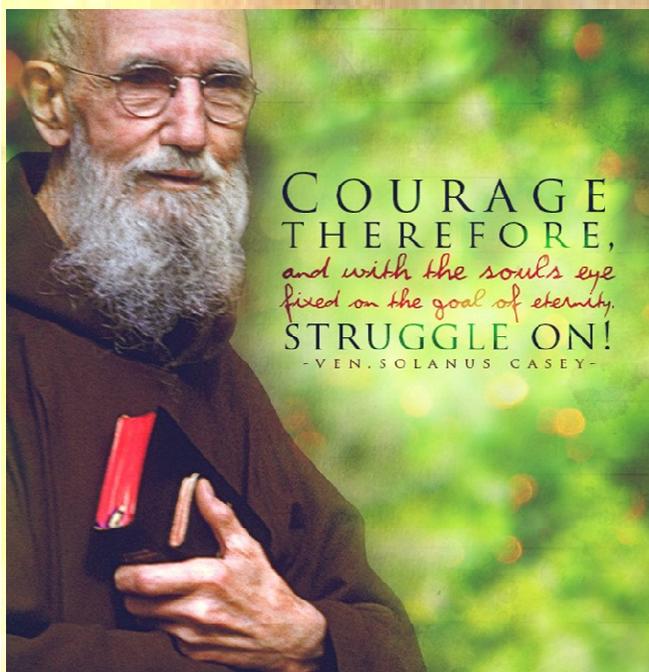


St. Felix of Cantalice Secular Franciscan Fraternity

2100 Jane Street, Toronto, ON M3M 1A1
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Summer 2016—Newsletter



COURAGE
THEREFORE,
*and with the soul's eye
fixed on the goal of eternity,*
STRUGGLE ON!
- VEN. SOLANUS CASEY -



**WEEKEND OF PILGRIMAGE, REFLECTION AND PRAYER
SOLANUS CASEY CENTRE & CAPUCHIN RETREAT
FRIDAY - SUNDAY, AUGUST 19-21, 2016**

Fraternity Minister: Mr. Gerry Elises, ofs stfelixsfo@gmail.com

Spiritual Assistant: Bro. Alan R. Gaebel, ofm, cap. 416.241.3101 ext. 245

MINISTER'S MESSAGE

SPRING IS GONE, SUMMER HAS ARRIVED! Officially it's time to discover countless outdoor activities - hit the beach, park, picnic, go for a long vacation, reach out to friends, family and loved ones. A time of fun, smiles and togetherness!

What an amazing and wonderful gift from God. It is a time to celebrate with our family and friends, sharing the nice weather that builds the essence of summer. It will awaken you to the need to pay attention to a brighter interactions and relationships. The flowers are in full bloom. We feel the warmth of the summer. It's also a time to enjoy, grow and shine spiritually be more aware of human kindness, and manage our spiritual life around our strengths, endurance, patience and loyalty. Connect, be active, share our talent, creativity and potential, and keep appreciating what we have in simplicity and SHARE.

Nature provides us with what we need in life, the air that we breathe, the food that we eat to nourish our physical body and the water to nurture what He had created. How about the nourishment for our spiritual soul? Is it enough that we attend a Eucharistic mass every Sunday and other days of obligation? Surely, even with prayers they are not enough. There should be a balance of spiritual and physical component which is necessary to achieve harmony and to add color to our life just like the colourful blooms and flowers in the summer-time.

We are Franciscans who professed ourselves before God through St. Francis, our patriarch in our vocation, to spread our communal charism to actively be good standing members of the Church and apostles of Jesus Christ to spread and animate what is written in the gospel, the way St. Francis and St. Clare did. How fitting and uplifting it is to love and serve the Lord. We cannot be another St. Francis or St. Clare, but surely we can follow their footsteps. To love and to serve are divine gifts which we should endow our neighbours.

On a separate note, last May 7, the members of our Council, St. Felix of Cantalice Fraternity, had the chance of attending the Ministers Conference in Mississauga at Queen the Apostles Renewal Center. Father Peter spoke of the Good Shepherds and emphasized the needs of the aging members of the different Fraternities. Topics on leadership and recruitment of new members were discussed and shared by the different groups consisting of members from different Fraternities.

