

# The Troubadour

St. Margaret of Cortona Region  
Our Lady Queen of the Angels Fraternity  
Lancaster, Pennsylvania

*"The rule and life of the Secular Franciscan Order is this: to observe the gospel of our Lord Jesus Christ by following the example of Saint Francis of Assisi, who made Christ the inspiration and the center of life with God and people. Christ, the gift of the Father's love, is the way to him, the truth into which the Holy Spirit leads us, and the life which he has come to give abundantly. Secular Franciscans should devote themselves especially to careful reading of the gospel, going from gospel to life and life to the gospel."*

— Rule #4, The Rule of the Secular Franciscan Order

## July-August 2018

### Upcoming Dates and Events:

**Sunday, July 22—Our Lady Queen of the Angels 28th Anniversary!**

**Tuesday, August 2, 6:30-7:30 p.m.—Council Meeting at St. Leo's, Room 2**

**Saturday, August 11, 9:30 a.m. Mass at Poor Clares, Langhorne, PA (Meet in St. Leo's parking lot at 7:20 a.m. to carpool and caravan)**

**Sunday, August 12—NO GATHERING** (since we are getting together on Saturday, August 11)

#### Council

Kelly Ann Lynch, Minister

Mary Anne Fanale, Vice Minister

Susan Rineer, Secretary

Larry Rineer, Treasurer

Beth Treier, Formation Director

Julie Rasp, Councilor

Lourdes Morton, Councilor

*Please send newsletter submissions to Kelly Ann Lynch at [lynchkellyann@aol.com](mailto:lynchkellyann@aol.com) or 129 Pennington Dr., Landisville, PA 17538.*

Dear Fellow Franciscans,

I just returned from two weeks away in Surfside Beach, SC where I spent each day welcoming the morning at God's magnificent ocean. I never tire of the endless and repetitive sound of the waves crashing against the shore, and I have always sensed the very real presence of Christ there. It is good to get away, to rest, to pray, to pause. I hope you enjoy my reflection on the power of pause (pages 3 and 7).

St. Francis gave us a beautiful example of this in his own time of solitude, retreat and prayer. If you missed the June gathering, you'll also find the formation instruction (page 5) and how Francis realized that "the real church to be rebuilt, however, was not the stone church but the temple of his soul." Also see more on formation (page 11).

On July 22, we celebrate the 28th anniversary of the Canonical Establishment of Our Lady Queen of the Angels Fraternity in Lancaster. We are so blessed to have a thriving fraternity with such longevity. Joe, professed 32 years this month, Jane and Len, professed 30 years, and George and Barbara, professed 28 years, were among those counted as the building blocks of our fraternity. How blessed are we to be able to celebrate these anniversaries this month? There's another special anniversary on July 16, the 790th anniversary of the canonization of St. Francis (page 6).

Inside you'll read about an opportunity for service on August 6 (page 4), a social outing for Mass to celebrate the Feast of St. Clare on August 11 (page 4), and a pilgrimage to Assisi in 2019 (page 10).

With a focus on the second joy of Mary, the Visitation (page 8), let us consider a visit to one of our current homebound members (Bob, Rosa, Audrey, Jeanette, Tony) or perhaps sending them a card. I pray you'll each find time to experience the power of pause this summer.

With Great Joy,  
Kelly Ann Lynch

## PRAYERS

Please pray for these brothers and sisters and their families:

- **Audrey** (recovering from a hip replacement)
- **Ric** (recovering from a total knee revision and other medical issues)
- **Bob** (battling a brain tumor)
- **Tony** (medical issues)
- **Theresa** (nerve pain)
- **Roberta** (beginning a new treatment)



## PRAYER INTENTIONS FROM THE POPE AND THE OFS

Please pray for these intentions in July.  
**From the Pope:** That priests, who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests.  
**From the OFS:** For the national fraternities of Rwanda and for the Pan-African Congress.  
 Our Father ...

Please pray for these intentions in August.  
**From the Pope:** That any far-reaching decisions of economists and politicians may protect the family as one of the treasures of humanity.  
**From the OFS:** For the national fraternities of Paraguay (VFP), Ireland, Brazil and the European Congress.  
 Our Father ...

