



K A N S A S T M I S S O U R I T O K L A H O M A

M i n i s t e r ' s M e s s a g e

The Land of the Free

I've been told that this will be a large newsletter, so I will try to make my message short. But I want to say, I so miss being with all of you. Cancelling our Summer Gathering was a difficult decision, but one we knew was necessary. For me it is not only a matter of missing all of you. No, I also need the support of my fellow Franciscan brothers and sisters to help me stay on the right path. I flounder without the beautiful example of your faith, your energy, and your dedication to our Order. I pray every day that we will be together again soon, even if with some restrictions.

As I sat in church today on the First Saturday of July, which is also our Independence Day, I pondered our current situation and what it has meant in my life and how it will affect my future, the future of our country and the world. It seemed so strange to think of the 4th of July with no big picnic with my family, no large city-wide fireworks with nearly everyone in town in attendance. But, as Fr. Robert Duck reminded us this morning, if we take a quiet moment from hot dogs and s'mores in the backyard and watching HAMILTON on Disney to muse on what this day really means to us, the topic almost inevitably comes around to the subject of freedom. As free people, historically this is most often described as a freedom FROM any number of things. Freedom from oppression. Freedom from taxation without representation. Freedom from religious discrimination or persecution. But what if we fine-tuned our thoughts a bit? What would our lives look like if we focused on what our freedom is FOR?

When Jesus died on the cross for us, he not only gave us freedom from our sins and freedom from an eternity without God, but He also reinforced for us once again our freedom we were given at the very beginning of time for humanity – the freedom for us to make our own choices. Never once in the bible does it talk about Jesus insisting that a person do something. Never did He make a decision for anyone. Rather, He showed the people He met and us as well the way to real happiness by loving God and loving our neighbor, and then He let each of us decide what we were going to do about it. He gently says, "Follow me." We have the choice to follow Him or not.

Free Will. The freedom to choose whatever we want. Free to direct our own lives. Free to be the person we want to be. That is all fine and good but remember too, that freedom of choice comes with a lot of responsibilities. We can choose whatever we want, but at the same time we choose ownership of all the consequences of our choices too.

Since the explosion of the coronavirus our entire way of life has changed. Barely anything we do or attempt to do has not been affected by the current pandemic. We think about socializing very differently. We approach the most mundane of tasks such as grocery shopping with awareness and even trepidation. Even our way of prayer such as attending Mass is looked at carefully in terms of possible consequences and results. And each step we take and every decision we make today involves a very deliberate and voluntary choice. No more going forward on automatic pilot. No more relying on the comfort of old habits to get us through. No. Just focused, intentional choices every day.

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But choices that we are free to make to direct our lives.

To think of it, our whole life all along should have been a series of intentional, deliberate choices. None of the choices of our lives should have been directed by what society wanted us to do, or choices made from fear or ignorance. Yet, look over your past and scrutinize carefully the choices we made. Did we choose to help and fight for the poor and marginalized in our society, or did we choose to focus on our own possessions and comfort? Did we choose to be kind and inclusive to all people, or did we choose to ignore and eliminate those who are less accepted by society or even hard to love? Each choice we made helped to create who we are today.

We freely chose to be Catholic. We also freely chose to be Secular Franciscans. These two choices come with some extremely specific and definite responsibilities. As Catholic Franciscans we have clearly chosen to follow the example of St. Francis of Assisi as he followed the footsteps of Jesus Christ. And, we have chosen to embrace the Rule that St. Francis gave us through the authority of the Church, including believing in the teachings of the Catholic Church and supporting the Church. These were our choices and there is no glossing over what are now our responsibilities that we freely accepted in those choice. Freedom and Responsibility.

I'm betting we will forever remember this 4th of July. Like the rest of year 2020 it will be a benchmark holiday by which we will remember all the other 4th of Julys of our life. Maybe besides the year of the pandemic or the year of the protests, this will be remembered as the year when we questioned our freedom and found ourselves wanting. The year we reexamined the choices of our life and picked up the crosses of our responsibilities. The year we finally let our "Yes" mean "Yes" and our "No" mean "No." That will be the year we rediscover the rocky road that leads to the narrow but sure gate.

See Christ



Peace, Health and All Good,



Judith

Be Christ

News Notes from the REC

There have been some changes in the Regional Executive Council since our elections in September 2019. Our Executive Secretary, Kay Sullivan, found it necessary to step down from her position due to family responsibilities. The REC appointed Brenda Lager, the elected West Kansas Councilor, as the new Secretary.

At a Zoom meeting in June, the National Council decided not to hold the Nation Chapter slated to be held in Detroit, Michigan in October of this year. The National Chapter will be held via Zoom over several days during the same dates as the original Chapter in October.

All local ministers will be contact shortly to vote on whether or not we should hold our Regional Chapter slated for Sept. 12 in Emporia KS. If we do not meet face to face, we will need to find an alternative way to meet for this year.

The REC has decided to postpone revising the Regional Guidelines until after the International Statutes and the National Statutes. both under revision, are completed and approved. The Regional Guidelines should be ready for a vote by the 2021 Regional Chapter.



Words from Father Mike Scully OFM Cap. Regional Spiritual Assistant

LEARNING AS FRANCIS UNDERSTOOD IT

REFERENCES:

St. Francis of Assisi, Omer Englebert

As for the scholars, the courteous Little Poor Man asked nothing better than to bow before their superiority and to show his esteem for them. He would have us venerate the theologians who dispense God's word to us.

...Regardless of how noble and beneficial learning appeared to him, Francis did not consider it useful for his friars. In vain would one have objected to him that it was a necessity for whoever would scan God's mysteries. Francis knew that man is incapable of solving the insolvable, and that it is by prayer and humility alone that he merits the supernatural light which permits him to draw near to God.

...Especially did he see in learning a stumbling block to the poverty and humility of his Order. If he knew some modest and reserved scholars, he no doubt knew still more whom self-esteem had made obstinate and proud.

[chapter 16]

Samuel Johnson, (+1784)

The supreme end of education is expert discernment in all things—the power to tell the good from the bad, the genuine from the counterfeit, and to prefer the good and the genuine to the bad and the counterfeit.

Paul Simon, Kodachrome

When I think back on all the crap I learned in high school, it's a wonder I can think at all.

The Constitutions of the Capuchin Friars Minor

Though it involves the person as a unified whole, ongoing formation has a two-fold dimension: spiritual conversion through a continual return to the sources of Christian life and to the primitive spirit of the Order and their adaptation to the times; and cultural and professional renewal by means of a quasi-technical adaptation to the conditions of the times. All these contribute to greater fidelity to our vocation.

[41,2]

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One of my memories of teaching high school was that quote from Paul Simon's song Kodachrome. The students took particular pleasure in shouting the first couple lines (quoted above) whenever the song came on the radio (or at a sock hop).

Learning is an interesting topic for the Franciscan. We know that Francis did not have the greatest respect for some of the ideas of “teaching” and “education” that the thirteenth century had to offer. But, we also know of his “submitting” to people like Anthony of Padua when it came to learning and the need for some type of education.

I have used Samuel Johnson’s quote in a couple of places before, and I think it is a wonderful statement about what education should be. I think that the idea of “discernment” is very important—discernment *in all things* that matter. Especially I think of the area of “power.” Francis saw that the power of learning could corrupt people; some people were apt to “lord it over” others because of their intelligence, some “looked down” on the less educated. He saw in it the possibility of the “exaltation of self” which he abhorred. I think that we have to look at our motivation whenever we are using our abilities to teach and influence. It is one thing to have and use our knowledge; it is quite another to be arrogant in doing it.