We are the Shepherds of Christ in the name of St. Francis, who knows the needs of our flock and will go out of our way to find and save a lost member. We, in the Franciscan Secular Order, have proven ourselves to be self-directed, highly motivated team player who is passionate about the humble life of St. Francis of Assisi, with a unique understanding, compassionate interest and commitment to lead, by example, a positive and meaningful life. Quite simply: to follow the example of St. Francis of Assisi drives positive behaviours that serve the public good.

As the minister of this Fraternity, I am proud and very excited to be in this role – it's a service and commitment in following the life of St. Francis of Assisi and feel passionately about his unique mission for the humble and the poor. I feel very strongly, however, that we have to be effective champion and good Shepherds in our respective communities and together to our people and the WORLD. This is specifically why we are in the Franciscan Secular Order and will always be a Franciscan in our thoughts, words and actions. These are exciting times! It feels good to be among colleagues who share a common vision to make us a channel of PEACE. Have a safe and an enjoyable summer!!!

Bro. Gerry Elises, ofy
Fraternity Minister

PRAYER REQUESTS

For the good health of Simone Vien, Virginia Kiflit, Bro Gugliellmo Corbo, Bro. Joseph Mac-Donald, Bro. Ron MacIntyre

FOR THE DEPARTED FRIENDS OF THE FRATERNITY

Francis La Madrid, Lela and Grant Gaebel, Jeannette Segal, Marcel Vien, Clare Townsend

MEMORIAL WALL – TRILLIUM REGION

Trillium Regional Fraternity (TRF) website: ofstrilliumregion.weebly.com

ST. FELIX OF CANTALICE – TORONTO

Bette Ann Kuehn, ofs	Professed 1984, Deceased Feb. 9, 2011
Diana McIlhaney, ofs	Professed 1979,
Beatrice Rogers, ofs	Professed 1984, Deceased Oct 25, 2007
Mary Caruso, ofs	Professed 1962, Deceased 2012
Sandy Blum, ofs	Professed 1978, Deceased 2008
Walter Glynn, ofs	Professed 1964, Deceased 2002
Mildred Heffernan, ofs	Professed 1940, Deceased 1997

OCTOGENARIANS

Philip Poku, ofs	89 years
Mario Segal, ofs	85 years
Simone Vien, ofs	83 years
Margaret Gardner, ofs	83 years
Betty McKinstry, ofs	81 years

BIRTHDAYS

June 03	Sr. Elizabeth Williams, ofs
August 02	Sr. Simone Vien, ofs
August 11	Sr. Guadalupe Lugo-Estok, ofs
August 29	Sr. Fiorella Genga, ofs

PROFESSION ANNIVERSARIES

Bro. Alan Gaebel, ofm, cap. 25 years – (sfo) Aug.4, 1991





The 15 Cancer Causing Foods You Probably Eat Every Day



1. Soda Pop

Sodas are a sugar loaded, empty source of calories that can be very detrimental to your health. In addition to being linked with weight gain, inflammation, and insulin resistance, this sweet caffeinated beverage can lead to gastro-esophageal reflux disease. This condition causes the stomach acid to leak back into the esophagus resulting in pain and burning. The American Journal of Nutrition also found in a recent study that soda drinkers actually have a higher risk of stroke than non-soda consumers. In addition to this, soda pop contains a whole host of artificial colorings and chemicals (which are too numerous to list here). So it's no surprise that drinking soda can lead to a higher risk of cancer.



2. Potato Chips

Who doesn't love the taste of a salty, crunchy potato chip? While they may be satisfying to eat, the negative effect they have on your body may be hard to stomach. Potato chips are calorie dense and high in fat content, both of which contribute to unintended weight gain. Not to mention many popular brands are high in trans fats and sodium which can result in higher blood pressure. Don't forget that most potato chips at the grocery store contain artificial preservatives and dyes that are fried at a high temperature. This process creates what called acrylamide. Acrylamide is a known carcinogen that is found in cigarettes. Although they are delicious, potato chips can cause some very undesirable effects as a part of your daily diet.



3. Processed Meats

Processed meats, which include hot dogs, sausages, bacon, and most lunch meats, can be damaging to your health. These meats contain chemicals and excessive amounts of salt that are used in the manufacturing process. A recent study by researchers was published in the journal of BMC Medicine. In this study, people who ate more than 160 grams of processed meat increased their risk of death by as much as 44 percent over the course of 12 years. The study itself was conducted over 13 years and across 10 countries. The chemicals and preservatives (including sodium nitrates) in processed meats are used to improve their appearance on store shelves. However, these same chemicals are commonly known carcinogens.



