



The Porter

St. Conrad Fraternity, Annapolis, MD
Secular Franciscan Order – February 2024
<http://stconradannapolis.sfousa.org/>

The Porter deadline for next issue is March 8th. 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.



Fraternity
Gathering

Saturday, February 17, 2024
Gather in the Parish Office (old Convent) following Mass at 8:30 AM
St. John the Evangelist
689 Ritchie Highway, Severna Park, Md. 21146
OUR MEETING WILL EXTEND TIL 1PM WITH SHARINGS FROM THE COUNCIL INCLUDING BROTHER CONNOR. THE COUNCIL WILL REMAIN TO DISCUSS VISION RESPONSES. PLEASE MAKE EVERY EFFORT TO ATTEND..

Remember: There is a men's group in the Parish Office prior to the 8:30 am Mass. Fraternity members should avoid entering the Parish Office until after the 8:30 am Mass.

Refreshments



Bowie-Crofton-Severna Park
Please remember to bring your coffee cup and appetite.
Glen Burnie/Pasedena will be next

Prayer

Annapolis-Eastern Shore LOH – Morning prayer for Saturday after Ash Wednesday.

Program

Our Fraternity's Vision for 2024 (see page 3 for details & homework)

Prayer Requests



For physical and spiritual healing of: Audrey Donnelly, Jeanne Wilbourne, Michael Huether, Evelyn Jones' son Jimmy, Audrey Bushée, Lita Milan, Bill Chitty, Jerry Miante, Kathleen Sievers, Jude Dodge, Carole Marsh's sister, Harry Thompson, Jackie Chaplin (sister of Kathleen Sievers), Gertrude Shelton (Marie's mom), Ed Sievers (Kathleen's husband), Evelyn Jones, Tessie Chitty, Kellie Eye (granddaughter of Susan Greif), Evelyn Jones' niece, Jimmy Wilbourne, Gerard Malka (brother of Genny Wilbourne), Carolyn Malka (sister-in-law of Genny Wilbourne)

Birthdays

Kathleen Sievers -- 2/10	Joan Faltot – 3/4
Mary Jo Johnson – 2/10	Harry Thompson – 3/5
Joan Kvetkas – 2/11	Dianne Beaven – 3/8
Linda Haney – 2/16	

Profession
Anniversaries

Kathleen Sievers – 3/6/ 1994

Council Meeting

Friday, March 1, at 7:00 pm via Zoom

<p>Upcoming Events</p>	<p>February 24, 2024. Day of Reflection for Inquirers. Franciscan Monastery in DC. Fr. Stephen King will present “Living a Penitential Life.” Cost has been reduced to \$30 and includes lunch. See Denise Miente if would like to attend.</p> <p>April 13, 2024. 45th Annual Social Ministry Convocation, 9:00am -3:00pm at Calvert Hall High School in Towson. MD. Theme: Call for Justice. https://cchdbaltimore.org/</p>
<p>Upcoming Events (cont’d)</p>	<p>April 17-21, 2024. Eucharistic Congress in Indianapolis. https://www.eucharisticcongress.org/</p> <p>September 6-8, 2024. 2024 Chapter of Mats. Claggett Center, 3035 Buckeystown Pike, Adamstown, MD 21710. REGISTRATION IS NOW OPEN.</p>



Minister’s Minute:

Dear Brothers and Sisters of Penance (Rule 7)

Here we are at the beginning of another Lent. What hopes and expectations do you have for your Lent? Did you know that St. Francis spent at least 4 LENTS; One from All Saints to Nativity, from Epiphany for 40 Days, Ash Wednesday to Easter and from the Assumption to the feast of St. Michael. May we ask his intercession for a holy and blessed Lent for our fraternity brothers and sisters. May it be a time of Conversion and a time of listening to God in the cave of our hearts, making sacrifices to love God and neighbor. Did you know Francis ate just one half of a loaf of bread when fasting during Lent on the island of Trasimeno, leaving the other half in humility? Let us listen to Him speak to us through Scripture as did Francis who heard Him speak again and again about the Passion.