A word about ongoing education. The Capuchin Constitutions are convincing about continuing to educate. I believe that every Franciscan should be reading some theology and some spiritual book (especially Franciscan in nature) at any moment of their Third Order lives. It is fodder for our prayer, and, after all, prayer is what we need more than anything right now.

Finally, I’m struck by Johnson’s statement that the end of education is discernment to *prefer* the good and genuine to the bad and counterfeit. Francis wanted that most of all, I think. He told Anthony that he could pursue the concept of learning only if it did not extinguish the spirit of prayer and devotion. Our education should change us to be better Third Order members, and better people.

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- 1. What do you think was Francis’ principal problem with people who were educated? Was his “solution” a logical one? Yes or no and why?**
- 2. Does the Secular Franciscan life place members in a particular power situation? Yes or no and why?**
- 3. In what ways should the Secular Franciscan of today be “educated”?**
- 4. In practical terms, what does Francis mean when he says that learning should not extinguish the spirit of prayer and devotion?**
- 5. Has the learning that I have accumulated over the years made me more arrogant or intolerant of others?**
- 6. Is there some area in Franciscan life where I need more education? Is it possible for me to make arrangements to get it?**





Our Lady of Sorrows—Olathe, KS

Boots on the Ground

When someone faces a crisis, they usually seek the assistance of others. A response they often hear is, “I will pray for you.” Prayer is good and necessary. However, the thought that “God will send help” does not remove the imperative for you to do something. There is a documented incident where over thirty people witnessed a woman being brutally murdered over the course of an hour. No one called the police or did anything to help the woman. Why? They all assumed that someone else would help. Each, in their own apartment, worried, prayed and waited for someone else to help. It never occurred to any of them that they were the ones called to help.

How many times are we confronted by the needs of others each and every day? Obviously, we cannot help everyone. However, we can take a moment to pray, and ask God what we are called to do in that situation. When someone feels lonely and shares it, we can ask if God is calling us to be their friend. If someone is suffering, we can ask how we can help or comfort them. God works through people. If something has come to your attention, then maybe it was you that God sent to help.

In a war, territory cannot be taken and held through aerial assault alone. It requires boots on the ground. People have to go in, get involved, take territory and hold it. It is true in the spiritual life as well. People must get involved. Prayers are essential, but so are boots on the ground.

By Genna Ferrel OFS, Minister



One idea is to have some prepared bags in your car ready to pass out to someone you encounter who is homeless.



Quart sized bags with loving note, granola bars, fruit snacks, socks, and a small donation.



The Confession of Pietro Bernadone

by Dr. Kenton Miller OFS



*I have a Secret,
Silent as a seed
And locked
Inside a box,
Inside a vault,
Inside the fortress of my heart,*

*And even my beloved,
With all her woman's ways
Of intimacy
And faultless intuition,*

*Does not guess
The darkly patterned
Mystery
Of its contents.*

*I would be a fool, of course, to spell it out
For all to see and judge,
To sully the merit of its truth
With a cold pretense of ignorance,
Or with ridicule and laughter.*

Yes, - A fool -

*But still I must confess or else
It will consume itself and vanish,
Hidden, then forgotten,
In my vanity.*

*Forgive me Father for I have sinned:
I peered once into the blackness of my soul
And found a vortex of deception there
So deep and dark
That neither reason nor religion
Could penetrate its grim perimeter.*

*But here's the greater horror:
I accepted that Mendacity as Truth,
I built my world around it,
Then passed it
To my children.*

*Thus old men should learn to pray:
"Extinguish me, Lord,*

For I am sinner!"



'The Confession of Pietro Bernadone' won the Best in Tau contest for 2007.

Frances Wicks was the editor then and as a reward I got a signed copy of Bill's 'History of the Franciscan Order in the United States'. Francis was a wonderful editor with a strong artistic bent. I think the poem is particularly relevant to today's issues and situations.

Dr. Kenton Miller OFS
Holy Family Fraternity,
Tulsa, OK



We are always looking for great original writings, photos and articles to post in the newsletter that will inspire members. We do reserve the right to edit or decline all submissions.



On the Front Line of Healing the Coronavirus in Queens, New York

Dr. Paula Guinnip OFS, grew up in beautiful Auburn New York. It is the Finger Lakes region of upstate New York.

Paula got a very good education and graduated from Cornell University in 1988. She later attended Georgetown School of Medicine in Washington, D.C. She was an avid learner and spent much of her childhood in the library.

Her grandparents guided her and felt medicine was her destiny. “I definitely had an interest in the vulnerable in society and gravitated to the elderly,” Guinnip said.

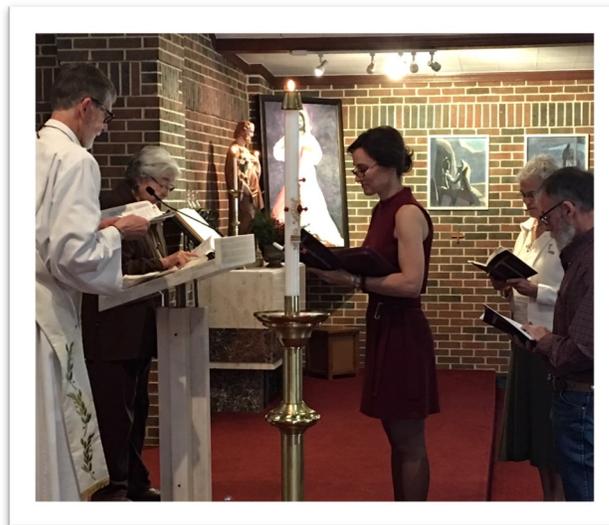
She didn’t know how big her grandmother’s heart was until Paula would come home from school to see strangers there too. She met the new “friends” as her grandmother offered dignity to these people there for lunch. Later, Paula learned they were homeless.

Four decades later, Paula is now a **thoracic surgeon** who helps with wound care. “I would like to develop to develop a vascular surgical program,” Dr. Guinnip said of one of her goals.

During her time in Oklahoma, she met the members of Little Portion in Tahlequah, OK where she fell in love with St. Francis of Assisi and the Franciscan way of life. Paula was admitted into her fraternity during the Summer Retreat in 2016. Many of us were present in Pastoral Center of the Diocese of Oklahoma City during this event. Later in 2018, Paula professed as a member of the Secular Franciscan Order of the Little Portion Fraternity in Tahlequah, OK.

It was, however, her deep New York roots and a single clerical action that would allow Dr. Guinnip to enter the war against COVID-19.

Since 1994, Paula maintained her New York (medical) license. Every two years, she would renew her license to practice. She never had any idea how keeping her New York medical credentials up all this time would change her life!



Profession pictured above is Deacon Mark Keeley OFS, May Mead OFS, minister, Dr. Paula Guinnip OFS and formation director, Janice Keeley OFS.

Paula recalled how on April 18, 2020, a call came to her from New York. “It was the Chief Medical Officer (Dr. Chinchere Anyaguo) of the North Central Bronx Hospital.”

He asked Paula to come to New York to help as soon as possible. “People are dying and going into renal failure,” Dr. Anyaguo added. Dr. Paula Guinnip said that she had never received a call from someone who needed her help so desperately.

Paula said, “Yes”, which was a career altering and life changing response. She dropped everything and began her journey, “In a New York Minute!”

“I never thought I’d leave New York,” she said, but thirteen hours after she received that first call from Dr. Anyaguo, she landed in New York on a Sunday morning!

