

Vol VII - Issue 03

November 2015

# THE Caperone



**Transitus 2015**



## From The Formators

**Peace and Good!** As you know from this issue of the Caperone, we Franciscans celebrate in a special way the death of our founder, St. Francis of Assisi. What we call this celebration is Francis' Transitus, that is, his passing, his transition from this world into God. Marking Francis' passing calls to mind the fact that each of us one day will face the same Transitus, that ultimately each one of us will be called by God from this life into eternity. Because of this, Francis often reminded his friars that we should live in this world as "pilgrims and strangers," for in many ways that is exactly what we all are. The world is a stage, as Shakespeare reminds us, where we all have our "exits and our entrances." For the followers of risen Christ, even the exits should not be fearful things.

As we remind our novices, Capuchin Franciscan life is full of transitions, and they are not always easy. These include physical moves as we are transferred from place to place. There are also the transitions we face every time we gain or lose a new member of our fraternity, as has happened recently here at the novitiate.

Fr. Jerry McGlone pointed out to us that these transitions are always accompanied by a host of emotions; our task is to recognize, acknowledge, and work with these emotions so that even the pain of transition can be an occasion for the grace of God and work of the Holy Spirit within us. As always, we as friars also hope that our own experiences in dealing with transitions in our lives will help us to be more compassionate and able to minister to our brothers and sisters in need, who are our fellow pilgrims on the road.

To all of you readers of the Caperone, our fellow pilgrims, we wish every grace and blessing. As the Irish friars always say, "may the road rise to meet you and the wind be at your back" as you walk on the God's road today.

- Br. Bobby

### Calendar Of Events

**November 2-18:**

*History of Franciscan Movement  
(Br. Bobby)*

**November 23-24:**

*Advent Liturgy (Bob)*

**November 24-25:**

*Day of Recollection (Harold Snider)*

**November 30:**

*Presentation on the Vow of Obedience  
(Br. Frank)*

## The Caperone

*Newsletter of the North American Pacific Capuchin Conference Novitiate*

*Founded 2009*

### Comments and Questions

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## Transitus

The Transitus and feast day of our founder St. Francis of Assisi is an incredibly significant time for us at the Novitiate as we continue to discern this way of life and the call to religious life in the manner of St. Francis. It is a time for us to look more deeply at the life of Francis, at his example of poverty and humility, and to remind ourselves of the reason for our being here.

The Transitus of St. Francis, his passing from this life into the next, is celebrated at every one of our friaries worldwide, but there is something quite special about celebrating it at San Lorenzo; although we might be physically isolated from the world at large, having brothers from so many regions of the larger Capuchin community created a greater sense of connectedness to the wider Order, a sense of belonging to something bigger than ourselves.

We were graced with the presence of several members of the Santa Ynez community, and were also glad to have with us Br. Bao, the novice for the Franciscan Conventual community in Arroyo Grande. The night of the Transitus was one of somber quiet and reflection. We had a beautiful liturgy in the chapel, with our schola and several brothers giving their talents as cantors. We meditated on a heart-stirring hymn

written by Fr. Bobby, and spent time in silent reflection, each brother gleaning his own meaning from the many facets of Francis' holy life. A wonderful addition to our celebration was the almond cookies baked by Br. Nicholas. These are the same cookies that Lady Jacopa would make for Francis throughout his life, and the ones he requested be brought to him just before his passing.

Our celebration on the feast day the following evening was one of joy and laughter. Many of the friars from surrounding friaries came to the novitiate for our social and dinner so that we could be with each other in fraternity, celebrating Francis' life the best way friars know how: with good food and conversation. It was a time of fraternal bonding and a welcome break from the daily routine of novitiate life. The novices also got most of the day off, and we all know how much we appreciated that... The day has given us much to reflect on as we continue our discernment with the Order of Friars Minor Capuchin.





