

# Troubadour

Volume 62, No 5

Summer 2019





In the 12th century Christ spoke to St Francis of Assisi from this cross:

*“Francis, go and rebuild my Church which you see is falling down.”*

Don't complain about the Church in the 21st century.

Hear Our Lord's call and do something about it!

*The Friars Minor have followed St Francis' example for the last 800 years.*

**Why not be one of them?**

Contact Br Donal Walsh OFM, Franciscan Friary,  
160 The Grove, Stratford, London E15 1NS  
Tel: 020 8534 1964. Email: vocations@friar.org

# Troubadour

A MISSIONARY MAGAZINE

*at the service of*

- The Franciscan Missionaries working throughout the world but especially in disaster areas.
- The Franciscan Missionary Union.



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*Front cover:*

The long trek to fetch water.

*Back cover:*

Livestock often struggle to forage grasses in Ethiopia.

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#### MISSION OFFICE:

FMU Director  
Franciscan Friary,  
270 Ballater Street,  
Glasgow.  
G5 0YT

#### EDITOR:

Br. Edmund Highton, ofm

Registered Charity  
No. 232177; SCO 39191



# A Rosary of Miracles

Often at our Novena to St Antony, people make petitions for healing of body, mind and spirit. It is helpful sometimes to meditate on the miraculous healings, acts and appearances of our Blessed Lord. One way of doing this is to meditate using your Rosary to consider these healings. Why not try it?



## Miraculous Healings:

1. Jesus heals the Centurian's servant – (Luke 7:1-10 & Matthew 8:5-13)
2. A woman touches Jesus' garments – (Luke 8:43-48 & Matthew 9:20-22)
3. Jesus heals the Blind man with mud – (Mark 8:22-26)
4. Jesus raises Lazarus from the dead – (John 11:17-44)
5. Jesus heals ten men with leprosy – (Luke 17:11-21)

## Miraculous Acts:

1. Jesus turns water into wine (John 2:1-11)
2. Jesus calms the storm (Matthew 8:18ff, Mark 4:35-41 & Luke 8:22-25)
3. Jesus feeds the five thousand (Matthew 14:15ff, Luke 9:12-17, John 6:4ff & Mark 6:35-44)
4. Jesus walks on water (Mark 6:47ff; Matthew 14:24ff, John 6:16ff.)
5. The withered fig tree (Mark 11:19-25, Matthew 21:19ff & Luke 21:37-38)

## Miraculous appearances:

1. Jesus becomes Incarnate by the Holy Spirit of the Virgin Mary (Luke 1:26-56)
2. Transfiguration (Matthew 17:1-8, Luke 9:28-36 & Mark 9:2-8)
3. Jesus appears to Mary Magdalen (John 20:11-18 & Mark 16:9-11)
4. Jesus appears to Thomas (John 20:26-31)
5. Jesus appears to Paul (Acts 9:1-19)

# Cooking without fire!

A group of children on one of our Missions were invited to take part in a *Cooking without fire competition*. They came up with all sorts of ideas: salads, desserts, sandwiches, etc. Here are some other simple ideas which you might encourage your children to try.

## Chocolate Snowballs

### Ingredients:

- 20 Marie biscuits crushed to powder
- 3 tablespoons butter
- 3 tablespoons drinking chocolate or Cocoa Powder
- 3 tablespoons desiccated coconut
- 2 tablespoons of sugar

### Directions:

Mix all the ingredients (except the coconut) together in a suitable bowl. You may need to use your hands (clean!) to make sure all the ingredients are evenly combined. Shape into small balls and roll them in the coconut. Your chocolate snowballs are now ready. Enjoy!



