

Up to Now

Newsletter of the St. Margaret of Cortona Region of the Secular Franciscan Order

Covering the District of Columbia, Maryland, Delaware, Virginia,
and portions of West Virginia and Pennsylvania



Fr. Philippus Philippus, OFM/Cap

Volume 19 Issue 3

Let us begin again, for up to now we have done nothing.

February 2016

Franciscan Gatherings

Anyone who knows Franciscans knows that we love to gather with our brothers and sisters. We are fed by our relationships with others. We learn in “The Little Flowers of Saint Francis” that once the blessed saint held a general chapter on the plain of St. Mary of the Angels, where more than five thousand friars gathered together. Even St. Dominic, the head and founder of the Order of Friars Preachers, was there with seven friars of his Order.

In 2016, there are two excellent opportunities for such gatherings. We can’t promise that Dominicans will be there, and we don’t have room for 5,000 brothers and sisters. Nonetheless, the spirit of Francis and Clare will infuse each gathering with the Franciscan charism and sense of joy.



Fr. Michael Heine, OFM Conv.

The regional retreat will be April 22 to April 24, at Priest Field Pastoral Center in West Virginia. Springtime is a wonderful time to visit this peaceful retreat center. The retreat leader is Father Michael Heine, OFM Conventual, director of the Shrine of St. Anthony in Ellicott City, Maryland. Father Michael’s theme is “Mercy: The Heart of God; Mercy: The Heart of Francis.” The registration form is on [page 6](#).

All Secular Franciscans are also invited to attend the Secular Franciscan Order XIX Quinquennial, June 30 to July 4, in St. Louis, Missouri. Every five years (hence, a quinquennial), more or less (hence, Franciscan), the entire Secular Franciscan family gathers to hear speakers, to pray, share and enjoy our charism among our brothers and sisters from across the country. The theme this year is “Reviving Our Spirit,” and the keynote presenter is Father Dan Horan, OFM, a prolific author and speaker. Learn more at the “Q” website: www.quinquennial.org. Once again, the national fraternity, NAFRA, is offering partial scholarships for those who need some financial assistance in order to attend. The registration form is on [page 16](#), and the scholarship application can be found on [page 18](#).



Fr. Dan Horan, OFM

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God of all transformation,
in our lament we cry to you.
God of all healing power,
in our pain we call on your name.
God of all light,
in our hope we come before you in humble prayer.
We do this through Christ our Lord. Amen

— Rev. Maggie McLeod
Currently serving at the Saugeen First Nation, ON

Regional Minister's Message



THE DOOR IS OPEN

Last December, Pope Francis opened the Holy Door of St. Peter's Basilica on the Feast of the Immaculate Conception and declared a Year of Mercy. During his homily, he said:

This Extraordinary Year is itself a gift of grace. To pass through the Holy Door means to rediscover the infinite mercy of the

Father who welcomes everyone and goes out personally to encounter each of them. It is he who seeks us! It is he who comes to encounter us! This will be a year in which we grow ever more convinced of God's mercy. How much wrong we do to God and his grace when we speak of sins being punished by his judgment before we speak of their being forgiven by his mercy (cf. Saint Augustine, De Praedestinatione Sanctorum, 12, 24)! But that is the truth. We have to put mercy before judgment, and in any event God's judgement will always be in the light of his mercy. In passing through the Holy Door, then, may we feel that we ourselves are part of this mystery of love, of tenderness. Let us set aside all fear and dread, for these do not befit men and women who are loved. Instead, let us experience the joy of encountering that grace which transforms all things.

The Holy Father's namesake also had a lot to say about mercy:

Where there is mercy and discernment, there is neither excess nor hardness of heart... (Admonition XXVII)

Those who have received the power to judge others should exercise judgment with mercy as they themselves desire to receive mercy from the Lord. For judgment will be without mercy for those who have not shown mercy (Jas 2:13) (The Second Version of the Letter to the Faithful, 28 - 29)

There should not be any brother in the world who has sinned, however much he may have possibly sinned, who, after he has looked into your eyes, would go away without having received your mercy, if he is looking for mercy.

And if he were not to seek mercy, you should ask him if he wants mercy. And if he should sin thereafter a thousand times before your very eyes, love him more than me so that you may draw him back to the Lord. (A Letter to a Minister, 9-11)

While I was in sin, it seemed very bitter to me to see lepers. And the Lord Himself led me among them and I had mercy upon them. And when I left them that which seemed bitter to me was changed into sweetness of soul and body; and afterward I lingered a little and left the world. (The Testament, 1-3)

Our culture doesn't really give much value to mercy. We are a culture of justice, of retribution disguised as fairness. If we wrote the story of the Prodigal Son from our cultural viewpoint, upon the son's return home, his father would have said, "OK, you're welcome to come back. But you must pay back every penny I gave you. It's only fair."

Mercy does not call out for fairness; it calls out for love beyond expectation. It calls us to turn the other cheek, to walk the extra mile, to forgive not seven times but seventy-seven times. As Francis was a countercultural example to his time, we must be the same in our own time.

The door of mercy is open. Let's walk through together.

Patrick Martin, OFS
Regional Minister



Regional Formation Director's Message

Dear Brothers and Sisters,

May the Lord give us His peace! I hope that each of you experienced a very beautiful Christmas and is enjoying a blessed New Year.

