

# 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—1:00 pm

November—2019



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



## GRATITUDE UNLOCKS

*THE FULLNESS OF LIFE.*

*IT TURNS WHAT WE HAVE  
INTO ENOUGH AND MORE.*

*IT TURNS DENIAL TO ACCEPTANCE,  
CHAOS TO ORDER,  
CONFUSION TO CLARITY.*

*IT CAN TURN A MEAL INTO A FEAST,  
A HOUSE INTO A HOME,  
A STRANGER INTO A FRIEND.*

*GRATITUDE MAKES SENSE OF OUR PAST,  
BRINGS PEACE FOR TODAY  
AND CREATES A VISION FOR TOMORROW.*

*- MELODY BEATTIE*



## SHARING OUR PAST, PRESENT & FUTURE!

Very few people are aware that St. Clare Convent is the home of the archives of the Franciscan Sisters of the Poor. Not only does it house the records and documents of our Congregation since its inception, it also includes one of a kind artifacts and relics. All of these treasured items have been carefully preserved by our Archivist, Jennifer Gerth and stored in a private, environmentally controlled area of the Convent.

However, within the past year, a new vision for our archives has emerged. With the skilled oversight of the project by our Facilities Manager, Brian Clipson, the renovation of a new expanded space for our archives has recently been completed. This includes a museum area that will be open to the public with its own entrance. During the upcoming weeks and months, displays will be developed to feature the history of our congregation, our international-multicultural presence and the impact of our mission/charism as a healing presence in the world.

On Sunday, November 17<sup>th</sup> immediately after our Liturgy, we invite you to join us as we dedicate and bless our new Archive/Museum space. Come and celebrate with us this new opportunity to share our amazing history and who we are with you! Refreshments will be served after a brief dedication.

## EUCCHARISTIC ADORATION

Friday, November 1<sup>ST</sup>

8:30 AM—1:00 PM



*"When our hearts  
turn to our ancestors  
something changes inside us."*

*- Russell M. Nelson*



## *A Time for Every Season Under Heaven*

The inspirational photography of

**Dee Thomas**

will be exhibited in the  
Peace Center Hallway & Lobby  
October 24—November 3rd.

Stop by after the Liturgy  
and be awed by God!

## **5 TIPS FOR SURVIVING FAMILY GATHERINGS**

Yes, it's that time of year again – time for the obligatory family gathering. For many this is a time of laughter, warm feelings and love, but for others it's a time of biting your tongue, watching your back, and walking away wounded.

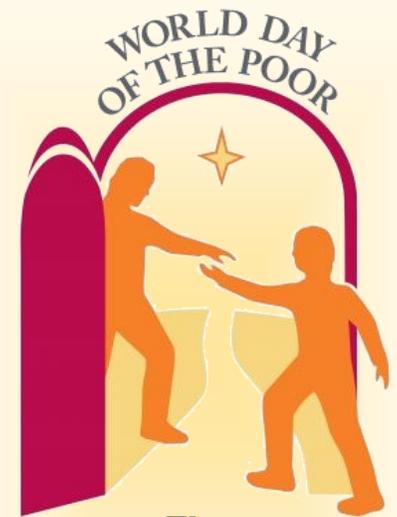
Every family has that person who knows how to push all the right buttons. It doesn't take much for them to get you riled up, touching vulnerable emotions that destroy your whole day, maybe even your whole holiday season.

Here are five tips to help your chances for surviving the family gathering season.

- 1. Adjust your expectations.** The old adage "hope springs eternal" can often be applied to many longings we have toward family members, "Maybe this year will be better." But, if our family member has been critical in the past, chances are they will still be critical now – if nothing has changed, than nothing has changed - plan on it.
  - 2. Don't take it personally.** More times than not the behavior of the offending family member has nothing to do with you. It's true! Everyone thinks about themselves 24/7. So, if we follow this thought through to its natural conclusion - no one is thinking about our feelings, wants, desires, or needs, because they are too busy thinking about their own. Once we understand other people's behavior is not about us, we can let it go, and shake off the personal offense.
  - 3. Protect your boundaries.** Every family has their resident bully, give yourself permission to protect healthy boundaries. You do not need to endure insults, backhanded compliments or rudeness just to keep the peace or prove you love your family. Nor do you need to start a fight to protect yourself. Simply side step the comments (don't take it personal) when possible, and respond with sensible control.
  - 4. Understand the power behind meeting emotional needs.** This is key to improving your relationships, even your good relations. Each personality type has a set of emotional needs that if go unmet makes their behavior unhealthy, which causes relationship problems. Most behavior patterns develop (good and bad) from these emotional needs being met or unmet.
  - 5. Give others what they "need."** Because the offending person's behavior is all about their needs: their insecurities, their fears, their control issues, their desires – the key in curbing unwanted behaviors is all about meeting their true emotional needs. The solution is simple – give them an emotional need tailored to their personality type each time you see them.
- Once is never enough. Make this a life style - giving to others what they desire most. What goes around – comes around. Within time the pounding stress will dissipate and joy has an opportunity to fill more space in the relationship. Less stress and more joy, is a good gift to give and receive.