Let us be people of hope and courage as our Holy Father encourages us in his Lenten message as we open ourselves to a new vision for our fraternity in 2024. What ideas do you have for our monthly meetings, for service in peace and justice, for outreach to our homebound, for Area groups activities/ etc etc. See Vision questions and please pray and reflect. How would you like to serve the fraternity? The Holy Father “invites every Christian community to do just this: to offer its members moments set aside to rethink their lifestyles, time to examine their presence in society and the contribution they make to its betterment.” Let us have those joyful faces and show them to ALL THE WORLD.

Peace and all good, Judith

PS See Pope Francis’ message for Lent at <https://www.ewtnvatican.com/articles/pope-francis-message-for-lent-2024-2144>

OUR FRATERNITY'S VISION FOR 2024

Our gathering on February 17th promises to be full of activities but the main focus will be on defining... brainstorming... ??? ... imagining... reflecting on what we as a fraternity wish to accomplish next year.

To help organize our thoughts we will answer the following four questions during the meeting:

1. What suggestions do you have for programs, speakers/books for our meetings?
2. How do you serve in your parish? How would you like to serve with your gifts in our fraternity?
3. What suggestions do you have for Area Group activities? i.e., skits, saints, testimonies? monthly breakfast foods?
4. What changes would you like to see in meeting time, prayer, apostolates, food, etc.?

However, don't feel yourself bound by these four questions. Write any ideas you have on the paper provided during the meeting.

So please spend some time praying on this prior to the meeting. Consider:

- Meditating on our Rule and identify which Franciscan values our Fraternity needs to improve upon and how we might put that into action.
- Reading the following article reprinted from the regional *Up-to-Now* Newsletter, 2023 August

NATIONAL SECULAR FRANCISCAN THEME: LISTEN, DISCERN AND GO FORTH

During a conference in early May, National JPIC Animator Carolyn Townes led discussions on the theme adopted by the National Council: **LISTEN, DISCERN AND GO FORTH**. Regional JPIC Animator Gil Donahue participated in this process. It is important to consider the themes, relate them to our mission as Secular Franciscans, and consider how we might be more intentional in carrying them out.

LISTEN

Secular Franciscans are meant to be bearers of peace and perfect joy and act as salt and light in our communities. We are New Testament Christians, and particularly called to live The Beatitudes, engage in good works and give glory to God. Listening is essential to this process.

We need to ask ourselves, and fraternity members, these particular questions:

- What am I/are we being called to be and do?
- How can I/we best carry out the Gospel message in the fraternity, and in my community?
- What is holding me/us back?

Within our local fraternities, we need to engage in quiet listening. Pre-conditions are: respect each other and be open to the views of others. Listening should be non-judgmental. Ideally, we should set aside our own agenda and the retort "we've always done it this way." This is an opportunity for new thinking.

DISCERN

Discernment is not a straightforward process. It involves listening and responding to the place within us where our deepest yearnings align with God's desires for us. We need to consider what our individual charism is and how best to use it. We should ask ourselves:

- Why did God call me to be a Franciscan?
- Is my fraternity fulfilling its mission?
- Am I as an individual, and are we as a fraternity, making an effort to live a Gospel life?
- What is holding me/us back?

GO FORTH

The going forth process is outwardly oriented. We are expected to carry our Gospel values into the wider community. We have access to people and places unknown to the clergy.

To start, we need to be open to new ideas. We can also show individual and group initiative. A fraternity member might say: "I'm going to do this; would anyone like to join me?" There are various social change roles; some individuals fit better with one than another:

1. **Helpers** - involving direct service, volunteering in charities
2. **Advocates** - working inside the system, attempting reforms, helping others navigate the system; social workers and attorneys
3. **Organizers** - planning, directing activities outside/alternative to the system
4. **Rebels** - speaking truth to power (i.e., being prophets); public protest and direct action

The discernment process should guide individual fraternity members to consider which one of these categories they most comfortably fit in. There is no "one size fits all." We should ask ourselves:

- Which roles am I/we are we most drawn to?
- Where can I/we make a difference?
- What do I and the fraternity do best?
- What can I/we do more?
- What is holding me/us back?