4. Canned Tomatoes

Tomatoes, normally a staple in many healthy diets, can be made hazardous when canned. The can lining is usually made with a chemical substance called bisphenol- α , more commonly known as BPA. The FDA is extremely concerned by BPA as it has been shown to alter the brain chemistry in research done on rats. As a result, there have been efforts by the Food and Drug Administration to reduce and eventually eliminate BPA from canned food products, not just tomatoes. The reason canned tomatoes are so so dangerous in particular is because tomatoes are very acidic. Acidic foods can cause more rapid leeching of BPA from the can lining into the food. The BPA content from canned tomatoes can be so high that some brands warn parents not to feed them to their children.



5. Microwave Popcorn

What's a movie without popcorn? This convenient, relatively healthy snack is seemingly harmless. The culprit here isn't the popcorn itself, but the bag that it's micro waved in. Typically, microwave popcorn bags are lined with a chemical referred to as perfluorooctanoic acid (orPFOA). Quite a mouthful, right? This toxin is more commonly known to exist in Teflon. A shocking study from the University of California found that this toxin can be linked to infertility in women.

In addition to this, PFOA has been found to significantly increase the risk of liver, bladder, kidney, and testicular cancer in humans in several other studies. In some bags of popcorn, even the popcorn itself has been tainted with GMO loaded soybean oil as well as a chemical called diacetyl. This chemical was so harmful that some companies have banned it from their factories due to workers developing lung diseases after working with it.



6. Hydrogenated Oils

These types of oils are notoriously linked to heart disease, immune system deficiency, and of course cancer. Vegetable oil, one of the most commonly used kinds of hydrogenated oil, is so dangerous because many varieties are high in deadly trans fats. Trans fats are not the healthy kind of fat. Even the FDA has stated that trans fats should generally not be regarded as safe for consumption, contrary to their former opinion. A great way to substitute hydrogenated oils in your diet is to use olive, coconut, or grape seed oil. For cooking, grape seed oil is a fantastic option since it has a higher "smoke point" (the point at which the heated oil begins to produce carcinogens) in comparison to other oils.



7. French Fries

These little fried sticks of potato are salty, delicious, and satisfying. However, by and large, most cheap french fries are made with hydrogenated vegetable oil and topped with a mountain of sodium. The trans fats and salt (as discussed previously) can increase your risk of high blood pressure, obesity, and other numerous diseases. In addition to this, french fries commonly contain a chemical known as acrylamide. Any food that's fried at high temperatures has a chance of containing this. Acrylamide is also found in cigarette smoke and even building insulation. It gets even worse: this compound has been linked to a increased risk of cancer.



8. Farm Raised Fish

Fish, typically a very healthy meat that's high in protein, good fats, and fatty acids, can also have a dark side. Farmed fish (salmon, cod, tilapia) has been found to be chock full of antibiotics, pesticides, flame retardants (crazy!), and pesticides in a recent study at the University of Albany. If that's not convincing, I don't know what is. Each of those ingredients alone have been linked to cancer and combined they make a particularly lethal cocktail.



9. Alcohol

Over 14 years, a study conducted on American women examined their diet and lifestyle habits. Of the 200,000 postmenopausal women participating, those who consumed at least one alcoholic beverage a day showed almost a 30% increase in breast cancer rates in comparison to those who did not drink. Not convinced? Behind tobacco use, Alcohol is the second leading cause of cancer. In addition to this alcohol use can be associated with the following: heart failure, stroke, and sudden death. However, there is a bit of silver lining. Moderate consumption can actually be healthy and reduces the risk of heart disease.



10. Artificial Sweetener

Many people have made the mistake in assuming that artificial sugar replacements are actually better for you than real sugar. They aren't just wrong, they're dead wrong. In addition to causing more weight gain than ordinary sugar, artificial sweeteners such as aspartame make it extremely difficult to control blood sugar levels. This poses a huge problem to diabetics trying to manage insulin levels. Although the research hasn't been completed yet, there is evidence that many artificial sweeteners end up breaking down in your body into a substance called DKP. DKP is a deadly toxin that can produce chemicals which have been linked to brain tumors.



