

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. Philippus Philippus, OFM/Cap

Volume 23 Issue 3

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

February 2020

Assisi Take-Aways: 'Got a Fresh Tau'

"How was Assisi?" asked a friend after my recent trip there with Fr. Erick Lopez, OFM, and 14 others. Most were Latinos from St. Camillus Intercultural Parish in Silver Spring, Md., other area parishes and St. Paul's, Wilmington, Del. A few were Secular Franciscan candidates.

"Well, I got a fresh tau," was my most-likely puzzling response. But to me it made perfect sense. It was the designation for crucifixion in Roman times, also the mark used by St. Francis to sign his name. It is the habit of our Secular Franciscan Order and a symbol of one's willingness to do penance, in the sense of turning one's life toward the gospel. I've been collecting taus since Fr. Mike Johnson, OFM, gave me my first, several years ago. They're very inexpensive, particularly in Assisi. Each, made of wood, has a grain not exactly like any other and is an example of the uniqueness of every human being, indeed, of every creature. For me, each represents a milestone on my personal spiritual journey.

Assisi is a wonderfully magical place where all the stories about St. Francis come alive, where one can walk the streets and mountain paths he walked, be touched by the Holy Spirit and, to a greater or lesser degree, enter into Francis' and Clare's spiritual journey. So, to say "I got a fresh tau," is like saying I've come home with a new sacramental to remind



Pilgrims gather around Fr. Erick Lopez, OFM after Mass in a chapel of St. Mary of the Angels. Second and fourth from left front are Evelyn Rivera Cusick and Ana Elsie Ortiz, candidates in San Camilo Fraternity. Back right are John Cusick, OFS of St. Anthony of Nagasaki Fraternity and Carlos Ortiz a candidate in San Camilo.

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<http://saintmargaretofcortona.org/>

In This Issue . . .

Regional Minister's Message.....	2
Interfaith and Ecumenical Report.....	3
Monthly Intentions of Prayer OFS-YOUFRA 2020.....	5
2019 Annual Chapter.....	6
Franciscan Mission Service.....	8
Around the Region.....	9
Mark Your Calendar.....	11
St. Francis Missal at Walters.....	11
Franciscan Lenten Journey of Hope	12
Concert with David Haas.....	13
Franciscan Day of Reflection	14
Begin Anew OFS Gathering & Retreat	15
Regional Retreat 2020.....	16
11th Summer Seminar for Secular Franciscans.....	17
Franciscan Institute Summer 2020 Programs	18
Franciscan Saints and Blesseds.....	19
Carbon Fast for Lent	21

Minister's Message



Sisters and Brothers in Francis and Clare,

I would like to touch on our Secular Franciscan vocation. Our vocation is a gift from God, a call to a certain way of life. Our Franciscan vocation is a part of God's plan for us to seek a deeper, more meaningful spiritual life.

Remember when you entered candidacy and received your Tau Cross and how it made you feel. Think about how you felt at your profession when you said: "Therefore, in my secular state, I promise to live all the days of my life the Gospel of our Lord Jesus Christ in the Secular Franciscan Order by observing its Rule of life." How has your life changed since the day of your profession?

These are moments to be shared with those outside our Franciscan communities. Who knows, this could be a wake-up call for someone who may be searching for a deeper inner spiritual life and may have a Franciscan vocation and not realize it. Our Franciscan vocation is a precious gift, for as Matthew 22:14 tells us "many are called, but few are chosen."

Sharing our Franciscan journey with others, to evangelize both verbally and by our actions is what will draw faith-filled Catholics to the Secular Franciscan Order. We live in a world of uncertainty, a Church that has become more challenging. Yes, these are hard times, but a time when saints are made.

This early writing of Saint Francis is an exhortation to the Brothers and Sisters of the Order of Penitents, lay people who desired to share in Francis' Gospel vision:

The First Letter to the Faithful

All who love the Lord with their whole heart, their whole soul and mind, and with their strength, and love their neighbor as themselves, and who despise the tendency in their humanity to sin, receive the Body and Blood of our Lord Jesus Christ and bring forth from within themselves the fruits worthy of true penance.

How happy and blessed are these men and women when they do these things and persevere in doing them because "the Spirit of the Lord will rest upon them," and the Lord will make "His home and dwelling place with them."

They are the children of the Heavenly Father whose work they do. They are the spouses, brothers, and mothers of Our Lord Jesus Christ. We are his spouses when the faithful soul is united by the Holy Spirit with Our Lord Jesus Christ. We are brothers when we do the will of the Father who is in Heaven. We are mothers when we bear Him in our hearts and bodies with divine love and with pure and sincere consciences, and we give birth to him through a holy life that should enlighten others because of our example.

Our General Constitutions tells us:

Article 45

1. The promotion of vocations to the Order is a duty of all the brothers and sisters and is a sign of the vitality of the fraternities themselves.

The brothers and sisters, convinced of the validity of the Franciscan way of life, should pray that God may give the grace of the Franciscan vocation to new members.

Let us pray for Franciscan vocations for all three Orders, that others may hear the call to seek a deeper more meaningful spiritual life.

Vocation Prayer

Almighty and eternal God, in your unfailing care you provide your Church with witnesses of your love for us.

We pray for those whom you call to a way of life to rebuild your Church, following the way of our holy seraphic father, St. Francis of Assisi.

Inspire in them a generous response. Grant them courage and vision to answer the challenge of living the gospel life in fraternity. May their lives and service encourage people to respond to the presence of the Spirit. - Amen

Your Franciscan brother in Christ,

Bob Longo, OFS
Regional Minister



Interfaith and Ecumenical Committee

They Showed Unusual Kindness (Acts 28:2)... Living Out the LARCUM Covenant

Beginning with this article, either interfaith/ecumenical programs in which local fraternities are involved or commentaries on current interfaith/ecumenical issues and topics will be featured. The information on the fraternity programs are from reports that have been submitted by local fraternities. If your fraternity has such activity and has not yet sent a report, please do so. The goal is to share with each other how we are partnering with our brothers and sisters of other faiths and religions.

The following is an article by Vanessa Nemara on the involvement of Sacred Heart Fraternity in Virginia Beach in an annual interfaith/ecumenical event held in Virginia. (Thanks, Vanessa!)

On November 22-23, 2019, the annual state Ecumenism Conference of the LARCUM (Lutheran, Anglican, Roman Catholic and United Methodist) met to unite in fellowship and to prepare for the [Week of Prayer for Christian Unity, of the World Council of Churches](#), January 18-25, 2020. The summit was hosted by volunteers of the Christian Ecumenical Network, also known as CENet. The keynote speaker was Fr. Jim Loughran, SA. Fr. Loughran is the Director of Graymoor Ecumenical & Interreligious Institute, a ministry of the Franciscan Friars of the Atonement at the Interchurch Center in New York City and at Graymoor, Garrison, N.Y., the motherhouse of the Friars.

