

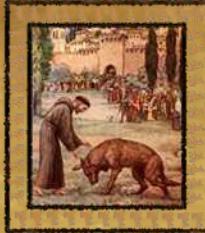
Volume V Issue IV

The Caperone

November 2013



The Novices with Tommy and Carla Pilata, Br. Tommy's Parents



Halloween Party



The novices celebrated the vigil of All Hallows (All Saints) with a get-together that included lots of sugary treats (i.e. Frank's fried doughnuts) as well as some homemade hot cider. Attendees included Maximilian Kolbe, Pier Giorgio Frassati, Charles de Foucault, and John Vianney as some of the friars dressed up as saints and blessed. First prize in the costume contest went to a friar who stuffed pillows around his belly and called himself San Giovanni Rotundo. There was also a friendly pumpkin carving contest which included an odd mixture of Christian Tau crosses and pagan black cats. The evening ended with a very lively game of charades; most memorable was Bro. Bob Herrick's imitation of a humming bird.

Community Coffee House



The novices shared their artistic talents at the second Coffee House evening held at the end of October. Bro. Jacob served as MC for the evening, even using a soft-spoken, hipster voice to imitate a coffee house poet. Original poems were shared by Bros. Jacob, Jason Keon and Joseph while Bro. Myke Lettko recited some of his favorite verse. Bro. Bobby read an original short story and Bros. Lance, Ross and Michael each played songs they had written. Bro. Joachim passed around unique photos he had taken with a disposable camera (he explained what a disposable camera was for the younger friars in the room). Perhaps most entertaining, however, was a skit and dance routine put together by Bros. Victor, Joseph, Diogo, Saul, George, Keon, Lance, and Francisco. Thank you for sharing your talents, brothers !



The 'Friar Bunch'

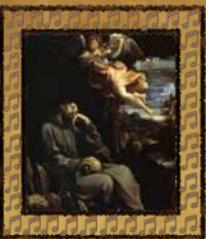
When a child gets married, his parents receive his spouse as another child in the family. When a son enters religious life, however, his parents receive a whole avalanche of new children. This was the experience of both Bro Tommy's parents and Bro Brian's parents who came to visit the novitiate in November. Both families welcomed us as sons and spent their visits getting to know us. We are thankful for the time they spent with us and are looking forward to meeting more families in the future!



Fr. McGlone on Sexuality and Celibacy

In early November, Fr. Gerard McGlone, SJ came to San Lorenzo to give the novices a workshop on living healthy sexuality in religious life. He covered topics such as celibate development, the need for having healthy models, creating and maintaining proper boundaries, and healthy use of the internet and social media. The sessions were intense with lots of sharing on the part of the novices. Fr. Gerard has in years past come to San Lorenzo to give this workshop but we are especially thankful this year as he is on a sabbatical year but still came to be with us. Thank you Fr. Gerard, for both sharing your wisdom with us and facilitating us to share with each other in this very critical area.





Night of Prayer and Praise



Every week, usually on Friday night after communal recreation, some of the novices get together to worship together in prayer and praise. The leader of the evening rotates, allowing the friars to share some of their personal devotions with others in the group. Some of the themes for these prayer sessions have included Saint Joseph, Our Lady of Czestochowa, Charismatic Praise and Worship, Healing, Lectio Divina, Saint Francis and Scripture, Saint Cecilia, Padre Pio, the Rosary, and the Saint Michael Chaplet. Most recently, the group prayed in the Taizé style, singing meditative refrains and filling the chapel with candles (pictured). The tradition of holding these prayer sessions weekly came to us from the Saint Augustine province where the then postulants got together often for Praise and Worship. Gloria a Dios !

Gala Appreciation Lunch

On Sunday, October 27th, the novices and formators held an appreciation lunch for all the volunteers who organized and worked at the Gala Fundraiser in September. The novices generously gave of their decorating and cooking talents to thank everyone for their hard work. After working the kitchen and dining room to prepare the celebration, the novices were then able to taste the fruit of their labor as well as enjoy the company of those who attended. We once again wish to thank everyone involved in the Gala; your efforts make our way of life possible. May God bless you!





Thanksgiving friar-style

Thanksgiving at San Lorenzo was a day for calling family, watching football, resting and practicing both culinary and decorative arts. Bro. Jerry organized the novices with a sign-up sheet (a formation tool very familiar to the novices here), dividing the celebration preparation up into many small tasks. The evening started with Vespers, followed by a social gathering and dinner. While the meal included some traditional turkey and mashed potatoes, some ethnic fare was also featured with Bro. Andrews homemade pierogies. The San Lorenzo crew was joined by Bro. Brendan from the Old Mission Santa Ines as well as Bro. Alejandro who has been staying at a nursing home in Santa Barbara while recovering his health. The following day, some of the novices (as well as Bros. Jerry and Frank) burned off all those extra Thanksgiving calories with a 5k "Turkey Trot" run in Solvang.