## BIRTHDAYS & ANNIVERSARIES

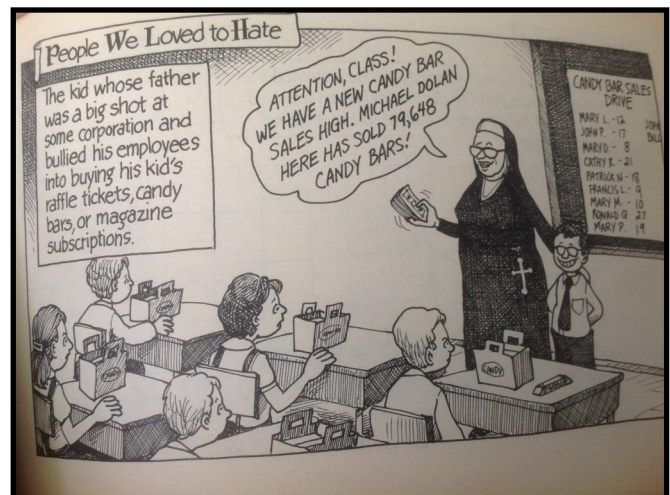
Wish them a Happy Birthday!

- July 22—Joe Dougherty
- August 7—Len Bernas
- August 12—Mary Anne Fanale
- August 16—George Garbrick and Ric Johnson
- August 24—Sue Rineer
- August 28—Ginny Heise



Wish them a Happy OFS Anniversary!

- July 22—George Garbrick (28 years) and Barbara Bernas (28 years)
- July 24—Jane Oberle (30 years) and Len Bernas (30 years)
- July 27—Joe Dougherty (32 years)



“Prayer changes us because it is that deep dialogue with God who is the source of our lives. To pray is to be at home with oneself in the presence of God. It is taking hold of one’s life with its flaws, weaknesses, and dreams, and sharing these with God.” (from page 8 of our formation book, *Compassion, Living in the Spirit of St. Francis*)

## The Power of Pause

Festina Lente. Those words are still hand printed on a small, square white piece of paper that hangs in my tea cabinet. They were written over a decade ago by Father William Sullivan, the former pastor of Saint Leo the Great Church in Lancaster. It was his advice to me - Festina Lente, Latin for Hasten Slowly. I received similar advice from my parents over the years. "Don't react," they'd say, "take a deep breath. Sleep on it if you can." It was all such wise advice that somehow took years to learn.

Even now as I write this sitting here on the beach, looking out at the ocean in Surfside Beach, SC, a couple has chosen to place their umbrella and chairs less than three feet away from us. A whole beach of empty sand, and they chose here to sit. I become so easily frustrated and irritated. "I'm not moving," I tell my children. "We were here first." I realize that I sound like a child. Where is my Christianity? Where is my Franciscanism? Where is Jesus? And why would I let this bother me so much? I begin to question my spirituality. Don't react, I say to myself. Take a deep breath. Pray. Let it go. Hasten slowly - or not at all. Pause.

Pause. Yes, pause... Somebody, hit the pause button! Quickly!

I look up and down the beach. I see men on boogie boards riding foam topped waves with their children, women chasing their toddlers



fearlessly running in the sand, children frolicking in the ocean's surf. I see men fishing, sipping beer from cans covered not-so-discreetly in koozies. I see elderly men and women under beach umbrellas, safely protected from the sun's blinding and penetrating rays. What a beautiful day it is on the beach today. I marvel at how hand held electronics have been temporarily replaced with Frisbees and balls that are being tossed above us in the warm breeze coming from the ocean. Books - real books with words on

paper, bound together into stories - are aplenty here. And scents of sunscreen and the salty air surround us. It's all part of the pause, and I realize this in my own pause as I sit here looking around at a blanket of umbrellas swaying over a beach I've been coming to for a quarter of a century. This is the great pause of summer.

My thoughts drift back now to the couple on the blanket directly beside us. I glance over at the woman and can almost see the words on the pages of the book she's reading. She's that close, I tell myself, so close that I can read the title of her book. Is that...? Yes, it's a Bible - a woman's study bible. I notice a change within me. I begin to soften. I have found Christ in the pages of her book and under the umbrellas on the beach that surround me. I have found Him in the gentle swooshing of the waves in their repetitive

*(continued on page 7, see **PAUSE**)*



**HELP  
MYCHAL'S  
MESSAGE  
PACK  
UNDERWEAR  
FOR THE  
HOMELESS!**

**Monday,  
August 6, 2018  
6:00-8:00 p.m.  
Sharon Hickey's Home  
3213 Randy Road  
Lancaster, PA**

In its 17th annual collection and distribution of new underwear and socks for the homeless, Mychal's Message has started to pack "Blessed Bloomers." Please join us in this annual endeavor. Coffee and cake will be served. For more information, call Sharon Hickey at (717)203-0746.



