



2016 Quinquennial
Reviving Our Spirit
Main Speakers and Breakout Sessions

Main Speakers: Father Dan Horan, OFM, Father Lester Bach, OFM Cap, Brother Keith Warner, OFM, Carolyn Townes, OFS, JPIC Commission, Ana Fruk, OFS International CIOFS YouFra Chair, and CNSA

Breakout Sessions

Mindful Listening: The Way to Peace

Carolyn Townes, OFS, JPIC Commission

It has been said that peace is not a way, it is *the* way. But how do we DO peace – mindfully, intentionally and compassionately? In this presentation, you will learn how to mindfully be and do peace in your life.

Rejoice, Let Your Spirit Soar

Donna Hollis, OFS

Participants will be led into active participation exploring the expression of movement as a language of prayer. Different exercises offered will enhance creativity and openness as a channel for the Holy Spirit to renew our spirits, allowing us the freedom to rejoice in mind and body.

Living the Spirituality of Laudato Si

Brother Keith Douglass Warner, OFM

This workshop will open up the spirituality resources in this encyclical and explore pathways toward putting its recommended practices into action in our communities.

To Pray as Francis Prayed:

The Office of the Passion

Mary Esther Stewart, OFS

One option for Secular Franciscan prayer is Francis' Office of the Passion, yet few Secular Franciscans even know what this is. Scholars consider this simple, heartfelt office to be Francis'

prayer journal. This presentation will introduce the participants to the beauty and accessibility of the Office of the Passion. Participants will receive handouts, and the full text will be available.

To Pray as Francis Prayed: A Contemplative Journey into the Heart of God

Mary Esther Stewart, OFS

Secular Franciscans are called to contemplative prayer. Sometimes this seems daunting or vague. St. Bonaventure, St. Francis' theologian, had the skill and insight to organize our Franciscan spirituality so contemplation is attainable for all of us. This presentation will utilize St. Bonaventure's *Soul's Journey into God* and Clare's prayer form to give a structure to contemplative prayer. Participants will receive handouts, and the full text of St. Bonaventure's work will be available.

Revitalizing Our Franciscan Charism: Merciful Compassion

Mary Raymond, OFS

Since this is the Year of Mercy, the presentation will consist of the Catholic Church's views of mercy and compassion in some of the papal encyclicals. We will give examples of saints and other members of the Mystical Body of Christ modeling compassion and mercy – with St. Francis at the top of the list.

Embracing Diversity and Multiculturalism in the OFS

Willie Guadalupe, OFS

This session will educate us and our fellow Secular Franciscans towards the realization of a Gospel vision of cultural diversity by drawing guidance and inspiration from the Sacred Scriptures, the Church's teachings, the OFS Rule, the Franciscan tradition (particularly the OFS Rule, the Constitutions, Ritual and the National Statutes).

TO THE NATIONS: Mission Uganda

Stephen H. Smith OFS

Pope Francis tells us as Christians we must renew our missionary zeal. The founder of To The Nations, Inc. will share his personal testimony about how as a Franciscan he said yes to his missionary call and invited others as his companions to share in the mission to feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick and those in prison, stand beside the broken, all while showing the love of Jesus Christ to all of His creation.

The Art of Prayer in Action

Maria C Tiznado, OFS

The presentation will be four colorful banners that speak to reviving our Franciscan Spirit. The illustrations depict the life of Secular Franciscans in communion at church, family life, work and in society. This form of activity spent in drawing and coloring is prayer in action to awaken the Franciscan spirit within us.

Sharing Fragrant Words: Reflective Prayer in Common

Mary Bittner, OFS

We're all familiar with saying certain prayers together (liturgies, the rosary), but there are other types of prayer that can be prayed in common. This presentation will introduce a form of reflective prayer for small or large groups.

Secular Franciscan Servant Leadership

Mary Frances Charsky, OFS

The session includes examples of Servant Leadership with the goal of encouraging members to assume servant leadership roles in their fraternities. We will identify talents and gifts that can be developed in order to improve our skills as leaders and as collaborative brothers and sisters in our fraternity.

Reviving Our Spirit Through The Crosses We Bear

Cricket Aull, OFS

We all have trials and 'crosses' in our lives. But God, who created and sustains us in love, has a way for us to embrace these crosses not only with faith, but even with joy!

Reviving our Spirit with Music and Art

Jim and Cindy Wesley, OFS

Music and art are human endeavors that touch our souls. We find ourselves responding to music and art that enriches our spiritual lives, enhances our prayer lives, and expresses our own spirituality and relationship with God. In our presentation we will share the work of some musicians and artists, both Franciscan and non-Franciscan, who inspire our lives with their gifts.

Quinquennial Resources

www.quinquennial.org

- ❖ Registration forms
- ❖ Scholarship forms
- ❖ Suggested items for the *Blessing Bags*