Formators' Corner – Bro. Bobby Barbato

Peace and Good! As we come to the end of Advent and approach Christmas, I remember my first Christmas as a Capuchin Franciscan friar, spent right here at San Lorenzo. It was both exciting and difficult: exciting to be spending this precious day with my new brothers, difficult to be away from my parents and brothers for the first time at Christmas. I know that our brother novices may be experiencing similar feelings.

Over the years I've come to realize that in many ways the Christmas story is about being together and being apart. How did Mary feel, I wonder, being so far from her home and family when the birth of her child came? Did Joseph miss his relatives as he found only a cold stable to shelter his wife and child? Yet, they found God's love

incarnate in Jesus, their child, as well as a new community made up of shepherds and magi!

As Franciscans, we are called to share in the love that led Jesus, as St. Francis reminds us, "to leave the bosom of the Father to come down into the Virgin's womb." Mary and Joseph can help us to see the grace even at moments when we are missing our loved ones, or when things don't seem to be working out the way we imagined.

We ask you to pray for our novices as they walk through this holy time, that they may be comforted by the good news that God walks with them, even in far off Santa Ynez. Blessings for Christmas and the New Year.

Br. Bobby



Novices at Prayer

The novices celebrate Mass and pray the Divine Office together each day. We asked them to show us some of the other ways that they pray. Here are their responses :



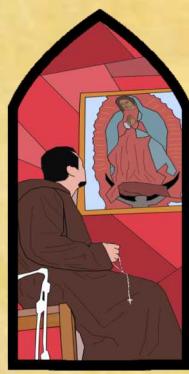
Divine Mercy Chaplet



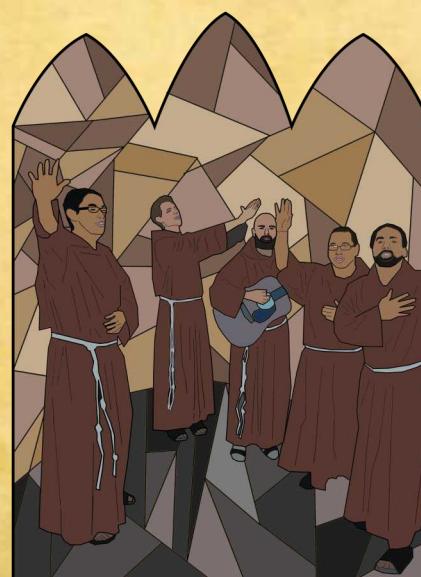
Silent Meditation



Hermitage



Rosary



Praise & Worship



Sitting with the Lord



Walking in Nature



Reading Scripture



Rosary Walk



Vocation Spotlight

Bro. Brian Wolford



A few years ago, as I prepared for a long-term stint as a lay missionary in Peru, I fielded the same handful of questions from family and friends every day. The exchange went something like this:

Friend: Where will you stay?

Me: With a family.

Friend: What will you do there?

Me: I'm not sure of the day to day, but I have some ideas.

Friend: Have you ever met them?

Me: No, but I'm told they are very nice.

Friend: Aren't you afraid?

Me: Not really, I'm a little nervous, but mostly excited.

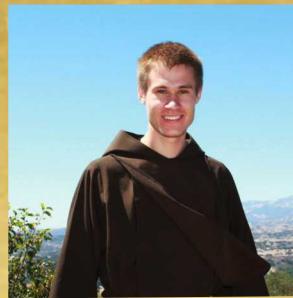
As the friend would search my face for hints of fear and trembling, I would simply smile and assure him that I would stay in touch over e-mail and I asked for his prayers. The conversations would usually end with the other person a little confused and with me a little disappointed that the person was not as excited as I was about the impending adventure.

When I arrived to Peru, my naïve enthusiasm was tempered a bit by the stark reality of poverty. Those concerned conversations made a bit more sense, but I remained undaunted. I thrived on the novelty of new friends, new sights and sounds, and a somewhat new language. Once I was settled in with my host family and was familiar with the mission where I would serve, instinctively, I knew I needed to locate the parish where I would be able to attend daily Mass. After asking around, it seemed that the most likely place would be Saint Charles Borromeo Parish in the center to town.

