



# CAPERONE

NOVEMBER-DECEMBER 2018

## THE NOVICES' PILGRIMAGE TO SAN FRANCISCO



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A NOVICE'S JOURNEY



'I LEFT MY HEART IN SAN FRANCISCO'

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# FORMATOR'S CORNER

## THE JOURNEY OF PILGRIMS

By Br. Robert Stewart, OFM, Cap.

In November, we all became pilgrims and San Francisco was our destination. During the four-day pilgrimage, we had an opportunity to visit the National Shrine of St. Francis of Assisi, the missions and other beautiful and holy sites linked to the history and the establishment of Catholicism in California, especially by the Franciscan friars.

As our journey began, we traveled north on Highway One along the spectacular coastline and made our first stop at the Camaldolese Hermitage in Big Sur. Apart from the spectacular views of the coast and the Pacific Ocean, the place is a haven of peace and prayer. Here was an opportunity for the novices to experience a different way of religious life. From here we stopped at Mission San Carlos Borromeo in Carmel, which was built in 1797 and is one of the most authentically restored of all the missions.

The following day in San Francisco we visited the National Shrine, where the pastor, Fr. John De La Riva, OFM Cap., welcomed us. Within the shrine there is a replica of the Portiuncula, one of the little churches restored by St. Francis in Assisi and is considered the cradle of the Order. After visiting the shrine, we stopped by and toured the tremendous work of The St. Anthony Foundation, which every year serves thousands of homeless and needy people in the very heart of the city.

The following day we began with mass at the Cathedral of St Mary of the Assumption. Such a contrast to the old mission churches that we had visited, this massive new modern structure takes one's breath away with its soaring spacious interior — the feast of color from the stained glass windows streaming from the highest point at the pinnacle of the roof, evokes the grace of God pouring contin-

uously upon us.

On our return home, we visited the Old Mission San Juan Bautista, built in 1803. It has the only original Spanish Plaza remaining in California. Some of us also stood in the San Andreas fault that runs along the side of the church.

On our pilgrimage we visited these sacred sights; the old and the new, the noble simplicity and the spectacular. We saw the dedicated work of those who worked to build the churches and those who work tirelessly now for the poor and needy. A pilgrimage is to step out of our comfort zone, to go out to see God working in his people to inspire, encourage and remind us that we too are part of that work of his kingdom. The end of a pilgrimage is to return home, renewed and strengthened in your faith and with new eyes to see God's grace working in your life right where you are.



# "I LEFT MY HEART IN SAN FRANCISCO" (A PILGRIM'S JOURNAL)

*By: Br. Heherson Alarde*



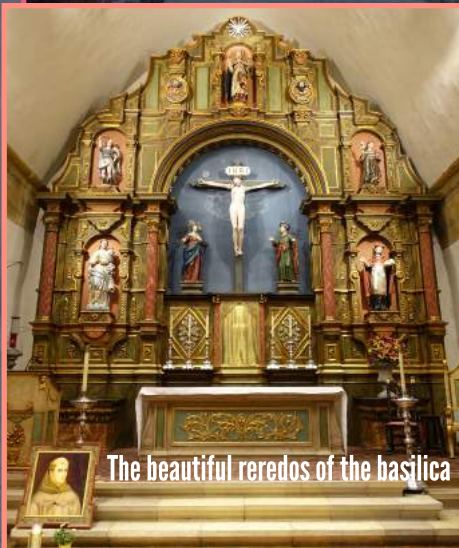
Br. Ignatius giving us a tour of the Camaldoli hermitage



The novices enjoying a view of the magnificent Big Sur coast



The facade of Mission Carmel



The beautiful reredos of the basilica



The resting place of St. Junipero Serra below the sanctuary

From 12-15 November, the novices and our formators were on pilgrimage to the City by the Bay - San Francisco - named after our Seraphic Father St. Francis of Assisi. The first Spanish settlement in San Francisco was built in 1776 and was named Mission San Francisco de Asis, known today as Mission Dolores, the sixth religious settlement established as part of the California chain of missions.

