

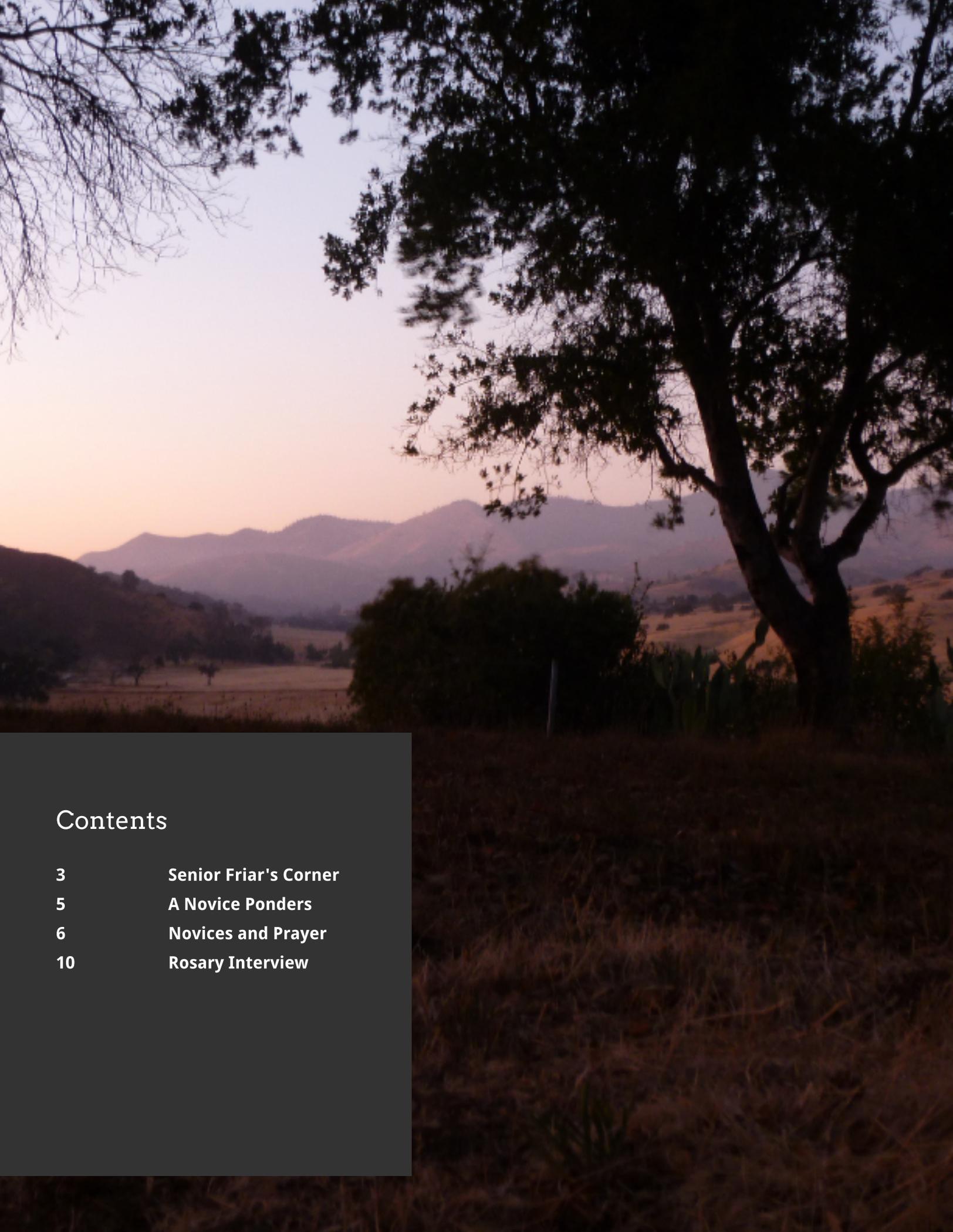
VOL. XI ISSUE NO. 3



# CAPERONE

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## Senior Friar's Corner



*Br. Bill, OFM Cap.*

**a**wakening to prayer

I'm sitting in a nice rocking chair at the Charlotte airport, watching hordes of people walking past me, and I am wondering how God fits into their lives; their consciousness. I am realizing that each one of us has a unique relationship with God. While some are communing with God on a deeper level, others are not even sure that God exists. Nonetheless, God is communing with every person, touching each one's heart and luring each one to a true LOVE.

