



the Cord

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



July
Month of the Sacred Heart
of Jesus

June 7, 2020

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

**Our June Theme is,
The Most Holy Eucharist
Pentecost and the Holy Spirit**

San Luis Rey Secular Franciscan Fraternity – Zoom Gatherings



To join by Computer, Laptop, Tablet, Smart-Phone 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 voice-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

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

Minister's Note for June

As we continue to live with the shadow of the pandemic, we also continue to receive the grace of God present in our Catholic faith. We look forward to the feast of Corpus Christi and the celebration of the belief of the Real Presence of Christ in the Eucharist. This celebration arrives as our hearts are full of *longing* for the Eucharist. As with nearly all of us, this is the longest since my *First Communion* that I have gone without *receiving* Communion. Yet – God is close.

God is present to us in the Eucharist we have been blessed to receive throughout the *years* – of Sunday and often daily Mass. That grace does not go away. Jesus, present in the Eucharist transforms those who receive him.

God is present to us in the Eucharist that we may be able to draw close to in the form of Eucharistic Adoration. Prince of Peace Abbey has their church open for 'socially distanced' quiet prayer.

God is present to us in the scriptures. Consider prayerfully reading, reflecting, and praying as 'Lectio Divina' the Last Supper narratives (Mt. 26:17–30, Mk. 14:12–26, Lk. 22:7–39) or John 6. John 6 connects the Eucharist to the miraculous feeding of five thousand and contains the "Bread of Life" discourse, where Jesus teaches that his flesh is true food and his blood true drink.

God is present to us in our Community as we gather, even virtually.

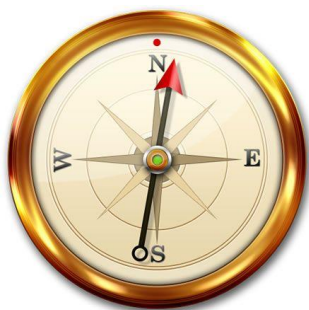
We have a beautiful example in St. Francis. Francis was especially close to Christ in the Eucharist. Jan DeSpain, OFS, our Director of Formation has written an incredible article regarding Franciscan spirituality and Eucharist, especially related to the Secular Franciscan Rule. Please spend some time with it as it gets at the heart of who we are. Please also take a look at a [beautiful talk given by Pope Francis](#) on the rite of holy Communion, and also simple beauty of the imagery of Spring where he says '*Christians can learn from what makes spring flowers flourish because for Christians, their root is Jesus and the water that replenishes those roots are the sacraments and prayer, which makes lives bloom with Christian virtues and good works.*'

As we move into the celebration of Corpus Christi, let us like St. Francis, share in the awe of the Eucharist. Let us be like spring flowers with roots that run deep in Jesus and nourished by the waters of prayer and all the sacramental grace that God has so generously poured into our hearts.

Blessings +
Laura, OFS
Minister



Still Life of Flowers and Grapes encircling a Monstrance in a Niche by Jan van Kessel, 1670. Photographer: Antonia Reeve..



Welcome to Orientation

Linda, Carolyn, Pam and Gina

Praise be to God as we welcome these four new aspirants, as they begin their initial orientation in the Secular Franciscan Order (SFO/OFS) via Zoom on June 6, 2020.

These four women have been called by the Holy Spirit to begin a time of learning more about our Order, Charism, and Community. After our first initial meeting Kelly will be the primary facilitator. Thanks for her enthusiastic commitment to formation.

Good people, remember that you too are an important part of their formation. At our meetings they will look to ALL professed members to demonstrate a beautiful diversity of individual gifts, yet unity of love and commitment to our Franciscan ideals.

Pray for these good women as they begin this journey in discerning a possible vocation in the Secular Franciscan Order.

Jan DeSpain OFS, Formation Director



Thank you, Lord.

Thank you, Lord.
For life's buzzing beauty.
For each kindness I can do,
For rest – that comforts and restores.

Thank you, Lord.
For shelter in this house,
The warmth of true friends, human and no,
All familiar places we hold dear.

Thank you, Lord.
For my eyes and ears, their tuning;
For my senses - how I see and feel.
For smell, taste, touch – hot and cold, smooth and rough,
The furry and the fluid.

Thank you, Lord.
For the plans you have for me,
In this wonder of grass and flowers, birds and bugs,
Fascinating in shape, shade, and design

Thank you, Lord.
For making Earth -
Each bud and flower, blade of grass:
Each stalk, each curve and bloom.
Bounding out of seed and soil
And surging forth to dance in sunshine.

Thank you, Lord.
For each and every way
Your love is alive in every being.

Karon Esmonde OFS
Vice Minister
May 17, 2020



ADORATION

Emmanuel~God with us.

