

"Up To Now"



Newsletter for St. Margaret of Cortona Region, Secular Franciscan Order
Covering the District of Columbia, Maryland, Delaware, Virginia,
and portions of West Virginia and Pennsylvania

Volume 10, Issue 1
August 2006

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

Message from the Minister

It is with great joy and thanksgiving that we, your Council, announce the revival and re-issuance of our Regional Newsletter. UP TO NOW! We have not had an editor for several years.

It will publish quarterly, August, November, February and May. We will use e-mail where possible and the rest will be sent through the U.S. postal system. Up To Now will also be posted to our Regional web-site through the kindness of Dan Mulholland, our former Regional Treasurer. Many thanks, Dan.

We also want to thank our editor, Sharon Hare for her vision, determination and hard work.

Once the first issue has been posted, we will send by email, the web-address and the link so that Up To Now can be viewed by our region. It will also be available to anyone who may be interested and has access to the internet.

Even though our fraternities are many miles apart, this will improve our communications with one another and shorten the distances between us.

The success of Up To Now largely depends on information from **all** of our **33** fraternities. This will be a wonderful opportunity for us to "electronically" attend other fraternity gatherings.

Ministers, please be sure to continue to send your newsletters to Sharon and let her know about special plans and upcoming events that you'd like to share with our Region.

This is a large undertaking and certainly worth-while. It needs all of us to make it work and work well!

May the Lord continue to bless us in all that we do, for we do it in His holy name.

...Carolyn Protin

Annual Regional Retreat

*Renewal through prayer
October 13-15, 2006*

Space is at a premium once again at the Priestfield Pastoral Center, in picturesque Kearneysville, West Virginia. All 39 rooms and the 4 cabins have been reserved, but there are still beds available in both the men's and the women's dorms.

This year's retreat theme is "Relationships" and promises to be a very special "get away." Brother Kip Ledger, OFM Cap., is scheduled as the retreat master and Father Bill Linhares, TOR, director for the retreat center, will preside at our liturgy.

But time is running short, so if you plan to attend, please send your \$50 deposit immediately to Carolyn Protin, 115 Starland Way, Milford, DE 19963-5378, but made payable to St. Margaret of Cortona Region. Reservations will be accepted once Carolyn receives the registration and the deposit. If you have any questions, she can be reached by phone at 302-424-2441 or by email at ceprotin@att.net. T

*"Come away by yourselves
to a deserted place and
rest a while."*

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"Praying" The Liturgy Of The Hours

How can we improve our prayer?

Father Bart Karwacki, OFM, recently provided our regional council with some guidelines for making communal praying of the Liturgy of the Hours more meaningful and prayerful. Since we all have room for improvement in our prayer life, it might be a good idea to remind ourselves of the way things *should be*.

As far as liturgical roles for our prayer time, Father Bart suggests that the presider, the antiphonarian and the reader be assigned ahead of time so that they can review and know their parts **before** the actual prayer in order not to disrupt the spirit of prayer.

During the prayer itself, he pointed out, there are appropriate times for silence which would improve devotion. For example, the antiphonarian could allow a short pause before beginning the next antiphon. The reader could allow a few moments of silence after the Reading before he or she begins the Responsory. This would allow the Word of God to permeate the hearts of the community. It would also be appropriate for the reader to read the reading from the ambo when possible.

Something that many of us forget is that in the 1970's, the Church introduced a change in the "Glory be" that we recite together at the beginning of the Liturgy of the Hours and divide at the end of each Psalm. Although the old form is used in the Rosary, in the Liturgy of the Hours, for the sake of conformity, we use:

"Glory to the Father, and to the Son, and the Holy Spirit; as it was in the beginning, is now and will be forever. Amen."

Finally, Father Bart explained, as the title indicates, the general intercessions are to be of a more "general" nature. While it is certainly acceptable to pray for an individual, the prayer should be in the context of a general petition. Therefore, long

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Are You Living The Commissions?

Suggestions from the National Commission Chairpersons and their committee members are included in a list compiled by Mary and Anthony Mazotte, SFO. Some of these tips might work for you, your family or your fraternity.