**PLEASE JOIN US!**

**Saturday,  
August 11, 2018**

**9:30 a.m. Mass at the  
Franciscan Monastery  
of Saint Clare in  
Langhorne, PA**

**NOTE: This gathering will take the place  
of our August (12) gathering.**

For those wishing to carpool or caravan, please meet at St. Leo the Great Church parking lot by 7:20 a.m. for 7:30 a.m. departure.

After Mass, we will have a chance to speak with the sisters (currently 11 in residence there).

A tentative lunch reservation has been made at Florentino's Italian Restaurant in Newtown, PA for 11:00 a.m. Please visit [www.florentinosrestaurant.com](http://www.florentinosrestaurant.com) to see the menu. Note that the restaurant is BYOB, so if you'd like a glass of wine with your lunch, please bring a bottle with you.

More info via e-mail.

For GPS, use: 1317  
Dogwood Street,  
Langhorne (Poor  
Clares); 18 South State  
Street, Newtown  
(Florentino's)



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## ONGOING FORMATION

### Compassion

### Living in the Spirit of St. Francis

At our June gathering, Formation Director Beth Treier, OFS presented Chapter 1, “The Marketplace of Exchange,” to our fraternity. In case you were not able to be at that gathering, below you will find Beth’s formation instruction.

# COMPASSION

Francis’ soul was in need of healing, and he began to look for his soul amid the ruins of churches. The real church to be rebuilt, however, was not the stone church but the temple of his soul. Francis understood that without a living soul, there is be no house to worship God. And so, a new direction for his life was set—he lay wounded in a soldier’s hospital; he experienced the nearness of death; he began to wonder about the direction of his life.

*Question: When in our own lives have we experienced a loss or an illness and when we are confronted with such an experience... did we choose to see this as an interruption to our comfortable lives OR as an invitation to go deeper into our relationship with God?*

In a sense, this is what happened to Francis... Francis left Assisi not only to pray but to enter a deeper space of relatedness which he experienced within his soul. His illness helped him realize the value of the human person. Prayer helped him realize the value of his own life in God.

*Question: How has prayer changed your life? Are you at home in the presence of God? Have you taken hold of your life with its flaws, weaknesses and dreams and shared these with God?*

Francis would direct all his attention and affection toward the one thing he asked of the Lord... not so much praying as becoming totally prayer. To become living prayer is to enter a new place of refuge in God, a place of union in love. To enter the heart of God is to enter into a new space and a new relatedness to the world. Time takes on a new dimension because life in God is infinite. Prayer is becoming conscious of our inner self as the self that belongs to God. As prayer gives birth to the new inner self, the soul expands in love.

*(continued on page 9, see ONGOING FORMATION—COMPASSION)*



## FROM OUR OFS FRATERNITY ARCHIVES

### “SO HOLY, SO PASSIONATE, SO BRILLIANT”

*submitted by Ken Giovanelli, OFS  
July-August 2008 issue of The Troubadour*

In most issues of *The Troubadour*, I search for a Franciscan saint—often from the Third Order—whose feast day is celebrated during the months of the current edition. As I looked through July and August, I discovered a special day that I might not have noticed before: the canonization in Assisi of St. Francis by Pope Gregory IX on July 16, 1228.

Francis was canonized *less than two years* after he died. This fact alone attests to his remarkable influence in the world and in the Church that commonly confers sainthood decades and centuries after the death of a holy individual. And, it was not just Francis’ “popularity” that led to such a swift canonization. As we know, three miracles are required to “confirm” sainthood, a process that often takes much time and verification. But, in Francis’ case, there were, in the words of the papal declaration, “many brilliant miracles” attributed to his intercession in the brief 20 months following his death—all confirmed by written eyewitness accounts, interviews, and a full Vatican consistory.

