



Issue Number 55

March 2025

From Our Regional Minister

My Franciscan brothers and sisters,

I am inviting you to look back on the day you were professed, to the days you became a candidate for profession, and further back, to the day you were attracted to the Franciscan teachings. I find it amazing that in a unique circumstance, the Holy Spirit planted the desire to be Secular Franciscans although St Francis is one of the most difficult saints to follow.

As professed secular Franciscans following the footsteps of St Francis, we continually ask the Lord to give us the grace we need to become instruments of peace, the least servant, the face of Christ with his self-emptying love, the voice of mercy and love. We ask this to the Lord so that we can truly live what we professed: following the Gospel life in the footsteps of St Francis, in daily actions. Let us ponder and ask the Holy Spirit to show us the most loving thing we can do or say right now as we encounter people in the face of our challenges, pain, conflicts, disagreements, and disappointments.

Here are some regional items:

- Please continue to pray for one another, as each of us is facing challenges.
- Many thanks for your fraternity annual report and contribution. We will forward \$21 from each member to the National fraternity.
- The Annual Art Contest winners are in! Thank you for advertising the events to the kids/youth around you and the local schools in your area.
- Here, at BC Coastal, we just had Chapter of Mats on March 22 attended by 9 fraternities with the theme of Celebrating 800th Centenary Celebration of Cantic of Creatures. St Anthony of Padua Richmond has extended invitation to the local BC Coastal fraternities and those who happen to be in the vicinity for the talks by Fr. Joe Glaab OFM on the evening of April 28 and 29. (see poster below)
- Every year in January the regional council supports the winter retreat for the Young Adults at Mt St Francis.
- Please pray for the OFM Provincial Chapter which will take place soon March 31 - April 5.

*Your servant,
Lanny*

From Our Regional Spiritual Assistant

Back to our early Christian roots... when asked the question why there is less or no active participation in the church by the faithful? I answer, I do not know why but I hope each one is trying their best to be a church that Jesus calls us to be. And then I remind people and myself of the forgotten story of the lived experiences of the early Christian community found in Acts of the Apostles 2: 42, *“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.”* Do we do this in our present time? I believe this is the question we need to ask ourselves every day. The answer is then, go back to our early Christian roots.

The early Christian community devoted themselves to apostles teaching, fellowship, breaking of bread and prayer. Thus, the church turns out to be a **learning church**, when they devote themselves to the apostles teaching. They sat at the feet of the apostles and were hungry for the Word of God. It calls for the total commitment to the teaching of the apostles. Learning Church is a submissive Church, i.e. submission to the authority of the Word. As a result, the Church becomes a Spirit-filled Church.

It becomes a **loving church**, when they devote themselves to fellowship. They shared everything in common. There was no division. Every member is called to bear witness to the common life of the church. We share giving what we have, and we share receiving what others have. Fellowship calls for spiritual and material sharing. It calls for love and concern for one another. Christian fellowship is Christian sharing, Christian caring and Christian bearing.

It became a **worshipping church**, when they devoted themselves to the breaking of bread. Their fellowship was expressed not only in sharing with each other but also in coming together in worship. Worship was both formal and informal. Formal means official breaking of bread and informal means prayer in their homes. Home is the place where they experience God. Worship is done both inside and outside the temple. This worship was both joyful and reverent.

It became an **evangelistic church**, when they devoted themselves to prayer. The Holy Spirit is a missionary Spirit who created a Missionary Church. New people are added to the community because of their good examples. All the members of the Christian community are coming together as one family. The Lord added people daily and adding numbers is the symbol of evangelization and mission. A Spirit-filled Church is a missionary Church.

A Spirit-filled person is a missionary person. In the Spirit-filled Church, we can see an uninterrupted growth, because of four reasons: they are related to the apostles in **submission**, they are related to each other in **love**, they are related to God in **worship** and they are related to the world in their **outreach**. Let us go back to our early Christian roots and be a Spirit-filled Church.

Br Manoj Xalxo, ofm

[Cantico delle Creature](#)

(A beautiful YouTube video from Hermy Villasenor, ofs)

Monthly **PRAYER INTENTIONS** for vocational promotion of the Secular Franciscan Order (2025) From CIOFS

MARCH: *For brothers and sisters who are discerning their vocations to the Secular Franciscan Order.*

APRIL: *For the light of the Holy Spirit to guide the members of OFS local fraternities and councils, responsible for helping discern true vocation.*

From Our Regional Director of Youth Winter Young Adult Retreat 2025 “Journey with the Magi”



We were blessed having 45 young adults join the retreat at Mount St. Francis, in Cochrane AB. We journeyed together during the weekend of January 3rd to January 5th along with the friars: Fr. Dan Gurnick, Fr. Joachim Yeo Won Yoon, Br Aldin, Br Brandon and Br Vincent. The retreat featured Lectio Divina for Saturday and Sunday Mass readings, small groups reflection, journey with the magi walk, adoration, opportunity for reconciliation, Mass, prayer time, quiet time, meals together and fellowship. Young adults from the provinces of BC, AB and

SK bonded through meeting and journeying together during the weekend.