## Biscuit Sandwiches with chocolate and cheese filling:

**Ingredients:** 24 Marie biscuits, 4 cheese slices cut into quarters

- 3 tablespoons of cocoa powder or drinking chocolate
- 6 tablespoons of butter
- 6 cherries for topping



### Directions:

Mix the butter and drinking chocolate/cocoa powder together till smooth. Spread this mixture on one side of all the Marie biscuits. Place six biscuits in a square with chocolate butter side up. Place a piece of cheese on each one, then cover with another Marie biscuit. Continue in this way till the cheese and Marie biscuits are used up and you get 6 biscuit Sandwiches of 4 biscuits each. Spread the remaining butter chocolate mix on top layer. Place a cherry on each sandwich. Chill in fridge for half an hour.

# Gathering of Orphans and Child-headed families

Embalenhle  
Township  
April 2019.

*Many of the new children need to learn to smile and laugh again – it takes time and a lot of love, care, and trust*

# Embalenhle South Africa

We have written previously in the Troubadour about the ongoing project at Embalenhle Township encouraged by Fr Gerald, a priest of the Brentwood Diocese who has been working many years in the twinned Diocese of Dundee, South Africa. This is an update on progress.

**EXT 14:** The children and babies number around 34 – some of the older ones in Grade 11 and 12 are not in the group as they were at extra Saturday classes this day. The group of older youth are some of those who help with the

poor and needy families and children, and help them in their education – we aim for development and self-sufficiency, also help to deal with any traumas in life and good faithful moral and happy living – prayer and sharing is central to this.



*It takes a huge amount of hard work, and help from many, many people, to make our projects work so well. We would like to take this opportunity to thank everyone involved, from the children of Ext 14, who make us happy and entertain us, to the youth and young adults who are always so willing to help, and to the older adults who so generously offer not only their help but their wisdom and invaluable experience.*

The help we have received in the past from our patrons has allowed us to do marvelous work in our community, helping the poor and needy families particularly with food and with help in education materials. This year we can do with a new supply of materials such as:

1. Education: School stationary, study guides (books) (items like calculator) and school bags.
2. Uniforms: We also need to buy uniforms for some of our learners who unfortunately go to school without uniform which is not good for them. Some for example have a shirt but not school trousers. When they grow out of the uniform we hand them down to learners of that size, but clothes and shoes wear out quickly in the year.





The pictures below show some of the scenes from our recent events. The joy and happiness of the children and adults shines through.



*Fr Gerald Gostling, who works tirelessly for the people in his community.*



*Newest member of Ext 14, born 4th March  
AMOGELONG Snthemba:  
Amogelong means  
"you are welcome"*

We work as a team of youths and we are willing to do more for our community, neighbours and families and children; we are here to live and preach the Gospel, and one way for us is through the bond in the Ithemba neNjabulo project by the work we try to do. The picture above is a few of our group round the table for Sunday lunch. We always put the cross and a candle on the table, and sometimes Our Lady.



# Our cherished Bantam Bakkie

“Jar of meal shall not be spent, jug of oil shall not be emptied” (1 Kings 17:14): our prayer is to have such trust in God that we shall experience this every day.



When we first acquired the old Bantam Bakkie it needed serviced, the battery renewed, all five tyres replaced, the breaks too, and all the usual items like oil etc. It had not been on the road for about

two years ... and it showed! After many, many hours and days spent working on the vehicle we got it back in to running order and we were good to go!



*Left: It wasn't easy, but with hard work from some talented mechanics we got our Bantam operational and roadworthy again.*



*Transporting some of the youths to their Gathering. They are also provided with transport back "home"....*

The trusty *Bantam Bakkie* has helped iThemba NeNjabulo to carry out many good works in the last couple of years, and has made our good works of charity easier. So far the Ford Bantam has done 208,187 km and still performing excellently.

The Bakkie is constantly used in and around the community. As well as for conventional transport it is also used for 'shopping runs', where our volunteers and helpers go shopping for the local residents and distribute the goods to them. It can also be seen working hard in such endeavours as carrying building material for repairs, and for helping people in need of transport if they are building a shack or moving material from one place to another, and much more besides. It really is a workhorse!