[In] the entire papal bull of Francis’ canonization by Pope Gregory IX, it’s fascinating to see how Francis was described by the Church of his day before centuries of time, thought and commentary inevitably began to dim the “freshness” and “immediacy” of his sacred and singular life. For me, the papal bull is like reading an eyewitness newspaper account. If we can read past the ornate style and somewhat obscure biblical imagery, we begin to get a feeling of just how brightly and deeply Francis amazed his contemporaries. Pope Gregory refers to the “wondrous event of his glorious life,” and also writes, “Plainly a life such as his, so holy, so passionate, so brilliant, was enough to win him a place in the Church Triumphant.”

And, isn’t this why we find ourselves drawn to Francis? Isn’t it because we sense something “so holy, so passionate, so brilliant” deep within our own heart, and that in following Francis, following his way to Christ, we are following our own heart as well? **T**



**PAUSE** (continued from page 3)

pounding on the sand at the ocean's edge. I have somehow rediscovered my Christianity and Franciscanism that seemed to so quickly vanish with the simple, perhaps innocent, placement of a blanket placed so close beside me on the beach. All in the pause. Oh, the powerful gentleness of pause. It's like the ocean itself, I realize, whose powerful thunderous waves crash upon the shore and slowly drift back to sea as they are met with the unseen, gentle pull of the tide.

Was it the magnificence of the ocean that always brings me close to Christ? Was it the Bible, that visible and tangible sign from God in the hands of the woman beside me? Was it the wisdom of words spoken

so many times by my parents that echoed in my head or that my heart and mind had found that peaceful balance that is at the core of my spirituality? Or was it simply the powerful gentleness of pause?

In his book, *7 Keys to Spiritual Wellness*, author Joe Paprocki writes, "I have learned the value of having a pause button. Most times it's better to stop and think before taking action."

"Spirituality is not mindlessness," Paprocki writes. "It is the synergy of heart and mind working together. We are taught to love God with our whole heart, soul, *mind*, and strength. We do not leave our minds at the door when it comes to spirituality."

In Paprocki's definition of spirituality, "the synergy of heart and mind working together,"

*"Spirituality is not mindlessness. It is the synergy of heart and mind working together."*

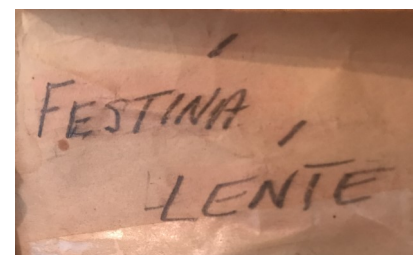
*-Joe Paprocki*

we can earnestly search for and discover that beautiful place where emotion meets wisdom, where we are called, as St. Francis said, to "preach the gospel every day" in our actions, our responses, in the way we live out our lives as Franciscans. We are called to heed the example of Francis himself who knew the power of pause.

In her book, *St. Francis of Assisi*, author Gianmaria Polidoro reminds us of Francis' retreat to Fontecolombo in 1223 to pray. "It was his practice to spend hours in prayer before making decisions." It was during this time that Francis was preparing a rule of life for the friars to be submitted to the Pope. He returned to the friars with this Rule, and after their input and edits, it was submitted

and approved by Pope Honorius III (November, 1223). "The joy of this event," Polidoro writes, "drove Francis once again to his retreat. This time he went to Greccio." And, it was during that solitary time that Francis was inspired to create the first crèche—a live nativity, a reenactment of the night Christ was born, the first of its kind.

The powerful gentleness of pause—the place where we encounter Christ and listen for His voice as He offers us His peace and the synergy of heart and mind working together. It is as simply put as the words of Fr. Sullivan all those years ago—*Festina Lente. Hasten Slowly.*



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## PRAYING THE FRANCISCAN CROWN ROSARY

*(second in a 7 part series)*

As Franciscans, we pray the Crown Rosary to honor the joys of Our Blessed Mother Mary. In *The Franciscan Crown, The Joyful Mysteries in the lives of the Virgin Mary and Saint Francis of Assisi*, by Robert Melnick, OFM Conv. and Joseph Wood, OFM Conv., the authors share stories from the life of St. Francis and relate them to Our Lady. In another book, *Praying the Franciscan Crown Rosary*, by Victoria L. Spalding, OFS, the author gives beautiful meditations on each mystery including special words that could be shared by Our Lady (“Mary Speaks”). And in a third book (purchased in Assisi) entitled *The Franciscan Rosary* published by Edizioni Porziumcola, its author relates the words of St. Francis to each mystery.