Each year the summit is held in a different Virginia city. The 2019 summit was held in Virginia Beach, Va., hosted by Holy Spirit Church, and sponsored by Holy Apostles Church. Holy Apostles was founded in 1977 by the Bishops of the Catholic Diocese of Richmond and the Episcopal Diocese of Southern Virginia to be a unique community of Roman Catholics and Episcopalians. Holy Apostles is a living symbol of ecumenism where interfaith families can worship together.

Friday evening, representing the inter-denominational nature of the summit, were Bishop Michael Burbidge, Bishop of Diocese of Arlington, Bishop Barry Knestout, Bishop of Diocese of Richmond, both Roman Catholic denominations, Bishop Robert Humphrey, Bishop of the Virginia Lutheran Synod, and Bishop James Magness, Bishop of the Episcopal Diocese of Southern Virginia.

Friday evening was opened with a welcome from Fr. Loughren, who gave some background on the Week of Christian Unity. This was followed by an interfaith prayer service and hymns. Saturday morning, the attendees joined in Morning Prayer services and hymns and closed with Midday Prayer Service and hymns.

On February 10 of each year, [the nation of Malta celebrates](#) the miraculous and providential arrival of St. Paul, the Apostle of the Gentiles. The 2020 theme is derived from this celebration. The Acts of the Apostles tells of the shipwreck of St Paul, where he and the crew were pulled from the water by the people of the Isle of Malta. They were not imprisoned, starved, left with untreated injuries, nor mistreated in any way. Instead, they were shown unusual kindness by the Maltese. From these actions of the Maltese, a theme was chosen as a benchmark of what should be expected by all people. In our current societal atmosphere of anti-immigration, anti-migrants and anti-refugees, we, in unity as Christians, should set ourselves apart and show how immigrants should be treated when encountered. They showed them unusual kindness. (Acts 28:2)

The Christian Unity Prayer week is timely and appropriate; the week when it is held begins with the Feast of the Chair of St Peter on January 18 and ends with the feast of the Conversion of St Paul on January 25. It is these two Apostles who helped define Christianity through their actions and call to follow The Way. In the United States, the Week of Prayer for Christian Unity has a history of more than 100 years. By the annual observance of the Week of Christian Unity, Christians move toward the fulfillment of Jesus' prayer at the Last Supper "That they all may be one" (John 17:21). Christ is our Unity.

Fr. Loughran identified several obstacles to Christian Unity:

- **There is evil in separation.** The status quo can lead to sin and loose orthodoxy: "this is my church, not God's Church."
- **Lack of reception of reform.** In an unusual move even for today, St. Pope John XXIII recognized that change was difficult. At the Second Vatican Council he invited observers from other denominations to listen to the discussions of the cardinals and to comment on proposed changes for Roman Catholics. It was not held in isolation but was transparent. Today when changes are made it may be, perhaps, years before the parishioners of churches find out about the changes. There is a gap between the Bishops and the people in the pews.
- **There is a growing lack of trust.** Tribalism has infected our culture. Issues are not discussed but held at extremes: issues such as name-calling/bullying, homosexuality, women in the church and female ordination. They are so polarizing that there seems to be an inability to hold any calm discussion, nor any paths to understanding that may lead to resolution.



("Unusual Kindness from page 3)

- Apathy – in 1980, there were more than 3,000 parishes that took part in Week of Prayer for Christian Unity. In 2019, there were only 250.

Is there another path to unity? A local minister asked Ft. Loughren this question. How do we impress upon people that we need to work together? Fr. Loughren suggested that we might find solidarity through working on the refugee issue, on climate change, fighting human trafficking, working on solving world food shortages, and abating world starvation. If religion and religious issues deter people and make them shut down, then world issues of a more secular nature may be an approach that could bring people together. One participant stated, "If you can't go over the mountain, perhaps you have to go around the mountain."

CENet promotes the World Day of Prayer celebrations and holds an annual retreat. It coordinates daily prayer services for the Week of Prayer for Christian Unity.

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

*Mike Huether, OFS
Interfaith/Ecumenical Chairman*

For information on the Week of Prayer for Christian Unity, you may contact

Graymoor Ecumenical and Interreligious Institute at www.geii.org or call 845-424-3671, ext. 3502 or 2109

Mr. Rick Caporali, State LARCUM Committee, rcaporali@stbernapar.org



Photo by Kimberly Heatherington, Tau Fraternity

Prayer service for the Week of Prayer for Christian Unity, January 22, 2020 in St. Bernadette Catholic Church, Springfield, Va.: The Rt. Rev. David Jones, Episcopal Bishop of Virginia; the Very Rev. Michael Burbidge, Catholic Bishop of the Diocese of Arlington; the Rev. Leila Ortiz, Bishop of the Metro DC Evangelical Lutheran Church in America.

In Tidewater:

CENET Christian Ecumenical Network
Deacon Gary Harmeyer, garyharmeyer@gmail.com,
Kevin Kennedy, klk235@gmail.com
Lynn Kennedy, lraffk@aol.com

Rejoice always, pray continually,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



Monthly Intentions of Prayer OFS-YOUFRA 2020

To underline our communion with the Pope, we offer the intention of the Holy Father for the month and an intention for OFS according to the life and important events of the Order. Please keep these in your daily prayers.

January – Promotion of World Peace: We pray that Christians, followers of other religions, and all people of good will, may promote peace and justice in the world.

OFS: For the national fraternities of Chad, Ivory Coast and Albania (Chapters)

Our Father...

February – Listen to the Migrants' Cries: We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

OFS: For the national fraternities of Nigeria and Venezuela (Chapters).

Our Father...

March – Catholics in China: We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

OFS: For the national fraternities of Colombia and Lebanon and for the fraternity of Latakia (Chapters).

Our Father...

April – Freedom from addiction: We pray that those suffering from addiction may be helped and accompanied.

OFS: For the CIOFS Presidency.

Our Father...

May – For Deacons: We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating symbol for the entire Church.

OFS: For the national fraternities of Cape Verde and Argentina (FPV); Italy, Rumania, Belgium and Bulgari (Chapters); for the Congress of Asia and Oceania in Vietnam.

Our Father...

June – The Way of the Heart: We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

OFS: For the national fraternities of Philippines, Bosnia and Herzegovina, Pakistan, Bolivia and Singapore (Chapters); Holland, Guatemala, Hong Kong and Macau and Taiwan (FPV and Chapters).

Our Father...

July – Our Families: We pray that today's families may be accompanied with love, respect and guidance.

