



# 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—May 2020

### UPCOMING DATES AND EVENTS:

**Monday, April 6—6:30-7:45 pm.**

—Initial Formation at St. Leo the Great Church, Room 1

**Thursday, April 9—6:30 p.m.—**

**Council Meeting** at the Stefanow Home (NOTE location change)

**Saturday, April 11—Day of**

**Service at St. Francis Inn in Philadelphia (details inside)**

**Sunday, April 19—1:00-3:00 p.m.**

—DIVINE MERCY at St. Leo the Great Church followed by fellowship at restaurant TBD

**Monday, May 4—6:30-7:45 pm.**

—Initial Formation at St. Leo the Great Church

**Thursday, May 14—6:30 p.m.—**

**Council Meeting** at St. Leo the Great Church, Room 1

**Sunday, May 17—12:30-3:30**

**p.m.—PICNIC** 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, Initial

Formation Presenter

Jim & Roberta Stefanow, Formation  
Presenters

Janet Kreiner, Interim Councilor

Dear Fellow Franciscans,

Shortly after Christmas, I asked Joe Dougherty to put something together for our next newsletter (January-February issue). I apologize for not getting that issue out, but you'll still enjoy reading Joe's post-Christmas message (*page 3*) in "Who Are We That You Have Loved Us So Well?" In reflecting upon the creche, Joe wrote, "I have been graced to look at this scene of love, much more intensely, and I am still again like a little one who has been given the gift of the Father's love for us, His children." Isn't the same true of this Lenten season? When we look upon the cross, especially with Holy Week soon upon us, aren't we also "graced to look at this scene of love?" Aren't we like little ones who have "been given the gift of the Father's love?"

In this newsletter, we begin a new series on the Franciscan Rule with a commentary (*page 5*). From the archives, you'll find Jesus' obituary (*page 7*), a picture from a dinner in 1999 at Stanley Nelson's (now deceased) home (*page 7*), the insightful "The Gospel According to You" (*page 6*) and a recipe for a vegetable noodle casserole (*page 22*). You'll also enjoy a reflection on St. Francis and the Lepers from Richard Rohr (*page 8*) and one on "The Ladybug" by Christopher De Vinck, a friend of Fred Rogers (*page 12*).

From the Region, I've included something from our Regional Minister, Bob Longo, OFS on our Secular Franciscan Vocations. And from the Nation, I've included some tidbits from Diane Menditto, OFS, the Chair of the National Formation Commission from her well-organized "Formation Friday" e-mails including Franciscan Spirituality, Characteristics of Prayer, and Respectful Communication (*pages 10 and 11*).

You will enjoy the true story about an old man and a bucket of shrimp (*page 16*) as well as a story written by my father, Robert Hickey entitled "My Walk with the Franciscans" (*pages 19-21*) along with some pictures from the walks he and my mother took around Assisi (*page 18*).

Please note the dates (*left*) for our day of service at St. Francis Inn (April 11), the change to April's gathering (Divine Mercy Celebration) and the date of our summer picnic (May 17). It's not too late to sign up for the Lenten Retreat in Baltimore on March 28 (*page 4*). You can also visit The Walters Art Museum in Baltimore to see the Saint Francis Missal until the end of May (*page 23*). And as always, you'll find a bit of humor inside (*page 13*).

As we approach Holy Week, let us look upon the cross as little ones "graced to look at this scene of love" as we recall that great gift of the Father's love for us, His children. Let us remember that He came to share His life with us.

With Great Joy,  
Kelly Ann Lynch

## PRAYER INTENTIONS FROM THE POPE AND THE OFS

Please pray for these intentions in March.

**From the Pope: For the Evangelization—Catholics in China:**

We pray that the church in China may persevere in its faithfulness to the Gospel and grow in unity.

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

**Our Father ...**



Please pray for these intentions in April.

**From the Pope: Universal—Freedom from Addiction:** We pray that those suffering from addiction may be helped and accompanied.

**From the OFS:** For the CIOFS Presidency.

**Our Father ...**

Please pray for these intentions in May.

**From the Pope: For the Evangelization—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.

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

**Our Father ...**



## BIRTHDAYS & ANNIVERSARIES

**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

May 3—Roberta Stefanow

May 24—Audrey Shadeck

May 29—Ken Giovanelli



**Wish them a Happy OFS Anniversary!**

March 7—Jackie Holzel and Julie Rasp (16 years)

March 15—Mark Agen (26 years)

April 14—Jim and Roberta Stefanow (25 years)

April 20—Sue Bedard (32 years)

May 17—Mary Anne Fanale, Maureen Fitzgerald (5 years)



O Lord our God, your grace has led these your servants to live their faith more fully in the context of this world by coming to profess the gospel according to the life and rule of the Secular Franciscan Order.

By the power of your Holy Spirit may they give witness to the life and teachings of your Son to all the world.

Grant that they may be continually united to Christ through the gifts of their lives, in order that the Church may be rebuilt and her mission be fulfilled through Christ our Lord.

Amen.

*The Ritual, Chapter 3, Page 23*

# WHO ARE WE THAT YOU HAVE LOVED US SO WELL?

*by Joe Dougherty, OFS*

When our minister asked me to write something for a fraternity newsletter, I agreed, and shortly after, my mind went back to my earliest memories of Christmas, and because I attended a grade school, named "Holy Child," in North Philadelphia, I began remembering my encounter with our parish shrine which was put together under our church.

I'm not sure when I first went down two sets of stairs to this very mysterious looking area, which had been made to recall the early church catacombs with the walls and ceiling covered with top soil bottoms (roots). Dimly lit rooms and the incense smell. At the far end of the room was a glass enclosed area that was from ceiling to floor, about 50 feet wide with various scenes of the life of Jesus. There was the creche, which was breathtaking, and one could stand or kneel and see other scenes, like Mary and child being brought by Joseph to Egypt, and a scene

with figures about 8" to 12" high. People, animals, shepherds, angels, wise men. It was elaborate in detail. I would go down those stairs several times and just ponder the scenes, especially the scene of the creche. I never shared the thoughts that I had as I would go back 2000 years and just "be there" in that place, where God's son became a new born baby. I really imagined that I was there in that stable with all who also had been chosen to meet this baby who came to live among all people.