In November, I met with three members of the Regional Formation team; Mike Huether, Jeanie McLees, and Denise Miente. They may have contacted your fraternity personally already. Together we planned the agenda for the annual upcoming Day of Reflection on April 2 for our Inquirers and Candidates. The day will be from 9:00 a.m. to 4:00 p.m. We have two wonderful speakers that day; Fr. Michael Heine, OFM Conv, and Br. Lawrence LaFlame, OFM Conv. The theme will be "Commitment to Fraternal Living."

As St. John Paul II so beautifully stated:

The Church expects from the Secular Franciscan order, one and only, a great service in the cause of the Kingdom of God in the world today... the Church expects from you, Secular Franciscans, a courageous and consistent testimony of Christian and Franciscan life, leaning towards the construction of a more fraternal and Gospel world for the realization of the Kingdom of God.

Therefore, I would ask that each fraternity consider sponsoring their Inquirers and Candidates to attend on April 2nd. The retreat form can be found on [page 4](#) in this issue of *Up to Now*. Please let us know as soon as possible if you will be joining us. Thank you!

The Regional Formation Team will be meeting again at the end of February to help plan a weekend formation work-

shop, which is set for October 14-16 at Loyola Retreat House in Faulkner, Md. I am excited to personally meet with you and to work with you in areas of formation. The formation team will be contacting you before October to find out what tools to present that may be of use to you. If you are unable to attend, please consider sending someone in your place.

Currently, I am formatting CDs, which will be distributed to you at our weekend workshop. The CDs will contain valuable information, such as PowerPoint presentations, formation materials, Open House materials, etc. If your fraternity has any information or materials that you would like to share with other fraternities, please send it to me at vspalding@md.metrocast.net. I would like to possibly distribute these when we meet in October.

As formation directors and teachers, it should be our primary goal to be Christian witnesses in forming our Aspirants/Inquirers/Candidates into becoming active members in living out the Gospel Life in imitation of St. Francis. In order to do so, we must constantly be a people of prayer, love, hope and joy! I am sure that each one of you strives to do that. Each of us also has a unique calling within our own Franciscan lifestyle that needs to be displayed to a world that is hurting and that needs God. Let us, therefore, be the spark that ignites one another, so that we may continually inspire others to truly live Gospel to Life and Life to Gospel. You are in my prayers!

—Vicky Spalding
Formation Director



Mark Your Calendar

April 2, 2016 — Seventh Annual Day of Reflection for Inquirers, Candidates and Newly Professed. St. Anthony Shrine, Ellicott City, Md. (See registration form on [page 4](#).)



June 30-July 4, 2016 — Quinquennial Gathering/National Congress. Renaissance St. Louis Airport Hotel, St. Louis, Mo. (See registration form on [page 16](#).)



April 22-24, 2016 — Regional Retreat. PriestField Retreat Center, Kearneysville, W. Va. (See registration form on [page 6](#).)



October 14-16, 2016 — Formation Directors Weekend. Loyola Retreat House, Faulkner, Md.

May 1, 2016 — Fair Share Payments due.





Commitment to Fraternal Living Franciscan Day of Reflection For Inquirers and Candidates Easter 2016

Saturday, April 2, 2016, 9:00 a.m. - 4:00 p.m.
Shrine of St. Anthony
12290 Folly Quarter Road
Ellicott City, MD 21042
(410) 531-2800

Sponsored by the St. Margaret of Cortona Regional Formation Team

They have been made living members of the Church in Baptism.... Therefore, they should go forth as witnesses and instruments of her mission among all people, proclaiming Christ by their life and words.” Art. 6 of the Secular Franciscan Rule
Come and learn with your Franciscan brothers and sisters what it means to be committed to Fraternal Living in imitation of the Gospel.

(Formation teams and newly professed are also invited.)

Cost: \$45.00 per person.

Yes! I plan to attend the Franciscan Day of Recollection for Candidates and Inquirers.

Name _____

Fraternity _____

Address _____

City, State, ZIP _____

Email _____

Phone _____

I am an Inquirer I am a candidate I am newly professed
 I am a member of the formation team

Please complete this form and return by March 25 with check payable to

St. Margaret of Cortona Region

Send form and payment to:

Peter Noyes, ofs
2917 Shepperton Terrace
Silver Spring, MD 20904
pnoyes@aol.com

My heart is ready, oh God; my heart is ready.

Psalm 57:7

[Directions to the Shrine of St. Anthony](#)

Franciscan Mission Service

THE MISSION CONTINUES: COMMISSIONING FIVE, WELCOMING BACK FOUR LAY PEOPLE

Our 25th anniversary of lay mission closed out with the commissioning of five lay women for overseas service. Two have joined our missionaries in Cochabamba, Bolivia; one has joined the staff of the rural university in Carmen Pampa, Bolivia; and two more are on their way to join our partners the Franciscan Sisters of Allegany at their school in Kingston, Jamaica.

Last month, we facilitated a re-entry retreat for four lay missionaries who recently finished their two years of service in Bolivia. It was incredible to spend time with these individuals and to hear how mission impacted them and the communities where they served. Their rich and diverse experiences included working with preschoolers, first-generation rural college students, women in prison, and survivors of sexual abuse.

Unfortunately the blizzard cancelled the wine and cheese reception at which our friends and neighbors could have embraced these missionaries. We were lucky, however, that St. Margaret of Cortona Regional Minister Patrick Martin and Rhett Engelking, both of St. Anthony of Nagasaki fraternity, were still able to visit with the returned missionaries during their retreat so the Secular Franciscans could share about their Third Order vocation.

