

Gratitude



ST. CLARE SECULAR FRANCISCAN FRATERNITY, CROWLEY, TEXAS

(STCLAREOFS.COM)

CANTICLE OF CREATURES

Most High, all-powerful, good Lord, all praise is yours, all glory, all honor, and all blessing. To you, alone, Most High, do they belong. No mortal lips are worthy to pronounce your name.

All praise be yours, my Lord, through all you have made, and first my lord Brother Sun, who brings the day; and through whom you give us light. How beautiful is he, how radiant in all his splendor; Of you, Most High, he bears the likeness.

All Praise be yours, my Lord, through Sister Moon and the stars; in the heavens you have made them, bright, and precious, and fair.

All praise be yours, my Lord, through Brothers wind and air, and fair and stormy, all the weather's moods, by which you cherish all that you have made.

All praise be yours, my Lord, through Sister Water, so useful, humble, precious and pure.

All praise be yours, my Lord, through Brother Fire, through whom you brighten up the night. How beautiful is he, how cheerful! Full of power and strength.

All praise be yours, my Lord, through our Sister Mother Earth, who sustains us and governs us, and produces various fruits with colored flowers and herbs.

All praise be yours, my Lord, through those who grant pardon for love of you; through those who endure sickness and trial. Happy are those who endure in peace, By You, Most High, they will be crowned.

All praise be yours, my Lord, through Sister Death, From whose embrace no mortal can escape.

*Woe to those who die in mortal sin!
Happy those she finds doing your will!
The second death can do them no harm.*

*Praise and bless my Lord,
and give him thanks
And serve him with great humility.*

MINISTER'S MESSAGE

~ Carmine Esposito, OFS

Brothers and Sisters,

Reading through the Canticle from St. Francis, I can truly appreciate the Franciscan charism and am reminded of the need to reflect on all of creation as Francis did. It is also a reminder to have respect for all life given to us through God's creation, which when completed was "Good".

The stanza on Sister Death is so appropriate for the month of November as we remember All Saints Day and keeping all our loved ones who have passed in our prayers.

How is the Canticle speaking to you?

Pax et Bonum,
Carmine

**Regular Meetings - Second Sunday of the Month
Starting at 2 pm in the Saint Francis Village Chapel**

Please feel free to bring a snack – if you are not able – come anyway as there is always plenty.

Council Meeting – Second Sunday of the Month or as noted in our Calendar.

Formation Meetings – Second & Third Saturdays of the Month as noted in our Calendar.



Franciscan Focus



REMEMBERING GRATITUDE?

November – dedicated to the Souls in Purgatory – and it is a month that we celebrate so many different things. We celebrate family, friends, loved ones here and gone, memories, etc. Liturgically we start with the Feast of All Saints, and then the Commemoration of all the Faithful Departed.

We also celebrate the memorials for many of our Franciscan saints this month, including Blessed Duns Scotus, St. Elizabeth of Hungary, and St. Agnes of Assisi. We end the month with the Saints of the Seraphic Order (Nov 29) which celebrates those who followed in the footsteps of St. Francis. So liturgically, we have a busy month, as well as secularly. Here in the U.S., we celebrate Veterans Day and Thanksgiving.

Our celebrations circle around being thankful and being grateful.

Each of us can remember days long ago (to us at least) and how things were when all our families got together and sat around a table for a Thanksgiving meal or another type of celebration. Yes, there were good times and bad times at these celebrations – but what brings them back to your memory – why were they so special that you remember them?

I learned a new word recently – Generativity. Generativity was coined by the psychoanalyst Erik Erikson in 1950 to denote "a concern for establishing and guiding the next generation". At a workshop I attend, they mentioned that the trees on their property had been planted in 1908. Now – generations later – they were reaping the benefit of the shade and beauty from these mature trees.

This thankfulness - this gratitude – can also be attributed to the “generativity” of those who came and went before us. They searched and sought to understand our relationship to God and His creation. The searching started as we read in Genesis when God made all of creation. Then Jesus came and explained it to us and showed us the way – the path. This has been carried forward to us through the apostles and other Christians to today.

