

# St. Clare Chapel

60 Compton Road ▪ Cincinnati, OH ▪ 45215

513-761-9040

[www.franciscansistersofthepoor.org](http://www.franciscansistersofthepoor.org)

All Are Welcome!

Sunday Liturgy—10:00 am

Weekday Liturgy—8:00 am

Celebrant—Fr. Frank Jasper & Guest Celebrants

The weekday Liturgy schedule may change during the month.

Please, check the daily schedule in the back of the Chapel.

Or on our website at: [www.franciscansistersofthepoor.org](http://www.franciscansistersofthepoor.org)

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

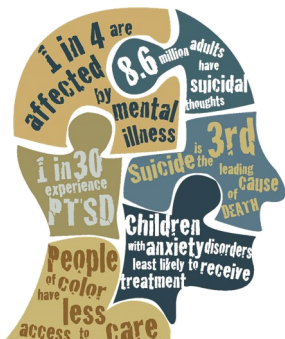
October—2019



*Autumn paints in colors that summer has never seen.*

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

If you'd like a copy email: [Office@FranciscanSistersofthePoor.org](mailto:Office@FranciscanSistersofthePoor.org)  
or call 513-761-9040 X-101



## WORLD MENTAL HEALTH DAY

October 10, 2019

The National Institute of Health now reports that nearly one in five U.S. adults live with a mental illness ranging in severity from mild to crisis level. Although mental illness effect over 46.6 million people, it remains one of the most stigmatized diseases in our current culture. Because the signs and

symptoms of mental illness is behavioral in nature, those with this disease and their family members are reluctant to share the difficulties and sometimes harsh realities of their lives.

NAMI (The National Alliance for Mentally Illness) uses the term the "Non-Casserole Disease" to describe the disparity of support given to individuals diagnosed with a mental illness and those with more commonly known diseases. Unfortunately, very few of us are experienced or well-equipped to know how to effectively and empathetically offer support to those struggling with interventions, diagnosis, and treatment plans. However, we are easily sympathetic when someone we know shares with us the side effects of chemotherapy, radiation, or the problem of monitoring blood sugar levels.

Truth be told, mental illness is simply an illness. Taking a casserole (or just yourself) over to the home of someone living with a mental illness may be very important for the wellness and recovery of your friend, neighbor or family member. Maintaining connections with families with a child or adult member who is experiencing mental disease allows the family to feel less isolated from normal social acceptance and activities.

Those living with mental illness and their loved ones deserve the same kind of support, sympathy, and understanding we give to others who are undergoing an acute or chronic illness. So join the "Casserole Club". Be an empathetic and compassionate presence. Help break the stigma! *Excerpts—psychologytoday.com*

## "The most American thing about America is American Indians."

—Paul Chaat Smith (Comanche)

The first documented observance of Columbus Day in the U.S. took place in New York City in 1792, on the 300th anniversary of Columbus' landfall in the Western Hemisphere. President Franklin D. Roosevelt and the U.S. Congress made October 12th a national holiday in 1937.

However, in the minds of many Native people throughout the Western Hemisphere was the fact the colonial takeovers of the Americas, starting with Columbus, led to the deaths of millions of Native people and the forced assimilation of survivors. This historical reality led generations of Native peoples to conduct a counter-celebration held on the same day as the U.S. federal holiday of Columbus Day. Those no longer willing to celebrate Columbus Day stated, the day represents "the violent history of the Western Hemisphere."

The movement to recognize Indigenous Peoples' Day gained momentum and spread to states, cities, and towns across the U.S. The first state to rename Columbus Day was South Dakota in 1990.

Indigenous Peoples' Day recognizes the Native people as the first inhabitants of the Americas, including the lands that later became the United States of America. And it urges Americans to rethink history.

On Monday, October 14, states, cities, towns, counties, community groups, churches, universities, schools, and other institutions will observe Indigenous Peoples' Day or Native American Day. On this day, we celebrate the many people who first called this land home. We remember the tragedies they endured and find inspiration in their resilience in overcoming ongoing struggles today. We honor their place in and contribution to the shared story of America.

*Excerpts—smithsonianmag.com*





**EUCCHARISTIC  
ADORATION**

**St. Clare Chapel**  
Friday, October 4  
8:30 AM—2:00 PM

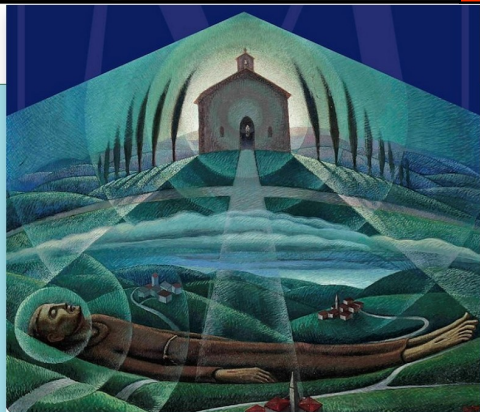
**HOLY  
HOUR  
FOR HOPE  
+ HEALING**

**Friday, October 4**  
1:00 PM

**Join Us! All Are Welcome!**

**HEALING PRAYER CIRCLE**

**SUNDAY, OCTOBER 6, 2019**  
2:00 PM—3:00 PM  
**ST. CLARE CAMPUS—PEACE CENTER**



**THE TRANSITUS OF  
ST. FRANCIS OF ASSISI**  
Celebrating the Passing of St. Francis

**THURSDAY, OCTOBER 3, 2019**

6:30 PM

**ST. CLARE CAMPUS**  
60 COMPTON ROAD  
PEACE CENTER—SCHERVIER HALL



**Wednesday, October 9, 2019**

6:30 PM—8:00 PM

**St. Clare Campus —Schervier Hall**  
60 Compton Road, 45215  
513-761-9040 Ext. 101  
Email: [office@franciscansistersofthepoor.org](mailto:office@franciscansistersofthepoor.org)