### The Second Joy of Mary—The Visitation

In the little book from Assisi, the author uses these beautiful words of St. Francis when introducing the first (not the second) joy of Mary: “I salute you, Holy Lady. I salute you, His palace. I salute you, His tent. I salute you, His house. I salute His clothing. I salute you, His handmaid. I salute you, His Mother.” What a beautiful image that this author has presented to us—Our Blessed Mother as the palace of

Christ, the baby who dwelled within her.

In her book, author Victoria Spalding challenges her readers to strive “to be filled with the Holy Spirit, so we can imitate Elizabeth’s greeting to Mary each time we receive Holy Communion, therefore saying: ‘How is it that my Lord and Savior should come to me?’”

Spalding shares how she receives Jesus in her daily reception of the Eucharist, asking Our Lady to “prepare my heart and hands to resemble hers so that I may welcome Jesus.” During Advent, she asks Our Lady to make her hands “like a cradle to receive him gently;” in Lent, “as she received him when he was taken down from the cross; and during the remainder of the Liturgical Season, “to make my hands become a throne to receive Jesus as my Lord and King.”

Recently, during his homily at St. Michael’s Catholic Church in Surfside Beach, SC, pastor Fr. Fitzgerald said that each of us is a “living tabernacle of Christ” after receiving the Eucharist at Mass. This is yet another beautiful image for us—as we strive to imitate Mary and her faithfulness to God.



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## ONGOING FORMATION—COMPASSION

*(continued from page 5)*

*Question: Are we recognizing ourselves better in God than in ourselves? Can we see that the “self” created by God is known best by God? Are we becoming the person God created us to be?*

Francis trusted the voice of God. He trusted the Spirit of love that embraced him deep within. He trusted enough to let go of the comfortable life he enjoyed in Assisi to enter into the unknown love of the God of the universe. The eyes of Francis were opened to see the leper’s goodness. This is no ordinary leper... it is Christ. Conversion involves a movement from non-recognition to recognition, we are invited to see the hidden presence of God.

*Question: When have we been invited to see the hidden presence of God? Reflect on the persons you reject. Pray for them. What are some ways you can return to them?*



## FRANCISCAN SAINTS, THEIR FEAST DAYS

### AND OTHER SPECIAL DATES

**July 12—Sts. Louis and Zelig Martin** (parents of St. Teresa of Lisieux), Third Order Seculars, First Spouses Canonized Together

**July 16—Canonization of St. Francis**, Canonized July 16, 1228 by Pope Gregory IX (*see OFS Archives, page 6*)

**July 22—Canonical Establishment of Our Lady, Queen of the Angels Fraternity in Lancaster, PA (1990)**

**August 2—Feast of St. Mary of the Angels of the Portiuncula**

**August 11—St. Clare of Assisi**, Founder, Order of Poor Clares (July 16, 1194-August 11, 1253)

**August 14—St. Maximilian Kolbe**, OFM Conventual, Martyr (January 8, 1894-August 14, 1941)

**August 21—St. Pius X**, Pope, Third Order Secular (June 2, 1835-August 20, 1914)

**August 25—St. Louis IX**, King of France, Patron of the Third Order Secular (April 15, 1214-August 25, 1270)



## Join Tour Guide, Julie Rasp, OSF on a trip to Assisi, Rome and San Giovanni Rotondo!

Sep. 30—Oct. 10, 2019

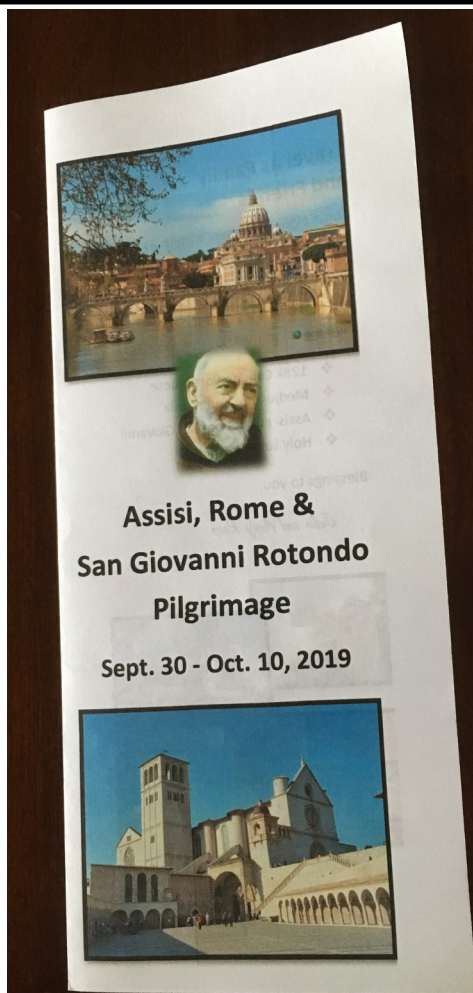
\$1,499 (land only)