The parish had cards with the words "From Thy Manger Crib O' Holy Christ Child Bless Us."

About thirty years ago, I went back to the shrine and it was still there. After a little checking, I found the shrine is still available, although not as well kept as before.

This [past] advent season, I have been graced, to again look at this scene of love, much more intensely, and I

am still again like a little one who has been given the gift of the Father's love for us, his children, and who has come to share his life with us. And will never forget us.

**No ear may hear his coming  
But in this world of sin  
where meek souls will  
receive him still**

**The dear Christ enters in  
O come to us, abide with us  
O Lord Emanuel**

\*Today, the church is named "Our Lady of Hope Church of The Holy Child"



**[EDITOR'S NOTE: Joe submitted this article for the January-February newsletter, but since that issue did not go out, it is included in this issue.]**



## RETREAT OPPORTUNITY



**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](mailto:lisa21093@comcast.net)

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

Name \_\_\_\_\_

Fraternity \_\_\_\_\_

E-mail address \_\_\_\_\_

Phone # \_\_\_\_\_

☐

Accessibility requested

☐

Special Dietary request

---

## THE FRANCISCAN RULE

---

### The Secular Franciscan Order

1. The Franciscan family, as one among many spiritual families raised up by the Holy Spirit in the Church, unites all members of the people of God—laity, religious and priests—who recognize that they are called to follow Christ in the footsteps of Saint Francis of Assisi.

In various ways and forms but in life-giving union with each other, they intend to make present the charism of their common Seraphic Father in the life and mission of the Church.



2. The Secular Franciscan holds a special place in this family circle. It is an organic union of all Catholic fraternities scattered throughout the world and open to every group of the faithful. In these fraternities the brothers and sisters, led by the Spirit, strive for perfect charity in their own secular state. By their profession they pledge themselves to live the gospel in the manner of Saint Francis by means of this rule approved by the Church.

### Commentary

1. This first chapter details the place of the Secular Franciscan Order in the Church, in the Franciscan family, and in the history of the Order itself.

The first paragraph shows how the Franciscan Family, as one of the many spiritual families in the Church, is united with all the people of God by the call of the Holy Spirit and the following of Jesus Christ. Still, in addition to this, the way of Francis gives the Franciscan Family, with its common charism but varied expressions, a distinctive cast, as it strives for holiness and binds together the laity, religious and clergy in the life and mission of the Church.

2. This second paragraph identifies the Secular Franciscan Order as a vital part of the whole family of Francis and points out its special secular character. It also stresses that all the necessary prerequisites are present to make it an official Order within the Catholic Church.

**Look for Rules 3 and 4 in the next newsletter.**

*from The Rule of the Secular Franciscan Order with a Catechism and Instructions (Franciscan Press)*



## FROM OUR OFS FRATERNITY ARCHIVES

*Reprinted from our own issues of The Troubadour*

### “THE GOSPEL ACCORDING TO YOU”

*from the May 2, 1993 issue of  
The Troubadour*

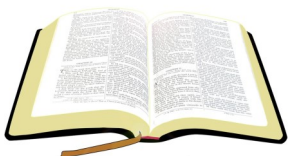
There is a wonderful old story  
Written in a time long gone.  
It is the Gospel according to  
Matthew, Mark, Luke and John.

The Gospels were given to show us  
The power of God’s love divine.  
May that story be told again  
In writing of your life and mine.

People read and admire the Gospel  
With its love so inspiring and true  
But what do they say and think of  
The gospel according to you?

You are writing a gospel,  
A chapter every day,  
By deeds that you do,  
By words that you say.

You are writing each day a gospel  
Take care the writing is true.  
For the only gospel some read  
Is the gospel according to you.



### “HOW TO FALL IN LOVE WITH YOURSELF”

**By Debbie Ford**

#### **Lesson One: Count Your Blessings**

*from the April 2005 issue of  
The Troubadour*

Most of our discontent stems from our inability to appreciate what we already have. Without gratitude, we become trapped in an endless cycle of wishing and wanting life to be different. When we learn the art of counting our blessings, even life’s simplest pleasures fill us with satisfaction and delight.

Gratitude is a choice. It’s a state of being that’s developed through practice. It unfolds when we choose to look at all that we have, rather than dwelling on what we don’t have. The more we develop the ability to appreciate even the smallest gifts in our lives, the easier this skill becomes. Gratitude is a self-generated gift we can give ourselves every day. And when we start counting the small blessings in our lives, we automatically open ourselves to receive more.

Your self-love assignment this week: Make a list of all the things in your life for which you’re grateful. Be sure to include the things you normally take for granted. For example, you have a warm home to shelter you; people in your life that love you; and the ability to see, hear, taste and feel. Use your idle time to practice the art of gratitude. Find something to appreciate while you’re standing in line at the bank or in the store. Do this practice for one week and watch as new levels of love and appreciation fill your heart.





Jerusalem **OBITUARIES** 33 AD**Calvary**

Jesus Christ, 33, of Nazareth, died Friday on Mount Calvary, also known as Golgotha, the place of the skull. Betrayed by the apostle Judas, Jesus was crucified by the Romans, by order of the Ruler Pontius Pilate. The causes of death were crucifixion, extreme exhaustion, severe torture, and loss of blood.

Jesus Christ, a descendant of Abraham, was a member of the house of David. He was the Son of the late Joseph, a carpenter of Nazareth, and Mary, His devoted Mother. Jesus was born in a stable in the city of Bethlehem, Judea. He is survived by His mother Mary, His faithful Apostles, numerous disciples, and many other followers.