Paula said that “There was a complete moment of fear and paralysis”. “The whole trip there, I was really somber. I thought, ‘What was I walking into?’”

(Continued on the next page)



Did she feel like she should turn around and go back home where the virus was not as devastating as in New York City? “I never thought of turning back, but I got scared,” she replied.

When Dr. Guinnip reached the crowded makeshift COVID-19 unit, she realized something else. “There was no handbook or a step-by-step way (to proceed), and Coney Island hospitals.

The unit was packed with patients, many on ventilators, monitors were stacked four and five high. The heat from all the electronics in the small area that held the 9-to-10 beds was stifling, especially under all the PPE and double masks.

They did four-hour lab work, designated times to eat and go to the bathroom. Why go to so much trouble for that?

It meant you could be more efficient in the use of PPE, masks and gloves without unnecessarily wasting those valuable items.

After a shift, the bridge of one’s nose could be raw and red from the 12-hour work.

The nurses and other doctors tired to break the pressure and sorrow by making Facebook posts during a break. Someone would bring back food and there was plenty of it provided by the City of New York and other outlets.

The people of New York treated the workers like heroes just walking to and from shifts.

Dr Paula Guinnip said that those 12 hour shifts were hard. She was floored (at the end). It was something she had never felt before.

It was tough work under trying conditions, but there were rays of hope.



Finding small things to do to relieve the tremendous stress in the midst of the long hours helped the medical team make it though. The picture above a quick little moment the nurses take to lift their spirits.

“We didn’t have (convalescent) plasma,” Dr. Guinnip said. “It was a big deal to get it. It gave a chance to live to every person that got it. That was huge!”

It was tough work even for those outside the makeshift units.

Nurse receptionists took calls from relatives asking about Uncle Leo or Aunt Sue. They begged the nurse to put rosary beads in their hands.

Communication in a cramped area with many kinds of bells, rings, a large floor fan that spun constantly and other noises forced Dr. Guinnip, who was in charge of the unit during her shift, and others to develop hand signals instead of lowering a mask to talk.

“It was the constant sensory overload,” Dr. Guinnip said. “(To communicate), you had a lot of hands on yourself (leading you to the next thing to do).”

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There were shortages of something at every hospital unit. Still, everyone managed to get the job done as well as possible she said.

“We had no respiratory therapists,” Dr. Guinnip remembered. “People there wore multiple hats.”

And, there were people there that overcame their fears to help their fellow man in a time of crisis.



Dr. Guinnip’s daughter joined her in New York to volunteer in the hospital.



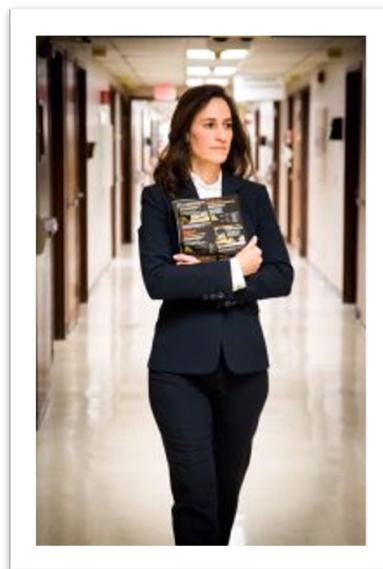
So what is Dr. Paula Guinnip OFS up to now?

Dr. Paula M. Guinnip is continuing her successful practice as a thoracic surgeon in Sikeston, Missouri and is still a member of Little Portion Fraternity in Tahlequah, Oklahoma.

Dr. Paula Guinnip OFS has finished a FINAL draft of her book on her dramatic experience as a doctor during one of the most critical times in New York. The title of her book is:

In a New York Minute...Everything Did Change

Dr. Paula Guinnip’s book promises to be one you can’t put down. I hope we all get a copy or two!!



Dr. Paula Guinnip OFS in a more peaceful time. God bless our medical personnel and first responders who put their lives on the line for all of us.

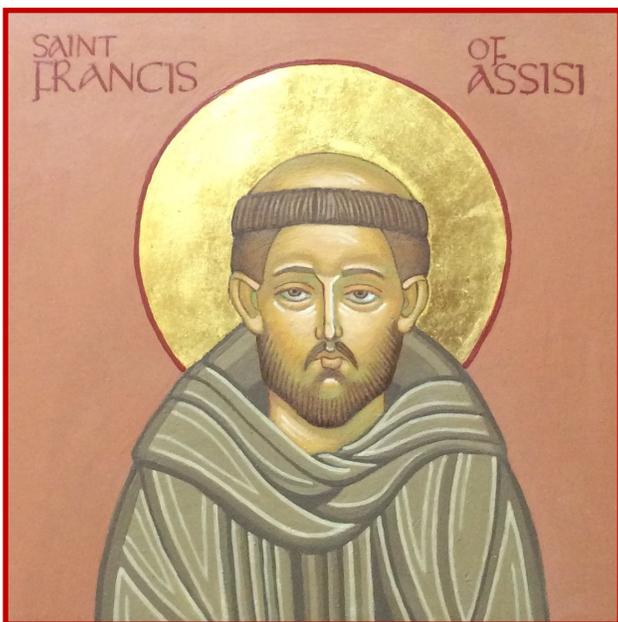
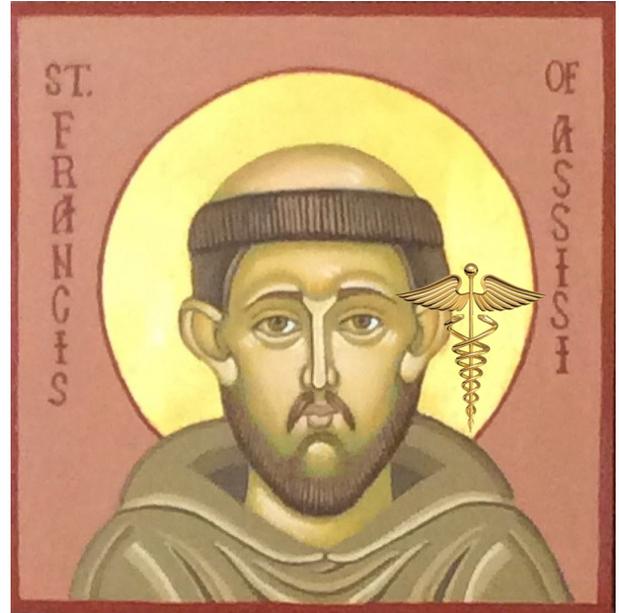


SACRED ART—ICONS

BY CONNIE EHRLICH OFS

Most art exists in only the physical world. Iconography exists in two worlds- the physical world and the spiritual world. It is said that an icon is “written” rather than painted because the icon is considered a dogmatic text even though it is a work of art. An icon is a sacred object that is mystically connected to the saint it represents. It is a prayer expressed as an image.

The icon is written with egg tempera - a very old method of painting that began in the first century AD and reached its artistic heights in the 14th and 15th century. Egg yolk is combined with powdered pigments to create a very luscious and luminescent medium. The egg yolk acts as a binder that holds the pigment together. The thin layers of transparent paint create a spiritual energy. There is no outer light source in an icon because the light radiates from within the image.



Photios Kontoglou, a renowned modern iconographer, wrote that “. . . the iconographer does not paint [a saint] materialistically or naturally, but in a spiritual manner, illumined by divine grace”. Therefore, icons are not meant to express our conceived reality. They are purposefully rendered in a structured way that communicates invisible reality in a visible form. Icons of the saints do not resemble mere human beings, but through stylization they show us the faces of human nature transformed into the divine.

