



**VITERBO**  
UNIVERSITY

# San Damiano Chapel

October 2022

## PRESIDENT'S DAY OF SERVICE Houska Park Meal SATURDAY, OCT. 15

As a part of the President's Day of Service, in honor of the inauguration of Viterbo President Rick Trietley, our San Damiano Community is invited to serve a meal for the people of Houska Park.

We will be asking for monetary/food donations, volunteers to prepare food, as well as volunteers to serve food at the park.

How can you help? Sign up to donate supplies, assist in preparing the meal, or help serve the meal at Houska Park.

Scan the QR code with your phone or visit <https://www.signupgenius.com/go/20F0F4BA9A92BA3F58-1015> to sign up.

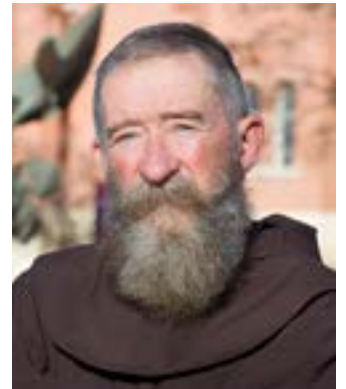


Questions? contact Emilio at [ebalvarez@viterbo.edu](mailto:ebalvarez@viterbo.edu) or Polly at [polly1@aol.com](mailto:polly1@aol.com).

## From the Heart of Viterbo

*NOUS SOMMES LES JONGLEURS DU SEIGNEUR:*

"We are the troubadours of the LORD," said St. Francis to his friars. I always thought it sounded better in French—but it also means, get ready to dance! We are entering October, the month of St. Francis. We are all aware there will be a special Mass on the feast day but there is more. On the night before the fourth of October, Franciscans observe his dying, or as some say, Francis' "Easter." The service is very old, dating to the 13th century and called "transitus" which is his Passover of sorts. The format is traditional and historically documented. If you have never been to one, maybe consider attending; it is very prayerful. Mass will be celebrated on the feastday, but there will be a concert of music and prayer for the students earlier in the day. Of course, there will be the pet blessing (actually, besides Viterbo, I was asked to do pet blessings in different schools and even for the Humane Society, and we may do one at Houska Park; many people out there have pets). Are you dancing yet?



Rick Trietley's inauguration as 10th president of Viterbo will be held on Friday, Oct. 14. Events will be posted to mark the occasion and it's no coincidence it is taking place in the month of St Francis. Rick became acquainted with Viterbo while on the veteran pilgrimage to Assisi—really an act of providence!

Finally, Thursday, Oct. 27 has been designated "Spirit of Assisi Day" commemorating the 1986 meeting of Pope (Saint) John Paul II with over 200 world religious leaders in Assisi to promote peace, harmony, and interreligious dialogue. Everyone is encouraged to do something "Franciscan" on that day.

Maybe we should all position ourselves around our Dancing Francis statue during October...it would be in the spirit of Franciscan troubadours. Peace and all good.

Fr. Conrad Targonski, OFM

## Secular Franciscan Order



Interested in the learning more about the 3rd Order Secular Franciscans? The emerging fraternity members of Tau-Shalom at San Damiano Chapel meet every second Saturday at 9 a.m. and fourth Wednesday at 6 p.m. on the Viterbo University campus.

The Secular Franciscan Order was established by St. Francis of Assisi more than 800 years ago. Our purpose is to bring the Gospel to life where we live and where we work. We look for ways to embrace the Gospel in our lives and try to help others to do likewise.

For more information about the Secular Franciscans, visit [secularfranciscansusa.org](http://secularfranciscansusa.org). Interested in learning more about 3rd Order OFS? Contact Emilio Alvarez at [ebalvarez@viterbo.edu](mailto:ebalvarez@viterbo.edu).