Jesus was self educated and spent most of his adult life working as a Teacher. Jesus also occasionally worked as a Medical Doctor and it is reported that he healed many patients. Up until the time of His death, Jesus was teaching and sharing the Good News, healing the sick, touching the lonely, feeding the hungry, and helping the poor.

Jesus was most noted for telling parables about His Father's Kingdom and performing miracles, such as feeding over 5,000 people with only five loaves of bread and two fish, and healing a man who was born blind. On the day before His death, He held a Last Supper celebrating the Passover Feast, at which He foretold His death.

The body was quickly buried in a stone grave, which was donated by Joseph of Arimathea, a loyal friend of the family. By order of Pontius Pilate, a boulder was rolled in front of the tomb. Roman soldiers were put on guard.

In lieu of flowers, the family has requested that everyone try to live as Jesus did. Donations may be sent to anyone in need.

## FROM OUR OFS FRATERNITY



*This obituary (pictured left) was printed in our May-June 2010 issue of The Troubadour.*

### "A GATHERING"

*from the March 1999 issue of The Troubadour*

Below is a picture of one of our gatherings at Stanley Nelson's home. His wife provided us with a genuine German meal. Pictured left to right are Stanley Nelson, SFO, Pat Autrey, SFO, Jane Oberle, SFO, George Garbrick, SFO and Frank Oberle, SFO.

*Note: Stanley Nelson, Pat Autrey and Frank Oberle are now deceased.*



---

## SAINT FRANCIS OF ASSISI

---

### Francis and the Lepers

*by Richard Rohr*

*submitted by Janet Kreiner, OFS*

The Lord gave me, Brother Francis, thus to begin doing penance in this way: for when I was in sin, it seemed too bitter for me to see lepers. And the Lord . . . led me among them and I showed mercy to them. And when I left them, what had seemed bitter to me was turned into sweetness of soul and body. And afterwards I delayed a little and then I left the world. —Francis of Assisi [1]

When Francis said, he “left the world,” he was not talking about creation, which he loved. He was talking about the “rotten, decadent system” as Dorothy Day called it. [2] He was giving up on the usual payoffs, constraints, and rewards of business-as-usual and was choosing to live in the largest Kingdom of all. To pray and actually mean “Thy Kingdom come,” we must also be able to say “my kingdoms go.” Francis and Clare’s first citizenship was always, and in every case, elsewhere (Philippians 3:20), which ironically allowed them to live in this world with joy and freedom.

Augustine Thompson, a Dominican friar, writes:

This encounter with lepers, not the act of stripping off his clothing before the bishop, would always be for Francis the core of his religious conversion. . . . Wherever the leprosarium was, Francis lodged there with the residents and earned his keep caring for them. . . . It was a dramatic personal reorientation that brought forth spiritual fruit. As Francis showed mercy to these outcasts, he came to experience God’s own gift of mercy to himself. As he cleaned the lepers’ bodies, dressed their wounds, and treated them as human beings, not as refuse to be fled from in horror, his perceptions changed. What before was ugly and repulsive now caused him delight and joy, not only spiritually, but also viscerally and physically.

Francis’s aesthetic sense, so central to his personality, had been transformed, even inverted. The startled veteran sensed himself, by God’s grace and no power of his own, remade into a different man. Just as suddenly, the sins which had been tormenting him seemed to melt away, and Francis experienced a kind of spiritual rebirth and healing. Not long after this encounter, later accounts tell us, perhaps in allegory, that Francis was walking down a road and met one of these same lepers. He embraced the man in his arms and kissed him. Francis’s spiritual nightmare was over; he had found peace. [3]

Deep within each of us live a leper and a wolf. These stories did happen historically with Francis, but first they operate in the soul. We must first encounter and embrace the leper and wolf inside. If we haven’t been able to kiss many lepers, if we haven’t been able to tame many wolves, it’s probably because we haven’t made friends with our leper and wolf within. Name your poor leper within. Nurse and tend her wounds. Name your inner wolf; tame him by gentle forgiveness.

[1] Francis of Assisi, “The Testament,” lines 1-3. See *Francis of Assisi: Early Documents*, vol. 1 (New City Press: 1999), 124.

[2] Dorothy Day, “On Pilgrimage,” *The Catholic Worker* (September 1956), <https://www.catholicworker.org/dorothyday/articles/710.html>.

[3] Augustine Thompson, *Francis of Assisi: A New Biography* (Cornell University Press: 2012), 16-17.



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

**March 1**—St. Agnes of Prague, Virgin, Poor Clares (1205-March 6, 1282)

**March 6**—St. Colette, Foundress Colettin Poor Clares (February 13, 1381-March 6, 1447)

**March 9**—St. Catherine of Bologna, Poor Clare Sister and St. Frances of Rome, Franciscan Third Order Secular (September 8, 1413-March 9, 1463)

**March 19**—St. Joseph, Foster Father of Our Lord

**March 25**—Feast of the Annunciation of the Blessed Virgin Mary

**April 23**—Bl. Giles of Assisi, Order of Friars Minor (1190-April 23, 1262)

**April 30**—St. Joseph Benedict Cottolengo Third Order Secular, Founder (May 3, 1786-April 30, 1842)

**May 16**—St. Margaret of Cortona, Third Order Secular (1247-February 22, 1297)

**May 24**—Dedication of the Basilica in Assisi (1253)

**May 30**—St. Joan of Arc, Secular Franciscan, “Maid of Orleans” and martyr of France (1412-May 30, 1431)

For a full list of Franciscan saints, visit <https://www.roman-catholic-saints.com/franciscan-calendar.html>

### Saint Margaret of Cortona



Margaret was born of farming parents in Laviano, Tuscany. Her mother died when Margaret was seven; life with her stepmother was so difficult that Margaret moved out. For nine years she lived with Arsenio, though they were not married, and she bore him a son. In those years, she had doubts about her situation. Somewhat like Saint Augustine, she prayed for purity—but not just yet.

