



# CAPERONE

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## A Novice Ponders

### Agua Viviente

Slowing down, calming ourselves and contemplating God's creation. The water in this vista could be a source of destruction or a source of blessing. We received from God the knowledge to control this element of nature and build a dam like this one. We could store up water in the reservoir and utilize it in many ways, like irrigating the driest places, similar to the Santa Ynez Valley. "Let the one who thirsts come forward, and the one who wants it receive the gift of life-giving water." (Rev 22:17). So, Christ is always with us, irrigating our dry lives, giving His living-water to us daily: by His Word, works and protection. We are baptized in the living-water, in the One True God. The monotony of routine can have the potential to make our lives dry and tasteless, without spice or flavor. As this year in the novitiate passes we are discovering God's work in our lives and discerning His will and nourishing ourselves with the living-water. Francis of Assisi describes water as humble, and it is Christ above all that shows us the path to humility. We need to see His humility in every action of His and "pour out (our) hearts before Him... (humbling ourselves) that (we) may be exalted by Him!" (Francis of Assisi: A Letter to the Entire Order)



# Formator's Corner



## Transformation?

Br. Kip Ledger, OFM Cap.

Transformation—Why a question? Does anyone really understand the complexities of transformation? I believe to some extent we understand the hope for attaining the fruit of being transformed but often forget about the struggles, pain, and journey it takes for some fruits to ripen. I have heard people talking about the times when they have asked God for humility thinking that God would just wave His divine wand and “poof,” we are now perfectly humble, only to find that we have been put in a situation that called for us to practice humility and get upset that the situation was unpleasant and we weren’t able to act as humble as we had hoped.

God gives us the opportunity to grow in humility, instead of giving us the easy way out by bestowing on us perfect humility. If He did, then how would we learn and grow? Let us remember that God is The Teacher with a capital “T.” I’ve been playing the guitar for 51 years (I know, it’s a long time, right?), and playing the piano for 30 years. I play the guitar much better than I play the piano not because I’ve played the guitar for 20 years longer, but because I worked harder at it. It would have been a lot easier if God had made me a virtuoso. ;)

When we go on retreats we usually hope for a spiritual transformation. I believe that when we really go on a “retreat,” we are transformed. I can only speak for myself, but I have maybe gone on 4 or 5 actual retreats in my life. If I want to be honest, all the other

times I have gone on spiritual vacations. I brought a bible and a few books, along with my PC to maybe do some spiritual writing. I’ve gone to the prayers and Mass and caught up on my sleep. Don’t get me wrong, I don’t want to downplay these times because they are important, too. However, the retreats where I have been truly transformed have usually been a lot of work, and they caused some anguish until I finally figured out what it was that God wanted to help me let go of. They were times to begin to empty myself as Jesus did. Let us remember, that Jesus’ experience in the desert was so intense he needed to be ministered to by the angels (Matt. 4:11).

For religious, the Novitiate is an opportunity to enter a deep spiritual transformation—if we choose to do the work. There are those of us who spend a year in the Novitiate trying to get out, then after realizing what a gift it was, we spend the rest of our life trying to get back in.

Well, the Lord has given me the opportunity to go back into the Novitiate. Obviously, it will be a little different this time having the responsibility of a formator. Yet, do I have the courage to do the work to be transformed? The novices will only be here for one year. I may be here for at least 3 years, God willing.

When I first came here back in May I made the same mistake I have often made saying to myself, “What an opportunity to be transformed, and what a beautiful place to be for this to happen.” Focusing on the fruits of being transformed, I forgot about how much work, anguish, and sacrifice I will have to make to be transformed.

Yes, this is a very beautiful place, and I enjoy going back to my roots living in the country in a small town. I remember texting a friend of mine in early July in jest saying, “Please make it stop. I don’t think I can take another perfect day!” Well, shortly after that I saw my first rattlesnake waiting for me 6 inches from the friary door (which after the initial surprise, I thought was pretty cool). Then along with COVID came the extreme heat, fires, and the smoke and a few other personal aches and pains. So, I began to wonder, “Is coming to California an opportunity for transformation?”

Of course it is, but only if I realize that transformation happens in the everyday. I don’t have to run away to the Novitiate to be transformed by God. God has been transforming me every day using every situation of my life. And sometimes I am lucky enough to be able to enter into silence. Not for rest, but for deeper contemplation on where it is that I need to be healed and what it is I need to let go of in order to become one with the Lord and, in doing so, becoming one with my sisters and brothers in all of creation, human and otherwise.

So please pray that I don’t use my job as justification not to enter into the silence when it is available and into the transformation process that the Lord has laid out for me, so that my work will be more profitable for the novices, the order, and for the church, who is God’s people. Please know that I am praying for you!

God is Good!

P.S. I think my sister and brother tarantulas are pretty cool too!

