



# 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

## January–February 2019

### Upcoming Dates and Events:

**Thursday, January 10—6:30 p.m.—Council Meeting** at St. Leo the Great Church, Room 2

**Sunday, January 13—12:30-3:30 p.m.—Gathering** at St. Leo the Great Church

**Thursday, February 7—6:30 p.m.—Council Meeting** at St. Leo the Great Church, Room 2

**Sunday, February 10—12:30-3:30 p.m.—Gathering** at St. Leo the Great Church



### 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

**Please send newsletter submissions to Kelly Ann Lynch at [lynchkellyann@aol.com](mailto:lynchkellyann@aol.com) or 129 Penningdon Dr., Landisville, PA 17538.**

Dear Fellow Franciscans,

"The day of joy drew near, the time of exultation approached.... Simplicity is honored there, poverty is exalted, humility is commended.... and the whole night echoes with jubilation." These words were printed inside a Christmas greeting sent to each Fraternity Minister from the Minister General, Tibor Kauser. They are the words of Thomas of Celano (*Life of St. Francis*) who is describing that first live nativity in 1223 in Greccio, Italy. In reading more thoroughly that description, Celano writes, "The manger is ready, hay is brought, the ox and ass are led in." Celano tells us that Francis summoned a good man named John and asked him to gather everything needed for this first live scene of Christ's birth. He tells him, "I want to do something that will recall the memory of that child who was born in Bethlehem, to see with bodily eyes the inconveniences of his infancy, how he lay in the manger, and how the ox and ass stood by." Celano also tells us that when St. Francis arrived, "finding everything prepared, saw it and rejoiced."

St. Francis rejoiced, and the whole night echoed with jubilation. What a joyous image of simplicity, poverty, and humility. How blessed we are to be among those following in the footsteps of this simple man who only wanted to walk in the footsteps of Our Lord, Jesus Christ.

Inside you'll read about the Catholic Worker House (*pages 3 and 8*), ongoing formation notes for those who may have missed the last meeting (*pages 4-5*), a reflection from Ken from 2009 (*pages 6-7*) and the 5th joy of Mary—finding Jesus in the Temple (*page 9*). There is also still room on Julie's pilgrimage to Assisi, Rome and San Giovanni Rotondo (*page 13*). May each of us find ways to seek Him and find Him in this new year so that we may rejoice as St. Francis did on that Christmas Eve in 1223.

With Great Joy,  
Kelly Ann Lynch

## PRAYERS

**Please pray for these brothers and sisters and their families:**

- **Ric** (recovering from heart surgery; many health issues)
- **Tony** (health issues)
- **Theresa** (nerve pain)
- **Roberta & Jim** (recovering from surgery)

## PRAYER INTENTIONS FROM THE POPE AND THE OFS



**Please pray for these intentions in January.**

**From the Pope: Evangelization—Young People**—That young people, especially in Latin America, follow the example of Mary and respond to the call of the Lord to communicate the joy of the Gospel to the world.

**From the OFS:** For the international Meeting of YouFra, for the WYD and for the Latin American Congress in Guatemala.

**Our Father ...**

**Please pray for these intentions in February.**

**From the Pope: Universal—Victims**—For a generous welcome to the victims of human trafficking, enforced prostitution and violence.

**From the OFS:** For the national fraternities of Argentina (Chapter) and Belarus (Fraternal and Pastoral Visit

**Our Father ...**

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## BIRTHDAYS & ANNIVERSARIES



**Wish them a Happy Birthday!**

January 4—Barbara Bernas

January 21—Jane Oberle

February 8—Lourdes Morton

February 15—Beth Treier

**Wish them a Happy OFS Anniversary!**

January 7—Maureen Dressman, Ginny Heise, Ric Johnson, & Jean Reddy (1 year)

January 8—Jeanette Durbin, Denise Gammache, Janet Kreiner, Lourdes Morton, & Beth Treier (7 years)

January 13—Sue and Larry Rineer, & Theresa White-Lightner (6 years)



“Start by doing  
what’s necessary,  
then what’s possible,  
and suddenly you are  
doing the impossible.”



~ St. Francis of Assisi

# The Lord Hears the Cry of the Poor



The following is an excerpt from an article that recently appeared in *The Corpus Christi*, the newsletter of the Catholic Worker House of Lancaster (2018 Fall/Winter Newsletter). It was written by Joe Dougherty and entitled, *The Lord Hears the Cry of the Poor*.