If you believe that this is happening then you are already praying. One of the difficulties with prayer is that we tend to spend our time doing only the things that produce results, that we can see. If we don't see results, we most likely will not continue the activity. Prayer demands faith, that God hears our prayers and responds to them whether or not we can see or measure the results.

So, where to begin with prayer? Prayer simply begins with waking up to the reality of God's presence everywhere and in everything. To the truth that God's love for us is immense! For an example, I will use this song to remind us of this truth.

*"Oh, the love of my Lord is the essence of all that I love here on earth. All the beauty I see He has given to me and His giving is gentle as silence".*

God is in us and all around us. Prayer begins when we learn to experience this presence. It is not reciting rote prayers from the mind, but rather experiencing God in the heart where gratitude begins to sprout in response to all that God has given to us. At times we are ravished by the beauty of creation without even thanking God who is its giver. God does not shout, "Look what I have given you". His giving is gentle as silence; it flows out of Love. Only the heart can respond to it.

Next comes the awareness that God is working in our hearts somehow.

*“Every day, every hour, every moment has been blessed by the strength of His Love. At the turn of each tide, He is there at my side and His touch is as gentle as silence”.*

Again, only the heart knows it has been touched by God. In true prayer, the mind and the imagination become inactive, they are calm, but the heart is very active in loving God, who is our spouse. We do not feel God’s touch, but we know in our hearts that grace has come to us, that God has stirred our inner selves in some way to make us stronger in living a life of Gospel love.

Even when we are aware of this giving and touching of God, expressions of immense love, we still sin.

*“There’ve been times when I’ve turned from His presence and I’ve walked other paths, other ways. But I’ve called on His name in the dark of my shame and His mercy was gentle as silence”.*

Our sins can devastate us at times and even become blocks to real prayer. Humility and repentance are required if we want to continue in this prayer. We have to know who we are before God our creator, and humbly acknowledge that we are not always the image God has created us to be. When we come to prayer humbly and repentant, God's mercy frees us to continue our communion with God in peace and serenity. In this prayer, the heart knows God's gifts, touches, and forgiveness. In this prayer God is doing the praying in us; all we have to do is wake up. Ultimately, it is God’s grace that will create within us a life of prayer.





## a novice ponders

“Novitiate is a time of prayer.” It’s been said to me many times by many friars with many different variations and while it is accurate, the definition of prayer is a little hazy to me. Like many who grew up Catholic, I was raised on simple prayers; the “Hail Mary,” “Our Father” & “Glory Be.” I eventually developed the habit of using those prayers as a form of payment to God. An “Our Father” for my family, a “Hail Mary” for my cousins in the womb and always the prayer to St. Anthony to help me find the many things I lost (which typically worked). While praying in that way is still praying, the trap that I fell into was that my prayer never changed and grew as I did and again like many, prayers became mechanical and lost their affect.

If my time so far with the Capuchins has taught me anything it’s that prayer is talking to God. Plain and simple. A line in the Liturgy of the Hours, a decade of the rosary or a gifted moment of peace and contemplation in meditation are all part of an ongoing conversation between myself and God. But, I realize that I need to be willing to adjust my prayer in whatever way that I need to speak to God. In postulancy my prayer life was filled with graces I needed at the time. I found words that spoke directly to me. In meditation I found a peace to help me process the rapid growth and drastic life change I had made to start my initial formation. However, when I started the novitiate all that suddenly shifted. While my prayer methods were the same, somehow the graces had seemingly stopped. God was still with me but something was not working the same.

