

# Up to Now

Newsletter of the St. Margaret of Cortona Region of the Secular Franciscan Order

Covering the District of Columbia, Maryland, Delaware, Virginia,  
and portions of West Virginia and Pennsylvania



Fr. Philipus Philippus, OFM/Cap

Volume 26 Issue 3

Let us begin again, for up to now we have done nothing.

February 2023

## THE GOSPEL – OUR RULE

This year, 2023, the Franciscan family is celebrating the 800th anniversary of the “Later Rule.” Although that rule belongs primarily to the First Order OFM, our Secular Franciscan Rule of 1978 draws from the Later Rule, as well as the earlier (primitive) Rule. All members of the Franciscan Order reflect St. Francis’ charism in our different Rules and forms of life. Thus, it is appropriate for Secular Franciscans to focus on our Rule and our obligations during this year: follow the Gospel; participate in the Sacraments; and live a “Gospel” life (Chapter Two - The Way of Life):

4. The rule and life of the Secular Franciscans is this: to observe the gospel of our Lord Jesus Christ by following the example of St. Francis of Assisi, who made Christ the inspiration and the center of his life with God and people.

Christ, the gift of the Father's love, is the way to him, the truth into which the Holy Spirit leads us, and the life which he has come to give abundantly.

**Secular Franciscans should devote themselves especially to careful reading of the gospel, going from gospel to life and life to gospel.**

5. Secular Franciscans, therefore, should seek to encounter the living and active person of Christ in their brothers and sisters, in Sacred Scripture, in the Church, and in liturgical activity. The faith of St. Francis, who often said, "I see nothing bodily of the Most High Son of God in this world except His most holy body and blood," should be the inspiration and pattern of their Eucharistic life.

Now, here is a trick question: Where in the Bible is the Gospel? Of course, we all know there are four gospels in the New Testament. Are they the only gospels, though? St. Paul often talks about the gospel in his letters (which actually pre-date the four gospels). St. Jerome noted that ignorance of the scripture is ignorance of Christ. St. Augustine pointed out that the New Testament is hidden in the Old, and the Old is fulfilled in the New. Therefore, to discover and really understand the gospel it is necessary to read the entire Bible.

(See “Rule” on page 4)

## Regional Council St. Margaret of Cortona Region

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<b>Regional Councilor (MD/DE):</b> Mary Tchida Badjo, OFS	
<b>Regional Councilor (DC/Metro):</b> Janice Benton, OFS	

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## Regional Minister's Message



### FRANCISCAN JOY

Dear Sisters and Brothers in Francis and Clare,

The St. Margaret of Cortona Regional Council would like to wish you, your community, and your family a healthy and joyous new year.

Ah, the word joy stirs up wonderful feelings of happiness, even sometimes to the point of near intoxication of the senses. Most of us experienced this joy this past Christmas season by spending time with family and friends, immersing ourselves in the joy of being in each other's company.

Each of us experiences joy in many different ways, and some of us have discovered secrets that lead us to inner joy. One of the secrets is sustained by prayer, as St. James tells us, "If you want to be joyful, pray." As you can see from this quote, joyful life is having a good prayerful life; it becomes who we are. Our joy comes from within and flows out in a variety of ways. True joy comes from the heart, from the mind, and from the soul and is seen by others desiring this inner peace.

Joy is the opposite of misery. In Matthew Kelly's book, *A Call to Joy*, he tells us "Joy calms us, is serene, it is natural, it is consistent because it is not linked to our emotions, feelings, possessions, nor to changing events of our lives, but rather it is the result of our union with God."

For some, joy is a struggle, for others, it comes naturally. Mother Teresa is a perfect example of the joy that comes naturally. Although suffering through the dark night of the soul for some 30 years, Mother Teresa continued to be deeply prayerful, and this was her secret to finding joy in her work with the poor. Others want to change themselves, to seek the good in life and search for the joy that comes from God.

How does joy fit into our Franciscan way of life? Our Rule and our General Constitutions tell us, "We are to be messengers of joy and hope":

#### Rule 19

Messengers of perfect joy in every circumstance, they should strive to bring joy and hope to others. Since they are immersed in the resurrection of Christ, which gives true meaning to Sister Death, let them serenely tend toward the ultimate encounter with the Father.

## Article 26

2. In the fraternity, the brothers and sisters should promote mutual understanding, and they should see to it that the atmosphere of their meetings is welcoming and that it reflects joy. They should encourage one another for the good.

\* \* \*

Joy pushes out the fear that existed in our life and allows inner peace to settle in, to make a home in our hearts. Joy living in our hearts tells people who we are. It allows us to listen and to share that which is truly Franciscan, our charism, and our love for our Order. By living from Gospel to life and life to Gospel, the seeds for joy have been planted. It is up to us to water and nurture the seeds as they grow within us to the point they can no longer be contained. The seeds blossom and joy radiate from us and those around us want what we have.

Again, Matthew Kelly, in *A Call to Joy*, tells us, "Others are attracted to the joy that comes from living in the now, and they want the same happiness for themselves. It is then that we can show them that Christ is the way; by leading them to Christ and this happiness." Is this not what we want for our family, friends, and our Franciscan sisters and brothers? Is this not why, as Franciscans, we live the Gospel life, not for ourselves alone, but to share this joyful Gospel life with others? Joy is a special gift; in this new year may you find joy in all you do as Franciscans.

I would like to leave you with the quote from Morning Prayer, Monday, Week 1, Liturgy of the Hours. "Those who welcome the Word as the guest of their hearts will have abiding joy."

Your Franciscan brother in Christ,

*Bob Longo, OFS*

St. Margaret of Cortona Regional Minister

<http://saintmargaretof cortona.org/>

*Remember brothers and sisters, we are all called to evangelize both verbally and by our actions.*

*"God wants full custody of His children, not just weekend visits." From TheGospelDaily.com*

*Joy*

## The Pope's Monthly Intentions for 2023

### **January**

#### ***For educators***

We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

### **February**

#### ***For parishes***

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

### **March**

#### ***For victims of abuse***

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

### **April**

#### ***For a culture of peace and nonviolence***

We pray for the spread of peace and nonviolence, by decreasing the use of weapons by States and citizens.

### **May**

#### ***For church movements and groups***

We pray that Church movements and groups may rediscover their mission of evangelization each day, placing their own charisms at the service of needs in the world.