I started writing icons in 2018 because I had a desire to go beyond being a secular artist making images for profit. I wanted to attempt to create Godly things here on earth. I took a workshop with Greek iconographer Theodoros Papadopoulos in 2018 and a workshop with the Izograph School of Iconography in 2019. I have learned much about this ancient tradition, but I feel I am just beginning to understand how to write

an icon. Before I start working, I begin with a prayer- “Dear Holy Spirit, Please help me to open my heart mind and soul so that I can feel your presence and create with love, courage and faith. Amen.”

Connie Ehrlich OFS, Brother Jacoba Fraternity



St. Joseph Fraternity ~ Hays , KS

by Brenda Lager OFS, Minister

St. Joseph Fraternity participated in the Corpus Christi procession that was led by priests from all three parishes in Hays. We decided to respond to the chaos in our country right now.

Our fraternity met on Sunday, June 28, for the first time since February. Our council decided to change our council meeting to the third Saturday of the month at 9 a.m. and our fraternity gathering agenda. We will begin with a social at 12:45 p.m., prayer in the chapel at 1:30 p.m. and business meeting and formation at 2:00 p.m.

Inquirer, Melia Korbe, will be starting formation very soon. We were going to do her welcoming but COVID hit and she is unable to attend the June meeting, so the formal welcoming will be in July.

Brenda Lager OFS, Minister

We are called to be One Body in Christ. Our country is currently in turmoil, divided, and people are hurting. In response to all of this, we are asking all fraternity members to do the following for the intention of God and Country. Convert souls, convert the nation. Love.

Get up one hour each night and pray sacrificing this one hour of rest for His glory. Praying during the night was a virtue of St. Francis. His brothers would sneak out to see what he was doing and the forest would be lit up in glory while he was praying.

Pray the Franciscan Crown Rosary rejoicing in God's Love for Mankind when He sent His Son Jesus by the Holy Spirit in the vessel of the Virgin Mary.

Psalm 4 confirms this is what we are called to. Psalm Of David

4:1 God, guardian of my rights, you answer when I call, when I am in trouble, you come to my relief; now be good to me and hear my prayer. 4:2 You men, why shut your hearts so long, loving delusions, chasing after lies. 4:3 Know this, Yahweh works wonders for those he loves, Yahweh hears me when I call to him. 4:4 Tremble: give up sinning, spend your night in quiet meditation. 4:5 Offer sacrifice in a right spirit, and trust Yahweh. 4:6 'Who will give us sight of happiness?' many say. Show us the light of your face, turned towards us! Yahweh, 4:7 you have given more joy to my heart than others ever knew, for all their corn and wine. 4:8 In peace I lie down, and fall asleep at once, since you alone, Yahweh, make me rest secure.

God wants to be praised!! For our own salvation we must thank and praise God! (Prayer to the Holy Trinity)

The Franciscan Crown

The Franciscan Crown Rosary begins by stating the first joy and then praying one Our Father and ten Hail Marys while meditating upon it. Do the same for the other six joys. Finish by adding two Hail Marys in honor of the 72 years that Our Lady is said to have lived on earth, and one Our Father and Hail Mary for the intentions of the Pope. The Seven Joys: **1)** The Annunciation **2)** The Visitation **3)** The Birth of Our Lord Jesus Christ **4)** The Adoration of the Magi **5)** The Finding of the Child Jesus in the Temple **6)** The Appearance of Christ to Mary after the Resurrection **7)** The Assumption and Coronation of Mary as Queen of Heaven

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PRAYER TO THE HOLY TRINITY

Glory be to the Father, who by His almighty power and love created me, making me in the image and likeness of God.
 Glory be to the Son, Who by His Precious Blood delivered me from hell, and opened for me the gates of heaven.
 Glory be to the Holy Spirit, Who has sanctified me in the sacrament of Baptism, and continues to sanctify me by the
 graces I receive daily from His bounty.
 Glory by to the three adorable Persons of the Holy Trinity, now and forever. Amen.

Consecration of the Human Race to the Sacred Heart of Jesus

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before Your altar. We are Yours,
 and Yours we wish to be; but, to be more surely united with You, behold each one of us freely consecrates himself today
 to Your Most Sacred Heart. Many indeed have never known You; many too, despising Your precepts, have rejected
 You. Have mercy on them all, most merciful Jesus, and draw them to Your Sacred Heart.

The more the imitation of Thy virtues is neglected and forgotten, the more we shall endeavor to practice them, O Heart,
 model of every virtue!

Sacred Heart of Jesus-Oval Image The more the devil labors to destroy souls, the more we shall be inflamed with desire
 to save them, O Heart of Jesus, zealous Lover of souls!

The more sin and impurity destroy the image of God in man, the more we shall try by purity of life to be a living temple
 of the Holy Spirit, O Heart of Jesus!

The more Thy Holy Church is despised, the more we shall endeavor to be her faithful children, O Sweet Heart of Jesus!
 The more Thy Vicar on earth is persecuted, the more will we honor him as the infallible head of Thy Holy Church, show
 our fidelity and pray for him, O kingly Heart of Jesus!

O Sacred Heart, through Thy powerful grace, may we become Thy apostles in the midst of a corrupted world, and be
 Thy crown in the kingdom of Heaven. Amen.

You are King, O Lord, not only of the faithful who have never forsaken You, but also of the prodigal children who have
 abandoned You; grant that they may quickly return to their Father's house lest they die of wretchedness and hunger.
 You are King of those who are deceived by erroneous opinions, or whom discord keeps aloof; call them back to the har-
 bor of truth and unity of faith, so that soon there may be but one flock and one Shepherd.

You are King of all those who are still involved in the darkness of idolatry or of Islamism; refuse not to draw them all
 into the light and kingdom of God. Turn Your eyes of mercy toward the children of that race, once Your chosen people.
 Of old they called down upon themselves the Blood of the Savior; may it now descend upon them a laver of redemption
 and of life.

Grant, O Lord, to Your Church assurance of freedom and immunity from harm; give peace and order to all nations, and
 make the earth resound from pole to pole with one cry: Praise to the Divine Heart that wrought our salvation; to It be
 glory and Honor forever. Amen

REPARATION TO THE SACRED HEART OF JESUS

O Sacred Heart of Jesus, animated with a desire to repair the outrages unceasingly offered to Thee, we prostrate before
 Thy throne of mercy, and in the name of all mankind, pledge our love and fidelity to Thee.

The more Thy mysteries are blasphemed, the more firmly we shall believe them, O Sacred Heart of Jesus!

The more impiety endeavors to extinguish our hope of immortality, the more we shall trust in Thy Heart, sole Hope of
 mankind!

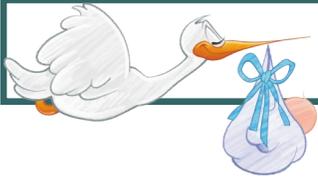
The more hearts resist Thy Divine attractions, the more we shall love Thee, O infinitely amiable Heart of Jesus!

The more unbelief attacks Thy Divinity, the more humbly and profoundly we shall adore It, O Divine Heart of Jesus!

The more Thy holy laws are transgressed and ignored, the more we shall delight to observe them, O most holy Heart of
 Jesus!

The more Thy Sacraments are despised and abandoned, the more frequently we shall receive them with love and rever-
 ence, O most generous Heart of Jesus!





