



# St. Felix of Cantalice Secular Franciscan Fraternity

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*Winter 2016 / Spring 2017 Newsletter*



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## HAPPY NEW YEAR!

2017 has officially launched. It is an exciting time with many challenges and significant demands. Our ceaseless effort and commitment to St. Felix of Cantalice Fraternity matter.

As we usher ourselves into the New Year, let us contemplate into the past years what we have accomplished and what has been an oversight. The past year, the Fraternity has been humbled by the growing support spiritually, the empathy and affinity to St. Francis and a closer service to God. The year also gave us a positive note where new observers and inquirers joined our Fraternity meetings and with the elevation of two inquirers to candidates. Of major interest and enthusiasm to the members were the interesting topics presented by our Spiritual Animator, Bro. Alan, as well as the small group discussions – this indeed has created awareness and open the doors to the many insights offered throughout the year. They all are of great value, very uplifting and a morale and spiritual booster. Brother Alan is such an inspiring presenter.

Saint Francis was a preacher and it was at Greccio, in 1223 where he was spending Christmas, that he built a makeshift representation of the humility of the birth of Christ in Bethlehem. He would manifest his words of love and compassion into actions and confirmed that the incarnation, life and passion of Jesus Christ were key components to his spirituality. His words were not only heard but felt especially among the less fortunate. People sometimes would ask him if he was in love and St. Francis would happily respond that he was in love and would marry the prettiest and fairest from those whom he met which was Lady Poverty.

In the Post-Synodal Apostolic Exhortation of Pope Francis, *The Joy of Love (Amoris Laetitia)* addressed to his faithful followers, the Pope reminds us our responsibilities as children of God and as members of our own domestic church (the family) and that love is the way of the whole church. There is peace and joy in reading this exhortation and it is worth keeping the contents enshrined in one's heart and mind. In this context, let us also remember one of the admonitions of St. Francis, of true love, *"Blessed is that brother who would love his brother as much when he is ill and not able to assist him as he loves him when he is well and able to assist him. Blessed is the brother who would love and fear his brother as much when he is far from him as he would when he is near with him, and would not say anything about him behind his back that he could not with charity say in his presence."*

Let us then continue to be generous and kind. Consider the needs of others, work and pray that our plans may succeed with a clear heart, mind and with guidance, wisdom and strength from the Holy Spirit.

*"Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead." Phil 3:13*

Br. Gerry Elises, OFS  
Minister

## ***PRAYER REQUESTS***

For the good health of Simone Vien, Virginia Kiflit, Bro Gugliellmo Corbo, Bro. Joseph MacDonald, 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](http://ofstrilliumregion.weebly.com)

## **ST. FELIX OF CANTALICE – TORONTO**

Bette Ann Kuehn, ofs	Professed 1984, Deceased Feb. 9, 2011 (5th Anniversary)
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

## **OUR OCTOGENARIANS & NONOGENARIAN**

Philip Poku, ofs	90 years
Mario Segal, ofs	86 years
Simone Vien, ofs	83 years
Margaret Gardner, ofs	84 years
Betty McKinstry, ofs	81 years

## **BIRTHDAYS (Aug 2016—Jan 2017)**

October 17 (2016)	Sr Rebeca Mendoza, ofs
October 28 (2016)	Bro Alan Gaebel, ofm, cap.
November 09 (2016)	Sr Teodora La Madrid, ofs
November 13 (2016)	Sr Ruth Patterson, ofs
November 29 (2016)	Sr Iluminada (Dolly) Aguilar, ofs
November 29 (2016)	Sr Virginia Kiflit, ofs
December 15 (2016)	Sr Guadalupe (Lou) Lugo-Estok, ofs
December 17 (2016)	Br Philip Poku, ofs
December 23 (2016)	Sr Jacqueline Bobak, ofs
January 22 (2017)	Sr Margaret Gardner, ofs

