



St. Francis calling...are you listening?

St. Anthony of Padua, Boynton Beach, Fl. Jan. 2012 Issue # 98



Brother Juniper d. 1258 (Jan. 28)

“Would to God, my brothers, I had a whole forest of such Junipers,” said Francis of this holy friar. We don’t know much about Juniper before he joined the friars in 1210. Francis sent him to establish “places” for the friars in Gualdo Tadino and Viterbo. When Saint Clare was dying, Juniper consoled her. He was devoted to the

passion of Jesus and was known for his simplicity. Several stories about Juniper in the “Little Flowers of St. Francis” illustrate his exasperating generosity. In time the friars learned not to leave anything lying around, for Juniper would probably give it away. Quote: It is said that St. Francis once described the

perfect friar by citing “the patience of Brother Juniper, who attained the state of perfect patience because he kept the truth to his low estate constantly in mind, whose supreme desire was to follow Christ on the way of the cross.” (Mirror of Perfection, # 85)

He was humble because he knew the truth about God, himself and others.

PRAYER INTENTIONS OF POPE BENEDICT XVI FOR JANUARY 2012

Victims of Natural Disasters...That the victims of natural disasters may receive the spiritual and material com-

fort they need to rebuild their lives.

Dedication to Peace...That the dedication of Chris-

tians to peace may bear witness to the name of Christ before all men and women of good will.

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- ⌄ **Your Servant Leaders:** ⌄
- ⌄ **Council** ⌄
- ⌄ **Spiritual Assistant:** ⌄
- ⌄ Rev. Samuel Zebron, ⌄
- ⌄ O.F.M. Conv. ⌄
- ⌄ **Minister:** ⌄
- ⌄ Lesley Vaitekunas, sfo ⌄
- ⌄ **Vice Minister:** ⌄
- ⌄ Terri Petricca, sfo ⌄
- ⌄ **Secretary:** ⌄
- ⌄ Marie Guzman, sfo ⌄
- ⌄ **Treasurer:** ⌄
- ⌄ Carmen Stratos, sfo ⌄
- ⌄ **Formation Director:** ⌄
- ⌄ Bob Seidling, sfo ⌄
- ⌄ **Vocations:** ⌄
- ⌄ Ted Perzanowski sfo ⌄
- ⌄ **Councilor:** ⌄
- ⌄ Eliana Cavarra, sfo ⌄
- ⌄ **Newsletter Editor:** ⌄
- ⌄ Lesley V. ⌄
- ⌄ Please send items for ⌄
- ⌄ newsletter to: ⌄
- ⌄ toplot@bellsouth.net ⌄
- ⌄ St. Anthony of Padua ⌄
- ⌄ SFO meets at St. Mark ⌄
- ⌄ School cafeteria on the ⌄
- ⌄ third Sunday of every ⌄
- ⌄ month. Social 1:30 ⌄
- ⌄ Gathering 2 pm ⌄
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Alison's "Journey Journal"

Resolutions

by Alison Fisher, Candidate

New Year's Resolutions. Did you make any? If so, how's that going? New year's resolutions imply a quest for self-improvement; that's a good thing. Resolutions aim to initiate desirable behavior or eliminate undesirable habits. The new year is a time considered to be a new start, a clean slate. Modifying or overhauling behavior to be a better human being is an obvious preoccupation at this time of year.

I can use loads of self improvement but I don't generally make new year's resolutions for two reasons. Firstly, if a resolution can wait until January 1st, I'm probably not too committed to the resolution. If I'm seriously motivated to make a profound change in my life, I'm going to do it



today, right now, whether it's April 23rd or October 14th or any other day.