## DAY 1 - November 12 (Monday)

We packed our bags and began our 320-mile journey. En route, we stopped by the **New Camaldoli Hermitage** in the beautiful Santa Lucia Mountains of Big Sur. We were received by Br. Ignatius Tully, OSB Cam who gave us a quick tour of the hermitage. Later, we joined the monks for Mid-Day Prayer, followed by a sumptuous lunch with the Camaldolese Community.

We hit the road again and arrived in the afternoon at **Mission San Carlos Borromeo (Carmel)** founded in 1770. Under the sanctuary of the basilica is the final resting place of **Saint Junipero Serra, O.F.M.** who founded a mission in Baja California and the first nine of 21 Spanish missions in California from San Diego to San Francisco. Serra was canonized by Pope Francis on September 23, 2015. We prayed Evening Prayer at the Mission basilica and toured the adjacent museum.

After more driving and a few pit stops, we finally arrived in the evening at our designated friaries in **Burlingame** (St. Francis Friary and Our Lady of Angels Friary), **San Francisco** (San Buenaventura Friary), and **Berkeley** (St. Conrad Friary). We were graciously welcomed there by our brothers of Our Lady of Angels Province.

After settling in, we rested to re-energize for another exciting day ahead.

# "I LEFT MY HEART IN SAN FRANCISCO" (A PILGRIM'S JOURNAL)

By: Br. Heherson Alarde

## DAY 2 - November 13 (Tuesday)

In the morning, we visited the **National Shrine of St. Francis of Assisi** located in the heart of historic North Beach. Since 2010 the Shrine has been under the care of the Capuchins of Our Lady of Angels Province. Br. John de la Riva, the current rector, gave us a tour of the Shrine.

Next to the main church is **La Portiuncola Nuova**, a beautiful 7/8 scaled replica of Saint Francis' Portiuncola where we had Mass. On the façade above the entrance is a replica of the fresco, depicting St. Francis receiving from Jesus and the Blessed Virgin what is known as the "**Pardon of Assisi**". At the base of this fresco is a small rectangular fresco beneath which are the Latin words *Haec est porta vitae aeternae* ("This is the gate to eternal life").

After lunch, we headed to **The St. Anthony Foundation**, located in the Tenderloin District. Founded in 1950 by our OFM brothers, this non-profit organization provides meals, clothing, healthcare, shelter, addiction recovery, job training, social services and tech access to unhoused and low-income people. I was very edified to witness the organization's commitment to providing the poor of San Francisco with basic needs and services as a way to recover their sense of dignity and to help them get back on their feet.

Just across the street from The St. Anthony Foundation is St. Boniface Church. The church is the location of **The Gubbio Project** which partners with the parish to let the city's homeless sleep on its pews during daylight hours. I thought how awesome this ministry is!

After this, we all headed to St. Conrad Friary in Berkeley where we joined the community for evening prayers and a fraternal meal. It was truly a great day full of God's blessings!



Everyone was all smiles for a group shot with Br. John Dela Riva, rector of the National Shrine of St. Francis of Assisi



A detail of the fresco in the apse of the chapel



A detail of the fresco at the entrance of the chapel depicting the 'Pardon of Assisi'



The novices inspect the bricks that form the facade of the replica of the Portiuncola



Somewhere in Little Italy



Dolores Gould and Barry Stenger giving us a tour of the facilities and services at The St. Anthony Foundation



With Br. DT, OFM



St. Boniface Church hosts The Gubbio Project



The St. Anthony Foundation's Dining Room



The St. Anthony Foundation's Clothing Donation Processing Floor

# "I LEFT MY HEART IN SAN FRANCISCO" (A PILGRIM'S JOURNAL)

By: Br. Heherson Alarde



San Francisco Cathedral



The Cathedral's interior stained glass ceiling that forms a cross



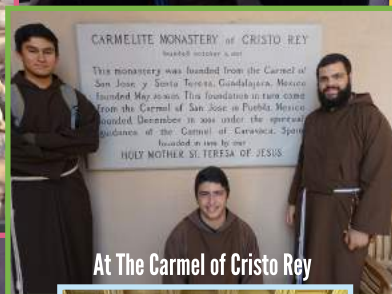
There's always a Franciscan anywhere you go!



