Chapter V—The Austerity of Francis’ Life
and the comfort Which Creatures Gave Him

When Francis saw that great numbers of lay people were being inspired by his example to embrace Christ’s Cross fervently, he took heart and like a brave leader in Christ’s army he determined to carry off the prize of victory by practicing virtue to a heroic degree. Recalling the words of St. Paul, “those who belong to Christ have crucified nature, with all its passions, all its impulses” (Gal 5, 24), he mortified his lower appetites so strictly that he scarcely took enough food or drink to stay alive. In this way he would clothe himself with the armor of the Cross. He used to say that it was hard to satisfy one’s material needs without giving in to the inclinations of sensuality. As long as he enjoyed good health, he scarcely ever ate cooked food. When he did, he mixed it with ashes or destroyed its taste, usually by adding water. He never drank enough water, even when he was burning with thirst—not to mention taking wine—and he devised ways of practicing even greater self-denial, becoming better at it day by day. He was already perfect in every way, but still he was always beginning afresh, just as if he were only starting, and he castigated his natural desires by punishing his body.

However, on his missionary journeys, in preaching the Gospel, he always took whatever food was put before him by those who gave him hospitality. But when he returned home, he kept strictly to the rule of fasting. He was hard on himself but accommodating towards his neighbor. In this way he obeyed Christ’s Gospel in everything and did people as much good by eating as by fasting. More often than not, his weary body had only the bare earth for a bed and he usually slept in an upright position with a piece of wood or stone at his head. He was content with one worn habit, as he served God in cold and nakedness.

Bonaventure—Major Life of St. Francis (1263)

VISITOR’S MESSAGE
Homily by Fr. Robert Altier...
In the world, but not of the world

In the first reading today, Saint Paul, when he went to Ephesus, found these twelve men who were already people who believed in the Lord on one level, but when he asked them if they had received the Holy Spirit, he found out that they did not even know there was a Holy Spirit. Then he finds out that their baptism was the baptism of John. And so we see that the first baptism, the baptism of repentance for the forgiveness of sin, was a very powerful thing in the lives of these people. It got them turned around. They did not take it lightly. Yet, at the same time, it clearly was not the fullness of what they were called to have.

So too in the Gospel reading, then, Our Lord lets us know that there is a distinction in things. He tells us that as long as we are in the world we are going to
have trouble. So even though we are baptized and we have the Holy Spirit, we are going to struggle, we are going to suffer in the world. Yet He tells us that even in the world there is another way, and that way is in Him. He tells us that He has conquered the world. Now His disciples at that point had already been baptized with the baptism of John and they are telling Him now, "We believe in You." And He is saying, "No, you really don’t because you are all going to abandon Me. You are going to leave Me quite alone," even though He says, "I am never alone." Of course, He is always with the Father and always has legions of angels around and so on. Nonetheless, it was a matter that they did not yet understand. They did not have the Holy Spirit, therefore, they did not have the concept of Who He truly was.

But we do. Even with the Holy Spirit, He tells us we are still going to have trouble in the world. It makes perfect sense because we are not to be of the world. And the people of the world do not like it when somebody else is not of the world. We have to be in the world temporarily (Thanks be to God, it is only temporary!) but we cannot be of the world, and that is the struggle for us as Christian people. If we want to fit in and be well-liked and so on, all too often we are going to make ourselves just like everyone else and we are going to be of the world. But Jesus says, "I have conquered the world." So the only way we can truly be in the world and be fully at peace is to be in Christ. He even makes that point. "I have told you this," He says, "so that you may have peace in Me." It is the only way—in Him. And then the very next line says, "In the world you will have trouble.” So it is not like as long as we are in Christ there is not going to be any more difficulty, just the opposite. He had total peace. In fact, He is peace, and yet look at what happened to Him. Why do we think that we can walk through this just like everyone else and have an easy life? It is not going to happen. But in the midst of the trouble, we can still have complete peace as long as we have ourselves fully immersed in Him. That is what is being offered.

