



Father Gerard McClone of the Saint John Vianney Center in Pennsylvania was with to speak on celibate chastity. A Jesuit and a clinical psychologist (are they trying to tell us something?), Father Gerard reminded us that God is always present in our lives: in times of consolation as well as in our desolation. He

challenged us to reflect on our emotions, and to understand where we stand morally in relation to them. We were introduced to the **ARM** discipline: to be aware of our feelings; to reflect on them, and to **manage** them. He called us to be self-aware enough to break out of an all-too common posture in our culture: the **HALT** condition of being hungry, angry, lonely, and tired. The challenge of this exercise was to honestly consider the times when we reacted immaturely to the needy side of our feelings.

Father Gerard explained the importance of adopting the disciplines of self-examination and daily discernment. With these skills we can grow in our ability to channel our emotions, and give ourselves a better chance to be beloved

disciples of Christ. "Don't do, just be" was one of Father Gerard's simple yet powerful statements. It teaches us that Christianity is, at its core, a state of being, and a way of life separate from any actions we do in the name of Christ. At times I catch myself daydreaming of some day delivering a powerful and clever preaching to a congregation, or visiting jails and hospitals, but in reality these things can only come out of my vocation. My only vocation is to know that I am loved by God, and that I am called to respond to that love in the presence of the Father now and forever.

I Know What ^{You Did} Last Thursday Sci-Fi Edition

Many years ago Br Jerry Johnson found a remarkably heavy metallic stone while working in a farmer's field. Cracking it open on a bulldozer's bucket revealed a shimmery center of radiating fractures within what he thinks may be a meteorite. When we became interested in meteor sighting in the night sky at San Lorenzo, which are frequent and brilliant, he decided to share this specimen for investigation.



*Radiating plumrose fractures:
"It's a rock Jim, but not as we
know them"*



Chris George, in his free hours, using emails with attached photographs, referred the question to Professor Frank Spera, a petrologist at the UC-Santa Barbara's Department of Earth Science. To Dr. Spera the most important factors as to whether the rock is truly from outer space are its density and nickel content, and that it not be magnetic.

The rock was quickly determined to be non-magnetic, having no attractive qualities to light paper clips, or appreciable effects on magnets or compass needles. We could find its density by weighing it and measuring its displacement in water. Hefted in the palm, there is no question this is a dense metal, and the exact density will give an idea of its nickel content, which for meteorites is above 10%. As a final resort, Dr. Spera gave a reference to a UCLA professor who is an expert in meteorites.

Our Sunday Eucharistic Adoration and Holy Hour is attended by two scientists from UC-SB, husband and wife, Luc Jaeger and Maria de Carmen. As a biochemist and fellow worshipper Luc shared both his scientific knowledge and his spiritual insights when inspecting the rock specimen. He said nickel content measurements require equipment which takes a sample of the rock, then, in layman's

terms, "bombards it with beams." He also shared his hope that people will uncover a respect for the Divine as they explore creation, especially in high levels of science.

The Catechism of the Catholic Church calls "the great book of creation" the page on which the 'today' of God is written (CCC, no. 2705). As an aid to meditation, one rock with a radiating center has drawn a lot of people together in time and wonder.

The Caperone

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Father John Love, pastor of Saint Mark's University Parish in Isla Vista, which serves UC-Santa Barbara, was our first non-Capuchin to lead reflection days. The foundation of his message was happiness, which he said was "wrapped in a paradox." Father John said happiness can only be found by seeing that the world is a mess, and only by doing good things can we try to find some order. From this he introduced an unlikely favorite saint for a diocesan priest to have: Blessed Junipero Serra.



Based on the biographical and historical background Father John gave on this 18th century Franciscan missionary, it was clear that Padre Serra was someone we could all look up to. His simplicity of life saw him many times walking up and down the continent between present-day Mexico City and the missions he established in California. Some time early in his mission work Padre Serra was stung by a scorpion, which left him with a permanent limp and in constant pain. And to think some of us complain about our discomforts here. Father John also reminded us that it is not for a Franciscan to be too comfortable in a place. Once somewhere is comfortable it is time to move on, an approach which marked Padre Serra's life and vocation.

Father John next asked us to reflect on something he called "ecclesial happiness." Personal happiness is something we perhaps focus on too often, but in our vocations we have to ask ourselves, "Can I find happiness in the church? Can I be passionate about the pursuit of truth when I can't find it in myself?" Father John challenged us to be "men of communion" who are to "accept the entirety of the teaching of the Church." With this comes the wisdom of knowing that "prayer is essential," and he added, "Silence is the sign of all good preachers." Prayer is the root of finding the Mystical Body of Christ, and since we are a Eucharistic people we must look to the Body of Christ for happiness.

Another priest I know once said that happiness is a decision, an idea at the center of what Father John conveyed to us. Padre Serra, who faced more obstacles than we have space to print, teaches us that we can be happy even when we face challenges. And, ultimately, happiness is contagious. We share it with everyone we meet. By the time Father John left San Lorenzo some of us were thinking "... this guy sounds more Franciscan than us."

Brother Bob McCreary from the Saint Augustine Province came to San Lorenzo to give his reflections on Christ in our lives. I was humbled and at the same time uplifted by his talks.



In the novitiate we are to encounter Christ in a personal way. What Brother Bob shared were ways we can experience Christ through the perspective of our Seraphic Father Francis. He called this the Primacy of Christ in the life of a novice. Francis by the grace of God experienced Christ in a personal way by contemplating and praying in front of the San Damiano cross, a replica of which we are privileged to have in our chapel. The San Lorenzo chapel has been built to give us the same environment Francis had at Monte La Verna, so as to have that same cave experience. We can also try to encounter Christ by, like Francis, kissing the leper during our time in our various ministries. These are the ways through which Francis made Christ the center of his life, which we are now called to do.

Some Novitiate Events

- November 16th- Ernesto's Birthday
- November 19th- Our Lady of Divine Providence (Puerto Rico)
- November 24th- Bryan's Birthday
Happy Thanksgiving!
- November 27th- First Sunday of Advent
NEW MISSAL!
- December 8th- Immaculate Conception
- December 12th- Our Lady of Guadalupe
- December 16th- Las Posadas organized by the Hispanic Community of Mission Santa Inés
- December 18th- Christmas Luncheon at Mission Santa Inés with the Mission Hospitality Group

iSanto Chisme!

A Dream Sequence...

Br. Freddy Avila



Cast

Bishop Thomas Curry	Bobby Barbato
Brother Charles Polifka	Donald Rank
Brother David Connolly	Brandon Berg
Voice of Jacopone da Todi	Scott Surrency
Brother Marty Pable	Robert Wotypka
Brother Bob McCreary	Akolla Etuge
Father John Love	Christopher Silva
Father Gerard McClone	Alex Prado
IKWYDLT	Chris George
Animation	Freddy Avila

Special Thanks to Phil White
Wardrobe by

Andre Martel; Brother Peter Ciolino, OFM Cap.; Juanita Leon;
The Poor Clares of Wilmington DE; Brother Pawel Orłowski; The Poor Clares of Aguas Buenas, PR;
The Poor Clares of Denver, CO

Shoes by Birkenstock
IT by Gateway Computers (I know, right?)
Software by Adobe
Sound by Michael Beaupré

Vehicles furnished by the Chrysler Corporation, Ford Motor Company, General Motors and Toyota North America Inc.
No animals were harmed in the making of this newsletter. Except the ones that were eaten, and a tarantula.

Made on location in the Santa Ynez Valley of Santa Barbara County, California, USA. When in California, be sure to visit beautiful San Lorenzo Seminary. Call first.