



# The Troubadour

St. Margaret of Cortona Region  
Our Lady Queen of the Angels Fraternity  
Lancaster, Pennsylvania

*"The rule and life of the Secular Franciscan Order is this: to observe the gospel of our Lord Jesus Christ by following the example of Saint Francis of Assisi, who made Christ the inspiration and the center of 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 the gospel."*

— Rule #4, The Rule of the Secular Franciscan Order

## March—April 2018

### Upcoming Dates and Events:

**Sunday, March 18**, 7:00 a.m.-  
1:00 p.m. — Coffee and Donuts  
with Julie at St. John Neumann

**Sunday, April 1**—EASTER  
SUNDAY! Happy Easter!

**Thursday, April 5**, 6:30-8:00  
p.m. — Council Meeting at St.  
Leo's, Room 2

**Sunday, April 8**, 12:30-3:30 p.m.  
— Gathering at St. Leo's, Rooms  
3 and 4

**Thursday, May 3**, 6:30-8:00 p.m.  
— Council Meeting at St. Leo's,  
Room 2

**Sunday, May 20** (3rd Sunday),  
12:30-3:30 p.m.— PICNIC

### Council

Kelly Ann Lynch, Minister  
Mary Anne Fanale, Vice Minister  
Susan Rineer, Secretary  
Larry Rineer, Treasurer  
Beth Treier, Formation Director  
Julie Rasp, Councilor  
Lourdes Morton, Councilor



Dear Fellow Franciscans,

**Bringing Back the Troubadour.** As I was going through one of several bins of documents from our fraternity's beginning, I stumbled across a folder filled with issues of The Troubadour from March, 2008 through October, 2011. Though it's been ten years since Audrey and Rosa took on the task of creating that bi-monthly newsletter for our fraternity, followed by Beth, the issues contain so much valuable information. I believe it's time to bring back The Troubadour and to include some of those messages "From the Archives," still pertinent to us today (page 5).

As this season of Lent draws to a close in a few weeks, many churches offer penance services. Inside this newsletter you'll find an OFS Examination of Conscience submitted by George Garbrick from the March-April 2010 issue of The Troubadour (page 5). Read a Lenten reflection on Signs and Wonders and Holy Humility (page 2). You'll also find some inspiring words on prayer by Ken Giovanelli from the March-April 2011 newsletter (page 5).

If you've never been to Assisi, you can get a glimpse of the birthplace of St. Francis or inside Santa Chiara by looking at Sharon's pictures (page 4). If you missed "Five Minutes with a Franciscan" at March's gathering, you can read about Janet's vocation (page 2). We all have so much to offer our fraternity. Recently, the council met and discussed the strengths of our fraternity, one of which is the continued growth and commitment to attendance at our gatherings. Looking around the room on Sunday, it was easy to see what a family we have become over the years. Each of us, I'm sure, feels blessed to be part of that family. I know I do. Enjoy this new issue of The Troubadour.

With Great Joy,  
Kelly Ann Lynch

## Signs and Wonders—Holy Humility

In the book *Lent with St. Francis, Daily Reflections* by Diane M. Houder, the reflection on Monday of the fourth week of Lent is entitled Signs and Wonders quoting from John 4:48—“Unless you see signs and wonders you will not believe.” Houder writes about Francis’ stigmata noting that Francis kept these marks hidden and that it wasn’t until after his death that “the signs of his holiness could no longer be hidden.”

St. Bonaventure writes this about the stigmata in his *Major Life of St. Francis*: *“After his death the Lord made the truth of them still more manifest through miracles which occurred in different parts of the world. These miracles touched the hearts of many persons who had not rightly judged and appreciated the servant of God during his life time, and had doubted the stigmata. Their doubt was changed into such faith and certainty that many who had formerly decried the servant of God were moved through the Lord to accept the truth and they became fervent in praising him and in spreading his fame and teaching.”*

Houder concludes her reflection by discussing the “hiddenness and humility” Francis valued in his lifetime. She challenges her readers “not to desire fame and fortune but to seek, as Francis did, only the grace of God.”