We're grateful for the support all the members of the St. Margaret of Cortona Region show our programs and hope that you'll take advantage of the upcoming opportunities to go deeper with us.

Daily Reflections on "Letting Go" – Lenten Blog Series

Spend this season reflecting with us on "letting go." Each day on our blog we'll post a story and reflection questions by missionaries, volunteers, and friends. Visit franciscanmissionservice.org/blog to read or subscribe.



Welcoming back from Bolivia lay missionaries Hady Mendez, Nate and Mary Mortenson, and Valerie Ellis.



The newest class of missionaries after their Commissioning Mass: Janice Smullen, Erin McHugh, Allison Dethlefs, Aubrey Kimble, and Catherine Sullivan.

Save the Date: World Care Benefit and Celebration May 13 - 7 p.m. at St Francis Hall in NE DC

The World Care Benefit and Celebration has become an anticipated spring gathering for mission- and social justice-minded Catholics. This event draws both those who are solidly committed as well as those who seek to deepen their understanding of these values. This year we focus on our commitment as Catholics to work to eliminate poverty around the world. Therefore, we will present the 11th Anselm Moons Award to Fr. Larry Snyder, who recently finished 10 years as president of Catholic Charities USA.

We hope that you and your fraternity will join us, as well as show support as sponsors or advertisers. More information is available at:

franciscanmissionservice.org/worldcare.

Short-Term Mission and Global Awareness Trip to Bolivia May 20-30, 2016

Immerse yourself in the rich culture of Bolivia and the Franciscan charism through this Mission and Global Awareness Trip. By visiting missionaries at various sites, learning about their service, and spending time in prayer, you will deepen your understanding of structural poverty and gain a new perspective on your responsibility to build the kingdom of God on earth. Priority deadline: March 11; Final deadline: April 1. Details at:

franciscanmissionservice.org/bolivia.

By Kim Smolik, Executive Director



FRANCISCAN
MISSION SERVICE

PriestField Pastoral Center

ANNUAL RETREAT 2016

Where: PriestField Pastoral Center, 4030 Middleway Pike, Kearneysville, WV 25430-3742

When: April 22-24, 2016

Who: All Secular Franciscans, including candidates, inquirers and spiritual assistants

What: Mercy: The Heart of God: Mercy: The Heart of Francis

Presenter: Father Michael Heine

REGISTRATION FORM INSTRUCTIONS:

1. Submit form no later than April 8, 2016
2. Please type or print all information clearly.
3. Only one participant per registration form.
4. NON-REFUNDABLE deposit of \$50.00 must accompany this form.
5. **Make your check payable to ST. MARGARET OF CORTONA REGION*** and mail this form with payment to:
Peter Noyes, ofs
2917 Shepperton Terrace
Silver Spring, MD 20904
Phone: 301-384-8424 tty
email: pnoyesofs@yahoo.com

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

Fraternity _____

Please check room requirement:

Rooms are designed for double occupancy for maximum attendees.

- ~~A) Single occupancy room: \$243.00 †~~
- B) Double occupancy room: \$223.00
- C) Single occupancy cabin: \$277.00
- D) Double occupancy cabin: \$252.00
- E) Dormitory: \$179.00
- F) Days Only: \$121.00

***Please make checks out to St. Margaret of Cortona Region,
not to Peter Noyes or to PriestField. Thank you.**

[Directions to PriestField
www.priestfield.org](http://www.priestfield.org)

†Select single occupancy only if there is a serious or medical reason. Thank you!

Please indicate any special needs you have: _____

Please choose a roommate, or one can be assigned for you.

Name of preferred roommate: _____

Amount enclosed with this form \$ _____

Report on Virginia Fraternities

OFS Fraternities in Virginia are inspiring! As the regional councilor for this area, I can happily report that my love for our Order is strengthened with each fraternal visit. It can be easy for each fraternity to think that we are only a small group and to wonder whether there is really any impact from what we do and hold to faithfully.

Please know that each week somewhere in the state, groups of OFS fraternities are meeting, participating in their parishes, and serving their communities. As Blessed Teresa of Calcutta said, “Not all of us can do great things. But we can do small things with great love.” Sometimes the smallest things that often go unnoticed make the biggest impact.

One thing that can go unnoticed is how many people are hearing the call to the Franciscan Secular Order and being embraced by our fraternities. Right now in Virginia, there are 75 people who are either aspirants, inquirers, candidates or newly professed! Isn't that just delicious! Below is a chart of most of the fraternities' reports.

Fraternity	Location	Aspirants	Inquirers	Candidates	Professions	Total
Our Lady of the Rosary	Hampton		2	6	4	12
Mt. La Verna	Charlottesville		1	3		4
Portiuncula	Winchester		4			4
St. Francis of Assisi	Triangle	5		9		14
Immaculata	Fredericksburg		3	3		6
Tau	Herndon	7				7
Holy Family	Manassas	2		1	1	4
St. Thomas More	Arlington		2	6		8
Sacred Heart	Virginia Beach	7		9		16
	Total	21	12	37	5	75

During the visits last fall, it was a privilege to witness so many good things that Secular Franciscans are doing.

