



SUMMER 2020

FRANCISCAN SPIRITUAL CENTER

Twin Pandemics

The Center is still closed to groups but some members of the staff are meeting directees at the Center for spiritual direction. Call the Center or email your spiritual director to see if that works for you. We are also taking new appointments for those seeking spiritual direction in these challenging times.

FSC is also taking steps to battle the pandemic of racism and white supremacy through partnering with area churches and faith communities to co-sponsor an online study of Michael Eric Dyson's book, Tears We Cannot Stop. We continue to try to understand and dismantle racism in ourselves and communities and seek ways to be anti-racist. A statement from the Director is on our website.

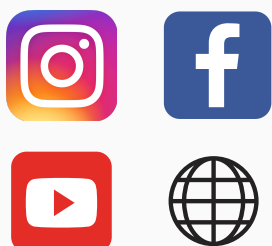
Spring Appeal

There is still time to respond to our appeal for funds to expand our ministry during this time when we have experienced a loss of income due to the closing of the Center. If you are able, we rejoice in your kindness and gift. Thank you!! Here is a link to our appeal!

THANKYOU

Don't forget to connect with us on any of our many social medial platforms!

- Instagram
- Facebook
- Youtube
- Blog
- Website



Online Programs Coming Soon

Chair Yoga & Meditation

Weekly, we offer a Tuesday morning meditation class and on Wednesday we offer a morning class on chair yoga and meditation. This summer we will offer an OUTSIDE Yoga retreat on August 21.



Montly Taize Prayer

First Friday of the month at 7 pm, join us online for live streaming of songs, silence, scripture and prayer in the style of Taize. You may sing along in your own home or just use the time for guided meditation. Join us at our Facebook to catch our livestream at at 7 p.m. the first Fridays of August to December.



New Online Programs This Fall

- Spiritual Companion Circle with East Coast leader, Stephen Ristau
- Four week book study on Discernment with author, Beth Estock
- Introduction and Practice of Centering Prayer with Portland leader, Patricia Hutchinson
- Living with a Franciscan Heart with Sr Mary Jo and others leading us to consider the ways of Peace
- A new Qigong class with Teddy Gardner
- A Bead and a Prayer, Rosaries and prayer beads with Jen Mannino
- The Art and Music of Hildegard with Denise Andersen
- Disarming our Addiction to Violence, a timely new class with Mark Lesniewski
- A new monthly class, Earth: Our Original Monastery with Val Hornburg

You can find these new programs and more from your favorite teachers HERE at our website!



Looking Forward

This year we invite you to join us virtually for our 10TH ANNUAL BENEFIT AUCTION! This is a great way to support the Center as we continue to bring the Franciscan Spirit to our neighbors, our city, and, now, all around the globe! The auction will also help us meet our biggest yearly fundraising goal yet, and we want to invite you to partner with us in that goal!

You will be able to bid on many wonderful items such as a wine rack with wine, a year of Missionary chocolate truffles, 3 nights at an Air B&B in Bend, original art and pottery, baskets, vacation packages, experiences and classes, a poetry reading, author autographed books – childrens and adult, and much more!!

Plus, we invite you to raise your “virtual paddle” to fund our Vista and Valleys Initiative which will propel Franciscan values and practices across the globe and the States. We are coming out of the pandemic with a vital message of peace, kindness and connection in the footsteps of the joyful troubadour, St Francis.

Join us for a virtual dinner on September 17 and watch the video, raise your paddles, and celebrate the growing ministry of the Franciscan Center.

Just click on the banner below for more info on how to register!



Vistas & Valleys
Clear Vision and Deeper Connections

**10TH ANNUAL
BENEFIT AUCTION**

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Franciscan Spiritual Center
September 10-20, 2020

2020 calls us to change the way we do things. This year we are having an entirely ONLINE auction. Join us! Help us achieve our BIGGEST fundraising goal yet - \$400,000!

We Shall Walk: Labyrinth Update

Our new 5 circuit labyrinth is ready for walking! Social distance is advised but you are welcome to drop by the Center and walk and pray. We are grateful to our donors and to our builders for such a beautiful and peaceful garden and labyrinth.