**Make it a Happy Holiday!**

**Kathryn Robbins, Certified Personality Trainer, Life Coach, Speaker and  
President of Personality Principles LLC; [www.personalityprinciples.com](http://www.personalityprinciples.com)**



The  
poor man cried  
and the Lord heard him.  
November 17, 2019

**Third World Day of the Poor  
Sunday, November 17th**

**Our collection on this date  
will go to direct service  
for the women of  
Tamar's Center**

**November 17, 2019 Marks the  
Third Annual World Day of the Poor.**

In 2017, Pope Francis suggested the Catholic Church set aside one day each year when communities can "reflect on how poverty is at the very heart of the Gospel." He designated this day as the World Day of the Poor, and it will be celebrated on the 33rd Sunday in Ordinary Time each year.

In this year's World Day of the Poor message, Pope Francis reflects on Psalm 9:19, "The hope of the poor will not perish forever." He considers the suffering of millions of people who experience poverty, noting that they maintain hope in the Lord in a very real way because he assures them of his faithfulness. Pope Francis challenges us to be authentic witnesses of Christian hope and to accompany the poor through a personal and constant commitment over time by:

- **Advocating for the Global Fragility Act.**
- **Offering financial support to the poorest and most vulnerable people worldwide.**
- **Leading the way through prayer and action to a more just world.**

# Listen. Honor. Share.

## NATIONAL LISTENING DAY

Friday, November 29th

Did you know there is an official National Day of Listening in the United States? It is the Friday after Thanksgiving. It's a day when Americans are encouraged to spend time talking with their families and recording their stories. Certainly, it doesn't have to be an American day only. Anywhere you live and anytime you get together with your family, you have an opportunity to ask questions and learn more about your family and your family history. Memories of living individuals are called living memory or oral history. This is the history we are in most danger of losing. Celebrating a Day of Listening can help save this history for generations to come.

There are new ways to help you preserve living memory. Several FamilySearch libraries now have oral history rooms. The San Diego California and Riverton Utah FamilySearch Libraries have rooms with comfortable seating and state-of-the-art equipment that makes a digital recording and saves it to a flash drive. Families are bringing in grandparents to interview. One group of granddaughters brought in their grandmothers to tell family stories. Sometimes a family group will come and tell stories to each other about a relative who has passed on. One family brought in a child for his birthday and told stories about the child! These recordings become treasured keepsakes.

Excerpts from [www.familysearch.org](http://www.familysearch.org)

# "Listen with your heart!"



*"I remind myself every morning:  
Nothing I say this day will teach me anything.  
So if I'm going to learn, I must do it by listening."*

-Larry King

*"When you are listening to somebody,  
completely, attentively,  
then you are listening not only to the words,  
but also to the feeling of what is being conveyed,  
to the whole of it, not part of it."*

-Jiddu Krishnamurti

### HEARING AND LISTENING ARE NOT THE SAME

#### 1. Listen to Learn, Not to Be Polite

Often, people listen to each other out of generosity, not out of curiosity. Listening is good, but the intent has to be curiosity, not generosity. True dialogue does not happen when we pretend to listen, and it certainly cannot happen if we are not listening at all."

#### 2. Quiet Your Agenda

While you can't control someone else's listening habits, you can control your own, and that involves quieting down your mind.

#### 3. Ask More Questions

One of the simplest ways to be a better listener is to ask more questions than you give answers. When you ask questions, you create a safe space for other people to give you an unvarnished truth.

