

# The Porter

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

The Porter deadline for next issue is November 9<sup>th</sup>. 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, OCTOBER 21, 2023 – 9:30 A.M.**

**HOLY CROSS MONASTERY**

**1302 Quincy St. NE, Washington DC**

Our fraternity will be meeting at Holy Cross Monastery to hear Fr. Joseph speak to us about the synod and ecumenism and the role of Secular Franciscans after a **Byzantine Divine Liturgy at 9:45 a.m.**

This will also be the day of our **pastoral visitation by Br. Michael Meza OFM CAP**. So please make every effort to attend. Please read the checklist for pastoral visitations that appears in this issue. Please arrange for carpooling if needed. Call us at 410-721-7308 if we can help.

Please eat breakfast prior to the meeting. Coffee only will be available after the liturgy and lunch will be provided so plan on a later departure.

Ruth says there is room for 3 cars in the driveway. Parking on the street is possible. Please enter through the lower entrance on the driveway side. The chapel is on the right.

Prayer Requests



***For the soul of Ed Wilbourne and comfort & peace for his family.***

***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) ***(Please help update this list by sending changes/additions/deletions to [jd6bouv@verizon.net](mailto:jd6bouv@verizon.net))***

**Birthdays**

Audrey Bushee -- 10/21                      Emily McGeady – 11/01  
Margaret Jackson – 10/22

**Profession  
Anniversaries**

Denise Miante – 9/18/2010                      Louise Ryan – 10/4/1982  
Genny Wilbourne – 9/18/2010                      Pat Tyrrell – 10/10/1996  
Ruth Shea – 9/18/2021                              Mary Cicero Gemmell – 10/10/1996  
Chris Grubach – 9/21/2019                              Tessie Chitty – 10/11/1998 **HAPPY 25<sup>th</sup> !!!**  
Joseph McHugh -- 9/21/2019                              Joan Kvetkas – 10/4/1979

<b>Council Meeting</b>	Friday, November 3 at 7:00pm via Zoom
<b>Upcoming Events</b>	<b>Sunday, November 12th – St. Conrad Hospitality Sunday at St. John the Evangelist Church.</b> Fraternity members help with set up at 7am, as well as serve coffee and donuts at the 7:30am, 9am, and 11am Masses.



## Minister's Minute:

Dear Brothers and Sisters, How do we as Secular Franciscans respond to what is happening in Israel and Gaza? Our Franciscan Journey formation book can give us some answers in Chapter 27, Bearers of Peace, where St. Francis might be saying to the bird and to us “Fly, bird, fly over all borders, over barbed wire and minefields, fly and sing everywhere a song of peace.” (Illustration at the top of page 287.) How can we be “bearers of peace” during this time? Fr Jude Winkler OFM Conv in his book Franciscan Daily Companion writes, “If we concentrate on the good, both what exists and what could be, then we will be filled with hope. This is not to ignore the problems around us but rather to not let them control who we are.” P149, Rule 19: Messengers of Perfect joy in every circumstance, they should strive to bring joy and hope to others.

“Peace begins in our hearts” as it says in the Little Friends for Peace article on the back of the Porter. We know as Brothers and Sisters of Penance that conversion is a daily process to be Instruments of Peace in our families, in our parishes, in our fraternity and in the world.

40 Days for Life continues to Nov 5<sup>th</sup>. Let us stand up for LIFE. Let us pray the Rosaries for Life for all the babies here as well as abroad. Let us not forget the mothers and children in Israel, Gaza and Afghanistan.

I am so grateful for our “community of love” that came together to support Jeanne and her family, that comes together to make sandwiches and to reach out to the poor with such generosity and kindness, that prays together and has such amazing love and care for one another. What goals can we set for this coming year? We look forward to sharing with Br. Meza on Saturday.

Have you been following the Synod? Check out this website <https://www.synod.va/en.html>. Fr. Joseph will be sharing with us insights on the Synod, Ecumenism and the Secular Franciscan Order and providing lunch. Please come one and all.

Please note Outreach opportunities including help needed for the First Fraternity Hospitality Sunday at St. John the Evangelist on November 12<sup>th</sup>. Please signup on Saturday or let Mary Anne know [manovak618@gmail.com](mailto:manovak618@gmail.com) or call 586-202-7163 if you can help.