"The road is made by walking."
Antonio Machado, Spanish poet.



Welcome to our New Staff Member

New staff - Sr Theresa Lamkin will be joining the staff this fall as a Spiritual Director and Program Leader. Though she has been around the Center as one of the area Franciscans and member of the Companions, we are glad to welcome her as part of the staff. She will also be leading a weekly, online discussion of Richard Rohr’s book, The Universal Christ.

Spiritual Direction Training Program

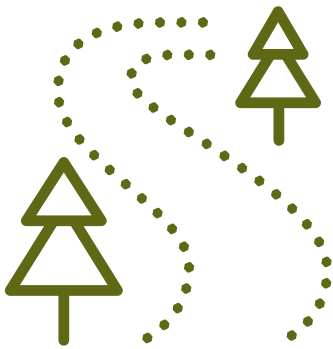
For the 2020-2022 Franciscan Spiritual Direction Training Program we have thirty participants from diverse faith traditions, cultures, countries, and states! Seven men will participate in the program and twenty-three women. Culturally, the participants come from Hispanic, Korean, Phillipino, Asian, Nigerian and American backgrounds. Ten participants are from the Portland area and seven are from other parts of Oregon. Other participants come from Indiana, South Carolina, California, Washington, Hawaii, Vermont, Georgia, Ohio, Oklahoma and Texas. Sessions are held monthly from September through June. We will all be on zoom until the pandemic allows us to gather. We are definitely in new and innovative times. One staff member named it a “Zoom Boom!”



Spark :

A Franciscan Leadership Program

Our year long leadership program will begin October 2021 with an opening retreat at Alton Collins Retreat Center. Watch for more details as Spark adds new leaders and content.



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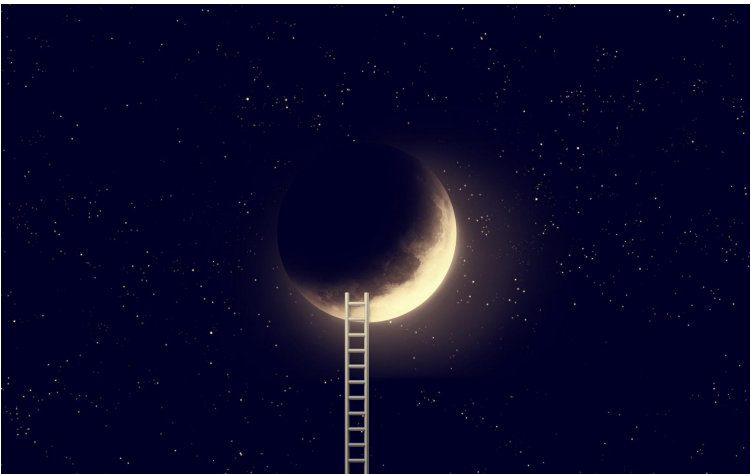
Stay in touch with the Center to see if planned trips to Assisi, St Cuthbert’s Way in Scotland and walking the Camino in Spain will be possible in the coming year.

Franciscan Hermitage Experience

November 20-23 at the Alton Colling Retreat Center
(depending on guidelines from the State).

A four day, silent retreat "to sit at the feet of Jesus" and enter into the spirituality of Sts Francis and Clare. A gentle rhythm of prayer, silence, eating, teaching and sharing will take place in a supportive community.

Cost sliding scale: \$550-650

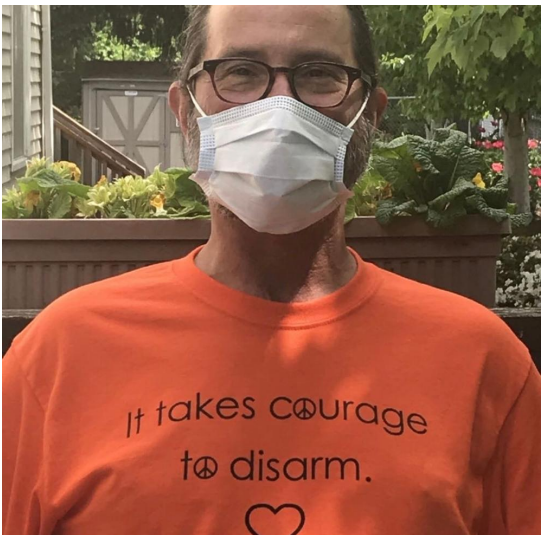


Individualized Guidance in Contemplative Practices and Dreamwork

Besides offering Spiritual Direction, staff member Mark Lesniewski offers one-on-one guidance on forming and growing a contemplative practice and in working with dreams as guides.

