




The Porter

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

The Porter deadline for next issue is September 1st. 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, September 16, 2023 Gather in the Parish Office (old Convent) following Mass at 8:30 AM St. John the Evangelist 689 Ritchie Highway, Severna Park, Md. 21146
Refreshments 	Glen Burnie/Pasadena <i>Please remember to bring your coffee cup.</i> Annapolis/Eastern Shore will be next.
Liturgy	Rite of Admission for Monica Ruppert
Program	Speaker: Taylor Pyle from the Blue Ribbon Project: Supporting Victims of Child Abuse and Youth in Foster Care with Backpacks of Love.
Prayer Requests 	For physical and spiritual healing of: Jeanne Wilbourne, Michael Huether, Evelyn Jones' son Jimmy, Audrey Bushée, Lita Milan, Bill Chitty, Jerry Miente, Kathleen Sievers, Jude Dodge, Carole Marsh's sister, Harry Thompson, Ed Wilbourne (rehabilitation), 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) <i>(Please help update this list by sending changes/additions/deletions to jd6bouv@verizon.net)</i>
Birthdays	Christopher Grubach – 9/15 Evelyn Jones – 10/1 Brigid Cobb – 10/08
Profession Anniversaries	Jean Gaes – 09/17/1987
Council Meeting	Friday, October 6th at 7:00pm via Zoom
Upcoming Events	Sunday September 17 -- St. Joseph Cupertino regional yearly picnic at the Shrine of St. Anthony under the arches after the 12:00 Mass. Salads and desserts are most welcome. It's also the Feast of the Stigmata of St. Francis. Come and meet members from other fraternities in our area. Saturday, September 23 -- Brother Kip Ledger OFM Cap will lecture about Franciscan penance at the Franciscan Monastery in DC. Cost: \$30, includes lunch. See page 5.

Upcoming Events <i>(continued)</i>	October 13-16, 2023. Franciscan Justice Leadership Conference: Preserving God’s Planet Together in Washington, D.C. hosted by the Franciscan Action Network (FAN). There will be an option to view portions virtually starting October 14 th . <i>Additional information on page 6-7 and at https://franciscanactionnetwork.salsalabs.org/OctFJCConference/index.html</i>
	Sunday, November 12th – St. Conrad Hospitality Sunday at St. John the Evangelist Church. 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, **The Feast of the Stigmata of St. Francis is September 17th.** Do you remember seeing the beautiful portrayal of that holy encounter above the altar at St. Anthony’s Shrine? This prayer for Perseverance found in the Secular Franciscan Companion

refers to it:

O Seraphic St. Francis, My beloved Father, Protector of the Poor, Glorious Founder of your Three Orders, with tender love and devotion, I kneel before you and kiss the Sacred Stigmata with which our Divine Savior adorned you. I thank you for having numbered me among your children. It is a grace so sublime that I could never have merited it for myself and it brings with it an endless chain of heaven’s choicest blessings. How shall I ever be able to show you gratitude enough for all these favors? O Holy father help me always to love the Secular Order tenderly. Let me consider it my spiritual home and my paradise on earth, that ever mindful of my holy profession, I may keep the commandments of God and the Church and observe faithfully even the smallest details of the Rule. For in that way I shall perceive the wholesome effects of the blessings which you, in your dying hour invoked on your beloved children. Bless me therefore kind father. Bless your unworthy child that I may persevere in the conscientious observance of the Rule of the Secular Order till the end of my life. Amen.

As you recall St. Francis received the Stigmata during his “Lent” in preparation for the feast of St. Michael (Sept 29) while praying and fasting on Mt La Verna. I know many of you are preparing for St. Michael’s feast with novena prayers for his intercession for our country.

We also celebrate the feast of another Saint who received the Stigmata this month and that is Padre Pio. His feast is September 23. Brother Kip once played a song based on the beloved post Communion prayer of Padre Pio “Stay With Me Lord” at a retreat we attended. Here are Novena Prayers from the National Center for Padre Pio in Barto (padrepio.org) for feast celebrations.

St. Pio teach us to pray with Humility so that we may be among the humble promised in the Gospel to reveal the mysteries of His Kingdom.

St. Pio teach us to pray with Faith that will help us to recognize the face of Jesus Himself in the poor and suffering. Support us in our hour of troubles and trial and should we fail, let us know the joy of the sacrament of forgiveness.

St. Pio teach us tender devotion to Mary Mother of Christ and our Mother. To you we entrust the request presenting our souls to the Virgin of Grace to obtain eternal salvation from the Lord.

St. Pio our friend consoler of our souls and help of us sinners You understand us so well, for you know what it means to suffer. To you we entrust our well-being and that of our loved ones.

St. Pio in you we entrust our spirit that we may endure the pains we carry in our hearts.

