

# The Porter

St. Conrad Fraternity, Annapolis, MD  
Secular Franciscan Order – August 2023  
<http://stconradannapolis.sfousa.org/>

The Porter deadline for next issue is September 1st. Please send news, events, prayer requests, poems, or any interesting items that you think other members may enjoy to: Joan Faltot, 8217 Grainfield Rd, Severn, MD 21144, or send by email to [jd6bouv@verizon.net](mailto:jd6bouv@verizon.net).



## Fraternity Gathering

**Saturday, August 19, 2023**  
**Gather in the Parish Office (old Convent) following Mass at 8:30 AM**  
**St. John the Evangelist**  
**689 Ritchie Highway, Severna Park, Md. 21146**

## Refreshments



Bowie/Crofton/Severna Park *Please remember to bring your coffee cup.*  
Glen Burnie/Pasadena will be next.

## Liturgy

Glen Burnie/Pasadena. Liturgy of the Hours: Saturday, 19th in Ordinary Time  
Psalm – week 3

## Program

Discussion: *When Saint Francis Saved the Church*. Chapter 6 – By Developing a New Spirituality

## Prayer Requests



**For the soul of John Cobis and comfort for his family** – “Model for Secular Franciscans” per Ron Van Nest, Minister of Pope St. John Paul XXIII Fraternity. Read about his extraordinary life at <https://kalasfuneralhomes.com/obituaries/S.John-Cobis,Jr.-9731>.

John was professed in 2005. In 2016, he transferred to St. Conrad’s Fraternity from St. Mary of the Angels fraternity in Vermont. He was active in promoting the start of the Pope St. John XXIII Fraternity and transferred to that fraternity when it was established in October 2019. A Franciscan Wake Service was held for him; the first that many of us had attended.

**For physical and spiritual healing of:** Michael Huether, Regional Vice Minister - Hip Replacement scheduled for Aug 2 was postponed due to pneumonia.  
Evelyn Jones’ son Jimmy, Audrey Bushée, Lita Milan, Bill Chitty, Jerry Mianté, Kathleen Sievers, Judge Dodge, Carole Marsh’s sister, Harry Thompson, Jeanne Wilbourne, Ed Wilbourne (rehabilitation), Jackie Chaplin (sister of Kathleen Sievers), Joan Kvetkas, Gertrude Shelton (Marie’s mom), Ed Sievers (Kathleen’s husband), Evelyn Jones, Tessie Chitty, Kellie Eye (granddaughter of Susan Greif), Bill Mulqueen, Evelyn Jones’ niece, Jimmy Wilbourne, Gerard Malka (brother of Genny Wilbourne), Carolyn Malka (sister-in-law of Genny Wilbourne) *(Please help update this list by sending changes/additions/deletions to [jd6bouv@verizon.net](mailto:jd6bouv@verizon.net))*

## Birthdays

Bob Ranke – 8/22      Denise Mianté – 9/3      Christopher Grubach – 9/15

## Profession Anniversaries

Bob & Sarah Ranke – 09/11/1986

<b>Council Meeting</b>	Friday, September 1st at 7:00pm via Zoom
<b>Upcoming Events</b>	October 13-16, 2023. <b>Franciscan Justice Leadership Conference: Preserving God's Planet Together</b> in Washington, D.C. hosted by the Franciscan Action Network (FAN). Details are still being developed but Registration is open and spaces are limited. There will also be an option to view portions virtually starting October 14 <sup>th</sup> . For more information: <a href="https://franciscanactionnetwork.salsalabs.org/OctFJCConference/index.html">https://franciscanactionnetwork.salsalabs.org/OctFJCConference/index.html</a>

Michelle Dunn (minister of Holy Sepulchre) is now the Director of FAN so please keep her in your prayers as she works on the above Conference.



## Minister's Minute:

Dear Brothers and Sisters, Monday August 14<sup>th</sup> is the Feast of St. Maximilian Kolbe and is being celebrated with a Tridium of Masses at St. Anthony's Shrine in Ellicott City. He founded the Militia Immaculata, is known for laying down his life for a fellow prisoner at Auschwitz, and for his devotion to the Blessed Mother. The following is a Kolbean Prayer to Mary, Mother of the Church:

*Mary, Mother of the Church, I come before you in the spirit of St. Maximilian Kolbe, who consecrated his Franciscan life and work to you without reserve. You accepted Maximilian's self-offering; accept me. You led Maximilian to Christ, lead me. You formed Maximilian into a mirror of Christ, form me. Your union with Maximilian provided a backdrop for his works of evangelization and heroic acts of charity. Please grant through the intercession of St. Maximilian, that I might fully collaborate with you and the Holy Spirit as an instrument for the upbuilding of Christ's Church. Amen.*

When Pat and I were in Hawaii celebrating our 50<sup>th</sup> Anniversary we visited three islands. One was Molokai where Father Damien and Mother Marianne Cope, a Sister of St. Francis of the Neumann Communities served the lepers. That same order of Sisters still serve the lepers there and we were able to learn from them about that ministry and visit where they served. I wonder how they have been affected by the fires, etc., because we also visited a school and parish of St. Marianne Cope's on Maui and on Oahu there was one lone Sister at the time who had helpers to serve the homeless who live in tents along the coast there. Please join us in asking those Saints along with St. Francis to pray for all who have tragically lost life and homes to the fires.