The **Real Presence** in the Holy Eucharist !

May we send our roots deep in this foundational soil; this is our identity as universal Christians, our hope in this world and what distinguishes us from our Protestant brothers and sisters.

~From Pope St. John Paul II:

Mysterium Fidei!

The Mystery of Faith

Every time he proclaims these words after consecrating the bread and wine, the priest expresses his ever-renewed amazement at the extraordinary miracle worked at his hands.

It is a miracle which only the eyes of faith can perceive. The natural elements do not lose their natural characteristics, since the “species” remain those of bread and wine; but their “substance,” through the power of Christ’s word and action of the Holy Spirit, is changed into the substance of the Body and Blood of Christ.

On the altar, then, Christ crucified and risen is “truly, really and substantially” present in the fullness of His humanity and divinity.

What an eminent sacred reality!

* Reposing in His Eucharistic Heart *

The worship of the Eucharist outside of the Mass is of inestimable value for the life of the Church...It is pleasant to spend time with Him, to lie close to His breast like the Beloved Disciple (John 13:25~He leaned back against Jesus’ chest and said to him, “Master, who is it ?”) and to feel the infinite love present in His heart. If in our time Christians must be distinguished above all by the “art of prayer,” how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?...The Eucharist is a priceless treasure: By not only celebrating it but also by praying before it outside of Mass, we are enabled to make contact with the very wellspring of grace.”~

A gross percentage of Catholics do not align themselves with these truths and sources of our strength, contentment, and fortitude!

Inconceivable !!

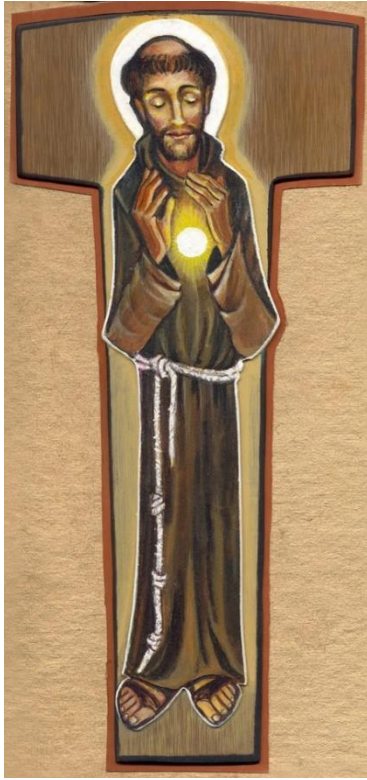
This is not us !

Can we say Amen ?

Can we ?

-Kelly- Councilor

Francis / Lover of the Eucharist



In Francis' writings, there is no topic that he addresses more than the Eucharist. At the end of his life in what is known as "The Testament", Francis wrote that the Eucharist was the primary way in which he saw Christ's continuing incarnation in the world.

"Let everyone be struck with fear, let the whole world tremble, and let the heavens exult when Christ, the Son of the living God is present on the altar in the hands of a priest! O wonderful loftiness and stupendous dignity! O sublime humility! Oh humble sublimity! The Lord of the universe, God and the Son of God, so humbles himself that for our salvation He hides himself under an ordinary piece of bread!. A Letter to the Entire Order / 1225-26)

As Catholics we are so blessed to believe in his real presence. I used to envy the apostles because they could experience Jesus in the flesh. Now I realize they needed to believe with the eyes of faith that this man Jesus was truly God. We need to do the same with his presence in the consecrated body and blood. Remember what Jesus said to Thomas. "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed." (John 20:29)

Sister Madeline has told us that the three important times in the life of Christ were the Crib, the Cross, and the Eucharist. This connection is covered in two main places in our rule and in our General Constitution.

Article 5: Secular Franciscans, therefore, should seek to encounter the living and active person of Christ in their brothers and sisters, in sacred scripture, in the Church, and in liturgical activity. The faith of St. Francis who often said, "I see nothing bodily of the Most High Son of God in this world except his most holy body and blood," should be the inspiration and pattern of their eucharistic life. *"Little Red Rule book"*.

Article 8: As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do. Let them participate in the sacramental life of the Church, above all the Eucharist. Let them join in liturgical prayer in one of the forms proposed by the Church, reliving the mysteries of the life of Christ.

GC Art.14.2 ...The Eucharist should be the center of the life of the fraternity. The brothers and sisters should participate in the Eucharist as frequently as possible, being mindful of the respect and love shown by Francis, who, in the Eucharist, lived all the mysteries of Christ. *General Constitutions of the OFS.*

St. Francis, St. Clare and all our dearly departed Franciscan saints, pray for the spiritual union in the Eucharist we now receive, until we can once again participate fully in the Eucharistic Banquet.