The M-CARE Project and iThemba NeNjabulo logos are proudly



*It is good to bring the children from the different groups together to meet and socialise and to meet all the care-givers and to enjoy the company of one another. We also bring children from the iThemba NeNjabulo families to socialise.*



displayed on the sides of the vehicle and it also has the one of Damesfontein on the bonnet, so if anyone asks us what they are all about we can tell them good news.

“The Lord keeps you from all harm and watches over your life. The Lord keeps watch over you as you come and go, both now and forever.”

Psalm 121:7-8



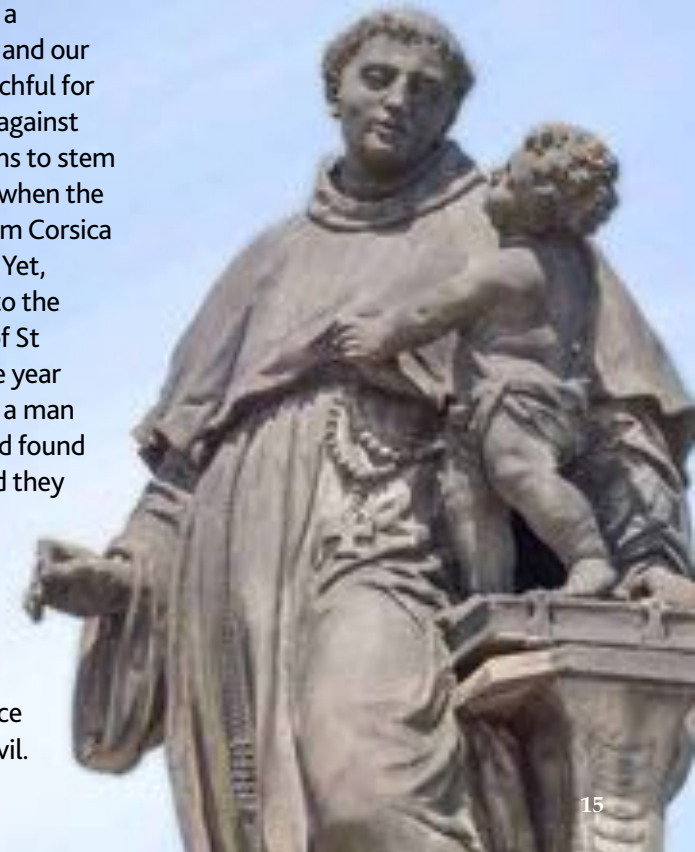
# Feast of St. Anthony

Every year on the Feast of St Antony we close our Nine day Novena with the Blessing of the Lilies. This is celebrated in many parts of the world and here in Glasgow we rejoice greatly in the blessing of the Lilies. The lilies are sometimes dried and preserved and carried about in prayer book or placed in cloth and pinned to clothing or pillow. The lily is meant to be a reminder of the saint's purity and our own need to pray and be watchful for our own purity and as a help against temptation. The custom seems to stem from the eighteenth century when the Franciscans were expelled from Corsica and their Church abandoned. Yet, people did persist in coming to the Church to observe the feast of St Antony on the 13th June. One year some months after the feast, a man wandered into the Church and found lilies from the celebration and they were still fresh!