### **June**

#### ***For the abolition of torture***

We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

### **July**

#### ***For a Eucharistic life***

We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

### **August**

#### ***For World Youth Day***

We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

### **September**

#### ***For people living on the margins***

We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

### **October**

#### ***For the Synod***

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

### **November**

#### ***For the Pope***

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.

### **December**

#### ***For persons with disabilities***

We pray that people living with disabilities may be at the centre of attention in society, and that institutions may offer inclusive programs which value their active participation.



## Catholic Ecumenical Dialogues in the USA— A Brief History, Part 6

“That they all may be one” (John 17:21)

*This is part six, and the last, of my series of articles of the Catholic Ecumenical dialogues of the USA. Again, the information here is taken from a reference of the above named publication. This final article reviews the more recent dialogues of the Reformed-Catholic concern and concludes with a summary of this ongoing endeavor.*

In 2007, the Reformed-Catholic Dialogue concluded its seventh chapter with the publication of two major essays. One portrayed the sacrament of Baptism and was entitled, “These Living Waters.” The other featured the Eucharist and was entitled, “This Bread of life” in 2010. The members of the dialogue also produced a joint statement, “Common Agreement on Mutual Recognition of Baptism.” This was approved by the general assembly of the bishops present at the November 2010 meeting and by the general governance of the four Reformed communities.

In 2013, the Reformed-Catholic dialogue convened for the eighth time, centering on ecclesiology. The focus was on four major ecclesiological themes: ecclesial unity and diversity, ministry and ordination, mission and identity in the church, and episcopacy and authority. The broad goal was to advance the conversation begun on the international level on the nature of the church, particularly with the Faith and Order documents of “Baptism, Eucharist, and Ministry

(1982) and “The Church toward a Common Vision” (2013).

The ninth meeting of this dialogue began with the drafting of a prospective on a joint study of justification in our traditions, with special consideration of the recent association of the World Council of Reformed Churches to the Joint Declaration on the Doctrine of Justification. This meeting was held in the Fall of 2018.

In conclusion, the Bishops’ Committee and the SEIA have and still continue to hold a host of other relationships with various church groups and associations. SEIA is willing to continue the dialogue and more helpfully sponsor informal conversations with fellow Christians. In various ways, the Catholic Church acts as the crossroads where Christians of all churches can meet in the search for the unity that was meant for and given us by our Lord and Savior Jesus Christ.

May all of you, my Franciscan brothers and sisters, have blessed Holy Spirit driven Lent and a joyful Easter!

*Peace and all Good  
Mike Huether  
Regional Vice Minister and  
Ecumenical/Interfaith Chairman*



### Mark Your Calendar

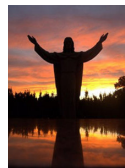


**Annual Day of Reflection for Inquirers and Candidates**, March 11, 2023, at Franciscan Monastery of the Holy Land, Washington, D.C. (See registration on [page 9](#).)

**Primacy of Christ and the Meaning of "Atonement" in the Theology of Our Redemption**, April 28, 2023, Franciscan Monastery of the Holy Land, Washington, D.C. (More information on [page 12](#).)

**Regional Formation Retreat**, June 23-25, 2023, Washington Retreat House, Washington, D.C. (More information on [page 12](#).)

**Regional Retreat**, July 21-23, 2023, Loyola Retreat Center, Faulkner, Md.



(“Rule” from page 1)

Of course, that is a monumental task. To read the Bible from beginning to end takes a long time and requires as well some form of interpretation. Fortunately, we have Fr. Mike Schmitz. For two years he has had a daily podcast. *The Bible in a Year* ([available for free on the Internet](#)) in which he reads and interprets the Bible from Genesis to Revelation. He also has periodic discussions with Jeff Cavins (St. Paul Center for Biblical Theology) about the various sections and books of the Bible. Many people have found this is a very accessible way to become familiar with the scriptures. Fellow Secular Franciscans might want to avail themselves of this opportunity.

Another thing to consider: we are familiar with the custom of bishops to adopt a motto, often one inspired by scripture, which guides them in their ministry. This is a useful concept for us Seculars, as well. As we read through the Bible and become familiar with it we might find a Bible verse that strikes us and adopt it as a useful guide to live a gospel life.

*Gil Donahue, OFS, JPIC Animator  
St. Margaret of Cortona Region*

## **FORTUNA FLOW poetry volume i**

### **A Franciscan's Book Review**

*FORTUNA FLOW*, a perfect naming of Fr. Stan Fortuna's first of what will be a multi-volume series of books in which he shares a collection of his poetry. Best known both as a professional musician and a founding member of the Franciscan Friars of the Renewal (CFR), Fr. Stan says Fortuna flow is a good description of his creative process. It seems also an appropriate description of his unique and rhythmic writing style.

The book's subject matter is diverse, as he writes about both people and places he has encountered over the years, often in his work as a Catholic priest and itinerant preacher. His subjects include the beloved Saint Pope John Paul II, fellow CFR Fr. Benedict Groeschel, a trip to Uganda, and two poems inspired by Fr. Stan's own mother. Diverse subjects perhaps, but thematically, every poem, with no exception, feels intensely personal.

I highly recommend this book as a must read for my fellow Secular Franciscans. It is as a Franciscan that I am able to relate especially to Fr. Stan's perspective, not just on his faith, but on how he responds with that faith to his encounters with suffering, death, and grief. While the book's mood could have been one of melancholy, the infusion of faith in its subject matter makes the tone uplifting and hopeful.

Fr. Stan's strength as a poet, his ability to create poignant imagery and take readers with him on a spiritual journey, is perhaps best supported by his use of syntax. As someone who has also enjoyed not just Fr. Stan's poetry, but his original song lyrics and even his rich homilies, this is an artist who simply loves words. He combines near perfect diction with, perhaps because he is a musician, an ear for knowing how to structure what appears to be a simple free verse poem, but when read aloud is in fact rhythmic. With each word seeming like a musical note, this skillful use of words is nevertheless straightforward and relatable.

Of poetry, Fr. Stan said it "has the ability and power to express something that can help others. . . to connect and experience Love."