One day she was waiting for Arsenio and was instead met by his dog. The animal led Margaret into the forest where she found Arsenio murdered. This crime shocked Margaret into a life of penance. She and her son returned to Laviano, where she was not well received by her stepmother. They then went to Cortona, where her son eventually became a friar.

In 1277, three years after her conversion, Margaret became a Franciscan tertiary. Under the direction of her confessor, who sometimes had to order her to moderate her self-denial, she pursued a life of prayer and penance at Cortona. There she established a hospital and founded a congregation of tertiary sisters. The poor and humble Margaret was, like Francis, devoted to the Eucharist and to the passion of Jesus. These devotions fueled her great charity and drew sinners to her for advice and inspiration. She was canonized in 1728.

(Reprinted from <https://www.franciscanmedia.org/saint-margaret-of-cortona>)



## OUR NATIONAL FRATERNITY

### “FORMATION FRIDAY”

from Diane Menditto’s “Formation Friday”

(Diane is the OFS Chair of the National Formation Commission)



### FRANCISCAN SPIRITUALITY IN 7 STEPS

1-God is absolute love, being and creativity. Creation is dependent on God to exist. (No created thing exists because of itself.)

2-God has freely chosen incarnation (taking on human form) before human choice to sin. (Only God is not dependent on something else. Christ chooses to be with us physically now through the Eucharist.)

3-Christmas is of primary importance to us. (Jesus came to us because of God’s love not because we sinned. Easter is the outcome of Christmas. The Incarnation is the greatest thing God could do for creation.)

4-Christ is the perfect image of who God is for creation. (Christ is the mirror of who and what all humanity and created things are meant to be. Mary is the human person who has most perfectly chosen to participate in imaging God, both physically and spiritually.)

5-Every creature is unique, gifted and living in relationship. (No human life is a mistake, because everyone is uniquely gifted.)

6-Nothing humans have the ability to do has the capacity to make God do something. (God is always freely choosing love for humanity. God does not owe us anything—everything is out of his love for us.)

7-Mercy, forgiveness and justification are God’s actions. (Not a result of our actions. God respects our freedom.)

*FUN Manual Franciscan Theology, Tradition and Spirituality, pp.16-17 of 30*

### CHARACTERISTICS OF PRAYER

#### FOR A FRANCISCAN

1-**Awareness** - being with God at all times

2-**Praise and Thanksgiving** - gratitude

3-**Listening** - message of God in everything and everyone

4-**Openness** - standing before God with open hands

5-**Confidence** - God will continue to take care of us

6-**Perseverance** - in good times and bad

*Refer to: Fully Mature with the Fullness of Christ by Benet Fonck, OFM P. 10-5*



---

## OUR NATIONAL FRATERNITY

---

### RESPECTFUL COMMUNICATION

---

(From a talk by Fr. Eric Law given at the 2007 Quinquennial)

The first part of good communication is good listening skills:

Take **RESPONSIBILITY** for what you say and feel without blaming others.

**Empathetic** listening (or Empathic) is paying attention to another person with empathy [emotional identification, compassion, feeling, insight]. One basic principle is to "seek to understand, before being understood."

Empathetic Listening is a technique which can help you manage and avoid disruptive and assaultive behaviors. The foundation of the technique can be summarized in 5 simple steps.

Provide the speaker with your **undivided attention**. This is one time "multi-tasking" or "rapid refocus" will get you in trouble.

Be **non-judgmental**. Don't minimize or trivialize the speaker's issue.

**Read the speaker**. Observe the emotions behind the words. Is the speaker angry, afraid, frustrated or resentful? Respond to the emotion as well as the words.

**Be Quiet**. Don't feel you must have an immediate reply. Often if you allow for some quiet after the speaker has vented, they themselves will break the silence and offer a solution.

**Assure your understanding**. Ask clarifying questions and restate what you perceive the speaker to be saying.

Following these procedural steps will place you in a better situation for addressing the key issue.

- Be **SENSITIVE** to differences in communication styles.
- **PONDER** what you hear and feel before you speak.
- **EXAMINE** your own assumptions and perceptions.
- Keep **CONFIDENTIALITY**
- **TRUST** ambiguity because we are NOT here to debate who is right or wrong. Also, trust each other, develop trust in the group.

See also: <http://www.lifehack.org/articles/lifehack/5-tips-for-empathetic-listening.html>

Also: Julian Treasure : TED Talks





## SIMPLE WONDERS

*from A Book of Meditations—SIMPLE WONDERS  
by Christopher De Vinck (a friend of Fred Rogers)*

***Stop and consider God's wonders. (Job 37:14)***

I do not know anything about the habits of ladybugs. They seem to have the shell of a pea, their wings are red, and upon each wing a black dot sits in equal proportion to each other.

I used to believe ladybugs lived in dandelions.

I truly felt sorry for the ladybug who had to hurry home because her house was on fire, and for my birthday once someone gave me a ladybug brush to polish shoes.



My old friend Rosie on Mallison Street once explained that it is the ladybug, not storks, that deliver babies. I read once that the ladybug could help a young girl find her lover. The girl places the insect on the tip of her fingers and instructs it to go home. When the ladybug flies off, the girl is to follow it to the place where the young man waits.

Find a ladybug on your dress and your mother will buy you a new one soon. According to folklore the ladybug announced the best time to begin the harvest and where the cattle have wandered.

A month ago, I discovered a ladybug sitting at the top of the south wall of the bathroom. It hasn't moved once. Each morning after my shower, I look up to check and see if it is still there on the peach flowers of the wallpaper.

Is it still alive? Can a dead ladybug cling to the side of a wall for a month? I do not wish to disturb it. Do they hibernate? What does a ladybug eat? Aphids? There are no aphids in the bathroom.

I do not think about the ladybug throughout the day, but after my morning shower, I look up and there it is again. Does it look at me? Can it see?

Of all the ladybugs that ever existed, why has this one found its way into the bathroom?

Superstition says that if you find a ladybug in the house in the winter, you will receive money soon.

