



# *The Cord*

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*July, 2020*

*Newsletter of the San Luis Rey  
Secular Franciscan Fraternity*

## *Upcoming Gatherings on Zoom:*

- July Monthly General Gathering ~  
Sunday, July 12<sup>th</sup>, 1:00 - 3:00 pm
- July Mid-Month Evening Prayer ~  
Wednesday, July 22<sup>nd</sup>, 7pm - 8pm
- August Monthly General Gathering ~  
Sunday, August 2<sup>nd</sup>, 1:00 – 3:00pm

***Our Gatherings Will Be on Zoom.  
Please see the email sent for the Zoom  
Logon Instructions.***

***See you then!***

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

San Luis Rey Secular Franciscan Fraternity  
Mission San Luis Rey  
4050 Mission Avenue  
Oceanside, CA 92057

## Minister's Note for July

I love in the Gospels when Jesus goes off alone to pray. His prayer is not the thing of fireworks as are his signs and miracles before great crowds – his prayer seems almost *incidental* to the 'action' in the story; Jesus goes off to a quiet place, listens to God, and seeks to understand:

***And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed.***  
(Mark 1:35).

We see this quiet, listening prayer at key junctures in many Gospel stories: before the multiplication of the loaves, before choosing the twelve apostles, before Peter's profession of faith that Jesus is Christ, before the Transfiguration, before teaching the apostles the 'Our Father'... in the Garden of Gethsemane before his crucifixion. Each lead to an implicit invitation to see the world in a new way. Through the eyes of Jesus.

It would seem to me that as a society we're also at key junctures in our own cultural story: The coronavirus pandemic, the lockdowns, incidents of police brutality, protests for racial equality, violence. There is so much 'action' occurring all around us that a time of listening and reflection – a time of *seeking first to understand* would be immensely helpful. Fr. David Gaa, OFM, the Minister Provincial, will be joining us at our Fraternity gathering on Sunday, July 12<sup>th</sup> to talk about his public [letter on racism](#). We are invited to enter into a time of sacred listening – to seek to understand the story he shares – to understand his exhortation that we all pray and struggle for racial equality.

I will be honest; Fr. David has shared that not everyone is happy with his letter. I will also share that there some of us are not comfortable hearing Fr. David's message and would rather not join us at our gathering on July 12th. I extend the invitation for each of us to engage our Franciscan souls to be open to hearing the message offered to us from our Franciscan Provincial. It is totally ok for us to *not* be comfortable. How God calls us to reflect, to be challenged, to be transformed – is up to God. But it starts with one small step... our going off to a quiet place in our hearts, listening to God...and seeking first to understand.

Fr. David concludes his letter saying that he is '*convinced that is we give ourselves more completely to the Lord he will come to our aid and help us do what we do not have the strength to do. We are all in this together.*' That thought I embrace gratefully and wholeheartedly – indeed we are all in this together. And together may we seek to see the world - *through the eyes of Jesus.*



## Listening

Our theme for July, *Seek First to Understand*, is highlighted in the Peace Prayer that reads, *seek not to be understood as to understand*. The focus is put on **LISTENING** to the other first. In true dialogue, you seek to truly **listen** to what the other is saying, even if you may not agree. It is a time of considering their point of view. In Franciscan love, you are open to **listen** attentively.

This brings to mind a writing of Francis that speaks to this (the Peace Prayer, although in the spirit of St. Francis was not written by him). At the end of his life Francis composed The Canticle of the Sun, a song of praise at a time when he was in pain and darkness. During a time of turmoil in Assisi (1226) he added a second verse. At that time the Mayor and Bishop of Assisi were feuding. He then asked the brothers to have them **LISTEN** as they sang the canticle to them both. "Praised be You, my Lord, through those who give pardon for Your love, and bear infirmity and tribulation. Blessed are those who endure in peace, for by You, Most High, they shall be crowned." Reconciliation was achieved through **LISTENING** to these words and peace returned to Assisi. How does this connect in the current milieu in our country and our rule?