Some of Fr Stan's best works are narrative, including poems such as *FRINGE MASTER*, referring to Fr. Benedict Groeschel. But because *FRINGE MASTER* takes us with Fr. Stan in his own personal grief, these poems are so much more than narratives. A reader is drawn into complex imagery that he again makes relatable. Expressing his thoughts on the death of Fr. Benedict Groeschel, in *AT YOUR FUNERAL*, he writes:

OH GOD WHO IS LOVE  
DECOMPARTMENTALIZE MY HEART  
ALL MY HEART – EVERY PART  
LIKE GRAIN INTO THE GROUND TO DIE

In addition to these relatable narratives, some of Fr. Stan's work carries the reader through similar depths of meaning about the human condition. Inspired by his travels in Uganda in 2008, in *CRY FOR HELP* Fr. Stan writes:

CAN YOU HEAR THE CRY FOR HELP?  
WILL YOU LISTEN?  
GIVE PERMISSION  
FOR YOUR HEARTS  
SUBMERSIVE SUBMISSION  
TO THE SOLUTION OF LOVE'S REVOLUTION  
TO HEAL THE FEAR  
TO HEAR THE CRY  
FOR HELP

The melodic voice of Fr. Stan's poetry is what defines this talented poet's unique style. It can be best appreciated when his work is read aloud. Although it is written mostly in a free verse style, it is remarkably rhythmic. Read aloud these lines from *LAKE ONTARIO GLASS*.

LENDING CREDIBILITY  
TO THE POSSIBILITY  
OF MY BROKEN PIECES  
BECOMING BEAUTIFUL TOO

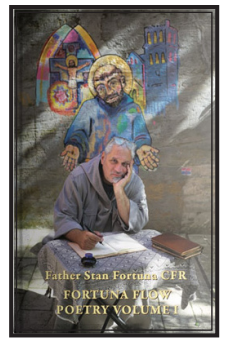
Perhaps because of this extraordinary style, I look forward to an audio version of the book to be read by Fr. Stan, which he says will be released in the future, along with additional volumes of poetry. While Fr. Stan continues to craft new poems, in fact he has been writing poetry for a number of years and most of it remains unpublished until now.

When asked about his decision to have no punctuation in his work, Fr. Stan himself relates it to this "flow," although he is quick to point out that there is "an ellipsis on page 54" (in a poem entitled *LOVE'S PERFECTION*).

Fr. Stan recalls writing his first poem as a young adult in 1980. Entitled *GRATEFUL*, he explains that there were "things I wanted to say to my parents that I couldn't just tell them in a conversation." Instead, the words "just came to me" in what became a poem. "It was a way for me to express myself," said Fr. Stan.

His venture into photography took off in the 1990's when a professional photographer was buying a new Panasonic Lumix and gave Fr. Stan his old Lumix. That was when Fr. Stan developed his interest in wide angle shots. This was the camera he used to take the photo of Assisi in the book, as he describes it after "getting up at 4 am." Although his photos in *FORTUNA FLOW* are all in black and white, Father Stan shoots in both black and white and color.

Finally, not only is Fr. Stan's poetic voice intensely personal, but when asked about the backstories to specific poems, that too is personal, all a part of relationships



and experiences in his own life. *HERE AND NOW* was written on the Feast of the Transfiguration while doing a youth retreat in Palavas, France, where he stayed at an old Benedictine monastery with a magnificent view of the lake. A story about his sister being a collector of “sea glass” is the backstory for his attention to *LAKE ONTARIO GLASS*, in which he conveys such beautiful visual imagery. All so relatable!

### **WHAT OTHERS ARE SAYING**

Victoria Shanholtz, OFS, herself a published fiction writer (VL Shanholtz), compares Fr. Stan to what we read in the Bible about refining silver in the furnace of affliction. “Silver is refined, again and again. . . until the refiner is perfectly reflected in the process. This is Fr. Stan,” she explains. “He sits in Jesus’ lap.”

Victoria saw much of the collection being about what she described as “the juxtaposition of suffering. . . and God’s complete shelter and comfort.” The fact that it is written in all caps made her feel like Fr. Stan was crying out. “You can feel the pain, but also see God’s comfort,” she explained.

St. Margaret of Cortona Regional Minister Bob Longo, OFS, also read Fr. Stan’s book. “I absolutely highly recommend it to others,” said Bob. “I thank Fr. Stan for his poetry. It’s written from his heart.”

Bob describes the subject matter as “touching many lives in our Franciscan community.” Like others, Bob found Fr. Stan’s poems about Fr. Benedict Groeschel and Saint Pope John Paul II to be quite moving. “So talented is Fr. Stan,” adds Bob.

Yet more comments come from Immaculata Fraternity (Fredericksburg, Va.) Minister Terry Rinker. “His poetry begs to be read over and over again. It’s a joyful and masterful celebration in the use of words that invokes instant spirituality,” said Terry.

Having met and interacted with Fr. Stan in the past, Terry comments that “it immediately struck me how well his poetry encapsulates his thoughts, speech, and actions.” “Using only three words in a verse, Fr. Stan can hit meaningful chords that strike deep into one’s heart, mind, and soul,” Terry adds. “Pausing to reflect for a moment between verses allows one to experience the profundity of his words.”

Several readers from outside our Franciscan community also appreciated Fr. Stan’s works, commenting on his lyrical writing style, the imagery he uses to describe water and glass, and how both personal and inspiring the book is to them. There were those also who really liked the black and white photos featured in the book, and wanted to see more of Fr. Stan’s photography.

Also, some readers asked about the cover photo, which they especially liked. The photo of Fr. Stan was taken at the Our Lady of the Angels Friary in the Bronx where Fr.

Stan resides. The photographer is New York Times journalist David Gonzalez. Fr. Stan is shown writing, as he does all of his poetry, in longhand in notebooks before he converts it to a digital format.

Finally, some readers who know Fr. Stan best as a musician and songwriter, asked whether any of these poems were also song lyrics. In fact, the poems in this collection are standalone poems, not lyrics, with the exception of the poems *SHE WAS STANDING* and *FASCINATE*, from which he used some of the same lines in his 2014 CD release of “*WORD WORLD poetic invasion*,” in which he also added original instrumental scores as background.

### **MORE ABOUT FR. STAN FORTUNA**

In addition to his place as a contemporary poet, Fr. Stan the artist is an accomplished musician, composer, lyricist, and photographer. He was born in 1957 in Yonkers, New York. A Catholic priest and founding member of the Franciscan Friars of the Renewal in the South Bronx, he entered religious life in 1979, helped with the founding of his religious order in 1987, and was ordained a priest in 1990.

In addition to his artistic pursuits, Fr. Stan leads an annual pilgrimage to Poland and Rome, in the footsteps of Saint Pope John Paul II. He has also led spiritual retreats, including for Secular Franciscans.