During the Fraternal Visit at Our Lady of the Rosary, we were blessed by a visit from the Little Sisters of St. Francis from Africa. In company were the Sister Mother General of the Order, two other sisters visiting, as well as Sr. Agnes Naraecho, LSOFS, Administrator of the U.S. Little Sisters of St. Francis and Our Lady of the Rosary fraternity's Spiritual Assistant. Sr. Juliana Nakhurmicha is in her training for the Third Order. By special permission from the Richmond Bishop DiLorenzo, her participation with this fraternity is considered as some of her training. Our Lady of the Rosary members are very active with each other, parishes in the area and community. They are seeking a new meeting place, as their membership has outgrown the current place.



Our Lady of the Rosary Rite of Admission. From left: Sr. Juliana Nakhurmicha, Candidates Karen Coulson, Peggy Crews, Eileen Murray, Maria Fuentes-Sherman, and Minister Christine Wells, OFS.



Little Sisters of St. Francis from Africa. Included are the Sister Mother General of the Order (2nd from right), as well as Sr. Agnes Naraecho, LSOFS US administrator (center) and Sr. Juliana Nakhurmicha.

Continued from page 5

Our youngest fraternity, Mt. La Verna in Charlottesville is a joyful gathering. The emerging community is in its third year and very active in service to their parishes, community, and the region. There are three inquirers and one candidate who are learning about their call to the Franciscan charism. Mt. La Verna will host a Virginia Fraternities Gathering in July. Keep an eye for more announcements.



Members of Mt. La Verna Fraternity are a lively group and engage in hearty discussions



Carl Stacy, Minister of Mt. Laverna, is faithful in sharing the Franciscan Rule with the Fraternity.

Holy Family Fraternity is pleased to announce the Rite of Admission to Elizabeth Star, candidate to the Secular Franciscan Order. This fraternity has been working for years with prolife organizations. We are so pleased that the abortion clinic in Manassas was recently closed, as was another abortion clinic in Fairfax. We know that it is due in large part to the prayers and actions of the faithful.

—Rita Colleran, Holy Family Fraternity
Virginia Area Councilor



Rite of Admission: Deacon Richard O'Connell, Spiritual Assistant; Candidate Elizabeth Star; Peggy Gregory, Minister; Deacon Brian Majewski, Acting Formation Director



Some of the members from Holy Family Fraternity: L-R Back row: Dave Scofone, Deacon O'Connell, Aida Lower, Susan Majewski, Elizabeth Starr, Joe Harkins, Peggy Gregory - Minister. Front row: Deacon Brian Majewski, Mary Lynn Pitts, Jim and Betty McGraw.

**PRAYER FOR VOCATIONS
TO THE SECULAR FRANCISCAN ORDER**
*O, Good and Gracious God,
God of mercy, compassion, generosity,
and love,
As we live our lives today in the model
of St. Francis, choosing daily to live the
Gospel life,
Help us to help others hear Your call.
Help us to help others to recognize
their vocation as a Secular Franciscan that You have al-
ready planted in
their heart.
Help us, so that together we all may
work to bring the Gospel to life.
Amen!*

Websites of Interest

Jubilee of Mercy, Pontifical Council for the Promotion of Mercy in the World

<http://www.im.va/content/gdm/en.html>

Each day, God willing, during this Holy Year of Mercy, two Secular Franciscans, Deacon Tom Bello & John Clem, are offering a minor, but daily sustenance for our common pilgrimage closer to Christ and to salvation. We will also be featuring some guest bloggers during this Jubilee Year of Mercy. This website is mobile-friendly and hope that you find and share inspirations.

<http://mercyhour.org/>

Receive a daily email featuring, in rotation, the Rule of the Secular Franciscan Order, the Admonitions of St. Francis, an article from the General Constitutions / National Statutes, Little Flowers of St. Francis, Franciscan quote, and a Franciscan saint of the day. (This is not a discussion list.)

To subscribe, send a blank email to:

TAU-Daily-subscribe@yahoogroups.com

Article by Tom Bello, ofs, on prison ministry.

<http://mercyhour.org/mercycorner/>



"Monk at Computer" from the Centre for the History of the Book, University of Edinburgh



Around the Region

RECEIVED AS CANDIDATES

Karen Coulson, Our Lady of the Rosary Fraternity, Williamsburg, Va.

Peggy Crews, Our Lady of the Rosary Fraternity, Williamsburg, Va.

Eileen Murray, Our Lady of the Rosary Fraternity, Williamsburg, Va.

Maria Fuentes-Sherman, , Our Lady of the Rosary Fraternity, Williamsburg, Va.

Elizabeth Starr, Holy Family Fraternity, Manassas, Va.

Susan Zell, Mt. St. Sepulchre Fraternity, Washington, D.C.

LOSSES IN THE FAMILY

Mary Cooke, January 13, 2016, St. Conrad (Annapolis) Fraternity

Mary Gerry Prasch, January 1, 2016, Mary Our Queen Fraternity



Felicisima Sinon Guillermo, July 14, 1967 - November 5, 2015. She was admitted as a candidate to St. Thomas More Fraternity, Arlington, Va. on August 9, 2015.



Eugene Sides, who died on October 29, 2015. His funeral Mass was on November 5 at St. Teresa of Avila Church in Grovetown, GA. Gene was professed in 1993 and was an active member until he retired to SC with his wife, Annagret, who preceded him

to her reward earlier this year. May the souls of the faithful departed, especially those of our members and their families, rest in eternal peace in the presence of our Lord. Mt. St. Sepulchre Fraternity.