**Article 14:** Secular Franciscans, together with all people of good will, are called to build a more fraternal and evangelical world so that the kingdom of God may be brought about more effectively. Mindful that anyone "who follows Christ, the perfect man, becomes more of a man himself." Let them exercise their responsibilities competently in the Christian spirit of service.

Wow! We are called to work with all people of good will. And we are called to build a brotherly and gospel centered world in servicing others. Jesus greatest example of washing the feet of the disciples was done in humble loving service. "I have set you an example, that you also should do as I've done for you." Jn 13:15 Francis and Clare served right where they lived. We too, do not have to look far to find people to serve.

**Article 15:** Let them individually and collectively be in the forefront in promoting justice by the testimony of their human lives and their courageous initiatives. Especially in the field of public life, they should make definite choices in harmony with their faith.

Our efforts might be individual or collective. Not all are called to the same action, but based on our circumstances, we are called to promote justice and peace. In the past I have encouraged involvement through legislative action (cacatholic.org). We have so many opportunities to solidarity and healing through involvement in JPIC, Pro-life, Interfaith, Homelessness, Prisons, Poverty, Elderly... We need to share our efforts with each other in how we struggle to live out our rule. Right now, it is a time to ask ourselves tough questions. Have we been too comfortable to promote justice? Do we proclaim with our lips, but sit back and allow others to be on the forefront? Are our current circumstances reminding us to **listen** again to the words of Father Francis? "Let us begin again, for up to now we have done nothing." Let us **LISTEN**.

## A Gathering Prayer



Our Spiritual Assistant, Sr. Madeline, leads the Council in prayer before we begin each meeting – which have been very frequent of late! This prayer Sr. Madeline has shared with us has been modified from a ‘meeting’ prayer to ‘Gathering’ one:

*Lord, Eternal God, as we gather, we do so with the awareness that without your Divine Presence here at the center of our gathering – and also within ourselves – our time together will be empty. Grace us with Your wisdom and vision; gift us with holy humor and humility so that not only his gathering, but all our lives, may be a gathering place for your kingdom. We ask this through our Lord, Jesus Christ, who lives with You, in the unity of the Holy Spirit, now and forever. AMEN.*

## A Reflection from our Vice-Minister



All of us who have gone through Formation the last many years have heard **Sandy Baden OFS** extolling, ‘From Gospel to Life and from Life to Gospel.’ Please see Sandy’s reflection (attached to this email) entitled ‘A Reflection on Chaos and Discernment.’ In it, Sandy asks us to engage in prayerful discernment as we go from Gospel to life, prayerfully listening to each other as we seek to understand. Sandy asks us to prayerfully trust that in these chaotic times, God will show us the path of forgiveness and love.

## JPIC National, Regional, and Fraternity Opportunities



**Patricia Grace OFS**, our Regional JPIC Animator writes to us that ‘With all that is occurring in our country and in our world at this time, in many ways it is a Franciscan moment and we are being called upon to pray and to act. Let us consider together how we want to carry the love of our Lord into this world to shine His Divine Light into this darkness.’

In response to that call, Secular Franciscan JPIC ‘Justice, Peace, and the Integrity of Creation’ opportunities abound! Please see the attached letter from Patricia Grace for both National and Regional JPIC opportunities to make a difference. If you are interested, please email Patricia at [patriciaelizabethgrace@gmail.com](mailto:patriciaelizabethgrace@gmail.com) and also let me know at [chun-ofs@att.net](mailto:chun-ofs@att.net). These are new **National initiatives** and you can be a part of forming them: Climate Justice, Immigration, Spirituality & JPIC, and Franciscan Dialogue – facilitating conversations to promote cultural and racial healing (letter also attached). All of these initiatives are just beginning – per Patricia it’s totally cool to respond now, even if some of the initial dates have passed. Patricia is also looking for **Regional JPIC** involvement. Karron Esmonde will be a point person for the Region for ‘Care for Creation;’ I will be engaged at the National level on the Franciscan Dialog initiative.

