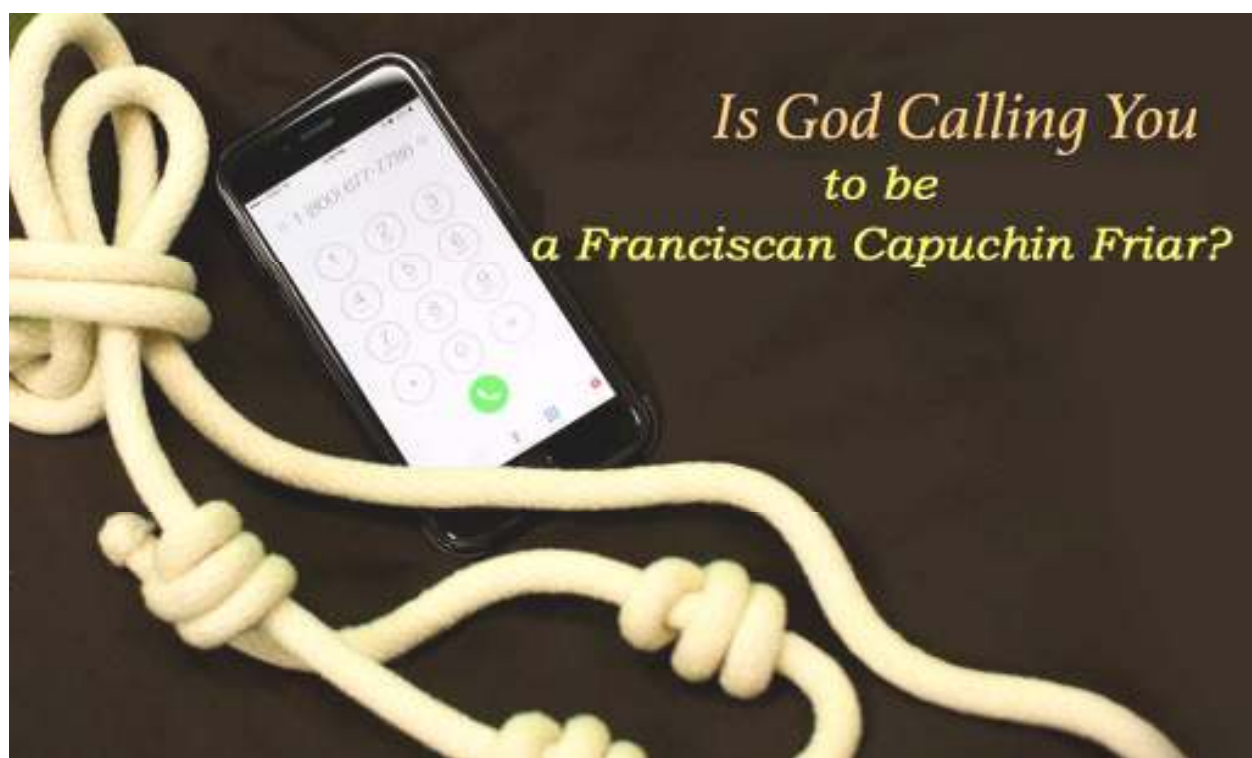


Vocations

Plus

Spring 2017



Capuchins of Central Canada
Mary, Mother of the Good Shepherd Province

Vocations Ministry
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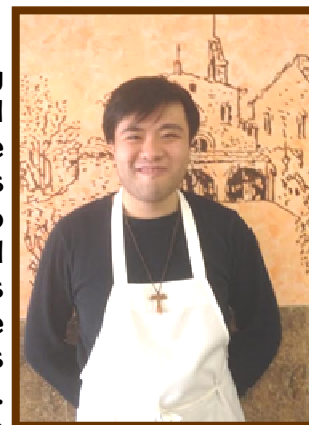
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Answering God's Call - Candidacy -

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.'"

Matthew 22:37-40

Facing new transitions in life can always be a scary and difficult thing especially when you are still new to the situation. This was my case as I now move to St. Anthony Friary as the new candidate for the Capuchin order. Working in St Francis Table was something that I was not used to and having an introverted personality wasn't going to make things easier. Yet God has a way of giving us the skills and graces we need to do what he may will us. Working at St. Francis table has brought out a new side of me one that I would not have believed existed, I have gone from being an introvert one who is quiet, shy and timid to one that is outgoing, voiced and approaching. Working with those less fortunate has giving me time to reflect on life itself and on the teaching of the gospel. I would have never thought that I would learn so many life lessons as the weeks go by. The people who come through our doors, come in with great gratitude for the service that is being provided for them, they come in with even greater charity by offering to pay for another's meal if they are without money, they come in with great patience allowing one another to go first if they want or if someone cuts in front of them, truly here is where the gospel is lived out. To love one another, to show mercy to others, and to be thankful for what is provided. Though some of them may not be Christian I have found that I am learning from them on how to be a better Catholic man myself by seeing their action.



