

Joy of Francis

프란치스칸 기쁨의 좋은 열매 맺기

Nhảy sinh hoa trái tốt lành với niềm vui Phan Sinh!

*Secular Franciscan Order — St. Francis Region #52 — Southern California
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St. Francis Region News!

Minister's Message

What do you think of when you hear the word “Lent”? Many think about what they will give up during Lent. Some think about trying to make some more time for prayer and making changes in their priorities. And some think about penance and fasting. As we move into the season of Lent, I’d like to consider what Lent means in light of our theme: “Bearing good fruit with Franciscan JOY!”

There are several references to bearing good fruit in Scripture. Matt 7:17 states “Every good tree bears good fruit.” And in verse 16 - “By their fruits you will know them.” Later, in Matt 12:33 it says, “Every tree is known by its fruit.” So, what does it mean for us to “bear good fruit”? There are many ways to answer that question. But it comes down to this: We bear good fruit when we do God’s will. And that can be done in very little acts, such as opening a door for someone, or it can be in big ways, like forgiving and reconciling with someone who has intentionally hurt you.

How can we strive to bear good fruit during this Lent? With Prayer, Fasting, and Almsgiving. But they need to be carried out with the intention of developing a closer relationship with our Lord. If our goal is merely to make points, then the fruit will not be very good. But if our goal is to get closer to God, as Francis and other Franciscan saints showed us in their living, then the fruit we produce will be very good. Through prayer we can develop that closer relationship. Through fasting we can focus on the needs of others. And through almsgiving we can share the blessings we’ve been given with those who have much less.

And what does Franciscan joy have to do with Lent? First, we can refer to Lenten reading from Matthew: “When you fast, do not look gloomy like the hypocrites.” And second, think of Francis and his expression of “perfect joy”. It isn’t the happiness that the world tries to convince us we can attain by acquiring possessions or pleasures. It is being able to endure all the ups and downs of life with peace and complete trust in God. The more we work to develop a closer relationship with the Lord God, the closer we get to that perfect Franciscan joy.

May you all have a truly fruitful Lent and a joyful and blessed Easter season.

Peace and JOY!

Caroline

Minister's Message Translations

Mensaje del Ministro

Qué viene a tu mente cuando escuchas la palabra "Cuaresma"? Muchos piensan acerca de las renunciaciones que harán durante la Cuaresma. Algunos piensan que tratarán de dedicar más tiempo a la oración y para cambiar sus prioridades. Y otros piensan acerca de la penitencia y el ayuno. Conforme entramos al tiempo Cuaresmal, me gustaría considerar lo que significa Cuaresma a la luz de nuestro lema: "Dando buen fruto con GOZO Franciscano!"

En la Escritura encontramos varias referencias acerca de dar buen fruto. Mt 7:17 dice "Todo árbol bueno da buen fruto." Y en el versículo 16 - "Por sus frutos los conocerán." Más adelante, en Mt 12:33 dice, "Cada árbol se conoce por su fruto." Por lo tanto, qué significa para nosotros "dar buen fruto"? Hay muchas maneras de contestar esa pregunta. Pero en resumen es esto: Damos buen fruto cuando hacemos la voluntad de Dios. Y eso se puede hacer con pequeños actos, tal como abrir la puerta para alguien, o con grandes gestos, como perdonando y reconciliándonos con alguien que nos ha herido intencionalmente.

Cómo podemos esforzarnos para dar buen fruto durante esta Cuaresma? Con Oración, Ayuno, y Caridad. Pero esto tiene que hacerse con la intención de crecer en una relación más cercana con nuestro Señor. Si nuestro objetivo es solamente por ganar puntos, entonces no daremos buen fruto. Pero si nuestro objetivo es crecer y acercarnos más a Dios, como lo hemos visto en las vidas de San Francisco y otros santos franciscanos, entonces si produciremos muy buen fruto. A través de la oración podemos crecer en nuestra relación con Dios. Por medio del ayuno podemos enfocarnos en las necesidades de los demás. Y por medio de la caridad compartimos las bendiciones que hemos recibido con los menos afortunados.