In another reflection in that same book, also speaking about humility, the author challenges her readers to seek “holy humility,” referencing Luke 18:9—“He also told this parable to some who trusted in themselves that they were righteous and regarded others with contempt.”

Houder writes that “humility is one of the most enduring characteristics of Francis’ life and attitudes” and one that “makes possible his commitment to peace.”

“True humility,” she writes, “is knowing so well who we are in God’s loving sight that nothing anyone says or does can shake us.” **T**

## Five Minutes with a Franciscan

Janet Kreiner

### Doing Ordinary Things with Extraordinary Love

During the March gathering, Janet Kreiner was the first to share in a newly added “Five Minutes with a Franciscan” and to share about her vocation.

Janet began by noting that since it was Laetare Sunday, which means rejoice, she decided to share a funny story first to give everyone a good laugh. Janet began with her story, entitled The Rope.

*“Picture this. There are 11 people hanging on a rope under a helicopter – 10 men and 1 woman. The rope is not strong enough to carry all of them, so they decided that 1 had to fall off. They couldn’t choose that person. Then the woman made a touching speech. She said she’d voluntarily let go of the rope because as a woman she was used to giving up everything for her husband and kids and for men in general without ever getting anything in return. As soon as she finished her speech, all the men applauded ...”*

“In the late 1980’s,” Janet shared, “George Garbrick lived up the street from me and would come down and sit on my porch where we’d rock and talk about life. At that time George was studying to be a Secular Franciscan, and he asked me if I’d like to join. I told him I’d go to a meeting or two. The meetings were at Joe Dougherty’s house. I went to a few but didn’t return. Sister Maria De Monte, a Dominican and my spiritual director asked me if I’d consider becoming a third order Dominican. I went regularly to the monastery and became an inquirer. When Sister asked me if I’d like to pursue it, I told her no because I wasn’t feeling totally comfortable there and that something was missing for me. She then asked me about other third orders. Immediately I said, ‘the Franciscans.’ On a table in my church were leaflets about the Franciscans. I went to church, got one and saw George’s name. I called him and became an inquirer. I was professed in January 2012 with Denise, Beth, Jeannette and Lourdes. And really, nothing extraordinary has happened since then. I am grateful to be part of a community, to follow the Franciscan life of prayer and sacraments and to use the gifts God has given me. I tend to lean towards Saint Therese’s little way – by doing ordinary things with extraordinary love. Jesus does not demand great actions from us but simply surrender and gratitude. So, I pray daily and to ask for the grace to know what to do to lighten someone’s heart – praying with someone, a phone call, a meal, sticking up for the poor and marginalized, a smile, a handwritten note or a visit to a nursing home. OR by telling a joke! Each day is a surprise living the simple Franciscan life.”

**T**

Smile — Jesus is at the Door



During our March gathering, we watched *We Have a Table For Four Ready, the Story of the St. Francis Inn*. The council has chosen St. Francis Inn as the recipient of our ten percent tithe donation from general fund donations each month. This DVD opened our eyes to the poverty that exists just 65 miles east of Lancaster. The Inn, which feeds over 400 men, women and children each day, is run by Franciscan priests, brothers and sisters of the Holy Name Province and has been in existence since the 1970s.

The movie follows Brother Francis and Father Michael into the soup kitchen for a tour of the Inn where we meet some of the guests who are served there. We then follow these holy Franciscan friars into the dilapidated home of a woman and her family. It brought some of our fraternity family members to tears, even prompting a few to go home and write a check to St. Francis Inn to help feed the homeless and poor.

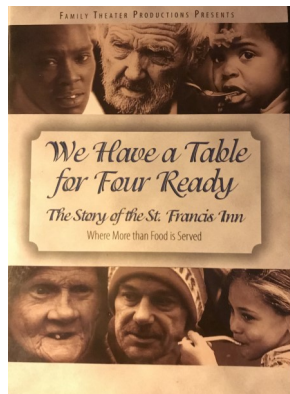
In 1991, Father Michael wrote an essay that appeared in *The Anthonian* magazine. An excerpt of that essay follows.

“I work at a soup kitchen in the heart of Kensington, one of America’s most desperate neighborhoods. I am rich beyond measure, because the Spirit continues to teach me this

unrelenting lesson: I am taught what I am called to be by the people I am called to serve.