## **PROFESSION ANNIVERSARIES (Aug 2016—Jan 2017)**

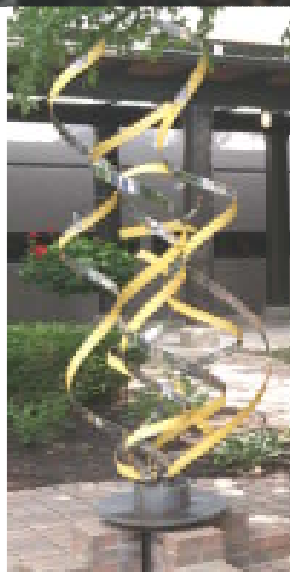
Sr Rebeca Mendoza	September 14, 2014 (3 yrs)
Sr Jacqueline Bobak, ofs	September 30, 2007 (10 yrs)
Sr Teodora La Madrid	October 24, 1999 (18 yrs)
Sr Margaret Gardner, ofs	November 19, 1975 (42 yrs)
Br Gerry Elises, ofs	November 19, 1995 (22 yrs)
Sr Virginia Kiflit, ofs	November 19, 1995 (22 yrs)
Sr Guadalupe (Lou) Lugo-Estok	December 15, 1986 (31 yrs)
Sr Fiorella Genga, ofs	October 27, 2013 (4 yrs)
Sr Venus Navalta, ofs	October 27, 2013 (4 yrs)



# SOLANUS CENTRE PILGRIMAGE

## SOLANUS CENTRE PILGRIMAGE

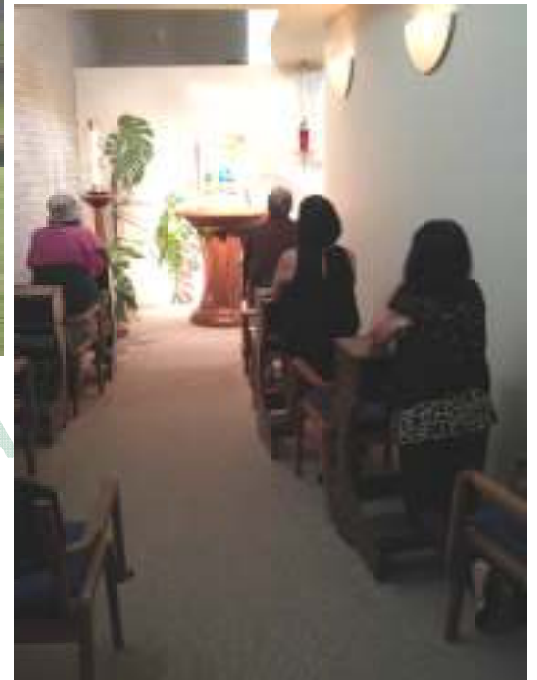
August 19-21, 2016











CAPUCHIN RETREAT

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**August 19-21, 2016**









# st Felix Fraternity Christmas 2016!



# Tips For Practicing Mindfulness & Meditation

from: Bro. Alan

In the beginning some people choose to light a candle or place a cross to focus on during the meditation, as a mark of the presence of the Holy Spirit. This is optional, since as one advances in the practice of Mindfulness and Meditation no visual focus should be placed on such items during meditation.

In the Christian tradition as in other traditions the focus is placed on the mantra and continues throughout the period of meditation, even if a tranquil stage is reached.

Many individuals choose to begin their session with a prayer and piece of spiritual music which fades into silence. At the end of the meditation the music may fade back in and a further prayer is said to complete the practice.

At the end of your meditation, you might be tempted to evaluate your experience—Don't! Even after years of practice, established meditators will say that they too suffer from distractions. This is normal.

## Remember...

We are not looking to judge how good we are at meditation.

We are not searching for an experience of some kind.

We are not looking for results.

We are simply trying to be faithful to a discipline.

Any results are likely to emerge over a long period of time.

## Meditation and Other Prayer Forms...

Meditation, Christian or otherwise is far from the only way to pray. Practitioners also engage in many other forms of prayer: vocal, liturgical, intercessory, charismatic, Ignition Spiritual Exercises, etc. Many find that the discipline of Mindfulness and Meditation deepens other areas of their prayer life and faith.

## Is Meditation For You?

Meditation is simple, but not easy. Some people take to the discipline quickly, while others find that the distractions are so great they feel they cannot make progress with it. Of the latter group some, unfortunately, give up. However, those who persist and overcome their barriers often gradually grow into the practice as it becomes increasingly meaningful for them. There are no straightforward answers to the question, you will need to make the judgement for yourself through experience and faith.

Help us to gift the 12 o'clock English Choir with a Djembe Drum  
to be presented in the name of St. Felix of Cantalice Fraternity

**Our Goal \$300.00**



## What Mindfulness & Meditation Is Not

Meditation is not contemplation. Contemplation involves thinking about a concept, engaging your mind in enquiring about a certain idea. But when you meditate, you don't ask the mind to think about a concept, but go beyond thought.