Y que relación tiene el gozo Franciscano con la Cuaresma? Primero, Podemos referirnos a la lectura de Cuaresma de Mateo: "Cuando ayunes, no pongas cara triste como los hipócritas." Y segundo, acuérdense de Francisco y su expresión "gozo perfecto". La felicidad no la encontraremos en posesiones y placeres como el mundo trata de convencernos. La felicidad está en ser capaces de aceptar todos los retos de la vida con paz y completa confianza en Dios. Entre más nos esforcemos por crecer en una relación íntima con nuestro Señor Dios, lo más cerca que estaremos al perfecto Gozo Franciscano.

Que todos tengan una Cuaresma fructífera y una gozosa y bendita Pascua.

Paz y GOZO!

Caroline

Thư Ngỏ Của Trưởng Phục Vụ

Anh chị nghĩ gì khi nghe đến hai chữ “Mùa Chay”? Nhiều người nghĩ đến những gì họ sẽ từ bỏ trong Mùa Chay. Một số nghĩ về việc cố gắng dành thêm thời gian để cầu nguyện và thay đổi các ưu tiên của họ. Và một số khác nghĩ đến việc sám hối và ăn chay. Khi chúng ta bước vào Mùa Chay, tôi muốn suy tư về ý nghĩa của Mùa Chay dựa theo chủ đề của chúng ta: “Nảy sinh hoa trái tốt lành với niềm vui của Phan Sinh!”

Trong Kinh Thánh có nhiều nơi đề cập đến việc sinh trái tốt. Mát-thêu 7:17 nói rằng “Mọi cây tốt đều sinh trái tốt”. Và trong câu 16 - “Cứ xem họ sinh hoa trái nào, thì biết họ là ai”. Sau đó, trong Mt 12:33 nói rằng, “Mọi cây đều được biết đến bởi trái của nó.” Vậy, “Sinh trái tốt” có nghĩa gì đối với chúng ta? Có nhiều cách để trả lời câu hỏi trên. Nhưng đều chung quy vào điểm này: Chúng ta sinh hoa trái tốt khi chúng ta làm theo ý Chúa. Và điều này có thể được thực hiện bằng những cử chỉ rất nhỏ, chẳng hạn như mở cửa cho ai đó, hoặc có thể bằng những việc to lớn hơn, như tha thứ và hòa giải với người đã cố ý làm cho ta tổn thương.

Làm thế nào để chúng ta có thể cố gắng sinh hoa trái tốt trong mùa chay này? Với cầu nguyện, ăn chay và bố thí. Nhưng những việc này cần được thực hiện với ý nguyện là làm cho mối liên hệ của chúng ta với Chúa trở nên mật thiết hơn. Nếu mục tiêu của chúng ta chỉ đơn thuần là kiểm điểm, thì hoa trái không được tốt cho lắm. Nhưng nếu mục tiêu của chúng ta là để đến gần Chúa hơn, như thánh Phanxicô và các vị thánh Phan Sinh khác đã cho chúng ta thấy trong cuộc sống của họ, thì hoa trái chúng ta sẽ trở nên rất tốt lành. Qua lời cầu nguyện, chúng ta có thể phát triển mối liên hệ ấy thêm mật thiết hơn. Qua việc ăn chay, chúng ta có thể chú tâm vào nhu cầu của người khác. Và qua việc bố thí, chúng ta có thể chia sẻ những ân huệ mà chúng ta đã nhận được cho những người thiếu thốn hơn chúng ta.

Thế thì niềm vui của Phan Sinh có liên quan gì đến Mùa Chay? Trước hết, chúng ta có thể tham khảo bài đọc trong Mùa Chay từ Mát-thêu: “Khi ăn chay, anh em chớ làm bộ rầu rĩ như bọn đạo đức giả”. Và thứ hai, hãy nghĩ đến thánh Phanxicô và sự biểu lộ của ngài về “niềm vui trọn vẹn”. Đây không phải là hạnh phúc mà người đời cố gắng thuyết phục chúng ta rằng chúng ta có thể đạt tới bằng cách kiếm được nhiều của cải hoặc thú vui. Nhưng là khả năng chịu đựng mọi thăng trầm của cuộc sống với sự bình an và hoàn toàn tín thác vào Chúa. Chúng ta càng cố gắng phát triển mối tương quan gần gũi hơn với Chúa, thì chúng ta càng tiến đến gần hơn niềm vui hoàn hảo của người Phan Sinh.