Twelve years ago, in 2006, in response to "the cry of the poor" in our city, the Corpus Christi (Body of Christ) House, Lancaster's Catholic Worker house, became a non-profit charitable corporation. We are self-supporting, meaning we receive no help from other Catholic Worker houses. We are inclusive of all races, genders, socioeconomic and political statuses and religions. We believe we are called to serve the needs of our neighbors as they come to us or as we call out to them.

**The Beginning.** Although we did not have a permanent location when we

started, we held our first clothing drive and giveaway in the winter of 2007. At the end of that year, we served our first Christmas Eve sit-down dinner in our newly acquired hospitality house at 41 W. Vine Street. We moved that dinner to the cafeteria in St. Mary's Church the following year due to the large number of people who came. We then began offering a Saturday luncheon, serving homemade hot soups. We started with 8 guests and now average 50 to 60 guests each week. Our dining room is small but "homey," seating 16 guests at a time. A few years ago we were given a large 400-foot by 50-foot yard in which to grow vegetables for our soups. We harvest the vegetables, then can, freeze and store them for use during the winter season. We have never used any additives, sprays, detergents, etc. in our garden.

*(continued on page 8)*

## ONGOING FORMATION

### Chapter 3, The Geography of the Soul

*Notes from our Formation Director, Beth Treier*

- There is a relationship between soul and space.
- The soul needs space to grow.
- Seeded in the womb of the mother, a living being grows until the space of the womb can no longer contain this unique life; it is then born into the space of the family and home.

**REFLECTION: What then becomes of the soul as the child begins to grow in knowledge and consciousness?**

- The geography of the soul changes.  
No longer the free open space of oneness with nature.  
It becomes turned in upon itself, self-directed.  
Thus, it loses the outer freedom it once enjoyed.

**REFLECTION: Are the ills of modern culture rooted in the soul's loss of space or perhaps the loss of childhood?**

- Religion played a significant role in expanding the soul.  
The Buddha charted the way of individual enlightenment...  
The Jewish prophets awakened individual moral responsibility...  
And Jesus went up to the mountaintop to pray.
- To undergo the expansion of soul was to be freed from the confines of the ego, to become one with the divine source of life.
- In the Middle Ages, we find the same need for soul space.
- But instead of physically going out to the desert, one chose to go into the interior desert of the heart.
- One would renounce the normal demands of society (marriage/social status) and choose to live independent, prayerful lives committed to the gospel.
- By entering the wilderness of the heart to seek God and identifying with the suffering God...  
One found an interior freedom of soul...  
And a deep interconnectedness with humanity and the cosmos.
- Francis felt his soul dying and the need to find new space for his soul to live.
- Choosing the spaciousness of the open field and the wild forest...  
Francis discovered the soul's capacity to expand.



- The outer space of the wilderness provided the inner space for the soul to grow...  
By facing its own truth  
Creating its own identity  
And freeing the true self from the false self.
- The freedom of Francis' soul became for him the spaciousness of new life.

**REFLECTION: Are there places where you can go to experience solitude and space wherever you are?**

- Space played a significant role in the life of Francis because it provided the growth of his compassionate soul.
- As Francis withdrew into the wilderness of the desert...  
He entered into the spaciousness of God's love.  
Alone in the desert, he was one with God.
- Looking at his own humanity in the mirror of the cross, Francis wondered what he saw.  
Who are you, O God? And who am I?

**REFLECTION: Who is this God, the One who is so much more than ourselves, yet who calls us in a deep personal way? Who is this God?**

- Francis experienced God as overflowing goodness...  
A superabundant love spilling over into creation...  
And into his own personal life.
- Francis discovered that his "I" (Who am I?" depends on a "Thou" (Who are you, O Lord?)

**REFLECTION: What blocked the vision of God in the city for Francis?**

- The answer is space. The city can crowd the space that is needed for the soul to expand.
- For the Word of God to be planted in the soul...  
And the soul to expand in love...  
Space is needed.
- The space required for the expansion of soul is not so much physical space....  
As it is emotional, psychological space.
- St. Bonaventure wrote, "You exist more truly, where you love than where you merely live."
- Where you have freedom in love, the space to be yourself, there you truly exist.