Submitted by Jan DeSpain OFS

Reminders Page



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

God Bless,
Janice (Jan) DeSpain, OFS
Director of Formation

Anniversaries of Profession



Jun. 06, 2004 Donna Foley
Jun. 14, 1990 Prudence Hrisanthopoulos
Jun. 21, 1991 Karron Esmonde
Jun. 25, 1978 Eileen Costa

Memorials



June 1, 2000	Raphael Brown
June 2, 1997	Ruth Gallagher
June 8, 2009	Betty Lou Carson
June 18, 2017	Anna M. Day
June 28, 1964	Edna May Knox

Birthdays

Happy
Birthday

06	Barbara Upson
10	Luis Guzman
13	Eileen Costa
14	David York
17	Laura Chun
20	Elizabeth Mavis
26	Scott Herman



*The bedrock of the
Secular Franciscan life
is prayer.*

Rule Paragraph 8.

As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do. Let them participate in the sacramental life of the Church, above all the Eucharist. Let them join in liturgical prayer in one of the forms proposed by the Church reliving the mysteries of the life of Christ.

*All that Secular Franciscans **are and do** stems from this communication with God.*

(NAFRA) "Formation Friday," May 8, 2020



Feast of Sacred Heart, June 19, and Memorial of the Immaculate Heart, June 20,

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.
 - Roger – For healing as he recovers from neurological damage to his face he suffered last summer; pray for him to be filled with God's love and healing.
 - 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.
- 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.

Ascension of Christ, Bing Images



Come Holy Spirit and enkindle in the hearts of the faithful the fire of Thy love.

Holy Gospel for Solemnity of Most Holy Trinity

Gospel

JN 3:16-18

God so loved the world that he gave his only (begotten) Son, so that everyone who believes in him might not perish but might have eternal life.

For God did not send his Son into the world to condemn the world, but that the world might be saved through him.

Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only (begotten) Son of God.

Preface for Trinity Sunday..

“... It is truly right and just, ...,

For with your Only Begotten Sun and the Holy spirit you are one God, and Lord: not in the unity of a single person, but in a Trinity of one substance.

For what you have revealed to us of your glory we believe equally of your Son and the Holy Spirit, so that, in the confessing of the true and eternal God-head, you might be adored in what is proper to each Person, the unity in substance, and their equality in majesty.

For this is praised by Angels and Archangels, Cherubim, too, and Seraphim, who never cease to cry out each day, as with one voice they acclaim:

Holy, Holy, Holy, ...

I have included the Preface for this Sunday, as I feel that it clarifies the H. Trinity quite clearly. And the Sanctus, ‘thrice Holy,’ one God in three divine persons.

Theme: The Ineffable Mystery of God. The first thing our parents taught us about our religion was most probably the Sign of the Cross. The last thing a priest will do at our graveside is make the Sign of the Cross over our body. A Christian’s life is marked “in the name of the Father, and of the Son, and of the Holy Spirit.” The Sunday Bible readings often speak to us about the Father (as originator of all life related to creation), sending his son or Word (for our salvation), and communicating the Spirit (related to our rebirth from water and the Spirit).

The revelation of God as Father, Son, and Holy Spirit tells us first of all what God is for us. But as to the mysterious unity of Father, Son and Holy Spirit, we can only stammer with inadequate human concepts, which are not able to express the ineffable mystery of God in himself. Human beings want to know. But we must realize that more important than knowing about God is knowing God, the way two beloved know one another!

An intimate person-to-person relationship gives a knowledge than cannot possibly be expressed in human terminology. It is this kind of knowledge of God that ultimately satisfies a human being. “Oh, the depth of the riches and wisdom and knowledge of God! How inscrutable are his judgements and how unsearchable his ways!” (Rom 11:33)

May the mercy of Jesus bring healing to those affected by COVID-19.



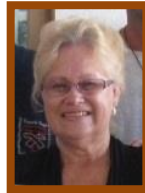
Lord Jesus have mercy on me a sinner. Amen.

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 Rock OFS, our Treasurer.

OUR ELECTED FRATERNITY COUNCIL



Minister
Laura, OFS



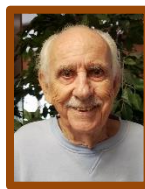
Vice Minister
Sandy, OFS



Secretary
Connie, OFS



Formation
Janice, OFS



Treasurer
Rock, OFS



Councilor 1
Joe, OFS



Councilor 2
Kelly, OFS



Spiritual Assistant
Sister Madeline OSC

OUR VOLUNTEER HELPERS



Outreach
Karron, OFS

Addresses, Telephone #... can be found on your Fraternity Membership Roster



CORD Editor
Carol, OFS