

# Weekly re:Cap



Published for the Friars of the Capuchin  
Franciscan Province of St. Joseph

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1 November 2017



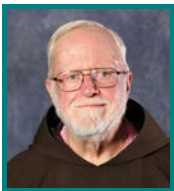
Issue Number 1114



*“As the First Americans, Native Americans have helped shape the future of the United States through every turn of our history. Today, young American Indians embrace open-ended possibility and are determining their own destinies. During National Native American Heritage Month [November], we pledge to maintain the meaningful partnerships we have had with tribal nations, and we renew our commitment to our nation-to-nation relationships as we seek to give all of our children the future they deserve...Over our long shared history, there have been too many unfortunate chapters of pain and tragedy, discrimination and injustice. We must acknowledge that history while recognizing that the future is still ours to write....This month, let us celebrate the traditions, languages, and stories of Native Americans and ensure their rich histories and contributions can thrive with each passing generation. Let us continue to build on the advancements we have made, because enduring progress will depend on our dedication to honoring our trust and treaty responsibilities. With sustained effort and unwavering optimism, we can ensure a vibrant and resilient Indian Country filled with possibility and prosperity.”*

(Excerpted from Barack Obama’s “Presidential Proclamation: National Native American Heritage Month, 2016)

The St. Joseph Province has a long history of ministering on the reservations in Montana, and the legacy continues, as eight of our brothers live and work on reservations. Randolph Graczyk, James Antoine, William Frigo, Mark Joseph Costello, Tien Dinh and Jerry Cornish minister on the Crow Reservation (St. Katharine Friary is located in Crow Agency, the headquarters of the Crow Nation); and Lawrence Webber and Gebreyesus Boyine both minister at St. Labre in Ashland, on the Northern Cheyenne Reservation.



Randolph  
Graczyk



James Antoine



Gebreyesus Boyine



Jerry Cornish



Mark Joseph  
Costello



Tien Dinh



William Frigo

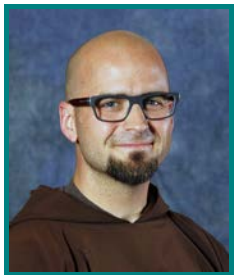


Lawrence  
Webber

November is a time to celebrate rich and diverse cultures, traditions, and histories, and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

# “Was St. Francis a vegetarian?”

By MJ Groark



MJ Groark

I decided to try out a meatless diet for Lent of 2015. I had been toying with the idea for a while, which was mainly rooted in personal ethical concerns. However, I also knew that Pope Francis was about to release his encyclical *Laudato Si*, and I had done a lot of research in order to prepare for this document. I decided that I would try out a vegetarian diet only for Lent, and then reassess how it worked out for my life, my spirituality, and my community. I remember telling myself, “OK MJ, no pressure. If that spicy chicken sandwich is just too tempting, go for it. It’s just for Lent.” What I realized is that removing meat from my diet was the easiest thing I have ever done, and it has had tremendous benefits for my health and spirituality.

I remember when I was first considering this move, and I talked to my mother about it, as any good friar would do. She asked me a question that has been stuck in my head ever since. My mom asked, “Was St. Francis a vegetarian?” After consultation with our local Franciscan scholar, Bill Hugo, we decided that Francis was most certainly *not* a vegetarian. Francis begged for everything, and encouraged his brothers to do the same in a spirit of humble gratefulness for everything they were given to eat. This is the same Francis who was known to smear the walls with meat to celebrate the great feast of Christmas. No way was this guy a vegetarian. But... then we see Francis evolve. Always a man of conversion and who was always reacting to new insights, crafts a lovely hymn of creation in which the created order is now family, brother and sister. So I have to ask myself, what if Francis were alive today? Considering what we know about creation and the environment today, would Francis still opt for meat? Who knows? Maybe, maybe not. I would venture to say that he would encourage us, his brothers, to find a balanced path.

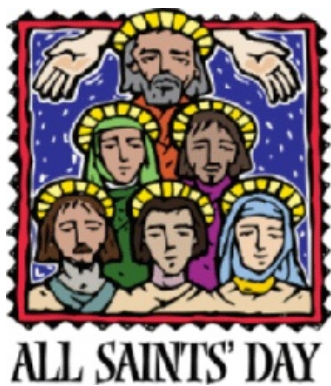
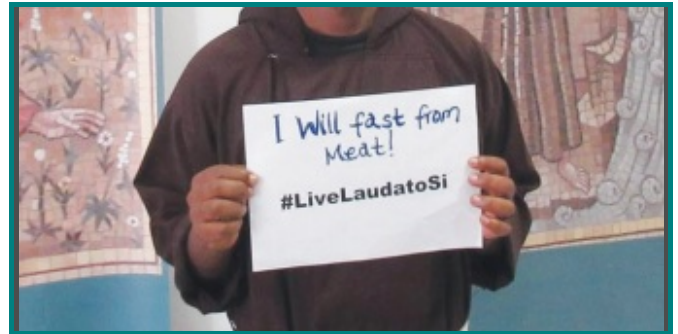
So what does this balanced path look like in actuality for me? I have now had experiences living outside of the United States for extended periods of time. Living with other cultures has given me a new way of understanding food. When I was in Mexico, meat was not served on a daily basis. Meat was seen as something for “los ricos.” This was an eye opening revelation. They definitely ate meat, but it was significantly less than I was used to seeing being consumed here in the states. It allowed me to reflect on the question, who am I in solidarity with? How are the decisions I make reflecting a modern Franciscan vision? As our JPIC handbook states, “As Pope Francis says, we need an ecological conversion in which the effects of our encounter with Jesus Christ become evident in our relationship with the world around us. Living our vocation to be protectors of God’s handiwork is essential to a life of virtue. In our relationships with others and with creation itself, our lifestyle should be characterized by minority. Voluntary detachment from things, simplicity of life, and joy for the gift of life are Franciscan attitudes of reverence for creation and of concern for the common good.”