Queen of the Angels, Buckner, MO - Life Apostolates

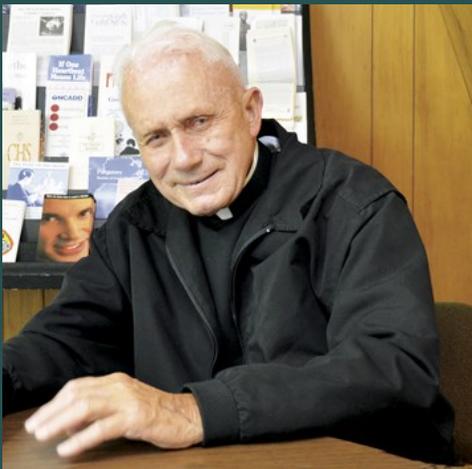
Queen of the Angels Fraternity planned a Baby Shower for Mary during the month of May. But the Pandemic pushed this event back a couple of months! The Church of the Santa Fe was eager to support this Pro-Life Apostolate. Even the Knights of Columbus wanted to be a part of helping the Mothers' Refuse by donating \$300 to the cause.

Donations of baby clothing and supplies for newborns were received from the parishioners and fraternity members. Clothing for the mothers, hygiene personal items, and gift cards were also contributed for the new mothers.

Queen of the Angels Fraternity has many Pro-Life Apostolate activities such as the Public Square Rosaries in Blue Springs, the National March for Life, Missouri Right to Life and the Community Food Bank.



Dave Forbes, Bart and Sylvia Ridge, Janice Cox, Helen Boos, Monsignor Kaiser and Virginia Forbes (l-r) stand near donations for Mary's Baby Shower.



LIFE EVENTS

Monsignor Ralph Kaiser OFS, just celebrated his 66th anniversary as a priest in May. Then, July 2nd, he celebrated his 92nd birthday. Monsignor is the Pastor of the Church of the Santa Fe and Spiritual Assistant to Queen of the Angels Fraternity.



Pictured above: Joe Novak OFS, Queen of the Angels, volunteers at the St. Vincent de Paul Food Kitchen. Joe said that when Covid-19 broke out, families needing meals tripled but many of the volunteers stopped coming due to fears of getting the virus. Joe tripled his volunteer time to make up for the lack of help. He said that he would come home and fall asleep. Joe is super energetic and a mighty worker for the Lord. - Picture 2—Due to some members being sick recently, temperatures are checked as members enter the gathering.

Brother Jacoba Continues Work with Outreach to First Nation People in Arizona



Lynn Dean and Dan Lonnquist OFS
on her right

Outreach to First Nation People made two recent trips in May, 2020, to provide protective medical supplies to the Navajo Nation in Arizona. The Navajo Nation has experienced many cases of the new virus. The virus is very difficult to contain on the reservation as most families live in small trailers or dwellings and often with extended family members such that social distancing is almost impossible. Medical treatment is extremely limited on the reservation and medical protective supplies are not readily available.

In the first week of May, Kristina Girkin (board member, Outreach to First Nation People) and Victoria, her daughter, made the trip to Kayenta, Arizona, where a Navajo Nation law enforcement officer from Tuba City met them. Over two hundred disposal surgical masks, boxes of latex protective gloves, many large containers of hand sanitizer and hydrogen peroxide, disinfectant wipes, and toilet

paper had been purchased to donate to the police department as there is an urgent need for these items at their headquarters and in the jail in Tuba City.

The second trip later in May was made by Bob Brill and Dan Lonnquist of the fraternity. The fraternity members were met in Durango, Colorado, by Lynn Dean, a community health worker from the Navajo Nation in Arizona. Lynn needed a permit to leave the Navajo reservation as no one is allowed to enter or leave the reservation during the periods of quarantine. Several hundred protective masks, latex protective gloves, several dozen large containers of hand sanitizer, 35 gallons of water, and disinfectant wipes had been purchased to donate to the reservation.



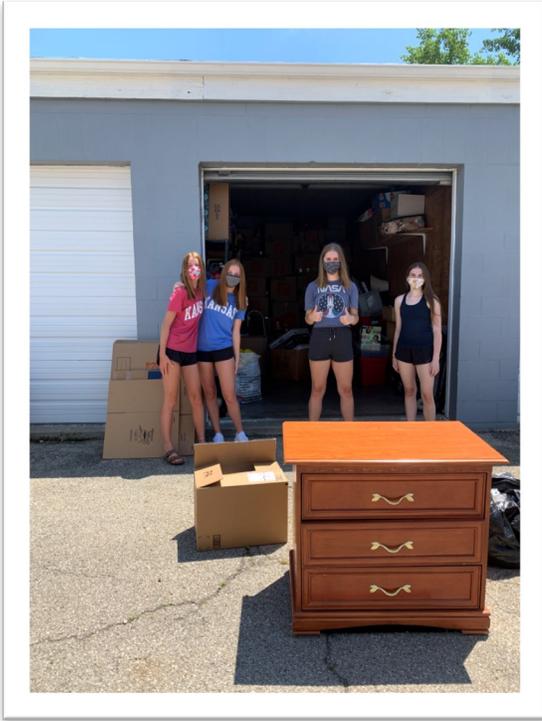
Family from the Black Mesa tribe

The purchases of these medical supplies and the trips were made possible by generous donations from Brother Jacoba fraternity members, Lawrence community members, and supporters of Outreach to First Nation People from nearby communities. Monica Olivera of the Brother Jacoba fraternity contacted the Navajo Nation law enforcement department in Tuba City and Lynn Dean, the Navajo Nation community health worker in Lake Forest, Arizona, to inquire as to what was needed on the reservation during the pandemic and subsequently coordinated the trips to the reservation.





Involving the Youth in Apostolate to First Nation People



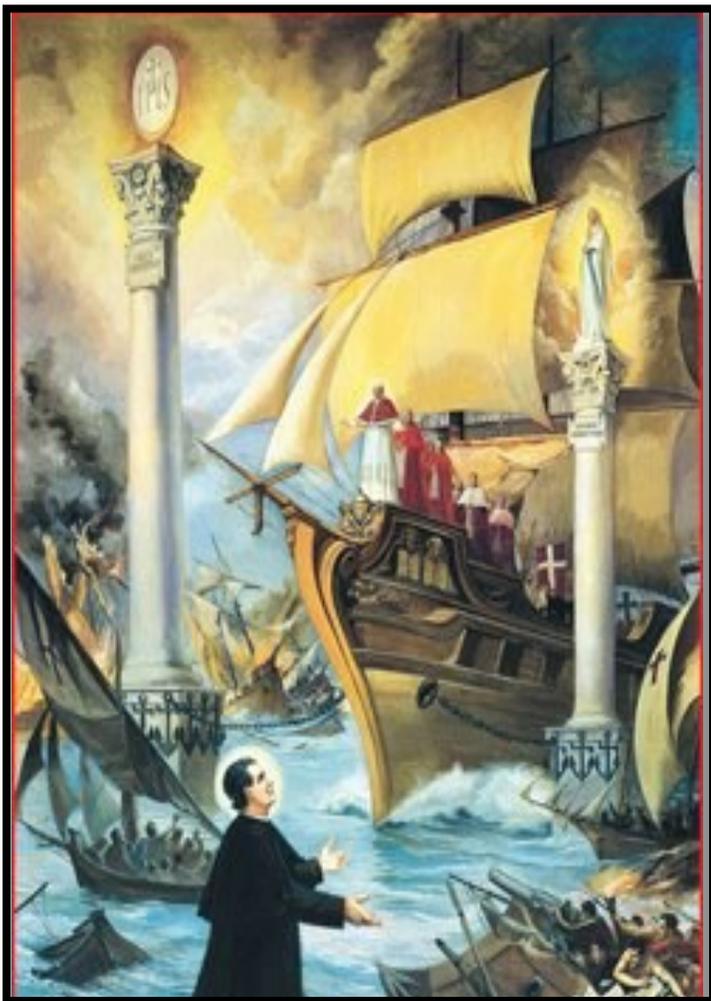
Four National Honor Society Students from Free State High School in Lawrence, Kansas, recently spent a day helping sort and box clothes for the Outreach to First Nation People which is a ministry of the Brother Jacoba Fraternity in Lawrence, Kansas. The four students (Ainsley, Avery, Sydney, and Molly) have helped sort and box clothes with us previously and have also been with us to help when we are loading a moving truck for a trip to a Native American reservation. We are very fortunate to have wonderful young people willing to volunteer time helping us and generously donate their time.