For us as Franciscans, we received our “jump start or reboot” from Saint Francis and Saint Clare initially and then onward from Saint Bonaventure and Blessed Duns Scotus to name a few. They laid the foundations they found.

Generativity is a part of what we do to pass on what we have learned. How God has shown us our path. Each path or journey is unique. Each one provides pieces to the puzzle for future generations to learn to understand their journeys. To sit under the trees that we have planted for them as we have sat under the trees that predecessors planted for us.

Take time this month to look around and try to recognize the different things that were left for you to help you on your journey.

The remember to pray in gratitude for both those who came before you and what they left for your journey given and those to come for finding and using what you left for their journeys.

God bless.

[Franciscan Connections](#)

NATIONAL FRATERNITY SFO

<https://secularfranciscansusa.org/>

LOS TRES CAMPAÑEROS - REGIONAL

<http://lostrescompaneros.org/>

INTERNATIONAL FRATERNITY

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

FRANCISCAN RULE

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

KEY DOCUMENTS OF THE ORDER &
NATIONAL GUIDELINES

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

TAU – USA NEWSLETTER

<https://secularfranciscansusa.org/tau-usa-newsletter/>

RITUAL OF THE SECULAR
FRANCISCAN ORDER

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

COMMISSION ON FRANCISCAN
INTELLECTUAL-SPIRITUAL TRADITION

<https://www.franciscantradition.org/>

THE FRANCISCAN ARCHIVE

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

FRANCISCAN ACTION NETWORK

<https://franciscanaction.org/>

FRANCISCAN MISSIONS

<https://franciscanmissions.org/>



MONTH OF THE SOULS IN PURGATORY

The month of November is dedicated to the Holy Souls in Purgatory. The Church commemorates all her faithful children who have departed from this life, but have not yet attained the joys of heaven. St. Paul warns us that we must not be ignorant concerning the dead, nor sorrowful, "even as others who have no hope ... For the Lord Himself shall come down from heaven ... and the dead who are in Christ shall rise.

The Church has always taught us to pray for those who have gone into eternity. Even in the Old Testament prayers and alms were offered for the souls of the dead by those who thought "well and religiously concerning the resurrection." It was believed that "they who had fallen asleep with godliness had great grace laid up for them" and that "it is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins." We know that a defiled soul cannot enter into heaven.

Excerpted from *Liturgical Meditations*, The Sisters of St. Dominic

Duration of Purgatory

Purgatory is not eternal. Its duration varies according to the sentence pronounced at each particular judgment. It may be prolonged for centuries in the case of the more guilty souls, or of those who, being excluded from the Catholic communion, are deprived of the suffrages of the Church, although by the divine mercy they have escaped hell. But the end of the world, which will be also the end of time, will close forever the place of temporary expiation. God will know how to reconcile His justice and His goodness in the purification of the last members of the human race, and to supply by the intensity of the expiatory suffering what may be wanting in duration. But, whereas a favorable sentence



at the particular judgment admits of eternal beatitude being suspended and postponed, and leaves the bodies of the elect to the same fate as those of the reprobate; at the universal judgment, every sentence, whether for heaven or for hell, will be absolute, and will be executed immediately and completely.

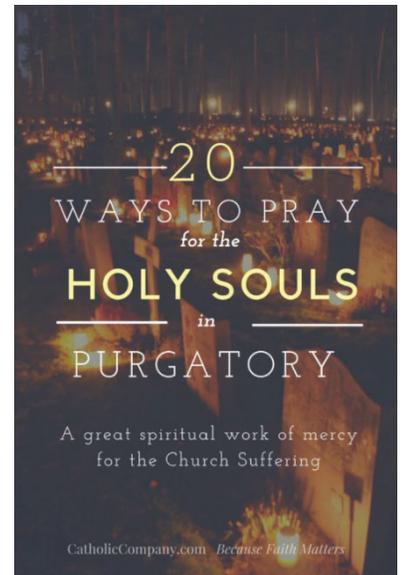
EXCERPTS FROM
https://www.catholicculture.org/culture/liturgicalyear/overviews/months/11_1.cfm