A golden moment near the Golden Gate Bridge



The sea lions don't seem to mind all the attention!



At The Carmel of Cristo Rey



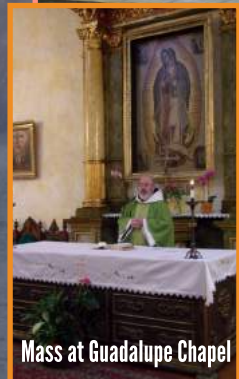
With Fr. Brad Elliott OP at St. Dominic's Church



Bruce Lee mural in Chinatown.



Interior nave and chancel of St. Ignatius Church



Mass at Guadalupe Chapel



Reredos at Mission San Juan



Some young pilgrims at Mission San Juan



With Br. Ken Laverone, OFM at St. Francis Retreat Center

## DAY 3 - November 14 (Wednesday)

In the morning, we visited **The Cathedral Of Saint Mary Of The Assumption** for Mass. After Mass, it was our free time. We used this opportunity to experience the sights and sounds of San Francisco.

Some of us went for a ferry ride that passed under the famous Golden Gate Bridge and around Alcatraz Island, rode on the famous cable cars followed by a stroll at Fisherman's Wharf where we spotted some "sea-lebrities" - boisterous sea lions camped out at the pier that didn't seem fazed by the attention from the tourists. Some had lunch in Chinatown and Japantown. Another group visited the local churches such as St. Ignatius, St. Dominic, St. Peter and Paul and The Carmelite Monastery of Cristo Rey. It was quite a tiring day but it was all worth it!

## DAY 4 - November 15 (Thursday)

On the last leg of our pilgrimage, we headed south until we arrived at **Old Mission San Juan Baustista** founded in 1797 by Fermín Lasuén, OFM, the 15th of the 21 Missions founded. The mission and its grounds were featured prominently in the 1958 Alfred Hitchcock film *Vertigo*. We had Mass at the beautiful Guadalupe Chapel.

Then, we stopped at nearby St. Francis Retreat House where we met Br. Ken Laverone, OFM. and had lunch.

Finally, it was time to journey back home. I thank God for this Pilgrimage. I experienced Him through the beauty of the city, the Mission churches, the Capuchin fraternal hospitality, and the kindness and generosity of many people.

To the City by the Bay, thank you for the wonderful and unforgettable experience! I truly enjoyed my visit and will always cherish it. As Tony Bennett sings in his nostalgic ballad: "High on a hill, it calls to me...Above the blue and windy sea...Your golden sun will shine for me." I can say almost the same thing: "I left (a piece) of my heart in San Francisco..." You have truly enriched my heart.

# NOVICE SPOTLIGHT



**BR. FRANCISCO  
JAVIER  
RODRIGUEZ**

**Province:** Saint Joseph (Detroit, Michigan)

**Hometown:** Manati, Puerto Rico **Age:** 43

**Name a book/movie/song that you think describes you:** The Shack. It doesn't necessarily describe me but it describes God to me.

**What were you doing before you entered Capuchin formation?:** I was a benefits specialist with a non-profit law firm in Wisconsin, assisting prisoners with public benefit applications.

**What brought you to the Capuchins?:** The great social justice work and the love I felt from the brothers since I met them. That love penetrated my heart and moved me to fall in love with them.

**What is your ministry this year and what do you enjoy the most with it (and why?):** I minister at Marian Regional Medical Center. I enjoy visiting patients because it has allowed me to see God in people and in situations I've had difficulty seeing Him.

**Who has influenced your life/spirituality (any person in particular?):** My mom, whose unconditional love and prayers have had a great influence on me being here. Also, my childhood pastor and long-time mentor, Fr. Ricardo who always saw my vocation even when I couldn't see it myself. May he rest in peace.