## Rite of Christian Initiation for Adults



Interested in the Catholic Church and learning more about it? Are you Catholic, but have not been confirmed? Are you interested in becoming Catholic? The Rite of Christian Initiation for Adults (RCIA) is a yearlong process

for individuals looking to receive the sacraments of the Catholic Church. Participants meet regularly for sessions, attend retreat opportunities, and meet in large group and one-on-one meetings as they prepare themselves for the next steps in their faith journey. If you are interested in learning more about RCIA, contact Emilio Alvarez, director of campus ministry at [ebalvarez@viterbo.edu](mailto:ebalvarez@viterbo.edu).

## Prayer Wheel Added to FSPA Prayer Garden



The FSPA Prayer Garden, neighboring the chapel, has been enhanced with the addition of a prayer wheel. Visitors are able to place their written prayers inside, which Viterbo campus ministry staff and students will take to St. Rose Convent for members of the Franciscan Sisters of Perpetual Adoration to pray.



The Sisters provided elements to incorporate into the design. The prayer wheel includes images of St. Francis, St. Clare, St. Rose, St. Rose Convent, and the surrounding bluffs. On the lid are roses and the phrase "Every Moment Thine." The handle represents a flame from the Lard Light.

The prayer wheel was designed and created by Christopher Moench of Bellingham, Wash. and was made possible by a gift from the estate of Viterbo alum, Lucille Pedretti '59. The shelter was designed and constructed by Viterbo employee Dennis Molstad.



# San Damiano Chapel Mass Ministry Sign up

## You are an essential part of our San Damiano Chapel/Viterbo University community.

Our community members' willingness to serve in various roles is the key to our community's ability to thrive. If you are interested and willing to serve as a member of our Chapel Ministries Team, please scan the QR code or use the link below to fill out a short sign-up form. We will reach out to you to provide you with training and to answer any questions or concerns you may have. Thank you for considering becoming an active member on our ministry team!

## Opportunities Available

**Chapel Hospitality Team:** Individuals trained to welcome the community to our Sunday Liturgies. They greet attendees at the door and provide assistance to individuals.

**Lectoring:** Individuals trained to read the first and second readings and the intercessions during the weekend Liturgies.

**Cantoring:** Individuals assist with singing as a cantor or playing an instrument during chapel Liturgies.

## Saint Francis Week

**Monday, Oct. 3 – 6 p.m.**

The Transitus of St. Francis of Assisi, San Damiano Chapel

**Tuesday, Oct. 4 – 11:45 a.m.**

Prayer Service, FSPA Prayer Garden

**Tuesday, Oct. 4 – 6 p.m.**

Feast of St. Francis of Assisi Mass, San Damiano Chapel

**Wednesday, Oct. 5 – 5 p.m.**

Pet Blessing, FSPA Prayer Garden



## Agape Latte

**Thursday, Oct. 27,**

**6:30–7:45 p.m.**

Skogen Family

Welcome Center



Featuring Justin McKnight, Viterbo's Director of Counseling Services. Join us for live music, food, and fellowship as Justin shares his story of God's unconditional love in his own life.

**St. Francis Choir:** Singers for the St. Francis Choir. While the full St. Francis Choir cannot meet in person, opportunities continue to exist. If you are interested in joining the choir and/or being a cantor, contact Polly Pappadopoulos at [polly1@aol.com](mailto:polly1@aol.com) or fill out the survey link below.

**Eucharistic Minister of Holy Communion:** Individuals trained to distribute the Body of Christ to the community.

**Sacristan:** Individuals trained to assist in the preparation of the sacred vessels and environment for the celebration of the Holy Mass.

**Bible study/group leader:** Individuals trained to create a small group community that will help facilitate group discussions on specific materials such as book studies, bible studies, or reflective activities.

**Questions?** contact Emilio at [ebalvarez@viterbo.edu](mailto:ebalvarez@viterbo.edu) or Polly at [polly1@aol.com](mailto:polly1@aol.com).



Scan the QR code with your phone or visit:  
[https://viterbo.qualtrics.com/jfe/form/SV\\_eRQilz150MvXelw](https://viterbo.qualtrics.com/jfe/form/SV_eRQilz150MvXelw).