I currently live with the Hispanic parish community at St. Clare of Montefalco. Part of this relationship means that we are often gifted food from people, and many times we are invited to peoples homes for meals. You better believe that I am eating whatever is placed in front of me! Charity must always take precedence over personal activism or discipline. That being said, most people here know that I am attempting to maintain a meatless diet, and while they might not understand this decision (and often poke fun at me) it has given me opportunities to speak to a modern Franciscan view of creation and my place within it. Within community life,

it has been a simple exercise. I simply eat around the meat. Nothing “special” needs to be made. My community has been very open to the idea of buying and consuming less meat. We have even begun looking back into our tradition, and now Friday’s throughout the year are a day of abstaining from meat. A bit of wisdom from the past made fresh for today with new insights about the effects of a domination model of creation. I am very grateful for my brothers for being so accommodating in these efforts. Again, it’s not an all or nothing reality, but a balanced path. A *cutting back* of the meat consumption with the intentional attitude has helped me live a healthier model of stewardship of creation, and has deepened my spirituality as a follower of St. Francis in the 21<sup>st</sup> century.

Pope Francis has elegantly moved us to evolve in our understanding of an antiquated model of relationship to the created world. No longer can we employ a dominion model of human behavior, but rather a model of mutual coexistence, marked by responsible stewardship. Does another creature need to die in order that I can live through another meal? I am not convinced. We can easily view this as another opportunity for polarization, or maybe this can be an opportunity for us to evolve our personal and collective spiritualities to respond to one of the most serious concerns for our times. No amount of LED light bulbs or bike rides (as good as these decisions are) can compare to the ecological benefit of simply adapting our diets to include less meat. Is this something we can be open to? I think Francis would be open to this invitation.



## *A reflection on the Feast of All Saints*

*by Robert Ellsberg, editor-in-chief and publisher of Orbis Books, the publishing arm of Maryknoll.*

There is a reason, apart from humility, that holy people are loath to be called saints. As Dorothy Day, founder of the Catholic Worker movement, used to say, ‘Don’t call me a saint. I don’t want to be dismissed that easily.’

Describing the function of the saints, Karl Rahner wrote, “They are the initiators and the creative models of the holiness which happens to be right for, and is the task of, their particular age. They create a new style; they prove that a certain form of life and activity is a really genuine possibility; they show experimentally that one can be a Christian even in ‘this’ way; they make such a type of person believable as a Christian type.” The saints are those who, in some partial way, embody — literally incarnate — the challenge of faith in their time and place. In doing so, they open a path that others might follow.

Most people, I am convinced, possess an instinctive ability to recognize heroic sanctity when they see it. Quite apart from any official process, they recognize that there are certain people whose lives, in some extraordinary fashion, proclaim the mystery of the gospel...And there are non-Christians like Gandhi, or the Jewish prophet Abraham Heschel, or even nonreligious moralists like Albert Camus, whose impact on Christian spirituality and ethics has equaled that of any orthodox Christian of our time. As Heschel wrote, “Holiness is not the monopoly of any particular religion or tradition. Whenever a deed is done in accord with the will of God, wherever a human thought is directed toward Him, there is the holy.”





John Clermont (St. Mary Province) died on 23 October.

Walter Petrie, brother of the late Capuchin Fulgence Petrie, died on 27 October.

Floraine Piefer, sister of Alex Luzi, died on 27 October.

Gary Keegstra was recently hospitalized for a bleeding ulcer.

Clare Zwickl, mother of Norbert Zwickl, recently suffered a stroke, and has been diagnosed with pancreatic cancer.

Please also remember in prayer our brothers of The Stigmata Province recently elected to leadership: Remo DiSalvatore (pro minister), Robert Williams (vicar), and Ron Giannone, Robert Perez and Francisco Arrendondo (councilors).

*Weekly re:Cap is grateful for a recent donation from former friar Richard Boyak.*



- 1 ..... All Saints Day (F)  
**Perry McDonald (B)**
- 2 ..... Pro Council Zoom/Video Conf  
All Souls Day (F)  
**Randall Knauf (B)**
- 3 ..... Affiliation of Esther Boehnlein
- 4 ..... Milwaukee Regional Meeting
- 6 ..... **Ralph Fellenz (B)**
- 7 ..... Investment Commission Teleconference  
**F. Javier Rodriguez (B)**
- 8 ..... Public Relations Zoom/Video Conf
- 9 ..... Finance Commission Zoom Conf  
Capuchin Soup Kitchen Ministry Council
- 13 ..... Social Media Zoom/Video Conf
- 14 ..... Provincial Review Board  
**Wilbert Lanser (B)**
- 15 ..... Public Relations Zoom/Video Conf

### *My November Guest*

My Sorrow, when she's here with me,  
Thinks these dark days of autumn rain  
Are beautiful as days can be;  
She loves the bare, the withered tree;  
She walks the sodden pasture lane.

Her pleasure will not let me stay.

She talks and I am fain to list:  
She's glad the birds are gone away,  
She's glad her simple worsted gray  
Is silver now with clinging mist.



The desolate, deserted trees,  
The faded earth, the heavy sky,  
The beauties she so truly sees,  
She thinks I have no eye for these,  
And vexes me for reason why.

Not yesterday I learned to know  
The love of bare November days  
Before the coming of the snow,  
But it were vain to tell her so,  
And they are better for her praise.

*~ Robert Frost*