



Franciscan Season of Giving

Consider supporting the Franciscan Spiritual Center as we navigate the beauty and the challenge of the present moment and the future of this ministry.



a word from Sister Celeste

Just to be is a blessing.
Just to live is holy!

How many transitions have you been through this last year? Life is full of changes that invite an internal reset, a new way of being, personal transformation - some major and others small.

Maybe you were uprooted from a home you loved with gardens.
Maybe you moved to a new residence that took time to settle into.

You may have taken on a new role with its invitation to awaken long forgotten skills. These are invitations I know.

In 2000, I retired from teaching after 30 years. It was time but I dearly missed the daily interaction with young students. Then, in 2022, I left parish music direction and choir coordination. I missed planning for the liturgies and the direct interaction with the choir. Today, I remain a member of the choir.

Since 2002, I've been with the Franciscan Spiritual Center in some capacity or another - as bookkeeper, front desk greeter, Taizé director, and now Lectio Divina facilitator. I love this place. I cherish the staff I work with here as well as the praying community that comes together on Mondays. All are special people.

Recently I've been recognizing the call to embrace elderhood. I'm sure many of you are in that same place. I've been reading Joyce Rupp's book, *The Years of Ripening*. It has given me the chance to reflect on my own journey of becoming an elder. Rupp's naming of elder issues can be a reflection that could help anyone. All of us are aging.

For me this is my take on "getting up there in years." Elderhood is a transition that creeps up on us. We all go through it. It is a call to a new way of **being**.

We've been taught from an early age to "get going," be productive, don't waste time doing nothing. As we age our bodies tell us to slow down. Our limbs begin moving slower. The energy to keep producing isn't there. We need more rest. No more "*should-haves*" or "*gottas*"!

Our lives have value in and of themselves. There is no need to prove anything to anyone. We all know this in our heads. To experience it and have our hearts accept it is different, though. This is real!

I want to accept the invitation of *doing* less and *being* more. I am learning the truths of "***just to be is a blessing***," time to feed the soul, and to pay attention to my inner life. I am now able to savor the time to be still and to gaze in wonderment at the "Christ soaked universe" (as Richard Rohr calls Creation). This is a time to strengthen relationships and recognize that each moment is holy! I believe this is something that we all have known all of our lives, but this is the time to embrace it.

At the Franciscan Spiritual Center, the staff and program facilitators offers many opportunities to help **be-ing** become rooted in one's soul. There is spiritual direction (both individual and group), which helps directees recognize how God is working in daily life. There are opportunities for prayer in community—meditation, Taizé, Lectio Divina, day retreats, and praying through writing and collage. Or you may take a walk and be bathed in the beauty of the Marylhurst campus!

I invite you to check out the Franciscan Spiritual Center website, <https://www.francisspctr.com/>. Read about the many offerings and see what invitation the Divine Spirit is holding for you.

Thank you for the many ways you support the mission of the FSC.

May the lord bless you and always give you peace,

Celeste Clavel, OSF
Facilitator for Lectio Divina and Taizé Gatherings

To make a charitable donation to the
Franciscan Spiritual Center
PO Box 144, Marylhurst, OR 97036
or
use our online portal.

Give

To share your own word of reflection, thanksgiving, or prayer
email info@francisspctr.com.

Franciscan Spiritual Center | PO Box 144 3159 Furman Dr. | Marylhurst, OR 97036 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!