Finally, in the loving community that our fraternity is expected to be, let us remember: Everyone is a valued brother or sister. We should "Encourage each other every day while it is still today" (Hebrews 3:13).

--Gil Donahue, OFS, JPIC Animator, St. Margaret of Cortona Region, June 13, 2023

TREASURER'S REPORT – JOE MCHUGH

Thank you for your continuing generosity !!!

December Balance		\$3,854.45
FFA Stipend	(\$100)	\$3,754.45
SA Stipend	(\$100)	\$3,654.45
St. John's	(\$100)	\$3,554.45
St. Vincent de Paul	(\$100)	\$3,454.45
January Deposit	\$160	\$3,614.45

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

OUTREACH OPPORTUNITIES – Denise Miante

Phoenix Backpacks: Filled 20-plus bags on Wednesday, January 24 (a week later due to the snow). Next Bag-filling is scheduled for **Wednesday, February 21st**, – 10 a.m. in the cafeteria.

Light House Shelter Lunches: Made 50 sandwiches on Thursday, January 25th. Next scheduled sandwich-making is on Thursday, February 22nd at 9:45. Location TBD, call Denise.

Shelter Bus Passes: Purchased and delivered 200 all-day bus passes to the shelter with the sandwiches on

January 25th. These passes were bought in January instead of last December, because they weren't ready. Next purchase will be in March.

Letter from Kerala

Dear Friends,

May your heart be lifted in praise this Christmas for the wonderful gift of Jesus and the joy He brings to our lives. We celebrated the Golden Jubilee year of the Franciscan Family Apostolate Alleppey in 2023 and this great occasion was achieved only with your everlasting mission and love for his choicest brethren. It is a wonderful mission initialized by the Holy Spirit and that Francis of Assisi enlightened all of you to share your heart and wealth with the poorest of the Diocese of Alleppey. Our hearts are overwhelmed with joy and gratitude to all our dear sponsors and well-wishers who paved the golden steps of these 50 memorable years.

We received your timely aid and thank you very much for the same. I am keeping well. My elder daughter is doing a 6-month hospital administration diploma course. My younger daughter is working in a private hospital. You and your families are remembered in our daily prayers and we assure you that an abundance of the Lord's graces will be showered upon you for this great charity.

With much love & prayers, Rajani & family.

MJ PARKER'S LITTLE FRIENDS FOR PEACE <https://www.lffp.org/>

What is Mine to Do?

"Nothing is more precious than being in the present moment. Fully alive, fully aware."
-Thich Nhat Hahn

Who am I? Where am I going? What is possible?

Before Taking Action:

- Pause, Breathe
- Journal Choices
- Investigate
- Ponder
- Talk to a person you value
- Pray
- Meditate
- Lists pros and cons

Peace Tool Card Mindfulness
For more, visit www.lffp.org.

Ask yourself, are you doing something:

- to Please
- out of Guilt
- for Affirmation
- feeling of Should
- out of Fear
- as a Joiner
- as a Follower

Mindfulness Quotes

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

"It is only when we stop that we can encounter life. When we stop, body, and mind can reunite, and then we can experience their oneness"
-Thich Nhat Hahn

"Let go of the thoughts that don't make you strong."
-Karen Salmansohn

"When you do the right thing, you get the feeling of peace and serenity associated with it. Do it again and again."
-Roy Bennett

Peace Tool Card Mindfulness
For more, visit www.lffp.org.