So even though we have Baptism and we have the Holy Spirit and we are in the world, we have a choice to make yet. We have to choose whether we want to be of Christ or whether we want to be of the world. When the disciples found that there was something more, that, even though they already believed, there was more that was being offered to them, they immediately desired it. They were baptized into Jesus Christ and received the Holy Spirit. Our Lord is letting us know that there is more. We have Baptism and we are in the world—now we need to make the choice. Do we want His peace? Do we want the joy that can come only from being in Him? Or do we want the false and passing joy that the world offers? In Him there will be peace; in the world there will be trouble, but He has conquered the world. Therefore, we must live our lives in the world but not of the world, but immersed in Jesus Christ and have ourselves completely filled with the Holy Trinity so that we do not live of the world but we live of God, that we live filled with the Holy Spirit. In Jesus Christ, not only do we have peace, but in Him we too have conquered the world.

* This text was transcribed from the audio recording of a homily by Father Robert Altier with minimal editing.

**ADMINISTRATOR’S MESSAGE...**

**What is in it for us?**

The gospel for Tuesday of the Eighth Week in Ordinary time finds Peter posing a question to Jesus that any of us could ask. Peter asks: **“We have put aside everything to follow you.”** (Mk 10:28-31) Obviously, in asking, in the tone of the statement to Jesus probably, there was the question. What is in this for us, Lord? We can all ask that question and it is a fair and good thing for us to ponder too.

Jesus reply to Peter is vast in its scope. He doesn’t say he is just addressing Peter and his question. He answers as only God can answer. His answer sweeps the span of history and all of us too. He says: **“I give you my word, there is no one who has given up home, brothers or sisters, mother or father, children or property, for me and for the gospel who will not receive in this present age a hundred times as many homes, brothers and sisters, mothers, children and property—and persecution besides—and in the age to come, everlasting life. Many who are first shall come last, and the last shall come first.”** (Mk 10:28-31)

In essence, in this age, we have set aside and will have to continue to set aside the things of this world to follow the Lord. So, we are caught in the same motion as Peter and those first apostles. They didn’t know what to expect. They didn’t have the benefit of being able to read the experiences of previous friends of Christ, or the teachings of Christ, for theirs were the first teachings and they were the first to follow Him. The question though remains pertinent to this day. What is in this for us? What do we need to do.
Well, what we need to do is live our faith to the full. Live the gospel generously. For us that means live our Rule of life to near perfection as our gift to the Lord. As the motion of our lives that belongs to God. We know that because the Rule was given to us by a great saint, Saint Francis, and in response to our query to him as to how we can be saved. In living this Rule we commit ourselves to abandon the world, for the Rule surely calls us to abandon the world in so many real ways, and to live lives that are pleasing to God on a daily basis. We are to make a conscious effort to follow the Rule and in that a conscious effort to follow the gospel of Jesus Christ literally. In the world, but not of it, for Christ.

We will have problems doing this. We will have family and friends who turn against us or don’t understand us. Even Church leaders might question our sanity. Yet, we need only persist to be among those who follow the Lord and give up home, and family, and friends, for the Lord and His gospel. We will receive many times more family and friends and property, and persecution besides, in this life or in the life to come as the Lord decides, and everlasting life. That is what it is all about to live this Rule we follow. That is what it is all about to follow Jesus Christ in this age, and ours is so very dark. We need to be the light of Christ to all around us, in our family, and in our world.

Locally the Church is distributing a free book to Catholics, and we suspect many dioceses are doing the same. The book’s title is REDISCOVER CATHOLICISM, by Matthew Kelly. The entire theme of the book is a call to people to reexamine the Catholic faith, especially fallen away Catholics and rediscover the way to attain holiness and factually become the “best-version-of-ourselves”. Kelly does an excellent job of analyzing the problems of these times and calling people to reconsider the gifts of the Church and the call to salvation. Most notable among what he writes is his beautiful explanation of the seven pillars of Catholic Spirituality, which are: CONFESSION, DAILY PRAYER, THE MASS, THE BIBLE, FASTING, AND SPIRITUAL READING, and the ROSARY. These pillars, of course, are part of our Rule of life. This is a book well worth reading because in it we are reaffirmed in our commitment to follow the Rule that St. Francis gave us, and the book itself might open doors for us to witness more strongly to our faith among family and friends.

So, let’s live the Rule with joy, and commitment, in silence and invisibility. Let’s not make a big deal out of it, but live it for the Lord, in our hearts and in our actions. Then, as His servants, we can expect to hear Him say “Well done, good and faithful servant” to us, and His life will be ours for all eternity.

Bruce and Shelley Fahey BSP Administrators - Morning Star Chapter – Minnesota

NO GREATER LOVE by Paul Beery BSP

“I solemnly attest in the Lord that you must no longer live as the pagans do—their minds empty, their understanding darkened. They are estranged from a life in God because of their ignorance and their resistance; without remorse they have abandoned themselves to lust and the indulgence of every sort of lewd conduct. That is not what you learned when you learned Christ!” (Ep 4:17-19)

The following story is for anyone who has had difficulty in understanding, or explaining the unbelievable disaster for humanity that is the “contraceptive mentality.” Here is a simple but profound explanation:

I thought I was Pro-Life but God told me I had the ‘spirit of abortion.’

by Peter Baklinski

PUEBLO, Colorado, May 18, 2012 (LifeSiteNews.com) – Sarah Nelson, 22, was going through a challenging chapter in her faith journey in 2001 as she served in leadership at a successful megachurch in Denver, Colorado. She and her fiance Brennon loved their church and the fellowship it provided, but Sarah could not shake off the feeling there was something missing.

At her Christian church, one thing that was impressed upon her was that abortion was wrong. For as long as she can remember, Sarah had always considered herself “very pro-life and absolutely against abortion.”

One day, while praying for an end to abortion on the anniversary of Roe v. Wade which legalized the killing of babies in the womb in 1973, Sarah suddenly experienced the voice of God saying to her: “You have the spirit of abortion.”

The young woman remembers being stunned. ‘How could this accusation be true,’ she remembers reasoning vehemently with God, when she was clearly against the horrible crime of ending an innocent life in a mother’s womb?

Again, Sarah experienced the convicting voice of God: “You have the spirit of abortion in you because you do not value children as
As Sarah pondered the word she had received, it dawned on her that God was entirely right. She had believed that it was wrong to kill children through abortion, but she now realized that a deeply rooted contraceptive mentality within her had prejudiced her to not really value children or to even desire them.

"Up to that point, I had had no exposure to the perspective of contraception as a moral evil," Sarah told LifeSiteNews. "Growing up, I was extremely familiar with the fact that as couples were counseled for marriage in church, it was the assumption across the board that to be a ‘prudent newlywed couple’, you must contracept, and preferably for at least two years in order to establish a ‘stable marriage.’ Rarely were children talked about in terms of ‘abundance and overflowing joy.’ In some circles it was strongly suggested that couples limit their family size for the good of God. Many couples saw two children as plenty.

"I was not really open to having children, nor had I been encouraged to be so from my church leadership. From this flowed the natural conclusion that contraception was fine. And if contraception was fine, then I could see how the logic worked that allowed abortion (God forbid) to be fine because it got rid of an ‘inconvenience.’"

"I was horrified as I suddenly and instantly knew the horrible truth: being closed to life through contraception actually leads to the reality and horror of abortion."

It was with sadness that Sarah realized that she had become a victim of the logic of contraception without even realizing it. "And sadly, this was where I had been up till that day," she recounted.

As a consequence of her humbling experience with God, Sarah turned to the Catholic Church for answers and eventually became Catholic along with her now-husband Brennan. They now have two children and are hoping for more.

To this day, over a decade later, it fills Sarah with sadness that many of her friends cannot see what she calls the “real beauty of sexual union and the beauty of being totally open to the gift of life.” Nonetheless, she and her husband will hardly let an opportunity pass by to challenge their friends to think about the dimension of gift that is inherent in sexual union and that entails an openness to life.

"The gift God has given us, the ability to procreate with him, why would we not want to be part of that?” the couple often asks their friends.

Sarah says that she will be forever grateful for the day that “God opened my eyes wide to this truth and I truly became pro-life. I’ll never forget that day. It is very much seared into my memory.”

Reprinted with permission from LifeSiteNews.com

Paul the Apostle tells us we must no longer live as the pagans do. Christians en masse have accepted the contraceptive mentality of unbelievers among whom they live. I believe that mentality is the chief reason for the moral and spiritual decay of Western Civilization. Pope Paul VI explained in his highly controversial encyclical on artificial contraception “Humanae Vitae” (On Human Life) in 1968, what the fruits of the contraceptive mentality would be. His successor, Pope John Paul II in “Evangelium Vitae” (The Gospel of Life), correctly labels the resultant lifestyle: The Culture of Death.

What Sarah learned at her Christian Church knocked my socks off! “It was strongly suggested that couples limit their family size for the good of God.” For the good of God? Wait a minute. God is the Author of Life! “The thief comes only to steal and slaughter and destroy. I have come that you may have life, and have it more abundantly.” (Jn 10) Christians have absorbed the demented population control message of the Environmental Movement: mankind is the enemy of nature and needs to die out! Talk about a pagan concept swallowed whole by many who get their values from secular society instead of the Gospel of Jesus Christ. “Be fertile and multiply. Fill the earth and subdue it.” Almost every theory upon which the Environmental Movement is based is erroneous, from the “population bomb” to Global Warming. Sometimes I think it is nothing but one huge distraction from “The One Thing Necessary,” a life centered by the creature on its Creator in gratitude and thanksgiving.

The opposition to the HHS Mandate led by the Catholic Bishops is a golden opportunity to re-catechize the faithful and all people of good will on just how destructive the contraceptive mentality is to the Gospel of Life. It is not a popular doctrine. In fact, those who promote the Culture of Death love to use contraception to show how “extreme” orthodox Christianity is on the Life issue. It was used to pummel Catholic Rick Santorum in the presidential primary, for example. Narcissists of the world hate the concept of limiting sexual pleasure in any way, much less sacrificing personal pleasure for the lifelong task of being open to and “valuing children as you ought,” as Sarah found out.

Fr. Michael Keating recently gave a talk on “The Current Catholic Moment” which bears on this life and death
issue. He said that we live with the legacy of the French Revolution, an anthropological revolution that changed the nature of humanity from one that was God-centered in origin, back to man-centered, humanistic paganism. This erroneous philosophy quickly spread throughout Europe.

America dodged the bullet, as the American Revolution went in a very different direction, producing a fundamental Christian anthropology, even though it was Protestant in origin, and rather anti-Catholic. It led to a certain “American Exceptionalism” that was God-centered in origin and lasted until the 1960s when liberals in Mainline Protestant churches fell off the sexual revolution cliff. Catholics came out of the ghetto after WWII, going to college with the GI bill, becoming educated and wealthy. They took part in the civil rights marches, and JFK became the first Catholic President. But American Catholic liberals, infected with the same European humanist philosophy, soon fell over the same cliff, and the “American Church” became synonymous with dissent and disobedience.

Fr. Keating says that there is now “an emerging American Catholic Church” that is fully orthodox, saved by the Authority Christ gave His Church. “The first authentic Catholic generation” is no longer alien, but fully American and fully Catholic, genuinely transcendental and in touch with God. Some call it the John Paul II generation. They also love the Church, and are orthodox in faith, reversing the post Vatican II trend of dissent to the teachings of Jesus and the Magisterium. He calls it a miracle.

America still plays a huge cultural role in the world. There is no other country on earth whose people value freedom as we do. It is constitutionally bred into us! Those who seek to fundamentally transform that spirit of freedom into European Socialist-style government control will find they have awakened a sleeping tiger! The attack upon the Catholic Church through the HHS Mandate comes just as “the first authentic Catholic generation” comes of age, now called to be the primary defenders of the faith, and inspired by our Holy Father. The world will see their fighting spirit in defense of religious freedom in the time leading up to the next election in November.

The Americas are growing up and assuming a leadership role. A great renewal of the faith is taking place in Canada, and Mexico’s courageous Catholics are getting long-overdue credit for laying down their lives to prevent an atheistic Communist takeover of their country in the late 1920’s. That struggle is well documented in the movie “For Greater Glory.” Pope Benedict XVI is fully engaged in this fight. He has lectured frequently on the importance of religious liberty. And he has canonized Mexican martyrs who took up arms to fight against an oppressive government, whose motto was: “Long Live Christ the King!”

Paul Beery BSP - Morning Star Chapter – Minnesota

Significant times...
A MEDITATION by Janet Klasson BSP

From the Second Reading on the Feast of Corpus Christi

“For this reason (Christ) is mediator of a new covenant: since a death has taken place for deliverance from transgressions under the first covenant, those who are called may receive the promised eternal inheritance. (Hebrews 9:15)

There is a lot of confusion in the Church today. It is popular to say that one is “spiritual” but not “religious”. So often we focus on ex-ternals, when we should be focusing on e-ternals. Too many are choosing to leave the Church without ever having delved into its depths. There is a deplorable lack of catechisis in the adult faithful. It is as if many are content to swim in a shallow pool and just lap up the dried flakes cast onto the surface by an unknown hand. The Church has so much more to offer! The Church is not incidental to the life of the Christian—it is absolutely necessary!

In his book “Sacramental Theology” Kurt Stasiak tells us that “if we may consider Christ as the primary or fundamental sacrament of God, then the Church is the primary or fundamental sacrament of Christ.” So, just as God chose his Son to make himself visible to his children, Christ chose his Church to perpetuate his presence on earth. He gave us the sacraments so that we might remain united to him and receive the grace we need to stay the course of faith, even while we are being buffeted on every side. In other words, when Christ calls us to follow him, he provides an armored car in which we are to journey—the Church he himself established. He did not give us the Church to tie us down, but to keep us safe until we reach our everlasting home.

I have said before that it is no accident that souls are being called to a life of penance in these days. The world is in great need of penance, and this is corroborated by the angel at Fatima. The Church is
under attack on all sides, as is illustrated so clearly in St. John Bosco’s dream.

There is an epic battle building. But those little ones who put their trust in Jesus Christ will not be shamed. God has never fought a battle on earth without a small band of insignificant souls, men, women, and children who are well aware of their own weakness and so place all their trust in him. The weak, the lowly, the sick, the marginalized—God uses the weak to shame the strong. He chose a humble little Woman to shame the greatest angel that was ever created—and his entire army.

If you want to read a Scripture passage that will give you great hope, read again the story of the three young men in the fiery furnace in Daniel Chapter 3. King Nebuchadnezzar commanded them to worship the idol and threatened to burn them alive if they refused. They replied, “If our God, whom we serve, can save us from the white-hot furnace and from your hands, O king, may he save us! But even if he will not, know, O king, that we will not serve your god or worship the golden statue which you set up.” I really think this is a great script to memorize. Who knows what will be demanded of us in the days to come? Let us pray with St. Peter that we will not be put to the test. But if we are, O God, may your name be glorified in all we say and do. Amen!

From www.pelianito.stblogs.com

Luke 12:10 “Everyone who speaks a word against the Son of Man will be forgiven, but the one who blasphemes against the holy Spirit will not be forgiven.”*

"My child, on this great feast and hereafter do nothing that will grieve the One who breathes the breath of love into your spirit. The Holy Spirit, the advocate, is your strength, your hope, your very present help in time of trouble. Then do not be afraid. Fear neither the coming persecution, nor the coming hardship, but placing your trust in the Spirit of the living God, pray with great confidence. Fear has no place in a heart filled with the Holy Spirit. Do not grieve the Holy Spirit, but rest always in the Breath of Love that flows between the Father and the Son. What can happen to you there? Rest in the power and strength of the Holy Spirit.”

Come Holy Spirit! You are my ever-present help in time of trouble. I enter into the Breath of Love that flows between the Father and the Son. I rest in you, beloved Advocate, and pray with trust and confidence for the conversion of all souls through the Immaculate Heart of your beloved Spouse. Send forth your Spirit O Lord, and renew the face of the earth! Amen. Alleluia!

(*From Bl. Pope John Paul II’s encyclical, “On the Holy Spirit in the Life of the Church and the World” #46: “Blasphemy against the Holy Spirit, then, is the sin committed by the person who claims to have a 'right' to persist in evil-in any sin at all-and who thus rejects Redemption. One closes oneself up in sin, thus making impossible one’s conversion, and consequently the remission of sins, which one considers not essential or not important for one’s life. This is a state of spiritual ruin, because blasphemy against the Holy Spirit does not allow one to escape from one’s self-imposed imprisonment and open oneself to the divine sources of the purification of consciences and of the remission of sins.”)

Janet Klasson BSP, Divine Mercy Chapter

FROM THE ‘SPARROW’
Take courage...

The peace of Jesus to each of you!

A legend from India tells about a mouse who was terrified of cats until a magician agreed to transform him into a cat. That resolved his fear...until he met a dog, so the magician changed him into a dog. The mouse-turned-cat-turned-dog was content until he met a tiger—so the magician changed him into what he feared. But when the tiger came complaining that he had met a hunter, the magician refused to help. "I will make you into a mouse again, for though you have the body of a tiger, you still have the heart of a mouse."

This story resonates to a sparrow...there is something very, very familiar about it. How many people do you know who present themselves as strong and in control, only to be shaking inside with fear? We go at our anxieties by taking on that "tiger" look. We face our fears with force...Or if we don’t use force, we try other methods. We build up material wealth and seek security in things. We try to become well-known and seek status within our peer group.

But do these approaches really work? Can power, possessions, or popularity really deliver us from our fears?
Courage is an outgrowth of who we are. Exterior supports may for a moment sustain us. But only inward character creates courage. It is with the grace of the Lord, with His indwelling of His Spirit, that gives strength and power for your character to reach the full potential that He has willed for you to have. If your character needs strengthening then ask the Lord for more of His grace...for He always hears the cry of the little hearts above all the rest.

Faith is the grit in the soul that puts the dare into dreams.

Pax et bonum

Bob Hall BSP, Little Flower Chapter

MEDITATION ON THE PASSION
by Dawn Usak, BSP

Tenth Station: Jesus Falls the Third Time

We adore you O Christ and we praise you.
Because by Your Holy Cross, You have redeemed the world.

My dear Jesus, when they stripped off Your garments they not only left you naked and exposed but they tore off all the raw and bloody skin that adhered to the material due to the flagellation. Remind me, Oh God, when I stand before You naked in my sins, that Jesus bled for me and that it often hurts to bare our faults. It is only through Your stripes and the pain of the Cross that I am healed.

(Stations of the Cross. Painted by Sister Mary Leo Hargarten, SSND (1900-1959). Born in Milwaukee, Sr. Mary Leo studied art in Munich, Germany (1930-1934) and later headed the art department at Mount Mary College in Wisconsin. Suffering poor health, witnessing her mother’s chronic illness and saddened by the premature deaths of siblings, Sister found her comfort in the Passion of Jesus. This set of Stations, painted in 1953, was first erected in the old St. Francis Hospital in Shakopee, Minn. When the Sisters of St. Francis made major modifications to the Chapel they gave the set to Fr. Robert Bayer, who mounted them at the Franciscan Retreat Centre, Prior Lake MN.)

MORNING STAR: NEWS ON THE ASSOCIATION...

PRAYERS FOR THE BSP FAMILY

Please continue your prayers for Anna Feroni, for the family Linda Curtis, and for all Brothers and Sisters who are struggling at this time. The Rule requires us to pray for one another every day. May that thought give us all hope.

HANDBOOK OF THE ASSOCIATION...

The BSP Handbook, titled Stella Matutina: Handbook of The Brothers and Sisters of Penance of St. Francis is now available for order. We have used a print-on-demand service at Lulu.com to print the book. This means we do not have to keep a stockpile of books, but customers order directly from Lulu, which prints them as they are ordered and ships them directly to the customer. This simplifies the ordering process for the administrators.

There is a link to the ordering page on our BSP Homepage. You will need a credit card or a Paypal account to order. Cost is $10.00 plus shipping.

Bruce and Paul also have copies available.

May the Rule of 1221 lead many souls on the path to holiness.

Bruce and Shelley Fahey, Administrators

Imitating Our Lord in Redemptive Suffering

**July 27-29, 2012**
Franciscan Retreat Center
16385 Saint Francis Lane
Prior Lake, MN  55372

**Father Randal Kasel – Retreat Master**

Fr. Kasel serves as Pastor of the Churches of St. Paul in Zumbrota and St. Michael in Pine Island. He is also the Archdiocesan Director of the Legion of Mary. Father will speak on following our Lord Jesus in living joyfully the call to suffering in union with Him, with emphasis on the practice of St. Francis of Assisi, and other Franciscan Saints.

Cost: $160.00
To reserve a place send $25 to:
BSP Retreat, c/o Paul Beery BSP, 2108 Pleasant Ave, #114, Minneapolis, MN 55404
For further information call: 612-871-2852 (Home); 612-730-4500 (Cell)

## Retreat Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>4:00 PM</td>
<td>Regular Retreat Arrivals begin – BSP Greeting Committee at the door</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Dinner followed by introductions, instructions, and sharing – Bruce Fahey, Fr.Kasel, and someone from the Retreat center. (Cafeteria)</td>
</tr>
<tr>
<td>6:45 PM</td>
<td>Evening Prayers: Divine Office (C) (Optional)</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Mass with Father Kasel and First Talk (C)</td>
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<td></td>
<td>Eucharistic Adoration after Mass, Chaplet of Divine Mercy (C)</td>
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<tr>
<td>9:20 PM</td>
<td>Night Prayer: Divine Office, Benediction (C)</td>
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<tr>
<td>10:00 PM</td>
<td>Retire</td>
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<td><strong>Saturday, July 28, 2012</strong></td>
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<tr>
<td>7:00 AM</td>
<td>Bell rings</td>
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<tr>
<td>7:15 AM</td>
<td>Mass and homily celebrated by Father Kasel (C) Office of Readings and Morning Prayers: Divine Office (C) OPTIONAL</td>
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<tr>
<td>8:30 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Second Talk – Father Kasel (C)</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Confessions and spiritual direction with Father Kasel</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>The Three Little Hours of the Divine Office (C) OPTIONAL</td>
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<tr>
<td>12:30 PM</td>
<td>Lunch ...Group picture outside unless raining...</td>
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<tr>
<td>2:30 PM</td>
<td>Third Talk – Father Kasel (C) Confessions and Spiritual Direction continue</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Adoration, Chaplet of Divine Mercy, Benediction</td>
</tr>
</tbody>
</table>
5:30 PM  Dinner
6:45 PM  Evening Prayer: Divine Office (C) Optional
7:00 PM  Fourth Talk – Father Kasel (C)
8:00 PM  Night Prayer: Divine Office – (C) OPTIONAL
10:00 PM Retire

**Sunday July29, 2012 – Final day**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Bell Rings</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>Office of Readings &amp; Morning Prayer: Divine Office (C) Optional</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Sunday Mass and homily by Bishop Lee Piché of the Archdiocese of St. Paul and Minneapolis</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Final Talk - Deacon Jim Thornton (MCR)</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Lunch and departures thereafter</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>BSP Meeting for all BSP members and others who are interested – Bruce and Shelley Fahey BSP (MCR)</td>
</tr>
</tbody>
</table>

**FOOTNOTE TO ALL RETREATANTS**

This is a silent retreat except for the Marian conference room and at meals. We should all make a sincere effort to observe general silence, especially in the chapel.

Questions during the retreat can be directed to Paul Beery, Rebecca Maness or Dorothy Winczewski. Paul can be reached at 612-871-2852 if you have other questions or concerns.

**(A printable retreat poster and schedule are available on the home page of the BSP website.)**

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**The BROTHERS AND SISTERS OF PENANCE OF ST. FRANCIS**

A.k.a. BSP, is a non-profit Private Association of the Faithful, which is dedicated to renewing the ancient way of penance as contained in the First Rule of the Third Order of St. Francis of 1221 for lay people in our modern world. We have the blessing of the Catholic Church to do this through several of its Archbishops, Bishops, and priests. If you are bound by another Rule of life in another profession of the way of St. Francis that does not permit you to enter other religious families you are nonetheless invited to add the elements of this beautiful way of life that Saint Francis of Assisi gave us to the lifestyle of your profession.

All members, and Franciscans, are welcome to submit articles for consideration for inclusion in this newsletter if they are directed towards the spiritual formation of members or are the outgrowth of the lifestyle of the Association. Just send them to the BSP at mincc@aol.com. Feel free to share this newsletter with your friends or neighbors. It is intended to be the primary monthly communication of the Association, and ongoing formation for all members and friends. And if you can find it in your heart and in your budget remember that donations to the BSP are used strictly to promote the lifestyle and are tax deductible.

We remain, always, sincerely yours in the love of Jesus Christ!

Bruce and Shelley Fahey BSP, Editors

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**Welcome to the Brothers and Sisters of Penance!**

*In the world, but not of it, for Christ!*  

**Website: www.bspenance.org**

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The BROTHERS AND SISTERS OF Penance

of St. Francis

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