Before entering religious life, Stan Fortuna was an accomplished bass player, vocalist, and jazz artist, performing in some of the most prestigious venues in jazz, such as Birdland, the Lincoln Center, and Town Hall. His trio Scola Tristano has released a number of jazz albums. Early in his career, he had studied with Lennie Tristano, one of the greatest improvisational jazz artists of the 20th Century.

Father Stan’s spiritual father Francesco d’Assisi was a poet, as was his major hero Saint Pope John Paul II the Great.

### **HOW TO BUY THE BOOK**

This recently published 83 page paperback can be purchased on the website for Fr. Stan’s 501(c)(3) charitable organization Francesco Productions at [www.francesco-productions.com/poetry-books](http://www.francesco-productions.com/poetry-books).

Purchase *FORTUNA FLOW* online for \$29.99 with free shipping. If you are a Secular Franciscan buying 20 or more books for your Fraternity, use the contact information on the website to inquire about a volume discount. Or consider paying full price, knowing that proceeds from the sales of the book go towards the charitable work of the Franciscan Friars of the Renewal. In his own words, Fr. Stan says that work includes helping the poor, working with families in need, running a youth program, and even burying the dead.

*Patricia Boye, OFS  
Immaculata Fraternity*



## Franciscan Mission Service Compassion

*Editor's note: Franciscan Mission Service's DC Service Corps volunteer Matthew Hinderberger reflects on the need for companionship through an experience at his ministry site, Christ House, a home for men experiencing homelessness with acute medical needs. Do you know someone with a call to serve for one year or longer in DC, Bolivia, Jamaica, or along the US-Mexico border? Invite them to contact [Franciscan Mission Service](#).*

"When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.'" (Matthew 9: 36-38)

This verse from the book of Matthew is one that I look at often, as it helps me to remember to be compassionate to those who I am around, no matter the circumstance. Sometimes we can feel like sheep without a shepherd as stated in the verse. One major thing we can take from this verse is that we can live like Jesus did in this very moment. Jesus was walking among hundreds of people, and the one emotion he felt for all of them was compassion.

Now I know it may seem difficult to spread compassion to every single person we meet, every single day; it may be near impossible to do so, even if we wanted to. The compromise I believe we should make is to be more compassionate to those people that we are showing compassion to on a daily basis, and if we see a need out in the world, to make an effort to show some compassion and companionship. Putting effort into companionship isn't something that is difficult to do either; it usually consists of lending a listening ear to someone or something as simple as being in their presence.

These past couple of months working at my ministry site have taught me a lot about what it truly means to be compassionate to someone who really needs it. I have heard the stories of men who have had struggles in their life and currently don't have anyone to really tell their story to—and it seems that all they really want is for someone to listen to them. Some men, on the other hand, aren't much for talking; they just enjoy someone to be around them. I've learned to accept that as well.

There was one instance with one of the residents of my ministry site that really made me aware of the need for compassion. It was a warm sunny Friday morning, so we were on our way to the library so the guys could look at books or use the computer. I had the usual two guys going with me who attended all of my events, but on our way out one man stopped me and asked, "Are you headed to the library?" I replied that we were, and he asked if he could come so I could help him apply for food stamps. "Of course," I replied, so we headed to the library. He was not the most mobile of residents in the center, so as we walked to the library he was a little behind the rest of the guys. I started to notice that he was behind and I made sure I was walking with him the entire way to the library. This mile walk allowed us to engage in a deeper conversation. He had been in the facility for a couple months, and I could tell that he was lacking the human connection that was occurring on that walk. After helping him fill out his application for food stamps, I walked back with him and the rest of the men and we continued our conversation. In the rest of the time that he was at the facility, I could tell that he was more comfortable and that he knew that if he needed someone to talk to, I would be there.

Companionship and accompaniment aren't something all people get to experience, because not every person has someone they know will always be there for them. This became apparent to me only recently in my ministry. I had no idea that there was a need for compassion and accompaniment just about everywhere I looked. You may not be able to tell, but just about everyone you meet has been seeking some sort of accompaniment since the world essentially shut down due to the pandemic. In that time, a lot of people were alone and away from the people they love. With such a great need, it is clear that if we all took the time to offer a little compassion and accompaniment to our neighbors, it would make a big difference.



## Attracting New Secular Franciscan Vocations

From my early start (2015) as a regional area councilor, up to now as a regional minister, I have conducted many fraternal visitations throughout the region. Ministers and Formation Directors always ask, “How do we go about attracting new vocations?”

At our 2022 Chapter of Ministers meeting, our regional secretary, Mary Rohde, was sitting at my table, and the question came up once again: “How do we attract new vocations?” Mary, who is also the secretary for Pope St. John XXIII Fraternity, mentioned that they have a way of drawing potential individuals to learn about the Secular Franciscan way of life.

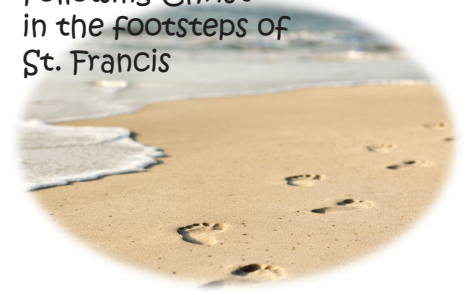
With the approval of Pope St. John XXIII Fraternity Minister Ron Van Nest, I would like to pass along some ideas his fraternity has come up with that may help your fraternity stir up interest in our Order.

First of all, Ron says, “IT’S ALL ABOUT THE HOLY SPIRIT.. The fraternity council brainstormed about what they could do to grow as a fraternity. According to Ron, here are some ways to attract vocations:

1. Post invitations in neighboring parish bulletins.
2. Have banners made, and always have one at your gathering place.
3. A second banner(s) can be on display at area parish functions and ministry fairs.



Following Christ  
in the footsteps of  
St. Francis



4. Alongside the banners, have a box with informational cards with contact numbers on them.

5. Invite anyone who inquires to come to your gatherings, to talk with members, and see whether they feel this is where the Holy Spirit is guiding them.

6. Create a fraternity logo and print it on polo shirts, hats, and aprons. Support your parish functions, and wear these items to help keep your presence visible in the community.

7. Share with those interested in the Order the importance of being a Secular Franciscan and how it has made a difference in your own life.