Joe McHugh will get us started on our Book discussion of Chapter 6 on Spirituality. Some of us hope to share with you about the Regional Retreat and our August 11 visit with the Poor Clares at Carroll Manor (Sr. Seana Marie and Sr. Inez; an article on St. Clare by Sr. Inez is attached to the email). The Nuns assure us of their continued prayers for our fraternity. I know we have been going to see them for St. Clare's Feast at least since Fr. Pavlik was our Spiritual Assistant (His birthday celebrated with Bob Ranke in August also at their Convent along with Benediction and Adoration)!

PEACE, LOVE AND JOY, Judith

PS: Bishop Neumann (same as of St. John Neumann Church in Annapolis) joined together small communities of Sisters of St. Francis into one group to form the Sisters of St. Francis of the Neumann Communities. We met a few of them also on our Prague pilgrimage with Sr. Inez just before they went to Rome for Mother Marianne Cope's Canonization.

## ***Opportunity to Evangelize***

As a way to evangelize, we would like to begin parish visits. This could be done on a Hospitality Sunday at your parish. We would be available to speak with fellow parishioners and hand out information about Secular Franciscans. If this couldn't be done at your parish but you would still like to make the Secular Franciscan presence known, we could come together for a weekend Mass and sit together as a family. If you would be interested in this opportunity to evangelize, please contact me or any council member.

Mary Anne Novak ✨ [manovak618@gmail.com](mailto:manovak618@gmail.com) ✨ 586-202-7163

## **OUTREACH OPPORTUNITIES – Denise Miente**

**Phoenix Backpacks:** Program will resume in October. Contributions made to “Phoenix” during the summer will accumulated and tracked by the Joe and dispensed when the program continues in the upcoming school year.

**Light House Shelter Lunches:** Made 50 sandwiches on Thursday, July 27th. Next scheduled sandwich-making is on Thursday, August 24th, at 9:45 at Catherine’s home

**Shelter Bus Passes:** Next batch due to be purchased in September.

## **FROM OUR FRANISCAN FAMILY APOSTOLATE IN INDIA**

June 2023

Dear loving friends,

I hope this letter finds you well. I wanted to take a moment to reach out and wish you well. May God bless you and your loved ones with good health, happiness and prosperity.

My younger daughter got a small job. My elder daughter is going on with her studies. I couldn't go for any work due to the back pain. We received your timely aid and thank you very much for the same. That money is spent for medicines and our daily needs.

Your willingness to help me out means so much to me, and I feel truly blessed to have you as a friend. Your selflessness and compassion are qualities that I truly admire. Once again thanking you and assuring our prayers.

With much love and prayers, Rejani & family

## TREASURER'S REPORT – JOE MCHUGH

Thank you for your continuing generosity !!!

June Balance		\$3,661.95
FFA Stipend	(\$100)	\$3,561.95
SA Stipend	(\$100)	\$3,461.95
Denise (Phoenix)	(\$280)	\$3,181.95
Denise (Tokens)	(\$195)	\$2,986.95
Region (retreat)	(\$275)	\$2,711.95
July Deposit	\$1,235.00	\$3,946.95

*Fraternity contributions can be mailed to:*  
*Joe McHugh*  
*1740 Tedbury St*  
*Crofton, MD 21114*

*Remember, when making your donation to the fraternity, use the memo line of your check to designate where you wish your contribution to be directed. There are three possible designations:*

**COM** - Common Fund (includes Sabu family)

**BUS** - bus tokens for the Light House shelter clients

**Phoenix** – Phoenix Academy 'backpack' food

## LITTLE PORTION FARM -- <https://www.littleportionfarm.org/>

Little Portion Farm is a ministry of the Franciscan Friars Conventual in Ellicott City focused on providing fresh food to those in need while using sustainable farming methods to restore the health of our land. The 3-acre farm functions as an “agro-ecosystem,” with a diversity of plants and habitats to support the life of this “little portion” of creation. As the food harvested from the farm is donated to the Franciscan Center in Baltimore, the overarching mission of this ministry is, using the words of Pope Francis, to “hear both the cry of the earth and the cry of the poor.”

In addition to common annual vegetable crops, sections of the farm are dedicated to native flowering plants, in an effort to provide habitat for pollinators and other beneficial insects to reduce pest pressures. The farm also includes a perennial section where we have planted asparagus, strawberries, Jerusalem artichokes, and also berry canes/bushes and fruit trees. Our goal is not only to diversify the farm ecosystem, but also to be able to provide a wide range of healthy fruits and vegetables to those in need.