11. Refined Sugars

While not as terrible as artificial sweeteners, refined sugar is still something to avoid. In addition to spiking your insulin levels they provide an excellent fuel source for cancer cells. Back in 1931, researchers found that cancer cells have a taste for sweets. They discovered that tumors rely on sugar to increase cancer cell production and size. Refined sugars, such as high fructose corn syrup, are more easily converted into cancer cell growth than regular sugar. Sadly, high fructose corn syrup is still found in thousands of products at the neighborhood supermarket.



12. Smoked Meat

Smoked barbecue meat, which is famously tender and delicious, is also loaded with carcinogens. During the smoking process the meat absorbs tar from the smoke, which in turn is absorbed by your body when eaten. Tar is found in tobacco, which is the leading cause of cancer. Meanwhile, grilled meats (when prepared with the proper cooking oil) can cut the carcinogen content down significantly. Pass on the smoked brisket next time you go out for dinner.



13. Genetically Modified Organisms (GMO's)

You're probably familiar with the term, however do you know what a GMO actually is? These are foods that are either grown using chemicals, genetically altered by chemicals, or both. As it stands right now, the FDA does not have any testing protocols in place in regards to GMO's. Nor do they care, it seems. There are no laws in America that prohibit GMO's or require manufacturers to put GMO information on the labels of foods that contain them. Lab rats were given GMO foods in a study that resulted in the rats developing pre-cancerous growths, shrunken internal organs, and damaged immune systems over the course of only 10 days. Although the human testing has been limited, one study showed that the DNA modifications in the food ended up being passed on to the bacteria in our stomach. GMO's have shown the ability to literally alter your digestive system's chemistry. Pretty scary, right?



14. "Diet" Foods

Low sugar! No sugar! Fat free! Sounds familiar, right? What so called "diet" food packaging should really say is: Artificial sweeteners! Artificial coloring! Loaded with chemicals! Food dye is particularly nasty, since the most common types (Red 40, Yellow 6, and Yellow 5) contain carcinogens known to be linked with cancer. One of the dyes, Red 3, is still being produced and consumed by thousands (if not millions) of Americans today despite some concerning research linking it to several diseases. Skip the "diet" substitutes and pick the real deal instead.



15. Refined White Flour

Odds are that you haven't really heard much about refined white flour, or know why it's something to avoid. That's because the food industry has picked the name "refined white flour" to describe what should really be called "bleached flour".

That's right, after bleaching the flour studies have found that traces of the chemicals still remain in it. The more highly processed the flour is, the higher the carbohydrate content is as well. This alone isn't too bad, however consider the fact that a diet high in carbs messes with your blood sugar levels and increases insulin production, which is a favorite food source for cancer cells.

Submitted by: Sr. Teodora La Madrid, ofs



Who was St. Francis of Assisi? 12 things to know and share...

1) When did St. Francis live?

He was born in 1181 or 1182 (we're not sure), and he died in 1226. He thus lived to be only 44 or 45 years old.

2) How did he get the name "Francis"?

He was born Giovanni (John) di Bernardone, but in his infancy, his father, Pietro (Peter), began calling him Francesco ("the Frenchman").

3) What was St. Francis's early life like?

His family was well-to-do, his father being a wealthy silk merchant. He was not very studious, and his literary education remained incomplete. Although associated with his father in trade, he showed little liking for a merchant's career, and his parents seemed to have indulged his every whim. Certain it is that the saint's early life gave no presage of the golden years that were to come. No one loved pleasure more than Francis; he had a ready wit, sang merrily, delighted in fine clothes and showy display. Handsome, gay, gallant, and courteous, he soon became the prime favorite among the young nobles of Assisi, the foremost in every feat of arms, the leader of the civil revels, the very king of frolic.

4) Did he fight in the military?

When about twenty, Francis went out with the townsmen to fight the Perugians in one of the petty skirmishes so frequent at that time between the rival cities. The Assisians were defeated on this occasion, and Francis, being among those taken prisoners, was held captive for more than a year in Perugia. A low fever which he there contracted appears to have turned his thoughts to the things of eternity; at least the emptiness of the life he had been leading came to him during that long illness. With returning health, however, Francis's eagerness after glory reawakened and his fancy wandered in search of victories; at length he resolved to embrace a military career, and circumstances seemed to favor his aspirations.

5) How did his life change?