**REFLECTION: Find a space where you can be yourself. Be attentive to your heart and feelings and your senses. Think of the people in your life, meditate on God. Write down what is most important for you at this time.**

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## FROM OUR OFS FRATERNITY ARCHIVES

### "MAY THE LORD GIVE YOU PEACE!"

*submitted by Ken Giovanelli*

*January-February 2009 issue of The Troubadour*

In 1209, his [St. Francis'] first Rule of Life was approved by Pope Innocent III. Only a year before, Francis had experienced another significant moment in his ongoing conversion which certainly led to the formulation of his first Rule. While attending Mass on the Feast of St. Matthias on February 24, 1208, Francis heard the Gospel of Matthew read about Jesus commissioning the disciples to "take no gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick," but that they should preach the Kingdom of God and penance. Upon hearing this, we are told that Francis immediately cried out exultingly, "This is what I seek, this is what I long to do with all my heart!"

***"This is what I seek, this is what I long to do with all my heart!"***

follow Christ in absolute poverty, and preach repentance and the unfathomable love of the Crucified Lord. As we reflect on that pivotal moment in Francis' life, let us also ask ourselves: *What is it that you wish, what is it that you seek, what is it that you truly long to do with all your heart?* Some of us, like Francis, may know the answer in our hearts immediately. And some of us (even though we've been professed for years) may somehow feel that the full flower of our Franciscan calling has yet to unfold. We may not yet have a "complete" answer. But, I believe what we desire as Secular Franciscans has something—or everything!—to do with the lives we share with one another in fraternity.

Francis had found what he desired more than anything in the world: to

Without fraternity, I believe we cannot be true Secular Franciscans. I

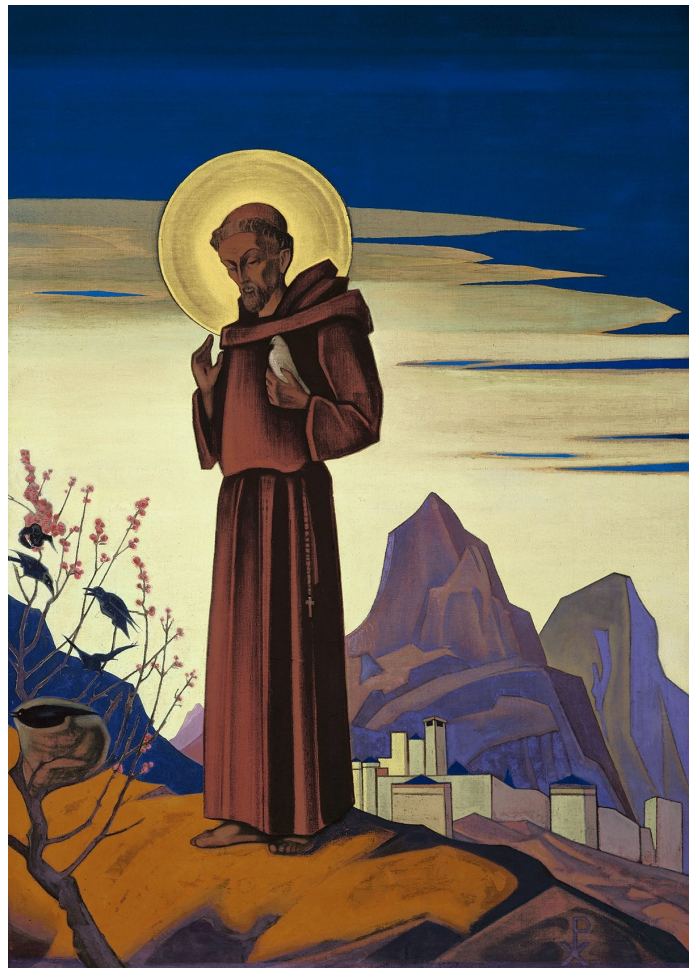
realize this now.... more than ever before. A person may espouse and live all of the charisms of Franciscan life and be a wonderful, sincere Catholic, yet not feel called to share in fraternity life. Such a person may be the greatest servant of God, yet not have a true calling to the OFS. We are not a club, we are not an organization ... we are a special family raised up by the Holy Spirit (Article 1 of our Rule). This, I believe is the heart of the OFS life: we are called to be brothers and sisters "in life-giving union with each other." (Art. 1) We are in this together. In other words, do we see in the hearts and minds of our fraternal brothers and sisters the key to our life of sanctity in the Church, called by Christ through Francis?