St. Pio accompany us in our earthly pilgrimage towards the blessed Homeland, where we too hope to contemplate the Glory of the Father, the Son and the Holy Spirit. O

Glorious St. Pio to you we entrust our plea of intercession to obtain from the Divine Goodness the graces which we so ardently desire. Welcome us under your protection, defend us from all evil and above all intercede for us before the Most High Jesus Christ, so that through the forgiveness of sins we may persevere in doing good. O God, You gave

St. Pio the great privilege of participating in a unique way in the passion of your Son. Grant me, through his intercession the grace of *[insert petition]* which I ardently desire and above all, grant me the grace to live in conformity with the death of Jesus to arrive at the glory of the resurrection. Amen.

Glory Be (three times) ✠ Hail Holy Queen ✠ Most Sacred heart of Jesus I place all my trust in You.
St. Joseph foster father of Jesus, pray for us.

PEACE, LOVE AND JOY, Judith

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 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

OUTREACH OPPORTUNITIES – Denise Miente

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, August 24th. Next scheduled sandwich-making is on Thursday, September 28th, at 9:45 at Catherine's home. Catherine will be in Iowa, but Paul will host us.

Shelter Bus Passes: Next batch due to be purchased this month.

TREASURER'S REPORT – JOE MCHUGH

Thank you for your continuing generosity !!!

July Balance		\$3,946.95
FFA Stipend	(\$100)	\$3,846.95
SA Stipend	(\$100)	\$3,746.95
Casa Franciscana	(\$100)	\$3,646.95
St. John's Stipend	(\$300)	\$3,346.95
Aug. Deposit/Balance	\$850	\$4,196.95

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

UPDATE FROM: *LITTLE PORTION FARM* <https://www.littleportionfarm.org/>



This fall we will be assembling our new greenhouse, made possible by a generous grant from the Sisters of St. Francis, Sacred Heart Province. This greenhouse will help us extend our season and increase our production even more, so our partners can have fresh produce for longer.

While this generous grant will cover the costs of the greenhouse, its installation, and

electrical work needed, there are additional costs that we need to cover (such as tables, irrigation system, potting soil, trays, and more). With these items in mind, we are seeking \$15,000 by the end of the summer to fill out our greenhouse.

With over \$9,000 raised already, we're very grateful to all who have supported this effort. But we only have a few more weeks until the official beginning of fall! If you haven't already, we hope you will consider donating so we can hit the ground running this winter with our new seed-starting endeavor!

Donate at: <https://secured.littleportionfarm.org/donation/?c=0830>

To volunteer, complete the form at <https://www.littleportionfarm.org/volunteer/>

ACTION ALERT -- Tell the EEOC to leave abortion out of the Pregnant Workers Fairness Act!

The Equal Employment Opportunity Commission (EEOC) has put out a proposed regulation that would require employers to accommodate employees who choose to get abortions, such as by giving them leave to obtain one. The proposal misinterprets the Pregnant Workers Fairness Act, which is a new law meant to help working mothers keep their job, if they wish, while protecting their health and that of their preborn children. The EEOC is now twisting that law to promote abortion instead, the exact opposite of pregnancy. But there is nothing fair about ending an innocent baby's life, or about forcing employers to go along with it.

Join USCCB in telling the EEOC to leave abortion out of the Pregnant Workers Fairness Act! Contact law makers via the USCCB link at: <https://www.votervoice.net/USCCB/Campaigns/107379/Respond>

FROM MJ PARKER'S *LITTLE FRIENDS FOR PEACE*

The Wellness Wheel

Health is a state of body. Wellness is a state of being.
- J. Stanford




Use the wellness wheel to become more self-aware, identifying areas that are going well and areas of challenge that need improvement.


Little FRIENDS For PEACE
Peace Tool Card
Core Tools
For more, visit www.lffp.org.

The 6 Dimensions of Wellness

<p>1 Mind Using available resources to expand knowledge, improve skills, and to increase potential for sharing with others</p> <p>2 Spirit Deepening one's sense of self and direction in personal values and ethics</p> <p>3 Body Taking care of one's body and physical wellbeing</p>	<p>4 Work Having personal satisfaction and enrichment in one's work</p> <p>5 People Interacting harmoniously with others in social life</p> <p>6 Feelings Experiencing life's ups and downs with enthusiasm and grace</p>
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OFS SEMINAR SATURDAY — *from Rita Collieran, OFS, Regional Formation Director*

It is a joy to welcome Br. Kip Ledger OFM Cap back to our region. While he is visiting this fall, he is happy to be with us all at this seminar. The topic that he chose is "Franciscan Understanding of Living a Penitential Life." Many know and appreciate Br. Kip. For many years he worked with OFS in our region as Spiritual Assistant and teacher.

- Who: Br. Kip Ledger, OFM Cap
- Topic: Franciscan Understanding of Living a Penitential Life
- When: Saturday, September 23 – 10:00 am to 3:00 pm
- Cost: \$30.00 Lunch included
- Where: St. Bonaventure Room, Franciscan Monastery of the Holy Land in America, 1400 Quincy St. NE, Washington DC.