This Prayer for Peace was prayed at the close of Mass today (Sunday) at the Franciscan Monastery after the lighting of the Paschal candle by Bishop Thomas J. Paprocki.

Lord, it is with great sadness that we hear once again the sounds of war resonate in the Land that you’ve made Holy by your Presence. Touch the hearts of all those involved in this conflict so that a quick, long lasting and peaceful solution may be found, and that weapons and cries of sorrow may be silenced in this Land where you, the Prince of Peace, were born and where the angels announced that Peace to all men and women of good will. May Love be sown where there is hatred, hope where there is despair, and may darkness be scattered by your Divine Light. Amen.

Finally we are invited to join on Tuesday Oct 17<sup>th</sup> in fasting, abstinence and prayer as requested by the Church in Jerusalem to pray for peace and reconciliation. Pax et bonum, Judith

# PASTORAL VISITATION WITH BR. MICHAEL MEZA, OFM CAP

Br. Michael Meza, OFM CAP, will be visiting our fraternity during our visit with Fr. Joseph at the Holy Cross Monastery on October 21<sup>st</sup>. This will be his official pastoral visitation. Our last pastoral visitation was at our fraternity gathering in September 2017. Yes, we are a bit overdue. You can blame that on COVID. We did manage to makeup our fraternal visitation in July 2022 when Bob Longo OFS, attended our gathering. Hopefully in the future we will get our visitations in sync again, as that is the preferred way to handle them.

From the *Council Members Handbook*:

## Checklist for Pastoral Visitation

Date and Time: \_\_\_\_\_

Fraternity: \_\_\_\_\_

Formation:

Number of Candidates \_\_\_\_\_ Inquirers \_\_\_\_\_ Aspirants \_\_\_\_\_

Check Register of:

\_\_\_\_\_ Reception:

\_\_\_\_\_ Profession

\_\_\_\_\_ Evaluate Community Prayer

\_\_\_\_\_ Evaluate Community Life and Living the Charism

\_\_\_\_\_ Evaluate Quality and Content of Formation

\_\_\_\_\_ Initial

\_\_\_\_\_ Ongoing

\_\_\_\_\_ Evaluate participation in region and local church

\_\_\_\_\_ Evaluate ministry of local Spiritual Assistant

\_\_\_\_\_ Attendance at council meetings

\_\_\_\_\_ Availability to fraternity

\_\_\_\_\_ Ascertain Involvement in apostolates

\_\_\_\_\_ Dialogue about setting one spiritual goal for fraternity

\_\_\_\_\_ Give a short spiritual exhortation and assure fraternity of Regional Spiritual Assistant's availability.

Anne Mulqueen, OFS delegated Regional Spiritual Assistant – May 2016

The purpose of visitations is outlined as follows.

### Article 92 General Constitutions

1. **Rule 26** The purpose of both the pastoral and fraternal visits is to revive the evangelical Franciscan spirit, to assure fidelity to the charism and to the Rule, to offer help to fraternity life, to reinforce the bond of the unity of the Order, and to promote its most effective insertion into the Franciscan family and the Church.

2. With the consent of the appropriate council, the request for the fraternal visit as well as for the pastoral visit is made: a. by the minister of the local and regional fraternity, at least every three years, to the council of the immediately higher level [region] and to the respective conference of spiritual assistants.

**Additional Responsibilities:**

It is suggested that when the fraternity minister requests the pastoral visitation and fraternal visitation, they take place at the same time, saving your fraternity an additional visit from the region.

***Opportunity to Evangelize***

Our fraternity will sponsor its **first hospitality Sunday on November 12th** at St. John the Evangelist Church. All members of our fraternity are encouraged to help with their presence following one or more of the Masses. We need keyworkers to help with set up refreshments at 7am, as well as serve coffee and donuts following the 7:30am, 9am, and 11am Masses. Our purpose is to introduce parishioners to the secular order, especially our fraternity. We will have informational handouts available. Fraternity members are encouraged to wear their name tag and answer questions any parishioners may have. There will be more details and a signup sheet at our September and October gatherings. Our fraternity hopes to offer several hospitality Sundays to other parishes in our area. Direct any questions and suggestions you have to:

Mary Anne Novak ✨ manovak618@gmail.com ✨ 586-202-7163

**TREASURER’S REPORT – JOE MCHUGH**

Thank you for your continuing generosity !!!