The Family Commission suggests:

- ✓ Be a good role model.
- ✓ Watching a movie with your family.

The Peace and Justice Commission suggests:

- ✓ Read the newspaper or listen to the news on the radio or TV and learn about problems in the world where peace and justice is needed.
- ✓ Volunteer to work in a soup kitchen.

The Work Commission suggests:

- ✓ Do literacy tutoring to help persons get a job or qualify for a different one.
- ✓ Format resumes on computer for more professional appearance for those without computer access or knowledge to do this.

The Ecology Commission suggests:

- ✓ When replacing your lawnmower, buy one designed to mulch the clippings to act as fertilizer.
- ✓ Before you buy an item, discern whether you need it or do you just want it.

The Youth/Young Adult Commission suggests:

- ✓ Listen to what young people are saying when they talk to you.
- ✓ Reward them for a job well-done, especially good grades. *T*

Continued from previous column

descriptions of the person's situation or condition ought to be avoided.

As an example, if you are praying for someone suffering from cancer, the petition could be: "Let us pray for John Doe who has liver cancer, and for all others suffering from cancer." This would cover anyone suffering from cancer.

The **last** petition, he said, is always for the dead; therefore all spontaneous petitions would **precede** it. *T*



Spiritual Assistant News...

We have been advised that our Capuchin Regional Spiritual Assistant, Brother Kip Ledger, has been reassigned to Philadelphia and will be leaving Capuchin College in D.C. sometime in mid-August. Although he is still committed to directing our retreat, Brother Kip is unable to continue as our Regional Spiritual Assistant.

His replacement has also been announced: Father Matthew Palkowski, OFM Cap. Our regional minister, Carolyn Protin, has spoken with Father Matthew who said he is anxious to begin working with our region.

So it is with mixed feelings that we say “goodbye” to Brother Kip, we thank him for his dedicated love and service to St. Margaret of Cortona region, and we wish him God’s blessing and best wishes as he moves on to his new assignment.

We welcome Father Matthew as our newest spiritual assistant and look forward to working with him. *τ*

“Praise be You, my Lord, through our Sister Bodily Death, from whom no living man can escape.”

Please remember in your prayers those in our Franciscan family who have died: Irene Hubbard, SFO, Padre Pio Fraternity; and Clifford Ledger, Sr., father of Brother Kip Ledger. *τ*

The duty of a servant of God, Francis declared, was to lift up the hearts of men and move them to spiritual gladness.

From the biography of Francis in the Catholic Encyclopedia.

News from around the region...

◆ Congratulations to Donna Willard who was **professed** on April 24th in **Padre Pio** Fraternity. May God shower you with his blessings, Donna.

◆ Special congratulations are in order for Ed Countryman, a member of **Mary Our Queen** Fraternity who recently celebrated the **50th anniversary of his profession**. May God bless you and keep you for many more years, Ed. You are a true example of what it means to live a Franciscan life.

◆ Five Fraternities in our region recently held elections for **new council members**. Join us in congratulating:

Immaculata Council members: Barbara McCoy, Minister; Mary Anne Buccirossi, Vice Minister; Teri Lazar, Secretary; Peg Murphy, Treasurer; and Deacon Richard Smith, Formation Director.

Little Flower Council members: Mary Thuman, Minister; Maggie Barrick, Vice Minister; Marge Lane, Secretary; Ann Amrhein, Treasurer; Kitty Davis, Formation Director; Margaret Nicholson, Infirmarian; and Councilors Phil Pucher and Mike Huether.

Mary Our Queen Council members: Mary Stepke, Minister; Bill Lotz, Vice Minister; and Councilors Joseph Mantegna, George Snyder, and Ed Countryman.

St. John the Beloved Council members: Joanne Robertson, Minister; Sadie Martins, Vice Minister; Ann Corro, Secretary; Sandra Reed, Treasurer; and Rita Evans, Formation Director.

St. Michael Council members: Kate Sullivan, Minister; Cynthia Evans, Vice Minister; Bernard Edelmann, Treasurer; Kathy Edelmann, Secretary; and Sandy Chabot, Formation Director. *τ*



Pray for Peace

Our Holy Father, Benedict XVI has asked all of us to pray with great fervor for peace in the Holy Land and the Middle East.