### Included:

- ◆ Private 3 hour coach ride to Assisi
- ◆ Private 3 hour coach ride to San Giovanni Rotondo
- ◆ Private 3 hour coach ride to Rome
- ◆ 9 nights with breakfast
- ◆ 5 dinners (no dinners in Rome)
- ◆ All rooms are double occupancy (\$350 additional for a private room)
- ◆ OMNIA card for 3 consecutive days
- ◆ Papal audience if available

**Not Included:** lunch each day, dinner 4 nights in Rome, tips for drivers, travel insurance, optional tours, taxi to the Rome airport

**Airfare:** Each pilgrim books his/her own flights online. This allows you the choice to collect or redeem travel points, purchase travel insurance, fly home with the group or continue to another destination.



## Visit Assisi, San Giovanni Rotondo and Rome!

A private coach will transport you to the ancient town of Assisi where you will stay for four nights (bed, breakfast and dinner included). The visit will take place over the Transitus of Saint Francis, a very sacred annual Franciscan ceremony. Next, a private shuttle will take you southeast to the hill country of San Giovanni Rotondo where the incorrupt body of Saint Pio lay. On your way, you'll visit Lanciano, home of a Eucharistic Miracle.

The driver will also stop at the Basilica in Loreto, Italy to visit the holy house of Nazareth, another miraculous event in history. An overnight stay in San Giovanni Rotondo includes bed, breakfast and dinner. Finally, you'll travel west to Rome for four more nights (breakfast only). Each pilgrim receives an OMNIA card that allows you free entry to most attractions and includes hop on/hop off bus transportation throughout the city for 3 days. If the Pope is in Rome, you'll see him during his Papal audience.

**Contact Julie Rasp for more information:**

[rasp1833@comcast.net](mailto:rasp1833@comcast.net)

(717) 940-2272

## ONGOING FORMATION

At our July gathering, we began chapter 2, "The Wilderness of the Heart." Below you will find some of Formation Director Beth Treier's instruction notes from that gathering.

The heart is the sacred inner space where divine and human tightly bond in a still point of utter silence.

- ♦ Francis prayed for "inner light of his heart."
- ♦ Francis sought to be at home with God in weak, fragile humanity, and the way to know this hidden God is through the heart.
- ♦ For too long we have made God an object of our desire, hope, frustration and anger.
- ♦ God is not an object outside of ourselves onto which we can project what is "within" ourselves.

*Most High  
Glorious God  
Enlighten the darkness of my heart  
And give me  
True faith, certain hope,  
And perfect charity,  
Sense and knowledge,  
Lord,  
That I may carry out  
Your holy and true command.*