“Daily I am transformed. The bag lady who left me three pennies under her plate as a tip, is giving from her want and I am taught **generosity**. The disabled veteran who limps in high on drugs after his mind and body were damaged in Vietnam teaches me the value of **peace**. The prostitute who fell asleep on the floor, who asked us to call her family in Delaware, is the prodigal daughter who teaches me **repentance**.

“The woman who pushes a cart collecting cans who, in responding to my ‘Thank God it’s not raining,’ told me rain or not she thanks God every day because she’s been given one more chance. She teaches me **gratitude**. An 80-year-old woman who daily picks through the trash in front of our thrift store smiled and told a young co-ed that she hopes the young girl’s life will be as happy as hers has been. I am taught where **true Joy** lies.”



In 2009, while visiting St. Francis Inn, we met Brother Xavier (pictured above left), a Franciscan who exuded joy. When the doorbell at the Inn rang, it meant a guest was picking up his or her mail. Brother Xavier answered the door. On the back of his shirt was a quote by Jesus, “Whoever drinks the water I give him will never thirst.” And on the door was a sign that read, “Smile. Jesus is at the door.” The only question is, on which side of the door is Jesus? **T**

“I am taught what I am called to be by the people I am called to serve.”

*Pictured right is the mural on the outside of St. Francis Inn in Kensington, Philadelphia.*

*This 18 x 23 foot mural, painted by an Inn volunteer, towers over the Inn’s north wall and can be seen by passengers on the southbound El train.*





## OUR OFS FAMILY

### Please pray for these brothers and sisters.

Ken Giovanelli  
 Jackie Holzel  
 Bob Sommer  
 Theresa White-Lightner  
 Sharon (Mark's sister)  
 Sonia (Lourdes' sister)



### Please pray for these intentions in March.

**From the Pope:** That the church may appreciate the urgency of formation in spiritual discernment, both on the personal and communitarian levels.

**From the OFS:** For the national fraternities of Brazil, Switzerland, Russia and Japan.

**Our Father ...**

### Please pray for these intentions in April.

**From the Pope:** That economists may have the courage to reject any economy of exclusion and know how to open new paths..

**From the OFS:** For the national fraternities of Mauritius, Cuba, Latvia, Taiwan and for the CIOFS Presidency.

**Our Father ...**

### Wish them a Happy Birthday!

March 1—Julie Rasp  
 March 11—Jim Stefanow  
 March 14—Larry Rineer  
 March 30—Sharon Hickey  
 April 6—Rosa Mastromatteo  
 April 24—Jonathan Heise  
 April 29—Theresa White-Lightner

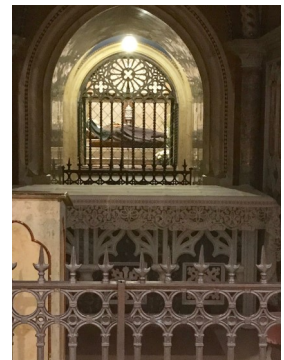


### Wish them a Happy OFS Anniversary!

March 7—Jackie Holzel and Julie Rasp (14 years)  
 March 15—Mark Agen (24 years)  
 April 14—Jim and Roberta Stefanow (33 years)



**Sharon Hickey** and her husband, Bob are in Assisi, Italy. “This morning (Wed., Mar. 14), we sat in the birthplace of St. Francis (pictured below left) and marveled at how the birth of one child changed the world,” she wrote. “And then, looking at the body of St. Clare in Santa Chiara (pictured below right), we marveled at her life of humble poverty, a life she chose, because after listening to St. Francis preach, she said YES to God.”



**Julie Rasp** recently returned from the Holy Land with a group of pilgrim travelers and has planned her next trips. Join her in the **Holy Land from Feb. 14-24, 2019** — Imagine a boat ride across the Sea of Galilee, visiting the house of Peter or the place where Our Blessed Mother was born. This and lots more! From **Sep. 30-Oct. 11, 2019**, Julie will lead a pilgrimage to **Assisi, Rome and San Giovanni Rotondo** where you'll spend the Transitus of St. Francis in Assisi and visit San Giovanni Rotondo where the incorrupt body of St. Pio of Pietrelcina lay. This and lots more! See Julie for more information on these and other pilgrimages she has available.