Cầu chúc tất cả các anh chị một Mùa Chay thật nhiều kết quả và một mùa Phục Sinh vui tươi và tràn đầy ơn phúc.

Vui tươi và an bình!

Caroline

지구회장 메시지

여러분은 “사순절”이라는 단어를 들으면 무엇이 떠오르나요? 많은 사람들은 사순절에 무엇을 포기할지 생각합니다. 어떤 사람들은 기도에 더 많은 시간을 할애하고, 우선 순위를 변경하는 것에 대해 생각합니다. 그리고 어떤 사람들은 참회와 금식에 대해 생각합니다. 사순절로 접어들면서 “프란치스칸 기쁨과 함께 좋은 열매 맺기!”라는 주제에 비추어 사순절이 무엇을 의미하는지 생각해 보고 싶습니다.

성경에는 좋은 열매를 맺는 일에 대한 언급이 많이 있습니다. 마태복음 7 장 17 절은 “좋은 나무는 좋은 열매를 맺고 나쁜 나무는 나쁜 열매를 맺는다.”고 말합니다. 그리고 16 절에서 “그들이 맺는 열매를 보고 그들을 알아볼 수 있다.”고 했습니다. 마태복음 12 장 33 절에서는 “나무는 그 열매를 보면 안다.”고 했습니다. 그러면 우리가 “좋은 열매를 맺는다”는 것은 무엇을 의미합니까? 그 질문에 답하는 방법은 여러 가지가 있습니다. 이것은 우리가 하나님의 뜻을 행할 때 좋은 열매를 맺는다는 것입니다. 그리고 그것은 누군가를 위해 문을 열어주는 것과 같은 아주 작은 행동으로 이루어질 수도 있고, 의도적으로 당신에게 상처를 준 사람을 용서하고 화해하는 것과 같은 큰 방법으로 이루어질 수도 있습니다.

이 사순절에 좋은 열매를 맺기 위해 어떻게 노력할 수 있을까요? 기도, 금식, 자선으로... 그러나 그것들은 우리 주님과 더 친밀한 관계를 발전시키려는 의도로 수행되어야 합니다. 우리의 목표가 단지 형식적인 기도, 금식, 자선이라면 그 결과는 그다지 좋지 않을 것입니다. 그러나 우리의 목표가 프란치스코 사부님과 다른 프란치스칸 성인들이 삶에서 보여준 것처럼 하나님께 더 가까이 가는 것이라면 우리가 맺는 열매는 매우 좋을 것입니다. 기도를 통해 우리는 더 친밀한 관계를 발전시킬 수 있습니다. 금식을 통해 우리는 다른 사람들이 필요한 것에 집중할 수 있고, 자선을 통해 우리는 우리가 받은 축복을 훨씬 덜 가진 사람들과 나눌 수 있습니다.

프란치스칸의 기쁨은 사순절과 어떤 관련이 있을까요? 먼저, 마태복음의 사순절 말씀을 참조할 수 있습니다: “너희는 기도할 때 위선자들처럼 해서는 안 된다.” 두 번째로,

프란치스코와 그의 "완전한 기쁨" 표현을 생각해 보십시오. 세상이 우리에게 확신시키려고 하는 것은 우리가 소유나 쾌락을 통해서 얻을 수 있는 행복이 아닙니다. 삶의 모든 풍파는 평화와 하나님에 대한 완전한 신뢰로 극복할 수 있습니다. 주 하나님과 더 친밀한 관계를 발전시키기 위해 더 많이 노력할수록 우리는 완전한 프란치스코의 기쁨에 더 가까워집니다.

여러분 모두가 진정으로 풍성한 사순절과 즐겁고 복된 부활절을 지내시기 바랍니다.

평화와 기쁨!