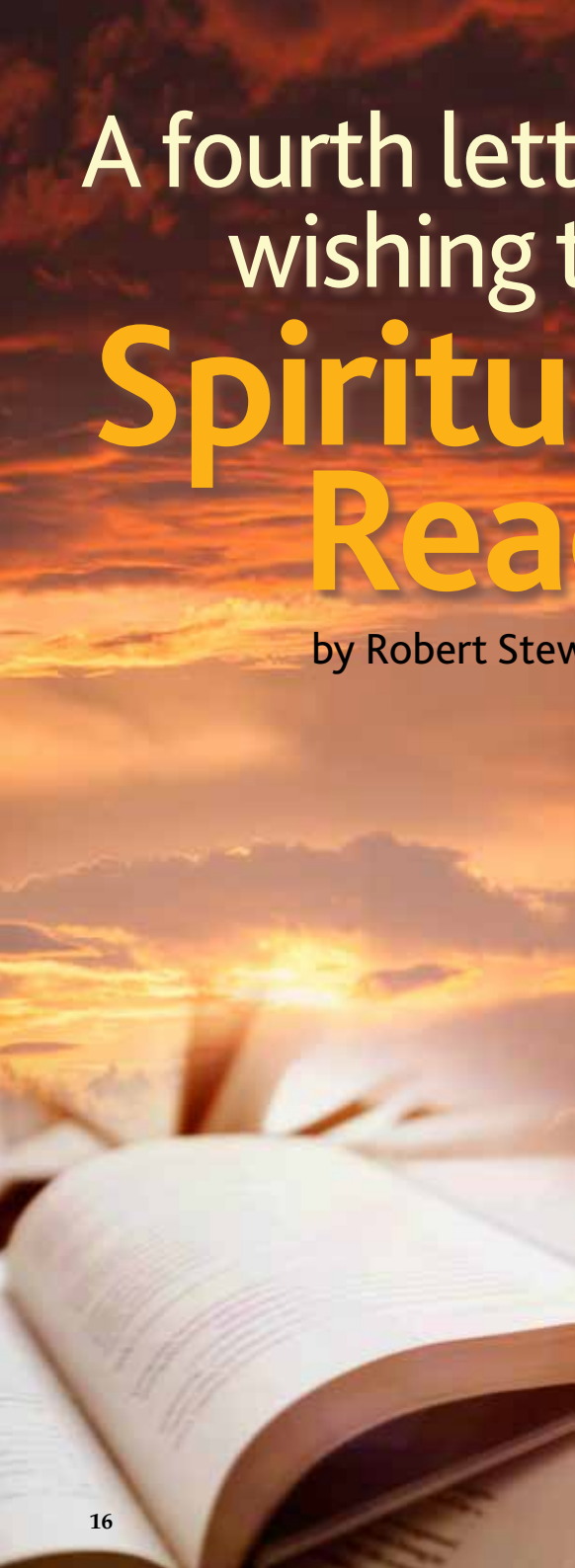
The custom of blessing the lilies was also approved by Pope Leo. The prayer of blessing asks for the grace to preserve chastity, to give peace and to protect against the devil.

**Consider the lilies of the field, how they grow, they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these.**

Mt.6:28-9







# A fourth letter to those wishing to learn Spiritual Reading

by Robert Stewart ofm

Dear Friend,

We have considered the facilitating conditions for spiritual reading. Now we must look at the immediate conditions.

The first condition for a disciplined approach to spiritual reading is a *set time*. In regard to time it is necessary to set aside a fixed period for spiritual reading, once a week or twice a week or even daily if possible. This period should be about thirty minutes. It should take into account your own "inner clock", your own rhythm of life. There are certain times when

you are at your best and certain times at your worst. Some people are morning people, sharp in the mornings, others are just coming together at midday. If possible you should pick a period for spiritual reading when you are at your best. The time chosen should be able to be a regular period. There is a danger that if we are not regular in our structures we will soon forget our spiritual reading. Sometimes you may be longer at spiritual reading, other times you may spend less time but always at the beginning you should be regular in regard to the time for starting.

The second requisite for spiritual reading is a *set place*. It is essential that you choose a place where there is a chance of silence and solitude. The external silence is for most people pre-requisite to internal silence, the stilling of the mind. Certainly there cannot be attentive listening where there are constant interruptions. The place should also be comfortable, lest your bodily discomfort subdues the spirit. It should be a place of relaxed dwelling which provides time for the spirit. "Be still and know that I am God."