Standing in the entrance of the church and staring at the tabernacle, I sensed Jesus smile and welcome me to my temporary home. As I began to pray and think of all the prayerful support of family and friends back home, thoughts of my family's expressed concerns flooded my heart and I felt Jesus re-assure me and hold me in His embrace. At that moment, I was able to appreciate the immense graces that God had poured into my heart as I prepared for my departure from the U.S.

During college, God had drawn me to daily Mass and Eucharistic adoration. I maintained those devotions after graduation and grew to depend on that nourishment as I prepared for my transition to Peru. At the time, I scarcely recognized that the calm I was able to share with friends and family did not come from my brief travel experience or my meager high-school-level Spanish skills. Rather, that tranquility came directly from Jesus Christ and my trusting relationship with Him. Every morning I had given him my fears and anxieties and He allowed me to share His peace with those concerned about me.

Jesus, in the Eucharist, sustained me through two blessed years in Peru, and a handful of years of service to Spanish-speaking families through employment at Catholic Charities in Pittsburgh. Eventually, I soon felt a familiar tug on my heart that confirmed for me that God was asking something more. That restlessness led me to visit the Capuchins and to follow the positive signs that God may be leading me into religious life. Following a familiar pattern, friends and family have many questions. True to form, I have even fewer answers for them. In this chapter of my journey, I am thankful that I can be more aware of and ever more dependent upon the graces and assistance that God wants to give me. With Christ, I am not afraid and I am not very certain about what I will be doing day to day. But, I must admit, with a peaceful smile, that I am pretty excited.



Ministry Reflection: Atterdag Village

Bro. Andrew Skonieczny

Jhad no idea what to expect on my first day at Atterdag Village, as this was my first experience of ministry at a retirement home. The transition to this ministry was difficult at first because there was no schedule or list of things we could do during the time we were there for ministry. Within a few weeks and with the help of the staff, we were able to build up our relationship with most of the residents.

I was surprised how much that I have been able to learn from this ministry, which at first seemed as if I was not really doing much. This has really become a ministry of presence, which made me realize how important simply being present to someone is.

If anyone has had any experience working or volunteering at a retirement home, they will know that many of the residents no longer have any family that is able to visit. Many of the residents have also lost the ability to speak, or hear, which makes communication difficult. This has been the reason why presence is so important. Some of my most powerful moments have been moments in which no words were spoken. I would like to share one of these experiences with you.

There is one resident, who in her early 100's, has a profound joy in her heart. This resident is limited to her wheelchair or her bed and has lost her ability to speak. I often see her making her way through the hallways in her wheelchair. Every time that she sees us pass by she throws her hands up in the air and waves them around at us with a great big smile on her face. One day when I was walking through the hall, I walked over to her to say hello and good morning. Our conversations are usually limited to those words, however today was different. As soon as I got near enough for her to reach out to me, she grabbed my hand and held on to it with a rather strong grip. I knew that there was something she was trying to say to me, she would mumble a few words and I was only able to understand the words "Thank you." She kept saying that over and over.

At that point I realized that she just needed someone to spend some time with her, so I just sat down next to her in a chair and let her hold my hand. She just looked at me with a smile, and I couldn't help but smile back; I looked into her eyes and all I could see was great joy. I had one of the greatest conversations I have ever had and no words were spoken.

My ministry at Atterdag has developed far beyond anything I could have imagined on my first day. I have had many similar moments since then, and it has truly been a great joy getting to know so many wonderful people.

The Caperone

founded 2009

The Newsletter of the North American Pacific Capuchin Conference Novitiate

Editorial Director: Bro. Bobby Barbato

Managing Editors: Bro. Michael Culhane; Bro. Joshua Minden

Comments, Questions, Suggestions:

San Lorenzo Seminary

1802 Sky Drive, P.O. Box 247

Santa Ynez, CA 93460

Telephone: (805) 688-5630

thecaperone@gmail.com

www.sanlorenzoseminary.org

NAPCC MEMBER PROVINCES:

SACRED HEART (EASTERN CANADA)

MARY, MOTHER OF THE GOOD SHEPHERD (CENTRAL
CANADA)

OUR LADY OF ANGELS (WESTERN AMERICA)

OUR LADY OF THE ASSUMPTION (AUSTRALIA)

OUR LADY STAR OF THE SEA (VICE PROVINCE: GUAM-
HAWAII)

SAINT AUGUSTINE (PENNSYLVANIA)

SAINT CONRAD (MID-AMERICA)

SAINT JOSEPH (DETROIT)

SAINT MARY (NEW YORK-NEW ENGLAND)

STIGMATA OF SAINT FRANCIS (NEW JERSEY)