Oracle of love, friend of the farmer, charmer of children in the yard. I like what we human beings have done with so many of the things that surround us. We give things names, create myths and stories about them, admire their colors. We are all scientists of a sort, observing what surrounds us.

There is a skylight in the bathroom, and last night I noticed that the moon shines directly against the wall where the ladybug rests. When I strain my eyes in the darkness, I see a vague spot on the wall.

No one else in the house has discovered my ladybug yet. She is my secret.

She is mine in the moonlight.

God created the universe! He created the stars! The heavens! He created the Grand Canyon! Niagara Falls! The Alps! All that is spectacular, God has created. But we can easily forget that God also created the single blade of grass and the smallest piece of dust that floats in the sunlight of your room.

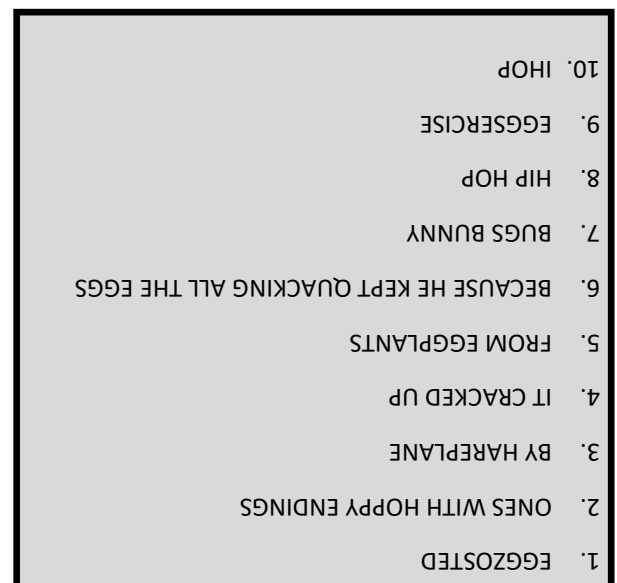
We should not forget that God is the creator of all things great and small, even the ladybug.

Take a moment out of this day and see if you cannot recognize God's handiwork in the smallest thing: a single strand of your hair, or a drop of water on the window. If you look closely enough, you will discover His thumbprint.

## A JOYFUL FRANCISCAN

**joke:** (noun) a thing that someone says to cause amusement or laughter, especially a story with a funny punchline

1. What do you call a sleeping egg?
2. What kind of books do bunnies like?
3. How does the Easter Bunny travel?
4. What happened to the egg after it was told a funny joke?
5. Where does the Easter Bunny get his eggs?
6. Why did the Easter Bunny have to fire the duck?
7. What do you call a rabbit with fleas?
8. What kind of dancing do bunnies like?
9. How does the Easter Bunny keep fit?
10. Where does the Easter bunny like to eat breakfast?



---

## OUR REGIONAL FRATERNITY

---

### **A Note From Bob Longo, OFS, Regional Minister on our Secular Franciscan Vocation**

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.*

*“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.”*

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 **T**





## A TRUE STORY

### Old Man and a Bucket of Shrimp

It happened every Friday evening, almost without fail, when the sun resembled a giant orange and was starting to dip into the blue ocean. Old Ed came strolling along the beach to his favorite pier. Clutched in his bony hand was a bucket of shrimp. Ed walks out to the end of the pier, where it seems he almost has the world to himself. The glow of the sun is a golden bronze now. Everybody's gone, except for a few joggers on the beach. Standing out on the end of the pier, Ed is alone with his thoughts, and his bucket of shrimp.

Before long, however, he is no longer alone. Up in the sky a thousand white dots come screeching and squawking, winging their way toward that lanky frame standing there on the end of the pier. Before long, dozens of seagulls have enveloped him, their wings fluttering and flapping wildly. Ed stands there tossing shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, 'Thank you. Thank you.'

In a few short minutes the bucket is empty. But Ed doesn't leave. He stands there lost in thought, as though transported to another time and place. When he finally turns around and begins to walk back toward the beach, a few of the birds hop along the pier with him until he gets to the stairs, and then they, too, fly away. And old Ed quietly makes his way down to the end of the beach and on home.

If you were sitting there on the pier with your fishing line in the water, Ed might seem like 'a funny old duck,' as my dad used to say. Or, to onlookers, he's just another old codger, lost in his own weird world, feeding the seagulls with a bucket full of shrimp.

To the onlooker, rituals can look either very strange or very empty. They can seem altogether unimportant, maybe even a lot of nonsense. Old folks often do strange things, at least in the eyes of Boomers and Busters.

Most of them would probably write Old Ed off, down there in Florida. That's too bad. They'd do well to know him better. His full name: Eddie Rickenbacker. He was a famous hero in World War I, and then he was in WWII. On one of his flying missions across the Pacific, he and his seven-member crew went down.

Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft.

Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger and thirst. By the eighth day their rations ran out. No food. No water. They were hundreds of miles from land and no one knew where they were or even if they were alive. Every day across America millions wondered and prayed that Eddie Rickenbacker might somehow be found alive.

The men adrift needed a miracle. That afternoon they had a simple devotional service and prayed for a miracle. They tried to nap. Eddie leaned back and pulled his military cap over his nose. Time dragged on. All he could hear was the slap of the waves against the raft. Suddenly Eddie felt something land on the top of his cap. It was a seagull!

Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal of it - a very slight meal for eight men. Then they used the intestines for bait. With it, they caught fish, which gave them food and more bait and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued after 24 days at sea.

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first life-saving seagull. And he never stopped saying, 'Thank you.' That's why almost every Friday night he would walk to the end of the pier with a bucket full of shrimp and a heart full of gratitude.

