

The Clarion



St. Clare Fraternity March 2023

"FOLLOW JESUS BY WALKING IN THE STEPS OF FRANCIS OF ASSISI, AND IMITATE HIS JOYFUL LOVE"

Council Members

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Councilor-Newsletter: Elena Spitzer 301-471-7487

Next Gathering Date

Thursday, March 9, 2023

Agenda

10am – Prospective members and Candidates meet with instructors
11am – Mass (in the church)
12pm – Lunch (**bring your own food & drink**)
1pm – Business matters, time of recollection, Evening Prayer

At this month's gathering Fr. Rigo will be giving a time of recollection.

EVENING PRAYER

(Prepare your book before our gathering)

Thursday, 2nd Week of Lent

1 vol. pgs. 830 & 307

4 vol. pgs. 1316 & 190

Hymn: Lord Who Throughout These Forty Days

1 vol. pg. 1546 # 94

4 vol. pg. 33

Presider: Ron Stoner

Antiphonarian: Pepper Tully

Reader: Nela Wintjen

Minister's Message

"If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me" Luke 9:22-25

Sisters and Brothers of penance,
For forty days we put aside the world with its incessant clamoring for our time and attention that keeps us from following The Lamb as we would like. We embrace our crosses especially during Lent, and we pray, fast and give alms - devotions that help us focus on Jesus, while at the same time having a cleansing effect. Imagine the grime of the world being washed away by the Holy Spirit's waterfall of grace. Where is this waterfall? "Seek and you will find."

In the love of Francis and Clare,

Tom



Remember to bring your Christian Prayer Liturgy of the Hours and your brown Ritual book

As is our fraternity's custom during Lent, we will not be serving dessert at our gathering.



Pennies & Nickels

Thank you...

for continuing to support the Common Fund.

If you are ever unable to attend the gathering, send your donation check, payable to St. Clare Fraternity, to our treasurer:

**Andrea Lipchak, OFS
41 Tiffany Drive
Rehoboth Beach, DE 19971**



Over the years, our brother, Frank Rega has given the community a lot of reflections. Periodically we're going to be re-posting. Here's one highlighting Francis and Lent.

We encourage you to bring this story to your prayer time for pondering.

Thank you, Frank!!

The Total Lenten Fast of St. Francis for 40 Days. Made by the saint in 1211 AD on the isolated island of Isola Maggiore in Lake Trasimene in Central Italy not far from Assisi. The 40-day fast he made in 1224 on Mount La Verna, when he received the stigmata, was not a total fast, since Brother Leo brought him a little bread and water daily.

From *The Deeds of Blessed Francis and His Companions*:

Because Francis, that very real servant of Christ, was in some things another Christ given to the world, God the Father made this fortunate man conformed in many things to Christ, His Son, as was apparent in

A Gentle Reminder...

If work, health reasons or significant family obligations hinder you from attending the gathering contact our Vice Minister, Marty Rendon and let him know. 302-227-8163



his venerable band of holy companions, in the wonderful mystery of the stigmata of the Cross, and the holy fast of forty continuous days.

At one time when Francis was near the Lake of Perugia, he was at Mardi Gras a guest of a man devoted to him. He asked his host to take him for the love of God to an island on the lake where no one lived and to do so during the night before Ash Wednesday so that no one would know about it. The host did this very eagerly because of the great devotion he had for Francis. He prepared his little boat at night and transported him on Ash Wednesday to the island. Saint Francis brought nothing for food except two small loaves of bread.

After he reached the island, he asked his ferryman to tell no one and to come back for him on Holy Thursday. Since there was no shelter there where he could rest, he crawled into a dense thicket where thorn bushes had formed an enclosure, and he stayed there immobile for the whole forty days, neither eating nor drinking.

His host came looking for him, as they had agreed, on Holy Thursday and he found that, except for part of one, the two little loaves of bread had not been touched. It is believed that Saint Francis ate part of one loaf so that with a little bread he would expel the poison of vainglory, and thus the glory of a forty day fast be reserved for the blessed Christ. Yet he did fast *forty days and forty nights* after the example of Christ.

In that place where Saint Francis did such remarkable penance, many miracles were performed through his merits. Therefore, people began to build and live on this island, and in a short period of time a large village and a house for the brothers were established there. The people of this village still show great reverence for that place where Saint Francis kept the Lenten Fast.

The Deeds of Blessed Francis and His Companions, by Ugolino Boniscambi, circa 1328 AD was original version of The Little Flowers of St. Francis.



We're having our raffle this month.
As our treasurer, Andi say's,
"Bring your wonderful things"! 😊

Why do we do this? To raise funds for the three organizations we support each month.
The Shepherd's Office in Georgetown, DE
The Clermont Foundation in Haiti
Franciscan Missions

Formation, Formation, Formation!!