The third aspect of the discipline required for effective spiritual

reading is to *record the messages of the Master*. You need to provide yourself with either a spiritual reading notebook or a cheap edition of the text to be read which can be annotated and marked. You can then record the difficulties you experienced in accepting the text and the questions that arise from the text. You can record the phrases or words which have spoken to you affirming you in your direction on your journey to God. It is important that you mark the words that attract you as well as those which repel you. Only by totally recording your responses to God's Word can you begin to build up a profile of your spiritual state. I would recommend to you the recording of all the messages received from the text because writing has the power to focus experiences so that you can put them within the total context of your life with God. Writing also gives you an opportunity to move forward slowly and when you are ready in exploring with God's grace some of the painful revelations. By just recording memories or feelings too painful to deal with at the present time, they remain available to you when you are ready to deal with them. Often as you write there will emerge reflections, insights

and awareness which you have not articulated before. Writing will often move you beyond the level of awareness you possessed as you sat down to write. Writing is itself another creative and self-generating force given to you by God.

Once a month the markings should be investigated to allow you to see where you are co-operating with God's Word and where resisting it.

In the actual reading of the text, read it first aloud. This first reading means that your body is involved, lips, tongue, eyes, ears etc.; this helps you to be bodily present to the Word, as well as acting to slow you down.

The second time you read the passage read it silently paying attention to the emotions it evokes. Record those sections that have elicited a response from you and silently reflect on how God's Word has challenged or strengthened your life. Try to make connections between the text and your life situation.

Such reading enables you to see your past, present and future in God's own light, shining through his Word.

Questions:

Are you prepared to set aside a fixed regular period for spiritual reading?

What is the best time and place for you?

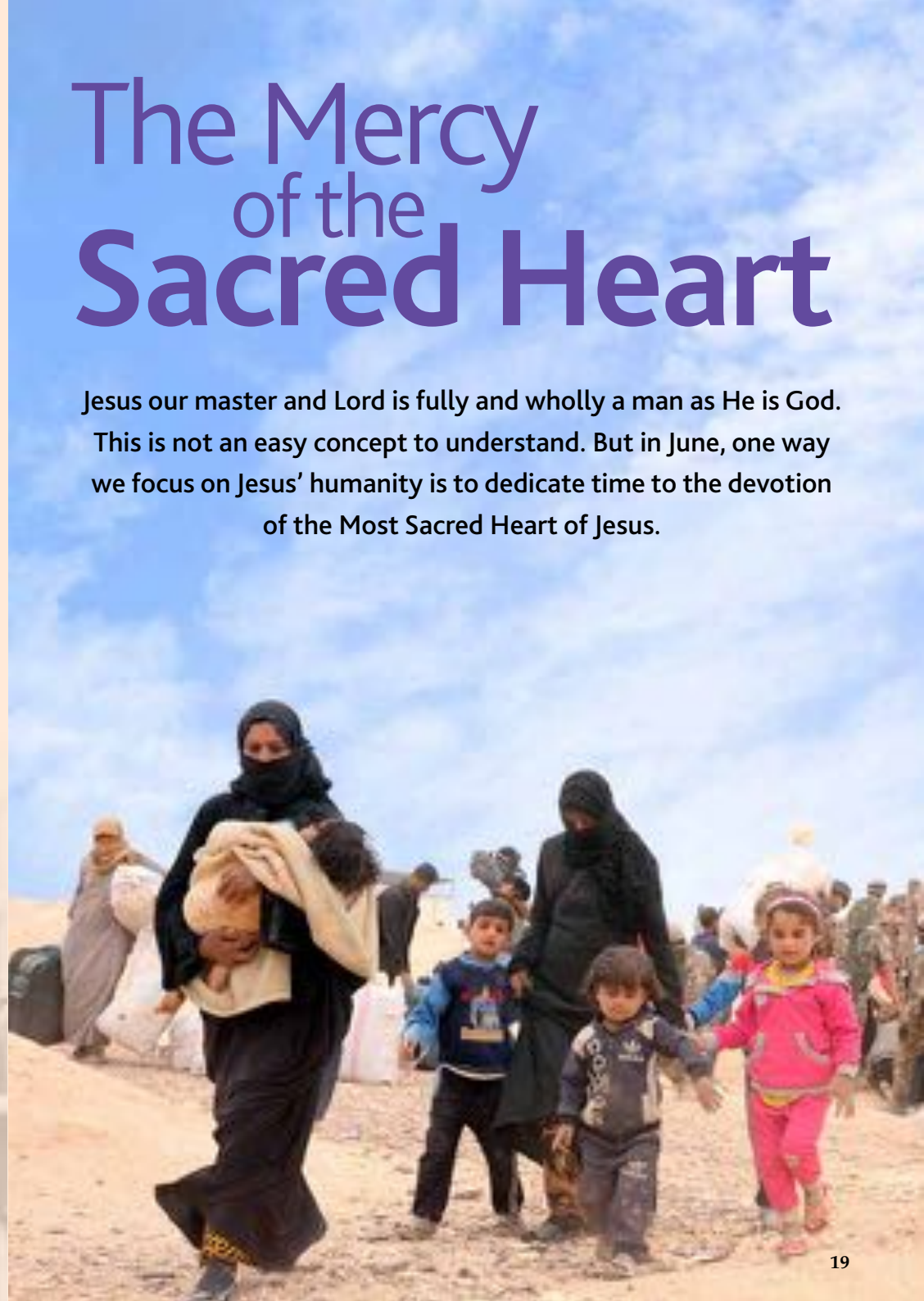
Can you find a place where there is a chance of silence and solitude? Or at least a place where you will be uninterrupted? Where would this place be where you would retire regularly for your spiritual reading?