Meditation is not hypnosis or autosuggestion. In hypnosis, a suggestion is made to the mind, there is an attempt to programme, manipulate or control the content of the mind. But when you meditate, you simply observe the mind and let it become quite and calm, exploring and experiencing the deeper levels of your being.

Meditation identifies with religion. Meditation does not belong to any culture or religion. It is a simple method of exploring the inner dimensions of life. Some religions employ meditative practices as part of their rituals, meditation itself is far removed from any set of beliefs or the distinctions of class or creeds.

Meditation does not mean instant peace.



### FRATERNAL UPDATE

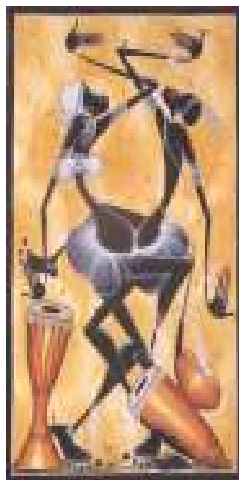
On Tuesday 17 January, 2017 Bro. Gerry and Bro Alan representing the fraternity, visited Bro Mario Sega at the Humber Hospital on Wilson Avenue just west of Keele Street (on the south side).

Given that Bro. Mario, now 85 is dealing with advancing dementia, we were blessed to have visited with him on one of his "good" days and he was quite lucid and recognized both of us.

Bro Mario has fallen a few times, breaking his nose twice! But has since healed from those incidents and other than some light bruising looks like the Mario we know and remember.

He can receive visitors and we encourage other fraternity members to stop by either singly or in a group of 2-3, he does tire so a brief visit of 10-15 minutes is suggested. Certainly Mario would be glad for a brief visit.

His room occasionally changes so it is best to inquire at the central reception desk near the Central Elevators





**Sr. Margaret Gardner, OFS** has been a professed member of St. Felix Fraternity for 41 years and is now an isolated member. Her birthday is January 22, and she made her profession November 19, 1975. She was born in San Francisco and spent her childhood there, the family lived with her grandmother. Margaret most definitely does not recommend this sort of living arrangement.

As a child she loved the idea of medicine and longed to be involved in it. So she majored in physical therapy at the University of California (Berkeley). A strong desire to get away from home and a job because of polio epidemic took her to Boston and life with some classmates in an 88 stair walk-up! The girls were used to say that any guy who'd walk you to your door would be the one you'd marry. Margaret says that's just about it. She met her husband on a blind date (didn't really care for him at first), but really enjoyed a Gilbert & Sullivan show with him and eventually he walked her up the 88 steps. A year and a half later, she quit her job on a Friday was married that weekend, moving to Toronto shortly after. They were married 40 years when Donald died of cancer (1998).

Margaret worked as a therapist about 1 ½ years. She says she "really didn't know what I should have known to do the job right." She also worked selling scarves and had several jobs in banking. And most of all she was the mother of David, Stephen, John, and Joanne. One piece of advice she gave them was about their work. She told them to find work that they liked so much they would do it for nothing. (This removes the motivations of money or prestige and the like, which are not good criteria for choosing life's work.)

Margaret joined the Franciscans when her fourth child was 4 years old. She says what she loves most about the Seculars is the "fellowship": warmth and acceptance. She says, being accepted as me: nobody rejects me as Margaret, she talks too much. They accept me even though I talk too much!" Over the years, her deep love of the Mass was extremely important to her and led her to choose a retirement home where she could attend Mass with ease. Her favorites among the immortals are St. Theresa the Little Flower and Our Lady.

Margaret has always been a contributor to rousing discussions at fraternity meetings. She has been an inspiration to many former and present members. She has a down to earth approach to spirituality and a kind and matter-of-fact way of accepting people and ideas. There was a day when she regularly "took on" Father Joe MacDonald about one thing or the other, and we all benefitted from the exchange.

She served on the Council as Treasurer and as Director of Formation. She was the "formation director" of Kay Gallant, Ruth Patterson and Bette Ann Kuehn. Margaret served us as reader and questioner. Margaret said she values the fraternity above all and was really disappointed when she can't be with us.

Three cheers for Sr. Margaret Gardner, OFS: this month the Newsletter celebrates her life.



## UPCOMING EVENTS

Trillium Region Chapter of Elections  
May 5-7, 2017 St. Francis Centre, Caledon ON