#### 4. Pay Attention To Your Talk/Listen Ratio

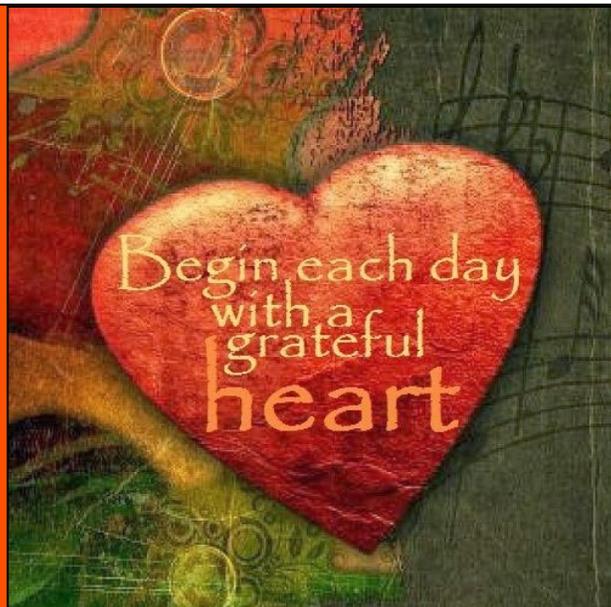
Strive for a 2:1 ratio of listening to talking.

#### 5. Repeat Back What You Heard

Implement a process called active listening. The basic concept is repeating back to the speaker what you heard. If the speaker agrees that what you heard is what he or she intended to say, you can move on. If not, the speaker needs to reword their statement until the listener really does understand.

#### 6. Actually Wait Until Someone is Done Talking Before You Respond

The most difficult component of listening effectively is waiting for a period at the end of a sentence before formulating a reply. When we begin working on a reply before the speaker is finished, we lose both the complete information being offered and an understanding of the kind of emotion present in the speaker's delivery.



DECEMBER 3<sup>RD</sup>

@FRANCISCANMINISTRIESINC.ORG



#GIVINGTUESDAY



**Wednesday, November 13, 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)

**ADVENT—A JOURNEY INTO GOD**  
**Barbara Fiand, SND**

We will spend our time together pondering the mystery of God's Love, who gave God's Self to us fully in the person of Jesus, in order to reveal what God's priority is for all of us. The Advent Call at the beginning of our liturgical year is for all of us to be "divinized," - to enter into the Christ-event, so that on Christmas day, and beyond, we can experience our oneness with the Holy-One anew, and live that sacred union for the rest of our lives.

*Join Us! All Are Welcome!*

**HEALING PRAYER CIRCLE**  
**SUNDAY, NOVEMBER 3, 2019**  
**2:00 PM—3:00 PM**  
**ST. CLARE CAMPUS—PEACE CENTER**



**St. Clare Chapel**

*Join us as we congratulate and pray for the November wedding of Jacqueline Root & Michael Schuler*



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)



**Sister's Corner Gift Shoppe**

**Sunday, November 17th**  
**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!*



**Drum Circle**

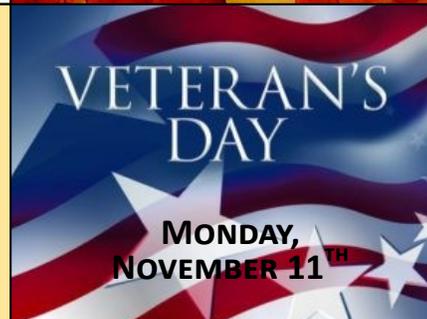
Enhance your Health, Reduce your Stress,  
 Get in Touch with the Healing Power of Rhythm



First Wednesday of the Month  
 6:30 pm - 7:30 pm

Centennial Barn  
 110 Compton Road  
 Cincinnati OH 45215  
 513-761-1697

Free—Just bring your own drum or rhythm instrument



**Thanksgiving Blessing**

Grateful for each hand we hold, gathered round this table. From far and near we travel home, blessed that we are able. Grateful for this sheltered place with light in every window; saying welcome, welcome, share this feast.

Come in away from sorrow. Father, mother, daughter, son, neighbor, friend and friendless; All together everyone in the gift of loving-kindness. Grateful for what's understood, and all that is forgiven; All together everyone, let grateful days be endless. Grateful for each hand we hold gathered round this table.

- Mary Chapin Carpenter



The Franciscan  
**Peddler**  
**Thrift Store**

**Closed November 29/30**



**CHRISTMAS ITEMS**  
**Friday, November 1 thru**  
**Saturday, December 14**  
*Great Deals Each Week!*

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

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

*Dock located next to Convent Parking*



**Centering Prayer**

**EVERY TUESDAY**  
**3:30 PM**

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