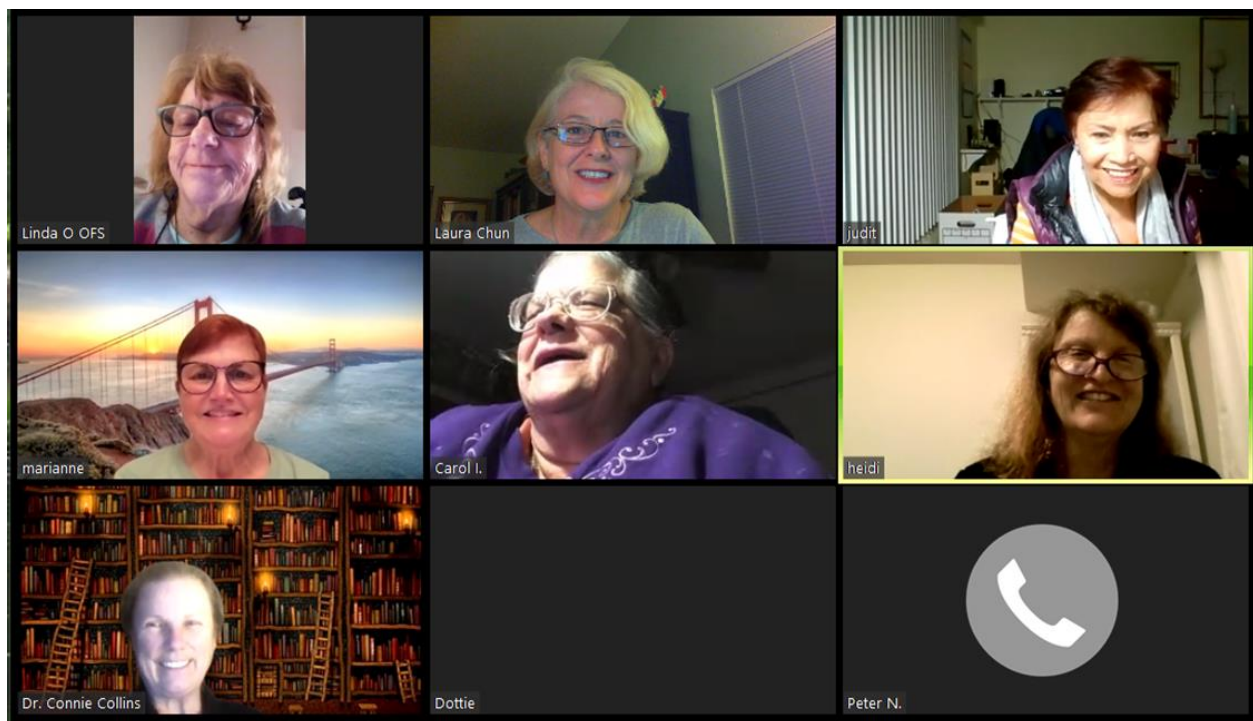
Now that God
has everyone's
attention, it
would be in our
best interest to
be still and
listen.



And this is what you see on your screen when using 'Zoom.' Its cool, yes? Try it, you'll love it... Coming to a computer/tablet/smartphone near you on May 3rd @ 1:00 PM. Thank you to, ??? for the pic, but I don't remember who sent it to me... This was from the April 5th Gathering

Mid-Month Meet-up on April 16

In a time of Corona 'Social Distancing' there is a desire *to connect*. 9 of us gathered at our Mid-Month Meet-up to enjoy each other's company, to share, to pray, to reflect on the Gospel for that Sunday (Jn 20:19-31) that seemed especially poignant - where Jesus came to the Disciples hidden together between locked doors and imparted the Holy Spirit. We may have all been 'locked down' at home, but the Spirit was absolutely present. Together, on April 16th, on this birthday of the original rule, the birthday of our Order, we made a recommitment of our Profession promises. And we all shared in the celebration of being a Franciscan family – even 'locked' in our rooms.