OFS: For the national fraternities of Indonesia, Malesia and Papua New Guinea (Chapters); For the International YouFra Assembly in Mexico.

Our Father...

August – The Maritime World: We pray for all those who work and live from the sea, among them sailors, fishermen and their families.

OFS: For the national fraternities of Angola (FPV) and Chile (Chapter).

Our Father...

September – Respect for the Planet's Resources: We pray that the planet's resources will not be plundered, but shared in a just and respectful manner.

OFS: For the national fraternity of Lithuania (Chapter).

Our Father...

October – The Laity's Mission in the Church: We pray that by the virtue of baptism, the laity faithful, especially women, may participate more in areas of responsibility in the Church.

OFS: For the General Chapter of OFS.

Our Father...

November – Artificial Intelligence: We pray that the progress of robotics and artificial intelligence may always serve humankind.

OFS: For the CIOFS Presidency and the General Chapter of OFS.

Our Father...

December – For a Life of Prayer: We pray that our personal relationship with Jesus Christ may be nourished by the Word of God and a life of prayer.

OFS: For the growth of OFS and YouFra in the world.

Our Father...



2019 Annual Chapter



me of my own commitment to the gospel life and a remembrance of my journey with a diverse group of companions.

PERFECT JOY

For 11 days, we traveled, prayed together, offered masses and had time for personal prayer and recollection. As frustrations are sure to arise on any such pilgrimage, we early on reflected upon the story of "alegria perfecta," or "perfect joy," from *The Little Flowers of St. Francis*. As they travel together, Francis teaches Brother Leo that perfect joy is not to be found in glorious accomplishments, even for sake of the gospel, but only in sharing the pain of the cross. He hypothesizes that he and Brother Leo are rejected at a monastery, left outside hungry and cold, insulted and beaten with a club. "If we endure all those evils and insults and blows with joy and patience, reflecting that we must accept and bear the sufferings of the Blessed Christ patiently, for love of Him, oh, Brother Leo, write that is perfect joy." Francis admonishes Leo, "Above all the graces and gifts of the Holy Spirit which Christ gives to his friends is that of conquering oneself." The concept of "alegria perfecta" would be raised with a smile numerous times as we spent days walking in the rain, dealt with language issues, nursed aches and pains, and dealt with the loss of a cell phone.

Our travels took us through Florence, known for its charm, grand cathedral and ubiquitous art and sculpture, then through Gubbio and La Verna to Assisi. We finished in Rome with a tour of the Vatican and a papal audience. One of my most moving experiences was praying in the Chapel of the Stigmata at La Verna, at what is believed to be the very location where Francis received the marks of Christ's crucifixion. I placed my tau on the glass case covering a marble slab marking the spot and reflected on the fact that when Francis received the stigmata, he actually entered into the process of Jesus' dying on the cross. As I begin a career as a hospice chaplain, I realize this is what I am called to do: to journey with Christ manifest in each of my patients as they bear their own cross and encounter Sister Bodily Death.



John prays in the Chapel of the Stigmata in La Verna, marking the spot where St. Francis is believed to have received the marks of Christ's crucifixion.

Of course, we visited the Basilicas of Francis and of Clare, where the original San Damiano crucifix now resides; San Damiano itself where Clare and her sisters were cloistered; and Rivo Torto where Francis kissed the leper and the early friars ministered to those outcasts of society. On our last day in Assisi we visited the Eremo delle Carceri with its mountain caves and wooded paths where Francis and his brothers retreated to pray. Several of us were pro-

foundly affected by the strong spiritual presence there, including my wife, Evelyn Rivera Cusick, who helped organize the pilgrimage.

Passing through the grotto where Francis slept on a stone bed and prayed toward the end of his life, "I leaned against the wall, closed my eyes and saw two eyes," she said. "For me, they were the eyes of Francesco." As the group spread out for private meditation atop Mount Subasio, she stopped to pray at a supine statue of St. Francis lying on the ground gazing skyward. "I also looked up through the trees and imagined, this is how Francesco talked to God. I began to cry. It showed me that life is simple, that no matter where we are, in any place, we can be in communication with God." Though she had struggled with pain in her knees, which later returned, she literally danced down the hill. "I felt that I was healed, and in that moment I was free."



The habit worn by St. Francis when he received the stigmata in September 1224 is preserved at La Verna.

FORGING NEW BONDS

Many changes took place in our group over the course of the pilgrimage. I began the journey as a near-stranger to most and struggled with my limited Spanish. A bilingual pilgrim from my own parish took it upon herself to interpret for me. Another climbed with me to Rocca Maggiore castle, where I photographed Assisi at night. He shared with me the story of St. Peter of St. Joseph de Betancur, known as the "St. Francis of Guatemala." Peter was a Secular Franciscan who founded a religious community and a hospital to aid the poor of that country.

In the spirit of "alegria perfecta," we learned mutual respect, to overcome our differences, to tolerate less than perfect weather. We sang frequently our favorite hymn "Laudato si, O mi Signore," the title in the original Italian in which Francis wrote his Cantic of the Creatures, which translates in English as "Praised Be, My Lord." In the spirit of alegria perfecta, we broke out in a slightly different version at the gelateria next door to our hotel where we socialized after dinner: "Gelato, si, O mi Signore." It raised our spirits and we became popular with our hosts there. No irreverence was intended. I think that neither Francis nor our Lord would mind.

So, yes, I returned from Assisi with a fresh tau, blessed by the pope. The challenge for all of us is to carry forward the magic of Assisi into our daily lives, with changed hearts, with love for our brothers and sisters and for all of God's creation.

John Cusick, OFS,
St. Anthony of Nagasaki Fraternity
with Evelyn Rivera Cusick

October 3, 2018, and the Promise of the Resurrection

Editor's note: In her final month serving in Cochabamba, Bolivia, Missioner SarahJane Cauzillo reflected on how she had come to appreciate light by confronting—rather than ignoring—darkness.

It is the rainy season here in Bolivia. In just a moment, a clear blue sky can be completely transformed as the dark clouds come rolling over the mountaintops. The sun can be covered in an instant as the pelting rain begins and the thunder bellows and echoes throughout the valley of Cochabamba. When at last the earth has drunk her fill and the rain pitters to a halt, the clouds – still pregnant and plump with water – linger in clumps, exposing the sky to us once again in patches. As the sun has begun setting in this last month, the reflecting light's rays on these lingering rain clouds have given us a kaleidoscope of burning reds, oranges, yellows, and pinks. The clouds after the storm provide a canvas for the setting rays to dance and lay on; I have been stopped dead in my tracks in the evenings as I look up and see the mural of colors painted in the sky. I am reminded that the stark beauty of light is not seen in an absence of darkness, but often is rather manifested all the more gloriously when in contrast with the shadow of darkness.