We also need a JPIC Animator for our own local San Luis Rey **Fraternity**. If you feel called to serve as our fraternity JPIC Animator, please let Laura know. *You are needed.*

## *We're All in This Together*

Although the Zoom sessions are incredible, one thing we're missing is the 'chatter...' the meet-and-greet-small-talk that we enjoy during our lunches, our day together. In this time of social distancing, please, please – use your roster to reach out to each other... and to any Council member with any questions or concerns, or just to talk. Our beautiful community is a source of great spiritual strength and comfort. Tap into it, be a part of it. *We're all in this together.*

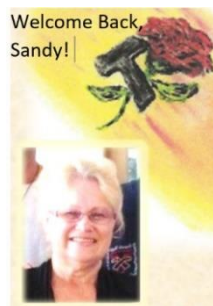
## *Celebrating our Cord Editor – and sharing a new Opportunity!*



The Fraternity Council applauds and recognizes **Carol Imhoff OFS**, for FIFTEEN YEARS of dedication and love poured into our monthly newsletter. Carol explains that 'it's the Cord that ties us all together.' Carol would like to lovingly set this commitment aside to allow for 'someone that probably knows a lot more than me about newfangled newsletters' to have a go at it. NOTE: We are NOT requiring a 15-year commitment!!! Please let Laura know if you are interested in attempting to fill Carol's very big shoes in re-imagining and editing our beloved Newsletter, '*The Cord.*'

## *News from the Fraternity Council*

### From our Vice-Minister, Wonderful News!



The Council has graciously accepted me back as Vice Minister to the Council to continue working and serving the Fraternity. I would like to apologize to the Fraternity for my resignation as there was an incident in which I had overreacted during the depressing time of our lockdown.

I will continue as Vice Minister in serving our San Luis Rey Community with love and devotion, as you are my Family in Christ in the Spirit of St. Francis and St. Clare. God Bless, Sandy Baden, OFS

### From our Director of Formation



Formation classes are ongoing and are the Saturday before our monthly general Gathering. Our next Orientation and Candidacy classes are on Saturday, July 11<sup>th</sup> on Zoom. We have been using the [Juan de Padilla region](#)'s online reflection slides of Fr. [Lester Bach's Franciscan Journey book](#). They are beautiful and have been so helpful when doing online formation. The slides have been linked on the '[Resources](#) – Books, Lectures, and Audio' section of our Fraternity website. – Jan DeSpain, OFS

## From our Formator & Councilor



We have so much to share from our Orientation class; Gina, Carolyn, Linda, and Pam share their Franciscan exploration throughout the month in a shared group texting chat room and keep their shared journey top of mind. Right now, they're studying the Franciscan family and Franciscan charism in addition into a deep look at the Creed through the Catechism of the Catholic Church. The shared goal of the Orientation class is prayerful immersion and thoughtful discernment.

From a Formation perspective, I invite all in the Fraternity to explore 'Reading, Praying, Living the US Bishops OPEN WIDE OUR HEARTS' by Alison Benders. I've included a reflection I created after reading her book attached to this month's Cord. 'Open Wide Our Hearts: The Enduring Call to Love - A Pastoral Letter Against Racism' is a publication of the USCCB from November 2018. You can find the USCCB document [here](#).