# Transitus of St. Francis

We celebrated the Transitus of our Seraphic Father Francis with our brothers and sisters at Old Mission Santa Inés with a beautiful procession in the garden, a sung version of Psalm 142 by the Novitiate Schola, and veneration of Francis' relic.



# Transitus of St. Francis

Following veneration, the friars and sisters joined together to share in some fraternal time and enjoyed St. Francis' favorite almond cookies.



*"It was such a simple, humble service and such a great way for us to pray together."*



# Solemnity of St. Francis

We started the day with Mass and breakfast made by our brothers, had adoration & prayer together, enjoyed a social outside with our brothers from the Santa Inés Mission, and finally wrapped up with a delicious meal prepared by Brother Anthony. We had a beautiful day celebrating our Seraphic Father!



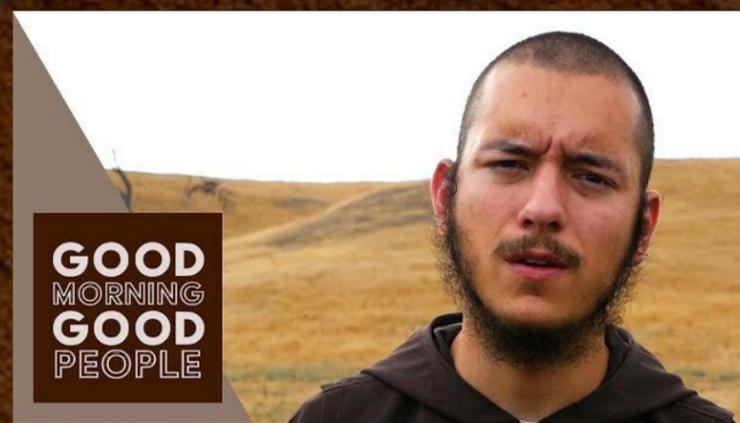
Maxine got her St. Francis blessing from Fr. Bob!

# Good Morning, Good People!

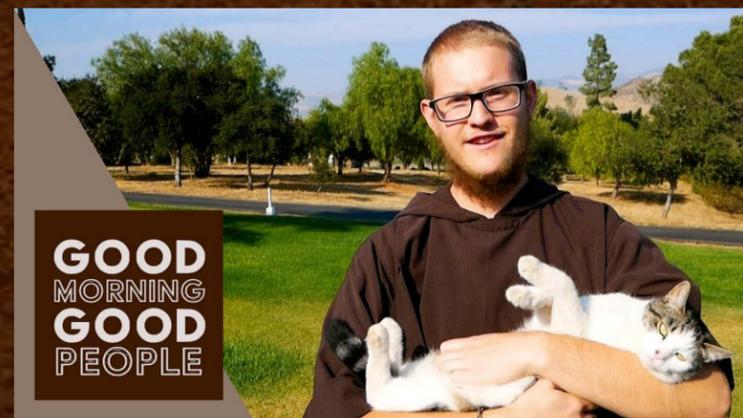
Good Morning, Good People! This is the phrase that St. Francis used while greeting people in a new town. It's also the title of a YouTube video series produced by the Capuchin Friars of the St. Conrad Province.

When the COVID reality began to set in and we all started to quarantine, friars began to hear about some of our friends feeling isolated, lonely, and cut off from others.

So we felt inspired to give a good word to the people of God. With different media outlets usually fixating on all the seemingly bad news in the world, we are called to remind others of that Eternal Good News. This is not simply seeing the world through rose colored glasses, nor is it some insipid, sentimental platitudes, but rather the meat of the Gospel of Jesus Christ, good news indeed!



The videos are short and focus on a particular subject usually relating to our Catholic Faith and/or the Franciscan Charism. Whether it is a brother reminding us of the power of giving someone their heart through a gentle smile, a video featuring our feline companion Maxine, a meditation on the goodness of creation that our Franciscan tradition emphasizes, a simple prayer and a reminder to give praise to God, or Fr. Michael seeking out a pair of lost Capuchin Monkeys in the Himalayas (you will have to watch it to understand), the series is meant to be a daily vitamin to induce encouragement and fortitude in these times of uncertainty. So take a moment to watch a few, and join us in praising and giving glory to God.



- Brother Charbel Allen

# Farewell, Derek!

A primary purpose of the novitiate is to discern our vocation to Capuchin life. In prayer and with a free heart, Br. Derek chose to discern out of the Capuchin novitiate. We thank him for his fraternal love, his gardening expertise, his work ethic, and his example of holiness; and we pray that he may further discern and grow in the path God is calling him to live.