Can you follow the outline for a spiritual reading programme? Are you prepared to accept the sacrifice that such a programme will demand of you?

*I hope these letters have been some use to you and are helping you become a spiritual reader.*

# The Mercy of the Sacred Heart

**Jesus our master and Lord is fully and wholly a man as He is God. This is not an easy concept to understand. But in June, one way we focus on Jesus' humanity is to dedicate time to the devotion of the Most Sacred Heart of Jesus.**



“Migrants and refugees are not pawns on the chessboard of humanity. They are children, women and men who leave or who are forced to leave their homes for various reasons, who share a legitimate desire for knowing and having, but above all for being more.”

Pope Francis

Message for the 100th World Day of Migrants and Refugees



The Sacred Heart is depicted in art as bound with thorns and often glowing or radiating. According to art historians, that portrayal aims to illustrate Jesus’ pain and suffering that he underwent to create the path for his followers’ salvation. His human heart is a symbol of his abiding love for all those he has redeemed. As man our Saviour understands human weakness and malice, and yet in His unchanging love has a special place in His Heart for sinners, the weak, and those whom the world deems worthless and of no account. One group that too often the world believes worthless is refugees. Literal lost souls who, often, are fleeing living conditions most cannot understand. Pope Benedict XVI, in an address in 2005, spoke eloquently on the need to include those forced out of their own homes.

*“Recalling this great Bishop, (Blessed Giovanni Battista Scalabrini, bishop and patron of immigrants) my thoughts go to those who are far from their homeland and often also from their families; I hope that they will always meet receptive friends and hearts on their path who are capable of supporting them in the difficulties of every day.”*



Christ’s predilection for the lost, strayed and stolen is exemplified in the parable of the Good Shepherd. In that reading the shepherd is not satisfied to have “most” of the flock. No he must leave ninety-nine in the desert to search for that one lost sheep. Those in need of compassion, and especially the poor, hold a special place close to the heart of our current Pope, Francis. When we uphold our responsibility to act as Christ and reach out to those poor and marginalized, we are drawing closer to the