Maritza Chouza, ofs

8th Annual Franciscan Art Contest, 2024

Students in K to G12 from the provinces of BC, AB, SK and MN participated in the 8th Annual Franciscan Art Contest. Students from Holy Cross Elementary in Burnaby BC received their prizes. They won 1st place, Honour Award and Artistic Merit Award in kindergarten; and 1st place, Honour Award and Artistic Merit Award in Elementary. Lanny and my self had the beautiful opportunity to give the prizes to the students in person during the Mass at Holy Cross Parish on February 20th. They were so happy receiving their gift cards and diplomas! God bless you with peace and joy. *Maritza Chouza, ofs*



From Our Regional Formation Director

Lent is a time of prayer, fasting and almsgiving and also a time of reflection, of introspection ... a time to look into our hearts and see how we are doing on our Secular Franciscan journey. It is a time to renew our promise to daily conversion, to live the Gospel with enthusiasm and joy, to appreciate our Secular Franciscan brothers and sisters in fraternal love. Father Bob Mitchell, OFM from Mount Saint Francis, Cochrane, Alberta writes a gentle reminder in this little prayer:

*As I begin this day Lord,
I surrender myself into your loving and caring arms,
and ask that you transform me into the person
that you intended me to be.*

Catherine McNiff, ofs

Fraternity Directors of Formation
come & join together for a
MEET, GREET & DIALOGUE

A one-hour session for *Fraternity Directors of Formation* from BC to Manitoba on **Wednesday, April 2nd, 2025** starting at 6pm BC time, 7pm Mountain time, 8pm Sask & Manitoba time. Bring your ideas and suggestions with you. Tell us what you like about being a Director of Formation. Find a "buddy" Formation Director you can work with, share ideas and support ...

Please register with Marlene at OLOTA. Marlene's email address is: Patmarlocel@gmail.com
 Expect a link to the meeting a couple of days beforehand.

Peace and all good,
Catherine McNff, ofs

Lenten Reflections

...Forgive them anyway!

People are often unreasonable & self-centered.
 – *Forgive them anyway.*

If you are kind, people may accuse you of ulterior motives.
 – *Be kind anyway.*

If you are honest, people may cheat you.
 – *Be honest anyway.*

If you find happiness, people may be jealous.
 – *Be happy anyway.*

The good you do today may be forgotten tomorrow.
 – *Do good anyway.*

Give the world the best you have and it may never be enough.
 – *Give your best anyway.*

For you see, in the end, it is between you & God. – It was never between you & them anyway.

Saint Teresa of Calcutta

Submitted by Linda Adams, ofs

Jesus Offered Himself for Us

You are a priest forever according to the order of Melchizedek.
Hebrews 7:17

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.
1Peter 1:18-19

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved.
Romans 10:9

Jesus answered them, "Destroy this temple, and I will raise it again in three days."
John 2:19

Christ is therefore the one who in himself alone embodied all that he knew to be necessary to achieve our redemption. He is at once **priest** and **sacrifice**, **God** and **temple**. He is the priest through whom we have been reconciled, the sacrifice by which we have been reconciled, the temple in which we have been reconciled, the God with whom we have been reconciled. He alone is priest, sacrifice and temple because he is all these things as God in the form of a servant; but he is not alone as God, for he is this with the Father and the Holy Spirit in the form of God.
Excerpt from Letter to Peter on the Faith by Saint Fulgentius of Ruspe (Tunisia), bishop

Composed & submitted by Colleen Finlon, ofs

Breviary / Divine Office / Liturgy of the Hours (cont'd)

By Colin B. Donovan, STL

Full Versions of the Roman Breviary

Liturgia Horarium, editio typica altera (Libreria Editrice Vaticana, 1985). This is the official Latin text, in 4 volumes, and is lawful throughout the Latin Rite.

Liturgy of the Hours, approved for use in the United States, Canada, South Africa and most English-speaking countries. US edition is published in 4 volumes by Catholic Book Publishing Co, NYC, NY. The 4 volumes correspond to the liturgical seasons (Advent/Christmas, Ordinary Time 1-17, Lent/Easter, Ordinary Time 18-34) and can be purchased individually or as a set.

Divine Office, approved for use in Australia, England, Wales, Ireland and Scotland, Gambia, Ghana, India, Kenya, Liberia, Malaysia, Singapore, New Zealand, Nigeria, Sierra Leone, Tanzania, Uganda and Zimbabwe. Published in 3 volumes by Harper Collins Publishers, London, England.

