



# THE FLYER

**Newsletter for the St. Joseph Cupertino  
Fraternity of the Secular Franciscans USA**

July 16, 2023

THIRD SUNDAY  
Our Theme for the Year:  
Franciscan Joy

**UPCOMING:** July 16: Meet for social hour at 1 pm; Gathering at 2 pm– Visit the Carrollton House

- ◆ Meetings are third Sunday of the month at 2 pm. (See website for date changes and updates)
- ◆ Check out our website: <https://StJosephCupertino.SFOUSA.org/Welcome-To-Our-Fraternities-Website>
- ◆ Check out our regional website: <https://SaintMargaretOfCortona.org/>
- ◆ Check out our national website: <https://SecularFranciscansUSA.org/>

## **Greetings from Brother Lawrence, OFM Conv.**

*Brother Lawrence is on vacation. Please enjoy this from a past newsletter, and pray for him!*

I would like to begin a series this month by speaking of a sermon I read recently from that great Franciscan, St. Anthony. I am sure that most of you are familiar with St. Anthony who was an ordained priest when he encountered some Franciscan missionaries heading off to a mission in northern Africa. He became so impressed with these friars that he went to Italy to become a member of the Order himself. He never quite managed to become a missionary which is all the better for us today who are now able to “hear” his sermons which he preached in Italy.

In one of these particular sermons which I have “heard” in my reading lately, St. Anthony spoke of something at the very center of the new Franciscan movement—the cleansing of one’s soul. He refers to the story from St. John that we all know—the wedding at Cana. At the wedding were six jars of water for purification; St. Anthony saw these jars as six ways for cleaning our souls: contrition, confession, fasting, almsgiving, prayer, and true forgiveness of others. This month, I will touch on the first two.

Contrition, Anthony finds in a verse from the prophet Ezekiel that in being sprinkled with the water of contrition, one is cleansed from one’s sins (Ez. 36:25). We know that there are two types of contrition—perfect and imperfect—but he sees no difference in their result in this sermon. Perfect contrition is being sorry for one’s sins because they offend God, whereas imperfect contrition is being sorry for one’s sins so as not to be punished. We seek the former but, at times, cannot get beyond the latter, but Anthony says that one shall still receive the cleaning if one is sorry.

The second jar of water St. Anthony sees as the cleansing one receives in confession of one’s sins. Clearly, the willingness to speak of one’s sins is a pouring out of the water and thus, a cleansing. We all know that confessing one’s sins can be very difficult to do at times and I have always found, even before I “heard” Anthony preaching, that confessing is itself a demonstration of one’s contrition for one does it even when it is difficult. In this wonderful sermon, Anthony presents the Lamentation: “Pour out your heart like water in the presence of the Lord” (Lam 2:19).

I shall return to the other four jars over the next two months, but I wanted present these two jars this month for us to begin to see the wisdom of Anthony’s preaching about this most central and important element of Franciscanism-penance. Peace.

## Minister's Note

Each July for the past several years, I have spent at least one week in the woods with a bunch of teenage boys. (That should be a source of grace in of itself!) I sleep in a tent with no electricity. There are no screen windows or doors, just canvas that keeps any rain off. My bed is a cot with a lightweight sleeping bag. Our meals are prepared for us, so I do not have to meal plan or cook.

It is a simple lifestyle. I become less distracted and more attentive to the birds that sing just before dawn, and the bats that flutter between the trees in the evening. I spend time in the outdoor chapel that looks over the valley. I walk for hours up and down trails.

I appreciate things like a glass of cold water and a breeze that blows in the afternoon heat. I walk beside the river and take in the iridescent wings of the dancing dragonflies over the rippling water. I breathe in the smell of honeysuckle and the damp forest ground. Perhaps more importantly, I experience a deep closeness to God in the beauty of the outdoors.

Saint Francis expressed that we should revel in the beauty of nature and glorify God for it. We should appreciate every creature, every plant, every whiff of flower perfumed air for God created it. This world is also a sacrament – an outward sign given to us to produce grace in our souls.

