



*St. Francis of Assisi Fraternity
Cornwall, P.E.I.*

ST. FRANCIS OF ASSISI FRATERNITY NEWSLETTER

February 2020

VOLUME XXXII NO. 2

PRAYER AND ACTION

This is the miracle that takes place: by prayer, persons extend themselves. They remain on the mountain but at the same time, by the power of prayer, they walk on the earth with towel and water. Like Christ, they wipe the feet of people ... prayer brings action.



Some say we can only pray “horizontally”. Others speak mostly of “vertical” prayer ... These two dimensions of prayer were part of the prayer life of Jesus. The Scriptures tell us often that Jesus would leave the crowds and go away by himself and pray. These instances are indications of his “vertical” prayer to his Father ... His horizontal way of praying was as a member of the community of Nazareth ... and with the larger community of people of Palestine with whom he mingled during his years of preaching and teaching. All these were “horizontal” prayers in which he not only lead people to his Father but saw the face of His Father in all people.

(Excerpt from *The Gospel Without Compromise* by Catherine de Hueck Doherty, founder of Madonna House in Combermere, Ontario, pages 119 & 121)

Formation

Liturgical Prayer



As Jesus was the true worshiper 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.

The above paragraph is familiar to Secular Franciscans. It is taken from *Article 8* of the *Rule*. These words will be the spring board from which we will launch into a brief reflection on the liturgical prayer of the Church.

We will undertake to find a definition of this particular type of prayer. What is the origin of the word “liturgy”? How are the sacraments—*above all the Eucharist*—related to the liturgy? What distinguishes the liturgy from other prayer forms? What is its place in the context of these other ways of praying? How is Jesus *the true worshiper of the Father*? What does that have to do with our engagement with the liturgy? Contemplation: what does that say to our participation in liturgical prayer? What does *reliving the mysteries of the life of Christ* have to do with praying liturgically?

Invitation to Reflect

Reflect upon the above quote from the *Rule*.

Consider your own experience of liturgical prayer. How would you compare, for example, celebrating the Eucharist with praying a Scripture passage alone or in a small group or saying the Rosary or some other favourite devotional prayer or private meditation? Is there any difference, in your experience, among these ways of praying? Are there differences in how we “feel,” how we “think” when we enter into each?

(Submitted by Fr. Keith Kennific who will be leading the formation session during February’s monthly meeting)



Justice, Peace and Care of Creation

Five ways families can help tackle climate crisis

Today we have five questions for you to think about and come up with ways you and your family can help fight our climate crisis.



1. **What Are You Eating?** Food production accounts for 23% of human greenhouse gas emissions. We must adjust our diets. If we eat less or eliminate meat and dairy it is one of the most effective carbon – cutting changes we can make in our homes. Discuss what dietary changes you can make.

2. **What Transportation Do You Use?** Globally transportation accounts for 23% (28% in Canada) of human emissions. Suggestions that might help: start riding a bike, car pool, use public transportation when possible. Live car free if possible or drive a smaller car.
3. **How Does Your Home Contribute?** Heating both space and water, makes up 80% of residential energy in Canada. Small actions you may take would be to wash clothes in cold water. On a larger scale you might consider retrofitting your home for more energy efficiently.
4. **What Do You Throw Out?** On a per capita basis, North Americans produce the highest amount of waste in the world. Most of us know the mantra **reduce, reuse, recycle**. To reduce, plan carefully and buy only what you need. It saves money and reduces emissions from packaging, transportation and production. Families could consider how they might reuse goods.
5. **Who Can You Influence?** Take time to educate yourself on the evidence, causes and effects of climate change. Children are sure to notice when an adult makes an effort to reduce waste. Explain what your actions and choices mean for the environment.

These are some ideas you may use. Come up with some of your own. Share ideas with family, friends and your community. Small steps can lead to big change.

(Article from the PEI Guardian newspaper, Monday Jan. 20, 2020)

Pastoral Visit

The pastoral visit to St. Francis of Assisi Fraternity was conducted by Br. Benny Vincent, OFM Cap on Oct. 6, 2019 (1-2 p.m.) at the Our Lady of Hope Retreat Centre. Attached is the report from his visit consisting of notes taken by Secretary Mike Cassidy during the visit, and comments from Br. Benny himself (Attachment 1)



Annual Fraternity Retreat 2020

The 2020 annual fraternity retreat will be held on September 25-27, 2020 at Our Lady of Hope Retreat Centre. Please take note of this date on your calendars.

Regional Elective Chapter

The Regional Elective Chapter of the Regional Fraternity of Eastern Canada will be held on July 31 – August 2, 2020 in Cacouna, Quebec.

February Birthdays

February 4 Janet McDonald

February 10 Pauline Boulos-Lannon

Happy Birthday Janet and Pauline! Blessings to you and your families.

Lunch Schedule

Pauline Clarkin
Maureen Goodick

Newsletter

Newsletter items are always welcome. You may send them before the last Wednesday of the month to Doug Clorey at jdclcorey@bellaliant.net.

Upcoming Events

Fraternity Meeting - Sunday, February 9 at 2:00 pm in St. Francis of Assisi parish centre, Cornwall.

Fraternity Meeting Dates for 2020 in St. Francis of Assisi parish centre, Cornwall

Sunday, March 8	2-4 p.m.	
Sunday, April 5		7-9 p.m. (Note: the first Sunday of the month)
Sunday, May 3		7-9 p.m. (Note: the first Sunday of the month)
Sunday, June 14		7-9 p.m.
Sunday, July 12		7-9 p.m.
Sunday, August 9 (annual picnic)		
Sunday, September 13		7-9 p.m.
September 25-27, 2020 (annual retreat – replaces October monthly meeting)		
Sunday, November 8	2-4 p.m.	
Sunday, December 13	2-4 p.m.	

Regional Elective Chapter - July 31- August 2, 2020 in Cacouna, Quebec.

Attachment 1

Report of Pastoral Visit to St. Francis of Assisi Fraternity, Cornwall, PEI

Notes taken by Michael Cassidy:

1. Oct. 6, 2019 – 1-2 p.m. – Our Lady of Hope Retreat Centre
2. Fr. Benny Vincent (Regional Spiritual Assistant) with St. Francis of Assisi Fraternity
3. 20 members present.
4. Fr. Benny stressed that the visit is not an evaluation. He asked the members to express what they think characterizes our fraternity. Comments that were offered include:
 - Balance of prayer and action; focus on JPIC.
 - Strong formation program, including outreach to NL.
 - Diversity
 - Acceptance of other people's differences
 - Our fraternity is a microcosm of society.
 - Music
 - The newsletter
 - Our members hold/have held positions of responsibility at the international, national and regional levels.
 - Several of our members are Spiritual Assistants with other fraternities in PEI and NB.
 - Our fraternity needs the presence of the First Order on PEI. Fr. Benny was encouraged to start a Friary on PEI.
5. There was a discussion on the values and gifts of our fraternity. Fr. Benny said that our fraternity has a 'blessedness'

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Notes from Bro. Benny:

To these notes taken by Bro. Michael Cassidy, let me add – the one key takeaway from the meeting. It was very encouraging to hear the way the fraternity expressed its desire to be in contact with new young catholic population around University of PEI, Charlottetown. I consider it as a sign of the healthy leadership culture you have developed in your fraternity over the years. With such a deep organisational leadership capability you have around the table, I hope and pray that you will find the right strategies to move ahead in that direction.

I thank you all once again for the excellent Franciscan welcome you had offered me.
Fraternally,



Br. Benny Vincent OFM Cap.