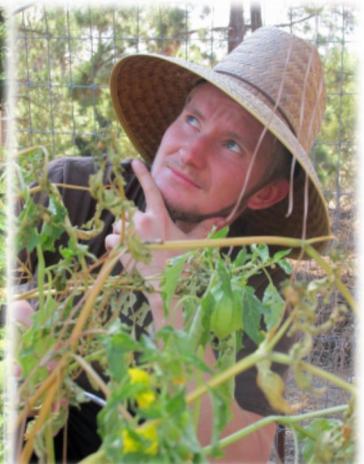
## From The Garden

We are very blessed at San Lorenzo to have such a great space for the various projects and activities which help make life at the Novitiate flourish. This gives us the ability to have a significant amount of land dedicated to growing our own food. We have a large garden which is taken care of by our Br. Jerry, along with three novices, Brothers Niko, Alex, and Vince. Along with the occasional extra hand from the other novices, they are able to reap quite the bountiful harvest of foods. There are dozens of different vegetables and herbs in the garden, a few of the main crops being green beans, bell peppers, tomatillos, baby tomatoes, jalapeños and other hot peppers, okra, and oregano. This year we have newly planted corn, carrots, and garlic which we hope will come to maturity soon; our brother gardeners have high hopes.

For us, gardening isn't just a hobby or pastime - the whole community benefits from the fruits of the earth. It definitely gets interesting at the dinner table on days when okra or tomatillos have been harvested. Our wonderful cook Ricardo knows how to take simple garden produce and create some spectacular meals. Our moms can rest assured we never go without our fair share of vegetables.

Many of the brothers have shared that one of the benefits of working in the garden is learning an appreciation for the hard work it takes to get food on the table. Especially during this drought and under the hot valley sun, we have come to a better understanding of the efforts of all the men and women who cultivate the earth and make it possible to provide nourishment to so many people around the world.

As friars, we cannot overlook the spiritual value in any activity we perform. Reflections on gardening come as easy as taking a look at Jesus' parables in Scripture. One of the most relevant meditations for us novices is the idea of tending the plant from the point of seed germination all the way through to maturity. That's much like ourselves as we allow the seeds of the Holy Spirit to be planted within us, and through prayer and study, we water and care for them so that one day they might flourish and bear great fruit.





## Life As A Novice

Three full months into the Novitiate and finally we have some respite from the blistering heat. The last few months of upper 90s and even low 100s had been taking a toll on us, and in general, high heat can make for some pretty grumpy friars. We are glad to finally be getting some cool weather and some necessary rain, though certainly not enough.

God's creation has certainly been giving us plenty to reflect on as well, with the sight of the "Super Blood Moon." Cloud cover made it a less spectacular show than in other places, but the miracle of it was appreciated nonetheless. As fall comes into full swing we've also been getting in touch with some of God's smaller creations, namely the tarantulas, snakes, and other critters skirting across the San Lorenzo grounds. We've had quite a few frightful (or should I say humorous?) encounters with snakes in the area, and it was fitting that on the night of the Feast of St. Francis a bat flew into our dining room, deciding it too wanted to join in the celebration. Overall it is a great gift to be able to experience so many of God's creatures in one place, even when they aren't the most pleasant of creatures.

Another noticeable development is simply the fact that we have finally gotten into a solid rhythm of Novitiate living. The scheduled prayer, classes, work, and community time is becoming ingrained like clockwork into our systems. There definitely seems to be a certain facility in following the daily horarium, and the wonderful thing about it is that it allows more time for each novice to live more and more in the present, more at ease throughout the day. We are also getting more familiar with the surrounding community at large as we go out to different parishes and spend more time at our ministries on Fridays. We are grateful to be receiving such welcome and support from the people around us.

However, this month we have sadly seen the departure of two of our novices, Kevin Camilo and Matthew Tiritilli. Both of them were highly valued members of our community, and as our novice class is beginning to form the intimate bonds of fraternal life, it is difficult to see the two of them go. However, we recognize the work of the Holy Spirit in the lives of these two men, and we know God will continue to guide them for years to come.