From my time at St Crispin Friary in London I was able to grow my spiritual life to learn to love my God, and what better way to do this than to love his people and this is one of the key lessons that I have learnt here so far. It is not only to show love to those that are less fortunate than we are but to show love to all especially those that may not return that love that we show. I have learnt to not be discouraged by what some may say, nor will I be any less kind to those that blame me for things that I have no control over, but rather for love of my neighbour I endure all things and return good to those that may not be so kind to me, for only then have I truly loved my neighbour. Though there are long days where I may be tired, a smile will always be on my face when serving our patrons. For in them do I see the image of our God and how can I not smile being in his presence. I can say that after being here for only a couple of weeks that it has been truly blessing, to work with many wonderful volunteers and grow so much more in life as a person, through being with and serving our patrons that walk through our door each day.

Martin Ngo



Answering God's Call - Novitiate -

My ministry this year is at a resource centre named Alpha that helps adults with developmental disabilities improve on their self reliant skills in a friendly and caring environment. It is a new experience for me because I have never worked with people who have disabilities. So I wanted to take up this new experience. It has been very rewarding for



me to be able to give some joy and happiness to their life. The participants have changed my view about seeing people with disabilities, they are just like us. They have their good and bad days, like to have different hobbies and just wanna' be loved. The staff have been very encouraging and have helped a lot with making me feel comfortable and answering my questions.

There have been several experiences so far this year of interacting with some of the homeless in California. All of them that I have met have been very approachable and engaging. I think the most amazing part is hearing their story and hearing about their past. The best part is when they ask for prayers or we pray together. During the Christmas Holidays we raised money for the homeless to make sandwiches and provide them socks hats and gloves for the cold winter.

The staff definitely keep us busy around here with different work projects. In the rule Francis says that if we don't work we don't eat, this is a great motto to live by. The projects here are sometimes challenging but after the job is done its very satisfying to say that we did it with our own hands but also that we did the project together as brothers. The vineyard here is something very special because I have never been in a vineyard before and I feel that working in the vineyard has helped my spiritual life grow because there are so many verses that talk about vineyards. We also have a garden as well which has been rewarding to see the plants that we plant grow into veggies that we can use in our dinners. Also we have been cutting down some dead trees and moving the huge trunks which are heavy. These experiences have given me new appreciation for God's creation and how beautiful it is. Plus I have gained a new sense of responsibility for stewardship of creation.

One of the best things about novitiate is how deep I have grown in prayer. At the start of novitiate I thought I wouldn't like the silence or the calmness, but I have grown to enjoy and miss the silence sometimes. Being away from all the noise of the world is a great gift being here. It gives me a chance to focus on what really matters. During my time here we have lots of time for meditation and to contemplate. My favourite way to use this time is Lectio Divina which gives me a chance to reflect on scripture and write down my thoughts.

Another great aspect to novitiate is being able to come all together from all over the world to participate in this program; I have met guys here from all over the states and Guam. It has been great to see that I am not the only one discerning that there are other guys like me out there. Plus going through this transition of my life has been made easier because of the great community that is established here. Fraternity is a big part of our charism and being able to develop friendships with guys here is great to seriously talk about things that really matter and goof off as well too.

Alex de Melo

Answering God's Call - Novitiate -

Greetings from the Capuchin Novitiate! We're located in the Santa Ynez valley facing the San Rafael mountain range in Central California. The Novitiate is on a 40 acre property located away from the city and surrounded by ranches and mountains; it's very scenic and quiet - an ideal place for reflection and discernment. When we arrived in late July last year the weather was mostly dry heat as there was a drought for the past 6 consecutive years; the grass was dried up and there were many wildfires. Summers were typical



California weather, hot and dry 35 degrees Celsius! However since the past couple of weeks it's been raining and the countryside has turned green with mountain tops covered in wet snow. It gets quite cold in winter at night and during early morning 5 degrees Celsius!

I have adjusted very well to Novitiate life, gotten into the rhythm of the weekly routine of our Novitiate program. Our typical day begins at 6:30 am with Morning Prayer, followed by meditation, Mass, and breakfast. During the first half of the week there are classes in the morning followed by Mid-day Prayer, and lunch. During the afternoons there work projects and in-house jobs. Then there is Evening Prayer, followed by meditation, dinner, prayerful silence, Night Prayer and

community social. We retire by 9:30 pm. We have a weekly time-off on Thursdays; a time for bonding and fraternizing amongst the novices.

