



Our Lady of the Rosary  
Secular Franciscan Fraternity  
Williamsburg, Virginia

[www.olsrfo.weebly.com](http://www.olsrfo.weebly.com)

August 2020

**Important Dates:**

8/11 Ed Gerhard – Birthday

8/16 Zoom Fraternity Meeting

8/30 Terry Carlino – Birthday

Sisters & Brothers in Christ,

My inclination is to just sit & let the words flow from my mind to the paper, or in this case, screen. There are so many things whirling about in there, all waiting for the opportunity to be expressed. BUT, not this time. I received an email from Bob Longo, our Regional Minister, with this question & information. Given that a lot of those whirling thoughts have to do with the present situation in our country & in the world, I've decided to share what he sent - a little history lesson.

What is the Origin of the St. Michael Prayer?

On October 1, 1884, Pope Leo XIII had a deeply disturbing mystical experience at Mass. He had just finished celebrating in his private chapel when he suddenly stood transfixed in front of the altar. For perhaps 10 minutes he stood there as if in a trance, his face drained of color. Then he went to his office and composed a prayer to St Michael. He told his staff the prayer should be offered throughout the Church.

He explained that he had heard two voices in the vicinity of the tabernacle. He believed they were the voices of Our Lord and of Satan. Pope Leo heard Satan boast that he could destroy the Church in 75 or 100 years, if given the opportunity. Then he heard Our Lord give Satan permission to try. (This sounds somewhat similar to what we read in Job 1.)

The prayer which Pope Leo XIII composed was 10 times the length of the version we use today. Use of the prayer was discontinued in 1964. Thirty years later, in his Regina Coeli address, Pope John Paul II revived use of the prayer. He said, "Although the prayer is no longer recited at the end of Mass, I ask every one not to forget it and to recite it to obtain help in the battle against the forces of darkness and against the spirit of the world." The pope clearly intended that we should offer this prayer in our homes as well. The prayer, by the way, is as follows:

St Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Bob ends: "we need to pray this prayer more than ever. Let us challenge ourselves by saying the St. Michael Prayer at least once a day, maybe before falling off to sleep. Just my thoughts."

In Francis & Clare,  
Maria  
Be as an adventurer,  
Exploring not new worlds but minds

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During the COVID-19 meeting restriction, if you wish to continue your monthly fraternity donation please send your check to treasurer, Barbara Massey, 862 Ventnor Drive, Newport News, VA 23608-8927. Please make checks payable to SFO.

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### **Profile on Bea Sanford, Secretary**

Beatrice T. Sanford, OFS is the middle child in her family of seven brothers and seven sisters. She is grateful to her parents Walter and Susanne Tucker who sacrificed so they could provide their 15 children with the benefits of a Catholic education in the Archdiocese of Philadelphia. The Catholic school education laid the foundation for Bea's spiritual journey that continues each day. She is a first-generation college graduate who earned her degree over 12 years while working full time as a trust officer. Bea later received her masters' degree from the University of North Carolina, Greensboro.



Bea met her husband, David, who was a Cheltenham Township Police Officer and they were married in 1979. They moved to the south in 1985 and have been blessed to live below the Mason Dixon line since then. She began her professional career at Bank of America in Naples, Florida working in trust administration, and was a Vice President for Merrill Lynch Trust Company, where she assisted financial advisors and their clients with estate planning. In 2001 she moved to North Carolina to serve as the director of gift planning for Elon University. Bea retired briefly in 2007, but failed retirement and was named as the executive director of the Foundation for Angel Medical Center, a rural access hospital in the mountains of western North Carolina.

The academic life drew her to take a position with the office of gift planning at North Carolina State University in Raleigh in 2011. It was while she was living in Raleigh that Bea met a woman at a Christmas party who was a Secular Franciscan and seemed incredibly joyful and at peace with herself. Jane Sullivan Farris was a member of the Padre Pio Fraternity who told Bea about the Secular Franciscans and invited her to a Come and See. When Bea learned about the pillars of Franciscan spirituality; Compassion, Conflict Resolution, Care for Creation, Contemplative Prayer, and Community, she was struck by how they aligned with her core values. Bea decided that having the ability to gather in fraternity with other like-minded individuals each month, would help her to live her life according to the Gospel teachings and allow her to build the Kingdom of God.

Bea professed at Saint Bede Catholic Church on November 14, 2015 and has held Council positions of Vice Minister from 2016 to 2019 and Secretary from 2019 to present. In her home parish of Saint Bede, she joyfully serves in the Funeral Ministry, is a JOY Minister, an Extraordinary Minister of the Eucharist, and a Lector. Bea is involved in the Williamsburg community as a volunteer with Williamsburg Faith in Action, she attends classes through the Osher Lifelong Learning at the College of William and Mary, and serves on the Settlers Mill HOA board in her neighborhood.

Her goals for the fraternity are to engage the youth in Franciscan spirituality. Bea is hoping to draw on the YouFra webinar series and other resources that are available through the Saint Margaret of Cortona Region and NAFRA. She would also like to find an apostolate that would allow all members of our wide-spread fraternity to participate together so they can be a visible witness in the community.

