

St Mary of The Angels Fraternity  
Secular Franciscan Order  
The Angelus  
August 20, 2023



**Minister: Michael Oliver**  
**Vice-Minister: John DiBenedetto**  
**Spiritual Assistant: Michael Huether    Formation Director: Carmencita Fiesta**  
**Secretary: Susan Jamison    Treasurer: Portia Fiesta**  
**Counselors: Sonia Bernardo, Tom McGrath, Michaele Sylla**  
**The Angelus this Month: Michael Oliver and Tom McGrath**

**The month of August is dedicated to the Immaculate Heart of Mary**





## Meeting Agenda

**Opening Prayers - Page 35 in the Ritual book**

### Business

**Upcoming Fraternity retreat in September—headcount!  
Formation update  
Essential Documents group order  
Directory Updates today!  
Susan's Fraternity Potluck—Sunday, August 27th at Noon  
16200 Edwards Ferry Road, Poolesville, MD 20837**

### Formation

**Review of our Fraternity's origins—presented by Sonia  
Reflection 28 "The Liturgy of the Hours" in Live like Francis—  
presented by Portia**

### Food and Fellowship

**Liturgy of the Hours Evening Prayer**

**Closing Prayers - Page 36 in the Ritual book**

Peace and Good to all!

It is hard to believe that I am preparing this message for the August Angelus. Time truly does fly! As with previous months, I opted to focus on the Catholic Church's theme for the month. August is dedicated to the Immaculate Heart of Mary.

I learned, from an article in Aletia, the reason why August became associated with the Immaculate Heart of Mary. It is because of **World War II** and the devotion of **Pope Pius XII** to **Our Lady of Fatima**.

Given the turmoil in the world in the 1940s and in 1942, Pope Pius XII responded to the requests of Our Lady of Fatima and consecrated the world to the Immaculate Heart of Mary on October 31, 1942.

August contains these Marian feasts —the Feast of St. Mary of the Angels on August 2, the Dedication of the Basilica of St. Mary Major (also remembering Our Lady of the Snows) on Aug. 5; the Assumption on Aug. 15; and the Queenship of Mary on Aug. 22.

So, how might we honor the Blessed Virgin this month? A good way is to make or renew our individual consecration to the Immaculate Heart of Mary. Here is what Pope Francis said during a ceremony at the Vatican in 2013:

“By our consecration we promise to become dependent on Mary in all things: to offer all our prayers and oblations to God through Mary, and to seek every gift from God through Mary. And we do this with the greatest confidence. Since she is our mother, she knows our needs better than we; and since she is Queen of Heaven, she has immediate access to the infinite treasury of graces in the Kingdom of her Divine Son.”



# SPIRITUAL ASSISTANT'S MESSAGE

August, 2023

Hello. My Franciscan companions!

Welcome to my third article in my series on Francis and the Beatitudes. Again, this article is based on the reference, "Brother Fire, Sister Earth" by Adela DiUbaldo Torchia. Today. We will talk about meekness and see how Francis used it to actualize his Order's potential to be children of God.

Other past versions or translations of this Beatitude have used "gentle" or "lowly" in place of "meek". Even though these three words have similar meanings, "gentle" and "lowly" have recently taken on negative connotations. Women of today now no longer see the term as a virtue of their gender. Minority groups and indigenous people find the terms offensive when they are announcing the need to preserve their unique cultural heritage. When one person or group is deemed meek by a more powerful or superior one, they are accused of injustice or victimization. The meekness advocated by Christ in this Beatitude is far from the meekness, gentleness, and lowliness we speak of here. Francis advocated this as well.

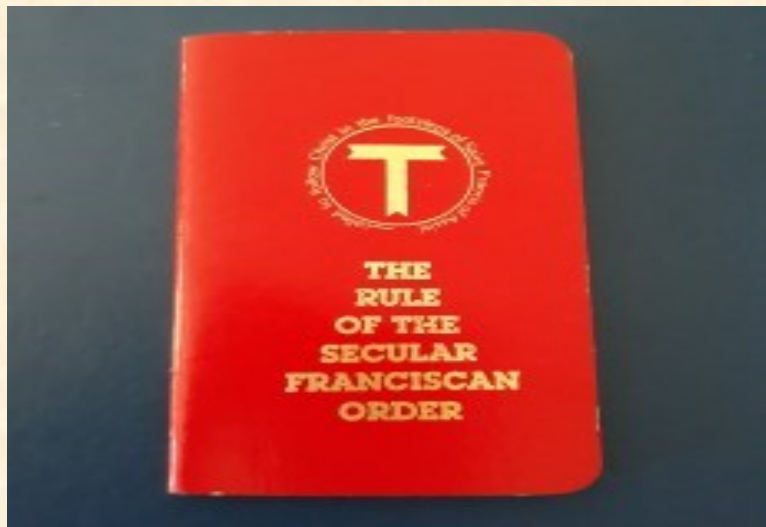
Franciscans take on the acronym, O.F.M to show that they have taken on and preserved the desires of their founder to the letter: the Order of Friars Minor. As we know, Francis wanted his group of friars to be lesser rather than greater and so he took on the name of minors. He wished to start an order which possessed as little as possible. Was Francis naïve or did he closely observe the life of the religious in the church of his time and discovered how easy it was to start of with great intentions in utilizing money and property in service to and in love of God and neighbor only to pad their own pockets and glorify their own status.

Francis took to heart what Jesus said about our being the salt of the earth and the light of the world and that being meek was not a way of being humble. It is a way of actualizing our potential as disciples of the Lord. "Let your light shine before others so that they may see your good works and give glory to your Father in heaven." (Matthew 5:14). Francis looked at being meek as seeking the glory of God rather than our own by using the talents and gifts God Himself has given us.