The issue, I am slowly learning, was that I was still praying as if I were still in postulancy. As if the change of scenery and new brown habit didn’t tip me off. I was in a vastly different place with a completely unfamiliar pace of life. So I have come to realize that I need to adapt my prayers to my surroundings. The beauty of the ongoing conversation that is prayer is that it is completely based on how I need to speak to God at any particular moment. God is unchanging and is able to receive anything I can throw at him. With this perspective of what prayer is, it is only as stale as I let it become. There are many resources given to us here on prayer and contemplation. Between specific workshops, our library with volumes of prayer from the great mystic saints and the writings and life of St. Francis, there is no shortage of material to help me adjust my prayer.

In addition to praying in any way that I need I have come to realize another important aspect of prayer. I can not be afraid to ask for what I need from God. Sounds simple for some but for me I have found that asking for help when I need it is no small feat. The gospels mention frequently about perseverance in prayer and that means praying for personal help from God. God loves each one of us individually which means He cares about us personally and He cares about every aspect of our lives. So whether I ask for help in prayer, in my ministry or in simply being still for a moment, I know if I ask and if it is truly what I need, God will give it to me. And I can only hope that after I ask, I can have the courage to receive what I need.

*Novices & Prayer*





## A Novice Crown.

**T**he Franciscan Crown is a rosary consisting of seven decades in commemoration of the Seven Joys of the Virgin, namely, the Annunciation, the Visitation, the Nativity of Jesus, the Adoration of the Magi, the Finding in the Temple, the Resurrection of Jesus, and finally, either or both the Assumption of Mary and the Coronation of the Virgin. The devotion was granted many indulgences by different Popes, becoming the most heavily supported devotion in the Church. Whereas other rosaries required blessed beads to be used in order for any associated indulgences to be received it was unnecessary for a Franciscan rosary to have been blessed or even to use beads at all in specific instances.

The Franciscan Crown has variously been called the Franciscan Rosary, the Seraphic Rosary or the Rosary of the Seven Joys of Our Lady. The "Seven Joys" is a devotion that recalls seven joyful episodes in the life of the Blessed Virgin Mary. The practice originated among the Franciscans in early 15th-century Italy. The themes resemble the 12th-century *Gaudes*, Latin praises that ask Mary to rejoice because God has favored her in various ways.

Franciscan historian Father Luke Wadding (1588-1657) dates the origin of the Franciscan Crown to the year 1422. When an apparition of the Blessed Virgin Mary took place in Assisi, to a Franciscan novice named James. As a child, he had the custom of offering daily the Virgin Mary a crown of roses. When he entered the Friars Minor, he became distressed that he would no longer be able to offer this gift. The Blessed Virgin appeared to him to give him comfort and showed him another daily offering that he might do: to pray every day seven decades of Hail Marys, meditating between each decade on one of the seven joys that she had experienced in her life.

Among the Friars Minor, the promotion of this devotion is attributed to St. Bonaventure, Bl. Cherubin of Spoleto, St. John Capistran, Pelbart of Temesvár, and St. Bernadine of Siena to mention a few. St. Bernadine is also said to have had a vision of the Virgin Mary when he was meditating on the seven joys of Mary.

From the 20 mysteries of the Rosary, the novices each chose one with a prayer intention of their choice. We invite you to pray this 'Novice Crown' with them.



*Capuchin  
prayer &  
meditation is  
the Blissful  
savoring of the  
Divine  
Presence  
within you.*

*-- Octavian Schmuke OFM Cap*

### *The Visitation*

For perseverance in constant and daily conversion.

For Our Blessed Mother to visit the hearts of those who have lost hope

### *The Manifestation of Christ at the Wedding of Cana*

That we may all allow Christ to turn the water of our human love into wine of His divine Love for all humanity.

For the New Evangelization; for the conversion of souls.

### *The Proclamation of the Kingdom of God, and His Call to Conversion*

To find the courage to do what Christ asks of us.

### *The Transfiguration*

That we may allow the Spirit to transfigure our hearts so that we may love and serve God in the path he leads us.

### *The Institution of the Eucharist*

For those who have lost the faith, that they might find faith once more.

### *The Scourging at the Pillar*

Growth in my weakest virtue, healing of all known & unknown wounds.

### *The Crowning with Thorns*

For all those in need of courage to share their faith.