**LIVING FROM YOUR SOULFUL SELF**  
Joanne Schuster, SFP

Join us as we deepen the awareness of ourselves as Spirit and body. Discover the intricate relationship shared by both that affects us as a whole. Learn how your body holds blocked energy which prevents the Spirit from flowing to and through you. Recognize your body triggers that indicate when the Spirit is blocked. Learn how breath work releases blocked emotions and creates new circuits that allows the flow of the Spirit in your life, work and play.

**St. Clare Chapel**

*Join us as we congratulate  
and pray for the October weddings of*

**Jennifer Owens & Sean O'Brien**  
**Claire Paddock & Frank Dalton**  
**Shatia White & Jay Barnes**

**Mckenzie Monday & Robert Crawford**



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

Call 761-9040 Ext-176

[Weddings@FranciscanSistersofthePoor.org](mailto:Weddings@FranciscanSistersofthePoor.org)



The Franciscan

**Peddler Thrift Store**

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

**DROP off 24/7 - Gently Used**  
**CLOTHES • HOUSEHOLD ITEMS**  
**TOYS • BOOKS**

*Dock located next to Convent Parking*



**SPOOK-TACULAR  
Savings!**

**Sister's Corner Gift Shoppe**

**Sunday, October 27th**  
**Immediately After 10:00 AM Liturgy**  
**Peace Center Hallway**  
Handmade wearables, gifts, cards  
and various food goodies.  
*All profits support our ministries!*



*"I can smell autumn  
dancing in the  
breeze. The sweet  
chill of pumpkin  
and crisp  
sunburnt leaves."*

**Centering Prayer**

**EVERY TUESDAY**  
3:30 PM

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



**All Are Welcome!**

## Circle our City - Cincinnati with LOVE and HEALING.



The purpose of this time together is to embody the power of LOVE that brings reconciliation, healing, unity and peace to our neighborhoods, our city, our country and the world through the simple act of sitting together for thirty minutes as ONE in intentional silence.

Thirty minutes of silence together can make a world of difference!

**Sunday, October 20, 2019 at 1:00 pm**

### Centennial Barn

110 Compton Road ■ Cincinnati, OH 45215

513-761-9040 Ext. 101



*Franciscan  
Ministries'  
Pet Blessing  
Saturday, Oct. 5  
at 11 a.m.*

#### What?

Franciscan Ministries invites the public to bring their pets to a "Blessing of the Pets."

Father Dan Anderson of the Franciscan Friars of St. John the Baptist will lead the ceremony, which will include an individual blessing of the animals.

Light refreshments will follow.

While the event is open to all types of pets, animals must be on a leash or in a travel kennel.

#### Where?

The steps of St. Clare Chapel, 80 Compton Road, Springfield Township

#### When?

Saturday, Oct. 5, beginning at 11 a.m.

#### Why?

Because some pets need more blessings than others....



## FALL fun list

- ☐ WATCH THE THANKSGIVING DAY PARADE
- ☐ WATCH ITS THE GREAT PUMPKIN CHARLIE BROWN
- ☐ MAKE HOMEMADE SOUP OR CHILI
- ☐ VISIT THE PUMPKIN PATCH
- ☐ MAKE CARAMEL APPLES
- ☐ MAKE APPLE PIE
- ☐ TAKE WALKS
- ☐ GO ON A HAYRIDE
- ☐ WATCH A FOOTBALL GAME
- ☐ VISIT AN APPLE ORCHARD
- ☐ JUMP IN RAIN PUDDLES
- ☐ RAKE LEAVES (AND THEN JUMP IN THEM!)
- ☐ GO TO A HALLOWEEN PARTY OR TRICK OR TREATING
- ☐ ENJOY THE SEASON!



# BUBBLES AND BREW AT THE BARN: *Fun for a Cause*

Join Franciscan Ministries and friends for an evening of food, fun, and entertainment in support of our mission to address the unmet needs of people in our community.

SATURDAY, OCTOBER 19, 2019 6:00 PM – 9:00 PM

CENTENNIAL BARN  
110 COMPTON ROAD

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LIVE MUSIC BY:  
**LADY JOYA RHYTHM AND BLUES BAND**

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**craft beer | silent auction | gift baskets | raffles | wine pairing station**

**TICKETS: \$25**

Purchase your tickets online at:

<https://bubbles-and-brew-at-the-barn.eventbrite.com>

**Includes open bar with beer and wine, hors d'oeuvres, and carving station  
(must be 21)**

**You'll help support:** Tamar's Center serving women on the streets, Haircuts from the Heart providing haircare for people in need, the Community Garden helping refugees feed their families, and Tau House providing youth groups a chance to volunteer and give back to those in need.