Jesus and Francis certainly commission us to go out and preach the good news to the world. Yet, we cannot "heal the sick, raise the dead or cleanse lepers" (see Matthew 10) in the greater community unless we first "heal, raise and cleanse" the members of our own fraternal community, and pray for the peace of Christ upon one another. Who

among us is hurting, in need of a gentle helping hand, a call, a visit, a prayer? Are we willing to step through the doors of **compassion** to one another? Let us always remember to open ourselves to the needs of one another in this fraternity, as we also turn toward the world so desperately in need of peace and prayer.



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## The Lord Hears the Cry of the Poor

*(continued from page 3)*

**Easter Dinner and Winter Shelter.** We also offer an Easter dinner in St. Mary's cafeteria, serving close to 300 guests each year. And Catholic Worker volunteers assist the Lancaster County Council of Churches at its overflow winter shelter for the homeless during the months of December through March. In addition, we hold quarterly clarification-of-thought meetings and currently are gathering monthly to learn about Christian meditation.

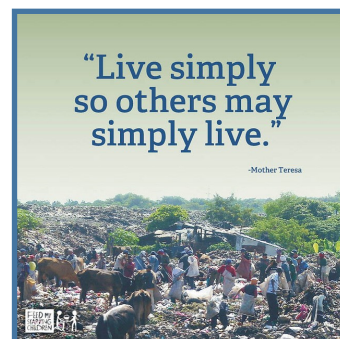
Furthermore, we are and will continue to be a watchdog for peace (opposing war and violence) in a "seamless garment for life," as do all Catholic Worker houses, in both large cities and small towns.

Of course we want to continue these corporal works of mercy for the benefit of those in our neighborhood for whom life is one continuous struggle for survival. We are not nor do we intend to be a shelter. We are and intend to be a house of hospitality. We don't pretend to have all the answers, but we believe we can help our brothers and sisters, little by little, through what we

do, to regain their dignity. By first caring for their physical needs, we can then move into the spiritual works of mercy.

**Plans for the Future.** We would like to increase the number of days we serve lunch and the size of our dining room so we can serve more guests and offer more hospitality and personal interaction by sitting with them. After much prayer and dialogue, we have decided we need to find another building, one with a bigger kitchen and dining room, to be the Catholic Worker House of Lancaster so that we can do all of these things more efficiently and under one roof.

**How to Help.** At each gathering, a small box is passed around for donations to the Catholic Worker House. Please consider making a donation at the next gathering. For other ways to help, contact Joe Dougherty at 717-560-6366.



"Live simply  
so others may  
simply live."

-Mother Teresa



## And now—the Work of Christmas Begins

*(reprinted from The Troubadour,*

*January-February 2010 and January-February 2011 issues)*

When the song of the angels is stilled,  
when the star in the sky is gone,  
when the kings and princes are home,  
when the shepherds are back with their flocks,  
then the work of Christmas begins,  
to find the lost,  
to heal those broken in spirit,  
to feed the hungry,  
to release the oppressed,  
to rebuild the nations,  
to bring peace among all people,  
to make a little music with the heart ...  
and to radiate the Light of Christ,  
every day, in every way, in all that we do  
and in all that we say.  
Then the work of Christmas begins.



*A statue outside Rivertorto in Assisi, Italy which depicts St. Francis washing the feet of a beggar.*

*-Howard Thurman, adapted*

## SOME FRANCISCAN SAINTS, THEIR FEAST DAYS AND OTHER SPECIAL DATES

**January 1—Mary, Mother of God**

**January 7—St. Angela of Foligno,** widow, followed a path of self-emptying after her conversion from a life of wealth and social status (1248-January 4, 1309, canonized in 2013)

**January 27—St. Angela Merici,** Secular Franciscan, Founder of first teaching congregation of women and the Secular Institute of Religious Women, (March 21, 1474-January 27, 1540)

**January 23—St. Marianne Cope,** worked with persons suffering from leprosy in Hawaii (January 23, 1838-August 9, 1918)

**January 29—St. Francis de Sales,** Bishop, gentle spirited man, patron of the Catholic Press (August 21, 1567-December 28, 1622)

