



SPIRITUS SANCTUS

Meeting Information:
St. Francis Catholic Church
Fourth Thursday of every month
5pm Eve Prayer; 5:30pm Mass
Time: 6:00 to 8:00 pm

*When the Spirit of truth comes He will guide
 you into all truth He will speak, He will
 declare and He will glorify.*

Newsletter deadline: Within 15 days before the meeting! Please submit articles/photos to: Annie Knakmuhs, ofs, maz1741@gmail.com

LECTIO DIVINA

Taken from Pocket Guide to Adoration - by Fr. Josh Johnson, Ascension Press

Here is a basic introduction:

1. **Read:** What does the scripture text say in and of itself?
2. **Meditate:** What does the scripture text say to me?
3. **Pray:** Converse with the Holy Spirit of Jesus Christ about what the Scriptures are saying to me. Acknowledge my thoughts, feelings, and desires about what the Scriptures are saying to me and relate them to God. If the Scriptures bring to mind a particular person or event, share that with God.
4. **Contemplate:** Allow myself to be in the stillness of the gaze of Christ as I look at him.
5. **Resolve:** What concrete action will I take in my daily life in response to Lectio Divina?

. . . In our time of prayer before the blessed Sacrament, we need to be aware whom we are speaking with and what we are talking about. When we are in an Adoration chapel, we are in the presence of a real person, Jesus Christ. Therefore, when we are speaking with our Lord, we need to be aware of what we are saying to him.

Vocal prayer is what many of the monks practiced in the early Church. They spoke out loud when they read the Scriptures, meditated on the Word of God, and shared their thoughts, feelings, and desires with Christ in prayer. This practice of praying out loud helps us to remain focused on God. In the beginning of our spiritual life, if we start our prayer time in silence, we can often drift off into daydreaming or thinking of the concerns of our day. Before we know it, our entire period of prayer slips away, spent in the presence of God but not present to God.

Vocal prayer is encouraged during the first three steps of Lectio Divina . . . If it is not suitable to pray out loud during these stages, then try practicing vocal prayer through writing. This means that as we read from the Word of God, we literally write down on paper the passage that stuck out for us, our meditation, and the thoughts, feelings, and desires we share with God.

Following the period of vocal prayer, whether audible or written, the adorer is invited to simply gaze at the face of Jesus in Eucharistic Adoration as Jesus gazes at the adorer's face. If we feel strong emotions arise in our hearts to the lover of our soul during this time, that is beautiful. We may find ourselves uttering ejaculatory prayers like "Jesus, my Lord and my God" or "Jesus, I trust in you" or "Jesus, I love you so much."

What if we don't feel anything at all during this time of prayer and it is dry, that is also beautiful. The goal is to adore Jesus and not to be concerned with what we perceive to be happening or not happening.

If, during this period of simply gazing at each other, we find that our mind is wandering off into occasional distraction, then we are encouraged to return to the vocal prayer of reading, meditating, and praying out loud or on paper.

If the Holy Spirit is drawing us to meditate or to contemplate and we try to force ourselves to pray a different way, we can open ourselves to pray a different way, we can open ourselves up to distractions. It may be best to pause during our time of prayer and ask the Holy Spirit for guidance on how he wants us to spend our time with Christ in the Blessed Sacrament. Depending on what is best for our sanctification the Spirit of God may draw us to different seasons of prayer. Some seasons may be dominated by vocal prayer and minimal contemplative prayer, and others may be dominated by the contemplative experience and not the meditative practices. The way we discern where we are being invited to rest in prayer is by paying attention to the interior peace we feel while meditating or gazing. We also discern by examining the virtues that are being cultivated in our thoughts, words, and actions outside of our time spent in prayer.

MAY / JUNE / JULY

If we've missed your important date, our apologies; please let Annie know.

