



MARCH 2020

ST CLARE FRATERNITY

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LENT: A Cure for What Ails You

by St. Francis of Assisi

- Are you selfish, self-centered, or proud? If your answer is yes, welcome to the human family, for whom Christ died.
- These ailments to our spiritual health are among the very qualities that Lent is meant to cure.
- Our life with Christ is a journey of conversion, and Lent is a special journey within the journey that keeps us on the right track.
- It's a time to re-examine our lives and check our priorities.
- "Lent," meaning "Spring," is a sort of spring-cleaning of our souls, or a spring forward in our journey of conversion.
- This 40-day observance of deeper prayer, fasting, and almsgiving helps prepare us for the awe-inspiring events of Holy Week and the highest feast of the Church, Easter, where we celebrate the Resurrection of Christ.
- Furthermore, Lent prepares us for another awe-inspiring event, our own resurrection.
- It helps turn us outward, to love God and neighbor in a selfless and self-giving way – as God loves us.
- What else is this fleeting life for if not to prepare us for eternal life with God?
- Our future with God is determined by our present with Him.
- We can't expect eternal life with Him if we don't live with Him now.

This story was originally published in March 2016 Edition of The St. Francis parish newsletter, Grapevine, Texas - Excerpt: <https://sfatx.org/lent-cure-ails/>.



LENT

Regular Meetings - Second Sunday of the Month – Starting at 2 pm in the St Francis Village Chapel
Please feel free to bring a snack – if you are not able – come anyway as there is always plenty.
Council Meetings – Second Sunday of the Month – Starting at 12:30 pm in the St Francis Village TV Room
Formation Meetings – First Saturday of the Month – Starting at 10 am in St Francis Village Dining Room
Formation Meetings – First Tuesday of the Month – Starting at 6:30 pm at St Frances Cabrini Parish

MINISTER'S MESSAGE

Brothers and Sisters, below is an article from Franciscan Media that I thought was very appropriate to meditate on during this Lenten season, particularly because it calls to mind how St. Francis approached Lent.

“Saint Francis of Assisi loved the Ash Wednesday through Holy Saturday Lent so much that he observed two more: the period between Epiphany and Ash Wednesday and later the 40 days before the September 29 feast of Saint Michael the Archangel. Francis sometimes observed these lents at LaVerna, a mountainous retreat in Tuscany, or in similarly isolated spots. In a sense, Francis lived Lent year-round. During these times of prayer, Francis explored the three questions below at deeper and deeper levels.

Who Is God for Me?

We inevitably become like the God whom we worship. Our first Lenten priority, therefore, is prayer to purify our ideas and feelings about our God. That means taking a new look at God's self-revelation in Scripture.

Becoming comfortable with the God described in some parts of Scripture is usually pretty easy. In fact, sometimes this is too easy! Pagans were good at domesticating their gods and goddesses, making sure that they never required very much of humans. Christians and Jews have sometimes preferred comfort over truth in dealing with the biblical God.

Lectio divina is a good Lenten practice. The prayerful reading of Scripture predates Jesus, but it took on a new importance after him.

In praying this way, Francis of Assisi was simply following Luke's high praise of Jesus' mother: “And Mary kept all these things, reflecting on them in her heart” (2:19) and “his mother kept all these things in her heart” (2:51b).

Francis once criticized those friars who wished only to know the words of Scripture and interpret them for others. He continued, “And those people are brought to life by the spirit of the divine letter who do not attribute every letter they know, or wish to know, to the body but, by word and example, return them to the most high Lord God to Whom every good belongs” (Admonition VII). Francis gave his Admonitions to the friars during their meetings in Assisi.