캐롤라인



JUSTICE, PEACE, AND INTEGRITY OF CREATION

Regional J.P.I.C. Animator Patricia Grace, OFS

Justice, Peace, Integrity of Creation A Mission of Love

Dear Sisters and Brothers,

Over the last years I have been asked on more than one occasion if JPIC is political. My response is always the same: the work for justice, peace, and integrity of creation in the Franciscan orders is grounded in the love of Christ for us and the planet. Sometimes the work may interface with others in the political arena but that is not where it starts, stays, or ends. Its beginning, middle, and end are firmly rooted in the Lord and His love for His people and the planet. May I suggest that our prayer be:

*Love the Lord
Love His Kingdom
Love the Earth*

This is the Franciscan intuition that comes to us as we live our Rule. When we Love the Lord, we turn to the Gospel as we seek to live our lives from the Gospel to life and life back to the Gospel (Article 4, Rule of the Secular Franciscan Order). There in Matthew 25 we learn what our Lord called us to do. He is clear – feed the hungry, give water to the thirsty, invite in the stranger, cloth the naked, look after the sick, visit the prisoner. When we do this, we love Him, for when we do it to the least among us we do it for him.

When we Love His Kingdom, we seek ways to advocate for those in need, and we seek to build social structures that assure that the dignity of each of God's children is honored in our care for them (Articles 13,14,15, 19).

When we Love the Earth, we care for it lovingly, tenderly, knowing as St. Bonaventure told us, that each blade of grass carries a trace of the Divine (18).

So, sisters and brothers, let us join our hearts, minds, prayers, and actions in Love. Let us reach out together to those in need and to creation with loving hearts, minds, and spirits, and act in ways that reflect the deep love we feel for our Lord. Let us carry together a vision in which the Lord's love fills every corner of the earth, and we all live in harmony and peace, with each other and with creation.

Peace and All Good,
Patricia Grace, OFS, JPIC Animator, St. Francis Region

FROM OUR DIRECTOR OF FORMATION LUCY IBARRA

Blessings my Brothers and Sisters!

When I think of the upcoming months I think of my dear Father, he loved the Easter season. He loved celebrating Easter Sunday with his eight grandchildren. When his grandchildren were little he would have the best Easter egg hunts with them. The hunts were fun and exciting, as the grandchildren got older the surprises in the eggs got better and more expensive, he did not want to just give candy.

I bring up the story of my dad (Mom and Dad both professed in 1963) because we are about to approach Lent. As I think of my Dad's Easter egg hunts getting better each year, I think of our Lenten commitment and how each week should get better for us and more exciting as Easter Sunday approaches.

Since I became a Secular Franciscan in 2007 the Lenten season has changed for me. Each week during lent I am filled with excitement. It's not what I give up for Lent, but it's what I fill up with. I empty myself to what takes me away from living as a professed Secular Franciscan, and there are times I am shocked at what I have allowed to creep into my life. I am even more shocked at what the Lord fills me up with, can I get an AMEN!



During Lent St. Francis would suspend his apostolic ministries and withdraw to the hermitages.

From: [Bret Thoman, OFS](#) - published on 02/17/21

In the 13th century, St. Francis of Assisi devoted himself to prayer and fasting for 40-day periods four or five times a year. During these periods, he would suspend his apostolic ministries and withdraw to the hermitages. The hermitages were so important to St. Francis that he wrote a Rule for the Hermitages, describing how the friars should pray and conduct themselves while living as hermits. He said that some friars should dedicate themselves exclusively to prayer, while other friars should look after the needs of the community. Then they should switch roles.

St. Francis and prayer

Thomas of Celano wrote: "His whole soul thirsted after Christ, and he dedicated not only his whole heart, but his whole body as well, to him." He also wrote about Francis and prayer: "For his safest haven was prayer; not prayer of a single moment, or idle or presumptuous prayer, but prayer of long duration; full of devotion, serene in humility. If he began late, he would scarcely finish before morning. Walking, sitting, eating, or drinking, he was always intent upon prayer. He would go alone to pray at night in churches abandoned and located in deserted places, where, under the protection of divine grace, he overcame many fears and many disturbances of mind."

"Thus, he would direct all his attention and affection toward the one thing he asked of the Lord, not so much praying as becoming totally prayer." He said that after praying, Francis was changed almost into another man – another Christ.

A Lenten transformation

At the end of the 40 days, Francis would leave his hermitage and go back down to the valley. But not without being transformed and becoming more Christlike. Then he would dedicate himself to serving God's people: the lepers, the community, the Church.

