

QUINQUENNIAL XIX

REVIVING OUR SPIRIT

Kate Kleinert, OFS

There are as many ways to revive our spirit as there are people in the world. It is unique to each one of us. What stirs my soul is different from what stirs your soul. But, one thing that is the same for all of us is that we need to be ready and be aware of the opportunities God sends our way.

That old phrase, "It is more blessed to give than to receive," is one that we didn't believe when we were young. We knew our parents had that one wrong! But now that we are older and mature in our vocations, we embrace that saying as a way of life.

These days I am either driving to a fraternity for an elections or a visitation, or I am headed somewhere to pick up a rescue dog. Both destinations take me outside my own area where, very often, I am stopped at a red light and a homeless person is asking for help. Of course I will help; but, am I ready for this "God moment?" By the time I scramble for my purse, dig through it for my wallet, and find a couple dollars, the person behind me is laying on the horn because the light has changed. I've missed the chance to help the homeless Christ on the corner, and I certainly missed the opportunity of doing something that would open my soul a wee bit wider for the grace of God to enter.

After driving away numerous times and feeling miserable, I decided I was going to be ready for the next opportunity. Now, I keep a couple of bucks folded up in the cup holder of my car. No one can see it, but I can put my hand on it and offer it in a few seconds. I always smile and say,

"God Bless You" and never once, not even one single time, did that person fail to say, "God Bless You" back. God is truly looking back at me through that person's eyes and blessing me for my effort. That alone can revive my spirit for quite some time.

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One of the ways to participate in the Q, Reviving Our Spirit theme, is by taking part in **Operation Blessing Bag**. Gallon size ziplock bags will be filled with travel size toiletries, snacks, socks, etc. To make it more personal, there will be a holy card inserted in each bag with these words on the back: *Filling this bag for you has been a blessing for me! I will keep you in my prayers.* Then the person filling the bag can sign their first name. There will be **Operation Blessing Bag** sessions

throughout the Q where you can stop by and help fill some bags.

Over the next several months, a wonderful project for each fraternity and/or region will be to collect these types of items so that everyone will be taking part. Next June, the items can be shipped to the Renaissance Hotel for our **Operation Blessing Bag** sessions. At the end of the Q, these bags will be donated to the St. Anthony's Food Pantry in St. Louis. We will be leaving St. Louis a little better than we found it. And we all will have taken part in reviving our spirits!

***Don't forget to meet me in St. Louis.
June 30 – July 4, 2016***



XIX QUINQUENNIAL “Reviving Our Spirit”

June 30 to July 4, 2016 Renaissance St. Louis Airport Hotel

Registration Form

Important Instructions:

1. Please **TYPE** or **PRINT** all information clearly.
2. Only one participant per registration form.
3. Payment must accompany this form.
4. Make your check for registration payable to **NAFRA**.
5. Mail this form with payment to: **Judy Haupt, OFS**
204 Abbey Glen Way
Hardeeville, SC 29927
6. Hotel reservations must be done separately by each person with the hotel prior to **June 9th** with the Renaissance St. Louis Airport Hotel, St. Louis, MO. Mention dates and code NAFRA to get the rate.
 Phone: 1-888-340-2594 or 1-314- 429-1100 Website: www.renaissancehotels.com/stlsa
PLEASE TYPE or PRINT CLEARLY (One name per form.)

Title First Name Last Name (Name on Badge if Different)

Address City State Zip Country

Phone E-Mail Address

Name of Your Secular Franciscan Order Region

Full Registration: See Information Sheet. Checks made payable to **NAFRA**. **No refunds after May 1st.**
Note: We cannot accommodate walk-in registrations at the Quinquennial.

Registration (Room not included.)	Program and Meals	Total Amount	Check #
Before April 15, 2016	\$320		
April 16 to May 31, 2016	\$370		
June 1 to June 9, 2016	\$420		

Day Only Registration: You may attend Thursday evening session for \$0.00 (Dinner **not** included).

Days	Amount Per Day	# of Days	Total Amount	Check #	Circle Days Attending
Before May 31, 2016	\$125				FRI SAT SUN
June 1 to June 9, 2016	\$140				FRI SAT SUN

- τ Special Dietary needs: _____
- τ Language preferred for small group sessions _____
- τ Need a roommate assigned _____ Please match with someone (M or F) _____