*Reference: (Max Lucado, "In The Eye of the Storm," pp...221, 225-226)*

PS: Eddie Rickenbacker (right) was the founder of Eastern Airlines. Before WWI he was race car driver. In WWI he was a pilot and became America's first ace. In WWII he was an instructor and military adviser, and he flew missions with the combat pilots. Eddie Rickenbacker is a true American hero. And now you know another story about the trials and sacrifices that brave men have endured for your freedom. **T**



## OUR FRATERNITY



**From the General Constitutions of the  
Secular Franciscan Order,  
approved January 1, 2001,**

### **Article 51**

#### **The Offices in the Fraternity – Council Duties**

##### **Minister:**

- a. to call, to preside at, and to direct the meetings of the fraternity and council; to convoke every three years the elective chapter of the fraternity, having heard the council on the formalities of the convocation;
- b. to prepare the annual report to be sent to the council of the higher level after it has been approved by the council of the fraternity;
- c. to represent the fraternity in all its relations with ecclesiastical and civil authorities. When the fraternity acquires a juridical personality in the civil order, the minister becomes, when possible, its legal representative;
- d. to request, with the consent of the council, the pastoral and fraternal visits, at least once every three years. e. to put into effect those acts which the Constitutions refer to his or her competence.

##### **Vice Minister:**

- a. to collaborate in a fraternal spirit and to support the minister in carrying out his or her specific duties;
- b. to exercise the functions entrusted by the council and/or by the assembly or chapter;
- c. to take the place of the minister in both duties and responsibilities in case of absence or temporary impediment;
- d. to assume the functions of the minister when the office remains vacant.

##### **Secretary:**

- a. to compile the official acts of the fraternity and of the council and to assure that they are sent to their respective proper recipients;
- b. to see to the updating and preservation of the records and the registers, noting admissions, professions, deaths, withdrawals, and transfers from the fraternity;
- c. to provide for the communication of the more important facts to the various levels and, if appropriate, to provide for their dissemination through the mass media.

##### **Formation Director:**

- a. to coordinate, with the help of the other members of the council, the formative activities of the fraternity;
- b. to instruct and enliven the inquirers during the time of initiation, the candidates during the period of initiation formation, and the newly professed;
- c. to inform the council of the fraternity prior to profession, concerning the suitability of the candidate for a commitment to live according to the Rule.

##### **Treasurer:**

- a. to guard diligently the contributions received, recording each receipt in the appropriate register, with the date on which it was given, the name of the contributor, or the one from whom it was collected;
- b. to record in the same register the items of expense, specifying the date and the purpose, in conformity with the directions of the fraternity council;
- c. to render an account of his or her administration to the assembly and to the council of the fraternity according to the norms of the national statutes. **T**



---

## A FRANCISCAN JOURNEY

### One Man's Journey

---

Sharon Hickey, OFS and her husband Robert (pictured right with Franciscan Sisters of the Immaculata in Assisi) recently returned from Assisi, Italy, the beloved birthplace of St. Francis and a place where his spirit still abounds. Robert shared some pictures from their walks around Assisi (below). His “Walk with the Franciscans” has been lifelong. He shared that story with us on the pages that follow.





# A FRANCISCAN JOURNEY

## One Man's Story

### My Walk with the Franciscans

by Robert J. Hickey  
(husband of Sharon Hickey, OFS)

The brown robes have always been a part of my life. I was baptized in St. Joseph's Church in East Rutherford, New Jersey in 1947 and grew up in that parish, staffed by the Franciscan Friars of the Holy Name Province. As a young boy, I was nurtured, taught and influenced by Friars Edward, Fabian, Owen, Brian, Declan, Justin and many others who resided in our parish. I studied and learned about the life of the humble St. Francis, and I realized that his very spirit permeated all the events and life of the parish: being mindful of the poor, service to others, kindness and mercy, forgiveness, and love – always love exemplified by the joy of the Franciscan friars.

Serving as an altar boy, I was able to witness up close the holiness and joy these friars shared in their celebration of the Mass. I read and reread "The Little Flowers of Saint Francis" and was fascinated by this extraordinary human being who gave up his life of wealth and privilege to follow Christ in humility and poverty. I dreamed often of visiting Assisi and walking on the very streets where Saint Francis lived and prayed.

When the 1960s dawned with Father Edward as pastor and we moved through the decade and into the 1970s, a new wave of Franciscan friars arrived to serve in St. Joseph's. Fathers Michael Judge (who later changed the spelling of his name to Mychal), Michael Duffy, Donan McGovern, Chris Keenan, Michael Tyson, Brother Douglas Smith and others brought youthful energy, idealism and unbridled joy to the parish. In particular, Father Mychal Judge, Father Michael Duffy and Father Chris Keenan would become lifelong friends of my family. The ministry of those men would shape my faith and life in ways that would make me who I am today.

As life moved on, I married my wife Sharon in

St. Joseph's Church, and Father Mychal Judge surprised us with the gift of an antique high chair from 1890 which still has a place in our home today. New assignments meant transfers for the friars and new job opportunities took me from the parish. Through the years, we remained in touch with the friars and my children grew to know them as well.

Father Mychal Judge eventually became stationed at St. Francis of Assisi Church on West 31<sup>st</sup> Street in New York City, the very church where he first became enamored with the lifestyle of the brown robes as a young boy. We remained in touch through frequent phone calls and our visits to New York City.

When our first grandchild was born, doctors informed us that Shannon had a life-

*"I studied and learned about the life of the humble St. Francis, and I realized that his very spirit permeated all the events and life of the parish: being mindful of the poor, service to others, kindness and mercy, forgiveness, and love – always love exemplified by the joy of the Franciscan friars."*

threatening liver disease called biliary atresia. In fact, without surgical intervention, she would not be expected to live past two years. Father Mychal was there for us with prayer, hope and encouragement. Unfortunately, the first surgery was not successful, and Shannon's health worsened. It was then that we discovered the news that

experimental surgery for this disease was being scheduled in Chicago. Shannon was accepted for this surgery as the 17<sup>th</sup> patient in a trial of 20 procedures. Father Mychal drove to our home in northwestern New Jersey to pray with us and to bless Shannon. He told us that God would not carry us this far only to drop us now. He assured us that God would be with us every step of the way and that so would he. As he left us that day, in true Father Mychal character, he told me to have fun explaining to the neighbors why I was hanging out with a guy in a brown dress.