Congratulations to the Members of St. Clare Fraternity, Delaware, Who Have Been Professed 50 Years or More



LUCY DEIACO-50 YEARS

JOE O'NEILL-54 YEARS

ELLEN ONETO-55 YEARS

JERRY KRAUSS-59 YEARS (ABSENT)

BILL WALKER-60 YEARS

ALSO PICTURED

CAROLYN PROTIN, VICE-MINISTER

FR. RON PECCI, OFM, SPIRITUAL ASSISTANT

ANDY ZAMPINI, MINISTER



Carbon Fast for Lent 2016



Why Fast?

Throughout history, fasting has been integral to the spiritual practice of people of all faiths. Like pebbles in our shoe, the hunger pangs of fasting are a steady reminder of an intention to leave behind an old way of life and to prepare for spiritual rebirth. The feeling of hunger prompts a continued awareness of the need to become more conscientious in our actions and to whole-heartedly commit to the inward transformation we seek. Fasting also reminds us to keep in our hearts the plight of the poor and the imperative to care for the least of these.

Many of us grew up “giving something up” for Lent—candy, meat, or other pleasures—only to gleefully indulge in the forbidden item when the season passed and then carry on with business as usual. While going without something we enjoy gives us a taste of sacrifice—and perhaps a gentle reminder of the those who routinely do without—it does not often bring about a deeper inward change.

We hope that this guide to a Lenten “Carbon Fast” will help you not merely “give up” some conveniences temporarily, but will assist you in making a more fundamental transformation as you prepare to awaken to new life in Christ.

Why Carbon?

Because carbon is a heat-trapping gas that contributes to global warming, reducing carbon emissions is critical to slowing the progression of climate change.

Reducing carbon emissions is urgent. Climate change is happening right here, right now. From droughts and erratic weather patterns that interfere with agriculture, to heat waves and natural disasters that claim lives and wreak havoc on communities, we must take swift and effective action.

Those who are being affected most severely by climate change—including millions of people in the developing world who have lost their homes and

livelihoods—are those whose own carbon footprints are the smallest, and who have fewest resources to cope with the fallout. This means that reducing our carbon emissions is also a matter of social justice.

Because every individual contributes to carbon emissions, every individual can also make changes to emit less. By making changes in the ways we drive our cars, heat and cool our buildings, and consume food and other goods that have travelled thousands of miles to get to us, we do our part in reducing the amount of carbon we add to the atmosphere.

How to use this calendar

Our hope is that you will commit this Lenten season to heeding the cry of the Earth and the cry of the poor by taking steps to cut your carbon emissions. We hope that these steps will help you build sustainable habits and move toward what the Pope has called an “ecological conversion”—a transformation of the heart that shifts how understand your relationship with nature and other people.

To these ends, we have suggested one sustainability-related activity for each day between Ash Wednesday and Easter. Some of these might be things you’re already doing. Some require a little preparation. Some might be rather challenging.

Christians are called to dwell in community, to share in one another’s burdens and joys, and to work together as members of one body. You might see if members of your congregation or family want to participate in the Carbon Fast with you.

If doing one activity each day seems overwhelming, you might instead choose one activity each week and repeat it each day. Or choose one action and do it for the whole season.

In this season of repentance and rebirth, we hope above all that this calendar will be a tool for spurring action and reflection, helping us right our relationship with the Earth, in these 40 days and beyond.



Brought to you by Michigan IPL, with thanks to Washington IPL for many of the ideas contained in this calendar.

Carbon Fast for Lent



FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 Ash Wednesday Calculate your carbon footprint: http://www.nature.org/greenliving/	11 Based on your carbon footprint score, set goals for shrinking your emissions.	12 Learn about our oceans and commit to buying only seafood that was fished sustainably.	13 Install a programmable thermostat. Set it lower during the day and at bedtime.
14 1st Sunday Find the most environmentally friendly way you can to get to church today.	15 Put out bird food. Enjoy the beauty of these and other creatures on God's Earth.	16 Consider ordering sustainably grown palms for your Palm Sunday service.	17 Read Matthew 25:34-45. Consider how environmental degradation affects the poor.	18 Set your printer to print on both sides and buy paper that has a recycled content.	19 Run your dishwasher only with a full load. Skip the heat cycle and let your dishes air dry.	20 Caulk and weather-strip around doors and windows to plug air leaks.
21 2nd Sunday Consider starting or rejuvenating an Earth Care Team in your congregation.	22 Learn about how your diet impacts climate change: vegmichigan.org .	23 If you like to buy coffee on the go, remember to bring your travel mug with you!	24 Turn down your water heater; 120 degrees is usually hot enough.	25 When heating water on the stove, use a lid. Only use as much water as you need.	26 Set a timer for 5 mins. and see how your shower compares. Can you improve your time?	27 Make sure your tire pressure is set correctly for optimal gas mileage.
28 3rd Sunday Take a walk . Greet your neighbors, feel the sun on your face. Re-joyce in all creation!	29 Call your utility to schedule a free home energy assessment and get free upgrades.	1 Instead of using the dryer, hang your clothes to dry on a rack.	2 Save trees and reduce waste by stopping unwanted junk mail at dmachoice.org	3 Just Say No to plastic bags. Keep cloth bags on hand for planned or impromptu shopping.	4 Turn the water off while brushing your teeth to save 50+ gallons of water per week.	5 Think prayerfully about our use of natural resources. What would Jesus drive, eat, etc.?