August Balance		\$4,196.95
FFA Stipend	(\$100.)	
SA Stipend	(\$100.)	
St. John's	(\$100.)	
Blue Ribbon Project	(\$100.)	
Re-order Checks	(\$103.50)	
September Deposit/Balance	\$850.00	\$4,543.45

*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:** Filing will begin on Wednesday, October 18th in the school cafeteria. The staff will be helping us again this year.

**Light House Shelter Lunches:** Made 50 sandwiches on Thursday, September 28<sup>th</sup>. Thanks to Paul for being the perfect host. Next scheduled sandwich-making is on Thursday, October 26th, at 9:45 at Catherine's home.

**Shelter Bus Passes:** Bought and delivered 100 all-day Bus Passes along with September sandwiches. Will make up 50 passes in December.

**Upcoming Fraternity Collections:** Additional details will be in future copies of *The Porter*.

- November -- Blue Ribbon Project – New clothes for the older kids (teenagers) (leave purchase tag on)
- December -- Apostolate of the Sea -- Shoe Boxes (plastic) for the filled with goodies

## COMMUNITY VOLUNTEER OPPORTUNITIES (in case you have time on your hands)

### Chesapeake Bay Environmental Center (CBEC)

600 Discovery Lane, Grasonville, MD + + + <https://bayrestoration.org/volunteer/>

Has volunteer opportunities in the following areas:

- Education – from pre-school to adult, volunteers assist staff with school and special groups that come to experience our “hands-on, feet-wet” learning opportunities.
- Visitor Center – serving as “the face of CBEC,” volunteers staff CBEC’s Visitor Center, greeting visitors, answering questions, processing sales, and facilitating kayak rentals.
- Or if you need a greater challenge Kayaking guides, handling and feeding captive birds of prey, mowing the lawn and maintaining the trails and landscaping

### Annapolis Maritime Museum

723 Second Street, Annapolis, MD + + + - <https://amaritime.org/support/volunteer/>

Volunteers are need to:

- Lead tours of our historic waterfront facility in Eastport
- Work with our education team’s programs
- Assist with community events
- For a greater challenge: restore historic wooden boats

## GIVING CORNER: CAPUCHIN MOBILE MINISTRIES

### SPIRITUAL RESOURCES FOR THE STREET

<https://www.capuchin.org/mobile-ministries/>

#### MISSION:

We bring the welcome of Christ to the homeless community in Greater Boston.

Capuchin Mobile Ministries is a ministry of spiritual caregiving to our homeless sisters and brothers.

We take our inspiration from Saint Francis, who embraced lepers and made them know that they were precious to God. Showing mercy to the marginalized is fundamental to the Capuchin mission. It is how we live the Gospel and share it with others. We also take inspiration from Pope Francis, who calls for the Church to be like a field hospital that takes in those who are sick or weak in spirit and revives their souls.

A ministry of accompaniment; a ministry of presence. Together we will discover Christ already present among us.

- We will conduct outreach trips several days a week to the places where the homeless congregate.
- We will share food and drink.
- We will listen to their stories
- We will offer them spiritual resources and direct them to social services
- We will pray together.

Address:

Capuchin Mobile Ministries  
Saint Francis of Assisi Friary  
46 Brookside Avenue  
Jamaica Plain, MA 02130

For full story on this ministry, see [St. Anthony Messenger](#), *Capuchin Franciscans: Solidarity with the Poor* by Patrick Carolan, October 2023.

<https://www.franciscanmedia.org/st-anthony-messenger/capuchin-franciscans-solidarity-with-the-poor/>

## AN EXCERPT FROM “MYSTERY OF THE ALTAR; DAILY MEDITATIONS ON THE EUCHARIST”

By Kenneth J. Howell & Joseph Crownwood; Emmaus Road Publisher




With permission granted by the Publisher, Mr. Rob Corzine

Bl. Thomas Bullaker (1604-1642) was a Franciscan priest and martyr who suffered at the hands of his own government. Arrested by English authorities while saying Mass, he was thus charged for reason and hanged. In the passage below, Bl. Thomas relates the events of his own trial, which debate his use of sacred vessels in the liturgy. Thomas argues his innocence by highlighting a fundamental moral principle: unjust laws do not bind as they fail to be true law. The Holy Mass was instituted by God and is required by Him (Mat: 26:26). Consequently, no human law can abrogate its demand.