We traveled to Chicago, and thanks be to God, the surgery was successful. In the 17<sup>th</sup> procedure of its kind in the United States, a portion of our daughter Kelly's liver was removed and transplanted into Shannon to be her new liver. While our daughter and

granddaughter recovered over the next three months in Chicago, Father Mychal called from New York every day, sometimes late at night, to stay informed of Shannon's progress and to pray with us over the phone, sharing his hope, his encouragement and his love.

Shortly after returning home, we met with Father Mychal to share in the joy and wonder of Shannon's life which God had restored to health. There was much laughter this time, and Father Mychal once again blessed Shannon, thanking God for His love and compassion toward this young child.

In 1997, my family and I resided in Bethlehem, Pennsylvania and were members of Our Lady of Perpetual Help Church. I sang in the choir and was blessed to be a member of this group that was invited to embark on a two week tour of Italy to sing for Masses at several of the great churches of Italy including Saint Francis Basilica in Assisi. My boyhood dream of walking the streets of St. Francis' hometown became a reality. I was enthralled to visit this ancient town just to be where the great Saint Francis had lived his life. It was a prayerful and holy experience and I remember remarking that it felt like God was in the very air that I breathed. My wife and I were changed and spiritually charged from this visit and hoped to one day return to spend more time there in the very epicenter of the Franciscan order.

Life continued, and Shannon grew to be a healthy child of eleven years old. Father Mychal's work in New York City kept him very busy with his ministry, especially his work with the poor and the Aids patients. He also served as the chaplain for the New York City Fire Department. On September 11, 2001, tragedy struck, and Father Mychal was taken from us. Our family was devastated. We thought that our friendship of 40 years had abruptly ended. In fact, it would continue uninterrupted for the remainder of our lives, for in January of 2002, Shannon decided that for the anniversary of her liver transplant she wanted to collect socks and hand them out on the Saint Francis Breadline to the poor in honor of Father Mychal.

After collecting 1,500 pair of new socks,

Shannon and our family distributed them to the poor on the Saint Francis Breadline with the blessing and assistance of the friars. It was there that a homeless man asked my wife if we had any underwear. Because of that humble inquiry, our family returned home and decided that we had to do more, because through the need of that poor man and the vision and dream of an eleven year-old child, our family ministry named Mychal's Message was formed. We endeavored to serve the poor and homeless with love and dignity in the name of Father Mychal. Nineteen years later, we have continued our friendship with Father Mychal by serving the people he loved with over 500,000 new items of clothing, food and gifts under the creative titles of "Blessed Bloomers" (underwear), "Soles for Souls" (shoes), and many others. We have distributed these items personally and joyfully to the people in need, always in cooperation with the brown-robed friars.



It was while working on the Breadline one cold morning that we met Father Cassian Miles who invited us in for coffee and donuts. As a seminary classmate of Father Mychal, Father Cassian had much to share with us, and a lifetime friendship was formed in which he became a mentor to our family concerning our ministry and our faith and a loving uncle to our grandchildren. He still remains listed on the Mychal's Message Board as a spiritual director, posthumously. He visited often and we shared many family adventures with this kind and loving man.

In Philadelphia, we reconnected with Father Mike Duffy who has served the poor of the Kensington area with a soup kitchen serving meals every day and operating several outreach programs in the neighborhood. We are happy to contribute to his ministry by "Stocking the Inn" with food and supplies needed by his local guests.

In Harlem, New York, we contacted another Saint Joseph's alumni, Father Chris Keenan who works with Father Ben Taylor at Create, an organization that educates and trains young homeless men to obtain gainful employment and private housing. We have been pleased to assist them with new clothing



and necessary items for the young men through the ministry of Mychal's Message. Father Chris is a dear friend and has enabled us to partner with him on several projects, most recently "The Steven McDonald Project" (solar mats for the homeless). In May of 2016, Father Chris took a train to Lancaster, Pennsylvania to celebrate the wedding of our granddaughter Shannon, a very special day for our family. Saved by God through the prayers of Father Mychal, she was now wed by God through the prayers of Father Chris. It seems that the brown robes are always front and center in our lives.

In retirement, my wife Sharon and I began traveling south to the beaches of Florida and South Carolina in the winter. It was good, and we had fun, but something was missing. Assisi was calling us, and finally we answered the call of Francis. We visited Assisi and rented an apartment on the Piazza San Rufino. It was here that we found everything that we were looking for. San Rufino is the ancient church where Saint Francis would preach on Sundays. Below the church is the prayer room where Francis would spend Saturday night in prayer. Next to the church is where Saint Clare lived and heard the preaching of Francis. That building has been modernized and now houses the Franciscan Sisters of the Immaculatine. In the church of San Rufino stands the very baptismal font at which Saints Francis and Clare were baptized. This church also houses the altar stone upon which Saint Francis opened the bible three times to uncover God's plan for his life. This church became our parish church when we visited the town, and the priests, nuns and parishioners embraced us as family and included us in all the celebrations of the prayer life of the parish. We were blessed indeed and had found what we were looking for.

Assisi has become our second home, and we now spend four months of the year in the apartment overlooking the Piazza San Rufino. The nuns and priests of this beautiful cathedral are our dear friends, and we share in the daily prayer life of the community. We have renewed our baptisms at the font where Saints Francis and Clare were baptized and have renewed our wedding vows on our 50<sup>th</sup> anniversary just steps away from the prayer room where Saint Francis spent his Saturday evenings in preparation for his Sunday

preaching. We have visited the places that were meaningful in the life of Saint Francis and have prayed there and listened there for the voice and solitude of God, and we have heard it in: his birthplace, Chiesa Nuova, San Damiano, Rivotorto, Narni, Greccio, La Verna, the Porziuncola, Eremo di Carceri, and the tomb of Saint Francis. Each visit brings us closer to the God of Francis, our God, through His Son, Jesus. Assisi is known as the Citta di Pace, the city of peace, and it truly is that for us. Of course, the brown robes are everywhere in Assisi, and it is such a comfort zone for me that connects me to my childhood and the wonderful influence and examples of the friars throughout my life that continues to this very day.

