

# SandalPrints

Issue # 151 ... Let Us Begin ... 2015AD  
*Brothers and Sisters of St. Francis of Reconciliation - Palm Springs, CA*  
www.FranciscanCanticle.com

## Happy New Year!

As we begin this year, 2015, I would like to share an excerpt from an e-mail I received on October the 4<sup>th</sup> 2004 from Michelle Sagnimeni, SFO, (RIP Oct. 13, 2005) proof-reader and associate editor of SandalPrints.

† Since you speak of peace, all the more so must you have it in your heart.

- We have been called (as *Franciscans*) to heal wounds, to unite what has fallen apart (Church/Society), and to bring home those who have lost their way (or whom we have shut out and ignored), where do I begin - *poor, lonely, drug users, prostitutes, gays and lesbians, bishops, priests, elected officials, teachers, cops, etc., etc., etc.....*

Do you remember this prayer we once shared?

*Lord make me a channel of your  
disturbance.*

*Where there is apathy, let me provoke.*

*Where there is compliance, let me bring  
questioning.*

*Where there is SILENCE, may I be a voice.*

*Where there is too much comfort and too  
little action, grant disruption.*

*Where there are doors closed and hearts  
locked, grant the willingness to listen.*

*Where law dictates and pain is overlooked...*

*Where tradition speaks louder than need...*

*Our own Church,*

*Our own poor,  
Disturb us, O Lord,  
Teach us to be radical.*

*Grant that I may seek rather to do justice  
than to talk about it.*

*To be with as well as for the poor.*

*To love the unlovable as well as the lovely.*

*To touch the passion of Jesus in the pain of  
those we meet.*

*To accept **RESPONSIBILITY TO BE  
CHURCH***

*Lord make me a channel of your disturbance!*

Yes, disturb us so that we be holy disturbers. Halford Luccock, years ago, said something like this:

*Let the gospel comfort the afflicted  
and afflict the comfortable.*

So, be a holy rabble-rouser for peace, justice and hope in your corner of the world.

*Michelle, SFO*

**“The least movement is of  
importance to all nature. The  
entire ocean is affected by a  
pebble.”**

*Blaise Pascal*

## IS YOUR NEW YEAR RESOLUTION JUST ABOUT YOU?

*By Richard Brakefield, J.D., SFO*

At the start of each new year most of us make a list of resolutions we hope will help us become more like we want to be. We hope that, by focusing on these resolutions, we will correct faults, lose weight, be better family members and effect a myriad other changes we'd like to see in our behavior. Unfortunately, we all know that usually within a short time we weary of our resolution and often simply give up. Sometimes we actually achieve our goal but more often than not our success is temporary and we fall back into the deleterious conduct we sought to correct. Why is this pattern so typical of well meaning folk who simply want to be better people, healthier and more successful? Perhaps the answer is that we are trying to heal the symptoms, not correct the underlying problem. I expect that many of the resolutions formed by Americans this year will be to lose weight. The news media have been reporting the problem of obesity in this country all year long. If all those who resolve to lose weight next year were to be successful, next December that media will be reporting the great slimming of America but few of us believe that will happen. If the intent of a resolution is to lose weight, wouldn't it be more effective to admit the sin of gluttony and pray for help in overcoming that wrongful propensity rather than placing hope for behavior modification in some off-the-rack diet?

Diets, of course can be beneficial but we all know that the best way to lose weight is to attempt it under the care and advisement of a physician. A physician can help a patient in a way that is designed with the best interest of the individual in mind and in a manner consistent with good medical practice. But when it comes to a cure for sin, we need to seek help from God. Our own efforts are far too short lived and corrupted with prideful self interest to have a lasting effect.

When we think about it for a minute, with a healthy self interest, we realize that we cannot remake ourselves into more perfect humans by our own efforts alone because our human condition is such that we want to depend on our own energy and take the credit for our anticipated success. When we rely on our efforts alone, we are almost always disappointed. That's because most of our faults stem from our proclivity to selfishness, self indulgence, and a dozen other self oriented interests. When our *self* is involved, we often confuse a healthy self interest with what is merely a prideful self interest. Superficially, the two may appear alike but they are rooted in totally different soil.

I know of a man who, although in his profession was very promising, became addicted to illegal drugs early in his career. Consequently, his medical practice suffered and legal problems drove him to the brink of suicide. Then, at the very moment he was about to take his own life, something happened. He had an experience that he cannot explain except to say that "... it was a sudden realization that I could be saved but not through my own efforts." He told me, "The doctors helped me through the effects of my condition but Christ showed me how to overcome the underlying problem. I realized that I had to find spiritual health as well as regain my physical well being. I forgot about me for a moment and realized that there were others in my life." In other words, he realized that he was important not just to himself but to others. He saw in an instant that his knowledge and skill could be used for the benefit of others. Today he works with an international group of medical practitioners who bring aid to victims of natural disaster, war and famine around the world. His medical practice is thriving and he is one of the happiest men I have known.

We all have heard of such instant conversions. Some of us may even have experienced such a moment of reality. But all of us can learn at least two things from such stories: firstly, we cannot remake ourselves, we must look to

God for that and, secondly, God loves us each individually and intends that we share love with others. The creation of mankind was an act of love and our own individual conception is the result of an act of love. Love seems to permeate all aspects of what we are and demonstrate how we should live. Perhaps, new year resolutions ought to be framed in the context of love of others rather than merely prideful self interest. It has been frequently noted that Christ taught us to say *Our Father* not my Father and to ask that God *forgive us our sins* not forgive me my sins. When we pray *give us this day our daily bread*, do we really mean give me today my daily bread? Is my spiritual life only about God and me or God and us?