This month has definitely been a busy one, but it has also been a transformative one. The fraternal bonds of community life are starting to come together.





## Days Out With The Community

With all the everyday stresses of novitiate life, the rhythm of prayer, classes, work projects, and communal life, it's necessary for the sake of everyone's sanity that we have some time to simply relax and enjoy ourselves. Each Thursday we have a large portion of the morning and afternoon to go out of the novitiate and get a bit of fresh air, some breathing space, and have a bit of down time. Of course there are plenty of things to do in Santa Barbara County, but even more fortunate is the support we get from the San Lorenzo community. This past month we have had several invitations by community members to join them for days off.



One of the events was a tour of La Purisima mission and a picnic lunch graciously provided by the Old Mission Santa Ines Hospitality Committee. La Purisima is one of the old Spanish missions that still stands intact, with quite a variety of sites in the area; the mission itself, with the various bedrooms, workshops, and classrooms, still furnished as it would have been centuries ago is only a small part of La Purisima. There are also old fountains and bathing areas, reconstructed Native American homes, the original millstones, and the beautiful chapel with a bell tower that we were able to go up and ring for ourselves.

We were given a guided tour of the whole area. It was a real walk through history, an in-depth look at the early Franciscan involvement in California, and although the hot sun was a bit overbearing that afternoon, the day was much appreciated by the community. It was fascinating to see the way that the early California settlements were run, and the way of life of these Franciscan friars. Their steadfastness and eagerness to spread the faith is surely a model example for us in our own time.

We also enjoyed two other days with some of the good people who join us for mass at San Lorenzo. Gloria and Mike, who had cooked the appetizers at our Gala last month, invited us to their home for an authentic Mexican lunch, and the end of the month saw us at Audrey's horse ranch for a day of horse-riding and some time to share vocation stories. Both were days for some relaxation and fun, and were all the more enjoyable for being with some of the people we normally see only in the context of Sunday mass. These people are truly a gift to our community.



## Friars' FYI

### Fr. Gerard McGlone, SJ, PHD

As the novitiate program moves into the third month and the brothers begin to look more deeply into their discernment, it is necessary that we begin to discuss the vows of poverty, chastity, and obedience in a more comprehensive way. In the final two weeks of October we took on the vow of chastity/celibacy. Celibacy is one of the core aspects of the religious life that needs to be discerned by each novice individually. The question remains, "is God calling me to living a celibate life?" Part of that discernment involves taking a deep review of the celibate life, and how a religious can live celibately in a healthy, constructive, and fulfilling manner. This is why we had one of the leading priest-experts in celibate psychology come to give the novices a four day intensive workshop on sexuality and healthy celibate living.

Gerard McGlone, a Jesuit priest, is currently the director of counselling services at the Pontifical North American College in Rome, and has worked extensively with many of the clergy and religious involved in cases of abuse and misconduct. Because of his passion for helping priests and religious find healthy, fulfilling ways to live out their vow of celibacy, he was the perfect man to give us this presentation. The four days we had with him were thought-provoking and insightful. He gave us plenty of material to review and discern the vow of celibacy in our own lives, and the tools to help us grow in our understanding of human sexuality. It was a great gift to have him with us, and this workshop will hopefully help each novice grow in their discernment of the call to the religious life.

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### The Novitiate So Far *by Br. Jude Quinto*

I am frequently asked this question by friends and family: "how is your novitiate so far?" The short answer I tend to give, "it's been well, a lot of blessings in times when it has been thrilling and even when it has been rough..." I could have given them a long and deep answer but there isn't enough time nor enough words to describe the richness here in San Lorenzo.

These past few months have been so great and deep that I've been left speechless many times. From the times God fills my heart with the love He has for me, and I cannot help myself but smile and laugh, hoping to sharing this small gift I have with my brothers, to the times where I am stuck in my struggles and sorrows and I'm left with a gift of tears and without words...these were all incredible gifts for me to live and come into union to. I'm very joyous to share and carry this with the brothers.

