



THE CLARION

St. Conrad Fraternity, Order of Franciscans Secular
St. Margaret of Cortona Region
Hanover, Pennsylvania

March / April 2019

Pax et Bonum

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From the Desk of Sister Cecilia Reilly, OSF

Dear Sisters and Brothers,

As we prepare to enter into Lent, I hope you will find inspiration in Pope Francis' suggestions for fasting from 2017:

1. Fast from hurting words and say kind words.
2. Fast from sadness and be filled with gratitude.
3. Fast from anger and be filled with patience.
4. Fast from pessimism and be filled with hope.
5. Fast from worries and have trust in God.
6. Fast from complaints and contemplate simplicity.
7. Fast from pressures and be prayerful.
8. Fast from bitterness and fill your hearts with joy.
9. Fast from selfishness and be compassionate to others.
10. Fast from grudges and be reconciled.
11. Fast from words and be silent so you can listen.

Blessings,
Sister Cecilia

March Birthdays

Sherlynn Holland 3/13
Mary Minor 3/27

April Birthdays

Rosemarie Fabian..... 4/8

March Profession Anniversaries

No Profession Anniversaries

April Profession Anniversaries

Concetta Glorioso4/29/2017

March Necrology

Francis Bowman3/11/1966
Maria Fuller3/13/1996
Lillian Bowman3/14/1999

April Necrology

Beatrice Eckenrode4/27/2009
Constance Fabie.....4/23/1972
Harold Quirk.....4/30/1993
Suzanne Reimer 4/9/2015

Important Dates in March

March 2 - St. Agnes of Bohemia
March 6 - Ash Wednesday – Lent begins
March 10 - Daylight Saving Time Begins
March 17 - St. Patrick’s Day
March 18 - Profession of St. Clare
March 19 - St. Joseph, husband of BVM
March 25 - The Annunciation of the Lord

Important Dates in April

April 2 - Saint Francis of Paola
April 14 - Passion Sunday (Palm Sunday)
April 16 - Saint Bernadette (Lourdes)
April 19 - Good Friday
April 21 - EASTER SUNDAY
April 23 - Blessed Giles of Assisi
April 25 - St. Mark the Evangelist
April 28 - Divine Mercy Sunday

Fraternity Prayer Vine

Please continue to pray for the health and the intentions of:



- José Barata
- Mary Barrick
- Pat Bilz
- Fr. Richard Forcier, ORM Conv
- Jessica – get well soon
- Mary Lou Gennaula
- Concetta Glorioso-special intention
- Sherlynn Holland
- Mary Minor
- Jackie Redding
- Sr. Cecilia Reilly

Just a reminder: if you want your prayer need(s) added to the prayer vine, or if you wish to have your name removed, please let your editor know (717-637-2026).

Prayer at Gatherings

At March’s gathering we will pray the Stations of the Cross for Lent.

At April’s gathering we will pray the Liturgy of the Hours.

Minister's Message

Lent is fast approaching. The word Lent comes from the old English, "lencten," which means "spring." It referred to the lengthening of days as the earth moves from winter solstice toward the spring equinox. Early in Church history, Lent came to mean a period of fasting, repentance, and self-denial in preparation for Easter. It wasn't until the fourth century (325 A.D.) at the Council of Nicea that a forty-day period was established. Until the 600s, Lent began on a Sunday. During the papacy of Pope Saint Gregory I, Gregory the Great (Pope from 590-604), the start of Lent was moved to a Wednesday, now called Ash Wednesday.

You're probably asking – what is the actual period of Lent? How do we get forty days of penance, prayer and almsgiving? At first, Lent began on the sixth Sunday before Easter and lasted forty days through the end of Holy Thursday. Since Jesus fasted and prayed for 40 days after his Baptism, Christians in the fifth century wanted literally 40 days of penance before Easter. But the Council of Nicea forbade fasting, kneeling, and any other acts of sorrow and penance on Sundays, even in Lent. This created a problem – 40 days minus 6 Sundays left only 34 days for fasting and penance. So Good Friday and Holy Saturday were added to make 36 days of penance. Finally, Lent was backed up to the Wednesday before the sixth Sunday which created four more days, bringing us up to 40 days for penance.

Nowadays, only Ash Wednesday and Good Friday are full fast days, and abstinence from meat is observed on all Fridays during Lent. Canon 1252 states: All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Of course, this is what is required; how much beyond this that you choose to do, if anything, is up to you. St. Francis once spent an entire Lent alone on an island with only two small loaves of bread to eat. He prayed intensely and fasted and contemplated heavenly things. When he was retrieved from the island, it was found that he had eaten only a half-a-loaf in all that time.

This Lent, let us resolve to make it our best Lent ever. Let us spend more time in prayer, firmly practice self-denial, and do good to others. May Easter find us joyfully renewed in Christ.

Pax et bonum,
Jeff Topper

Holy Father's Prayer Intentions

March

Evangelization: **Christian Communities**

That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.

April

Universal: **Workers in War Zones**

For doctors and their humanitarian collaborators in war zones, who risk their lives to save the lives of others.

On-Going Formation

From the book *To Live as Francis Lived*, at March's gathering we will cover Reflection No. 50 – Structure of the Secular Franciscan Order.

At April's gathering, we will discuss Reflection No. 51 – Profession/Commitment.

Please read these chapters and be prepared to participate in the discussions. Your participation is an important part of your on-going formation.

Prayer for Vocations

Heavenly Father, we beg you to send us many holy vocations, and to help those given such callings to respond freely, generously and faithfully. May their self-offerings and consecrations offer you fitting praise. Amen.

Attendance at the Gathering

All active members should make the Gathering a priority. If you are unable to attend, please contact one of the council members. We are a family and, naturally, become concerned when we don't hear from one of our brothers or sisters.

Final Thought

It is March 22, the third Friday of Lent, and the faithful parishioner stumbles through pouring rain, past hamburger huts and steak houses, and arrives at the church's social hall. He's just in time for dinner and was treated to the best fish and chips he's ever had.

After dinner, he goes into the kitchen to thank the chefs. He's met by two brothers, "Hello, I'm Brother Michael, and this is Brother Francis."

"I'm very pleased to meet you. I just wanted to thank you for a wonderful dinner. The fish and chips were the best I've ever tasted. Out of curiosity, who cooked what?"

Brother Michael replies, "Well, I'm the fish friar."

The man turns to the other brother and says, "Then you must be . . ."

"Yes, I'm afraid I'm the chip monk."