Not long after his return to Assisi [in 1205], whilst Francis was praying before an ancient crucifix in the forsaken wayside chapel of St. Damian's below the town, he heard a voice saying: "Go, Francis, and repair my house, which as you see is falling into ruin." Taking this behest literally, as referring to the ruinous church wherein he knelt, Francis went to his father's shop, impulsively bundled together a load of colored drapery, and mounting his horse hastened to Foligno, then a mart [market] of some importance, and there sold both horse and stuff to procure the money needful for the restoration of St. Damian's. When, however, the poor priest who officiated there refused to receive the gold thus gotten, Francis flung it from him disdainfully.

6) How did his parents react?

The elder Bernardone, a most niggardly man, was incensed beyond measure at his son's conduct, and Francis, to avert his father's wrath, hid himself in a cave near St. Damian's for a whole month. When he emerged from this place of concealment and returned to the town, emaciated with hunger and squalid with dirt, Francis was followed by a hooting rabble, pelted with mud and stones, and otherwise mocked as a madman.

Finally, he was dragged home by his father, beaten, bound, and locked in a dark closet. Freed by his mother during Bernardone's absence, Francis returned at once to St. Damian's, where he found a shelter with the officiating priest, but he was soon cited before the city consuls by his father.

The latter, not content with having recovered the scattered gold from St. Damian's, sought also to force his son to forego his inheritance. This Francis was only too eager to do; he declared, however, that since he had entered the service of God he was no longer under civil jurisdiction. Having therefore been taken before the bishop, Francis stripped himself of the very clothes he wore, and gave them to his father, saying: "Hitherto I have called you my father on earth; henceforth I desire to say only 'Our Father who art in Heaven.'"

7) How did Franciscan order begin to form around St. Francis?

Having obtained a coarse woolen tunic of "beast cooler", the dress then worn by the poorest Umbrian peasants, and tied it round him with a knotted rope, Francis went forth at once exhorting the people of the country-side to penance, brotherly love, and peace.

The Assisians had already ceased to scoff at Francis; they now paused in wonderment; his example even drew others to him. Bernard of Quintavalle, a magnate of the town, was the first to join Francis, and he was soon followed by Peter of Cattano, a well-known canon of the cathedral.

In true spirit of religious enthusiasm, Francis repaired to the church of St. Nicholas and sought to learn God's will in their regard by thrice opening at random the book of the Gospels on the altar.

Each time it opened at passages where Christ told His disciples to leave all things and follow Him. "This shall be our rule of life", exclaimed Francis, and led his companions to the public square, where they forthwith gave away all their belongings to the poor.

8) Was Francis ever ordained?

Some people hold that he was ordained a deacon, but not a priest. However the Early Franciscan sources do not mention anything regarding either form of ordination.

9) Did St. Francis invent the Nativity Scene we find in many Churches (and homes) at Christmas time today?

Yet, it was during Christmastide of this year (1223) that the saint conceived the idea of celebrating the Nativity "in a new manner", by reproducing in a church at Greccio the *praesepe* [Latin, crib," "manger"] of Bethlehem, and he has thus come to be regarded as having inaugurated the population devotion of the Crib.

10) How did St. Francis receive the stigmata of Christ?

It was on or about the feast of the Exaltation of the Cross (14 September [in 1224]) while praying on the mountainside, that he beheld the marvelous vision of the seraph, as a sequel of which there appeared on his body the visible marks of the five wounds of the Crucified which, says an early writer, had long since been impressed upon his heart. Brother Leo, who was with St. Francis when he received the stigmata, has left us in his note to the saint's autograph blessing, preserved at Assisi, a clear and simple account of the miracle, which for the rest is better attested than many another historical fact. The saint's right side is described as bearing an open wound which looked as if made by a lance, while through his hands and feet were black nails of flesh, the points of which were bent backward. After the reception of the stigmata, Francis suffered increasing pains throughout his frail body, already broken by continual mortification.

11) How did St. Francis's death and canonization come about?

Worn out, moreover, as Francis now was by eighteen years of unremitting toil, his strength gave way completely, and at times his eyesight so far failed him that he was almost wholly blind. During an access of anguish, Francis paid a last visit to St. Clare at St. Damian's, and it was in a little hut of reeds, made for him in the garden there, that the saint composed that "Canticle of the Sun", in which his poetic genius expands itself so gloriously. This was in September, 1225. Not long afterwards Francis, at the urgent instance of Brother Elias, underwent an unsuccessful operation for the eyes, at Rieti. He seems to have passed the winter 1225-26 at Siena, whither he had been taken for further medical treatment. [By April, 1226] alarming dropsy like symptoms [i.e., edema, abnormal bodily swelling due to water retention] had developed, and it was in a dying condition that Francis set out for Assisi. . . .