“These wonderful examples seem to work well, along with prayer and belief that the Holy Spirit will provide,” and are bringing vocations to Pope St. John XXIII Fraternity. These are only helpful hints, so why not give them a try, or have your fraternity brainstorm on how to attract Secular Franciscan vocations?

Bob Longo, OFS  
Regional Minister

## Franciscan Centenaries

Beginning in 2023, and culminating in 2026, the Franciscan family will celebrate the anniversaries of five significant events in the life of St. Francis of Assisi, namely the 800th anniversary of the Later Rule and the Christmas at Greccio (2023), the Stigmata (2024), the Canticum of the Creatures (2025), and the Easter of Francis (2026).

To guide us in our celebration of these “Franciscan Centenaries,” the Conference of the Franciscan Family has issued a wonderful resource manual. The title of this booklet is *2023-2026: A Multifaceted Centenary in Which Several Centenaries Will Be Celebrated*. It can be found at <https://ciofs.info/2022/09/17/guidelines-for-celebrating-5-franciscan-centenaries-2023-2026/>. More simply, we might reference these celebrations simply as the “Franciscan Centenaries.”

The celebrations are:

2023 - The Rule (Gospel to Life, Life to Gospel)



Christmas at Greccio  
(Incarnation)



2024 - The Stigmata  
(The Cross)



2025 - The Canticum of the Creatures  
(Kinship of All Creation)

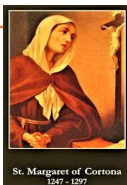


2026 - St. Francis’ Passover  
(The Eucharist; The Eschaton;  
The Kingdom of God)



— Gil Donahue, OFS, JPIC Coordinator





## St. Margaret of Cortona OFS Region

### Annual Day of Reflection for Inquirers and Candidates Embracing the Gospel Life: Conversion, Commitment, Belonging



Join us for this day of spiritual teaching and reflection. All OFS Members Are Welcome!

The Day of Reflection is designed especially for inquirers and candidates to learn more about our Franciscan spirituality and way of life and to reflect and seek discernment about their decision to accept and profess into the vocation of the Secular Franciscan Order.

If you are an OFS member, you are welcome to attend to refresh and renew your OFS vocation commitment.

**When: Saturday, March 11, 2023**

**Time: 10:00 am to 4:00 pm**

**Cost: \$50.00 lunch included**

**Where: Franciscan Monastery of the Holy Land in America**

**1400 Quincy Street N.E. | Washington, DC 20017**

### Register at Signup Genius:

<https://www.signupgenius.com/go/409094DAAA72EAAF94-dayofreflection>

You can pay for your registration online or in person at the seminar. This event fills up very quickly. **Registration deadline is March 5, 2023.**



Our Presenter: **Fr. Russel Murray, OFM Ph.D. STL STD Holy Name College**

Fr. Russel is an accomplished and experienced theologian in our Franciscan faith. He has a vibrant and full vocation, as he is a frequent speaker at conferences throughout the country and around the world. He has worked from Russia to Rome and served in important positions at universities, including St. Bonaventure University. Currently, in addition to many other responsibilities, he works with the Poor Clares, as well as leading tours of Assisi twice a year.

Learn more about Fr. Russel at <https://hnp.org/russel-murray-marks-25-years-as-a-friar/>

## Secular Franciscan Order: Membership Status and Fair Share

### Active: Fair Share: \$40.00

- Fulfills the daily and monthly obligations of the fraternity, including prayer and support of the fraternity.
- Actively participates with fraternity and region.
- Contributes to the common fund.

### Excused: Fair Share: \$20.00

- Informs the Minister/Council that they are not able to fulfill all obligations of the fraternity due to family, health, distance or work.
- Independently continues to fulfill parts of the obligation, prayer and support of the fraternity.
- Good communication and involvement is maintained between the fraternity and the member.
- Continues to contribute to the common fund.
- Excused is for six months. If needed, can be extended for another six months with the approval of the fraternity council. Excused status must be recorded in the fraternity register with the date effective. The elderly are excused without the need for extension.

### Lapsed

- Insufficient attendance at fraternity meetings.
- Lack of communication with council or other fraternity members.
- Absence without a valid reason (family, health, work, distance).
- Failure to support the common fund – unless approved by the fraternity council.

The lapse must be noted in the fraternity registers.

### Voluntary Withdrawal from the Fraternity

Requires written notice to Minister/Council that the member wants to withdraw from the fraternity. The council will vote to approve the withdrawal request. Date of approval is recorded in the fraternity.

### Suspension from the Fraternity

Council/Spiritual Assistant must communicate with the member concerning the suspension. A member may request to withdraw instead. The council will vote to approve the suspension or withdrawal and the date of approval is recorded in the fraternity records.

### *Religious life outside the walls*

An interesting article about Secular Franciscans as well as other secular groups—Lay Dominicans, Secular Carmelites, Third Order Norbertines, Benedictine Oblates and others—serving in the Arlington Diocese was published in the *Arlington Catholic Herald* January 26, 2023.

The article was written by Kimberley Heatherington, OFS, of Tau Fraternity and can be found at <https://www.catholicaherald.com/article/local/religious-life-outside-the-walls/>.

### *From the National Fraternity*

Receive a daily email featuring, in monthly rotation, *The Rule of the Secular Franciscan Order*, the *Admonitions of St. Francis*, an article from the *OFS General Constitutions*, *Little Flowers of St. Francis*, a Franciscan quote and additionally, the Franciscan Saint of the day.

To subscribe, send a blank email to: **tau-daily+subscribe@googlegroups.com**

If you don't succeed there, send a request to **kdwofs@gmail.com**



## *Around the Region*

### **Congratulations to Our Newly Admitted**

Mary Beth Klemash Galanko, OFS, St. Francis Fraternity, Washington, D.C.  
Constance Mwalagh, OFS, St. Francis Fraternity, Washington, D.C.  
MJ Park, OFS, St. Francis Fraternity, Washington, D.C.

### **Congratulations to Our New Candidates**

Benedicta Chong Sun Kim, OFS, Saint Clare Korean Fraternity, Olney, Md.  
Joseph Soo Ham Choi, OFS, Saint Clare Korean Fraternity, Olney, Md.  
Juliana Song Ja Yang, OFS, Saint Clare Korean Fraternity, Olney, Md.



Thomas Sayre, OFS, Holy Family Fraternity, Manassas, Va.