Once a week on Fridays, I volunteer with developmentally disabled adults at Alpha Resource Center in Santa Barbara. My ministry nourishes me spiritually, personally and emotionally. I feel a natural flow within me when I interact with them that stems from a deep inner joy of wanting to love them and learning from them of how it feels to be loved. I accept them for who they are and most of all accept my fellow brothers as they are.

My prayer life has been one of the highlights during the Novitiate program. Besides the communal prayer times that we spend together, I devote my own personal time to prayer, contemplation and meditation either in the chapel or in the quiet of my room. The contemplative and meditative aspect of the Capuchin Franciscan life in prayer provides me with spiritual nourishment, further strengthened with a weekly Holy hour and monthly recollection days.

The class sessions provide a conceptual understanding on many topics: the history of religious life, Franciscan movement, Capuchins, discernment, liturgy, Biblical foundations, and Christian spirituality. I had an opportunity to present on the Spirituality of St. (Mother) Teresa of Calcutta and her life story based on her letters. I also delve deeper into topics by further spiritual reading.

In fraternal life, I share in the responsibilities related to in-house jobs or work projects. I enjoy working with my fellow brothers, and get along well with the other novices who come not only from varied age groups, but also from varied cultures: North American, Latino, Asian, and Pacific. Some highlights of the fraternal celebrations and events were the Feast of Our Lady of Guadalupe, Solvang's "Julefest" parade, the Posadas, and the Franciscan pilgrimage to San Francisco along with visiting a couple of missions.

Answering God's Call - Novitiate -

The visit to St. Anthony Foundation in the Tenderloins district of San Francisco was an eye opener and provided a lot of ideas of further exploring them when I'm back in Toronto. My overall goals for the novitiate continue to be deepening my fraternal relationships with my brothers, and to deeply live our Capuchin Franciscan life, confirming my calling to this way of life.

Bro. Sunil D'Costa



Franciscan Spirituality an introduction...

Franciscan spirituality encompasses a rich array of ways of thinking and ways of living. Here is the briefest of introductions, broken into three categories even as they are deeply interrelated. The process is dynamic: you may start by shaping how you think which influences how you see which changes how you live; at another point it may be life experiences that are the catalyst for shifting how you think and how you see.

Franciscan Theology & Philosophy 101

Franciscan ways of viewing God and God's action in history has been a theology that was always orthodox with other parts of Christian theology and yet, at the same time, featuring a different set of emphases. Whereas Christianity has often overemphasized "the stain of original sin," St. Francis and Franciscan theologians lived and preached and wrote about the many ways that creation is good and the life we have been given is a joyous opportunity. Fr. Richard Rohr OFM, a widely acclaimed author, names the Franciscan way an "alternative orthodoxy" with its different set of emphases while not trying to fight about doctrines.

The Franciscan emphasis on the goodness of God and creation has many ramifications. Creation is the outpouring of God's love into the universe. Creation reveals to us God's love for us and God's beauty (which is why Franciscans call creation "the mirror of God" and that God has two books of creation—Sacred Scripture and creation). And the faith in a good God has implications for the Incarnation and salvation history. The Word of God became incarnate not because the world is full of sin, but in order to transform the world into a communion of love centered in Christ. Blessed John Duns Scotus (c. 1266 – 1308) wrote that the Incarnation was part of the plan all along, with creation a prelude to much fuller manifestation of divine goodness in the Incarnation.

Visit our website @ www.capuchins.ca



Franciscan Consciousness 101

From a more positive way of thinking about God and creation, we can see the world from a different consciousness. Francis and the Franciscans honored the world around them and were ignited in praising God from their experiences. They did not split the world into that which is profane and that which is holy, but could see God in the dirt and the worms, in the suffering of life, and in the leper. The Franciscan way of seeing moves us away from dividing up the world in the good and the bad which, as Sr. Ilia Delio says, is “always capable of identifying God’s absence, but rarely consistent in affirming God’s presence in everything that is.” Francis was able to see God imbedded in a marvellously interconnected world with God as the source of each and every thing. He saw the world in universal kinship, with the moon, the water, and the birds as his sisters and the sun and the wolf as his brothers.

“My soul in an excess of wonder cried out: ‘This world is pregnant with God!’ Wherefore I understood how small is the whole of creation- that is, what is on this side and what is beyond the sea, the abyss, the sea itself, and everything else- but the power of God fills it all to overflowing.”

- Angela of Foligno

Franciscan Way of Living 101

Broadly, the Franciscan way is to live knowing that all of creation is the place to encounter God. Concrete manifestations of involve living more simply on the earth and with other people in order truly experience and savor God’s gift of life. The things of this world are God-like just as they are and reveals God to us in their specificity. Therefore, to deepen our relationship to God we need regular, attentive contact with the world in its simple, humble state. We can forget about a search for things and people that are worthy of love or that will make us happy. The world is full of signs of God’s presence, with God telling us what we need to hear through the bits and pieces we encounter in a day. In an ongoing way we are converted to the gospel through God’s daily work inside and outside of us.