### *The Carrying of the Cross*

For all who struggle to persevere with the crosses they have been gifted with, that they may bear witness to the unity Christ has with each of us, as He Himself remains evermore present to us during cries of need.

### *The Descent of the Holy Spirit*

For an outpouring of the Holy Spirit in our world especially among the Youth.



O Mary, my beloved Mother!

I put myself entirely into your hands  
and place in the depths of your  
Immaculate Heart,  
the precious treasure of my vocation.

You know God's plan for me.

Grant that I may know them in  
such a clear way that I may never  
hesitate to embrace them;  
and obtain for me the grace,  
so that my will may never be separated  
from the Divine Will of God.

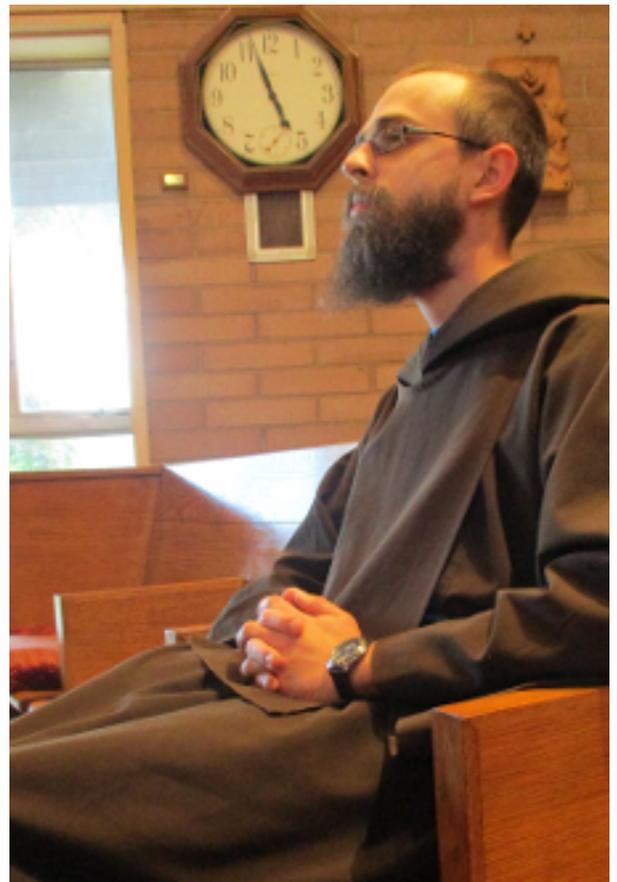
Amen

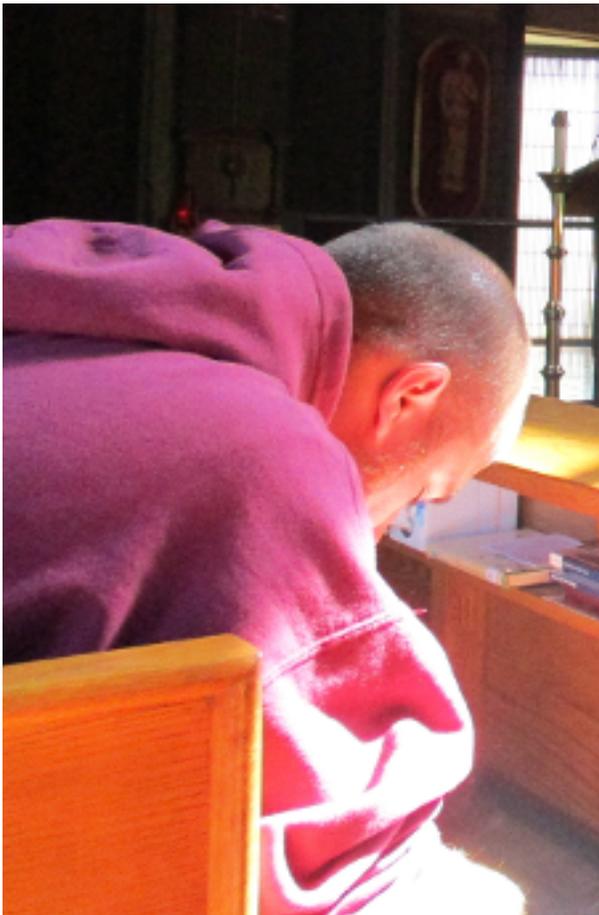
Venerable Felix de Jesus Rougier M.Sp.S.

