



Dear Brothers & Sisters

Secular Franciscan Fraternity

Pre-COVID we gathered at
7:30 p.m on the **second
Monday** of each month at:
St. Joseph's Home
80 W. Northwest Hwy.
Palatine, IL

Council Members

Minister

Stephanie Heavey, OFS
minister@nwfranciscans.org

Vice-Minister

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Formation Director

Jackie Leo, OFS
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Secretary

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Treasurer

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Spiritual Assistant

Jerry Stecker, OFS
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Councilor-at-Large

Kay Crnich, OFS

For privacy, all personal addresses, phone numbers, email, prayer intentions, and (for non-council members) last names are removed from this web version.

On October 6, 2020, our Sister Eddie Wojek, OFM, happily met Sister Death who guided her to her eternal reward. If anyone was a “poster child” for the Secular Franciscans, it was Sister Eddie.

Sister Eddie had been a secular Franciscan for 46 years. She and her husband made their professions in June of 1974. At that time, a professed chose the name of a saint similar to what confirmands do. Sister Eddie chose Ann, mother of Mary and grandmother of Jesus.

Sister Eddie followed faithfully in the footsteps of St. Francis. She saw a need and filled it. She was active as a Eucharistic Minister and other ministries in her parish. She volunteered at St. Joseph's Home for the Elderly and at the Baby Closet for needy women who chose life for their babies. She volunteered to provide food and to clean a half-way house for men newly released from prison. She participated in food drives, toy drives and so many other activities with her brothers and sisters in fraternity.

When age affected her abilities, she accepted her limitations graciously. As her physical ability to help others decreased, she chose to help through increased prayer. Throughout her 95 years, she was happy to do God's will for her in whatever way He chose.

Requiescat in pace, dear Sister! ☩

Our Monthly Gathering...

For the next several months, many fraternity members will gather virtually. If you have signed up for the ZOOM gatherings, our Spiritual Assistant Jerry will send you all the information and links that you need to access these meetings.

For those who are not using ZOOM, he will also send formation materials to be used with your fraternity partner. It is up to each pair to decide how they want to keep in touch with each other.

This is a new way of “doing fraternity”. There is bound to be a glitch or two.

What is most important is that ALL members keep in touch with each other during these difficult and lonely times.. We are family, brothers and sisters in fraternity, familia. ☩

And So We Pray...

PAPAL INTENTIONS FOR NOVEMBER

Artificial Intelligence

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

PRAYER DURING CORONAVIRUS PANDEMIC

O clement, O loving, O sweet Mother Mary,
We, your children of every nation,
Turn to you in this pandemic.

Our troubles are numerous; our fears are great.
Grant that we might deposit them at your feet,

Take refuge in your Immaculate Heart,
And obtain peace, healing, rescue,
And timely help in all our needs.

You are our Mother.
Pray for us to your Son.
Amen

Morning Offering, The Catholic Company

LET US PRAY

Response: *Lord, hear our prayer.*

For our **Sister Eddie**, that she is enjoying the eternal fruits of her labor here on earth, we pray to the Lord,

For our **Sister Bonnie**, that she will be granted relief from her pain and enjoy better health, we pray to the Lord,

For **the gift of fraternal love** that recognizes that *every person in the world* is one of God's beloved children and, therefore, our brother or sister, we pray to the Lord,

For **the grace to accept the outcome of our national election** remembering that we are all God's children and need to work *together* to create the society that God wants for us, we pray to the Lord,

For those we have loved who are no longer with us, that we may honor them by following their good example, we pray to the Lord,

For **all those who have no one to pray for them**, we pray to the Lord, ☩

Anniversaries

Nov. 5, 1990 Rosemary M.

Nov. 6, 2005 Mary Kay P.

Congratulations to Sister Rosemary as she celebrates 30 years as a secular Franciscan

Congratulations to Sister Mary Kay as she celebrates 15 years since her profession.

Be Thankful

Be thankful that you don't already have everything you desire,

If you did, what would there be to look forward to?

Be thankful when you don't know something for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times, you grow.

Be thankful for each new challenge because they give you opportunities for improvement.

Be thankful for each new challenge because it will build your strength and character.

Be thankful for your mistakes.

They will teach you valuable lessons.

Be thankful when you are tired and weary because it means you've made a difference.

It is easy to be thankful for the good things.

A life of fulfillment comes to those who are also grateful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles and they can become blessings.