I think it is impossible to talk about or reflect on light without also mentioning her brother, darkness. I do not need to remind anyone about how dark the world seems today – personally, familialy, socially, culturally, politically. And I think, for many, the temptation is to ignore the darkness. To string up as many lights as possible and wrap everything in glitter – to keep the darkness outside “where it belongs.” I, too, am often tempted to seek light by ignoring darkness, whether that be an acceptance of my ignorance, or an avoidance of conflict or uncomfortable situations, or avoiding letting feelings sink in. However, I have found in my experience of accompaniment at Nuestra Casa that in order to love and hold onto the hope and the light, I have to be able to sit in the darkness. It is a lesson in walking in, sitting alongside, and offering my presence as loved ones go through their own personal dark night.

This balance, this equanimity, of being in the darkness and holding onto light is being taught to me by the girls and the Tías at the hogar. Their true, authentic, healing, shining selves illumine the darkness, which they are simultaneously aware of and holding in respect. As Bolivia has experienced political upheaval, civil unrest, violence, and oppression, I have stood in awe as my Bolivian friends teach me how to exist in the post-thunderstorm sunset. In the midst of crisis, their examples of analysis, reflection, solidarity, and strength teach me what it means to enter into the darkness – to acknowl-

edge the thick and dark storm clouds as they threaten us.

Meanwhile, their celebrations of Todos Santos with loved ones, Quinceañeras, walks in the park, baby showers, and the laughter that fills our every day has taught me gratitude, joy, and the meaning of presence in entirely new ways. I am learning that we do not wait for the darkness to pass, nor do we try to ignore it or cover it up in order to experience the light. These moments of joy and celebration in the last month have even been more special because we know the contrast of darkness.

They are teaching me that we are not waiting for the light to come from somewhere else, nor do we need to look far for it. Light is born and cultivated and shines forth from within. As the Quakers say, “Our conscience is the Light of God in every person.” Every person has this sacred light. To say “Namaste” or to say “Christ be with you,” or to say... whatever it is you like to say to express that sentiment, is an acknowledgement of the divine light (or the Holy Spirit) in me greeting the divine light in you, and meeting the divine light all around us. I am learning what it means to see that the light is right here amidst us already – right alongside and dancing in the storm clouds.

Are you feeling called to enkindle light in the world by accompanying communities overseas? Consider applying to be a lay missioner. Contact emily@franciscanmissionservice.org for more information or visit our website: www.franciscanmissionservice.org.



Franciscan Pledge: Commitment to Civility in Discourse

- **Facilitate a forum for difficult discourse.***
- **Respect the dignity of all people.***
- **Audit myself.***
- **Neutralize inflamed conversations***
- **Collaborate with others***
- **I identify common ground***
- **Support efforts***



Around the Region

WELCOME TO OUR NEWLY ADMITTED

Joe Boyle, OFS, Tau Fraternity, Herndon, Va.
Valerye Milleson, OFS, Tau Fraternity, Herndon, Va.
Mary Sobczynski, OFS, Holy Family Fraternity,
Manassas, Va.



Holy Family Fraternity newly admitted: Rita Colleran, OFS, Minister; Peggy Gregory, OFS, Formation Director; Mary Sobczynski, OFS, Candidate

CONGRATULATIONS TO OUR NEWLY PROFESSED

Karen Adams, OFS, Companions of Francis and Clare Fraternity, Salem, Va.
Bryan Boggs, OFS, Companions of Francis and Clare Fraternity, Salem, Va.
Georgene Bramlage, OFS, Companions of Francis and Clare Fraternity, Salem, Va.
Doug Chute, OFS, Immaculata Fraternity, Fredericksburg, Va.
Rob Closs, OFS, Companions of Francis and Clare Fraternity, Salem, Va.
Fr. William Cocco, OFS, St. Clare Fraternity, Rehoboth Beach, Del.
Gayle Danielson, OFS, Companions of Francis and Clare Fraternity, Salem, Va.
Marinela Davis, OFS, St. Clare Fraternity, Rehoboth Beach, Del.



Companions of Francis and Clare newly professed, holding candles representing the Light of Christ: Rob Closs, Daisy Warnalis, Karen Adams, Mike Warnalis, Luisa Perkins, Georgene Bramlage, Bryan Boggs and Gayle Danielsen

(See "Around" on page 10.)



Mount St. Sepulchre Fraternity newly professed: Michele Dunne (Vice Minister), Adele Lewis (Formation Director), Bennett Solberg, Joseph Gigliotti, Mary Gigliotti, and Larry Bleau (Minister)



St. Clare Fraternity (Delaware) newly professed.

Above: Andy Zampini, OFS, Minister; Andrea Lipchak, OFS; Loretta Hanley, OFS; Fr. Reynaldo Frias, OFM, Cap.; Nela Wintjen, OFS; Kevin Mumford, OFS; Mary Moran, OFS, Formation Director.

Below: Mary Moran, OFS, Formation Director; Br. Rigo Azanwi, OFM, Cap, Spiritual Assistant; Fr. William Cocco, OFS (newly professed); Andy Zampini, OFS, Fraternity Minister.



The recently established Secular Franciscan Fraternity of St. John XXIII in Davidsonville, MD professed its first candidates on Feb 1, 2020, at Holy Family Catholic Church: Jeanne Catrow, OFS, Formation Director; Nina Teti, OFS; Fr. Paul Dressler OFM Cap, Presider; Ann Marie Pessagno, OFS; Bro. Stephen Wright OFM Cap, Spiritual Assistant; Chris Gordon, OFS; and Ron Van Nest, OFS, Minister.

("Around" from page 9.)

Joseph Gigliotti, OFS, Mount St. Sepulchre Fraternity, Washington, D.C.

Mary Gigliotti, OFS, Mount St. Sepulchre Fraternity, Washington, D.C.

Loretta Hanley, OFS, St. Clare Fraternity, Rehoboth Beach, Del.

Andrea Lipchak, OFS, St. Clare Fraternity, Rehoboth Beach, Del.

Kevin Mumford, OFS, St. Clare Fraternity, Rehoboth Beach, Del.

Luisa Perkins, OFS, Companions of Francis and Clare Fraternity, Salem, Va.

Pamela Russell, OFS, St. Clare Fraternity, Rehoboth Beach, Del.

Bennett Solberg, OFS, Mount St. Sepulchre Fraternity, Washington, D.C.

Daisy Warnalis, OFS, Companions of Francis and Clare Fraternity, Salem, Va.

Mike Warnalis, OFS, Companions of Francis and Clare Fraternity, Salem, Va.

CONGRATULATIONS TO OUR NEWLY ELECTED Our Lady of the Rosary Fraternity, Williamsburg, Va.