**What is something that our readers probably don't know about you?:** My guilty pleasure is to go to the mall or large stores and just walk around, observe people and do some window-shopping.

**For this month's feature question, what is Franciscan prayer for you? How has your prayer changed since entering Capuchin formation?:** For me, communal prayer time has been extremely supportive during these first few months of novitiate. The Holy Spirit has inspired me during those prayer times with messages that have allowed me to grow personally and spiritually.

**Province:** Saint Conrad (Denver, Colorado)

**Hometown:** Houston, Texas **Age:** 22

**Name a book/movie/song that you think describes you:** Whale Song by Cheryl Kaye Tardif.

**What were you doing before you entered Capuchin formation?:** Before I joined, I was a 3rd year student at Texas A&M University. I was a physics major involved in astrophysics observational research on M-Dwarf type stars. As a student technician, I analyzed large data using the Sloan Database Sky Survey. (No, I never saw any aliens... :(.). I also spent time around the Catholic Student Center.

**What brought you to the Capuchins?:** Since the Capuchins have no base (yet) in Houston, during my discernment, I saw a clip on YouTube that explained the different Franciscan branches. The video explained the Capuchin reform, and their contemplative prayer and fraternity grabbed my attention. Not long after, I visited the friars in Denver and inquired.

**What is your ministry this year and what do you enjoy the most with it (and why?):** I am blessed to be with Fr. John Love at UCSB's St. Mark's University Parish. As a former university student, I can relate to the students I minister to. Every Friday, I join the FOCUS missionaries there and we engage in different activities with the undergraduate students. In this past youth synod, Archbishop Gomez said: "The youth wants people of the Church to listen to them." My hope is that they glimpse Christ's presence as they see us in our habits. My favorite part of ministry is making a student smile.

**Who has influenced your life/spirituality (any person in particular?):** My parents who have worked tirelessly and have sacrificed so much for me. Another major influence was a Jesuit priest (whose name I won't mention so he won't be embarrassed) I was close with throughout high school. He helped me put misconceptions and assumptions I had of the priesthood to rest. How he lives his own vocation also inspired me.

**What is something that our readers probably don't know about you?:** When I have an overly-busy mind, I channel some of my emotions into playing the piano in God's presence in the chapel. There is a point where the proper ambience with the right amount of silence, my eyes lose focus and my arms take control as each note vibrates the frequency of peace. This one act brings peace upon me.

**For this month's feature question, what is Franciscan prayer for you? How has your prayer changed since entering Capuchin formation?:** Prayer for me went from being a regimented army base to p-living (prayer-living as I call it). Prayer is not just reciting a whole rosary each day or meditating on Scripture. Prayer can be as informal as simply recognizing that I live as God dwells in and around me. A prayer of His presence. It has been through kataphatic and apophatic prayer where, albeit spiritual growth cannot be immediately sensed but I have faith that I am immersed in the abyss of His grace.



**BR. JESSIE  
QUINTANILLA**



# A NOVICE'S JOURNEY

By Br. Javier Rodriguez

## Let Us Pray



Living a prayerful life. That's probably what people thought when I told them that I felt a calling and was choosing to live a religious life with the Capuchins. Well, that's not exactly why I joined, although it had something to do with it. But you might be surprised how much I struggle with my prayer life.

Last year, in postulancy, I spent about two hours of communal prayer per day on weekdays. Going through that experience, I felt I could manage that together with the time I spend in prayer privately. Now, five months into the novitiate, I find myself being in the chapel for about three and a half hours every day. I felt that an hour and a half wouldn't make much of a difference, but it really does!

This novitiate year is a discernment year. And that grace of discernment comes mostly through prayer and meditation. That is why we spend a lot of our time during the day together praying and meditating. It creates a habit of communal time to meditate and pray as we continually discern God's call. This will serve us not only during novitiate but long after we leave, for the rest of our lives.