As the chairman gravely said, as fine as [these vessels] are, they can serve for an idolatrous worship. I asked, what idolatrous worship, sir? Why, said he, is it not idolatry to worship bread for God? I replied, we worship not the bread and wine for God in the tremendous Mysteries, but we worship Jesus Christ under the species of bread and wine as the Church of God has always done since the days of the Apostles. While this controversy was in agitation, one of the company looking me over and examining the vestments, uncovered the altar stone, and seeing the crosses upon it, cried out that he had discovered the Number of the Beast: I could scarce keep from laughing at his ignorance.....

The clerk ordered me to hold up my hand, and after my indictment was read, asked if I were *guilty* or *not guilty*. I answered that if by *guilty* you mean as a *criminal*, as if by taking Holy Orders I was guilty of any *crime* or *fault*, I am *not guilty*. But a priest I am, and that I will never deny.....They asked again if I were *guilty* or *not guilty* of any treason, or any other capital crime. I said, I confess I am a priest and that I was taken at Mass; nor will I ever deny me priesthood ever if I were to die a thousand deaths for it; but to say I am *guilty* in being a priest, as if there were any *guilt* in the matter, whereas nothing can be more honorable, that I will never do....Then the recorder said, Mr. Bullaker, you have here confessed over and over again that you are a priest, plead therefore to you indictment directly: *guilty* or *not guilty*. I answered as before, I am not guilty of any treason, but a priest I am. He said, your being a priest makes you guilty of treason by transgressing the laws of the land. I answered, laws are not to be observed which are repugnant to the Law of God.



<p><b>Peace Begins in our Hearts</b></p> <p><i>"Violence ends where love begins."</i> <b>Mahatma Gandhi</b></p>  <p>To love we need to have understanding from compassion.</p> <p><b>When your peace is broken, go to:</b></p> <ul style="list-style-type: none"><li>• Your heart for compassion and empathy</li><li>• Your mind to think of a non violent response</li><li>• Your body to keep it safe in the struggle</li></ul> <p> <b>Little FRIENDS For PEACE</b> <b>Peace Tool Card</b> <i>Love and Compassion</i></p> <p><small>For more, visit <a href="http://www.lffp.org">www.lffp.org</a>.</small></p>	<p><b>Love and Nonviolence Quotes</b></p> <p>Try using a quote as the focal point for your day or week. Be sure to read each with intention, and let the words influence the way you interact with and treat others.</p> <div data-bbox="917 451 1388 934" style="border: 1px solid pink; padding: 10px;"><p><i>"Inner peace comes when you relax your body, quiet your mind, and open your heart."</i> <b>-Unknown</b></p><p><i>"Peace cannot be kept by force; it can only be achieved by understanding."</i> <b>-Albert Einstein</b></p><p><i>"At the center of non-violence stands the principle of love."</i> <b>-Martin Luther King Jr.</b></p><p><i>"Without justice and love, peace will always be a great illusion."</i> <b>-Dom Helder Camara</b></p></div> <p> <b>Little FRIENDS For PEACE</b> <b>Peace Tool Card</b> <i>Love and Compassion</i></p> <p><small>For more, visit <a href="http://www.lffp.org">www.lffp.org</a>.</small></p>
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**HELP SAVE LIVES IN ANNAPOLIS!**  
[40daysforlife.com/Annapolis](http://40daysforlife.com/Annapolis)

**You can protect mothers and children** by joining this worldwide mobilization to pray and fast for an end to abortion!

Through prayer and fasting, peaceful vigils and community outreach, 40 Days for Life has inspired 1,000,000+ volunteers!

**With God's help**, here are the proven results since 2007!

- 23,525 babies** saved
- 251 abortion workers** converted
- 145 abortion centers** closed

**Vigil location:** Sidewalk behind rear parking lot or along sidewalk in front of Annapolis Planned Parenthood at 929 West St.

**Vigil hours:** Primary hours are Mondays 10AM to 7PM and Tues-Fri 8AM to 5PM but participants may stand 7AM to 7PM daily.

**Local contact:** *Gina Jowers at [Annapolis40DFL@yahoo.com](mailto:Annapolis40DFL@yahoo.com)*

**Learn more ... get involved ... and sign up for prayer times** by going to [40daysforlife.com/annapolis](http://40daysforlife.com/annapolis) or your church's individual signup location.