Author Unknown

*Bringing
the Gospel to Life
and
Life to the Gospel.*

Our Apostolates

BINGO. Meets one night per month at 6:30 pm in St. Joseph's activity room. Please pick one month in which to volunteer. Contact Sisters Kay or Mary Kay to sign up. *Temporarily affected by COVID.*

FRANCISCAN OUTREACH. This is a year round project. Welcome Kits with necessities for kitchen, bed and bath are needed for every person transitioning from homelessness to an apartment. We will buy the items needed and fill kits throughout the year. For more information, contact Sister Faith. *Temporarily affected by COVID.*

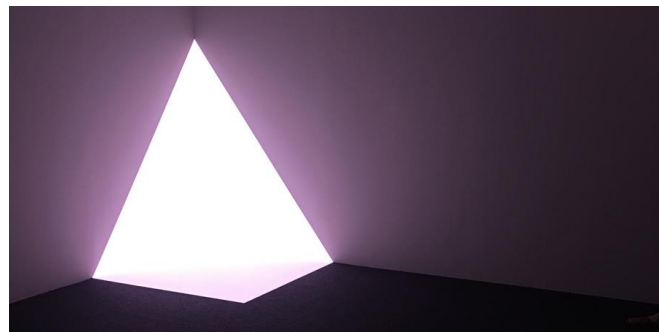
PRAYER & PRAISE MINISTRY. For our brothers and sisters unable to participate in our monthly gatherings due to poor health or transportation issues. For more information, or if you are ill or know of a member who is ill, please call our infirmarian, Sister Kay.

PRAYER CARD MINISTRY. Remembering our brothers and sisters at the special moments in their lives that occur each year. Coordinated by our Candidate Marion.

PRAYER SHAWL MINISTRY. We interweave prayers along with God's love, care, and warmth into the stitches as we knit or crochet shawls for others. For more information, contact Sisters Sue B. or Cyndy.

SUPPORT (Money, Materials). Quarterly donations are taken from any excess funds that are available in our Common Fund *after* all the fraternity obligations are met. The donations are given to Franciscan Outreach, Poor Clares (Palos Park, IL).

YOUTH PRAYER PARTNERS. Coordinated by Brother Tom, this apostolate matches up fraternity members with young people who are preparing for First Communion or Confirmation. For more information, please call Brother Tom. *Affected by COVID.*



Week Forty-three

Thomas Keating: The Secret Embrace Part Two

Spiritual Development

Sunday, October 25, 2020

Before we continue exploring Thomas Keating's poems from *The Secret Embrace* under the helpful guidance of Cynthia Bourgeault, I want to offer a basic overview of the stages of spiritual development that I have used for years with spiritual directees and in teaching settings. I believe Thomas modeled all these stages, which are not as easy to see in most of our lives.

1. My body and self-image are who I am.

At the most basic level, this is what Thomas Keating called our "programs for happiness." These are the needs for security and survival, esteem and affection, and power and control. Though we may "transcend" to other levels, our egoic selves will always "include" these impulses, particularly under stress.

2. My external behavior is who I am. We need to look good from the outside and to hide any

“contrary evidence” from others, and eventually from ourselves. The ego’s “shadow” begins to emerge at this time.

3. My thoughts and feelings are who I am.

We begin to take pride in our “better” thoughts and feelings and learn to control them, so much so that we do not even see their self-serving nature. *For nearly all of us, a major defeat, shock, or humiliation must be suffered and passed through to go beyond this stage.*

4. My deeper intuitions and felt knowledge in my body are who I am.

This is such a breakthrough and so helpful that many of us are content to stay here, but to remain at this level may lead to inner work or body work as a substitute for any real encounter with, or sacrifice for, the “other.”

5. My shadow self is who I am.

This is the first “dark night of the senses”—when our weakness overwhelms us, and we finally face ourselves in our unvarnished and uncivilized state. The false self has failed to bring us all the way to God or the Oneness we seek. Without guidance, grace, and prayer, most of us go running back to previous identities.

6. I am empty and powerless.

Some call this sitting in “God’s Waiting Room,” but is more often known as “the dark night of the soul.” Almost any attempt at this point to save ourselves by any superior behavior, morality, or prayer technique will fail us. All we can do is to ask, wait, and trust. God is about to become real. The ego, or separate self, is dying in a major way.

7. I am much more than who I thought I was.

We experience the permanent waning of the false self and the ascent of the True Self as the

center of our being. It feels like an absence or void, even if a wonderful void. John of the Cross calls this “Luminous Darkness.” We grow not by knowing or understanding, but only by loving and trusting.

8. “The Father and I are one” (John 10:30).

Here, there is only God. There is nothing we need to protect, promote, or prove to anyone, *especially ourselves*. Our false self no longer guides the ship. We have learned to let Grace and Mystery guide us—still without full (if any) comprehension.

9. I am who I am.

I’m “just me,” warts and all. It is enough to be human without any window dressing. We are now fully detached from our own self-image and living in God’s image of us—which includes and loves both the good and the bad. We experience true serenity and freedom, but it is quite ordinary and also quite sufficient. This is the peace the world cannot give (see John 14:27) and full resting in God. “To know oneself in God and to know God in oneself,” as both Julian of Norwich and Teresa of Ávila put it.

Fr. Richard Rohr, OFM
Center for Action and
Contemplation

TAU DAILY Words to Ponder for All of Us

Those to be professed in the OFS should realize that from now on they will belong to a special family within the Church, which will entail not only rights but also obligations and responsibilities. ... all agents of formation, should make sure that candidates for the Professed life understand what those obligations and responsibilities are.

~ Fr. Richard Trezza, OFM, “Profession and the Secular Franciscan: Theological and Liturgical Foundations” ([FUN Manual](#))