As much as I struggle with prayer, I must confess that I am a better person and brother because of our communal prayer. The blessed moments I have lived here at San Lorenzo have mostly happened inside our chapel, sitting down in meditation surrounded by my brothers. I have found that together in prayer and meditation we support each other no matter how we might be feeling individually. We come together and for that time our individual feelings and needs are gone, and our communal desire to praise our Lord takes over.



I wish I could describe it better but there are no words to describe what I feel when I come together with my brothers to pray. All I can say is that, for me, the Spirit has worked wonders and God's graces have poured while praying and meditating as a community. So, I can struggle all I want, but I wouldn't change a thing about our prayer life. If anything, I would prefer to spend more time in communal prayer (but please don't tell that to our formators!).

One thing I'm very thankful for is that we don't spend that much time in the classroom!





# SAN LORENZO SCOOP

## WHAT'S BEEN HAPPENING AT THE NOVITIATE SO FAR...

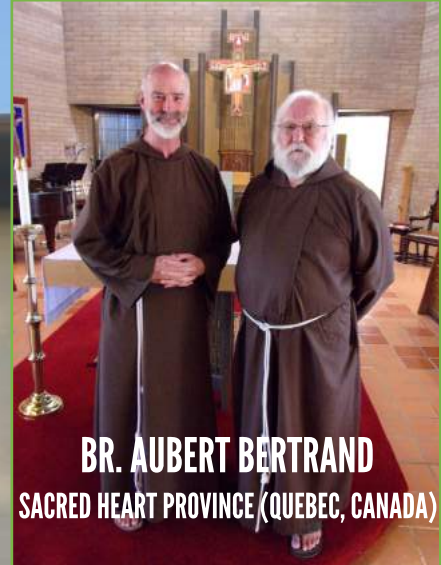
BELOW ARE SNAPSHOTS OF RECENT EVENTS, ACTIVITIES, AND VISITS OF PRIESTS, LAITY AND VISITING FRIARS FROM DIFFERENT CAPUCHIN PROVINCES.



DAN PETRUN, CHRIS CHAOUSY, CALVIN WEISCHEDEL



BR. BOB MARVA (SA)



BR. AUBERT BERTRAND  
SACRED HEART PROVINCE (QUEBEC, CANADA)



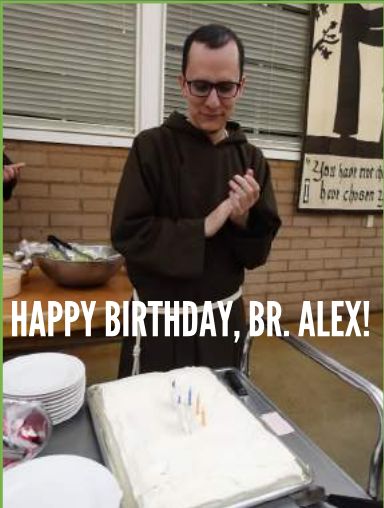
BR. TOM BETZ  
MINISTER PROVINCIAL (ST. AUGUSTINE PROVINCE)



JOSE GUARDIOLA, JAVIER CRUZ, LANCE CORTEZ



HAPPY THANKSGIVING!



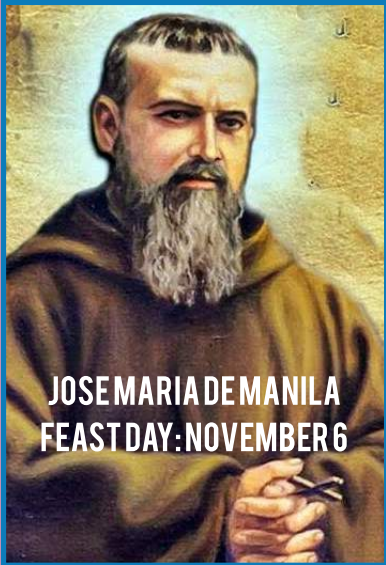
HAPPY BIRTHDAY, BR. ALEX!



HAPPY BIRTHDAY, BR. JAVIER!

# SAINT OF THE MONTH

By Br. Heherson Alarde, OFM, Cap.



