

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—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

Adoration: First Friday of the Month 8:30 am—11:00 am

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

If you'd like a copy email: Office@FranciscanSistersofthePoor.org

or call 513-761-9040 X-101



The origins of Inspire Your Heart With Art Day are not known, though it is annually celebrated on January 31. The meaning of Inspire Your Heart With Art Day, is fairly clear, take a moment to step away from the routineness or craziness of life to seek out, enjoy and experience "art" that inspires you.

The word "inspire" come from the Latin word "inspirare" meaning to "breathe into" or bring to life. So to be inspired by art is to be brought to a fullness of life; to have your heart, mind and soul stirred by the transcendent imbedded and created by both the Divine and human.

Art comes in **all forms**; nature, music, painting, drawing, sculpture, the written word, dance, theater, movies, architecture, mathematics, culinary arts, science and countless other manifestations.

I believe we are surrounded by and immersed in art. There are visual images in our homes and work places, music is a constant in our private and public spaces, words leap from our screens, books and billboards, and nature seduces us from sunrise to sunset and everything in-between. Art and beauty are inescapable.

So how can you celebrate Inspire Your Heart With Art Day. I would suggest that you choose to experience what breathes life into you. And on the contrary, I also recommend doing something that you would not normally do. Indulge your own curiosity and creativity. Seek out new expressions of art and beauty.

Our response to art and beauty is intensely personal. So, pay attention to what it does to you emotionally. Our reaction and experience may be quite different than someone else's, which is what makes art important. Art and Beauty changes us. It stretches our hearts and minds. Really good art points us towards others.

So, go out and experience art. Look at paintings, listen to music, see a play, read a book, but let what you do inspire you to do more. Let the art into your inner self. Let it do its magic on you!

Contributor—Sr. Marilyn Trowbridge, Adapted content from popculture.net

January—2020



Thank You for Your Generosity!

Your donation makes a big difference!

\$500 in November, 2019.

Franciscan Ministers addresses the unmet needs of people who are underserved, vulnerable and often overlooked. Your support enables our Ministries to be a presence of healing, assisting those who suffer from addiction, homelessness, or living in poverty. Thanks to your support, we are able to help through an individual approach, respecting the dignity of each person.

Tamar's Center is responding to a growing need. Homelessness and the proliferation of drugs in Greater Cincinnati has exponentially increased the need for services this past year. Tamar's is a day shelter and an entry point for help. We assist women who are living on the street, who suffer from addiction, or who are trafficked for sex (or at risk of trafficking). In 2019, the number of visits at Tamar's Center has increased 81% to a record high of 2739 visits. 752 first steps, including getting an ID, keeping appointments for services and going to a shelter, have been taken. Additionally, 256 significant steps, defined as locating housing, entering rehab or detox, etc., have been engaged.

Thanks to your financial support and donation of in-kind goods, Franciscan Ministries is able to welcome and service the needs of these women.

Join Us!

EUCCHARISTIC ADORATION

Friday, January 3rd

8:30 AM—11:00 AM

National Migration Week

January 5—11, 2020

For nearly a half century, the Catholic Church in the United States has celebrated National Migration Week, which is an opportunity for the Christians to reflect on the circumstances confronting migrants, including immigrants, refugees, children, and victims and survivors of human trafficking. The number of migrants has increased from 75 million to 200 million persons in the past 30 years. Migration is due to the growing acceleration of developmental, demographic and democratic disparities between different world regions. Migration is driven by powerful economic, social, political and environmental forces that frequently remain unaddressed.

The theme for National Migration Week 2020, "Promoting a Church and a World for All" draws attention to the fact that each of **our** families have a migration story, some recent and others in the distant past. Regardless of where we are and where we came from, we remain part of the human family and are called to live in solidarity with one another. We recognize that even Joseph, Mary and the Child Jesus were migrants as they fled to Egypt seeking safety and refuge. They, too, were searching for a place to lay their heads and to call "home".

Unfortunately, in our contemporary culture we often fail to encounter migrants as persons, and instead look at them as unknown others, if we even notice them at all. We do not take the time or share our resources to engage and welcome migrants in a meaningful way, as fellow children of God, but remain aloof to their presence and suspicious or fearful of them. During this National Migration Week, let us all take the opportunity to engage and support migrants as community members, neighbors, and friends.

*Contributor-Sr. Marilyn Trowbridge
Adapted Content—USCCB.org*

St. Clare Chapel
Congratulations to all those celebrating Christmas engagements!

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, January 26th
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 Work of Christmas Begins

WHEN the SONG of the angels is stilled,
WHEN the STAR in the sky is gone,
When the kings and the princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.

Howard Thurman.



Sacred Bee

2020 RESOLUTIONS

LESS | MORE

TALKING	LISTENING
PLANNING	DOING
SODA	TEA
JUNK FOOD	SALADS
COMPLAINING	ENCOURAGING
WORRYING	HOPING
DOUBTING	BELIEVING
LAZING AROUND	WORKING OUT
FROWNING	SMILING
INSECURITY	TRUST
WEAKNESS	CONFIDENCE
IGNORANCE	UNDERSTANDING
HATE	LOVE
FEAR	COURAGE
JUDGEMENT	COMPASSION
UNGRATEFULNESS	GRATITUDE



Wednesday, January 8, 2020

6:30 PM—8:00 PM

St. Clare Campus —Schervier Hall
60 Compton Road, 45215
513-761-9040 Ext. 101

Email: office@franciscansistersofthepoor.org

TRUSTING BODY, MIND & SPIRIT JULIE MURRAY

Julie will share some of the principles and learnings her years in private practice as a holistic Spiritual Director have offered her about the unity of the human person as a unique mystery of the body-mind-emotion-spirit unity. She will offer participants actual experiences of that unity which participants may take with them to enrich their own sense of themselves to support their desires for deeper awareness and health on every level of their being.

Centering Prayer

EVERY TUESDAY at 3:30 PM
Peace Center—Garden Room
Facilitator—Sr. JoAnn Jackowski
513-761-9040 Ext. 156



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Thrift Store**

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SATURDAYS
10:00 am—4:00 pm

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