Carbon Fast for Lent



MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 3rd Sunday Take a walk . Greet your neighbors, feel the sun on your face. Rejoice in all creation!	29 Call your utility to schedule a free home energy assessment and get free upgrades.	1 Instead of using the dryer, hang your clothes to dry on a rack.	2 Save trees and reduce waste by stopping unwanted junk mail at dmachoice.org	3 “Just Say No” to plastic bags. Keep cloth bags on hand for planned or impromptu shopping.	4 Turn the water off while brushing your teeth to save 50+ gallons of water per week.	5 Think prayerfully about our use of natural resources. What would Jesus drive, eat, etc.?
6 4th Sunday If your family has more than one car, use your most fuel efficient one for errands and trips.	7 Systemic change not climate change! Become an advocate at: MichiganIPL.org/action	8 As you plan your garden, choose native perennials that require less water.	9 Tame your lead foot while on the highway. Higher speeds reduce fuel economy.	10 Do the 4 R’s: Reduce, Reuse, Repurpose, and Recycle.	11 Check that all lights and electrical equipment are switched off when not in use.	12 Throw out any incandescent lights in your home and install LEDs.
13 5th Sunday Observe the Sabbath by unplugging your electronics and yourself!	14 Protect our waterways by learning about proper prescription drug disposal.	15 Watch this: https://www.youtube.com/watch?v=a_lqFTYlc_4	16 Explore how you can make an upcoming vacation “greener.”	17 Feast of St. Patrick Celebrate St. Patrick’s Day by sourcing your corned beef and cabbage locally!	18 Watch movie about faith and environment Ideas: www.miipl.org/films-videos/	19 Feast of St. Joseph Learn about your power. How much of the energy you use comes from coal? Nuclear? Gas?
20 Palm Sunday Wash your clothes in cold water. Modern soaps do not need hot water to be effective.	21 Power down your computer at the end of the day. Screen savers do not save energy!	22 Every device that plugs in draws power even after it’s charged. Smart strips can help!	23 Change your furnace filter every 3 months to ensure that your furnace runs efficiently.	24 Maundy Thursday Turn off your ignition when waiting more than 10 seconds to protect air quality.	25 Good Friday Try buying nothing today. Repurpose, borrow, or simply go without.	26 Holy Saturday Make your own cleaning products with non-toxic ingredients like vinegar and essential oils.
27 Easter As you reflect on the Resurrection, continue to celebrate and steward God’s creation!	28 Bonus: Recalculate your carbon footprint. Did it shrink? Let us know!	29	30	31	1	2



Brought to you by Michigan IPL, with thanks to Washington IPL for many of the ideas contained in this calendar.

Franciscan Saints, Blesseds and Feasts

(Click on the name to go to a Web link.)

FEBRUARY

15 [Transfer of the Body of St. Anthony of Padua](#)

16 [Bl. Veridiana](#), Virgin, Third Order Secular, d. 1242

17 [Bl. Luke Belludi](#), Priest, First Order, d. 1286

18 [St. Bernadette Soubirous](#), Virgin, cordbearer, d. 1879 Plenary Indulgence possible for Cordbearers only

19 [St. Conrad de Plaisance](#), Confessor, Third Order Secular, d. 1351

20 [Bl. Peter of Treja](#), Priest, First Order, d. 1304

22 [Feast of the Chair of St. Peter](#)

23 [Bl. Isabelle of France](#), Virgin, Second Order, d. 1270

25 [Bl. Sebastian of Aparicio](#), lay brother, First Order, d. 1600

26 [Bl. Antonia of Florence](#), Virgin, Third Order Secular, d. 1533

27 [Bl. Louise Albertoni](#), Virgin, Third Order Secular, d. 1533

28 Bl. Jeremie de Valachie, lay brother, First Order, d. 1625

MARCH

1 [Bl. Jean Kearney](#), Priest, martyr, First Order, 1653

2 [St. Agnes of Prague](#), virgin, Second Order, d. 1281

3 [Bl. Innocent of Berzo](#), Priest, First Order, d. 1890

[Bls. Liberatus Weiss, Samuele Marzorati and Michele Pio Fasoli](#), priests and martyrs, First Order, d. 1716

5 [St. John-Joseph of the Cross](#), Priest, First Order, d. 1734

6 [St. Colette de Corbie](#), Virgin, Second Order, d. 1447

7 [Bl. Christopher of Milan](#), Priest, First Order, d. 1485

9 [St. Frances of Rome](#), was a tertiary before founding another religious Institute, d. 1440

10 [St. Catherine of Bologna](#), Virgin, Second Order; d. 1463

11 [Bl. John Baptist Righi of Fabriano](#), Priest, First Order, d. 1539

12 [Bl. Angela Salawa](#), virgin, Third Order Secular, d. 1922

[Bl. Louis Orione](#), Priest, Third Order Secular, d. 1940

13 [Bl. Agnellus of Pisa](#), Priest, First Order, d. 1236

15 [Bl. Louis of Casoria](#), Priest, First Order, d. 1885

16 [Bl. Torello of Poppi](#), Confessor, Third Order Secular, d. 1282

17 [Bl. Mark of Montegallo](#), Priest, First Order, d. 1496

18 [St. Salvator of Horta](#), religious, First Order, d. 1567

20 [Bl. John of Parma](#), priest, First Order, d. 1289
[Bl. Hippolyte Galentini](#), Confessor, Third Order Secular, d. 1620