Minister: Maria Fuentes-Sherman

Vice Minister: Rick Churray

Secretary: Beatrice Sanford

Treasurer: Barbara Massey

Formation Director: Peg Crews



Our Lady of the Rosary Fraternity Council: Rick Churray, OFS, Vice Minister; Barbara Massey, OFS, Treasurer; Maria Fuentes-Sherman, OFS, Minister; Bea Sanford, OFS, Secretary; Glenn Davis, OFS; Peg Crews, OFS, Formation Director



St. Conrad Fraternity (Annapolis) council: Joan Faltot, OFS, minister; Catherine Gonzalez, OFS, vice minister; Genny Wilbourne, OFS, councilor; Jean Gaes, OFS councilor; Chris Grumbach, OFS, secretary; Br. Rigo, OFM Cap, (Spiritual Assistant); Joe McHugh, OFS, treasurer; Denise Miante, OFS, formation director

St. Conrad Fraternity, Annapolis, Md.

Minister: Joan Fallot

Vice Minister: Catherine Gonzalez

Secretary: Chris Grumbach

Treasurer: Joe McHugh

Formation Director: Denise Mianti

Councilor: Genny Wilbourne

Councilor: Jean Gaes

LOSSES IN THE FAMILY



Deirdre Matthews, OFS, August 31, 1937-November 23, 2019. She was a member of St. Clare Fraternity in Delaware and was professed on June 8, 1985.



Sr. Anna Joseph, principal, and Emily Rivera, student, of Our Lady of Mt. Carmel school, present a check for Amazon Relief to Our Lady of the Rosary Secular Franciscan members Peg Crews and Terry Carlino. After learning about Amazon Relief from Karen Rutherford-Coulson, a staff member of the school and a member of the Our Lady of the Rosary Secular Franciscan Fraternity, the students held several fundraisers to help this charity, that brings aid and Christ's love to the poor and "at risk" children who live in "The Green Hell"—an area near the equator, 1,200 miles up the Amazon River.

Mark Your Calendar

February 1, 2020 – May 31, 2020. St. Francis Missal Exhibition. Walters Art Museum, Baltimore, Md.



March 13, 2020, 7:00 p.m. Franciscan Monastery of the Holy Land. Concert with David Haas ([See flyer on page 12](#))

March 28, 2020, 8:30 a.m. Lenten Retreat. Archbishop Curley High-school, Baltimore, Md. ([See flyer on page 13](#))



April 4, 2020 – Day of Reflections for Inquirers, Candidates, and Newly Professed. Shrine of St. Anthony, Ellicott City, Md. 8:30 a.m. ([See flyer on page 14](#))

April 25, 2020, 9:30 a.m.-4:30 p.m. Franciscan Gathering/Retreat - Begin Anew. Benedictine Monastery Pastoral Center, Bristow, Va. ([See flyer on page 15](#))

May 29-May 31, 2020 – Regional Retreat. PriestField Retreat Center, Kearneysville, WV. Registration begins at 4:00 p.m. ([See Registration Form on page 16](#))

June-July 2020 – Franciscan Institute Conference and online courses for Secular Franciscans. ([See flyer on page 17](#))



July 9-12, 2020, St. Francis University, 11th Summer Seminar for Secular Franciscans. Loretto, Pa. ([See flyer on page 18](#) -- registration information to follow.)

St. Francis Missal at Walters

**The Walters Art Museum in Baltimore, Md. Presents the St. Francis Missal
February 1, 2020 - May 31, 2020**



The St. Francis Missal—a legendary 12th-century manuscript and relic of touch of St. Francis of Assisi—will have its first dedicated exhibition at the Walters Art Museum in more than 40 years.

The St. Francis Missal is an intimate exhibition that features approximately 17 objects, including manuscripts, paintings, ivories, ceramics, and documentation of the Missal's recent two-year conservation funded by the Mellon Foundation.

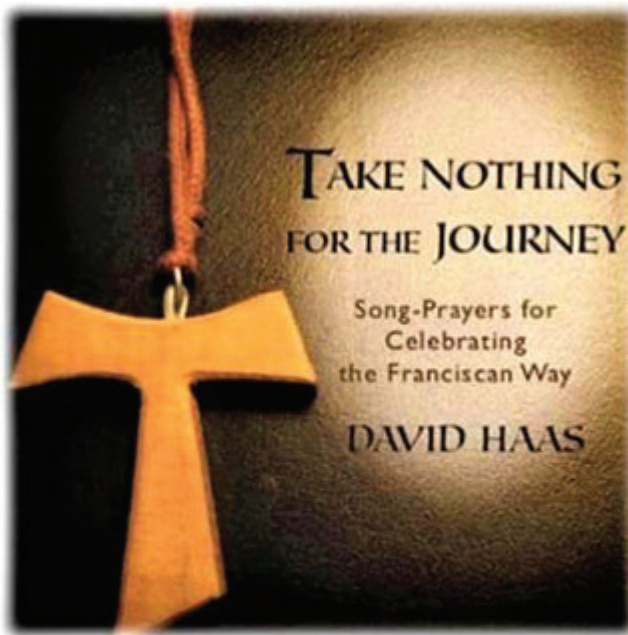
In 1208, St. Francis of Assisi and two followers were debating what God's plan for them might be. Unable to agree, they sought answers at the church of San Nicolò in Assisi, where Francis often attended. They opened the Missal, which sat on the altar, three times at random and in every case, the text on the page urged renouncing earthly goods. This pivotal moment laid the foundation for the Franciscan order. Due to this possible contact with the saint, Franciscans worldwide consider the book now known as the St. Francis Missal to be a relic of touch, and many make pilgrimages to Baltimore to see it.

Decades of use took a toll on the book's fragile binding, and in 2017, the Walters conservation staff began a two-year restoration project. The Missal has since been repaired and stabilized, and will soon be digitized for the Walters' manuscript website *Ex Libris*.

The exhibition draws upon the Walters world-renowned rare books and manuscripts collection that spans more than 1000 years and contains over 900 manuscripts, 1300 of the earliest printed books, and 2000 rare later editions from across the globe.

[Directions to the museum](#)

Please note that there may be a wait to enter the exhibition due to space limitations in the gallery.



Join us for
A CONCERT WITH DAVID HAAS
 Friday, March 13, 2020
 7:00 PM

**FRANCISCAN MONASTERY
 OF THE HOLY LAND**
 1400 Quincy Street NE
 Washington, DC 20017
 Free and plentiful parking available



David Haas is an American author and composer of contemporary Catholic liturgical music. His best-known songs include "Blest Are They," "You Are Mine," "We Are Called," and "We Have Been Told." He is director of The Emmaus Center for Music, Prayer and Ministry. David is highly regarded as one of the preeminent liturgical music composers in the English-speaking world. He has produced more than 45 collections of original music. His liturgical works are sung and prayed throughout the world and appear in hymnals of many Christian denominations and in many languages.