Abbreviated Versions

Christian Prayer, a one-volume edition of the *Liturgy of the Hours* (Catholic Book Pub.). This version contains the complete texts of Morning and Evening Prayer for the entire year. It lacks the variety of proper readings and prayers found in the four-volume edition. However, it makes a good "starter edition" for the laity, and generally is adequate for following along in community recitation of the Office. There is also a large print edition for the visually impaired.

Shorter Christian Prayer (Catholic Book Pub.) contains Morning and Evening Prayer from the Four-Week Psalter and selected texts for the Seasons and Major Feasts of the year. This is a vademecum (carry with me) for those who only need the basics. There is also a large print edition for the visually impaired.

Shorter Morning and Evening Prayer (Liturgical Press), a vademecum of the Collins *Divine Office*, approved for use in Australia, England, Wales, Ireland and Scotland, Gambia, Ghana, India, Kenya, Liberia, Malaysia, Singapore, New Zealand, Nigeria, Sierra Leone, Tanzania, Uganda and Zimbabwe.

The first volume of the multi-volume sets contains the norms for the Divine Office called the [General Instruction of the Liturgy of the Hours](#).

Hour of the Day	Latin Name	English Name
During the Night	Matins	Readings
Sunrise	Lauds	Morning Prayer
First Hour of the Day	Prime	(suppressed)
Third Hour of the Day	Terce	Mid-morning Prayer
Sixth Hour of the Day	Sext	Midday Prayer
Ninth Hour of the Day	None	Mid-afternoon Prayer
As evening approaches	Vespers	Evening Prayer
Nightfall	Compline	Night Prayer

General Notes

Psalter. The core of the Office is the 4-week cycle of the Psalter - Sunday Week 1, Monday Week 2, etc., through Saturday Week 4. The Psalter is found in the middle of each volume, dividing the Propers in the front, from the Saints and Commons in the back.

If you know the liturgical season, and the current week of that season, you can find the Proper and Psalter texts. The following is a typical example.

Friday of the 18th Week in Ordinary Time:

Proper Readings and Prayer - starting from the front of the volume, go to the 18th Week and then Friday of that week.

Psalter - In the Proper, Sunday of the 18th Week will indicate that it is the 2nd week of the Psalter cycle, or calculate yourself. $18/4=4$ plus a remainder of 2. It is Week 2 of Psalter.

So, the core of the office is what is given for Friday Week 2 of the Psalter. Around this core is wrapped any special material which accrues to Friday of the 18th week, which can be found in the Proper at the front of the breviary. The ordinary texts used for all the Offices can be found at the beginning of the Psalter, before Sunday of Week 1.

Saints.

On a saint's feast day, the special prayers and texts are found in the saints' section behind the Psalter. This section is usually the minimum necessary, that is, only what pertains uniquely to that saint. This unique material (e.g. St. Dominic) is then combined with general saint material from the Commons, depending on the category of saint (e.g. for Dominic, Common of Pastors, or, Common of Religious).

Guidebooks.

Finally, for the US, Catholic Book Publishing Company publishes annually the St. Joseph's Guide to the Office for the upcoming liturgical year. It gives the page numbers in the 4 volume Liturgy of the Hours for every part of every office on every day of liturgical calendar. It is highly recommended for novices. They also publish a guide for the one volume condensed version of the Office, *Christian Prayer*.

[Full article here.](#)

Save the Date

- Franciscan CROWN ROSARY

On the first Saturday of each month.

Next.. 2025 April 5th @ 7pm PT/8pm MT/9pm CT

<https://us02web.zoom.us/j/86486098310?pwd=R1VOZ3EvdWMraG1PPTYxb1p1WllvQT09>

Meeting ID: 864 8609 8310 Passcode: 741246

-Franciscan Book Club

Contact Marlene Welch patmarlocel@gmail.com or
Miriam Liem ofsmiriam@gmail.com for more information.

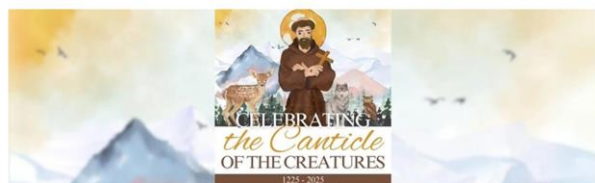
Canada wide Franciscan Workshop

FOLLOWING the BEATITUDES: a blueprint for Franciscan life

May 31, 2025 on zoom (see poster below)

Centenary Reflection on St Francis' Canticle of the Creatures

April 28 & 29, 2025 in Richmond, BC (see poster below)



Graphic courtesy of the Franciscan Sisters of Perpetual Adoration | fspa.org

The Order of Secular Franciscans (SFO) invites you to:

A Centenary Reflection on St. Francis' Canticle of the Creatures

(A message on the environment speaking to our times)

Guest Speaker: Fr. Joe Glaab, OFM

Dates: Part 1 – Monday, April 28, 2025 7:00 p.m.