20 WAYS TO PRAY FOR THE HOLY SOULS IN PURGATORY

From an article by [Gretchen Filz](#), © 2017 The Catholic Company

1. Pray the [Novena to the Holy Souls](#).
2. Offer up your Holy Communion for the souls in purgatory.
3. Have Masses said for your departed loved ones, especially on the anniversary of their death.
4. Pray [The Way Of The Cross for Souls in Purgatory](#).
5. Pray the special [Holy Souls Rosary](#). After the Holy Sacrifice of the Mass, the Holy Rosary is the most powerful prayer.
6. Obtain indulgences: Indulgences reduce or cancel the temporal punishment that we incur through sin.
7. Give alms: The giving of material assistance to the poor has always been considered a penance that can be offered for the Holy Souls. *“For almsgiving saves from death and purges away every sin”* (Tobit 12:9).
8. Pray the [Divine Mercy Chaplet](#) for the intention of the Holy Souls.
9. [Prayer of St. Gertrude for the Holy Souls](#): this prayer is attributed to St. Gertrude the Great and was the prayer by which she obtained the release of many souls from purgatory.
10. Sprinkle [holy water](#) on the ground: St. John Macias, a great friend of those in purgatory, would often sprinkle holy water on the ground for the spiritual benefit of the suffering souls.
11. When passing by a cemetery, pray the short Eternal Rest prayer. This prayer carries a partial indulgence applicable to the poor souls: *“Eternal rest grant unto them, O Lord. And let the perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.”*
12. Practice the tradition of praying the Eternal Rest prayer (above) before and after your meals as an easy way to remember to pray for the holy souls every day. You can also pray the prayer between the decades of your daily rosary.
13. Visit a cemetery: Pray over the graves of your departed loved ones, or visit a random graveyard and pray for those who may have no one to pray for them. Simply doing this gains a partial indulgence for those in purgatory.* While you're there, sprinkle holy water on the graves. If you make this visit during the first eight days of the month dedicated to the Holy Souls (November 1-8) you can gain a plenary indulgence applicable to the souls in purgatory.
14. Eucharistic Adoration: visit the Blessed Sacrament to make acts of reparation to the Sacred Heart of Jesus on behalf of those in purgatory.
15. Sacrifices: practice small acts of self-denial throughout your day and offer these penances up for the poor souls.
16. Pray the Office of the Dead. You can find this in your volume of the *Liturgy of the Hours*.
17. Ask for the intercession of saints who were known to be great friends of the Holy Souls during their lifetime to join you in prayer for the faithful departed: St. Nicholas of Tolentino, St. Gertrude the Great, St. Catherine of Genoa, St. Padre Pio, St. Philip Neri, St. John Macias, St. Faustina Kowalska, St. Joseph, Our Lady, and others.
18. Special prayers: Throughout your day, offer up short and spontaneous prayers (ejaculatory prayers) for the holy souls. Consider buying [purgatory books](#) with more prayers and special devotions for the Holy Souls.
19. Repent of your offenses against God and go to confession: Confessing your own sins makes your prayers for souls of others more effective.
20. Spread devotion to the Holy Souls: Make others aware of the great need these suffering souls have for our prayers.