- Tickets can be purchased in advance at \$20.00 each.
- Tickets at the door night of the concert **\$25.00 (cash only)**
- To order tickets complete the form below and send with payment (check or money order) to the address below. Please make checks payable to: **Franciscan Sisters of Washington, DC.**
- **All pre-ordered tickets** are to be picked up at the Monastery the night of the concert.
- All pre-orders must be received by Monday, March 9th.
- Questions, please email: franciscansistersdc@yahoo.com or call 202-526-4262 evenings.

Name: _____

of Tickets _____ @ \$20.00 each = _____ amount enclosed.

Email: _____ Phone: _____
 (Contact information will be used only to confirm your order)

Mail to: Haas Concert
 c/o Franciscan Sisters of Washington, DC
 1334 Perry Street NE
 Washington, DC 20017-2531



LARGER VENUE!

A Franciscan Lenten

Journey of Hope

Saturday, March 28, 2020

**Archbishop Curley High School
3701 Sinclair Lane
Baltimore, MD 21213**

Speakers:
Fr. Donald Grzymiski, OFM Conv.
Br. Emmanuel Wenke, OFM Conv.
Friar Christopher Dudek, OFM Conv.

Early Bird Registration by MARCH 7, 2020 ONLY \$25!

After March 7, 2020 the price goes to \$30

Includes 3 dynamic speakers, a continental breakfast and lunch.

Registration and Breakfast starts at 8:30am and the retreat begins at 9am.

This venue is handicap accessible! Please indicate if you will need this accessibility.

Please make your check payable to **LITTLE FLOWER FRATERNITY**

and mail it with the Registration Tear-off below to:

Lisa Gough, OFS

121 Warwick Drive

Lutherville, MD 21093

For questions please e-mail (preferred)

lisa21093@comcast.net

Cell: 443-928-9668 (leave a message)

Name _____

Fraternity _____

E-mail address _____

Phone # _____

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Accessibility requested

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Special Dietary request



Franciscans: Rebuild My Church Franciscan Day of Reflection For Inquirers and Candidates 2020

Fr. Paul Dressler, OFM Cap.
Saturday, April 4, 2020, 8:30 a.m. - 4:00 p.m.
Shrine of St. Anthony
12290 Folly Quarter Road
Ellicott City, MD 201042
(410) 531-2800

Sponsored by the St. Margaret of Cortona Regional Formation Team

**Join with your Franciscan brothers and sisters from around the region
as we explore insights into we as Secular Franciscans
can rebuild the church of Christ.**

(Formation teams and newly professed are also invited.)

Cost: \$50.00 per person

Yes! I plan to attend the Franciscan Day of Recollection for
Candidates and Inquirers.

Name _____

Fraternity _____

Address _____

City, State, ZIP _____

Email _____

Phone _____

☐ I am an Inquirer ☐ I am a candidate ☐ I am newly professed
☐ I am a member of the formation team

My heart is ready, oh God; my heart is ready.

Psalm 57:7

Please complete this form

and return by March 21

with check payable to

**St. Margaret of Cortona Region
Registration fee is not refundable
after March 27.**

Send form and payment to:

Peter Noyes, ofs

P.O. Box 860

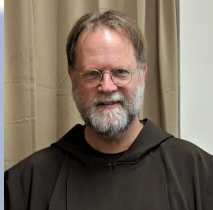
Burtonsville, MD 20866

pnoyesofs@gmail.com

[Directions to the Shrine of St. Anthony](#)

Begin Anew!

OFS Gathering & Retreat



Br. Kip Ledger, OFM Cap



Br. Mike Meza, OFM Cap

Join us for a day to be inspired, refreshed, and revitalized in our Franciscan charism!

Speakers are **Br. Kip Ledger, OFM Cap** and **Br. Mike Meza, OFM Cap** offering guidance in living our lives with hope, joy and courage.

The day will include Mass, refreshment, catered lunch and like hearted people!
Participants can also enjoy a walk around the many interesting areas of the monastery.

Saturday, April 25, 2020 - 9:00 am to 4:00 pm

St. Benedict Monastery, Bristow, VA

Cost: \$45 per person

Hosted by: Holy Family Fraternity



All are Welcome—Religious, Laity, Spouses & Friends

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is thy faithfulness. Lamentations 3:22-23

Begin Anew! gives hope in such a beautiful and concise way.

In the scripture we are given joy, hope, and courage for each day. It has been said that many of the great saints (Saint Teresa of Calcutta, Saint Pope John Paul II, many more) claim that remembering to choose to begin anew each day is how they kept going with faith, courage, hope and love.



Br. Leo! Perfect Joy is going to this retreat!



Registrations and full payment due by Wednesday, April 15, 2020

\$45.00 per person

Complete form, enclose check, and mail to: **Holy Family Fraternity, c/o Rita Colleran OFS, 12534 Chippenham Court, Bristow, VA 20136**

Amount enclosed \$ _____ Number of participants: _____

Name(s): _____ Fraternity: _____

Address: _____ City/St/Zip: _____

Email: _____ Number of persons: _____

One registration form may be used for a group, please do supply a list of each person registering.

Contact: Rita Colleran, OFS email: rlcolleran10@gmail.com cell: 703-310-9958



REGIONAL RETREAT 2020

Where: Priest Field Pastoral Center, 4030 Middleway Pike,
Kearneysville, WV 25430-3742

When: May 29 - May 31, 2020

Who: All Secular Franciscans, including candidates,
inquirers and spiritual assistants (visitors
welcome if space is available)

When: May 29 - May 31, 2020

What: Secular Franciscans--A Prophetic People

Who: Fr. Kevin Treston, OFM, was professed in 1977, and ordained in 1981. He served as Formation Director, and Vocation Director, while assisting with pilgrimages to the Holy Land. He is the Provincial Spiritual Assistant for the Holy Land Province serving as the Spiritual Assistant for the OFS Mount Saint Sepulcher Fraternity for twelve years. He studied Franciscan History, Sources, and Spirituality, at The Franciscan Institute at St. Bonaventure University. During his Theological Studies he assisted in giving retreats, and after ordination he presented retreats retreats and Days of Recollection at the Washington Retreat House staffed by the Franciscan Sisters of the Atonement.