*This month, we had a spooky visitor spend some time with us, Friar Skelly! He was on sabbatical from the Capuchin Bone Church in Rome.*

# Friar Skelly



*Friar Skelly never forgets his daily rosary.*



*Brother Connor shares wisdom from his Bible study.*



*Ready for a day at the beach in Santa Barbara.*



*Friar Skelly tapped in as Fr. Robert Williams' TA for his Franciscan Scripture class.*



*Lil' Pumpkin and Friar Skelly duel in chess.*



*Best of buds, sharing a brew and a bite!*



*Nothing like a meal with the fam.*



*Don't even think about falling asleep in Friar Skelly's class!*



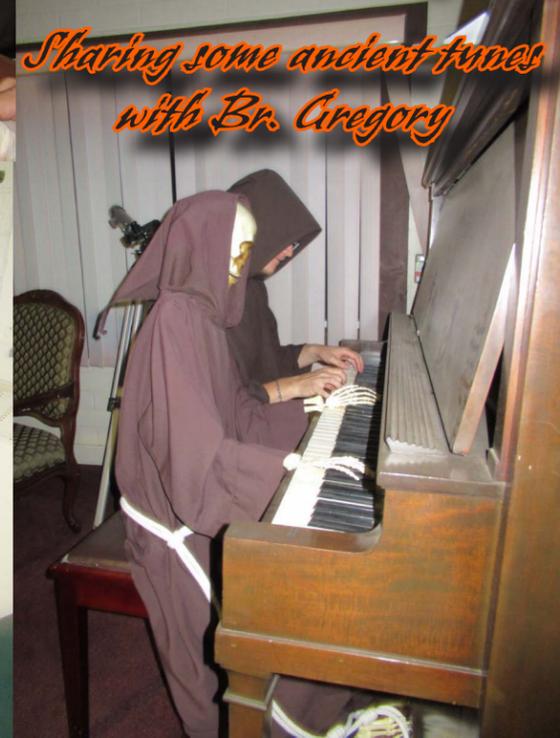
*...also acting as the appt. m. r. a. n. o.*



*"Derek, do you mind if I share this chair with you?"*



*Dueting on some haunting tunes.*



*Sharing some ancient tunes with Br. Gregory.*



*Getting some quality rest during his time off.*

# Laudato Si

Our brother Keith Warner, OFM came to talk to us about Pope Francis' encyclical, Laudato Si, and we were privileged to have our Conventual novice brothers join us!



# Day of Recollection with Fr. Tom Betz, OFM Cap.



AN EASIER WAY TO GET MY FAMILY PICTURES OF MYSELF THAN FACEBOOK  
-BR. LANPTON

# Viewing the Caperone

*So I just have to say anything and you'll put it in the Caperone? -Br. Jack*

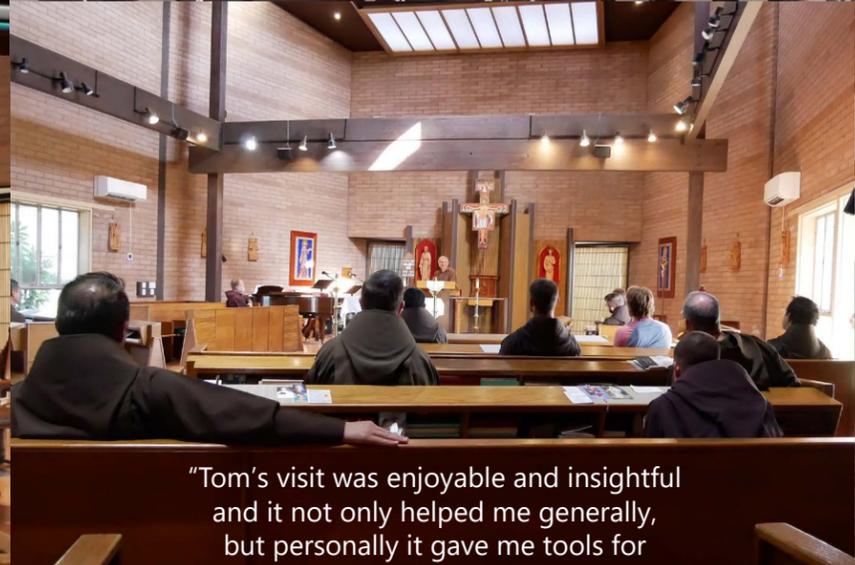
Fr. Tom Betz, Provincial of the St. Augustine Province, gave a day of recollection to the Novitiate community on September 30. He then got to enjoy a visit with the novices from St. Augustine.



Hi mom!  
-Bro. Jack



With the Caperone, Brs Chris and Daniel are truly living out the depths of the prophetic grace given them at Baptism.  
-Br. Gregory



"Tom's visit was enjoyable and insightful and it not only helped me generally, but personally it gave me tools for understanding my whole novitiate year."  
-Br. Jack



TWO THUMBS UP!  
-Br. CJ

The Caperone is great! Chris and Daniel do a great job keeping the design innovative and stylish. -Br. Norman



Simply the best Capuchin Novitiate E-magazine available! -Br. Charbel

The Caperone is a great way to let the people in our lives know what we're up to out in the Novitiate!  
-Br. Jack

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**ABOUT US**

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