***Mk 11:24 "Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours."***

Thank you for the world so sweet,  
thank you for the food we eat,  
thank you for the birds that sing,  
thank you God for everything.

***Prayer has helped me develop  
my relationship with God.***





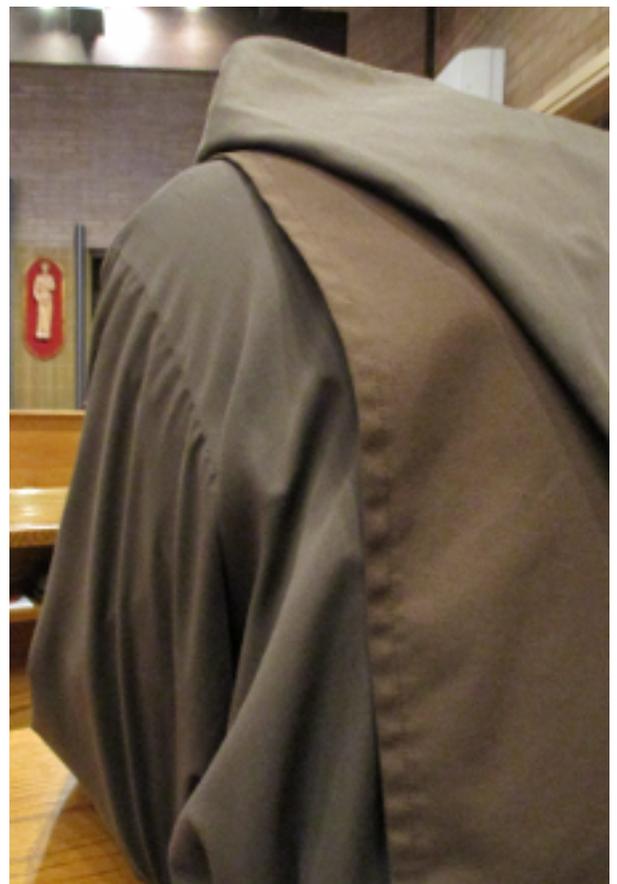
God, you are my God  
it is you I seek.  
All that I am,  
is nothing without you.  
Your love is life,  
you give what I need,  
as you guide me  
and you hear me.  
All I need  
is your warm embrace,  
your heavenly grace,  
let this be enough  
I ask through your Son,  
in the Spirit.  
Amen

***It can be very loud entering  
the silence of your heart.***

Lord,  
give me  
to know you more,  
to love you more,  
to follow you more,  
day by day.

St. Ignatius of Loyola

***Mt. 26:40 - So you could not  
keep watch with me for one  
hour?***





"... believe me,  
when you tire on the long thrash  
to your island, lie up, and survive.  
As you float now, where I held you  
and let go,  
remember when fear  
cramps your heart what I told you:  
lie gently and wide  
to the light-year stars,  
lie back, and the sea will hold you.