Please sign up as soon as you can. Space is limited and **signup deadline is September 17, 2023.**
Sign up online at: <https://www.signupgenius.com/go/409094DAAA72EAAF94-franciscan/>

Contact Rita Collieran OFS, Regional Formation Director at rlcolleran10@gmail.com or 703-310-9958 if you want more information or need assistance in signing up.

WINE AT THE SHRINE 2023

Sat Oct 14, 2023 1:00 PM - 6:00 PM

Shrine of St. Anthony & Little Portion Farm, 21042

Spend an afternoon on the beautiful grounds of the Shrine of St. Anthony for a fun day of sampling beer and wine, hay rides, tours of Little Portion Farm, cooking and wine demonstrations, pumpkin picking and painting, and more! All proceeds from the event benefit Little Portion Farm and the Franciscan Center of Baltimore. Over the last three years, over 60,000 pounds of food have been harvested on the farm and donated to the Center to be used in their kitchen that serves hundreds of meals every day to those most in need. Your attendance at this event directly supports our continued collaboration!

Tickets available at <https://www.tickettailor.com/events/wineattheshrine/936008#>

Costs: Adult – Tasting Glass (for wine/beer sampling) \$45.

Adult – Designated Driver (includes access to water, tea, soda) \$25

FRANCISCAN ACTION NETWORK: FRANCISCAN JUSTICE LEADERSHIP CONFERENCE

PRESERVING GOD'S PLANET TOGETHER

October 13 – 16, 2023 † Washington Retreat House, Washington, DC

With the urgency of climate change compounded by environmental racism's disproportionate harm on people of color and those in poverty, the conference will focus on embracing an advocacy response to these interconnected issues facing creation and our communities through the lens of the Franciscan tradition. Participants will engage in practical leadership training on how to be advocates for change in our home communities, whether that be on a college campus or beyond.

Conference Goals include:

- Inspire: participants to engage in service and advocate for creation, peace and justice in their communities
- Empower: participants to exercise their voices and be reminded how much they matter and are needed
- Build: relationships with the wider Franciscan family – students from other colleges, members of the religious communities, lay Franciscan-hearted people, FAN leadership
- Increase awareness: of participants' valued membership in the Franciscan movement

Tentative schedule:

- Friday, October 13: Dinner and introductory session in the evening.
- Saturday, October 14: Will be packed with various interactive sessions, panels, building relationships and meal-sharing. The afternoon portion, including our keynote speaker Br. Michael Perry, OFM and Sr. Joan Brown, OSF will be hybrid for those unable to attend in person.
- Sunday, October 15: Will be a day of preparation for our Capitol Hill office visits on Monday as well as free time to sightsee in DC.
- Monday, October 16: In the morning we will join our Franciscan voices together to advocate on Capitol Hill. The conference will conclude with lunch before departing.

Keynote Speakers

Br. Michael Perry currently serves as Franciscan Scholar in Residence and Director of the Laudato Si' Center for Integral Ecology at Siena College in New York. Originally from Indianapolis, Indiana, he dreamed of becoming a lawyer, but a trip to the missions changed all that. He instead joined the Franciscan Order of Friars Minor and served as Minister General of the Order until recently when he was appointed the next president of Franciscans International. His life and work took him to Africa for more than ten years, England for advanced studies, and to various international agencies in Washington, New York and Europe working to promote respect for fundamental human rights, economic inclusion and respect for the environment.

Sr. Joan Brown, OSF, Executive Director of New Mexico Interfaith Power and Light, is a Catholic Franciscan sister from the Rochester, Minnesota community. Her farm background, passion for the Sacred Earth Community and many years of experience in the non-profit and social justice sector inform her work. She holds a Master's Degree from California Institute of Integral Studies where she studied with Brian Swimme, Joanna Macy and others. Fr. Thomas Berry and Teilhard de Chardin inspire her work for the long haul in helping people come to a sense of wonder at the marvelous world we have been given and are called to take care of for the future of all beings. Joan was one of 12 faith leaders to receive a Champion of Change award from the White House for work on climate change in July 2015.

Other speakers (confirmed at this date include):

- **Joseph Flemming:** He is currently leading an ambitious initiative to develop a training curriculum for faith leaders that will equip them to understand and combat white Christian Nationalism.
- **Carolyn Townes, OFS:** Secular Franciscan in 2000, Carolyn has served in several leadership roles on the local, regional, national and international levels. She just completed her tenure as the National Animator for Justice, Peace and Integrity of Creation (JPIC) for the Secular Franciscan Order.
- **Jaime Martinez:** founder of Pittsburgh-based North Allegheny For Change, a coalition fostering youth empowerment and an improved educational experience for marginalized students.

Costs (includes single room, shared bathroom, meals, materials and local ground transportation)

	Early-Bird Registration (Ends September 12)	Standard Registration (Begins September 13)
Young Adults (aged 18-30)	\$250	\$275
General Public	\$300	\$325
Online only (half-day Saturday)	\$35	\$40

Scholarships are available for those who are unable to afford the full registration fee.

<https://franciscanactionnetwork.salsalabs.org/OctFJConference/index.html>