



The Herald of St. Francis

November 2017 • Vol. XXXVII, No. 11 • Next Meeting: November 12TH @ 12:30 PM

Our November Gathering

We will hold our monthly gathering on Sunday, November 12th at 12:30 pm in Conway Hall. We will have ongoing formation followed by social time. Around 2:15 we will proceed to St. Francis Church for our annual Mass of Remembrance. Fr. Quan Trinh will be our celebrant.

“And we will be involved in the monthly meeting as an act of worship and a building of community.”

~ The Lay Franciscan Monthly Pledge

Prayer Petitions

Please contact Fran Urso at francesurs@aol.com or 610-202-8965 if you would like to include a petition in the newsletter. A new list will be generated each month.

- A - Conversion of family
- Patty - Acceptance of God's will and prayers for family for loss of child
- Mally - Hospice
- Carol - Return to sacraments
- Stella - Recover from recent loss
- Betty - Health

- Cloud - Redemption
- Mary - Vertigo, baptism of grandchildren
- Joselyn - Safe delivery of baby
- Heather - Conceive, acceptance of God's will
- Mary and her friend - special intention
- J - Recovery
- C - Clarity and peace of mind
- Mary P. – Healing from illness

Christmas Gathering

This year's Christmas gathering will be held on **Sunday, December 10th** from 1:00 to 4:00 at Anthony's Restaurant in Drexel Hill. More details to follow in the December newsletter.

St. Francis Inn Needs

- Diapers (sizes 4, 5, **especially 6**)
- Sugar
- Large Cans of Coffee
- Men's & Women's Underwear
- Men's Shoes

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- Toilet Paper
 - Deodorant
 - Travel and Regular Sized Shampoo
 - Toothpaste
 - Paper Towels
 - Prayers

Formation Information

Brother Kip has again graciously agreed to do the ongoing formation session. His talk will be about prayer. Please read the following passage from St. Bonaventure in preparation:

To make progress in the spiritual life it is especially important for a bride of Christ to train her soul in unflagging zeal for prayer. If a religious lacks devotion and is lukewarm, and prays only infrequently, she is miserable and unprofitable. As a matter of fact, in God's sight, her soul is dead though her body is still alive.

The power of persevering prayer is such that it is efficacious under all circumstances. We can derive profit from it at all times: in winter and summer, in fair weather and foul, day and night, on holidays and work days, in sickness and in health, while standing, sitting or walking, when in choir or out of choir, In fact, through an hour's prayer one can gain more than the world is worth. By a single devout prayer, one can gain the Kingdom of Heaven.

Now, there are three requisites for perfect prayer:

First, when at prayer close your senses and concentrate with all your being, body

and soul and calmly dwell with sorrow and contrition on all your weaknesses past, present and future.

The second requisite in prayer for a bride of God is thanksgiving. Thank the Creator in all humility for blessings already conferred and those still to be granted by Him. Nothing renders us so worthy of God's gifts as to thank Him always for those that have been received.

The third requisite for perfect prayer is for the mind to think of nothing else except that for which prayer is being offered. In speaking with God it is very improper to speak one thing with the lips and another with the heart so that only half one's heart is directed to Heaven and the other half remains on earth.

Make no mistake, be not misled, nor lose the rich fruit of prayer. Do not forfeit its sweetness, nor cheat yourself of the delight you should derive from prayer. Prayer is the cup for drinking the grace of the Holy Spirit from the abundant fountain of delight, the Blessed Trinity. Be recollected during prayer, enter the chamber of your heart with your beloved and tarry there alone with Him. Forget everything outside and with all your heart, all your mind, all your longing, all your devotion rise above yourself. You must not grow weary of praying, but soar aloft in ardent prayer till you enter the wonderful dwelling place, the house of God.

~ St. Bonaventure, On the Life of Perfection