Secondarily, resolutions are usually too lofty, suggesting a total behavior overhaul in one step, which is a recipe for failure. Pop psychology behavior modification programs caution to make small, attainable goals building toward the ultimate objective. In dealing with addiction behavior, Twelve Step programs advise making change "One day at a time". Hmmm, one day at a

time...sounds like daily conversion to me. I cannot one day radically change what I do, or don't. I can make adjustments daily, sometimes several times throughout the day. Each decision is a choice to live the Gospel life in that situation. If I have failures throughout the day, and I am bound to, no worries; tomorrow is another day, a new start, a clean slate; sound familiar? I return to that starting point, "Return to the LORD and give up sin, pray to the Lord and make your offenses few. Turn again to the Most High and away from sin, hate intensely what the Lord loathes" [Taken from SIRACH 17:20-21].

I am grateful that God is so patient with me as I stumble along, and more so that God gives me each day to try again.

My greatest successes in self improvement have been through a series of small steps. Back in the day, I used to smoke cigarettes. When my wisdom teeth were removed I was advised to refrain from smoking for two days. On day three, I thought, “why start up again now?” As I

went through each trigger time for a cigarette, I made a decision not to light up: at the bus stop, with my coffee, after lunch, etc. I never announced to anyone that I quit smoking, I just wasn’t smoking at that particular time. I carried a half pack of really stale Salem Menthols in my purse for a full six months, just in case I decided to have a smoke.



That’s pretty much my take on daily conversion; constantly making decisions to live the Gospel life. Before nodding off to sleep at night, a review of the day is most beneficial to assess my progress. Sounds like “examination of conscience”, doesn’t it? I’m not discovering anything new, just discovering it for myself. Happy New Year! !



Do you know your “Mission in Life?” (by Lesley V.)

A good “New Years Resolution” is to ask God to show you HIS MISSION for your life. I used to beg God to show me what He wanted me to do with my life.

WARNING...when you pray a prayer like that you had better DUCK!!!

He WILL show you what He wants you to do and he WILL give you the strength, the wisdom and discernment to accomplish it. (AMEN!)

Paul the Apostle teaches; “We have received not the spirit of this world, but the Spirit which is from God, that we might understand

the GIFTS bestowed on us by God.” He has given each of us unique gifts to accomplish what he has put us on earth for.

Pray and ask HIM to reveal your gifts to you. Then USE these gifts to accomplish His mission for your life.

St. Francis Calling...



The little flowers of St. Francis...

VI How Brother Juniper kept silence for six months. Once upon a time Brother Juniper resolved to keep silence for six months after this manner. On the first day, for the love of the Heavenly Father, on the second day, for the love of Jesu Christ, His Son. On the third, for the love of the Holy Spirit. On the fourth day, out of reverence for the most Holy Virgin Mary; and thus, in order. Each day for the love of some saint, he kept the six months in silence.

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Have you ever tried to keep silent for a day? An hour? Even a minute? When tempted to speak, to respond to another, to reply, to defend yourself ...are you able to keep silence? Let's try it one day soon. Let's ask Brother Juniper to help us.

HUMILITY CORNER

WISDOM

enters through

LOVE,

SILENCE,

and **MORTIFICATION.**

It is great wisdom to know

how to be SILENT and to

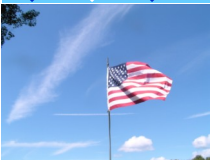
look at neither the

REMARKS

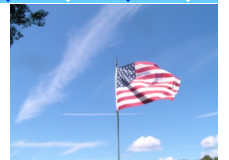
nor the DEEDS,

nor the LIVES of OTHERS.

St. John of the Cross.



Prayer for the Conversion of America



Holy Mary, Blessed Mother, Patroness of America, we have prayed to you for generations for the conversion of Russia. Thanks to you and our Heavenly Father that is beginning to become a reality.

Dear Mother, I cannot help but think we have overlooked the need to pray for

the conversion of America.

You and your Son must look down on us with a sad and heavy heart when you see all the family break-ups, the misuse of the sacred gifts of life and sex, the lack of respect for your Holy Name and that of Jesus, the misuse of drugs, the political corruption, and all the other evils

in America today.

So, Dear Mother, with this in mind, please present our prayers to your Son, ask Him to grant the turning around of our ways and the conversion of those who are not already walking in the way of the Lord.

We ask this in Jesus' Name. AMEN.