It is not easy to live for anyone other than oneself but it is the call to each and every Christian to do just that. We know that, if we are to participate in bringing forth the Kingdom of God on earth, we must spread the love of Christ to others and not confine our Christianity just to ourselves but knowledge is not practice. We must actively reach out to others. The world will never be a better place if we leave it up to someone else to do Christ's work. If Christians avoid becoming involved in the world, important decisions will be made by those who hate Christ or don't know Him at all. So, I hope that all of us will focus our new year resolutions on doing better at what we are called to do by Christ than on those narrow, selfish interests that seem so immediately important but are prone to defeat. Sharing the good news of Christ's message may be the best way to improve ourselves in a way good for all and best for us individually. St. Francis of Assisi shared this though in the final lines of his famous prayer:

*Divine Master, grant that I not so much seek  
To be consoled as to console,  
To be understood as to understand  
To be loved as to love, for  
It is in giving that we receive,  
It is in pardoning that we are pardoned,  
It is in dying that we are born to eternal life.*

## **Franciscan Saints, Blessed and Holy Ones January**

1. Mary, Mother of God
3. Holy Name of Jesus
4. Epiphany
7. Bl. Angela of Foligno, III Ord.
12. Bl. Bernard of Corleone, I Ord.
13. Baptism of the Lord
14. Bl. Odoric of Pordenone, I Ord. .
16. St. Bernard & Companions, I Ord.
18. St. Charles of Sezze, I Ord.
21. Juan de Padilla, I Ord.
24. St. Francis de Sales, Corderer
25. Conversion of St. Paul
27. St. Agnes Merici, III Ord.
28. Bl. Juniper, I Ord.
30. St. Hyacintha of Mariscotti, III Ord.
31. St. John Bosco, III Ord.

*"Would to God, my brothers, I had a whole forest of Junipers," said Francis of this holy friar.*

*One time Juniper had been commanded to quit giving part of his clothing to the half-naked people he met on the road. Desiring to obey his superior, Juniper once told a man in need that he couldn't give the man his tunic, but he wouldn't prevent the man from taking it either. In time, the friars learned not to leave anything lying around, for Juniper would probably give it away.*

## **Website Watching**

Have you stumbled upon a great website recently that you'd like to share with the readers of SandalPrints? If so, please email it to: [Anthony@FranciscanCanticle.com](mailto:Anthony@FranciscanCanticle.com) and we'll put it into the next issue under Website Watching. This issue's website of interest: <http://www.AngelsAndSaintsEtc.com>

## **Franciscan Canticle Appeal**

Like all nonprofit organizations, Franciscan Canticle needs your help. In addition to prayers and financial contributions, which we always need and greatly appreciate, our website is affiliated with Amazon.com and the CatholicCompany.com. Which means, that if you shop and buy at Amazon or the Catholic Company you would first log into

[www.FranciscanCanticle.com](http://www.FranciscanCanticle.com) then at the bottom of the page click on one of the icons **AMAZON.COM.** or **The Catholic Company.** Then this takes you right to your destination and whatever purchase you make a percentage is directed back to Franciscan Canticle.

#### MOMENTS TO REMEMBER

we look back,  
all too often,  
with memories of regret,  
the words upon our lips  
- if only -  
if only I could have said,  
I love you,  
if only things were different  
- if only -  
and the rest of our lives  
are based upon  
these two little words.  
somewhere we've come to believe  
that we cannot bridge  
time and space.  
once done we live with what we believe can never be  
undone.  
a self-imposed prison.

perhaps there is a light  
at the end of the tunnel,  
if we want there to be.  
we can journey back, we can repair damaged relationships,  
the loss of a loved one,  
a friend who has moved away.  
it is good to remember,  
to bring memories back again,  
to relive what has been.  
be it good or bad,  
we can permit and even direct  
healing of memories.

with faith and trust  
in our God given abilities  
we can once again  
come out of our caves  
and dance in the sun's warmth  
and energy.  
lifting high all of life's experiences,  
all those individuals  
who make up the fiber of our lives  
and allow freedom  
to come in and fill  
our very existence.

Fr. Edd Anthony

Let us pray for the intentions of those who asked us to pray for them.

# T

Abba Poemem said, "The nature of water is yielding, and that of a stone is hard. Yet if you hang a bottle filled with water above the stone so that the water drips drop by drop, it will wear a hole in the stone. In the same way the word of God is tender, and our heart is hard. So when people hear the word of God frequently, their hearts are opened to the fear of God."

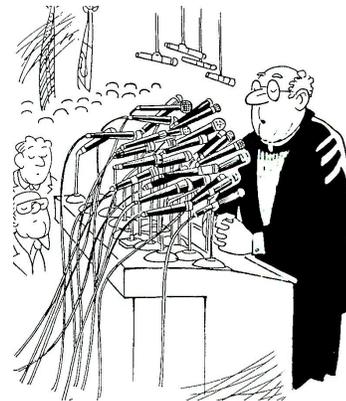
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"Teach us, O Lord, to be simple."