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Franciscan Connections

NATIONAL FRATERNITY SFO

<https://secularfranciscansusa.org/>

LOS TRES CAMPAÑEROS REGIONAL

<http://lostrescompaneros.org/>

INTERNATIONAL FRATERNITY

<http://www.ciofs.org/>

FRANCISCAN RULE

<https://secularfranciscansusa.org/the-rule-of-the-secular-franciscan-order/>

GENERAL CONSTITUTIONS

<https://secularfranciscansusa.org/the-general-constitutions-of-the-secular-franciscan-order-2000/>

NAFRA STATUTES

https://secularfranciscansusa.org/wp-content/uploads/2017/12/OFS_National_Statutes_FINAL_07_24_13_OFS_withSignatures.pdf

NAFRA GUIDELINES

<https://secularfranciscansusa.org/guidelines-forms-other-resources/>

TAU – USA (WINTER 2019)

https://secularfranciscansusa.org/wp-content/uploads/Tau_USA_099_win_19.pdf

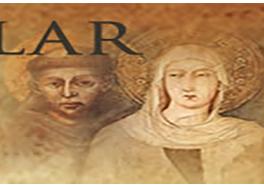
RITUAL OF THE SECULAR

FRANCISCAN ORDER

http://secularfranciscansusa.org/wp-content/uploads/Ritual_of_the_Secular_Franciscan_Order.pdf

THE FRANCISCAN ARCHIVE

<https://franciscan-archive.org/index2.html>



MINISTER'S MESSAGE (CONTINUED)

We become different people in the course of honest and persevering prayer. By recognizing our previous blind spots and repenting for them, we move closer to being the people God created us to be.

This Lent, can we see more of God's self-revelation in Scripture?

God's Creatures or Competitors?

During his three Lents, Francis drew closer to people through prayerfully realizing how much God loves each person.

We sometimes forget this when we encounter one another's sins. The Pharisee praying in the Jerusalem temple recognized the tax collector's sins but not his own (Lk 18:9-12). On the other hand, the tax collector prayed, "O God, be merciful to me a sinner" (18:13). Jesus concludes: "I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted" (18:14).

Francis told the friars: "Nothing should displease a servant of God except sin. And no matter how another person may sin, if a servant of God becomes disturbed or angry because of this and not because of charity, he is storing up guilt for himself" (Admonition XI).

On another occasion, Francis told the friars: "That person truly loves his enemy who is not hurt by an injury done to him, but, because of love of God, is stung by the sin of his soul. Let him show him love by his deeds" (Admonition IX).

Righteous indignation can be misplaced. It's all too easy to have a short list of people who truly matter to us and a long list of those who don't. How easily we see many people as competitors instead of recognizing them as women and men created and loved by God! The compassionate deeds of Saint Francis began in prayer and self-denial.

Can we become more compassionate people before Easter?

Who Am I Before God?

Francis once told his friars, "What a person is before God, that he is and no more" (Admonition XIX). We can rightly add, "and no less."

Telling lies about ourselves is no more virtuous than telling lies about other people. In fact, it is even more dangerous. Jesus came so that we might live in the truth, which, like a candle's light, shines in every direction.

How we "see" God also determines how we see others and ourselves. Lent would be very dangerous if we allowed it to reinforce a distorted image about God, others and ourselves. Prayer and fasting had apparently made the Pharisee praying in the temple more blind to his own sins.

Honest and persevering prayer will eventually expose all our blind spots, leading us to be more grateful to God and more compassionate toward all God's creatures, including ourselves.

Can this Lent help us live more integrated lives?"