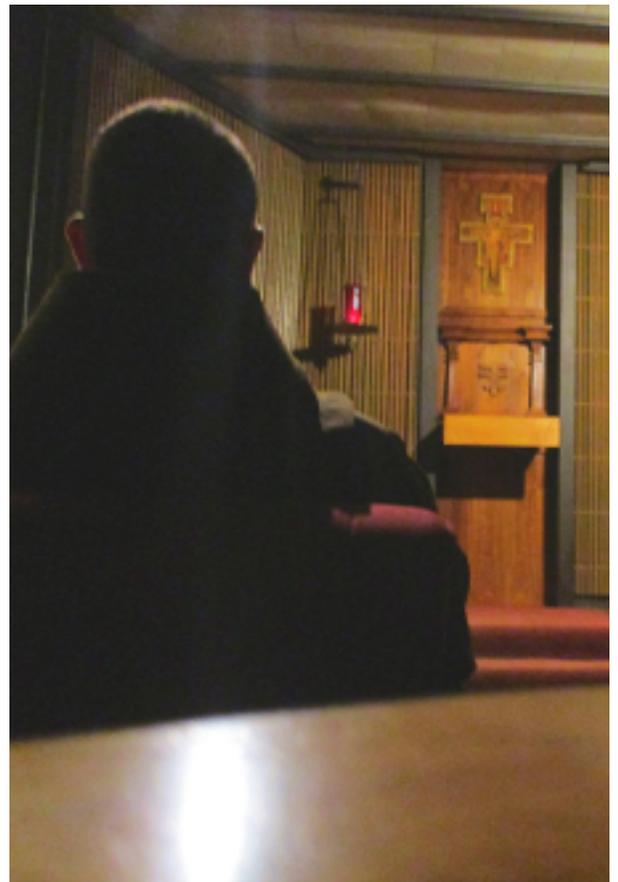
Phillip Booth - First Lesson

**When you sing you pray twice.  
- St Augustine -**

Eternal Father,  
I offer you the Body and Blood,  
Soul and Divinity of your beloved Son  
present in this Eucharist  
and in all the Eucharists today as  
expiation for our sins  
and for those of the whole world.

For the salvation of all the souls  
especially those most distant  
from you, for the eternal rest  
of the souls in purgatory and  
especially for the most forgotten  
and the recently entered.

For the healing of the sick,  
and for all those who have asked for  
prayers and are in need of our prayers,  
known and unknown,  
family, friends and enemies.  
Lastly, for Pope Francis and for my  
intentions.  
Amen





God's Spirit,  
come in, open my heart to  
you.

My soul is thirsting for you.  
Fill me with your love,  
pour out your fire and power,  
flood me, saturate me.  
Come Holy Spirit, come  
and act on me.

***Prayer is a participation in  
the love of the Father.***

Lord Jesus Christ,  
Son of the Living  
God,  
have mercy on me,  
a sinner.

***Prayer is a ballad of love  
between God and me.***



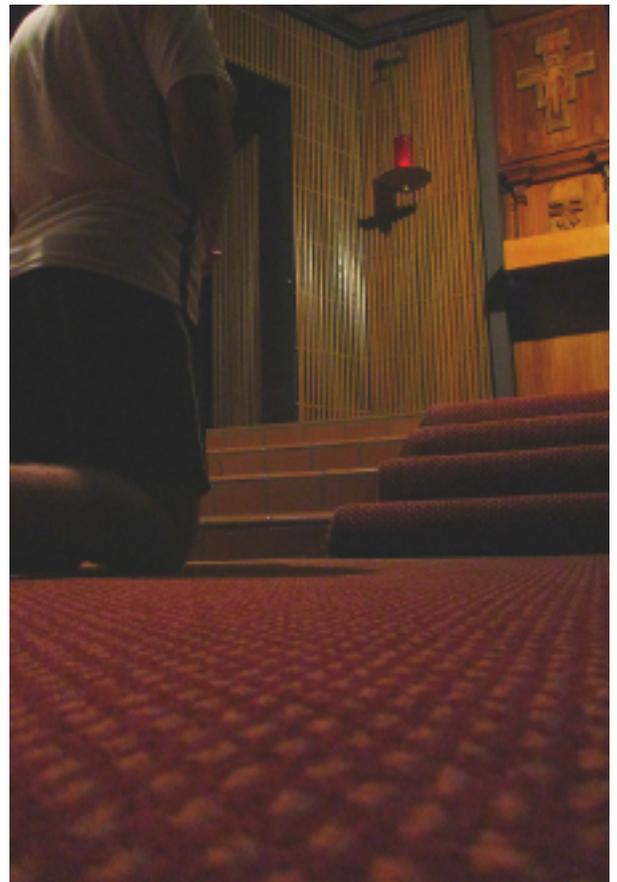


Jesus Christ within me.  
Jesus, on my voice.  
Jesus, on my lips.  
Jesus, in my hearing.  
Jesus, on my ears.  
Jesus, in my hands.  
Jesus, on my touch  
Jesus, in my mind.  
Jesus, on my thoughts.  
Jesus, in my sight.  
Jesus, on my eyes.  
Jesus, in my heart.  
Jesus, on my soul  
Jesus, in my ...  
Jesus, on my ...