21 [Bl Amedee IX de Savoie](#), Confessor, Third Order Secular, d. 1472

22 [St. Benvenute of Osimo](#), priest, First Order, d. 1282

23 [Bl. Jeremy Lambertenghi](#), Priest, Third Order Secular, d. 1513

26 [Blessed Didacus Joseph of Cadiz](#), Priest, Capuchin, d. 1801

29 [Bl. Ludovico of Casoria](#), priest, founder, First Order, d. 1885

30 [St. Peter Regaldo](#), priest, First Order, d. 1486

31 [St. Leonard Murialdo](#), Priest, Third Order Secular, d. 1900

APRIL

2 [Bl. Elisabetta Vendramini](#), religious, Third Order, was a Secular Franciscan before founding another religious institute

[St. Francois de Paule](#), Priest, founder, Third Order, d. 1507

3 [St. Benedict the Moor](#), lay brother, First Order, d. 1589

4 Bl. Guillaume de Sicli, Confessor, Third Order Secular, d. 1404

6 [St. Crescentia Hoess](#), Virgin, Third Order Secular, d. 1744

[Bl. Angela Salawa](#), Virgin, Third Order Secular, d. 1922

- 7 **Bl. Mary Assunta**, Virgin, Third Order Secular, d. 1925
- 8 **Bl. Julian of St. Augustine**, lay brother, First Order, d. 1606
- 9 **Bl. Thomas of Tolentino and Companions**, Priest, First Order, martyr, 1321
- 11 **Bl. Angelo of Chiavasso**, Priest, First Order, d. 1495
- 12 Bl. Boniface Zukowski, Priest, First Order, martyr, 1942
- 14 Bl. Lidwyne de Schiedam, Virgin, Third Order Secular, d. 1433
- 15 **Bl. Gandolph of Binasco**, Priest, First Order, d. 1260
- 16 **St. Benedict Joseph Labre**, cord-bearer of St. Francis, d. 1783
- 17 Bl. Paul de Ste. Madeleine, Priest, First Order, martyr, 1643
- 18 **Bl. Andre Hibernon**, lay brother, First Order, d. 1734
- 19 **Bl. Conrad of Ascoli**, Priest, First Order, d. 1289
- 20 Bl. Anastase Pankewicz, Priest, First Order, martyr, d. 1942
- 21 **Bl. Francis of Fabriano**, Priest, First Order, d. 1322
St. Conrad de Parzham, lay brother, First Order, d. 1894
- 23 **Bl. Gilles of Assisi**, lay brother, First Order, d. 1262
- 24 **St. Fidelis of Sigmaringen**, Priest, First Order, martyr, 1622
- 25 **St. Pedro de San Jose Betancur**, religious, Third Order, founder, d. 1667
- 26 Bl. Pierre De Pethancourt, Priest, Third Order Secular, d. 1667
- 27 **St. Zita of Lucca**, Virgin, Third Order Secular, d. 1278
- 28 **Bl. Luchesius**, First Franciscan Third Order Secular, d. 1260 Plenary Indulgence for Franciscan Third Order Seculars (renewal of Tertiary Engagements)
- 30 **Bl. Benedict of Urbino**, Priest, First Order, d. 1625
St. Joseph Benedict Cottolengo, Priest, Third Order Secular, d. 1842

MAY

- 2 **St. Richard Pampuri**, Confessor, was a tertiary before founding or joining another religious Institute, d. 1930
- 3 Bl. Edouard-Joseph Rosas, Bishop, Third Order Secular, d. 1903
Bl. Arthur Bell, Henry Heath, John Woodcock, et al., priests, martyrs of England, First Order, d. 1646
- 4 **Bl. Ladislav de Gielniow**, Priest, First Order, d. 1505
- 5 Bl. Beinvenu Mareni, lay brother, First Order, d. 1289
- 6 **Bl. Anne-Rose Gattorno**, Virgin, Third Order Regular, d. 1900
Bl. Marie-Catherine Troijani, Virgin, Third Order Regular, d. 1897
- 7 **Bl. Agnellus of Pisa**, priest, First Order, d. 1236
- 8 **Bl. Jeremiah of Valacchia**, religious, First Order, d. 1625
St. Amato Ronconi, priest, Third Order Secular, d. 1304
- 9 Bl. Antoine Bajewski, Priest, First Order, martyr, 1941
- 11 St. Gemme de Sulmona, Virgin, Third Order Secular, d. 1439
Bl. Antonio of St. Anne Galvoa, priest, founder, First Order, d. 1822
St. Leopold Mandic, priest, First Order, d. 1942
St. Ignatius of Laconi, lay brother, First Order, d. 1781
- 13 **St. Michael Garicoits**, Priest, was a tertiary before founding another religious Institute, d. 1863
- 14 **St. Marie-Dominique Mazzarello**, Virgin, was a tertiary before founding another religious Institute, d. 1881
- 15 **St. Jean-Baptiste de la Salle**, Priest, was a tertiary before founding or joining another religious Institute, d. 1719
- 16 **St. Margaret of Cortona**, penitent, Third Order Secular, d. 1297, Plenary Indulgence possible (renewal of engagements of the Franciscan Third Order Secular)





Secular Franciscan Order XIX QUINQUENNIAL

“Reviving Our Spirit”

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

General Information Sheet

Date: Welcoming session begins on Thursday, June 30, late afternoon.