Pax et Bonum,
Carmine



PRAYERS FOR THE MONTH

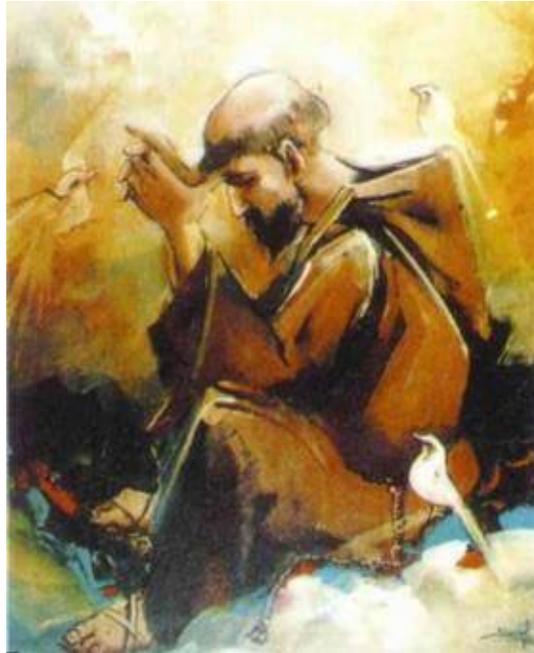
Please remember all of our fraternity members in your prayers; for all those that are sick; for all those are in need; for all those that are traveling for a safe journey there and back; for all those that may be conversing with Sister Death; for all those that are dealing with crisis and suffering in their lives; for all of the intentions we hold deep within our hearts; for all our loved ones and for all the souls in purgatory; for our communities; country and our world – may we add these to our prayers throughout the month.



The Holy Father's Intentions for the Month of March 2020

Catholics in China:

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.



Go to Joseph “This patronage must be invoked as ever necessary for the Church, not only as a defense against all dangers, but also, and indeed primarily, as an impetus for her renewed commitment to evangelization in the world and to reevangelization,” wrote St. John Paul II in *Redemptoris Custos* (Guardian of the Redeemer).

John Paul II further said, “Because St. Joseph is the protector of the Church, he is the guardian of the Eucharist and the Christian family. Therefore, we must turn to St. Joseph today to ward off attacks upon the real presence of Christ in the Eucharist and upon the family. We must plead with St. Joseph to guard the Eucharistic Lord and the Christian family during this time of peril.”

Excerpt:

<https://www.catholicculture.org/culture/liturgicalyear/overviews/months/03.cfm>

THE ADMONITIONS OF ST. FRANCIS

"Blessed (is) that servant" (Mt 24:46), who does not exalt himself more because of the good, which the Lord says and works through him, 35 than that which He says and works through another. · A man sins, who wants rather to receive from his neighbor, what he does not want to give of himself to the Lord God.



Blessed (is) the servant, who when he speaks, does not manifest all his own (thoughts) in view of (some) wage and is not swift to speak (cf. Prov. 29:20), but wisely provides, what he ought to speak and answer. · Woe to that religious, who does not retain in his heart (Lk 2:19.51) the good things, which the Lord shows him, and does not show them to others through work, but who in view of (some) wage desires rather to show them to men with words. · He himself receives "his wage" (cf. Mt 6:2; 6:16) and (his) hearers bring back little fruit.



ST. JOSEPH | Franciscan Intellectual Tradition | <https://www.franciscantradition.org/blog/15-st-joseph-2>

On March 19, the Church celebrates the solemnity of St. Joseph. We'd just like to draw your attention to the important role that the Franciscan family played in popularizing devotion to Joseph. Here we Franciscans played a large part in the renewed focus on the humanity of Jesus that spread in the Middle Ages. As people followed Francis's example at Greccio and contemplated the scene of Jesus's humble birth, they began giving more



attention to this silent figure who played such an important role in the life of Jesus. Works such as the very popular Meditations on the Life of Christ, long attributed to St Bonaventure, but probably by the friar John "de Caulibus" of San Gimignano in the early 1300s, were very important in this process. Franciscan influence was especially important for extending devotion to St Joseph throughout the Church in the next century, especially through the great preachers Bernadine of Siena and Bernardine of Feltre. In 1480 a Franciscan Pope, Sixtus IV, permitted the Order to celebrate the feast of St. Joseph on March 19th and gradually this observance spread throughout the Church. Two Secular Franciscan Popes were also important in this process: in 1870 Pius IX declared St Joseph patron of the Universal Church and in 1962 John XXIII inserted his name into the Roman Canon (now Eucharistic Prayer I). In 2013, Pope Francis placed his name into the other three standard Eucharistic prayers, so today Catholics recall his name every time they celebrate the Eucharist.