God called Saint Francis of Assisi, who in turn called us. The friars pointed the way. And the journey continues. Pace e bene. **T**



*"Walking into the chapel of San Rufino one hour before evening Mass, we realize that there is peace here, joy and contentment. God is here." (pictured above)*

*~Robert Hickey*

## OUR FRANCISCAN FAMILY

### VISIT TO SAINT FRANCIS INN IN PHILADELPHIA

**April 11, 2020**

Below are those currently signed up for our service trip to St. Francis Inn on April 11. We will be carpooling there and back.

Mary Anne Fanale  
Katie Farren (?)  
Janet Kreiner  
Kelly Ann Lynch\*\*  
Jill and Marianne Nicklaus  
Jean Reddy  
Larry and Sue Rineer  
Beth Treier



\*\*Committee Chair

### ANNUAL PICNIC

**May 17, 2020**

Below are those currently signed up to be on our Picnic Committee this year. If you are unable to help, please let us know.

Joe Dougherty  
Jonathan Heise  
Virginia Heise  
Janet Kreiner  
Julie Rasp\*\*  
Jean Reddy  
Roberta Stefanow



\*\*Committee Chair

### FROM THE KITCHEN OF GEORGE GARBRICK

*reprinted from the April 1999 issue of The Troubadour*

#### VEGETABLE NOODLE CASSEROLE

1 12-oz package of broad egg noodles  
1 eggplant peeled and diced into 1-inch squares  
1 green pepper (chopped)  
1 onion (chopped)  
1 bunch of parsley (chopped)  
1 clove of garlic (chopped)  
1 teaspoon of dried basil  
2 cups of shredded cheese



Prepare the noodles according to package direction. Set aside. Saute chopped garlic in olive oil. Add onion and green pepper, eggplant and tomatoes. Saute for about 5 minutes. Mix half of the cheese and the noodles. Turn into a 9x13 baking dish. Sprinkle with remaining cheese. Cover with foil. Bake for 20 minutes at 350 degrees.

## CHECK THIS OUT



### AT THE WALTERS ART MUSEUM—through May 31

<https://www.eastcityart.com/art-news/st-francis-missal-legendary-manuscript-and-relic-on-view-after-40-years-at-walters-art-museum/>

[Since] February 1, 2020, the St. Francis Missal—a legendary 12th-century manuscript and relic of touch of St. Francis of Assisi—[has been] on view at Walters Art Museum for the first time in 40 years. The St. Francis Missal is an intimate exhibition that, along with the eponymous text, features approximately 23 objects, including paintings, ivories, ceramics, and documentation of the Missal's recent two-year conservation funded by the Mellon Foundation.

"This exhibition is an opportunity for visitors to view one of the museum's most famous works of art," said Julia Marciari-Alexander, Andrea B. and John H. Laporte Director. "We are thrilled to once again showcase this key object in our permanent collection and to share exciting new discoveries."

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 Nicolo in Assisi, which 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 object now known as the St. Francis Missal 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, stabilized, and digitized for the Walters' manuscript website Ex Libris, and is available once again for viewing.

"For those familiar with the Missal's story, it will be an exciting moment to re-engage with an important object. For others, the exhibition will shed light on a manuscript that has a unique and fascinating history," said Lynley Herbert, Curator of Rare Books and Manuscripts.

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.

### THE WALTERS ART MUSEUM

600 North Charles Street

Baltimore, MD

410-547-9000

#### HOURS

Wednesday-Sunday: 10 a.m.-5 p.m.

Thursday: 10 a.m.-9 p.m.

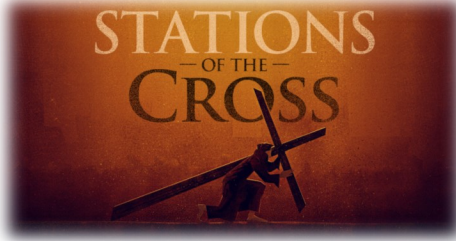
Monday-Tuesday: Closed

(NOTE: Museum is closed due to Coronavirus until March 31)





The origin of the devotion may be traced to the Holy Land. The route supposedly taken by Jesus on his way to Calvary was reverently marked out from the earliest times and became known as *Via Dolorosa* or *the Sorrowful Way*.



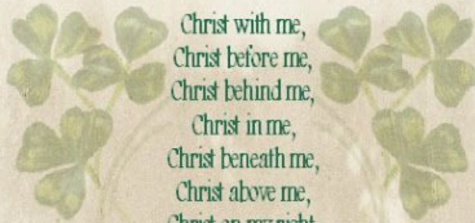
The chief promoter of this devotion was a Franciscan friar, St. Leonard of Port Maurice, who alone erected some 600 sets of Stations in Italy in the early 1700's, including the famous one in the Coliseum in Rome.

Pope Benedict XIV said that there is no means more effective to heal the wounds of conscience, to purify the soul and inflame it with divine charity than the fervent consideration of the sufferings, the cross, and the wounds of Our Savior.

*"A Christian matures and becomes strong beside the Cross, where he/she also finds Mary, His Mother."*

~ Pope Benedict XIV

*(reprinted from the March 2000 issue of The Troubadour)*



Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
I arise today  
Through a mighty strength, the invocation of the Trinity,  
Through belief in the Threeness,  
Through confession of the Oneness  
of the Creator of creation.  
*Saint Patrick's Breastplate: putting on the "Armor of God"*



Preach the gospel everywhere you go, and, if necessary, use words.

(Francis of Assisi)

izquotes.com



## 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)