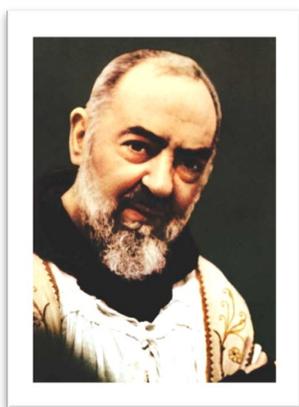
Sister Death

NAME	FRATERNITY	CITY, STATE	DATE
Jorge Vazquez OFS	St. Joseph	Hays, KS	September 24, 2019
Alice Kowalewski OFS	St. Stanislaus & St Adalbert	Broken Arrow, OK	October 29, 2019
Elizabeth Dietrich OFS	Holy Eucharist	Independence, MO	November 2, 2019
Gerald Allen OFS	Little Portion	Tahlequah, OK	November 11, 2019
Trini Velasquez OFS	Holy Eucharist	Independence, MO	November 21, 2019
Rosemary Hoffmans OFS	Our Lady of Sorrows	Olathe, KS	February 10, 2020
Peggy Michaels OFS	Holy Eucharist	Independence, MO	March 23, 2020

(Please let Judith know of any deaths in your respective fraternities.)



Vision of St. John Bosco—The Eucharist, the Pope and the Blessed Virgin Mary.



"Prayer is the best weapon we have; it is the key to God's heart. You must speak to Jesus not only with your lips, but

with your heart. In fact on certain occasions you should only speak to Him with your heart." ~

Padre Pio OFM Cap.

Poem during Tumultuous Times

Submitted By Deacon Michael Hopper OFS
Holy Family Fraternity, Tulsa, OK

Dear God,

Help me through these times
Through my struggling life
Hold me close to you my Lord
Help me though these strifes
When I begin to doubt
ease my restlessness
Show me your divine love
love that always lasts

Calm my mind and give me peace
Give me restful sleep
Remove all anxieties
Make the demons flee.
Give me docility
By your gentleness
Help me Divine Savior
To be always blest.

Teach me to live day by day
One day at a time
I know that without you
I could not survive.
I would want things all my way
Which cause me to stray
Jesus Christ my Lord and God
Teach me your right ways.

Living a Christian life
Is no easy task
You will always be our help
If we only ask
you will lighten our load
With your divine aid
And Guide us though our life
Till the end of days.





ON CARE FOR OUR COMMON HOME

LAUDATO SI'

“Praise be to you, my Lord.”

“LAUDATO SI’, mi’ Signore” – “Praise be to you, my Lord.” These are the words that open Pope Francis’ encyclical on ecology and care for God’s creation. These words, quoting St. Francis of Assisi’s beautiful canticle, remind us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us.

Pope Francis’ encyclical letter [Laudato Si’](#) was released in June 2015. Five years later, in 2020, Pope Francis invited all Catholics and people of good will to celebrate its fifth anniversary by protecting families and future generations through action to care for our common home. Here are themes that Pope Francis highlighted in *Laudato Si’* which require our urgent response today.

A Moral and Spiritual Challenge. The ecological crisis, Pope Francis writes, is a summons to profound interior conversion—to renew our relationships with God, one another, and the created world.

Care for God’s Creation. God created the world and entrusted it to us as a gift. Now we have the responsibility to care for and protect it and all people, who are part of creation. Protecting human dignity is strongly linked to care for creation.

We are All Connected. We are connected to the rest of the human family, to the created world, and to those who will come after us in future generations.

Impact on the Poor. People in poverty have contributed least to climate change, yet they are disproportionately impacted by it. As a result of excessive use of natural resource by wealthy nations, those who are poor experience pollution, lack of access to clean water, hunger, and more.

Called to Solidarity. We are one human family and have a shared responsibility for others and for creation. Wealthy countries have a responsibility to reduce consumption of non-renewal resources and should help poorer nations develop in sustainable ways.

Technological and economic development must serve human beings and enhance human dignity, instead of creating an economy of exclusion, so that all people have access to what is needed for authentic human development.

Supporting Life, Protecting Creation. Concern for nature is incompatible with failure to protect vulnerable human beings, such as unborn children, people with disabilities, or victims of human trafficking.

A Time to Act. Pope Francis calls for a change in lifestyle and consumption. We can make important changes as individuals, families, and communities, and as civil and political leaders.

Hope and Joy. “Injustice is not invincible” (no. 74) and we act knowing that we seek to live out God’s vision of renewed relationships with God, ourselves, one another, and creation.

How You Can Respond

Each of us are called to take concrete steps – from reducing consumption to working for political change – to better care for creation. Here are some ideas.

Become more aware of our connectedness. Care for one another and creation includes understanding that “everything is connected” (no. 91) and that the economy, politics, community involvement, and technology all affect the future of the planet and humankind. How can we become more aware of our connectedness?

Changes to lifestyle and consumption habits can make a big difference. For example, get a reusable water bottle, take shorter showers, walk, bike or take public transportation instead of driving, recycle, compost food waste, and buy energy efficient appliances.

Make changes institutionally at your parish, school, or workplace. For example, start recycling and composting, use washable dinnerware in cafeterias, share electronically instead of printing, do an energy audit, and install solar panels.

Support local efforts to solve environmental problems. Community groups around the country are working to make city, county, and state-wide changes that can make a big difference. Find out what is going on locally and get involved.

Contact your members of Congress to share Pope Francis’ message and urge action to address climate change.

Prayer

Enlighten those who possess power and money

Triune Lord, wondrous community of infinite love, that they may avoid the sin of indifference, teach us to contemplate you that they may love the common good, in the beauty of the universe, advance the weak, and care for this world in for all things speak of you. which we live.

Awaken our praise and thankfulness The poor and the earth are crying out. for every being that you have made. O Lord, seize us with your power and light, Give us the grace to feel profoundly joined help us to protect all life, to everything that is. to prepare for a better future, for the coming of your Kingdom God of love, show us our place in this world of justice, peace, love and beauty. as channels of your love. Praise be to you! for all the creatures of this earth, Amen. for not one of them is forgotten in your sight.

Excerpted from “A Christian prayer in union with creation,” in *Laudato Si’*, no. 246

For More Information

U.S. Conference of Catholic Bishops webpage on Environment and Environmental Justice (www.usccb.org/environment)

Catholic Climate Covenant (www.catholicclimatecovenant.org) WeAreSaltAndLight.org





Father Felix Petrovsky, OFM Cap Celebrates 90th Birthday

Fr. Felix Petrovsky, Spiritual Assistant to St. Joseph's fraternity in Hays, KS, and former Regional Spiritual Assistant recently celebrated his 90th birthday.