I highly recommend spending some time in nature as a way to restore one's soul. It can bring so much joy and inner peace. Maybe it is just a few moments sitting on a bench at a local park. Maybe it is a few moments just gazing into the backyard. Take time to appreciate the God beauty that surrounds us.



Appalachian Trail, Shenandoah National Park

Taken by Melissa

Peace and goodness

Melissa

*Do you have an article for the newsletter? Please send your input to Melissa. The word count should be under 500 words.  
Share your insights and thoughts with the fraternity.*

*Formation Thought*



*The Crucifixion with the Converted Centurion* by Lucas Cranach the Elder in the National Gallery of Art

Is there anything that a generous heart would not willingly suffer on contemplating Jesus crucified?"

St. Raphaela Mary



Please bring diapers and personal hygiene products to the gathering. The items will go to the Franciscan Center.



Volunteer to help Little Portion Farm at <https://www.LittlePortionFarm.org>  
Food grown helps those in need.

**2022-2025 Council**

**Minister:**

Melissa Reed-Konigsdorffer OFS  
410-552-5750  
Scoutsdouglas@yahoo.com

**Vice Minister:**

Charlie Heyden OFS  
410-215-9079  
CHeyden2@comcast.net

**Secretary:**

France Staudenmann OFS  
301-366-1769  
France.Staudenmann@gmail.com

**Treasurer (Acting):**

Jerry Yu OFS  
443-514-5007  
bravo0226@yahoo.com

**Formation Director:**

Jeanne Kerins OFS  
410-227-6497  
JMKerins12@gmail.com

**Councilor 1:**

Bob Longo OFS  
240-476-5796  
BLongoSFO@gmail.com

**Councilor 2:**

Ray Glennon OFS  
443-458-8044  
Ray.Glennon@1972.USNA.com

**Spiritual Assistant:**

Br. Lawrence LaFlame, OFM Conv.  
410-485-5000  
LLaFlame@ArchBishopCurley.org

*Bible quotes are from the Douay-Rheims translation, unless otherwise noted.*



## Treasurer's Report

June – 2023

<b>Beginning (running) Balance:</b>	<b>1801.35</b>
Payment to Regional for visitation	-100
Payment Spiritual Assistance	-100
Regional Retreat	-275
<b>Ending (running) Balance:</b>	<b><u>\$ 1326.35</u></b>

### Contributions are Tax Deductible

Direct Donation checks to: St. Joseph Cupertino Fraternity

#### Mail donations to:

Jerry Yu  
2812 Green Shade Court  
Ellicott City, MD 21042

You may use your bank's **BILL PAY**. Direct payment to St. Joseph Cupertino Fraternity C/O the address above.

**NOTE! FOR BILL PAY, THE ADDRESS HAS CHANGED.**

**If you are unable to attend the gatherings, you can send your contributions to the fraternity.**

## Happy Anniversary

Dawn Glennon, OFS 07/11/21  
Ray Glennon, OFS 07/11/21  
Deanna Williston, OFS 07/11/21



## Happy Birthday!

Jeanne Kerins, OFS 07/11  
Gerry Pinkas, OFS 07/18

*Coming Next Month:*  
Louise Hotovy, OFS 08/14  
Rosemary Whelan, OFS 08/20  
Gail Bunyan, OFS 08/21

### Book Share– Admonitions 23 True Humility

Join our online book sharing and delve more deeply into: *St. Francis' Sermon on the Mount: Lessons from the Admonitions* by John Michael Talbot.

We are seeking suggestions for a new book.

First Saturdays from 1-3 pm on ZOOM!

Contact Geri Flynn OFS for details:

AngelBarty@aol.com

Next meeting: Aug 5th

## PRAYER LIST



### Healing:

Gail Bunyan, OFS  
Lita Maisel, OFS  
Bill Siefken, OFS  
Teresa Lam, OFS  
Rosemary Whelan, OFS

Please send any updates to Melissa.