



The Little Flower Fraternity of the Secular Franciscan Order St. Margaret de Cortona Region

Come and be fed...body, mind, soul and spirit

May 24, 2020

My Dear Sisters and Brothers,

When preparing this newsletter every month I try to find a topic that might give us pause for reflection, prayer, contemplation and even dialogue. I Googled topics of current interest or events such as our pandemic and the various tentacles it is bringing with it (isolation, loneliness, separation etc.) But, as we well know, the Holy Spirit has a very keen way of bringing us to where we need to be...where we should be. In our Gospel to Life this month we are digging into John's Gospel on The Body and Blood of Christ. So, naturally, I Googled. This was the first quote I encountered and I didn't pay much mind as to who said this. After reading, reflecting, praying and contemplating, it is certainly something we should TALK about. I am withholding the person attached to this quote just so we do not focus on that but on the words themselves.

"Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament ... There you will find romance, glory, honour, fidelity, and the true way of all your loves upon earth."

Wow. Pray on this my Brothers and Sisters. How powerful is this? Is this not what we long for? How many times do we find ourselves at a low point, in despair, unloved (both by others and by ourselves), in those darkest crevices of our souls? When all we need to do is reach out to The Blessed Sacrament? While that may sound somewhat simplistic, God loves us so that He makes it so available to us. All we need do is reach out for it, want it, love it and honor it.

While our current situation makes time before the Blessed Sacrament a challenge, I think God invites us to be somewhat "creative". While we have technology to assist with various options to view the Blessed Sacrament, isn't there a tabernacle inside each of us? Isn't Jesus in each and every one of us? Isn't this the tool we need to climb out of the darkness of our life? In those crevices where we can get mired down in all those troubling attributes like, doubt, worry, fear, loneliness etc.?

My friends, think about the life, death and resurrection of our Lord.....what Romance! What Glory! What Honour! What Fidelity! Truly HE IS THE WAY!

As we celebrate this feast of the Most Holy Body and Blood of Christ, let us always remember that Jesus loves us. No matter what. Even if we feel undeserving, it is still there. Just surrender to it and let it fill you.

Pax, Lisa

Our next Gathering will be via ZOOM on Saturday June 13, 2020 from 10AM to Noon

When it is time, grab your coffee, tea, water...whatever you wish....

If you are using video click on the link:

<https://jhuapl.zoomgov.com/j/1602284929?pwd=Y0tvVERMUWFvUmtlVDVjRTFpMIU3dz09>

Meeting ID: 160 228 4929

Password: 704647

If you will be using video from your phone, please use the information below:

One tap mobile

+16468287666,,1602284929# US (New York)

If you will be only calling in without video, please call:

833 568 8864 US Toll-free (then use the same Meeting number and password as above)

A few notes for Teleconference etiquette:

If you can mute your audio from your side, please do so. The organizer of the meeting (me) has capability to mute people as a group or individually. I hate to do this in case you have something to say! However when we pray the Liturgy of the Hours I may mute everyone except for those who are participants.

Although it is helpful to have a beverage nearby, please be mindful of slurping, crunching ice, etc.

Snacking while in a teleconference is considered impolite, unless everyone is eating! Besides, crunching and chewing anything is much louder than you think!

It is important to remember that only one person can speak at a time. Even the natural reactive “uh-huh’s” and “yep’s” when done by others on a call congests the conversation and it gets difficult to hear.

If you are on mute, a neat trick is if you wish to speak just hold down your spacebar on your keyboard while you speak. Once done speaking let go of the spacebar and it goes back to mute.

As we move forward in the days, weeks, months ahead and we do this more frequently it will become more comfortable.

Agenda for Gathering:

Liturgy of the Hours - **Morning Prayer Tenth Week in Ordinary Time**

Presider	Al Gigel
Antiphonarian	Kelly Frederick
Reader	Maria Mercaldo
Opening	Page 689
Hymn	Page 4 "Morning Has Broken"
Psalmody	Page 845
Reading	Page 1426
Responsory	Page 1427
Gospel Antiphon	Page 1427
Canticle of Zechariah	Page 691
Intercessions	Page 1427
Final Prayer	Page 1429 (For Saint Anthony of Padua)
Closing	Page 694

Saint Reports for this next year

The Council this year has decided that our Saint reports would be on the Saint we chose for our Confirmation. Our reasoning was that we selected this saint for a reason. Wouldn't it be good to take time to revisit our saint and reflect on how they have interceded for us throughout our life?

Please remember that we do not need a long "book report" on your saint. While providing a very brief biography of your saint, we are more interested in what it was that drew you to this saint. How has your life journey been formed by/with your saint? Provide some reflection on how your saint is still relevant today.

Saint Report – Mike Huether

St. Monica Club

A few months back our Formation Director, Joan Kane, provided the book St. Monica Club to some of our members present that would like to read it, compile some thoughts and give us a look into what the book was all about. Beth Dykton and Kelly Frederick will give us a brief overview of the book.

Gospel to Life: Solemnity of the Most Holy Body and Blood of Christ

Facilitator: Ann German

First Reading Deuteronomy 8:2-3, 14B-16A

Responsorial Psalm Psalm 147:12-13, 14-15, 19-20

Second Reading First Letter of St. Paul to the Corinthians 10:16-17

Gospel John 6:51-58

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

1. Share what verse or image in the Gospel caught your attention or drew you in. Was there a verse or aspect that challenged you?
2. What is John teaching by using both present and future tenses when he speaks of Jesus' presence in the Eucharist?
3. In teaching against idolatry, what core teaching does Paul assume that the Corinthians already know?

Birthday Celebrant:

June

None

Profession Anniversaries:

June

Jim Davis	June 12, 1960
Francine Hilton	June 4, 1978
Bettie Onorato	June 4, 1978

Treasury:

We know and understand that times may be tough for some of our members now financially. However the support we provide to our Apostolate family in Alleppy, India continues. We are still supporting our various charities on a monthly basis. Please send in whatever financial support you can to Kelly. Even though we are not meeting, our works still go on!

Further, we are still responsible for paying our Fair Share to the Region. If you have not done so already, please send in your Fair Share (Active Members) \$40 per year to Kelly Frederick (address below). If you are unable to do so, please contact Kelly or Lisa to make arrangements.

Charity for June: Defend Life

Please make checks payable to: LITTLE FLOWER FRATERNITY

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Oh, by the way...the author of the quote at the beginning.....— J.R.R. Tolkien, [The Letters of J.R.R. Tolkien](#)

Note: The Priestly Ordination of Rev. Mr. Justin Gough has been moved to August 22, 2020. With ongoing changes in guidance on capacity at churches, it is uncertain at this time if this event will require tickets. The Ordination Mass and Fr. Justin's First Mass will both be live-streamed. More details to follow.