His nieces had planned to travel to Victoria, KS to celebrate with him. But due to travel restrictions from the coronavirus they were unable to travel there. So they sent him this t-shirt as a memento of his years teaching mathematics.

May God bless you and keep you, May His light shine upon you and dear Father.



God Bless Our Holy Priests



Humility is not thinking
less of yourself,
but thinking of yourself less.



Looking for NEWSLETTER EDITOR

Dona Gibbons will soon step down as our newsletter editor after doing the job for 9 years. The newsletter comes out 3-4 times a year on both paper and via email. Most of the communication happens through email.

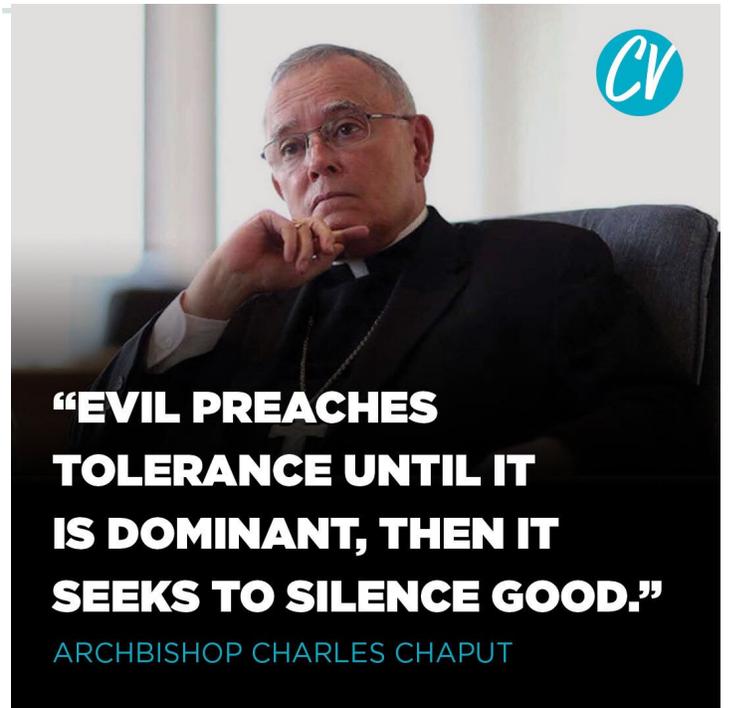
As editor you would be responsible for:

- Keeping the deadlines of the newsletter and sourcing sufficient articles, including updates from the committee, articles from the membership and collecting interesting snippets from other news sources, Copy editing of the articles

- Organizing photos and artwork

No experience or qualifications necessary except for an enthusiasm. A good feel for written text and grammar and some word processing experience would be a bonus.

If you would like to do this service for the region, just contact Dona at donagibbons2@gmail.com. It is time to share the fun of this special work.



**“EVIL PREACHES
TOLERANCE UNTIL IT
IS DOMINANT, THEN IT
SEEKS TO SILENCE GOOD.”**

ARCHBISHOP CHARLES CHAPUT

The first preparation for the Eucharist (Holy Communion)



Deacon Michael
Hopper OFS

We have heard many times that it is made from the finest wheat. The wheat is finest because it has no weeds, no chaff just whole grain. The first thing we need to do is pick the grain. Our blessed Mother's womb was the field that produced the wheat.

Next, it has to go through a grist mill to become flour. Our Lord was beaten down, whipped. Our sins were the grist mill that had beaten and crushed the finest wheat down to flour. The body contained salt which was used for sanctifications of our impure lives. The fruit of the vine or wine first begins with the grapes. They are full of life. The body is firm mature and ready for the picking. Then the grapes are bruised, beaten, the blood, or juices, of the wine is flowing from the firm, grapes. Jesus was beaten down his blood flowed from his body at the prime of his life.

Jesus said he was living water, and that we will never thirst. The water is used twice. It is first used with the flour after the finest wheat had been beaten to a pulp. It is then used as an additive to delude the wine. When Jesus was pierced with a lance, blood and water gushed forth from his side.



How does God get the finest wheat?

That living bread that we must eat

Weeds or chaff you will not find

In Mary's womb it grew inside

The grain was watered by her tender care

And all the love that she could bear

Until one day a close friend pick the grain

He sold it to a grist mill at a late night hour.

They pulverized and beat it down to flour.

Then they took the flour of wheat

And put it at their master's feet.

To the vineyard they went in haste

Thinking of the banquet they hunger to taste.

The grapes were firm and plump

At its prime and ready to pick

He squeezed them and beat them

And made them bleed

He knew that people he would soon feed.

The bread became Christ's Jesus' flesh

The bread that removes all hunger and heal.

The blood of the grapes become that of Christ

We drink it and it quenches our soul's thirst

The banquet is ready and welcomes us all

To feast on Jesus our all in all.

But are we prepared to sit at the table.

If we need God's help he is ready and able.

by Deacon Michael Hopper OFS





Thought #44:

Have you watched television or the internet or listened to the radio about the riots, protest, police verses the protesters, protesters verses the police, looting and burning down stores, shootings, and other events that have taken over the nation? Simply it is full of hate, anger, and distress on both sides. There is still love in the world. When we see these images on the television or on the internet or hear it on the radio we, the children of God, must love more. I have stated MANY times in my thoughts that love starts with you and then the person/people you show love to will share it with others and so on... The Blessed Mother tells her children to love each other the way her Son loves us. It doesn't mean that we should only love who we want, but what it does mean is that we should LOVE EVERYBODY. The Lord Jesus Christ has told us through His lifetime here with us that we are to love not hate, be angry, or be full of distress for others. I sound like a broken record repeating LOVE EVERYONE and I will not give up hope to fulfill the goal I have: to spread love not hate, anger, or war of words between me and the world around me and beyond. So if I tell you that I love you don't think that I have lost my mind because I haven't. My mind is full of love; the one rule that I obey that the world tries to deny through their thoughts and actions. I believe that there is love out there in the world because God Almighty, His Son Jesus Christ, the Holy Spirit, and the Blessed Mother has not left us. The Blessed Mother prays to her Son on our behalf that we spread His love to ALL of His Sheep. We are the Shepherd's sheep. Jesus Christ our Lord and Savior is our Shepherd. So the next time you see footage or hear from people why they agree or disagree with the events that are happening in America right now tell them that God loves ALL of us not just a select few. Spread the love you have in your heart and soul to others by simple words I have suggested many times for you to say, "I LOVE YOU!" Please love others and spread that love you have to others so the world will know what love is. God Almighty has given us a chance to take up the cross and march into battle with the coat of arms declaring love to each side of the issue. When we win the battle of hate, anger, and more hate we can celebrate with Jesus Christ our Lord and Savior. So let us put down our guns (hate and anger) and declare love for each other by saying, "I LOVE YOU!!!" These simple words will bring happiness, love, peace, hope, and joy to your life. It will bring us together as one. It will not separate us because loving each other is the only way to be. Always remember that love is a way to be not just an emotion. It is in you so you can spread it to the world around you and beyond. ***Praise the Lord.***

**Colleen Marguerite Seaman OFS,
Holy Eucharist Fraternity**



PEACE, JUSTICE & INTEGRITY OF CREATION

By Susan Tabor OFS, Regional PIC Animator



I pray, dear brothers and sisters, that you are all staying safe and doing well. The last four months or so have been a challenging time for all of us. After all, we've never lived in the presence of the novel Covid19 virus before!