"When our Lady was living with her husband Joseph, and Jesus was growing in his mother's womb, Joseph saw that she was pregnant St Josephs Tableand grieved inwardly. He observed his wife again and again, in great grief and trouble, his face agitated. Then he turned his eyes away, with evil thought, suspecting this to have come about through adultery. Now you see how the Lord permits his own to be tormented by tribulations. . . Thus Joseph thought of leaving her secretly. . . But he was a just man, of great virtue. Joseph virtuously restrained himself from accusing her, patiently disregarding the injury and not seeking revenge; but overcome by pity, he wished to leave her secretly. . . But then the Lord sent his angel to Joseph in his sleep to tell him his wife had conceived by the Holy Spirit and he should stay with her confidently and happily. Thus his torment ceased and turned to great happiness. This would happen to us too, if we knew how to remain patient in the face of tribulation, for the Lord causes tranquility to come after the storm". . . . Meditations on the Life of Christ, 21.

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ST. JOSEPH | CONTINUED

“How does Joseph respond to his calling to be the protector of Mary, Jesus and the Church? By being constantly attentive to God, open to the signs of God’s presence and receptive to God’s plans, and not simply to his own. [...] Joseph is a ‘protector’ because he is able to hear God’s voice and be guided by his will; and for this reason he is all the more sensitive to the persons entrusted to his safekeeping. He can look at things realistically, he is in touch with his surroundings, he can make truly wise decisions. In him, dear friends, we learn how to respond to God’s call, readily and willingly, but we also see the core of the Christian vocation, which is Christ! Let us protect Christ in our lives, so that we can protect others, so that we can protect creation!” -Pope Francis, March 19, 2013. Works such as the very popular Meditations on the Life of Christ, long attributed to St Bonaventure, but probably by the friar John “de Caulibus” of San Gimignano in the early 1300s, were very important in this process. Franciscan influence was especially important for extending devotion to St Joseph throughout the Church in the next century, especially through the great preachers Bernadine of Siena and Bernardine of Feltre. In 1480 a Franciscan Pope, Sixtus IV, permitted the Order to celebrate the feast of St. Joseph on March 19th and gradually this observance spread throughout the Church.

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Ask St. Joseph to be your protector with this prayer - Philip Kosloski | Feb 10, 2020 | Aleteia

Who better to protect us than the former guardian of the Child Jesus? While God is always with us and stands by us as our ultimate protector, he also allows the saints and angels a unique role as intercessors, who can call upon his power to protect us in our time of need. One of the most well-known and powerful protectors is St. Joseph, who was the guardian of Jesus when he was a child. He kept him safe from harm as long as he could, until he died a happy death in Jesus' arms. Here is a short prayer from the St. Joseph's Manual (published in 1853) that chooses St. Joseph as your personal patron and protector, asking him to daily intercede for you, while also pledging your own commitment to prayer and purity.

O Holy Joseph, virgin spouse of the Virgin Mother of God, most glorious advocate of all such as are in danger, or in their last agony, and most faithful protector of all the servants of Mary, your dearest Spouse, I, N., in the presence of Jesus and Mary, do, from this moment, choose you for my powerful patron and advocate, in order that I may obtain the grace of a most happy death. I firmly resolve and purpose never to forsake you, nor to say or do any thing against your honor. Receive me, therefore, for your constant servant, and recommend me to the constant protection of Mary, your dearest Spouse, and to the everlasting mercies of Jesus my Savior. Assist me in all the actions of my life. I now offer them to the greater and everlasting glory of Jesus and Mary, as well as to your own.