Note the readings from the Gospel of John, where Jesus comes to be with his followers despite 'locked' doors. We have the internet and technology..., Jesus didn't need technology, due to His being GOD

John 20:19, and John 20:26.

When Our Lord wants to be with you, even the best 'locksmith' can't keep Him away.

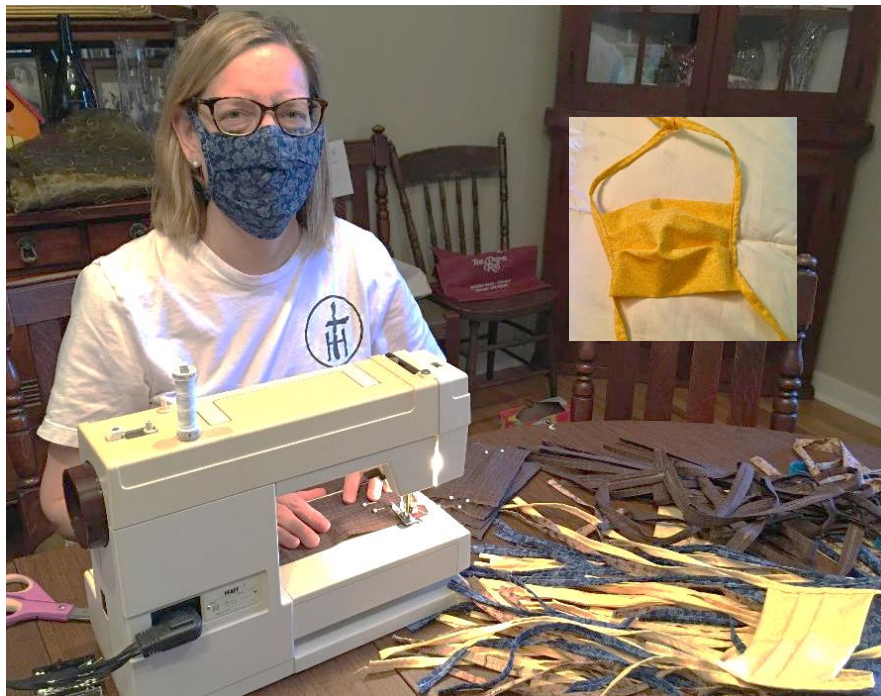
"The Church is, accordingly, a *sheepfold*, the sole and necessary gateway to which is Christ. It is also the flock of which God himself foretold that he would be the shepherd, and whose sheep, even though governed by human shepherds, are unfailingly nourished and led by Christ himself, the Good Shepherd and Prince of Shepherds, who gave his life for his sheep." ¹⁴⁶ (CCC 754) ^{*146} – Jn 10:1-10 4th Sun of Easter, D.R.M.

Franciscan Online Opportunities This Summer

In our current world, learning online seems like a valuable opportunity. As much as we love to participate in retreats, seminars, and lectures live and in person (especially on Franciscan topics!) that may not be our reality for a while. In a quick look around the internet, it seems our Franciscan family is coming through for all of us! As always, check our website (www.slr-ofs.org) [Resource](#) pages for many free options. Here also are just a very few of the live courses also available (that require paid tuition) for this summer:

- [A People of Hope: The Spirituality of Thomas Merton in a Time of Coronavirus](#) presented by Fr. Dan Horan of the Catholic Theological Union. **Free lecture.**
- [FST at UCSD](#): The Franciscan School of Theology will be offering their [summer seminars](#) online this year! Please watch the FST website for updates.
- [The Franciscan Way: Beyond the Bird Bath](#) offered by Fr. Richard Rohr's Center for Action and Contemplation
- [St. Bonaventure University Franciscan Institute](#) offers 3 online Franciscan courses (note the course times are listed in Eastern Time).
- [Franciscan Spiritual Center](#) sponsored by the Sisters of St. Francis of Philadelphia. This is more of a retreat and reflective experience rather than an academic one. The sisters have online courses for a free-will offering (even amounts as low as \$0.00) and online spirituality.