BIRTHDAY:

May 19 - Kathy Flansburg June 28 - Cindy McCarthy
 May 27 - Carol Hartneck

RITE OF ADMISSION:

May 25 - Carol Hartneck & Wanda Huber (2017)
 June 25 - John Kowalke, Judy Muehlbauer, Esther Reagan (2000)

PROFESSION:

May 28 - Cheryl Austin, Pat Rickaby, Fr. Tony Wroblewski (2015)
 May 31 - Cindy McCarthy (1998)
 July 22 - John Kowalke, Judy Muehlbauer, Esther Reagan (2001)

WEDDINGS / ORDINATIONS / VOWS:

June 10 - Fr. Tony Wroblewski (1995)
 June 12 - Pat ♥ Tom Walsh June 14 - Carol ♥ Marv Hartneck
 July 28 - Suzanne ♥ Ron Grammer

Congratulations

~Submitted by Pat Rickaby

WHO IS JESUS TO ME?

St. Mother Teresa responds:

- Jesus is the Word...to be spoken
- Jesus is the Life...to be lived
- Jesus is the Love...to be loved
- Jesus is the Joy...to be shared
- Jesus is the Sacrifice...to be offered
- Jesus is the Peace...to be given
- Jesus is the Bread of Life...to be eaten
- Jesus is the Hungry...to be fed
- Jesus is the Thirsty...to be satiated
- Jesus is the Naked...to be clothed
- Jesus is the Homeless...to be taken in
- Jesus is the Sick...to be healed
- Jesus is the Lonely...to be loved

~submitted by Kathy Flansburg



LITURGY OF THE HOURS

"And so I beseech the Minister General, my superior, to see that the Rule is observed faithfully by all, and that the clerics say the Office devoutly, not concentrating on the melody of the chants, but being careful that their hearts are in harmony -- so that their words may be in harmony with their hearts -- and their hearts with God. Their aim should be to please God by purity of heart, not to soothe the ears of the congregation by their sweet singing. "

-St. Francis of Assisi, "Letter to a General Chapter"

~submitted by Esther Reagan

PLEASE CONTINUE TO GIVE THE DAILY GIFT OF PRAYER to those on our fraternity Prayer Calendar. If you have misplaced yours, talk to Annie for another copy. Also keep those on the Franciscan prayer line in your prayers. May God bless you all for the generosity of your time.

SPIRITUS SANCTUS COUNCIL MEMBERS

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"HELPING A PERSON IN NEED IS GOOD IN ITSELF. But the degree of goodness is hugely affected by the attitude with which it is done. If you show resentment because you are helping the person out of a reluctant sense of duty, then the person may receive your help but may feel awkward and embarrassed. This is because he will feel beholden to you. If, on the other hand, you help the person in a spirit of joy, then the help will be received joyfully. The person will feel neither demeaned nor humiliated by your help, but rather will feel glad to have caused you pleasure by receiving your help. And joy is the appropriate attitude with which to help others because acts of generosity are a source of blessing to the giver as well as the receiver."

— St. John Chrysostom



MARY RECEIVES the greatest gift from God, the conception of Jesus Christ, and carries for the love and favor she received. After Mary finds out she is pregnant with Jesus, she visits her cousin, Elizabeth, to serve and help her. When we receive good things, it would be easy to be glad and stop there. But we are called to give as we have been given to. **What's one way you could extend favor to another today?**



WORTHY TO TEACH OTHERS. Let's imagine we are the Scribes and Pharisees in the gospel of St. Mathew, "Do and observe all things whatsoever they tell you, but do not follow their example." Those who encourage others into new patterns of growth 'be examples We encourage others into new patterns of growth. Jesus was aware that the teachers were teaching correctly, the practices that needed to be observed and lived (the rule) so there can be gospel to life and life to gospel living, the new growth pattern. His concern was this: Were they themselves practicing what they were teaching? Did their words match their actions? Good questions to ask ourselves. Let's make an honest effort to take to heart the things we are expecting of others. Let's begin by practicing one of the most important of skills LISTENING. Listen to your own words and practice what you are preaching. Listen to what others say and don't say. Focus on developing the skill of listening. It is as important as speaking. Start by focusing on the intent others. *-Excerpt from Tracings, Winter 2020*



How am I being called to a deeper trust in the Shepherd's guidance?



**MOST HIGH AND GLORIOUS GOD,
BRING LIGHT TO THE DARKNESS
OF MY HEART!
GIVE ME RIGHT FAITH,
CERTAIN HOPE,
AND PERFECT CHARITY.
LORD, GIVE ME INSIGHT AND WISDOM
SO I MIGHT ALWAYS DISCERN
YOUR HOLY AND TRUE WILL. AMEN!**