EXCERPTS FROM <https://www.catholiccompany.com/getfed/20-ways-to-pray-for-the-holy-souls-in-purgatory/>



ALPHABET OF GRATITUDE

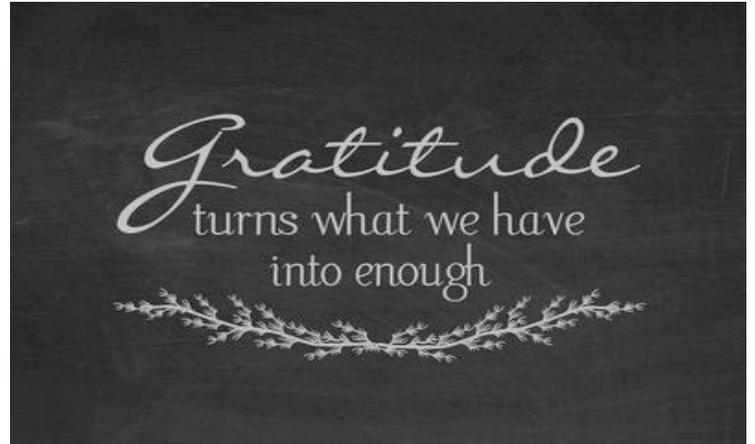
Franciscan Media Excerpt: <https://www.franciscanmedia.org/pausepray/alphabet-of-gratitude>

Reflect

We sometimes get so caught up in fear it's hard to remember all we have to be grateful for, and yet there's an array of things--an abundance.

Pray

God, I get so shut
within the fear of the future,
or of making a mistake,
or not effectively meeting responsibilities,
that my days become stale.
But I can practice gratitude,
and, like opening a window wide,
I'm refreshed by the softness of grace blowing in.



Act

Write down a list of "Gratitude A-B-C's". Start with A: what are you grateful for that begins with A? B? Continue through the alphabet. Create even more lightness by asking a family member to join in.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

(Excerpt From: Fr. Amando Trujillo Cano, TOR, Minister General, Presentation on Franciscan Spirituality CIOFS National Spiritual Assistants Training – Rome 2019 https://secularfranciscansusa.org/wp-content/uploads/Secular-Franciscan-Spirituality_2019_Final.pdf)



Act (CONTINUED)

Write down a list of “Gratitude A-B-C’s”. Start with A: what are you grateful for that begins with A? B? Continue through the alphabet. Create even more lightness by asking a family member to join in.

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

(Excerpt From: Fr. Amando Trujillo Cano, TOR, Minister General, Presentation on Franciscan Spirituality CIOFS National Spiritual Assistants Training – Rome 2019 https://secularfranciscansusa.org/wp-content/uploads/Secular-Franciscan-Spirituality_2019_Final.pdf)



The Spirituality of Gratitude: The Blessed Virgin and St. Francis

In the Blessed Virgin we find the best teacher of how to love Jesus without selfishness or fear. Her entire life was lived out of gratitude toward God. It is through her example that we learn to take care of the Christ present in another's suffering; help another to learn about him; and defend him from attacks of the enemy without and within the Church. Just as the Blessed Mother was there for her son as he died on the Cross, we can also accompany Jesus to the Cross and unite ourselves with him in our own pain and suffering, offering it for the salvation of the world. We want Christ to feel his mother's presence and consolation here on earth through our actions and faith.

Similarly, it was to St. Francis of Assisi that the Lord revealed his pain because men did not love him and only came to ask things of him. St. Francis offers us the example of how to love the Church and be missionaries for God. His poverty shows us the importance of living austere in order to help the needy with our possessions. His love for the Church serves as a guide for evangelization and defense of the Church. With these two important figures as models, we learn how to best live a life of gratitude and spread the message that loving God is a privilege, not a burden.

Excerpt:

<https://media.ascensionpress.com/2019/11/26/living-gratitude-the-mission-of-the-franciscans-of-mary/>

The Difference between Gratitude and Thankfulness

The Oxford Dictionary defines the word thankful as "pleased and relieved." Both of those are great feelings. ... The Oxford Dictionary defines the word grateful as "showing an appreciation of kindness." This is where the difference lies; being thankful is a feeling, and being grateful is an action.

Living Gratitude

Living gratitude is more than saying a quick "thank you" to God when he answers our prayers. It is taking the feeling of being blessed undeservedly and turning it into a living thanksgiving to the Lord by being a blessing to others. This can be done in many different ways (evangelization, works of charity, prayer, the defense of the Church) but the motivation for it is always the same—out of gratitude to God. Everything we do should be guided by the prayer:

"For you Jesus, out of gratitude to you."