REGISTRATION FORM INSTRUCTIONS:

1. Submit form no later than **May 15, 2020**
2. Please type or print all information clearly.
3. Only one participant per registration form.
4. A deposit of \$100.00 must accompany this form. **Deposit is nonrefundable after May 23, 2020.**
5. **Make your check payable to ST. MARGARET OF CORTONA REGION*** and mail this form with payment to:

Peter Noyes, ofs

P.O. Box 860

Burtonsville, MD 20866

email: pnoyesofs@gmail.com

***Please make checks payable to St. Margaret of Cortona Region,
NOT to Peter Noyes or to PriestField. Thank you.**

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

Fraternity _____

Please check room requirement:

The OFS Rate is now partly subsidized by Fair Share. The member rate is for professed, candidates, inquirers and anyone who is supporting an OFS member. The non-member rate is applied for all visitors.

Member Rate

Single occupancy room: \$248.00[†]

Double occupancy room: \$228.00

Single occupancy cabin: \$282.00

Double occupancy cabin: \$257.00

Dormitory: \$184.00

Days Only: \$126.00

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Non-member Rate

Single occupancy room: \$278.00[†]

Double occupancy room: \$243.00

Single occupancy cabin: \$297.00

Double occupancy cabin: \$272.00

Dormitory: \$199.00

Days Only: \$141.00

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[†]Select single occupancy only if there is a serious personal or medical reason. Thank you!

Please indicate any special needs you have: _____

Please choose a roommate, or one can be assigned for you.

[Directions to PriestField](#)

Name of preferred roommate: _____

Amount enclosed with this form \$ _____



SAVE THE DATES!

July 9-12, 2020

11th Summer Seminar for Secular Franciscans



“Called to Act With Justice”



Father Christopher Panagoplos, T.O.R. is a Franciscan Friar of the Third Order Regular of St Francis of Penance, Province of the Immaculate Conception, Hollidaysburg, PA. He professed religious vows of poverty, chastity and obedience, June 1970. He accomplished his undergraduate studies in Education at the Catholic University of America, Washington, D.C., 1972, and his post graduate studies in Theology and Sacred Scripture at Washington Theological Union, Silver Spring, Maryland, 1976. He was ordained a friar-priest 14 August 1976, at the hands of Bishop Lawrence Graziano, O.F.M., Bishop-emeritus of Santa Ana, El Salvador. Fr. Christopher’s province assignments over the years are several: high school instructor in theology, parochial vicar and pastor, hospital chaplaincy, and Delegate of the Provincial to the Secular Franciscans. While parish school principal, he did post

graduate studies in non-public school administration, College of St Thomas, St Paul, MN. He also is an instructor in Lay Ecclesial Ministry and Catechist Formation programs in the Altoona-Johnstown Diocese. We have come to know him in his service on all levels as Spiritual Assistant to the Secular Franciscan Order. *(For more information on Catholic Social Teaching (CST), please access the OFS webpage: www.secularfranciscansusa.org, click on Resources, click CNSA page, then scroll down to SA Resources).*

David Seitz, OFS, professed into the Secular Franciscan Order on the feast of St. Dominic, August 8, 2002. He has served the order at all levels as a local fraternity minister and director of formation, Divine Mercy regional minister and as a member of the national JPIC commission where he represents the Secular Franciscans on the board of directors, Franciscan Action Network.

David has led several OFS fraternities through pre-profession retreats focused on the “Nature of Profession” and Franciscan Spirituality. He has published several reflections relating the Rule of Life and the Gospel message to themes of social justice. He has developed and presented a variety of talks on the Catholic faith. David has been featured in the Michigan Catholic News, Catholic Journal U.S. appeared as a guest on CTND’s (Catholic Television Network of Detroit) Dialogue with Cardinal Maida and has been a guest speaker for a variety of organizations and retreats including the Legion of Mary, Genesis Young Adult Program, Bukas-Loob-Sa-Diyos Covenant Community, St. Paul of the Cross Retreat Center, and several parish presentations. He has been a keynote speaker at several diocesan wide conferences in Gaylord, and for the statewide convention of the Council of Catholic Women. He has developed and taught scripture courses for the St. Francis Parish, Ann Arbor, School of Discipleship. David has studied in the M.A. theology program at Sacred Heart Major Seminary with a concentration on Sacred Scripture. *(For more information about David see his website at: <https://tauministries.com/>)*



Endorsed by the National Executive Council of the Secular Franciscan Order - USA



Conference and three online courses set for this summer

The Franciscan Institute at St. Bonaventure University will host a
Secular Franciscan Conference in June
and offer three online courses as part of our annual summer offerings.

SECULAR FRANCISCAN CONFERENCE

Happiness and the Enjoyment of God: The Franciscan Vision of the Good Life

JUNE 26-28

St. Bonaventure University

Host & Facilitator: Fr. David Couturier, OFM Cap.

ONLINE COURSES

Course Title: Robert Lax: Mystic Poet

Dates & Times: June 8-12 | 9 a.m.-noon | Monday through Friday

Presenter: Dr. Joshua C. Benson

Course Title: Clare and Women in the Early Franciscan Movement

Dates & Times: June 1-19 | 4-5 p.m. | Mondays and Thursdays

Presenter: Dr. Jean Francois Godet-Calogeras

Course Title: Marvelous Depths: Reading Scripture with St. Bonaventure and His Teachers

Dates & Times: July 6-10 | 10-11:30 a.m. | Monday through Friday

Presenter: Dr. Aaron Gies

For more information, go to

<https://www.sbu.edu/about-sbu/sbu-campus-maps-directions/franciscan-institute/summer-2020-programs>