The farm is also meant to serve as a place of gathering, service, reflection, and education for the local community, cultivating a deeper appreciation of the beauty of the natural world and its interconnectedness, and realizing the Catholic call to serve the most vulnerable and protect creation. We welcome groups or individuals to come serve, learn, and reflect on our farm!

### Volunteers


There are a variety of tasks that volunteers may engage in, including planting, weeding, harvesting, washing, packing, and delivering food. In general, you do not need extensive farming or gardening knowledge to be helpful! Come serve and enjoy the outdoors, learn about sustainable farming, and help us carry out our mission to care for the poor and protect creation!

Most farm work days occur on weekdays – either mornings (8:30am – 11:30am) or afternoons (12:30pm – 3:30pm) depending on weather and other factors. Occasionally, depending on the workload of the farm, there are weekend volunteer opportunities on Saturday mornings. To volunteer, complete the form at <https://www.littleportionfarm.org/volunteer/>

## FROM MJ PARKER'S LITTLE FRIENDS FOR PEACE


### The Path to Peace

*Peace is living in harmony with oneself, the earth, and other beings. One's inner peace will help bring peace to the world.*



**Practices to help you stay on the Path:**

- Develop routines that keep you feeling balanced
- Read a peace quote a day from a peacemaker
- Take time in nature
- Listen to your thoughts and practice mindfulness
- Keep a journal
- Stop and Think before you React or Act
- Communicate often to build relationships
- Trust that it will all work out

 Little FRIENDS For PEACE **Peace Tool Card**  
A Path to Peace

For more, visit [www.lffp.org](http://www.lffp.org).

### Inner Peace Quotes

Try using a quote as the focal point for your day or week. Be sure to read each with intention, actually thinking about the words as you say them.


*"The life of inner peace, being harmonious and without stress, is the easiest type of existence."*  
-Norman Vincent Peale

*"World peace must develop from inner peace."*  
-Dalai Lama XIV

*"You'll never find peace of mind until you listen to your heart."*  
-George Michael

*"Peace is its own reward"*  
-Mahatma Gandhi

*"Do not let the behavior of others destroy your inner peace."*  
-Dalai Lama XIV

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## THE ODDITIES OF CREATION – Joan Faltot

*There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy* – Hamlet

The quote from Hamlet often comes to my mind when I learn of some of the amazing things that are being discovered in God's creation.

I remember the Deepwater Horizon oil rig that exploded and sank April 2010 resulting in the leaking of four million barrels of oil over an 87-day period. Soon after that I learned that there are bacteria that eat oil. In fact, marine bacteria in several families, including Marinobacter, Oceanospiralles, Pseudomonas, and Alkanivorax, can eat compounds from petroleum as part of their diet and there are at least seven species of bacteria that can survive solely on oil.

So, this past week, I learned some amazing things about worms. Though if I dreamt of these, it would be a nightmare. From two different sources via email, I learned about invasive worms that can upset the large areas of the US including our area. Both of these types of worms accidentally hitched a ride from Asia. By the way, our friendly earthworm was not indigenous to America but crossed over from Europe.)

First up, meet the Bipalium or by its nickname, the **hammerhead worm**. It has been spreading through the U.S. since at least the early 1900s and this past month it has been spotted in Maryland. It's pretty. It has probably been moving up from the southern states... very slowly. It can grow over a foot long. They are slightly poisonous if touched with bare hands. They secrete a neurotoxin called tetrodotoxin, which is the same poison in pufferfish. If you happen to touch one of these worms, you will probably only get a tingle or a numb feeling

for a short time. They need moisture to survive so they would be found under rocks and logs and decaying leaves. They eat earthworms, slugs, and snails by paralyzing their prey with the neurotoxin which is secreted from their skin. Fortunately, they don't eat plants so their impact on our ecosystem is limited. If you see one, do not try and kill it by cutting it in half—you will be left with 2 hammerheads. You can pour table salt on them and scoop them up with a shovel and put them out with household trash. They also reproduce via eggs.



Next up, the Asian Jumping Worm. It looks like an earthworm except it is grayer in color and the band is white or light color and goes all around its body and is flush with its body. The European nightcrawler's band reddish-brown, is raised above its body and does not wrap around its entire body.

The Asian Jumping worm only grows to 6 inches. Observations of them date back to the late 19<sup>th</sup> century. They are an "annual" species since they die with the first freeze; however, their eggs live on and hatch in the spring. They are much more aggressive than our European nightcrawler, they grow twice as fast, reproduce more quickly and are able to infest soils at high densities. They are a concern to our ecosystem. These worms devour organic matter more rapidly than other earthworms and can strip the forest of the layer of humus critical for seedlings and can severely damage the roots of plants in gardens, turf, and forests. Eliminating them is complex. Consult <https://warren.cce.cornell.edu/gardening-landscape/warren-county-master-gardener-articles/invasive-asian-jumping-earthworms> about different methods of eradicating them. Final fact: they move like a snake and very fast and may appear to be jumping.