**January 31—St. John Bosco,** Secular Franciscan, worked with young boys using a preventive system by placing them in surroundings where they were less likely to sin, combined education with guidance to unite their spiritual life with work, study and play, founded Salesians (August 16, 1815-January 31, 1888)

**February 7—St. Colette of Corbie,** Foundress Colettine Poor Clares (January

13, 1381-March 6, 1447)

**February 18—St. Bernadette of Soubirous,** was visited by Our Lady 18 times in Lourdes, France when she was 14 years old (January 7, 1844-April 16, 1879)

*“I shall spend every moment loving. One who loves does not notice her trials; or perhaps more accurately, she is able to love them.”*

*St. Bernadette of Soubirous*





## PRAYING THE FRANCISCAN CROWN ROSARY

(5th in a 7 part series)  
by Kelly Ann Lynch

As Franciscans, we pray the Crown Rosary to honor the joys of Our Blessed Mother Mary. In *The Franciscan Crown, The Joyful Mysteries in the lives of the Virgin Mary and Saint Francis of Assisi*, by Robert Melnick, OFM Conv. and Joseph Wood, OFM Conv., the authors share stories from the life of St. Francis and relate them to Our Lady. In another book, *Praying the Franciscan Crown Rosary*, by Victoria L. Spalding, OFS, the author gives beautiful meditations on each mystery including special words that could be shared by Our Lady ("Mary Speaks"). And in a third book (purchased in Assisi) entitled *The Franciscan Rosary* published by Edizioni Porziuncola, its author relates the words of St. Francis to each mystery.

### The Fifth Joy of Mary—Finding the Child Jesus in the Temple

"After three days they found him in the temple sitting among the teachers. He said to them, 'How is it that you sought me? Did you not know that I must be in my Father's house?'" (Luke 2:46-49)

Jewish law required that each year, every male Israelite, 12 years old and older, had to travel to Jerusalem. Though women were not required to go, Mary went along on the journey. Because

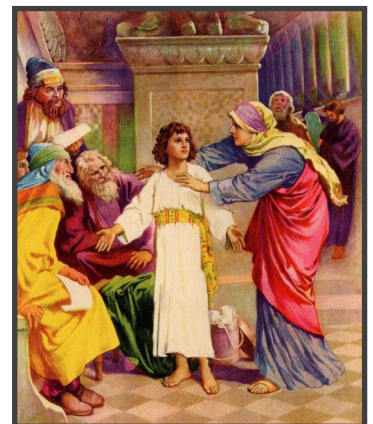
there were many crowds traveling together, headed in the same direction that day, it would not have been difficult to lose sight of someone in your family.

"Imagine what anxiety must have filled Mary and Joseph's hearts after discovering the loss of their son," Spalding writes in her book. Having lost sight of my own daughter once, then 7 years old, I can easily recall the fear that engulfed me as I searched through a sea of people in the Chicago O'Hare Airport looking for her. I found her in less than a minute's time, so I can only imagine the anguish and sorrow that Mary and Joseph experienced in that time that passed while they were searching for their Son.

Spalding writes, "Although Mary and Joseph searched for Jesus with much sorrow, it was with much joy that they found Him! Let us always search for Jesus, as Mary and Joseph did, so we too can experience their joy." Perhaps, as we meditate on this mystery as we pray the Franciscan Crown Rosary, we can recall that joy.

Spalding continues her mediation with somewhat of a challenge posed as a question for her readers to answer when she writes,

**"Where and in what ways do you search for Jesus?"** T







## St. Francis and the Grapes

reprinted from *The Franciscan Crown*

by Robert Melnick, OFM Conv. and Joseph Wood, OFM Conv.

(*Mirror of Perfection*, sec. 27, adapted)

In their zeal to be perfect and purify themselves, in imitation of blessed Francis, the new community of friars enthusiastically fasted with great severity. Once, however, a young friar awoke screaming in the middle of the night saying that he was dying of hunger. Our father Francis immediately woke all the other friars and admonished, "Do not imitate me. You must find Christ in your own way. Each friar must allow his body its needs so that it has the strength to serve the spirit. While we are bound to avoid over-indulgence, which injures both body and soul, we must also avoid excessive abstinence." The tender father then took some grapes which they had received the previous day, and in his knightly courtesy, he encouraged all the friars to eat together so as not to embarrass the one who awoke with the complaint. Throughout the night they ate and laughed and told stories, as they were often given to do, transforming that hovel of Rivertorto, their first friary, into a veritable banquet hall. T

"We Secular Franciscans have kept each of us in our thoughts and prayers, generosity and care for each other. We have kept each other going this past year. Our lights have kept burning because we have rekindled each other with our Franciscan spirit and love. May Francis pray for our fraternity. May he ask the Spirit to allow Franciscan love to burn in each of our hearts."