Register **NOW** for St. Margaret of Cortona 2024 OFS Chapter of Mats

Registration is **NOW OPEN** for our **September 6-8, 2024 Chapter of Mats** to be held at the beautiful **Claggett Center** in Adamstown, Maryland. Under the theme of **The Next 800 Years**, we will explore where we have been, where we are now, and where we are going.

**How are we as Secular Franciscans poised to bring Christ to our world?
What unique gifts do we have to offer?**

Register between NOW and APRIL 30 to receive the early-bird rate. This discount is a gift from the region to assist you in participating in the Chapter of Mats.

Deadlines:

Early-bird discount	Submit online registration form	Due by April 30, 2024
Non-Refundable Deposit	\$150.00	Due by June 1, 2024
Full remaining balance	Based on housing selection	Due by Aug. 1, 2024

Note: See payment options on page 2. After August 1, all reservations are final and non-refundable.

Housing Options:

Housing options will include single and double hotel-like rooms with private baths in the, **Christiane Inn** in close proximity to the dining room and meeting rooms. Accommodations are also available in cottages, downhill from the dining and meeting space. **Cottages** have two twin beds per room and shared baths down the hall. Map and more explanation of housing can be found on the regional website.

Event Costs:

All meals (Friday dinner through Sunday breakfast) and registration fees are included in the cost of the rooms. The lodging cost is based on the type of housing selected from the options below. There are no additional fees.

- Inn – single room/1 queen bed for 1 person (\$265 by April 30/\$315 after May 1)
- Inn – 2nd person in single room/1 queen bed for 2 persons (\$208 per person by April 30/\$235 per person after May 1) – must designate roommate
- Inn – double room/2 queen beds for 2 persons (\$225 per person by April 30/\$275 per person after May 1) – roommate may be designated or assigned (\$200 per person by April 30/\$230 per person after May 1) – must designate roommates
- Inn – double room/2 queen beds for four persons (\$188 per person by April 30/\$210 per person after

- May 1) – must designate roommates Cottage – two twin beds per room for 2 persons (\$185 per person by April 30/\$235 per person after May 1) – roommate may be designated or assigned (**no single rooms in cottages**)

PLEASE NOTE: Single rooms are limited and available on a 1st come, 1st served basis. If you want a single room, or to reserve any other room of your choice, we encourage you to register and pay the \$150 deposit ASAP.

Payment Options: Payment can be made via check or credit card (subject to 3.5% fee).

- Checks should be made payable to **St. Margaret of Cortona Region**, and mailed to **Peter Noyes, 1904 Atkisson Road, Joppa, MD 21085-1811.**
- If you wish to pay by credit card (with additional 3.5% fee), mark that box on the registration form
- and you will receive an invoice and payment instructions from Peter Noyes.

To enhance the participation of all our brothers and sisters, **disability and dietary accommodations**, and **language interpretation/translation** will be available throughout the Chapter of Mats. Please indicate your requests on the registration form.

WE NEED YOU!

To make our upcoming OFS Chapter of Mats memorable, we wish to include in the planning fraternity members willing to share their talents by working with the subcommittees in the various capacities listed below. Please indicate on the registration form the subcommittee(s) for which you would like to volunteer:

- | | |
|-----------------------------------------|---------------------------|
| • Program | • Liturgy and Environment |
| • Publicity | • Access |
| • Registration and Welcome | • Social |
| • Onsite volunteer (usher, guide, etc.) | |

If you have any questions or need help with registering, email Peter Noyes at pnoyesofs@gmail.com and to Janice Benton at jbentonsfo@gmail.com.

NOTE: Please indicate on the form whether paying by check or credit card. (Reminder: credit cards are subject to a 3.5% fee)

For up-to-date information, visit the St. Margaret of Cortona website's Events page <https://saintmargaretofcortona.org/upcoming-events/>. There are also links to a map and photographs of the campus that can be viewed from the website.

To Register, a fillable registration form link is available on the website. <https://saintmargaretofcortona.org/wp-content/uploads/2024/02/Registration-for-Mats-2024-.pdf>