***Prayer is as essential to our life, as oxygen to our lungs. Removing prayer from your life is spiritual suffocation.***

Almighty,  
Just and Merciful God  
grant us in our misery,  
the grace to do for you alone  
what we know you want us to do  
and to always desire what  
pleases you, thus  
inwardly cleansed,  
interiorly enlightened and  
inflamed by the Holy Spirit,  
we make our way to you.

- St Francis



Almighty, eternal,  
just and merciful God  
Grant us in our misery  
the grace to do  
for your sake  
alone what we know  
you want us to do

Lorem ipsum dolor sit amet consetetur sadipscing elitr

And always to desire  
what pleases you.

Thus inwardly cleansed,  
Interiorly enlightened  
and enflamed by the fire  
of the Holy Spirit

We may be able to follow  
in the footprints  
Of your beloved Son,  
Our Lord Jesus

And so make our way to you,  
Most High,

By your grace alone  
Who live and reign  
In perfect Trinity  
and in simple unity  
One all-powerful God  
forever and ever.

Amen

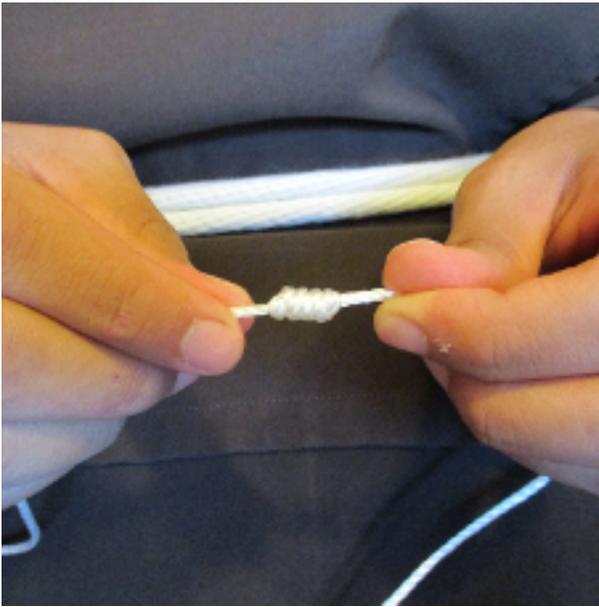


Close your eyes and let yourself be carried away on the flowing current of my grace; close your eyes and do not think of the present, turning your thoughts away from the future just as you would from temptation. Repose in me, believing in my goodness, and I promise you by my love that if you say You take care of it. I will take care of it all; I will console you, liberate you and guide you.



*Rosary interview*

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Br. Jose has made quite a few rosaries, for the Gala he taught the novices to make rosaries with great success. October being the month of the Rosary we took some time to interview him on this subject.

**What inspired you to start making rosaries?**

My grandpa.

**How long have you been making them?**

About 2 years now.

**Do you pray while making the rosary?**

Yes I do. I pray that whoever uses the rosaries I make may be filled with many graces and have a better understanding of the Motherly love of Mary.



**What is the first step? Second? Etc?**

Cut the twine and melt ends using a lighter.

Then create the body of the rosary.

Start by making the knots.

Tie a total of 10 small knots  
and a large knot per mystery.

**How do you make the knots and the cross?**

Take a look at the pictures.

**Taking a guess, how many have you made?**

13 for novices,

1 grandpa,

1 for my parents,

6 for friends / family

and 1 for myself.



**What mystery(s) is your favorite?**

ALL :)

**What materials do you use?**

Twine.

