

St. Clare Chapel

60 Compton Road ▪ Cincinnati, OH ▪ 45215

513-761-9040

www.FranciscanSistersofthePoor.org

All Are Welcome!

Sunday Liturgy—10:00 am

Weekday Liturgy Schedule:

Monday, Wednesday, Thursday, Friday, Saturday—8:00 am

Celebrant—Fr. Frank Jasper & Guest Celebrants

Communion Service: Tuesday 8:00 am

Adoration: First Friday of the Month 8:30 am—2:00 pm

March—2019



St. Clare Chapel Bulletin is published the first Sunday of the month.

If you'd like a copy contact us at:

Office@FranciscanSistersofthePoor.org



ENJOYING FAT TUESDAY TRADITIONS

Fat Tuesday is the traditional name for the day before Ash Wednesday, the first day of Lent. Historically, Fat Tuesday was a solemn day of preparation for the penitential season of Lent. Over time, the day was joined with (and later gave way to) one last feast day before the Lenten fast. Thus, all the prohibited Lenten foods (meat, milk, cheese, butter, eggs, and animal fats) that needed to be used up before the fast began, were the basis of the "Fat Tuesday" feast.

Culturally this has given rise to Fat Tuesday food traditions within many countries. The UK celebrates Fat Tuesday as Pancake Day, the Polish as Paczki (donut) Day, the French with beignets and King Cake; all of which have been adopted into US celebrations.

So on Fat Tuesday, throw caution to the wind and enjoy your favorite sinful delicacy before Ash Wednesday.

DO YOU WANT TO FAST THIS LENT?

POPE FRANCIS' WORDS

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your heart with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.



If you've never heard of 40 Bags in 40 Days, it's a challenge to get rid of 40 bags worth of stuff in 40-ish days. It started in Catholic circles as a Lenten challenge so it typically begins on Ash Wednesday, March 6th. If the idea of removing 40 BAGS worth of stuff from your home feels daunting, that's okay.

Just focus on one bag at a time.

To help you with this challenge, we will have a collection bin in the back of the Chapel each Sunday through Easter or drop your bags off at the Peddler Thrift Shop.

The Spiritual Practice of Decluttering

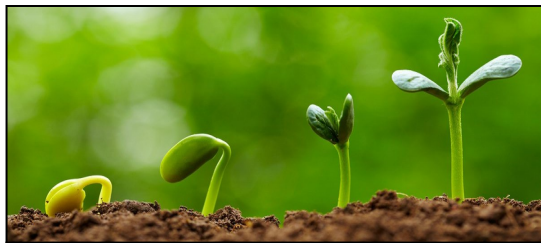
Lately, a great deal of attention has been paid to the process of decluttering as a way to liberate space to make room for things in our lives that spark joy.

Marie Kondo's runaway bestseller, *The Life Changing Magic of Tidying Up* has readers sorting and tossing with incredible enthusiasm and gusto. Many of us are motivated to tidy up because it's just so much more aesthetically pleasing to live in a decluttered home. But, being decluttered is more than just an aesthetic. A decluttered space makes us feel good because it is clear of the emotional distractions that our clutter represents.

So it's not a stretch to say that decluttering is a spiritual practice that frees us of distraction and puts what we love and what's ultimately important well within reach (and isn't this at the core of all spiritual practices?). The more we declutter what's not important, the closer we draw to all that is.

Most of us know about the three R's when it comes to living lighter and greener: Reduce, Reuse, Recycle. But there's another R we should consider adopting — and it's a wonderfully easy one: Refuse. This can take practice because it's hard for most of us to say no to what is being offered for fear of hurting the giver's feelings. Sometimes, it feels ungrateful to refuse. The trick here is to be armed with a few responses, like 'That's very generous of you, but no, thank you.' or 'Thanks, I'm better without it.'

So let go and say no with grace and gratitude, embracing the spiritual practice that "Less is More." * Medium-Lauren Rosenfeld, TED-Hailey Reissman



Calling All Gardeners!

The Franciscan Ministries' Community Garden, located here on the grounds of St. Clare, currently has a few garden plots available for the 2019 season.

If you have a green thumb and would like information about joining the Garden, please contact **Marci** at mpeebles@franciscanMinistriesInc.org

ASSOCIATES

The Franciscan Sisters of the Poor Associates are a group of everyday men and women of all faiths who are committed to join in the Sisters' mission of bringing hope and healing with love and compassion to the poor.

Want to learn more?

Contact Sr. Jeanne Glisky

Director of Associates

513-761-9040 x 112

Email:

sfpassociates@franciscansistersofthepoor.org



JOIN US!

STATIONS OF THE CROSS

Fridays in Lent
St. Clare Chapel
4:00 PM



Prayer Shawls are available for those in need of body, mind or spiritual healing. Each shawl is prayerfully crafted by Sisters, Associates, and volunteers and are a blend of prayers, talents, gifts and grace. If you are interested in having a shawl as a sign of God's love for God's people in need, please contact:

Sue Leen at 761-9040 Ext 116 or email: associates@franciscansistersofthepoor.org



EUCCHARISTIC ADORATION

St. Clare Chapel
Friday, March 1st
8:30 AM—2:00 PM



A CHURCH DIVIDED AGAINST ITSELF

Barbara Fiand, SND de N

Wednesday, March 13, 2019

6:30 pm to 8:00pm

St. Clare Convent-Peace Center

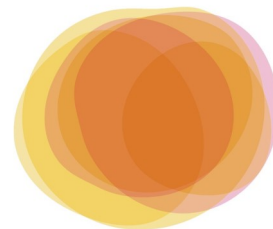
New Location! 60 Compton Road, 45215
513-761-9040 Ext. 101

Join Us! All Are Welcome!

HEALING PRAYER CIRCLE

SUNDAY, MARCH 3, 2019
2:00 PM—3:00 PM

ST. CLARE CONVENT-PEACE CENTER



Franciscan Sisters of the Poor
60 Compton Road • Cincinnati, OH 45215
513-761-9040 Ext. 101
www.franciscansistersofthepoor.org



EVERY TUESDAY
3:30 PM

Peace Center—Garden Room
Facilitator—Sr. JoAnn Jackowski
513-761-9040 Ext. 156

St. Clare Chapel

Join us as we congratulate and pray for the March wedding of:
Katie O'Neil & Joe Brainerd



Is there a wedding in your future?
Contact our Wedding Coordinator
Mary Langenbrunner

Call 761-9040 Ext-176

Weddings@FranciscanSistersofthePoor.org

Sister's Corner Gift Shoppe

Sunday, March 31st

Immediately After 10:00 AM Liturgy
Peace Center

Handmade hats, animals, quilts, cards and various food goodies.

A portion of all sales goes to our ministries!



The Franciscan
Peddler
Thrift Store

OPEN:
FRIDAYS
SATURDAYS
10:00 am—4:00 pm



Sale!
Green Clothing \$1

THANK YOU
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Dock located next to Convent Parking