Next month, we shall talk about the next Beatitude which tells us what Francis did about those who hunger and thirst for righteousness.

May the Lord be with you!

Mike



## **Rule of the Secular Franciscan Order**

### **Chapter 1      Article 3**

The present rule, succeeding *Memoriale propositi* (1221) and the rules approved by the Supreme Pontiffs Nicholas IV and Leo XIII, adapts the Secular Franciscan Order to the needs and expectations of the Holy Church in the conditions of changing times. Its interpretation belongs to the Holy See and its application will be made by the General Constitutions and particular statutes.

***Questions to ponder***— How often do you read the Rule? How does the present rule help to adapt the OFS to the needs and expectations of the Holy Church during our turbulent times? Have you read the General Constitutions and Statutes?

***One answer***— We have the opportunity to read the Rule daily a couple of times a year if subscribed to Kathleen White's daily email: (tau-daily+subscribe@googlegroups.com). It should become a part of our daily or weekly prayers. The Rule keeps us grounded in the face of the secular culture of "me first" and accompanying dysfunctions. Another critical manual to own is "Essential Documents" as it contains the Rule, General Constitutions and Statutes. This should also be a regular part of our reading regime and close at hand as a guide.

***Note: we will be highlighting one article of the Rule each month***

**HAPPY BIRTHDAY!**  
**Tom McGrath August 12th**  
**Lilian Soriano August 12th**  
**Delia Sylla August 17th**

**No August Professions**

**07/01-07/31 2023**

<b>Beginning Balance</b>	<b>_____</b>	<b>\$3766.52</b>
<b>Contributions</b>	<b>_____</b>	<b>\$380.00</b>
<b>Expenses</b>	<b>_____</b>	<b>\$1247.91</b>
<b>Ending Balance</b>	<b>_____</b>	<b>\$2893.22</b>

**Expenses include Spiritual Assistant stipend, Fairshare check for 2022, postage and stamps Angelus and Profession cake**

**Our monthly Mass for our Living and Deceased Fraternity Members will be celebrated on August 20th, at Our Lady of Grace Church at 11 AM.**



**A friendly reminder**

**If health or a special family obligation hinders you from attending our gathering, please contact our Vice Minister, John Di Benedetto, and let him know.**

**301-873-7883**

# ***Apostolates Corner***

## **Prayer Ministry**

### Lead:

Genie Dutton

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### Members:

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Bette O'Connor

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Lilian Soriano

240-205-5995 liliansoriano@yahoo.com



Genie and any, or all, team members can be contacted by phone, text or email. If desired, your prayer requests will be shared with the entire Fraternity. Going forward, we will feature prayer requests in the Angelus.

In addition, your prayer needs can be shared in the daily Zoom prayer gathering at 3 p.m. Finally, feel free to submit names to the group each month for prayer support.

# ***JPIC Ministry***

## ***Dialogue. Don't Avoid.***

*By Greg Davis*

Rule 19 states, in part, “Mindful that they are bearers of peace which must be built up unceasingly, they should seek out ways of unity and fraternal **harmony through dialogue ...**”

We discussed this during the winter using the Franciscan Action Network’s (FAN) guidelines on Commitment to Civility in Discourse. This document outlined 7 mindful concepts when dialoging, namely:

- Facilitate easy conversation
- Respect another’s dignity
- Audit your own language
- Neutralize inflamed discussions
- Collaborate
- Identify common ground
- Support personal integrity

Barriers we encounter, which tend to inflame and divide conversations include defiance, denials, and distractions. Anyone one of these “interruptions” can challenge the calmness of the discussion and may require additional mindfulness by calling on the Holy Spirit to assist us.

Key among the gifts and fruits of the Holy Spirit we can call on are Patience, Gentleness, Self-Control, Kindness, Wisdom, Understanding, and Courage.

### **Avoidance undermines real dialogue.**

The FAN guidelines assume that dialogue actually occurs. Frequently it does not. Some people avoid any discussion by “running for the hills” to avoid discomfort in facing denials, defiance, or distraction, those pesky interruptions to our thoughts.

But this avoidance comes at a high price, according to Dr. Luanna Marques of Harvard Medical School, namely increased anxiety and depression, lower productivity, and discontent.<sup>1, 2</sup>

<sup>1</sup> For more, see her book **Bold Move** on amazon.com

<sup>2</sup> The Handbook for Animators of Justice, Peace and Integrity of Creation (JPIC) addresses Rule 19 mindfulness in great detail and will be the subject of this JPIC column from time to time.



## **Formation Update**

## ***Carmencita Fiesta***

Called by the Holy Spirit, Newcomers learn, integrate and be able to express the Franciscan Spirit in daily life.

The following aspirants attended the first formation class on Saturday July15, 2023.

Delphine Bilowa

Deborah Dubuque

Cheryl Goers

Bette O'Connor

Mark Pankowski

Marilyn Taylor

**Resource Book: The Franciscan Journey**

### **On-Going Formation**

Congratulations Newly Professed!

Ingrid Roberts

Aurea Roland

Mary Delia Sylla

We are called by the Holy Spirit to profess the Franciscan way of life . We model Franciscan life by implementing the OFS Rules given us by the church , keep relationships alive and be a community of love.

We pray that we may reach the goal of perfect Christian love by the grace of the Holy Spirit and through the intercession of the Blessed Virgin Mary and our Holy Father, St Francis.

**Resource Book: What It Takes to be an OFS Franciscan**

Peace and prayers,

### **Formation team**

Carmencita Fiesta—Formation Director

Tom McGrath

Portia Fiesta

Michaëlle Sylla

Michael Huether