*Holy Family Fraternity, newly received: Deacon Brian Majewski, OFS, Formation Director; Carla Sayer; Thomas Sayer, OFS, Candidate; Peggy Gregory, OFS, Minister*

### **Congratulations to Our Newly Professed**

Joseph Pok Kyu Kim, OFS, Saint Clare Korean Fraternity, Olney, Md.  
Regina Hyu Soon Kim, OFS, Saint Clare Korean Fraternity, Olney, Md.  
Theresa Hyekyung Yang, OFS, Saint Clare Korean Fraternity, Olney, Md.

### **Congratulations to Our Newly Elected**

St. Conrad Annapolis Fraternity  
Minister: Judith Tyrell, OFS  
Vice Minister: Ruth Shea, OFS  
Secretary: Joan Faltot, OFS  
Treasurer: Joe McHugh, OFS  
Formation Director: Denise Miantie, OFS  
Councilor at Large: Mary Ann Novak, OFS  
Councilor at Large: Catherine Gonzalez, OFS



*St. Conrad Fraternity, Annapolis newly elected: Catherine Gonzalez, OFS, Councilor at Large; Mary Ann Novak, OFS, Councilor at Large; Denise Miantie, OFS, Formation Director; Joe McHugh, OFS, Treasurer; Joan Faltot, OFS, Secretary; Ruth Shea, OFS, Vice Minister; Judith Tyrell, OFS, Minister*

St. Mary of the Angels Fraternity, Silver Spring, Md.  
Minister: Michael Oliver, OFS  
Vice Minister: John DiBenedetto, OFS  
Secretary: Susan Jamison, OFS  
Treasurer: Portia Fiesta, OFS  
Formation Director: Carmencita Fiesta, OFS  
Councilor: Sonia Bernardo, OFS  
Councilor: Tom McGrath, OFS  
Councilor: Michaelle Sylla, OFS



*St. Mary of the Angels newly elected council: Michael Oliver, OFS, Minister; John DiBenedetto, OFS, Vice Minister; Susan Jamison, OFS, Secretary; Portia Fiesta, OFS, Treasurer; Carmencita Fiesta, OFS, Formation Director; Sonia Bernardo, OFS, Councilor; Michaelle Sylla, OFS, Councilor; Tom McGrath, OFS,*

### **Losses in the Family**

Ann Amrhein, OFS, February 12, 1928-December 11, 2022. She was a member of Little Flower Fraternity, Baltimore, Md., and was professed on December 12, 1989.

Gregory Jae Won Choe, OFS, November 20, 1954-December 6, 2022. He was a member of Saint Clare Korean Fraternity, Olney, Md., and was professed on September 18, 1994.

Margaret Doerfler OFS, January 13, 1944-December 2, 2022. She was a member of Little Flower Fraternity, Baltimore, Md., and was professed on October 24, 1982.

John Doherty, OFS, January 4, 2023. He was a member of St. Mary of the Angels Fraternity and was the father of Kristen Doherty, OFS, of Saint Anthony of Nagasaki Fraternity.

Catherine Fischer, OFS, September 23, 1936-November 14, 2022. She was a member of Padre Pio Fraternity, Aberdeen, Md., and was professed on October 4, 1999.

James Tebo, OFS, August 20, 1931-December 25, 2022. He was professed on October 23, 1977, and was a founding member of St. Joseph Cupertino Fraternity, Ellicott City, Md.

Patricia Boyle Troup, OFS, October 24, 1937-October 27, 2022. She was a member of St. Conrad Fraternity, Annapolis, Md., and was professed on October 10, 1996.

Maria Ullmer, OFS, April 11, 1935-May 14, 2022. She was a member of Immaculata Fraternity, Fredericksburg, Va., and was professed on November 29, 2003.

Maria Ullmer, OFS, April 11, 1935-May 14, 2022. She was a member of Immaculata Fraternity, Fredericksburg, Va., and was professed on November 29, 2003.



# Save the Dates!

**B**eing a Franciscan means that we live our Catholic faith in the way of St. Francis of Assisi. We follow his teachings about our spirituality and relationship with our Lord Jesus and each other.

Your Regional Formation Team is joyful to present seminars and retreats with our religious Brothers to provide in-person teaching about our vocation. Many of you have attended, and we encourage all OFS to come and enjoy a seminar and retreat. Below are listed a few that are planned for 2023 so far.



## 12th Annual Day of Reflection for Inquirers and Candidates —

This day is especially created for individuals who are in discernment about professing to the Secular Franciscan Order and making it their lifelong vocation. All OFS members are welcome to attend to be inspired and refresh their own commitment to this lovely way of life.



### **EMBRACING THE GOSPEL LIFE: CONVERSION, COMMITMENT, BELONGING**

Presenter: **Fr. Russel Murray, OFM Ph.D. STL STD**  
March 11, 2023 — Saturday 10:00 am—4:00 pm  
Conference Center, Franciscan Monastery of the Holy Land in America, 1400 Quincy St.NE Washington DC  
Register at: Sign up Genius:

<https://www.signupgenius.com/go/409094DAAA72EAAF94-dayofreflection>



### **Seminar: PRIMACY OF CHRIST AND THE MEANING OF "ATONEMENT" IN THE THEOLOGY OF OUR REDEMPTION**

Presenter: **Fr. Charley Miller, OFM**  
April 29, 2023 — Saturday 10:00am — 4:00pm  
St. Bonaventure Conference Room, Franciscan Monastery of the Holy Land in America  
1400 Quincy St.NE, Washington DC

*More information and Registration coming in March.*

### **Retreat: Regional Formation Annual Retreat—Franciscan Intellectual Tradition**



This year's retreat comes from the Franciscan Intellectual Tradition. Topics include Metanoia (radical inner conversion), Joy in Penance, Poverty, Perfect Joy, Fraternal Living... and much more. Discover how to apply these important principles to your everyday living.

**Presenters: Fr. Stephen King, OFM Conv. and Fr. Bart Karwacki, OFM Conv.**

June 23, 24, 25, 2023—Washington Retreat House, 4000 Harewood Rd, NE, Washington

*More information and Registration coming in March.*



## Franciscan Saints, Blesseds and Feasts

(Click on the name to go to a Web link.)