*Lord, make us  
 instruments of  
 Your peace.*





## FROM OUR OFS FRATERNITY ARCHIVES

### ON PRAYER

*submitted by Ken Giovanelli  
March-April 2011 issue of The Troubadour*

Our prayer is our life. Rather than being a person who prays, we are hopefully on the way to becoming a person who is prayer, for whom the living God is the source and substance of our breathing, our very being. Francis understood this. He prayed communally with his brothers, but he also spent a large part of each year alone in contemplative prayer lost in the caves and on the mountains of Umbria. We can only imagine the intimacy of his private prayer. In the fiery love of such intimacy, when, in the words of St. John of the Cross, "Beloved in the lover transformed!," Francis *became* prayer to such a degree that he bore the wounds of his beloved Savior in his own body. In his prayer on Mount LaVerna, Francis asked Christ to fulfill two desires: that he know and feel the depths of Christ's suffering as well as the depths of his love. This is a mystery that we have not yet fully taken in, because if we had, how much would we, too become transformed!



### AN OFS EXAMINATION OF CONSCIENCE FOR LENT

*submitted by George Garbrick  
March-April 2010 issue of The Troubadour*

- Is my heart really set on God, whom I should love above all things?
- Do I make a sincere effort to live a Gospel life according to the Rule I have professed?
- Have I been faithful to a prayer life, especially the Liturgy of the Hours and other forms of prayer?
- Have I made a sincere effort to grow in my Franciscan commitment in my daily life?
- Am I willing to serve in a leadership position in the fraternity, or do I decline, making excuses for myself?
- Do I live a simple lifestyle or am I still concerned about the things of this world?
- Do I share my possessions with the less fortunate?
- Do I do my best to help the victims of oppression, misfortune and poverty?
- Do I share in the apostolic and charitable works of the Church and specifically those of my fraternity?
- At work, am I just, hard-working and honest?
- If I am in a position of responsibility or authority, do I use this for the good of others in a spirit of service?
- Am I always ready to forgive and make peace for the love of Christ?
- Do I really love and accept all people as brothers and sisters in Christ?
- Do I avoid rashly judging other people and gossip?
- Do I use the gifts God has given me to build up a more fraternal world?
- Have I kept silent or gone against my conscience out of fear or hypocrisy?
- Have I always turned to God in times of sickness, despair, sorrow and disappointment and trusted in His goodness?
- Do I approach the Sacrament of Penance as often as I should?



FROM THE  
ORDO FRANCISCANUS  
SAECULARIS,  
Rome, Italy

ANNUAL FRATERNITY PICNIC  
Sunday, May 20  
(3rd Sunday)  
12:30-3:30 p.m.  
St. Leo the Great Church



From the desk of Silvia Diana, OFS, Presidency Councilor, Family Commission ...

The General Constitutions Art. 24:2 say:

- The spirituality of the family and of marriage and the Christian attitude towards family problems should be a theme for dialogue and for sharing experiences;
- They should share the important moments of the family life of their Franciscan brothers and sisters and they should give fraternal attention to those—single, widows, single parents, separated, divorced—who are living in difficult situations;[...]

For 2018, the Family Commission has set the theme to “Share the important moments of family life (Const. 24).” The Commission has asked that we “strengthen the link between family and fraternity, through formation, gatherings and sharing our lives.”

Our annual picnic would be a great place for us to take this initiative. Let us bring our families—our spouses, children, grandchildren, and friends. Let us expose them to life in a fraternity.

Mark your calendars for a fun-filled May picnic this year. It'll be here before you know it!

CORNHOLE      BINGO  
PICNIC FOODS      ICE CREAM BAR  
EGG TOSS      WATER BALLOON TOSS  
MUSIC      50/50      FUN

**BRING YOUR FAMILY AND FRIENDS!**

At the April gathering, you will have a chance to sign up to bring something to share at the picnic and to run one of the games or activities. Everyone should also plan to bring a lawn chair. MORE DETAILS will be sent via e-mail as the date nears.