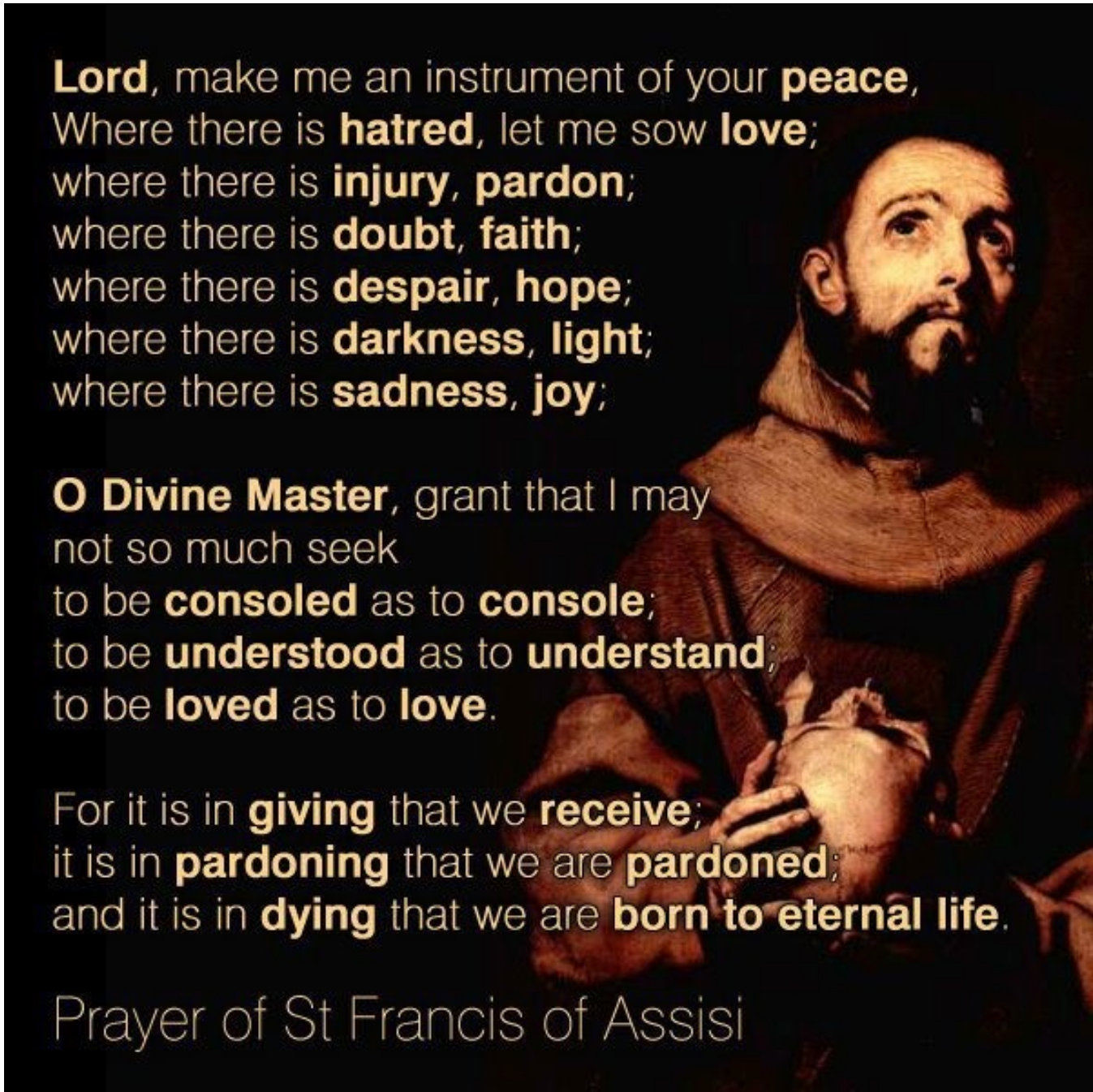
- ♦ Rather God is within "us," our deepest self.
- ♦ Francis realized that he could not know truth until he could see clearly the light of truth ... true vision is possible with the eyes of the heart.
- ♦ The heart is a "wild" place!
- ♦ Because it is filled with the deepest truth of who we are ...
- ♦ And thus the little secrets of our lives.

## REFLECTION

- ♦ *Am I constantly trying to control my heart so that my secrets will not be revealed?*
- ♦ *Is "my" vision of truth blurred?*
- ♦ *How do I deal with unruly nature? Do I try to control the wildness by force and manipulation?*
- ♦ *Do I fear rebellion of the wild as if the "unknown" may rise up and conquer me by surprise?*

Wildness is the most apt description of reality ... God is wild love.





**Lord**, make me an instrument of your **peace**,  
Where there is **hatred**, let me sow **love**;  
where there is **injury**, **pardon**;  
where there is **doubt**, **faith**;  
where there is **despair**, **hope**;  
where there is **darkness**, **light**;  
where there is **sadness**, **joy**;

**O Divine Master**, grant that I may  
not so much seek  
to be **consoled** as to **console**;  
to be **understood** as to **understand**;  
to be **loved** as to **love**.

For it is in **giving** that we **receive**;  
it is in **pardoning** that we are **pardoned**;  
and it is in **dying** that we are **born to eternal life**.

Prayer of St Francis of Assisi

**Our Lady Queen of the Angels Secular Franciscan Fraternity**

Lancaster, PA

established July 22, 1990

For information, contact Kelly Ann Lynch, Minister

(717)-538-6061 or [lynchkellyann@aol.com](mailto:lynchkellyann@aol.com)