Franciscan Saints, Blesseds and Feasts

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Carbon Fast for Lent February/March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March 1 First Sunday of Lent Pray for those most affected by climate change. The world's poor, who have contributed the least to climate change, will be the most affected. Learn more here: http://catholicclimatemovement.global/</p>	<p>March 2 Join Meat Free Monday. For centuries Christians have been eating less meat during Lent. Choosing meat-free meals is one of most significant ways to reduce your carbon footprint. http://www.meatfreemondays.com/</p>	<p>March 3 Share the carbon fast challenge with your friends and family and help reduce more emissions this Lent by emailing the calendar to your network.</p>	<p>Feb. 26 Ash Wednesday As both a practical and a symbolic act, remove one light bulb from your home and live without its light for the next 40 days. This will reduce your energy use, and serve as a reminder of your Lenten Carbon Fast.</p>	<p>February 27 Calculate your carbon footprint. Note down your result and which areas contribute most to your footprint. You can use this website as a start: https://www3.epa.gov/carbon-footprint-calculator/</p>	<p>February 28 Make the switch to sustainable products. By buying organic products you support more environmentally friendly farming practices. Find your nearest sustainable products retailer here: https://www.fairtrade-certified.org/shopping-guide/where-to-find-fair-trade</p>	<p>February 29 Say no to plastic bags. The United States goes through 100 billion plastic shopping bags annually. Take reusable bags when you do your grocery shopping.</p>
<p>March 1 First Sunday of Lent Pray for those most affected by climate change. The world's poor, who have contributed the least to climate change, will be the most affected. Learn more here: http://catholicclimatemovement.global/</p>	<p>March 2 Join Meat Free Monday. For centuries Christians have been eating less meat during Lent. Choosing meat-free meals is one of most significant ways to reduce your carbon footprint. http://www.meatfreemondays.com/</p>	<p>March 3 Share the carbon fast challenge with your friends and family and help reduce more emissions this Lent by emailing the calendar to your network.</p>	<p>March 4 Switch appliances off at the power-point. Even when they are turned off, appliances can still draw power from an active power point. Remember to unplug your phone charger once your mobile is charged.</p>	<p>March 5 Plan how you will stay warm at home this winter. Having insulation installed, wearing extra layers, and cuddling a hot water bottle are all ways in which you can stay warm without setting the energy-intensive heating system so high.</p>	<p>March 6 Embrace recycling. Have you got old ink cartridges, mobile phones or computers? Recycle these at various locations or through https://www.bestbuy.com/site/services/recycling/</p>	<p>March 7 Visit your local farmers markets to buy your fruit and vegetables. Purchasing locally grown food saves the resources and fuel spent on long distance shipping plus it's fresh and tastes great!</p>
<p>March 8 Second Sunday of Lent Remember your baptism and the power of water today. Shower with a bucket and pour the captured water onto your garden.</p>	<p>March 9 Be water wise. Instead of buying bottled water, invest in a reusable bottle that you can refill when you need. Learn more at https://stonvofstuff.org/</p>	<p>March 10 Save paper. Print double-sided, or in a smaller font. Use newspaper or recycled gift wrap to wrap your next present.</p>	<p>March 11 Make one of your journeys more environmentally friendly today. Could you combine two trips? Walk or take public transport instead of drive?</p>	<p>March 12 Say "yes" to sustainable seafood. Look for the Marine Stewardship Council (MSC) certification when you purchase seafood - https://www.msc.org/</p>	<p>March 13 Start your own vegetable garden with simple plants like basil, mint, and lettuce. Hanging pots and no-dig gardens are great options for small spaces.</p>	<p>March 14 Purchase more mindfully today. Find manufacturers who use sustainable materials and who respect their workers' rights. https://www.ethicalconsumer.org/</p>
<p>March 15 Third Sunday of Lent Enjoy a "switched off" Sunday and turn off all your electronic devices today. Read, reflect and pray in preparation for Easter.</p>	<p>March 16 Swap chemicals for natural cleaners. Lemon juice, baking soda and salt are all natural and ecofriendly alternatives to commercial products.</p>	<p>March 17 Pick up at least one piece of litter from the ground today. This helps the environment and sets a great example for those around you.</p>	<p>March 18 Stop using disposable paper towels. Instead, make rags out of old towels and clothing and use them to mop up spills in the home.</p>	<p>March 19 Consider starting a compost bin. Check with your local council, nursery or hardware store to see what compost options they offer.</p>	<p>March 20 Swap your dryer for the sunshine. Instead of using your energy-intensive dryer, hang your clothes on the clothesline and let the sun dry them for you.</p>	<p>March 21 Buy free range eggs. Free range farms are more likely to treat chickens ethically and tend to employ more sustainable environmental practices.</p>



Carbon Fast for Lent

March/April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 22 Fourth Sunday of Lent Consider the role of your church in its local environment. Does your parish have an eco-group? What more could your church community do?	March 23 Toss tea leaves on plants, not in the bin. Did you know that tea acts as a plant nutrient and can help ward off pests? You can do the same with used coffee grounds.	March 24 Green your home by placing pot plants inside. Not only do they look great, but pot plants help process and clean the air inside.	March 25 Reduce your junk mail. Put a sticker that says "Return to Sender. Remove from mailing list" over your address and put it in your outgoing mail.	March 26 Using the dishwasher today? Scrape rather than rinse your plates and save water. Remember to only turn the dishwasher on when there is a full load.	March 27 Support clean energy. Call your energy provider and consider switching to a renewable energy source.	March 28 Donate items to your local Goodwill or similar charity. While you are there, remember that buying second hand items is also a great way to reduce your footprint.
March 29 Fifth Sunday of Lent Trace the journey made by the food on your plates for one meal. Reflect on what and who has enabled this food to reach and nourish you.	March 30 Minimize disposables today. Bring your own mug or thermos to the coffee shop. Carry cutlery with you for when you purchase food.	March 31 Check your house for leaks and dripping taps and organize to get them fixed this week.	April 1 Get creative with leftovers. Instead of throwing out last night's leftovers, make or bake them into something else – find inspiration at http://www.lovefood.hatewaste.com/	April 2 Check your tire pressure. Cars with low tire pressure use more gas per mile. You can drive to any gas station and fill tires at the "air pump."	April 3 Switch to online. Cut down the amount of paper you are using by choosing to receive and pay your bills online.	April 4 Buy Fairtrade or organic Easter Eggs. You can find sources for fair trade chocolates this Easter at http://fairtradeamerica.org/ .
April 5 Passion Sunday Observe the Sabbath by unplugging your electronics and yourself! Relish simple pleasures.	April 6 Go dairy free for the day. Dairy emissions contribute to 2% of total national emissions. Help reduce this by using alternatives such as soy products today.	April 7 Reuse egg shells. Pop them in your compost bin, spread them on the garden or use them as tiny pots to grow seedlings in.	April 8 Reduce your bookprint by not purchasing new books. Instead, find your literary treasures at a second hand store or borrow them from your local library.	April 9 Holy Thursday Turn down the temperature on your water heater and use cold water to wash your laundry today.	April 10 Good Friday Find some quiet time outside today to pray and reflect on your role in preserving God's creation and the difference you have made this Lent.	April 11 Holy Saturday It may be difficult, but think today about greening your "final plans" for when the time comes. https://funerals.org/?consumers=green-burial
April 12 Easter Sunday Today, replace the light bulb you removed on Ash Wednesday with an energy-saving CFL lightbulb. Let this light symbolise the light of the resurrected Christ in your life. May it also act as a reminder of your Lenten commitments and encourage you to live more environmentally friendly all year through						
<p><i>"It is no longer enough, then, simply to state that we should be concerned for future generations. We need to see that what is at stake is our own dignity. Leaving an inhabitable planet to future generations is, first and foremost, up to us.</i></p> <p><i>The issue is one which dramatically affects us, for it has to do with the ultimate meaning of our earthly sojourn."</i></p> <p>– Pope Francis, Laudato Si (Praise Be), On the Care of our Common Home</p>						