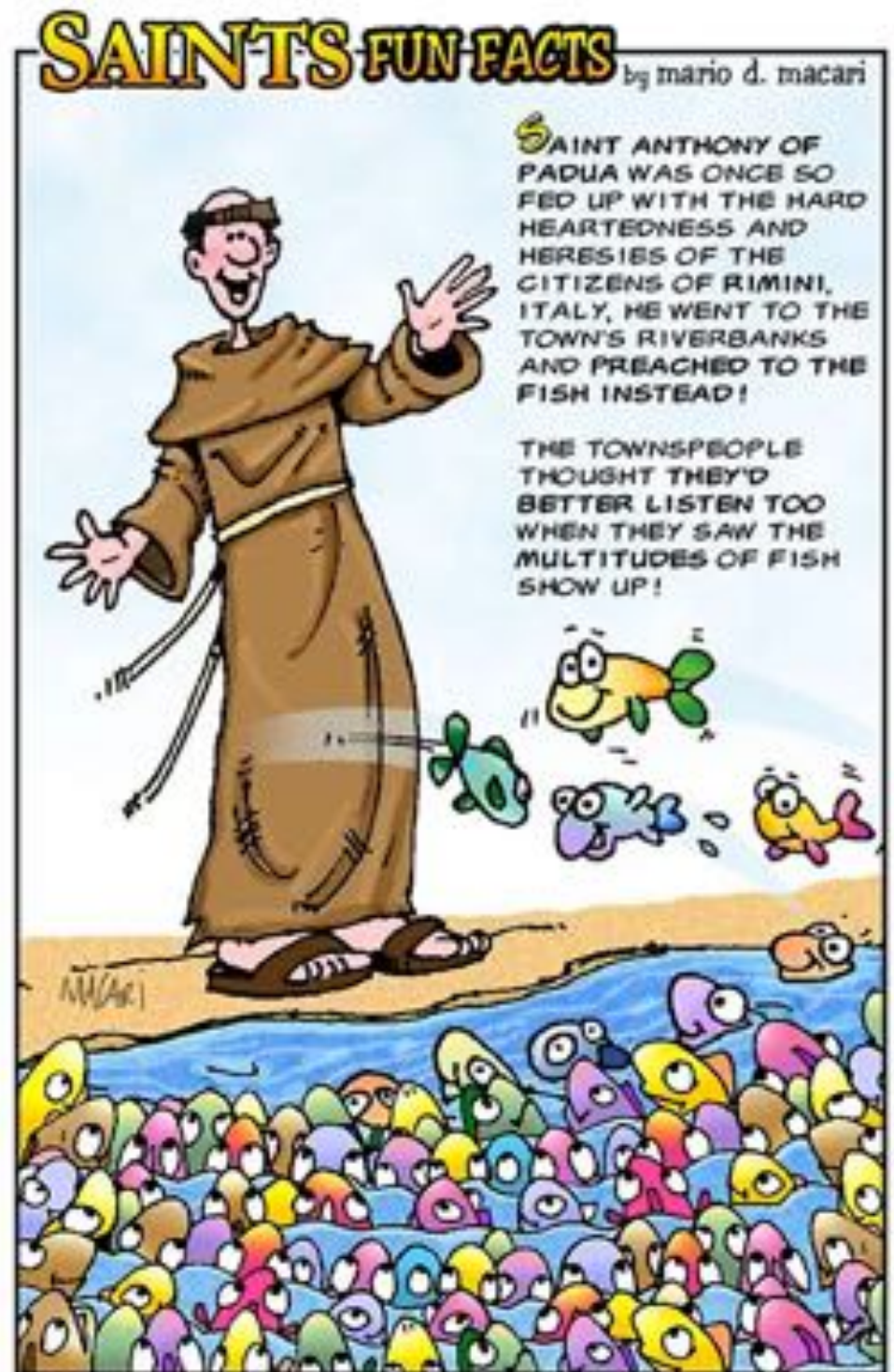
Sacred Heart of Jesus. This not only deepens our own spiritual life but it makes the spiritual life of our whole community that much richer.



“Justice will never be fully attained unless people see in the poor person, who is asking for help in order to survive, not an annoyance or burden, but an opportunity for showing kindness and a chance for greater enrichment.

(St. John Paul II)

Let us remember this year, and especially in June, that Jesus' love for humanity was never wavering and we should work, in our human condition, to best share that love with others. This year the Solemnity of the Sacred Heart will be celebrated on 28th June.



# LISTEN TO THE CRY OF THE EARTH AND THE CRY OF THE POOR, WHO SUFFER MOST.

Pope Francis,  
on climate change