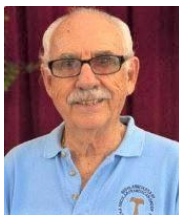


## From our Council Secretary – *Selfie Request*



Connie Collins is updating our Fraternity Roster. Please check the Roster and send updates to Connie at [connie.collins.ofs@gmail.com](mailto:connie.collins.ofs@gmail.com). **Please send Connie a photo of yourself:** We would like to include a headshot of each Fraternity member to be included in the Roster. Please get your camera, take a Selfie – or even take an image you already have... and send to Connie. If you're shy, a favorite icon will work too. With all these incredible faces in it, our Roster will be *amazing!*

## From our Treasurer



Rock continues to make things happen from a financial perspective for our Fraternity and continues to send a monthly contribution to the Old Mission Retreat Center of \$100 on our behalf. Many thanks to everyone for your generosity that allows us to do this! You can mail your OFS fraternity contributions to:

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

## From Our Councilor



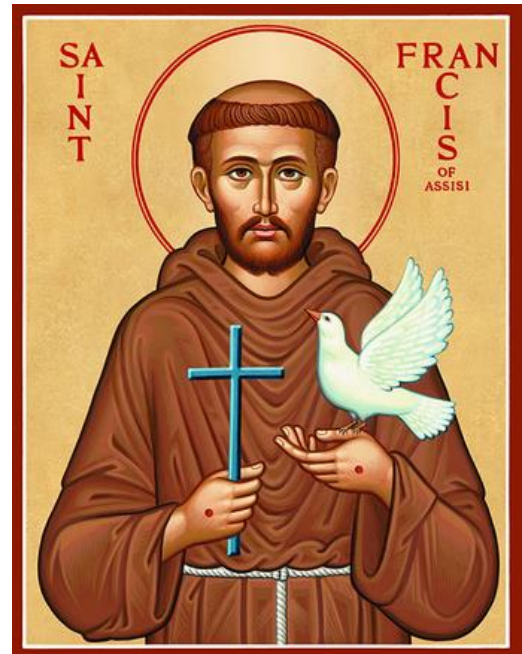
The Peace Prayer attributed to St. Francis of Assisi is something we all need right now. I hope everyone can take a moment to reflect on it, pray it – and live it. May the Prayer of St. Francis guide us as a Channel of Peace in this time of discord. Let us be open to being channels of God's grace and God's light. – Joe Cannon, OFS

## *The Peace Prayer in the Spirit of St. Francis*

*Lord, Make me an instrument of your peace:  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;*

*O Divine Master,  
Grant that I may not so much seek:  
To be consoled, as to console;  
To be understood, as to understand;  
To be loved, as to love.*

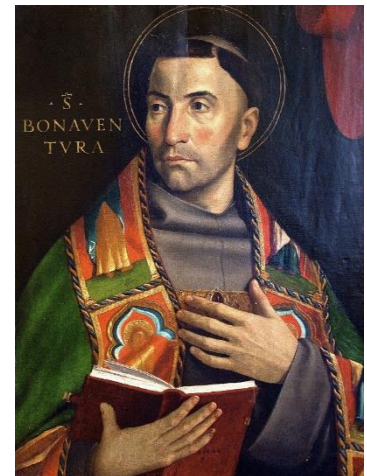
*For, it is in giving, that we receive;  
It is in pardoning, that we are pardoned;  
and it is in dying, that we are born to eternal life. Amen*



## *'Holiness of Life' Volunteers Needed for August*

We're going to reflect on St. Bonaventure's '[Holiness of Life](#),' a prayer reflection that St. Bonaventure wrote for the Sisters of St. Clare. This brief work (100 *petite* pages and posted in its entirety on our website) has wisdom for us all – it's both simple, and yet exceedingly profound.

Forward & Editor's Introduction  
Chapter 1: True Self-Knowledge  
Chapter 2: True Humility  
Chapter 3: Perfect Poverty  
Chapter 4: Silence  
Chapter 5: The Practice of Prayer  
Chapter 6: The Remembrance of Christ's Passion  
Chapter 7: The Perfect Love of God  
Chapter 8: Final Perseverance



**Here's the ask:** We like Fraternity members to volunteer to commit to read, reflect, and pray with Bonaventure's tome, [Holiness of Life](#), and then to summarize and share *one* of the chapters with the Fraternity at our August gathering. You'll need to provide a brief summary that Laura can build into a PowerPoint slide for your Chapter and then give a 3-minute presentation at our August 2<sup>nd</sup> Gathering. Are you in??? Call or email Laura and let her know, along with your first and second choice of the chapters you'd like to cover. Due date to have your summary to Laura is July 22<sup>nd</sup>.