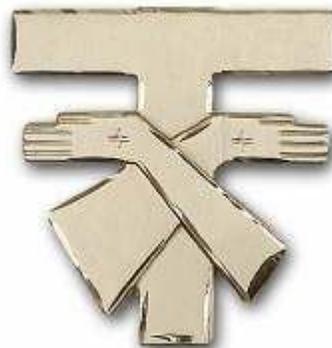
In the early autumn Francis, feeling the hand of death upon him, was carried to his beloved Porziuncola, that he might breathe his last sigh where his vocation had been revealed to him and whence his order had struggled into sight. . . .

Then wishing to give a last token of detachment and to show he no longer had anything in common with the world, Francis removed his poor habit and lay down on the bare ground, covered with a borrowed cloth, rejoicing that he was able to keep faith with his Lady Poverty to the end. He was canonized in 1228 by Pope Gregory IX.

12) Where can we learn more about St. Francis?

Speak with a Franciscan friar, sister or brother. Or consider joining the Secular Franciscans who share about the life and times of St. Francis.

Submitted by: Bro.. Alan Gaebel, ofm, cap. +



The Challenge Is Quite Simple, Attempt To Refuse Single-Use Plastic During July.

Plastic Free July aims to raise awareness of the problems and amount of single-use disposable plastic in our lives and challenges people to do something about it. You can sign up for a day, a week or the whole month and try to refuse ALL single-use plastic or try the TOP 4: plastic bags, water bottles, takeaway coffee cups and straws.

By 2050 its estimated there will be more plastic than fish in the world's oceans. Most comes from land and was once in our hands. Refuse single-use plastic and together lets keep our oceans clean. Join over 40,000 people, schools and organisations from 90 countries and let those same hands be part of the solution.



<http://www.plasticfreejuly.org/>

A Problem

Plastics were developed in the early 20th century and were environmentally important, replacing ivory, tortoiseshell, horn and other plant and animal products. By the 1960's plastic had gone from being used in durable items to widespread use including disposable plastic packaging.

Every piece of plastic ever produced still remains somewhere in the earth today. In the last half of the 20th century over 1 billion tonnes of plastic was produced. This figure has already doubled in the first ten years of this century (Scientific American).

With solutions.....

Every day we encounter single-use plastic: bags, water bottles. straws, food packaging & takeaway coffee. We can all take steps to avoid plastic becoming a problem. Remember your shopping bags and water bottles, refuse over packaging (like those ridiculous bananas packaged in a polystyrene tray wrapped in cling film!), choose reusable alternatives and pick up plastic litter. When you sign up we'll email you ideas, tips and recipes each week in July.

"Think about it...why would you make something that you are going to use for a few minutes out of a material that's basically going to last forever. What's up with that?" - Jeb Berrier,

<http://www.earthcarers.org.au/>





“What we especially need in these times are credible witnesses who make the Gospel visible by their lives as well as by their words and who reawaken the attraction for Jesus Christ, for the beauty of God.”
-Pope Francis



Jubilee Year of Mercy ✠✧✧ ✠✧✧ *Dec 8, 2015—Nov 20, 2016*

Toronto and GTA—Holy Door's of Mercy

St Paul's Basilica, 83 Power St., Toronto ON
St Patrick, 131 McCaul St., Toronto ON
Merciful Redeemer, 2775 Erin Centre Bl, Mississauga ON
St Anthony of Padua, 940 N. Park Dr., Bramalea ON
St Patrick, 11873 The Gore Rd., Brampton ON
St Teresa, 2559 Kingston Rd., Scarborough ON
Martyr's Shrine, 16163 Hwy 12 W., Midland ON
Marylake Shrine, 13760 Keele St., King City ON
St Maximilian Kolbe, 4260 Cawthra Rd., Mississauga ON
(In Chapel)



UPCOMING EVENTS

Saturday, July 9th 2016

**Trillium Regional Picnic @ Martyr's Shrine
Midland, ON**

August 19, 20, 21, 2016

**Weekend of Pilgrimage, Reflection & Prayer
Capuchin Retreat & Solanus Casey Centre
Washington MI and Detroit MI**

Initial Formation

**Will continue through the summer months, our
Initial Formation group will set the dates as we
gather in July and August.**

 *EX FRATRIS CALAMO*
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