Let us ask our Blessed Mother, whose children we all are and our Seraphic Father Francis, to bring our prayers before the Lord.

May all of those whose lives have been affected by war and terrorism, on all sides, know peace, the love of God and the support of friends and family. *τ*



Ecology minded?

In an effort to get ecology information out to the right people and yet not be “pests” to those who aren’t interested, Ron and Bev Stoner, two of our regional ecology commissioners, are considering a new e-mail distribution that would deal strictly with ecology issues. If you are one of those who would like to receive these ecology updates, please let Ron and Bev know by e-mailing them at rrstoner@erols.com. T

An introduction...

I don’t know about you, but I’m excited about the revival issue of “Up To Now.” I’m hoping it will be a good tool to help us keep in touch with our fellow Franciscans.

Having been a journalist for some 15 years, I think I’m up to the task of producing our newsletter, but “Up To Now” is about all of us, the Secular Franciscans in St. Margaret of Cortona Region. In order to be successful, I need to hear from you. I’m open to your ideas, your thoughts, your reflections, your prayers, and your news...anything you’d like to share with others in the region.

Hopefully, all 33 fraternities will begin sending me their newsletters, but I would also like to share your activities, events, and ideas with others. Tell me how you’re living the commissions, how you’re going from Gospel to life and life to Gospel, how you’re making a Franciscan difference in your parish, your neighborhood, your community.

I ask, however, that you keep your submissions brief and concise so that we can include information from many of our fraternities. It would be helpful if you highlight information in the newsletter that you think is particularly important.

Finally, please ask the Lord to bless our efforts and to guide me as I make decisions about content, space and editing. Looking forward to hearing from you soon.

Peace and all good,
Sharon

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PROFESSION PROMISES

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Padre Pio Fraternity

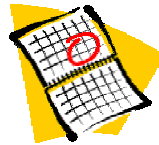
I have heard you call my name.
Lord, I will never be the same.
I surrender my will to You.
With joy and trust, I’ll follow You.

All I am, all I will be
I pledge you in humility.
I’ll bear the cross you want me to.
My heart and soul belong to You.

Lord, I will proclaim Your Word.
I promise that it will be heard.
I’ll serve you, Lord, as Francis would,
Bidding to all: Peace and all good.

I commit myself this day
In celebration of Your way
And the harvest will overflow
With love, and peace, and faith that grows.

My sisters and my brothers
Give service to God and others
Promises made by profession,
In the Franciscan tradition



Important Dates

- Oct. 3 Transitus
- Oct. 4 Feast of St. Francis
- Oct. 13-15 Annual Regional Retreat
- Oct. 24-29 NAFRA Meeting – National Elections
- Nov. 11 Annual Regional Meeting
9:30 a.m. @ Our Lady of Lourdes,
Arlington, VA
- Nov. 15 Next issue of “Up To Now”

Mark your calendars!

July 3-8, 2007

Quinquennial
in
Steubenville, Ohio

Regional Retreat Registration Information

WHERE: PriestField Pastoral Center, 4030 Middleway Pike, Kearneysville, WV 25430-3742

WHEN: **October 13 - 15, 2006**

WHO: All Secular Franciscans, including candidates and inquirers and spiritual assistants.

Dormitory: Per Person **\$115.00**, includes 2 nights, 6 meals & Communal Showers.
Available beds - lower and upper bunks.

REGISTRATION FORM WITH DEPOSIT SUBMIT NO LATER THAN AUGUST 7, 2006

To: Carolyn Protin
115 Starland Way
Milford, DE 19963-5378
302 424-2441

Deposit \$50.00 p/person Non-Refundable Amt Enclosed \$ _____

Number _____ Option (E) _____ Full Amount Enclosed \$ _____

Day Hops - Friday ____ Saturday _____ Sunday _____ Amt Enclosed \$ _____

Name _____ Special Needs _____

Address _____ Telephone # _____

City, _____ State _____ Zip Code _____

Fraternity _____ Email address: _____