-George Garbrick, OFS, *The Troubadour*, January-February 2011 issue





## TRAVEL TO ASSISI, ROME & SAN GIOVANNI ROTONDO

with Travel Guide, Julie Rasp, OFS

September 30—October 10, 2019



There is still room on Julie's pilgrimage to Assisi, Rome and San Giovanni Rotondo.

**Details:** Our private coach will transport us to the ancient town of Assisi where we will be staying for four nights; bed, breakfast and dinner included. Our visit will take place over the Transitus of Saint Francis, a very sacred annual Franciscan ceremony.

Next, our private shuttle service will take us southeast to the hill country of San Giovanni Rotondo where the incorrupt body of Saint Pio lay. On our way, we will visit Lanciano, home of a Eucharistic Miracle. Our driver will also stop at the Basilica in Loreto, Italy to visit the holy house of Nazareth, another miraculous event in history. Our overnight stay in San Giovanni Rotondo includes bed, breakfast and dinner.

Finally we will travel west to

Rome, Italy for four more nights, breakfast only. Each pilgrim will receive an OMNIA Card that allows you free entry to most attractions and includes hop on hop off bus transportation throughout the city for three consecutive days & so much more!

If the Pope is available and not traveling, we will have the opportunity to see him during his Wednesday Papal Audience.

### **Cost: \$1499 includes**

- All transfers to Assisi/San Giovanni Rotondo/Rome
- 4 nights in Assisi/breakfast and dinner included
- 1 night in San Giovanni/ breakfast and dinner included
- 4 nights in Rome/breakfast only
- All rooms are double occupancy; \$350 additional for a private room

- OMNIA Card for 3 consecutive days
- Papal Audience

**Air Fare:** Each pilgrim will book their own flights online. This will allow you the choice to collect or redeem travel points, purchase travel insurance, fly home with the group or continue on to another destination.

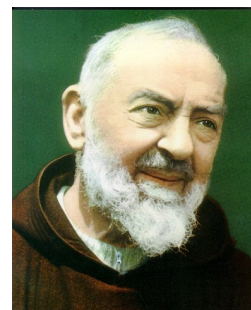
**Not Included:** Lunch each day, dinner 4 nights in Rome, tips for drivers, travel insurance, optional tours, taxi to the Rome Airport.

### **For More Information:**

Julie Rasp, OFS

(717) 394-7715

rasp1833@comcast.net



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## 7-Ups for the New Year

*(<http://frtonyshomilies.com>, adapted from Rev. Walter Schoedel)*

1. **WAKE UP**—Begin the day thanking the Lord. It is His day. Rejoice in it.
2. **LOOK UP**—Open your eyes to the Lord. Ask for His strength and blessings for the day. After all, He is your only Savior.
3. **DRESS UP**—Put on a smile. It improves your looks. It says something about your attitude. It enables Jesus living within you to smile at others.
4. **SHUT UP**—Watch your tongue. Don't gossip. Don't be judgmental. Say nice things. Learn to listen to others with love. Be sympathetic.
5. **STAND UP**—Take a stand for what you believe. Resist evil. Do good. Have the courage of your Christian convictions by practicing what you believe.
6. **REACH UP**—Spend time in prayer by talking to God with your adorations, confessions, thanksgivings and supplications to the Lord and by listening to Him by attentively reading the Bible and by applying its message to your life.
7. **LIFT UP**—Be available to help those in need—serving, supporting and sharing. Try to find Jesus in others and serve him who lives in others.



**2019**  
**HAPPY**  
**NEW YEAR**



**Our Lady Queen of the Angels Secular Franciscan Fraternity**

Lancaster, PA

established July 22, 1990

For information, contact Kelly Ann Lynch, Minister

(717)-538-6061 or [lynchkellyann@aol.com](mailto:lynchkellyann@aol.com)