## Ready or Not

**Christmas is less than three months away.**

We would like to feature a children's choir for one of our Christmas Masses. If your child would like to participate, email [polly1@aol.com](mailto:polly1@aol.com).



## CONTACT INFORMATION

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Send any changes to your contact information to [sandamianochapel@viterbo.edu](mailto:sandamianochapel@viterbo.edu) to ensure you continue to receive this monthly newsletter.

# St. Francis' Favorite Cookie

## History

As strict as he was with food, St Francis had a sweet tooth, according to tradition. In 1212, he made the acquaintance of a widow, Lady

Jacoba di Settesoli, who was very kind to him and the friars. She would offer her home to the friars and even cooked for them—especially a “sweetmeat” called frangipane, a concoction of almonds and sugar. Francis admitted it was his favorite. As years went by, Lady Jacoba continued to assist Francis in his ministry to the lepers and probably joined the secular Franciscans. When Francis lay dying, he whispered to Brother Bernardo to notify Lady Jacoba who appeared at the door of the friary. Despite the cloister, Francis told the brothers to allow “Brother” Jacoba to enter. She entered, knelt at the bed, and unwrapped the napkin she held—and lo and behold, there were his favorite frangipane.

The recipe offered here is one of many. It is more of a custard than a cookie; the Internet has many versions of the latter.

## Classic Frangipane

1 cup skim milk	4 tbsp. unsalted butter, softened
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ cup almond meal
1 large egg	or ground almonds
1 large egg yolk	1 tsp. vanilla extract
$\frac{1}{4}$ cup all purpose flour	$\frac{1}{4}$ tsp. almond extract

Bring milk to a boil. Remove from heat and set aside.

Beat  $\frac{1}{4}$  cup sugar, egg, and egg yolk together until foamy. Add flour and slowly pour in hot milk beating constantly until smooth and no lumps remain.

Pour the mixture back into the saucepan and slowly bring to a simmer over low heat. Cook, beating constantly to avoid any lumps, until thickened (3–5 minutes). Remove from heat.

Add butter and stir until melted. Add the remaining sugar, almond meal, vanilla extract and almond extract. Cool, stirring every so often to prevent skin from forming.

Once cooled, serve immediately or refrigerate until use. Keeps about three days.

From: AllRecipes



By LionelAlborge - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=24955374>

# Upcoming Schedule

## Weekly Events

Monday 5 p.m.	Table of Plenty (TOP) Sister Thea Bowman Center
Tuesday 8 a.m.	Coffee with Clare (Women's Student Bible Study) Sister Thea Bowman Center
Wednesday 5 p.m.	Eucharistic Adoration San Damiano Chapel
Wednesday 6 p.m.	Community Evening Mass San Damiano Chapel
Thursday 9–11 am	Morning M.U.G. Sister Thea Bowman Center

## Mass

Sunday 6 a.m. and 11 a.m.	Mass San Damiano Chapel
Monday–Friday 11 a.m.	Mass St. Rose Convent

## Taize Prayer

Please join us, we have a new time and day this year (see below). It is a time of prayer, song, and meditation. Community members and students alike are welcome to pray with us.

## October

Tuesday Oct. 11 7 p.m.	Praise and Worship San Damiano Chapel
Tuesday, Oct. 18 7 p.m.	Taize Prayer San Damiano Chapel
Tuesday, Oct. 25 7 p.m.	Praise and Worship San Damiano Chapel

## November

Tuesday, Nov. 1 noon and 5:15 p.m.	All Saints Day Mass (Holy Day of Obligation) San Damiano Chapel
Wednesday, Nov. 2 6 p.m.	All Souls Day Mass
Tuesday, Nov. 15 7 p.m.	Taize Prayer San Damiano Chapel

## November Remembrance

All are welcome to bring photos of loved ones who have passed to display on our table of remembrance.

Photos will be displayed Tuesday, Nov. 1 through Thanksgiving Day, Thursday, Nov. 24