The Congress concludes with a closing Mass after dinner on July 3. Monday, July 4, is a travel day. No meals will be provided that day. Hotel restaurant hours will be posted on arrival.

Registration: Registration begins at 11:00 am Thursday, June 30. Registration fee includes meals beginning with dinner on Thursday evening, breakfast, lunch, and dinner on Friday, Saturday, and Sunday, and snacks at breaks, plus the cost of materials and other Quinquennial expenses.

Registration deadline: June 9, 2016 **No refunds after May 1st**

Registration form and check, made out to NAFRA, are to be mailed to:

Judy Haupt, OFS, 204 Abbey Glen Way, Hardeeville, SC 29927

Registration Rates Register By	Program and Meals	Single day meals (no room)
April 15, 2016	\$320	\$125
April 16 to May 31, 2016	\$370	\$125
June 1 to June 9, 2016	\$420	\$140

Rooms: Reservations for lodging must be made **prior to June 9** with the **Renaissance St. Louis Airport Hotel**, 9801 National Bridge Road, St. Louis, MO, 63134.

Mention date and NAFRA to get the special rate. Phone: 1-888-340-2594 or 1-314- 429-1100

You can also use the following link to make reservations .

[Book your group rate for NAFRA \(Includes Complimentary Self Parking and Basic High Speed Internet:\)](#)

Room Rate: \$89 per night **per room** plus taxes and fees for 1 to 4 people. Room charges must be paid upon arrival at the hotel. The rooms have 2 Queen Beds or 1 King Bed.

Note: In the event that a guest checks out prior to the guest’s reserved checkout date, an early departure fee of **\$75.00** will be charged to that guest’s individual account. To avoid this fee, please advise the hotel at or before check-in.

Transportation and other amenities: The Hotel provides free shuttles to and from the airport, free parking and high-speed Internet. See their website for a complete list: www.renaissancehotels.com/stlsa

Accessibility Needs: Limited number of rooms available. **Notify Hotel of needs when registering.**

τ Wheelchair access is **required:** Uses a wheelchair or scooter and needs roll-in shower.

τ Easy access is **requested:** Difficulty walking. Needs a room located near the elevator and/or walk-in shower.

Note: Special dietary needs and requests for a roommate must be noted on registration form.

Miscellaneous: Please consider bringing personal care items to be donated to the Franciscan St. Anthony’s Food Pantry in St. Louis. Some ideas are toothpaste, toothbrush, comb, soap, deodorant, shampoo, conditioner, body lotion, and so on.

Questions? Find us on: *web-* the2016q.org, *e-mail* the2016q@gmail.com, *Twitter* #the2016q



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 9** 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) _____

2016 Quinquennial Scholarship Fund

The fund provides full and partial scholarships to the 2016 Quinquennial for professed and/or candidates of a fraternity who would otherwise be unable to attend. The monies for these scholarships come from the Restricted Funds for National Events and Regional Needs Fund (originally set up from a bequest received in 2011). Up to \$10,000 has been approved by the NEC for this purpose. Request for assistance from this fund should be made to the National Treasurer, Jerry Rousseau, OFS. All requests must be made utilizing the Application form accompanying these instructions. Information will be kept confidential.

Ideally, the local fraternities or Regional fraternities should also provide assistance for their members to attend. That is one of the inherent purposes of the “Common Fund” that should exist in every local fraternity.

Applicants should present the form to their local minister/leader for verification that a true need exists and that no other source of revenue is available for use by the applicant. Please note: Scholarship funds can be used only for registration costs and not to defray travel or other expenses.

Once approval has been obtained, the applicant will submit the registration form either with a notation that a full scholarship has been awarded or that payment for the difference of registration costs minus the approved scholarship amount is enclosed; *e.g.*, the cost of registration \$320(a), minus approved scholarship amount of \$120(b), equals payment of \$200(c).
[a minus b = c]

Applicants must also have made hotel reservations and have a room confirmed (or have secured other accommodations).

No requests for scholarships will be accepted after the application deadline, **March 31, 2016.**

We pray that these funds will allow more of our brothers and sisters to attend the 2016 “Q” and serve as a blessing to all of us.

Peace and all good,

Your NEC and “Q” Committee Members

2016 Quinquennial – Scholarship Application

Date: _____

Name of Fraternity: _____

Name of Region: _____

Please return form to:
 Jerry Rousseau, OFS
 82 Kim Street
 Blairsville, GA 30512

Deadline: March 31, 2016 (Cost of Registration: Before April 15: \$320)

REQUEST FOR SCHOLARSHIP		
#	NAME OF FRATERNITY MEMBER AND REASON FOR REQUEST	AMOUNT
1		
2	Have you reserved a room at the hotel? YES _____ NO _____	
3	Region / Local Fraternity will contribute: \$	
4	<i>Minister/Leader's initials:</i>	
5	TOTAL AMOUNT OF SCHOLARSHIP REQUESTED	\$

Signature of Applicant: _____

Phone contact: _____

SEND NOTICE OF APPROVAL TO:

APPLICANT: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

FOR TREASURER USE ONLY:

APPROVED__ NOT APPROVED__

INITIALS:
DATE:
AMOUNT: