

FRANCISCAN SPIRITUAL CENTER

Letter from the Director

God is love. Love is pulling us on to do new things and we need to trust the power of God in our lives to do new things...we need to unwind and recognize that God is the power beneath our feet, the depth of the beauty of everything that exists and the future into which we are moving.



Those words of scientist, scholar and Franciscan Sister, Ilio Delio are a strong and counter testimony to the worry and fears that are peddled today in these challenging times. In one sense there are always challenging issues, decisions to be made, and futures to be faced and Sr. Delio would say "that is the point of life". But rather than anxiety and fear, our focus is rather on seeing a loving, alive God in every direction, every action. "God is the more of our lives...God always spills over our lives."

I don't know about you, but I need those reminders to see what Love is up to.

Writer Brene Brown, said one way to counter the negativity and fear is to celebrate the small moments and small achievements. This is a way to tap into joy, to live out of gratitude, to recognize the more of our lives.

Can you name five things you are grateful for? Can you do it for a whole week and not repeat yourself?

Can you look around your house or work and notice and celebrate 5 small moments or activities that give you pleasure? Gunnilla Norris wrote a book called Being Home in which she looked at the ordinary tasks and objects in her home to find the sacredness and rhythm which "heals and steadies." Like opening a window, crossing a threshold, cooking supper. How would the place you are spending lots time in during this pandemic become an entrance into the holy?

This season, I am giving thanks for the volunteers and Board members at the Franciscan Spirituality Center who helped bring our 11th annual auction into a virtual reality, for the volunteers who keep the flowers blooming around the Center, for the staff who navigates Zoom meetings with people from around the world, for people who signed up for our newest program, Group Spiritual Direction.

Yes, recognizing and trusting in the power of God and Love in our lives to do new things. How are you giving thanks?

Larry

PS I wrote this article just after our successful Auction on September 13-19. On September 30, we received notice that the Parish would be terminating our lease when it finishes on March 31, 2022. I think the article is challenging me and FSC to see if we can continue to trust in the power of God and Love to do new things.

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

- [Instagram](#)
- [Facebook](#)
- [Youtube](#)
- [Blog](#)
- [Website](#)



Labyrinth Walk

Our first Thursdays at noon Labyrinth walks continues on **November 4**.

Join Val Hornburg, one of our Labyrinth facilitators, in an open invitation to come and walk and pray. If you have not walked a labyrinth before, come, we will help you take the first step.



New Heights in Support

Thank you so much for your generous support for our **11th Annual Benefit Auction** – our second all virtual auction. Together we raised nearly \$34,000 for the growing ministries of the Franciscan Spiritual Center – the best we have done in this pandemic era.

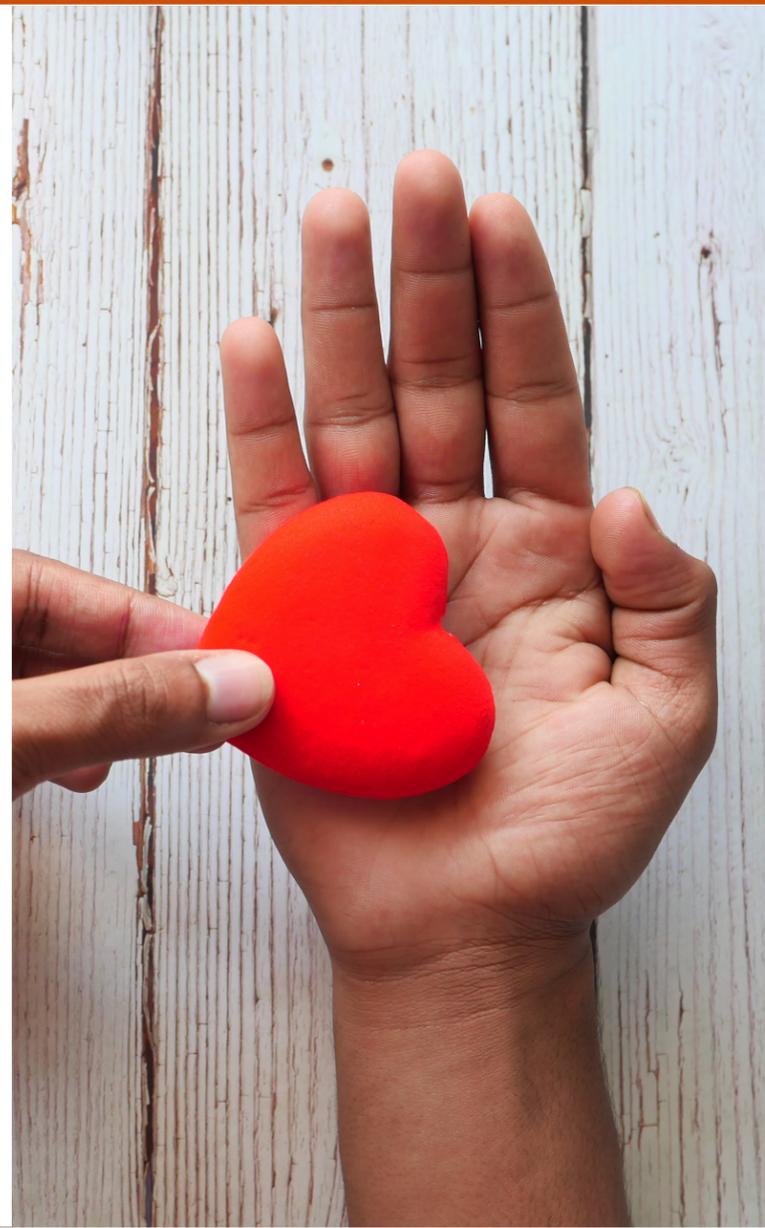
So grateful for you.

Thank you for raising your paddles for gifts, thank you for bidding on 110 items – baskets, trips, art, wine, books, jams and many gifts, thank you for donating items.

Thanks to our sponsors: Terry Cappiello, Tom Dudley, Tom and Marilyn Fink, John and Peggy Brockamp, Providence Health & Services, Stehn Family Chapels.

Thanks to our Auction Committee: Libbie Allen, Carla Gonzales, Val Hornburg, Michelle Kroll, Larry Peacock, Sue Stephens, and our event coordinator, Carolyn Lee. Thanks to our Videographer: Chris Martin.

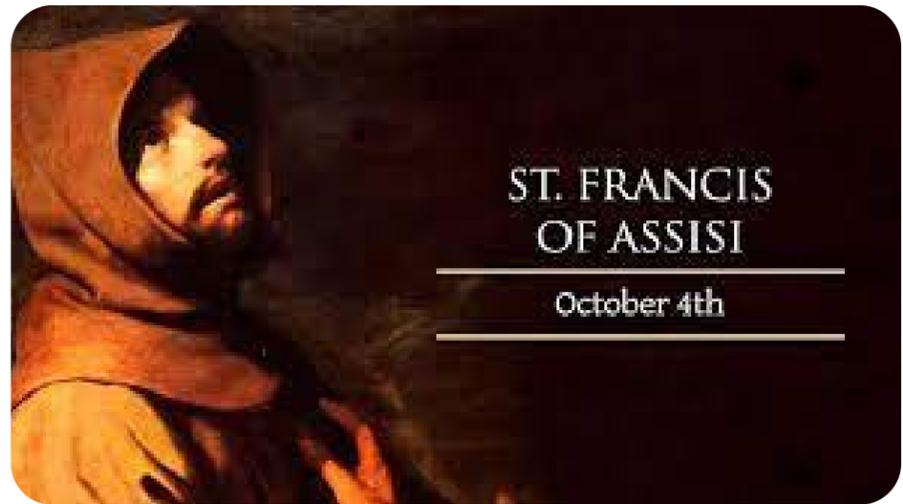
It takes a whole community to support and sustain a ministry. We are heartened and encouraged by your response.



On the Move

FSC is looking for a new home, starting March 31, 2022 as our lease is being terminated by St John the Baptist Catholic Church as they seek to use the property for new purpose and mission. FSC has formed a search committee and is looking for new office and retreat space, along with ample parking and increased accessibility in the greater Portland area. We are grateful that we are already receiving calls and suggestions from many organizations and friends from the area. We are blessed by the support and prayers to continue our ministry in

these challenging times.
You may email the Director,
Larry Peacock, with suggestions.
LPeacock@francisspctr.com



ST. FRANCIS
OF ASSISI

October 4th

St Francis Day was on October 4th

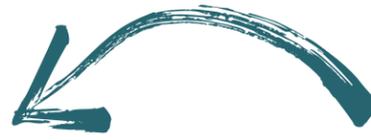
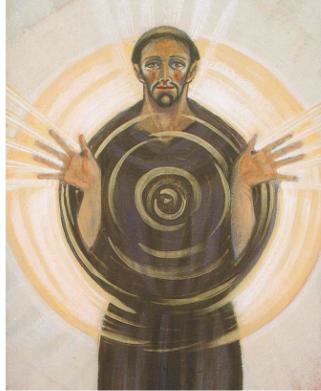
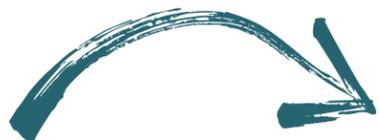
How did you celebrate? Did you try one of these ideas to celebrate our Favorite saint?

- Plant some blubs in your garden
- Take a long walk with your favorite 4 legged pet
- Go apple picking
- Find a church or organization that does a blessing of the animals
- Visit an animal shelter
- Make a donation to an organization that cares for the earth and all its creatures
- Say the St Francis prayer for a meal time blessing

GIVING TUESDAY

Giving Tuesday is coming November 30th

This is an opportunity to remember FSC in the middle of the shopping and holiday season. ***Thank you.*** And watch for our mailing about this years project.



Spiritual Direction Training Program

New cohort begins **September 2022**. Applications are being received now. Once again we are receiving applications from around the world. Join an international community studying and learning to be spiritual directors. [WEBSITE](#)

Upcoming Fall Programs

Soul Collage Prayer Cards [REGISTER](#)

Join me for an introduction or review of this no-fail form of prayer through creative expression. Using simple materials and images from magazines or your own photos and cards, we will create personal icon-like cards that can help us draw deeper wisdom from our hearts and souls. There will be time to create cards, use them in reflection and/or discernment as well as deep sharing within the group. No experience necessary.

***All materials supplied

Date: Thursday November 4th (at the Center)

Time: 9:30am-12pm

Led by: Val Hornburg

Cost: sliding scale \$30-55 per person



Grief and the Wisdom of Forgiveness [REGISTER](#)

Grief is a natural process, a healthy response to the pain and stress of loss. Forgiveness is a process that requires intention and effort – a purposeful letting go of demands and expectations one makes on God, life, self or others as a condition for expressing love and other positive attitudes. Often when grief is present, unforgiveness is also present compounding our pain and inhibiting our inner peace.

In this workshop we will explore through discussion, guided meditations and other exercises: the connection between grief and forgiveness; why we resist forgiveness and how that resistance can compound grief; and the benefits of and reasons for forgiving. This workshop experience will also highlight two forgiveness models: The Four Fold Path and The Eight Steps to Freedom.

Date: Wednesday November 17th (via Zoom)

Times: 10-12, break for lunch, 1:30-3:30pm

Led by: Elizabeth Lewis

Cost: sliding scale \$40-60 per person

Celebrate the Spirit of Thanksgiving with Artistic Expressions of Gratitude (via Zoom)

Give thanks to God, who is good - whose loves endures forever." Psalm 107:1 In this season of thanksgiving, we'll explore artistic expressions of gratitude. We're all familiar with gratitude journals which are an excellent spiritual practice. We'll take a look at how we can add art to a gratitude journal. We'll also explore other artistic ways we can express our gratitude from framed collages to hanging mobiles. These will be created during class time. This is a wonderful way to move from the Thanksgiving holiday into the Advent season.

Dates: Tuesday, November 30 from 3:00 to 4:30pm [REGISTER](#)

OR Wednesday, December 1 from 1-2:30pm [REGISTER](#)

Cost: \$20 per person (A supply list will be sent out in advance of the class.)

Led by: Denise Andersen