## St. Thomas Aquinas and the Feast of Corpus Christi

Throughout our time of Quarantine, we have likely been blessed with a renewed hunger, longing, and appreciation of the Eucharist. **Carol Imhoff OFS**, lovingly transcribed **Fr. Vince Messi's** Homily for Corpus Christi, this year on June 14, 2020. Below is a summary of that homily and St. Thomas Aquinas's statement explaining the meaning of the Eucharist in 20 Latin words. His summary is the "**O Sacramentum Con Vivium**," "O Sacred Banquet." Carol's complete word-by-word PDF is also attached. Enjoy hearing Fr. Vince sing this profound statement of Faith during Mass in the link [here](#).

'**Convivium**' is Latin for a happy gathering of people around a very sumptuous dinner, a beautiful 'banquet.' Thomas says that this banquet is '**sacrum**' or *sacred*. The '**O sacram convivium**' could be translated simply as "wow."

"**In quo Christus sumitur**" means '*in which Christ is consumed.*'

Christ is received in the Eucharist. It is important that the

appearances of bread and wine

remain so, symbolizing that Christ is our food, and our drink; He is our nourishment.



St. Thomas expressed this truth by saying that in the Eucharist, the memory of His passion is recalled with the phrase "**passionis recolitur memoria passionis eius**;" But what is the effect of this sacrament of the Eucharist upon us? What happens when we are filled with the Eucharist?

Thomas says the effect of the Eucharist is, "**mens impletur gratia**", or 'the mind is filled with grace.' Sometimes this Latin word "**mens**" is translated as 'soul.' When we receive the Eucharist we are totally transformed, our whole being. We share in Christ, and we become Christ, Christ changes us and we become the Body of Christ. How interconnected we become with Christ in Eucharist. It is a grace; it is God's gift.

### O SACRUM CONVIVIVM

*O sacred Banquet, in which Christ is received;  
the memory of His passion is renewed;  
the mind is filled with grace;  
and a pledge of future glory is given us. Alléluia.*

Antiphon to the Magnificat: at 2nd Vespers of Corpus Christi.

VIADANA.



Thomas says that in the Eucharist "**et futurae gloriae nobis pignus datur**" - a pledge of future glory. This beautiful phrase reflects the words of the Gospel of St. John, 'The one who eats my flesh and drinks my blood has life everlasting, and I will raise them up on the last day' (John 6:54). In English, it takes 31 words to translate, "Oh sacred banquet, in which Christ is

consumed, the memory of His passion is recalled, the mind is filled with grace, and the pledge of future glory is given to us." In Latin: "**O sacram convivium, in quo Christus sumitur: recolitur memoria passionis eius; mens impletur gratia et futurae gloriae nobis pignus datur.**"



## *Secular Franciscan Regional & National News*

[Regional Newsletter – The Joy of Francis](#): See Karron Esmonde’s beautiful poem of thanksgiving that we shared at our June meeting featured here in the Regional newsletter. See also see a beautiful link to the Pope’s video message celebrating the fifth anniversary of [Laudato Si](#).

[National Tau Newsletter](#): Please see the most recent Tau Newsletter for all the National News. I spoke with a National representative just recently and the 20<sup>th</sup> Quinquennial Congress is still on (August 18<sup>th</sup> – 22<sup>nd</sup>, 2021 in Phoenix, AZ). Registration opens August 18, 2020 and closes on July 28<sup>th</sup>, 2021. I’m sure we’ll hear more about the ‘Q’ as the coronavirus situation unfolds.