Few among us can dedicate ourselves exclusively to prayer for 40 days. However, as we begin our Lent, may St. Francis' example guide and inspire us on our own journey.

Since I became a Secular Franciscan in 2007 the Lenten Season has changed for me. Each week, or I should say each day, during Lent I am filled with excitement.

It's not what I give up but its what I fill up with. I empty myself to what takes me away from God and my commitment as a Secular Franciscan.

Our Rule (Chapter 1- paragraph 1) states the following;

All those who love the Lord with their whole heart, with their whole mind, with their whole strength (Mk 12:30) and love their neighbor as themselves, and hate their bodies with their vices and sins (Mt 22:39), and receive the Body and Blood of our Lord Jesus Christ, and who produce worthy fruits of Penance.

I point out the word penance, as Secular Franciscans this means conversion, a change of heart. That's what Lent is all about. We grow closer to God and empty ourselves of things that separate us from God. Conversion, Conversion, Conversion! Gospel to Life and Life to Gospel! So easily said but hard to do.

My prayer for us all this Lenten Season is that you have a prayerful understanding of what to empty out and what to fill up with. I believe you will be truly surprised and blessed on your Lenten journey.



Upcoming news;

Now with Covid restrictions changing, I would love to be invited to some of your Formation sessions. If you are having Zoom sessions please invite the REC Formation Team. Send me an email (gospeltolife@me.com).

I am also trying to work on a gathering either in person or zoom, to have a group Orientation session. This has been very successful in other regions. Keep this endeavor in prayer.

I close with a letter from St Clare of Assisi to Agnes of Prague;

***What you hold, may you always hold.
What you do, may you always do and never abandon.
But with swift pace, light step,
and unswerving feet,
so that even your steps stir up no dust,
go forward securely, joyfully and swiftly,
on the path of prudent happiness,
believing nothing,
agreeing with nothing
which would dissuade you from this resolution
or which would place a stumbling block for you on the way,
so that you may offer your vows to the Most High
in the pursuit of that perfection
to which the Spirit of the Lord has called you.***

Blessing,

Lucy Ibarra, Formation Director

Regional Gatherings: Chapter 2021

Although not all fraternities were represented due to the flu and Covid viruses, there was a good turnout at this year's Chapter in Ontario. We were blessed to have with us Br. David Buer, OFM, who is the St. Barbara Provincial Spiritual Assistant appointed by the Provincial Minister, Fr. David Gaa, to serve the OFS regions in their Province. One of the goals of the REC is to develop relationships with the rest of the Franciscan family, and Br. David is working to assist us in the endeavor.



All attendees:
Fraternity Ministers, Delegates, Regional Executive
Council, & Spiritual Assistants



Ministers and Delegates voting.



Meeting of Spiritual Assistants



Br. David Buer, OFM, Provincial Spiritual Assistant,
and Fr. Chris Thiel, OFM, Cap., Regional Spiritual
Assistant

“Where’s the Franciscan?” Skits



Saturday evening's social time was enlivened by multi-lingual skits.



News from our Fraternities

Holy Spirit Fraternity

We coordinated a Thanksgivings Day meal for the lonely, drive through this year. After we distributed the meals that were requested, we were able to share the extras with Volunteers of America food distribution.



Putting the meals together



Meals awaiting Distribution

Holy Spirit Fraternity members prepared gifts for four families for Christmas.

Normally we would hand deliver the gift cards and boxes of non-perishable food, but with COVID we could only provide the cards. The families were selected by a local non-profit, Uncommon Good.

We continue to meet via ZOOM for both our monthly Fraternity meetings and our informal gatherings.

Saint Louis the King Fraternity

During the pandemic, the fraternity continued formation and prayer meetings on ZOOM and outside. One new prayer meeting that started during this time is fraternity members meeting to pray the rosary outside near the Mission on the first Saturday each month. The fraternity plans to keep this new rosary group meeting going forward on each first Saturday.