One day, as I was browsing our Capuchin province's Facebook page, a post piqued my interest. The post was about the life and heroic martyrdom of a Filipino-Spanish Capuchin priest, who on October 13, 2013 was beatified (along with other several martyrs) by Pope Francis. The name of this Blessed is Jose Maria de Manila. I thought, "Wow, a Filipino blessed...and not to mention a Capuchin!" Since my heritage is Filipino and I am in Capuchin formation, I instantly felt close to Blessed Jose Maria. And so, I began to research about his life which I would like to share with you.

He was born Eugenio Saz-Orozco, Jr. on September 5, 1880 in Manila to Spanish parents, Don Eugenio del Saz-Orozco who was the last Spanish mayor of Manila and Doña Felisa Morena y Camocho. He may be an "insulares" (a Spaniard born in a Spanish colony), but he did have the heart of a Filipino which was evident how he lived his life. Eugenio spent his early years in study at Catholic schools in Manila where he was remembered as being a studious, pious, and devout student. One of the schools he attended was the Pontifical University of Santo Tomas, run by Dominican friars, and incidentally the same university I attended for my Bachelor's degree.

His Catholic upbringing and education influenced Eugenio a lot. He had a special devotion to the Blessed Virgin Mary and at 16 years of age, he consecrated himself to her. To pursue further studies in Spain, he left the Philippines in 1896.

While in Spain, Eugenio, Jr. felt the strong desire to become a Capuchin priest. However, his father was opposed and wanted him to study law instead. Always obedient to his father, Eugenio, Jr. completed his law studies. He practiced law for a few months but he knew where the Lord was calling him. He decided to join the Capuchins and his father this time did not get in the way. Eugenio, Jr. made his simple profession in Lecaroz, Navarra on October 4, 1905. He took the religious name Jose Maria. Three years later, he was solemnly professed, and later was ordained a priest on November 30, 1910.

Fr. Eugenio Lopez, the provincial minister of the Filipino Capuchin province said that throughout his years in Spain, Jose Maria "remained a Filipino at heart", and wanted to return to the Philippines in order to serve the local church. However, God had other plans for him. He remained in Spain where he zealously preached the Gospel to a nation suffering from poverty due to the effects of World War I.

In Spain during that time, anti-Catholicism and anti-clericalism combined with economic difficulties were becoming widespread. Wall Street crashed in 1929 and this pushed the working class to their limits. The military generals seized this opportunity and began an uprising in July 1936 that began the Spanish Civil War. Due to persecution by anarchists and Marxist groups, on July 20, 1936, several religious, including Jose Maria fled from their convents. Jose Maria sought refuge in the house of a relative, but he was soon discovered and arrested in August 1936. Then on August 17, 1936, he was executed at the gardens of the Cuartel de la Montana, a military building in Madrid. Reminiscent of the martyrs of the Mexican Cristero War, Jose Maria's last words on his lips were: "Long live Christ The King!" From the Capuchins, 32 were martyred - 20 priests and 12 lay religious - all gave up their lives for the sake of the faith and gave supreme witness to the Gospel of Jesus Christ.

To date, the Philippines has two canonized saints. God-willing, Blessed Jose Maria could be the third canonized saint for my native country. I pray for Blessed Jose Maria's intercession to guide me and my novice brothers that we may grow more in love with Christ in this time of formation. Blessed Jose Maria inspires me to be an instrument of God's love to one another and that I may always persevere in our faith and love despite trying times. Blessed Jose Maria de Manila, pray for us.

## DECEMBER CELEBRATIONS

1 - Br. Peter Banks (B)

4 - Br. Aldrae Cruz (B)

8- Immaculate Conception of Mary (S)

12 - Our Lady of Guadalupe (F)

13 - Br. Phil Bernier (B)

25 - Christmas

26 - St. Stephen. Apostle and first martyr (F)

27 - St. John, Apostle and Evangelist (F)



# KEEP CALM AND PAZ Y BIEN

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and more pictures!

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## ABOUT US

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

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