## *Franciscan School of Theology*

**Franciscan School of Theology – Free Online Zoom Sessions!** Each 40-minute lecture will be followed by a 20-minute discussion period via Zoom, beginning at 7:00 PM PDT. Each lecture has a unique Zoom link. Registrants will be sent an email with the Zoom link 24 hours in advance of the lecture. There is no cost to attend. A free-will offering via eCheck or credit card is most welcome and gratefully accepted [here](#). A FST email with lecture descriptions will be attached with this Cord.



- July 2: Dr. Thomas Nairn, OFM - Pope Francis’ Integral Ecology and the Consistent Ethic of Life: Calls for a Wider Moral Vision. Register [here](#).
- July 16: Dr. Darleen Pryds - Ongoing Conversion and the Role of Emotions in Franciscan Spirituality: Franciscan Joy. Register [here](#).
- July 30: Dr. Maureen Day - Young Adult Catholics: Why Questions are Better Than Answers. Register [here](#).
- August: 13 Dr. Joseph Chinnici, OFM - What Makes Pope Francis so Franciscan and Why Now? Register [here](#).

**Franciscan School of Theology – Continuing Education.** There are four week-long sessions offered this summer on Zoom, each for \$250. Courses are held from 09:15-12:30 M-F. Click [here](#) to learn more.

## *Franciscan Institute at St. Bonaventure University*



The Franciscan Institute at St. Bonaventure University will initiate the first International Franciscan Blog in partnership with The Franciscan Study Center at Tilburg University in the Netherlands. They aim to connect the best of Franciscan learning with the wider world of scholars, educated professionals and communities of practice: [www.franciscanconnections.com](http://www.franciscanconnections.com).

## *Let us Pray for our brothers and sisters, especially:*

❖ For all those celebrating the joyful anniversaries of their Professions in July, especially:

**Denise Scalzo** (7/21/1996)

**Dorothea Hoskins** (7/7/2013)

**Mary Haynes** (7/13/2014)

**Brenda Dunkelman** (7/10/2016)

**Karen Willson** (7/10/2016)

**Luis Guzman** (7/10/2016)



❖ For the health and happiness of our Fraternity, families, & friends

❖ For Pope Francis, Bishop Robert McElroy, all Bishops; for all of our pastors, priests, deacons and consecrated religious, lay orders and institutes and all three orders of the global Franciscan family.

❖ For all Secular Franciscans throughout the world, our brothers and sisters in formation, our elderly, and or homebound

*For all who are ill and in special need of God's grace, including:*

❖ All victims of evil in the world, including war, violence, sexual abuse, and racism

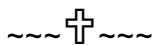
❖ **Sr. Therese**, a religious Sister and sister of Carol Imhoff, that she be healed of the affliction to her knee and surrounded by God's love

❖ **Roger Alves** – For God's grace and healing as he recovers from neurological damage to his face

❖ **Linda Ochwat** - for the continued reduction of hip pain - that she may be filled with God's love and healing

❖ Please remember those affected by the Coronavirus in your prayers – directly due to illness, all the medical personal helping the ill, and all those suffering the economic impact of quarantine and lockdowns, loneliness, depression, and despair.

❖ For all our Fraternity members who have gone before us to God and are memorialized on our '[Sister Death](#)' webpage, and especially those we remember July: [Dustin Miller \(7/15/2013\)](#), **Roberta Steiner** (7/21/1995), and **George Wagner** (7/23/1990)



### *in Thanksgiving for Blessings Received*

**Linda O.** thanks everyone for our prayer for the relief of her ongoing hip pain. She shared that her pain is so much better than even a few months ago. Going to church again is also helping so much with her healing – the opportunity to be a part of Jesus so directly. She's healing and feeling better.

**Michelle C.** thanks everyone in the Fraternity for our prayers; she has had an incredible healing from her an aggressive form of melanoma. Michelle joyfully shared that 'all things are possible with God!'