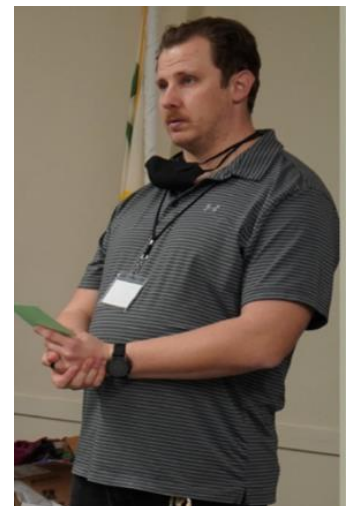
Immaculate Conception & St. Anthony of Padua Fraternities Celebrate Together

On December 12, 2021, as we have done for many years, brothers and sisters from St. Anthony of Padua Fraternity (Vietnamese Language) joined the Immaculate Conception Fraternity for our December Gathering. Brother Jeff Shackleton, OFM, as well as several other visitors, took part in the festivities. The On-Going Formation presented a re-enactment of St. Francis creating the first Nativity scene in Greccio. While some participated as readers, villagers, and barn animals, our brother Nicolas Peters represented our Seraphic Father with such tenderness that those present were transported to 1223.



Immaculate Conception Fraternity, St. Anthony of Padua Fraternity, and Visitors celebrated together.

During our December Gathering, the Immaculate Conception Fraternity welcomed Chris Haney into Inquiry. Chris is the married father of two children and serves in the US Navy. Chris brings enthusiasm, deep prayerfulness, and a great desire to grow in his Secular Franciscan charism, as well as his willingness to serve our fraternity whenever asked to do so. We are blessed to have Chris in Initial Formation and pray for him as he continues his Franciscan journey.



Saint Clare Fraternity (V)

Rite of Profession at Vietnamese Catholic Center, Santa Ana

On Saturday December 11th, 2021, two candidates from Saint Clare Fraternity in Santa Ana made their permanent profession. During a solemn liturgical celebration at Vietnamese Catholic Center in Santa Ana, Long Van Nguyen, Therese Rosette Phuong Nguyen professed their commitment to Gospel living in The Secular Franciscan Order. Mass of Profession was presided by Fr. Hien Linh Bui, OH with co-celebrant Fr. Tran Anh Tuan, OFM. Minister Canh Van Nguyen received the profession and Fr. Hien Linh Bui served as Church witness.

This was the most solemn profession ceremony with great number of guests in attendance. Regional representatives, Terri Foster, OFS and Patricia Grace, OFS; are among the participants.



Following the Rite of Profession, everyone enjoyed the reception filled with entertainment and authentic Vietnamese food. We thank God for this wonderful gift and for all his blessings. Special thanks to the Minister Canh Van Nguyen and St. Clare fraternity council who took part in making this profession a memorable celebration.

Important Announcements

Scully Fund Requirements

The Scully Fund has been set up to encourage fraternities in the St. Francis Region to participate in charitable activities.

When members of a fraternity take an active role in an apostolic activity and use fraternity funds to purchase materials or supplies for the activity, the fraternity may request to be reimbursed by the Scully Fund for half of those expenses by supplying the following:

- A letter detailing the activity, the date it occurred, the number of fraternity members involved, and the amount of expenses incurred.
- Receipts for the purchases or a copy of the check(s) used to pay for the items.
- A request for reimbursement of half of the expenses.

Send the above information to either the Minister or Treasurer of the St. Francis Region.



THE ADDRESS OF ST. FRANCIS REGION IS:
10185 Pinetree Dr.
San Diego, CA 92131-1218



Last Will and Testament

Each of us can play a vital role in preserving and extending our Secular Franciscan way of life, in our own fraternity, and at the regional level.

This can be accomplished in many ways, including a bequest in your will.

Suggested beneficiaries:

- Your FRATERNITY
- Your REGION

Suggested wording for your bequests:

1. A BEQUEST FOR GENERAL PURPOSES:

"I give and bequeath the sum of \$_____ (or _____% of my disposable estate) to: (name and address of fraternity, or region).

2. A RESIDUARY BEQUEST OF INDEFINITE

AMOUNT:

"After payment of expenses, debts and specific bequests, I direct that the residue of my estate be given to: (name and address)

or

"I bequeath to (name and address) any part of my estate that other beneficiaries are unable to receive because of death or other reasons."