### FEBRUARY

15 [Transfer of the Body of St. Anthony of Padua](#)

16 [Bl. Philippa Mareri](#), Virgin, Poor Clare (1190/1200-1236)

[Bl. Veridiana](#), Virgin, Third Order Secular (1182-1242)

17 [Bl. Luke Belludi](#), Priest, OFM (1200-c. 1286)

18 [St. Bernadette Soubirous](#), Cordbearer (January 7, 1884-April 16, 1879) Plenary Indulgence possible for Cordbearers only

19 [St. Conrad de Plaisance](#), Hermit, Third Order Secular (d. February 19 1351)

20 [Bl. Peter of Treja](#), Priest, First Order (d. November 20, 1304)

22 [Feast of the Chair of St. Peter](#)

25 [Bl. Sebastian of Aparicio](#), lay brother, Order of Friars Minor (January 20, 1502-February 25, 1600)

26 [Bl. Antonia of Florence](#), Third Order Secular (1400-February 29, 1472)

[Bl. Isabelle of France](#), Virgin, Poor Clare (March 1224-February 23, 1270)

27 [Bl. Louise Albertoni](#), Third Order Secular (1533)

[Blessed Jose Tous Y Soler](#), Priest, First Order Capuchin (March 31, 1811-February 17, 1871)

[Bl. Jeremie de Valachie](#), lay brother, First Order Capuchin (1556-1626)

### MARCH

2 [St. Agnes of Prague](#), Virgin, Poor Clare (1211-March 6, 1282)

3 [Bl. Innocent of Berzo](#), Priest, First Order Capuchin (March 19, 1844-March 3, 1890)

[Bls. Liberatus Weiss, Samuele Marzorati and Michele Pio Fasoli](#), Martyrs of Gondar, Ethiopia, Priests, Order of Friars Minor Capuchin (d. 1716)

5 [St. John-Joseph of the Cross](#), Priest, Alcantarine Franciscans (August 15, 1654-March 5, 1739)

6 [St. Colette de Corbie](#), Foundress, Colettin Poor Clares (February 13, 1381-March 6, 1447)

[Bl. Sylvester of Assisi](#), Priest, Order of Friars Minor, one of the First 12 Franciscan Friars (c. 1175-March 6, 1240)

7 [Bl. Christopher of Milan](#), Priest, First Order, d. 1485

9 [St. Catherine of Bologna](#), Virgin, Poor Clare (September 8, 1413-March 9, 1463)

[St. Frances of Rome](#), Third Order Secular, Founder, Oblates of St. Benedict (1384-March 9, 1440)

11 [Bl. John Baptist Righi of Fabriano](#), Priest, Order of Friars Minor (1469-March 11, 1539)

[Bl. Jean Kearney](#), Order of Friars Minor, Martyr (1619-March 11, 1653)

12 [Bl. Angela Salawa](#), Virgin, Third Order Secular (September 9, 1881-March 12, 1922)

16 [Bl. Torello of Poppi](#), Confessor, Third Order Secular (1202-March 16, 1282)

17 [Bl. Mark of Montegallo](#), Order of Friars Minor (1426-March 19, 1496)

18 [St. Salvator of Horta](#), Lay Brother, Order of Friars Minor (December 1520-March 18, 1567)

19 [St. Joseph](#), Foster Father of Our Lord

20 [Bl. Hippolyte Galentini](#), Confessor, Third Order Secular, (d. 1620)

21 [Bl. John of Parma](#), Minister General, Order of Friars Minor (c. 1209-March 19, 1289)

[St. Nicholas of Flüe](#), Minister General, Order of Friars Minor (c. 1447-March 21, 1487)

22 [St. Benvenute of Osimo](#), Bishop, Order of Friars Minor (d. March 22, 1282)

23 [Bl. Jeremy Lambertenghi](#), Priest, Third Order Secular (d. 1513)

24 [Bl. Didacus Joseph of Cadiz](#), Priest, First Order Capuchin (March 30, 1743-March 24, 1801)

25 [Feast of the Annunciation of the Blessed Virgin Mary](#)

28 [Bl. Jane Mary of Maille](#), Virgin, Third Order Secular (April 14, 1331-March 28, 1414)

30 [Bl. Amadeus IX of Savoy](#), Third Order Secular (February 1, 1435-March 30, 1472)

[Bl. Ludovico of Casoria](#), Priest, Order of Friars Minor (March 11, 1814-March 30, 1885)

[Bl. Maria Restituta Kafka](#), Sister, Franciscan Sisters of Christian Charity, Martyr (May 1, 1894-March 30, 1943)

[St. Peter Regalado](#), Priest, OFM Conventual (1390-March 30, 1456)

### APRIL

1 [Bl. Henry Alfieri of Asti](#), Vicar General and Minister of the Order of Friars Minor (1315-1405)

2 [Bl. Elisabetta Vendramini](#), Foundress, Third Order Sisters of St. Elizabeth of Hungary (April 9, 1790-April 2, 1860)

[St. Francis de Paola](#), Founder, Order of Minims (March 27, 1416-April 2, 1507)