Francis’ first biographer, Thomas of Celano describes the way of Francis like this:

Who could ever express the deep affection Francis bore
for all things that belong to God?
Or who would be able to tell
of the sweet tenderness he enjoyed
while contemplating in creatures
the wisdom, power, and goodness of the Creator?
From this reflection
he often overflowed
with amazing, unspeakable joy
as he looked at the sun,
gazed at the moon, or observed the stars in the sky.

<https://franciscanaction.org/earthcorps/spirituality>



www.facebook.com/capuchinsofcentralcanada/





UPCOMING EVENTS

March 31 2017 - Visit to St. Boniface School, Zurich, Ontario.

April 8, 2017 - Come and See Discernment Vocation Day
St. Crispin Friary, 127 Friars Way, London Ontario
for men aged 17 to 40 from 9 a.m. to 4 p.m.

May 13, 2017 - Come and See Discernment Vocation Day
St. Philip Neri Parish, 2100 Jane St. Toronto, Ontario
for aged men 17 to 40 from 9 a.m. to 4 p.m.

T.B.A. - Visit to St. Patrick High School, Sarnia, Ontario.

June 2-4 - Vocation Event at St. Agnes and
Blessed Sacrament Parishes, Chatham, Ontario.

June 28-30 Steubenville, Toronto



PRAYER FOR THE BEATIFICATION OF VENERABLE SOLANUS CASEY

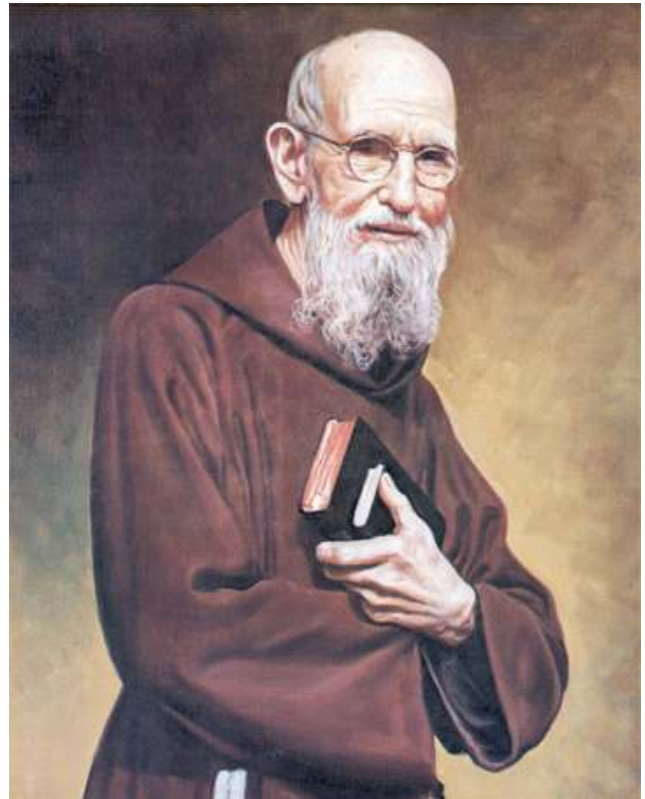
O God, I adore You. I give myself to You.
May I be the person You want me to be,
and may Your will be done in my life today.

I thank You for the gifts You gave to Father
Solanus. If it is Your Will, bless us with the
beatification of Venerable Solanus so that
others may imitate and carry on his love for
all the poor and suffering of our world.

As he joyfully accepted Your divine plans,
I ask You, according to Your Will,
to hear my prayer for . . . (your intention)
through Jesus Christ our Lord. Amen.

"Blessed be God in all His designs."

Imprimatur: Adam Cardinal Maida,
Archbishop of Detroit
March 31, 2007 © F.S.G. 3/07





Please Pray

For these men in our Formation Programs



BrO. Michael Mascarenhas , ofm cap. (Solemnly Professed)
from Hamilton, ON currently at St Crispin Friary – London, ON
Currently studying at St. Peters Seminary in London, ON



BrO. Akram Esho , ofm cap. (First Vows / Simply Professed)
from Iraq/Mississauga, ON currently at St Crispin Friary—London, ON
Currently taking English courses



BrO. Alex De Meloo , ofm cap. (Novice)
from London, ON currently at – Novitiate at San Lorenzo Friary,
Santa Ynez, California



BrO. Sunil D'Costa, ofm cap. (Novice)
from India/Toronto, ON currently at– Novitiate at San Lorenzo Friary,
Santa Ynez, California



Mr. Martin Ng (Candidate)
from Toronto, ON currently at St. Anthony Friary, Toronto ON