Part 2 – Tuesday, April 29, 2025 7:00 p.m.

Both sessions held in the Church with reception to follow on both evenings.

Contact: Ray Lim 604-275-1246

Stephanie Chua 604-271-1416

St. Joseph the Worker Parish
4451 Williams Road, Richmond, B.C. V7E 1J7

Following the Beatitudes: A blueprint for Franciscan life

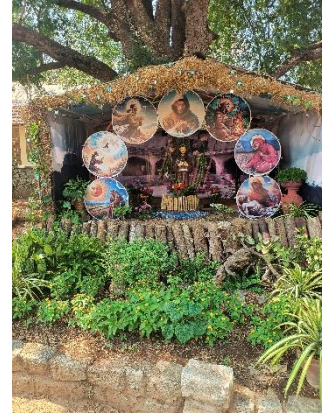
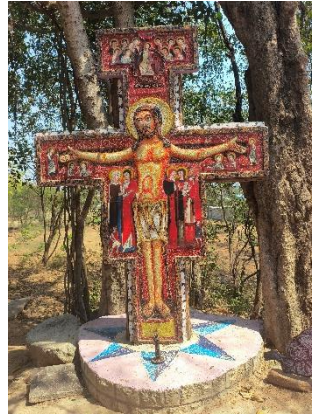


Franciscan Workshop Saturday - May 31, 2025

2 hrs Canada wide in English & French on zoom
9am PT/ 10am MT/ 11am CT/ 12pm ET/ 1pm AT

Registration: name, email, fraternity, city,
French or English to cmariiefinlon@gmail.com

Social Corner



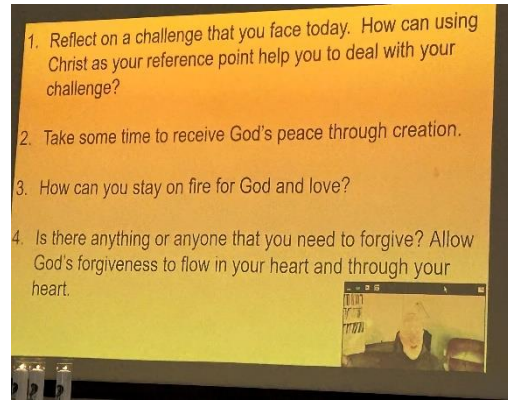
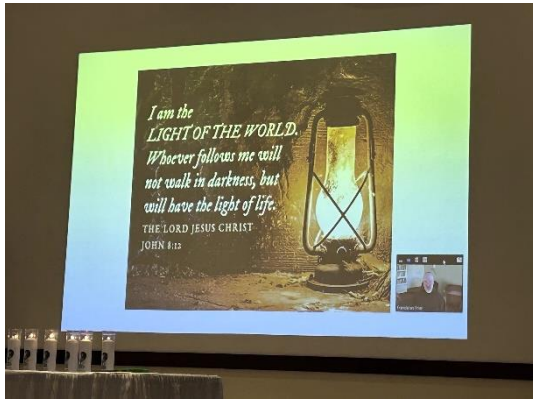
Blaise MacSween of St Pio Fraternity in Red Deer, AB travelled to Southern India to visit friends & St Louis Friary located in St Francis Junior College at Palamaner, Andhra Pradesh. (l to r) Shrine of Our Lady of Good Hope, life size San Damiano Crucifix, the life of St Francis shrine.



On January 5th, St Anthony of Padua Fraternity of Maple Ridge, BC gathered for an Epiphany dinner at their regular meeting time. It was a special time with Epiphany prayers, food & the company of brothers & sisters.



Br Manoj Xalxo, ofm & Lanny Hui, ofs visit St Pio Fraternity in Delta, BC.



On Saturday, March 22, BC Coastal held their Spring Chapter of Mats at St. Clare of Assisi Parish in Coquitlam. The theme was 'Canticle of the Creatures'. The first talk was by Fr. Dan Gurnick via zoom. The second talk was by Paul Vanderham from St. Elizabeth of Hungary. He gave an in-person talk about a resolution to amend one of the General Constitutions of the SFO to renew our original commitment to gospel nonviolence. A final presentation was given by Mark Norbury about the Laudato Si' Circle in Port Moody.

Our Lady of the Angels Messenger, Secular Franciscan Order of Western Canada Region
March 2025 Minister Lanny Hui, ofs lanny.hui@gmail.com
Editor Colleen Finlon, ofs cmariiefinlon@gmail.com