2023 Theme: Eucharistic Revival



Nela, our formation director, offers us
The Conversion Process (see pg. 5)
to enrich our Lenten journey.



We have a library!

Nela has stepped forward to manage
our new library.
We all received her email with the list of books
and the borrowing procedures.
Thank you, Nela!
What a great resource to enrich our spiritual
lives. Do you have books that would be
appropriate to donate to our library? Please,
bring them to our gatherings.



**Please bring non-
perishable food items
to donate to the food bank
St. Edmond's parish
supports**



March BIRTHDAYS

Kathleen Murphy, OFS	3/11
Pat Dubois, OFS	3/25
Nicole Meringolo, OFS	3/29
Andy Zampini, OFS	3/26

March PROFESSIONS

None



The Franciscan Family Chaplet Prayer

Consider adding this chaplet to your prayer
life. You'll find it on page 6.

Please continue to pray for all our fraternal sisters and brothers and for the special intentions of:

Janice and Dick McCarthy, ofs
Linda Sciallo, ofs
Lucy Deiaco, ofs
Bonnie Coté, ofs
Rhona Prescott, ofs
Frank Rega, ofs
Nicole Meringolo, ofs
Joe O'Neill, ofs
Patty Derrick, ofs
Carolyn Protin, ofs
Marty Rendon, ofs
Pat Dubois, ofs
Kathleen Murphy, ofs
Mary-Anna Harvie



Our Fraternity Gatherings in 2023

Please make note!

April 13
May 11
June 8
July 13
August 10
September 14
October 12
November 9
December 14



Laughing With St. Sarah

(Patron saint of laughter)

We pray for our deceased relatives and friends and especially:

John Zell, ofs
Mary Lou Zell, ofs
Deacon Buddy Bianco, ofs
Deacon Bob Leonzio
Barbara Petrisko, ofs
Bill Farrell, ofs
Bill Walker, ofs
Dee Matthews, ofs
Laraine Hoffman, ofs
Florence Bianco, ofs
Celine Mallonee, ofs
Alicia Bourne, ofs
Ron Holland, ofs
Fr. Ronald Pecci, ofs



The Conversion Process: Ongoing and continuous conversion of the heart

For each week of Lent focus on one action item below that you would like to cultivate in a special way as part of your Lenten journey.


1. Make an act of reparation or a modification of behavior to show sorrow for sin.
2. Be willing to recognize and accept suffering as the consequence of separating myself from God. (Offer sufferings for the benefit of others.)
3. Commit to a plan for prayer, fasting, almsgiving. (See: Joel 2:12-18)
4. Intentionally evangelize a lukewarm or nonbeliever.
5. Ask the Holy Spirit to make me aware of a specific moral shortcoming and for the grace to change.
6. Consciously live the Beatitudes.
7. Seek personal conversion through deeper prayer.
8. Radically commit to the Gospel life centered on the person of Jesus.
9. Savor God's mercy, experiencing the love of God which unceasingly calls us back to Himself.
10. Accept myself as I am now and strive to reach a deeper level of conversion.
11. Journal on my spiritual journey made up of failures and falls and made up of new beginnings, new discoveries.
12. Use St. Francis's paraphrase of the Lord's Prayer for meditation.

Questions to answer in your journal:

- + Explain how you plan to carry out the items you chose from the list above.
- + Which of all the statements above might be most beneficial to your personal conversion?
- + Which of the statements are the most challenging for you?

The Franciscan Family Chaplet prayer

By Nick Kovacs, OFS

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- 1) Begin by making the sign of the cross and reciting the **Apostle's Creed**
 - 2) Recite the **Hail Mary** once on each of these 3 beads
 - 3) Begin the first decade by saying: "**St. Francis of Assisi, through your intercession, I pray that the First Order increases in vocations and that its members continue to grow in holiness.**" Recite the **Our Father**
 - 4) Say once on each of these 10 beads "**My God and my all !**"
 - 5) Begin the second decade by saying: "**St. Francis of Assisi, through your intercession, I pray that the Second Order increases in vocations and that its members continue to grow in holiness.**" Recite the **Our Father**
 - 6) Say once on each of these 10 beads "**My God and my all !**"
 - 7) Begin the third decade by saying: "**St. Francis of Assisi, through your intercession, I pray that the Third Order, both Regular and Secular, increases in vocations and that its members continue to grow in holiness.**" Recite the **Our Father**
 - 8) Say once on each of these 10 beads "**My God and my all !**"
 - 9) End by reciting once "**We adore you O Lord Jesus Christ, because by your holy cross, You have redeemed the world.**" (note - if there is no centerpiece, pray this on the single bead below)
 - 10) Say one "**Glory be...**" on each of the last 3 beads for the intentions of the Pope and for his continued holiness.
 - 11) Make the **sign of the cross**

This prayer was granted the Imprimatur
By Cardinal DiNardo