But I know that it has also been a time of contemplation and growth for me. It's not all been easy or pleasant, but I thank God for the time and space in which to do it. Let us all continue to pray for each other!

I attended the JPIC follow-up visioning conference held May 8-10 of this year. It was held via Zoom and 35 or so people were present. Several people from the National Executive Council (NEC) also attended, including Jan Parker, our national OFS minister.

There was a lot of lively discussion and a wonderful reflection on Catholic social teaching by the national OFS spiritual assistant, Father Christopher Panagopolis.

The end result was that three national work committees were created to feed material to fraternities and formation directors. The committees are: the spirituality of formation, climate and earth care/care for our common home, and immigration. The plan is to also have online meetings and forums to which any interested Secular Franciscan may attend.

Look for an upcoming regional informational Zoom session or group of sessions on JPIC and Catholic social teaching. More information will be out, probably this fall.

The National JPIC Council has published a statement concerning racism. This statement has gone through proper channels. Some of us on the JPIC Council wrote it, and it was then sent to the NEC for their review. On June 4, we were able to begin circulating it. I think everyone should have access to this document. Fraternities can use it for prayer and formation. Individuals and fraternities can use it for prayer and reflection. Please see the document below and continue to pray for an end to racism in our country. Thank you!

Statement on Racism from the National Commission of Justice, Peace and Integrity of Creation of the U.S. Secular Franciscan Order

*How long, O LORD, must I cry for help and you do not listen?
Or cry out to you, "Violence!" and you do not intervene?
Why do you let me see iniquity?
Why do you simply gaze at evil?
Destruction and violence are before me;
there is strife and discord. (Habakkuk 1: 2-3)*

Once again, the wound of racism in our society has been exposed because of what appears to be careless and irresponsible behavior by persons whom we should trust to keep peace and encourage non-violence: law enforcement officers and public officials.

The National Commission of Justice, Peace and Integrity of Creation of the Secular Franciscan Order in the United States, hereby declares that racism is morally wrong. It does not love or respect life. Neither Scripture, our Rule of Life nor our faith justifies it, for any reason, or under any circumstance.

Our Catholic social teaching calls us to respect and honor the dignity of every human life, from the womb to natural death. It makes no exclusions on the basis of color or ethnicity and calls out no other distinction to be excluded. We are called to honor and respect the lives of people we love and people whom we may find it hard to love; people who are like us and people who are different from us.

The deaths of George Floyd, Breonna Taylor, Ahmaud Arbery, and so many others each have their tragic and brutal circumstances, but share a central question that cannot be ignored: If they had been white, and the circumstances were identical, would they be alive?

As Catholic Christians and Franciscans, we owe it to ourselves to do the following in response to racism:

- To identify and eradicate the structures in our societal institutions that perpetuate racism, and replace them with structures that are fair and just, and that value the lives and gifts of every person.
- To pray for an end to racism; indeed, to pray for interracial solidarity, for our laws and our faith practices to reflect our compassion and value for the dignity of every human life; and that we lovers and followers of Jesus and Francis of Assisi, be leaders in bringing about a rightly informed sense of racial equity and justice in our land and in our Church.
- To identify and confront our own unconscious racial biases. After a shared history of hundreds of years in this country, we all have them. They make their way into our lives and culture, often unnoticed. But we can become more just and open by discovering these unconscious biases and replace them with love and engagement.

And finally, we need to have safe and meaningful dialogue about those racial biases. We owe it to ourselves and to our brothers and sisters to develop a strong sense of community and fraternity through peaceful conversations. This is truly a conversion moment where dialogue and education are needed. Our Holy Rule calls us to be “bearers of peace” and we all must bear the burden of peace as we walk this journey towards holiness as brothers and sisters, with open hands and joyful hearts.

Come, Holy Spirit! Lord, make it so!



C A L E N D A R E V E N T S 2 0 2 0 – 2 0 2 1

Date	Event	Location	Responsible Person (s)
Fall TBA 2020	St. Elizabeth—Visitation	Leawood, KS	Frat: Cronk; Pas: TBA
September 12, 2020	Regional Chapter @ 9:30 am	Sacred Heart Church, Emporia, KS	Ministers, Spiritual Assistants
September 11-14, 2010	Franciscan Youth & Young Adult Animator Training	King’s House Retreat Center, Belleview, IL	FY/YA Animator
October 4, 2020	Br. Jacoba—Elections @ 1:30 pm	Lawrence, KS	Frat: Sylvia Ridge; Pas: Fr. Scully
October 2020	National Chapter	Zoom Meeting	Regional Minister
November TBA 2020	St. Anthony—Elections	Wichita, KS	Frat: TBA; Pas: TBA
November TBA 2020	Holy Family—Visitation	Tulsa, OK	Frat: Cronk; Pas: TBA
August 6-8, 2021	Summer Gathering	Wichita, KS	Frat: TBA; Pas: TBA
August 18-27, 2021	20th Quinquennial Congress,	Sheraton Phoenix Downtown Hotel, Phoenix, AZ	All welcome
TBA 2022	National Visitation & Election	Spiritual Life Center, Wichita, KS	National Fraternal Visitor, Pastoral Visitor-

All Dates Subject to Change due to the Coronavirus

20th Quinquennial Congress : Phoenix Arizona

August 18-22, 2021



CELEBRATE AND RENEW OUR FRANCISCAN CALLING IN THE SPIRIT OF CONVERSION

Renew your spirit as we Gather together to grow, learn and reflect upon our vocation as a Secular Franciscan. Interact with Brothers and Sisters from all three Orders. Among the Dynamic Presenters are:

- ◆ Father Couturier, OFM Cap, is the Dean of the School of Franciscan Studies at Saint Bonaventure University.
- ◆ Bishop John Stowe, OFM Conv, our second keynote presenter, is from the Diocese of Lexington, Kentucky. He is the third bishop of that diocese and was consecrated as bishop in 2015.

(If you are interested in helping now with the Q 2021 planning, or during the Q, please contact Susan Simeone, 602-315-1950 or skstimeone@cox.net.) For more information see: <https://secularfranciscansusa.org/2019/12/13/20th-quinquennial-congress-phoenix-arizona-august-18-22-2021/>



Region Officers & Commissions

Spiritual Assistant	Fr. Michael Scully OFM Cap	frmikescully@yahoo.com
Minister	Judith Cronk OFS	judykylne@gmail.com
Vice Minister	Bob Brill OFS	rvbrill51@gmail.com
Secretary	Brenda Lager OFS	brendalager2008@gmail.com
Treasurer	Lynne Lonquist OFS	lonquistl@gmail.com
Formation Director	Dona Gibbons OFS	donagibbons2@gmail.com
Councilor—Kansas	Stanley Cordova OFS	stanleycordova10@yahoo.com
Councilor — KC Metro	Sylvia Ridge OFS	sylviaridge87@gmail.com
Councilor— Oklahoma	Janice Keeley OFS	jandmkeeleyofs@gmail.com
Regional Webmaster	Bart Ridge OFS	bart@jdpofs.org
Regional Database Manager	Claudia Kauzlarich OFS	claudiakauz.sfo@gmail.com
Newsletter Editor	Dona Gibbons OFS	donagibbons2@gmail.com
JPIC Animator	Susan Tabor OFS	souljourner@sbcglobal.net
FY/YA Animator	Sue Swayngim OFS	sswayngim@gmail.com
Interfaith Committee Chair	Bill Full OFS	billfull@cox.net