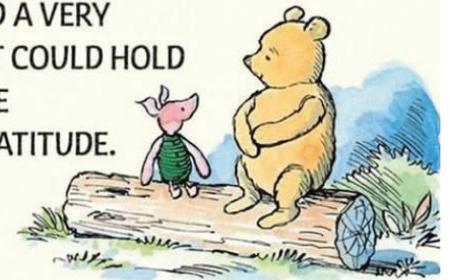
This helps put Jesus at the center of our activities as well as guide us in our decisions throughout the day.

Excerpt:

<https://media.ascensionpress.com/2019/11/26/living-gratitude-the-mission-of-the-franciscans-of-mary/>

PIGLET NOTICED THAT EVEN
THOUGH HE HAD A VERY
SMALL HEART, IT COULD HOLD
A RATHER LARGE
AMOUNT OF GRATITUDE.

A.A. MILNE



Gratitude as a Form of Prayer

- Keep it Simple...
- Let it overflow from your heart...
- Make sure it's personal...
- Believe it with your whole heart...

Excerpt: <https://fscaston.org/week-2-gratitude-as-a-form-of-prayer/>



In Memoriam



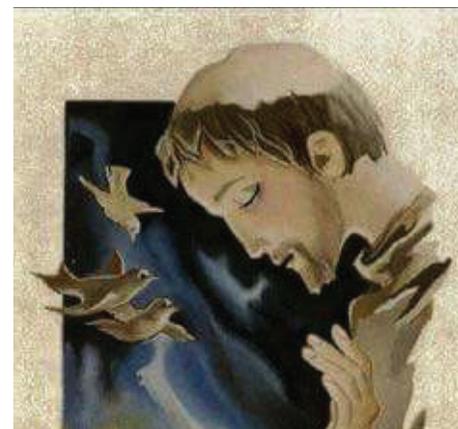
PLEASE REMEMBER IN YOUR PRAYERS

OUR FRATERNITY MEMBERS WHO HAVE ACCOMPANIED SISTER DEATH

Dorothy Abbot
 Margaret Aldrich
 Jack Aldridge
 Jeannette Blameuser
 Mildred Blameuser
 Dollie Bleyl
 Chuck Brewer
 Edith Buehne
 Kenneth Daire
 Marion Daire
 Richard DuBois
 Irene Dunavant
 Raymond Dunn
 Noreen Furlong
 Felix Gloden
 Ann Grace
 Pearl Grenda

Joan Guiney
 Diana Gutierrez Pierson
 Mary Harrison
 Jo Hoffman
 Clare Illing
 Alvin Kelsey
 Catherine Khaled
 Betty Konar
 Eleanor Markovich
 Jack Meehan
 Mildred Meyer
 Jeanne Morrell
 Fritz Mozjesik
 Gerry Muncy
 Marge Oliver
 Robert Palmer
 Nancy Paul

Herbert Phillips
 Marie Rebel
 Maria Rivera Garza
 Julia Ross
 Hulda Sellingsloh
 Stanley Sommers
 Sonja Steele
 Bridget Stock
 Mary Yeager
 Dorothy Yost