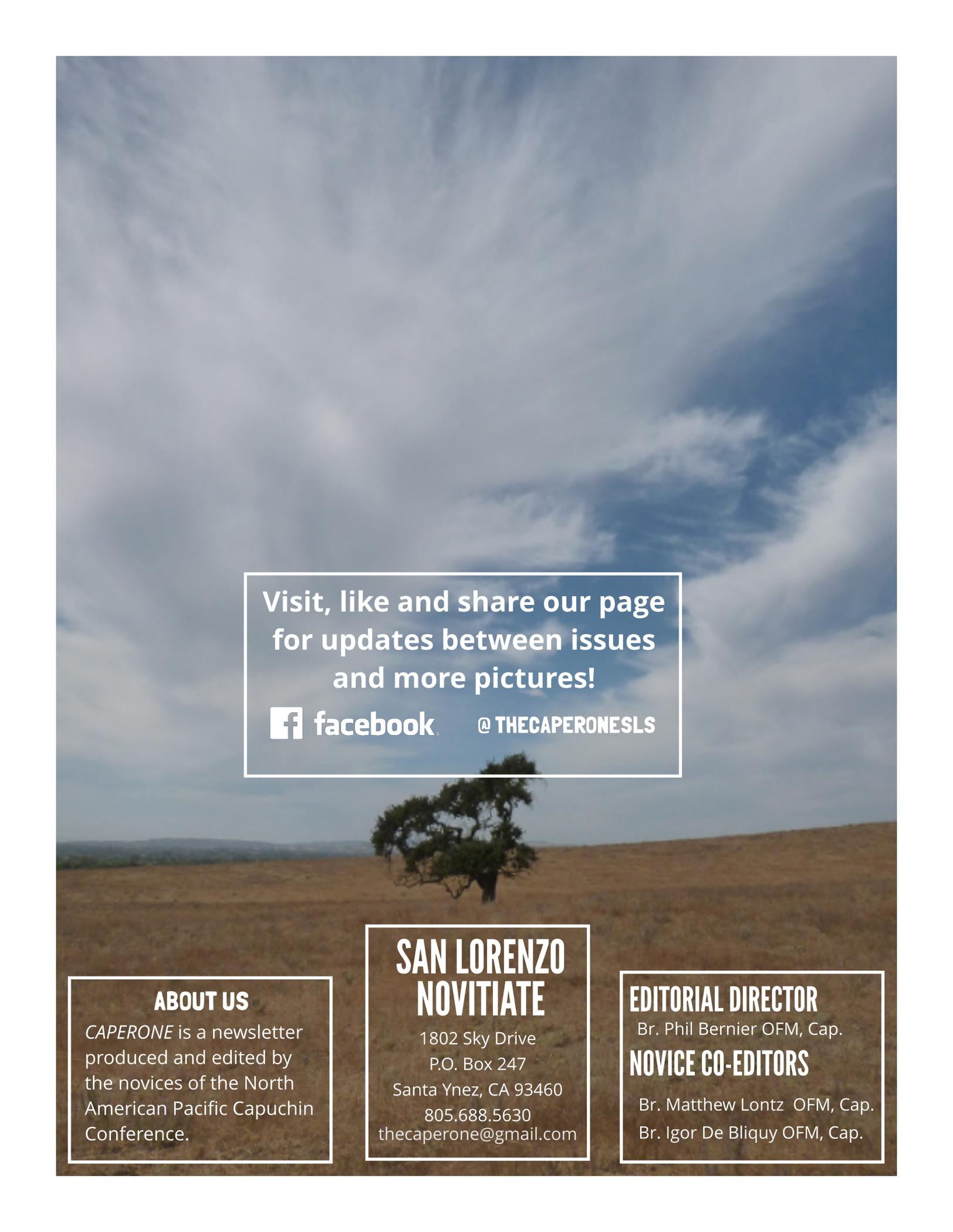


*A primary purpose of the novitiate is to discern our vocation to Capuchin life.*

*In prayer and with a free heart, br. Ashwin and br. Alexander, chose to discern out of the Capuchin novitiate.*

*We thank them for their fraternal love and pray that they may further discern and grow in the path God is calling them to live.*





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### **ABOUT US**

*CAPERONE* is a newsletter produced and edited by the novices of the North American Pacific Capuchin Conference.

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