- 3 **St. Benedict the Moor**, Friar, Order of Friars Minor (1526-April 4, 1589)  
**St. Luigi Scrosoppi of Udine**, Priest, Third Order Secular (August 4, 1804-April 3, 1884)
- 5 **St. Maria Crescentia Hoess**, Virgin, Third Order Regular (October 20, 1682-April 5, 1744)
- 7 **Bl. Maria Assunta Pallotta**, Third Order Regular (August 20, 1878-April 7, 1905)
- 8 **Bl. Julian of St. Augustine**, Lay Brother, Order of Friars Minor (c. 1550-April 8, 1606)
- 9 **Bl. Thomas of Tolentino and Companions**, Priest, Martyrs of India, Order of Friars Minor, (Fr. James of Padua, Br. Demetrius of Tiflis, Fr. Peer of Siena) (d. 1321)
- 10 **Bl. Boniface Zukowski**, Order of Friars Minor Conventual, Martyr (January 13, 1913-April 10, 1942)
- 11 **Bl. Angelo of Chiavasso**, Priest, Order of Friars Minor (1411- 1495)
- 15 **Bl. Gandolph of Binasco**, Priest, Order of Friars Minor (d. April 3, 1260)
- 16 **St. Benedict Joseph Labré**, Third Order Secular (March 15, 1748-April 16, 1783)
- 18 **Bl. Andre Hibernon**, Religious, Order of Friars Minor (1534-April 18, 1602)  
**Bl. James Oldo**, Priest, Secular Franciscan Order (1364-April 18, 1404)
- 19 **Bl. Conrad of Ascoli**, Priest, Order of Friars Minor (1234-April 19, 1289)
- 20 **Bl. Anastase Pankewicz**, Priest, First Order, martyr, d. 1942
- 21 **St. Conrad de Parzham**, Friar, Order of Friars Minor Capuchin (December 22, 1818-April 21, 1894)
- 22 **Bl. Francis of Fabriano**, Priest, Order of Friars Minor (September 2, 1251-April 22, 1322)
- 23 **Bl. Giles of Assisi**, Order of Friars Minor (1190-April 23, 1262)
- 24 **St. Fidelis of Sigmaringen**, Capuchin Priest, Protomartyr of the Sacred Congregation of the Propagation of the Faith (1577-April 24, 1622)
- 25 **St. Pedro de San Jose Betancur**, Third Order Secular, Founder (March 21, 1626-April 25, 1667)
- 27 **St. Zita of Luca**, Secular Franciscan (ca. 1212-April 27, 1272)
- 28 **Bl. Luchesio and Buonadonna**, First Third Order Secular Franciscans (both died April 28, 1260)
- 29 **Bl. Benedict of Urbino**, Priest, Order of Friars Minor Capuchin (d. 1625)
- 30 **St. Joseph Benedict Cottolengo**, Third Order Secular, Founder (May 3, 1786-April 30, 1842)
- MAY**
- 1 **St. Richard Pampuri**, Confessor, was a tertiary before joining another religious institute (August 2, 1897-March 1, 1930)  
**Bl. Vivaldo of San Gimignano**, Franciscan Friar, Hermit (1260-1320)
- 3 **Bl. Tommaso da Olera**, Friar, Order of Friars Minor Capuchin (1563-May 3, 1631)  
**Bl. Edouard-Joseph Rosas**, Priest, Founder, Third Order Secular and Regular (February 15, 1830-May 3, 1903)
- 4 **Bl. Thomas Bullaker, Bl. Henry Heath, Bl. Arthur Bell, Bl. John Woodcock, and Bl. Charles Meehan**, priests, martyrs of England, First Order, d.1646  
**Bl. Ceferino Giménez Malla**, Third Order Secular, Martyr, First Gypsy to be declared Blessed (August 26, 1861-August 8, 1936)  
**Bl. Ladislav de Gielniow**, Priest, Order of Friars Minor Capuchin (c. 1440-May 4, 1505)  
**Bl. Tommaso da Olera**, Friar, Order of Friars Minor Capuchin(1563-May 3, 1631)
- 5 **Bl. Beinvenu Mareni**, Lay Brother Order of Friars Minor Conventual (d. May 5, 1269)
- 6 **Bl. Anne-Rose Gattorno**, Founder, Franciscan Third Order Regular (October 14, 1831-May 6, 1900)  
**Bl. Marie-Catherine Troiani**, Third Order Regular, Missionary (1813-May 6, 1887)
- 7 **Bl. Agnellus of Pisa**, Order of Friars Minor, First Minister Provincial in England (1195-1236)
- 8 **St. Amato Ronconi**, Priest, Third Order Secular (c. 1225-May 8, 1292)  
**Bl. Jeremiah of Valacchia**, Lay Brother, Order of Friars Minor Capuchin (June 7, 1556-February 16, 1625)
- 11 **Bl. Antonio of St. Anne Galvoa**, Franciscan Priest, Founder of the Conceptionist Sisters (1739-December 23, 1822)  
**St. Ignatius of Laconi**, Lay Brother, Order of Friars Minor Capuchin (December 10, 1701-May 11, 1781)
- 12 **St. Leopold Mandic of Castelnuovo**, Priest, Order of Friars Minor Capuchin (May 12, 1866-July 30, 1942)
- 13 **Bl. Gerard of Villamagna**, Third Order Secular, Hermit (1174-May 13, 1242)  
**St Peter Regalado**, Priest, Order of Friars Minor (1390–30 March 1456)



# 2023 Lenten Calendar

*The earth is the Lord's and everything in it*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Encourage someone to join your carbon fast	27 Turn your heat down by one degree (or more)	28 No Standby: Turn off and unplug appliances not in use	22 – Ash Wednesday Remove one light bulb and live without it for the next 43 days	23 Check for drafts with a ribbon or feather. Fix them.	24 Tread lightly: walk or bike instead of driving	25 Are you recycling everything possible?
5 Call your local politician: take action on climate change	6 Skip today's shower	7 Find out what your utility companies' plans are to go green	March 1 Unplug your mobile phone charger when not in use	2 Climate change affects the poor. Pray for Tearfund and donate.	3 Give your dishwasher a day off, air dry instead	4 Shop Local: Shop at the nearest grocery store or farmers market
12 Pray for those who farm that this year we will not have hunger	13 Compost: put all food scraps in the yard waste: Build your own bin.	14 Laundry: Only run when you have a full load and on cold instead of hot	8 Snub single use: use reusable containers instead	9 Start a new habit: switch off lights as you leave the room	10 Use a microwave to cook instead of the stove or oven	11 Cut the air miles: don't consume or buy any flown in food (local instead)
19 "Love does no harm to its neighbor" Romans 13:10	20 Check your tire pressure: make sure it is full	21 Put jugs of water in your fridge. Water retains cold better than air.	15 Find one way to save paper today	16 Check your faucets and toilets for leaks and drips	17 Talk to your city council: recycling, yard waste, composting?	18 Start a vegetable garden: even if it is just planting one pot on a balcony
26 Embrace the silence: No TV, radio, phone, car, computers	27 Stop Junk Mail: Call catalogs to stop receiving mail	28 Is your boiler insulated? Get a insulation jacket	22 Find a green organization and sign up for their newsletter	23 Find a new fact about the impact of climate change and share it	24 Go meat-free today	25 Join your local Buy Nothing group on Facebook and gift something
2 – Palm Sunday Find out about "Eco Palms" for next year's Palm Sunday	3 Pick up trash in your neighborhood	4 Find out about doing a home energy audit	29 Put a sealed bottle of water in the tank of your toilet to save water	30 Replace the bulbs in your house with energy efficient CFL/LED bulbs	31 Bring reusable bags to the grocery store	1 Talk to your church leaders: could your church be greener?
			5 Hang clothes to dry instead of putting them in the dryer	6 – Maundy Thurs Replace the light bulb from Ash Wed. with a CFL or LED bulb	7 – Good Friday Look into a green burial	8 – Holy Saturday How many of these habits can you keep doing?