My brothers, I can say with full confidence have been and continue to be a gift to my life. I hope I am a gift to them. What I have come to so far in this journey with my brothers in this novitiate is that what I do is not the gift; but the joy I share is, and even some of the struggles, are the gifts that I bring to this fraternity. Our life here is a gift, and continues to be. Let us rejoice in the Lord for his goodness to us, in our joys and struggles. I'm not sure how long this gift will be until God calls it back to Himself, so let's give thanks to Him by continuing to struggle and laugh in the love of Christ.



## Friars' FYI

### The Novitiate So Far *by Br. Rigo Azanwi*

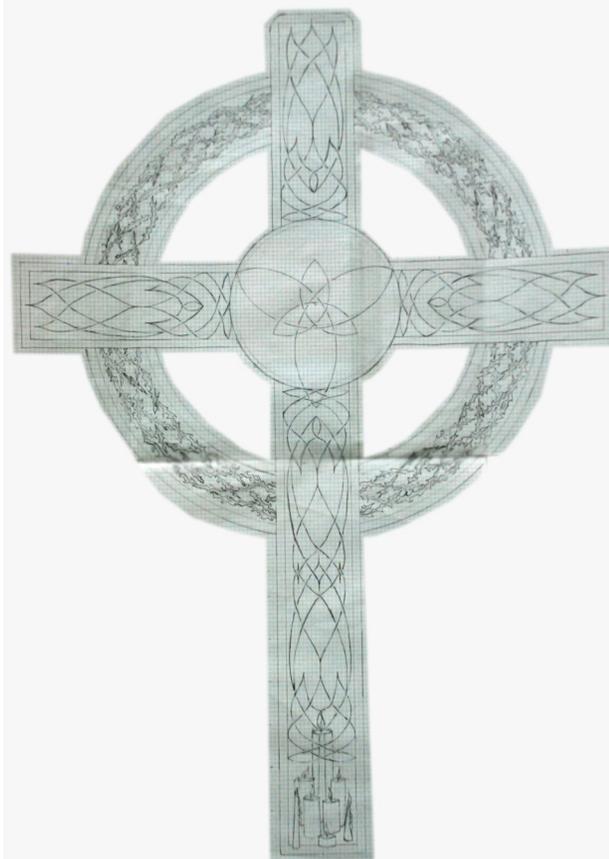
It is an indisputable fact that the Novitiate year is an exceptional experience for each and every novice based on their unique quintessence. It is from this perspective that my views and experiences are strictly proper to me. A few months ago, I was this anxious postulant who looked forward to the Novitiate, and time rather seemed to be a constant. Nonetheless, the latter was falsified as I eventually got to San Lorenzo Seminary and was invested with the probation clothing. At the moment of my investiture, I thought the journey had ended; little did I know that it had just begun.

I have been a Capuchin novice for 3 months now and counting. It has not been different from all realms of human life as we know. There has been ups and downs, hills and valleys, periods of consolation and desolation. An essential element that keeps me going in the midst of all these is the joy I feel within for just being here.

The Novitiate schedule is such that I am able to go deep into myself, and discover the “me” that lies hidden, be it consciously or subconsciously. It has given me the opportunity to learn more about others thereby letting go of my ego and recognizing the imago Dei that lies in my brothers in the friary and the human race and creation at large. Moreover, it has been a period of getting to know God more intimately, following him more closely and loving him more intensely. As my days as a novice gradually unfold, I tend to transcend the immanent understanding of my longings and desires, by using the enormous quiet time I get through the periods of prayerful silence and hermitage days. I am able to “look intently, in quiet, with desire to see what is most desirable in what [I] desire.” This would not have been completely attained without the numerous enriching workshops we get here, which I say is gold served on a platter right before me.



**Creative Capuchins**



*Photography and Design  
by Br. Nicholas Dillon*

“Uncle Wayne’s Cross”

(to be carved throughout  
the novitiate year)