Excerpt: <https://aleteia.org/2020/02/10/ask-st-joseph-to-be-your-protector-with-this-prayer/>

Fall asleep in peace with this prayer to St. Joseph - Philip Kosloski | Feb 19, 2020 | Aleteia

St. Joseph is the perfect intercessor for falling asleep, who was held in his last hours by Jesus himself. Sometimes the many cares of this world can make going to sleep a chore. Our anxiety is difficult to let go and we spend an hour trying to calm ourselves down.

One powerful intercessor is St. Joseph! Many traditions hold that Joseph died in the arms or presence of Jesus and Mary. It's a beautiful image, one that has led the Church to proclaim Joseph the patron saint of a "happy death." In a similar way, sleep is a kind of surrender, and so it makes perfect sense to invoke St. Joseph. Even just imagining the scene of ourselves sleeping in the arms of Jesus, Mary and Joseph can set our heart at ease! Here is a short prayer from the book, St. Joseph, his life, his virtues (published in 1884) that we can pray over and over again as we fall asleep, letting God's peace wash over us.

O dear St. Joseph, I resolve, every night before I close my eyes in sleep, to recite the following aspirations:

"Jesus, Mary, and Joseph, I offer to you my heart and soul."

"Jesus, Mary, and Joseph, assist me in my last agony."

"Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you."

EXCERPT: https://aleteia.org/2020/02/19/fall-asleep-in-peace-with-this-prayer-to-st-joseph/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=%E2%80%A6



Franciscan Calendar – March

01. Saint David of Wales
02. Saint Agnes of Bohemia
03. Saint Katherine Drexel
04. Saint Casmir

Formation Meeting – SF Cabrini @ 6 pm

05. Saints John Joseph of the Cross
06. Saint Mary Ann of Jesus of Paredes
07. Saint Perpetua and Saint Felicity

Formation Meeting – SFV Dining Room @ 10 am

08. Saint John of God

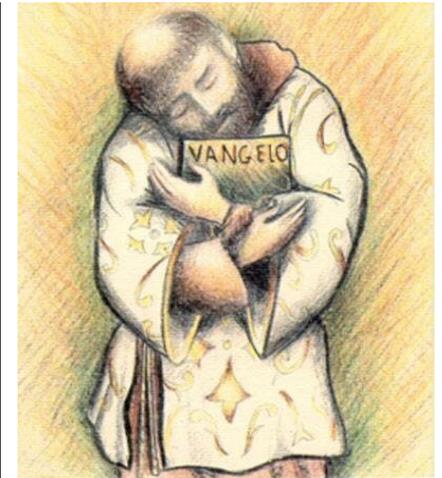
Council Meeting – SFV TV Room @ 12:30 pm

Fraternity Meeting – SFV Chapel @ 2 pm

09. Saint Frances of Rome
10. Saint Dominic Savio
11. Saint John Ogilvie
12. Blessed Angela Salawa
13. Saint Leander of Seville
14. Saint Maximilian

Formation Meeting – SFV Dining Room @ 10 am

15. Saint Louise de Marillac
16. Saint Clement Mary Hofbauer
17. Saint Patrick
18. Saint Cyril of Jerusalem
19. Saint Joseph, Husband of Mary
20. Saint Salvator of Horta
21. Blessed John of Parma
22. Saint Nicholas Owen
23. Saint Turbius of Mogrovejo
24. Blessed Oscar Arnulfo Romero
25. Annunciation of the Lord
26. Saint Catherine of Genoa
27. Lazarus
28. Saint Catherine of Bologna
29. Saint Ludovico of Casoria
30. Saint Peter Regalado
31. Saint Stephen of Mar Saba



INQUIRERS

The Inquirers next formation class will be Saturday March 7, at 10 AM in the SFV dining room – we will be on Chapter 6.

CANDIDATES GRP 01

The Candidates class will be Saturday March 14 at 10 AM in the dining room. This is our final class before profession.

CANDIDATES GRP 02

The Candidates class will be Tuesday evening March 4, at 6:00 PM at St. Frances Cabrini parish – Chapter 16.