We help one another and the World... Made with Sew Much Love!



Pam has been busy sewing fabric face masks and is very happy to send one to any of the brother and sisters in our Fraternity who might need one. If anyone would like to have one, please send Pam an email at ppert@cox.net or call her at **949-491-3727**

Note: Pam is 'modeling' one of her masks... It looks great on her, and would on you as well, if you want one... They are made of fabric so that they can be washed and reused. Editor.

During this Pandemic, ..., even in cases of mortal sin, please follow the advice given by our **Holy Father, Pope Francis** in a recent homily in the chapel of Santa Marta:

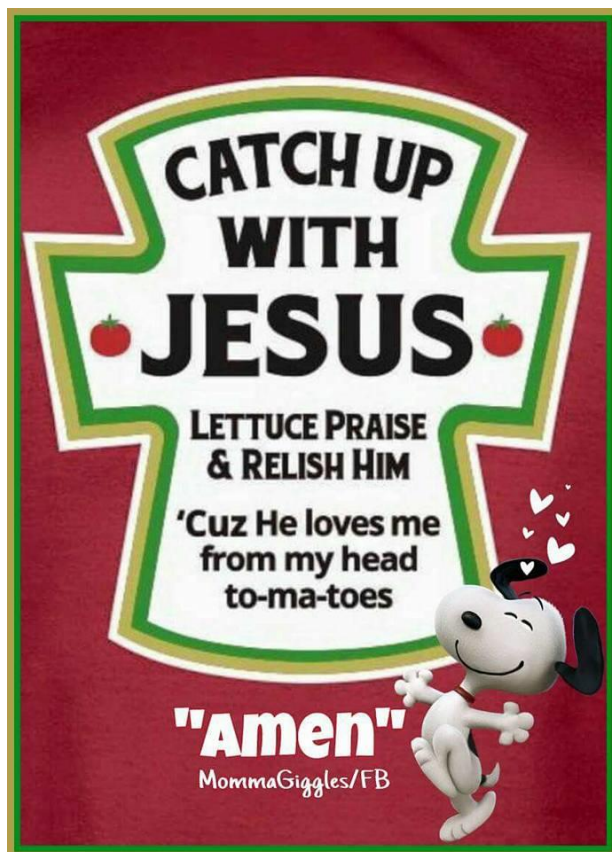
Do what the Catechism says, it's very clear: if there is not a priest to hear your Confession, talk with God, He is your Father, and tell Him the truth: "Lord, I've done this, and that, and that . . . I'm sorry," and ask Him for forgiveness with all your heart, with the Act of Contrition and promise Him: "Afterwards I will go to Confession, but (please) forgive me now." () editor.

If you do all this, Pope Francis said, you will return to God's grace immediately. As the Catechism teaches, you yourself can approach God's forgiveness without having a priest at hand. Think: it's the moment! And this is the right moment, the opportune moment. An Act of Contrition well made will make our soul become white as snow.

From St. Patrick's Church on line newsletter over Fr. Ron's signature.



Bing image



All 'comics, funnies, thoughts, and prayer images are from 'Facebook', unless otherwise labeled. Yes, you can find good stuff on social media... you just have to look.

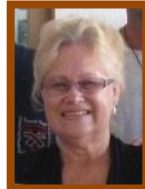


Oh, last but definitely not least, remember your donation envelope for the Common Fund. The box will be waiting for you, or you can mail your contribution to Luis, OFS our Treasurer.

OUR ELECTED FRATERNITY COUNCIL



Minister
Laura, OFS



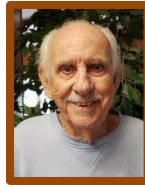
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