We Wear Orange!

Orange is the color to wear to remember those killed by gun violence. The Center, following the peaceable St Francis, has designed orange T-shirts with the phrase, "It takes courage to disarm". May we disarm our addiction to violent ways of solving problems, disarm our hearts from judgments, anger and fear. Call the office to purchase as shirt.



Encouragement & Reflection

8 Minutes and 46 Seconds

A poem from one of our Advisory Board Members for your reflection in these challenging times:

I would like to march alongside protesters.
My feet will not allow me to travel the distance.
Although, my mind is ready to walk this world over.
In the distance, my heart beats in rhythm
with every resolute shout, *I can't breathe*.
Sitting, I can feel the earth move under my feet.
Then comes a clarion call. At 3:45PM, *remain silent*
for 8 minutes and 46 seconds. I commit to not breathe.
In no-less than 35 seconds--I exhale.
Lightheaded, I still see light. My mother, she is
dead. I did not call out to her. I should have.
Rest in peace George Floyd, rest in peace.
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Click on the graphic below for more anti-racism tools, resources, and videos.

“The opposite of racist isn't 'not racist.'
It is 'anti-racist.' What's the
difference? One endorses either the
idea of a racial hierarchy as a racist, or
racial equality as an anti-racist. One
either believes problems are rooted in
groups of people, as a racist, or locates
the roots of problems in power and
policies, as an anti-racist. One either
allows racial inequities to persevere, as
a racist, or confronts racial inequities,
as an anti-racist. There is no in-
between safe space of 'not racist.’”

IBRAM X. KENDI

Encouragement & Reflection

From the Director

On my way to drop off my grandson at a summer preschool is a small round-about with an orange diamond highway sign. As I drive closer I can read the words, “*Things Change.*” That is a bit surprising for what looks “kind of” official, but is a wonderful reminder on a neighborhood street that we are living in unprecedented times. We are approaching six months of altering the way we work, greet one another, gather to socialize or worship or shop. The killing of George Floyd uncovered the ways black live have been treated like they do not matter, from slavery to lynchings to the high percentage of blacks arrested and incarcerated.



This week, the sign was still there, but someone had changed the words, “Change Things.” Now we move from awareness to action. We wear masks to protect others and ourselves. We recognize those who have been working all along, medical staff, grocery workers, nursing home care givers and more; often at lower wages and at risk to themselves and their families. We wear masks for them and us and we change things, habits and practices to be safe. We work, march, write and meet to change the structures and policies that perpetuate discrimination and oppression. We are having good and often painful conversations on policing, health care, housing, educational opportunity. We know things have to change to be a better nation.

At the Center, the staff meets weekly via zoom to check in, to pray and to seek ways to be instruments of peace. Poems, readings, songs are shared to encourage us to be faithful. One of the poets who inspires me offered some reflection on the feeding of the 5000 as recorded in Matthew 14. Here are a couple of lines that touch me:

The disciples said, “Send them to buy food.”

Jesus replied, “You give them something to eat.”

We always face what we don’t have. It is not relevant.

They replied, “We have nothing here but five loaves and two fish.”

What if the power, the grace is within you? What if your small gift is enough?

He took the loaves, blessed and broke them.

Jesus does not internalize the world’s violence or the disciple’s anxiety. His response to evil and trauma is blessing.

I invite you to think less about what you don’t have and more about the small gifts of love, kindness, witness, joy that we do have. And to live, not with violence, anger, fear, or anxiety, but with blessing. And from that place of God’s blessing, work to change things.

Thank you for being part of the Franciscan Spiritual Center, seeking to bring peace, presence and loving community to our world.

Larry

Reflections from Steve Garnaas-Holmes, www.unfoldinglight.net