**ALL SAINTS OF
THE SERAPHIC
ORDER**

November 29th

Prayers & Praises



- For Johnny Allen - an employee at St. Francis Village who has Cancer.
- For Rena's granddaughters Caroline and Annabel.
- For those who are ill and their families, especially those with COVID-19 that our Lord's healing hand may be upon them.
- For all the healthcare workers and all those on the front line who are having to deal with Covid, staff shortages, and lack of hospital beds. Help give them strength and bless their efforts.
- For all those who are going through family turmoil, struggles, and hardships that they may find strength by turning to God.
- For all parents that they will teach their children how to pray, take them to church and raise them to love and honor God.
- For peace in our country and around the world, help all people to respect and help one another.
- For our military and our law enforcement officers that the Lord will protect them as they exercise their daily duties.
- For Baby Kyle for his continual recovery and for his mother Jennifer.
- Incarnate Word Sister Mary Paul - lupus healing.
- Stephen Ward – cancer healing.
- Ann Jennings - healing and recovery from a fall
- Sister Mary Paul for an immune disorder.
- Candy Dench - recovery from stroke.
- V. Guerra - healing.
- N. Guerra – for a safe and healthy pregnancy.
- Prayers for Diane Klein and her husband, Joe Serrano, Carol Lieser, Gail McAlister, Fr. Bart, Brennan and his deployment, Debbie Biles who has breast cancer and has begun her chemo treatments.
- For the strength to all those who are being persecuted in the world – to maintain through the battle.
- For Haiti, Afghanistan, Africa, and other places in our world undergoing crisis.
- For those who have Covid or another illness – that our Lord's healing hand may be upon them.
- Prayers for the end of abortion respecting all life from conception to natural death.
- Prayers for our country – that we can become *"One nation under God"*.
- For all families to return to church and hear God's call.
- For the intentions of all the fraternity members and their families not mentioned on this list.
- Praises of gratitude for all we have received and will receive.
- Praises to the Holy Trinity – Father – Son & Holy Spirit – for the gift of life.

THE HOLY FATHER'S INTENTIONS FOR THE MONTH OF NOVEMBER 2021

Artificial Intelligence:

We pray that the progress of robotics and artificial intelligence may always serve humankind.



Franciscan Calendar



Franciscan Calendar – November – Souls in Purgatory

01. Solemnity of All Saints

02. Commemoration of All the Faithful Departed

03. Saint Martin de Porres
04. Saint Charles Borromeo
05. Blessed Solanus Casey
06. Saint Nicholas Tavelic and Companions
07. Saint Didacus
08. Blessed John Duns Scotus
09. Dedication of St. John Lateran
10. Saint Leo the Great
11. Saint Martin of Tours
12. Saint Josaphat
13. Saint Frances Xavier Cabrini

BIRTHDAYS:

Rex Watkins - Nov. 6
Deacon Craig - Nov. 13
Maureen Fuller - Nov. 27

Candidate Formation – Zoom @ 10 am

14. Saint Gertrude the Great

Council Meeting – 12:30 pm SFV TV Room

Fraternity Meeting & Formation – 2 pm SFV Chapel

15. Saint Albert the Great
16. Saint Margaret of Scotland
17. Saint Elizabeth of Hungary
18. Dedication of Churches of Saints Peter and Paul
19. Saint Agnes of Assisi
20. Saint Rose Philippine Duchesne
21. Presentation of the Blessed Virgin Mary

Granbury Cell Meeting – 2 pm – SFC Family Life Center

22. Saint Cecilia
23. Blessed Miguel Agustín Pro
24. Saint Andrew Dung-Lac and Companions
25. Saint Catherine of Alexandria

26. Our Lord Jesus Christ, King of the Universe, Solemnity

27. Saint Francesco Antonio Fasani
28. Saint James of the Marche
29. Saint Clement; All Saints of the Seraphic Order
30. Saint Andrew

FORMATION

CANDIDATES GROUP

Group's next formation class will be Saturday November 13 at 10 am via Zoom. We will be covering Chapter 26 of the Journey.



St. Clare Fraternity

241 St. Clare Drive
Crowley, TX 76036

<http://www.stclareofs.com>
st.clare.ofs@gmail.com

FRATERNITY OFFICERS

Minister:

Carmine Esposito, OFS
cesposito1802@gmail.com

Spiritual Assistant:

Vacant

Vice Minister:

Dcn. Craig McAlister, OFS
chapmac7@gmail.com

Secretary:

Evelyn Leinan, OFS
leinan@juno.com

Treasurer:

Joe Serrano, OFS
jwelserrano@hotmail.com

Formation Director:

Bob Evart, OFS
rjevart.ofs@gmail.com

