



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



September-October 2020

UPCOMING DATES AND EVENTS:

Wednesday, September 9—7:00-8:00 p.m.—Fraternity Catch Up Social via Zoom

Thursday, September 10—7:00-8:30 p.m.—Council Meeting via Zoom

Sunday, September 13—1:00-3:00 p.m.—IN PERSON Gathering at Knights of Columbus, 1575 New Danville Pike, Lancaster

Monday, September 14—6:30-8:00 pm.—Initial Formation via Zoom (Chapter 17)

Saturday, October 3—4:00 Mass followed by Transitus Memorial 5:30-8:00 p.m. IN-PERSON at St. John Neumann (see pg. 15)

Monday, October 5—6:30-8:00 p.m.—Initial Formation via Zoom

Thursday, October 8—7:00-8:30 p.m.—Council Meeting via Zoom

Sunday, October 11—1:00-3:00 p.m.—IN PERSON ELECTIONS at Knights of Columbus, 1575 New Danville Pike, Lancaster

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,

Less than a week ago, I came home to find that my 11 year-old Mychaela had created what she called "a gratitude tree." She used a crystal vase, some branches from outside and some pieces of colored paper. On the orange, purple, yellow and red paper, she cut out little leaves, and upon each one, she wrote something she was grateful for—Mom, Dad, Nana, Pop, Erin Mary, Christopher, Sight & Sound, and more. Then she rolled up a little scotch tape and placed each leaf on one of the branches. On her own that day, Mychaela had created a little tree with leaves the colors of Autumn, but her tree was more than that. It was a "gratitude tree."

Inside, you'll read a timely reflection from the archives on Coming Home in Autumn Time written by Ken Giovanelli (*page 6*). Did you ever wonder how leaves get from one place to another? You'll have to look inside to find out (*page 13*). Do you know how to make your Autumn mums last longer? Again, look inside (*page 23*). Also from the archives, I discovered the newspaper article from July 20, 1990 announcing the establishment of a new Secular Franciscan Fraternity in Lancaster (*page 7*). "The whole idea is personal conversion," Joe Dougherty said in that article, "desiring to know the Lord better and having a deeper relationship and living the gospel life." That's what our Secular Franciscan vocation is all about—personal conversion and the desire to know the Lord better through a deeper relationship with Him as we strive to live the gospel life.

From the National Formation Commission, we have some valuable formation lessons inside this newsletter. Entitled "Formation Friday," you'll read about The Tau (*page 10*), Conversion (*page 11*), Commitment and the Value of Profession (*page 11*), and The Seven Crosses of Saint Francis (*page 14*).

As we approach the Transitus next month, be sure to read about how Saint Francis welcomed "Sister Death" (*page 4*) as well as the details for our Transitus Prayer Service on October 3 (*page 15*).

Elections are also coming up on October 11. You can read the description of the duties involved for Council positions inside (*page 17*). This newsletter is jam-packed with information including Mychal's Message's "Blessed Bloomers" collection (*page 21*), a true story about a seahorse that had rippling effects (*page 16*), recipes (*page 22*), and a story entitled, "I Found My Heart in Assisi" by Sharon Hickey (*pages 18-20*). Happy Autumn, everyone. I hope you take time to make your own gratitude tree.

With Great Joy,
Kelly Ann Lynch

PRAYER INTENTIONS FROM THE POPE AND THE OFS

Please pray for these intentions in September.

**From the Pope: Universal—
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.

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

Our Father ...



Please pray for these intentions in October.


From the Pope: For the Evangelization—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.

From the OFS: For the General Chapter of OFS.

Our Father ...

“Jesus teaches us another way. Go out. Go out and share your testimony, go out and interact with your brothers, go out and share, go out and ask. Become the Word in body as well as spirit.”

~Pope Francis



BIRTHDAYS & ANNIVERSARIES

Wish them a Happy Birthday!

September 4—Tony Russo

October 25—Maureen

Dressman



Wish them a Happy OFS Anniversary!

September 18—Jonathan Heise (9 years)

October 4—Tony Russo (22 years)

October 11—Sharon Hickey,

Kelly Ann Lynch, Rosa

Mastromatteo, and Audrey

Shadeck (11 years)



HAPPY BELATED SUMMER BIRTHDAYS!

Mark Agen (6/1), Denise Gammache (6/12), Joe Dougherty (7/22), Sue Bedard (7/30), Len Bernas (8/7), Mary Anne Fanale (8/9), George Garbrick (8/16), Ric Johnson (8/16), Sue Rineer (8/24), and Ginny Heise (8/28).

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.

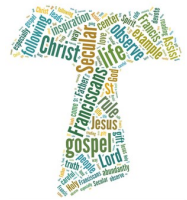
Amen.

The Ritual, Chapter 3, Page 23

UPCOMING FRATERNITY MEETINGS

WEDNESDAY, SEPTEMBER 9 from 7:00-8:00 p.m. – **FRANCISCAN CATCH-UP SOCIAL** – Be sure to get your dessert, hot tea or a beverage of your choice before sitting down to this Zoom call. It'll be fun and easy and give us a chance to catch up with one another. There are a few questions listed below. Choose one and be prepared to share your answer with us! Zoom link has been sent via e-mail.

- *What spectator activities do you most enjoy attending and watching?*
- *Can you share something about yourself that you think no one here knows?*
- *Share one thing that you love to do that you get to do nearly every day.*
- *What is the best meal that you have ever made for dinner?*
- *If you could travel to any country, which country would you choose?*
- *If you had a whole day all to yourself to do anything you wanted, what would you do?*
- *Other than Saint Francis, who has influenced you in life?*



SUNDAY, SEPTEMBER 13 from 1:00-3:00 p.m. – **IN-PERSON GATHERING** at Knights of Columbus, 1575 New Danville Pike, Lancaster – We will be following CDC guidelines. For those that are comfortable meeting in-person, please join us. For those that are not, please let us know and we will connect you to one of our fraternity members who will “bring” you virtually to the gathering using your phone or computer. PLEASE LET US KNOW ASAP if you’d like to be connected with a fraternity member who is going to the gathering. We will use social media (FaceTime, WhatsApp, or any other application) to “bring” you to the meeting while you are resting comfortably in your own home. For those that are ready to attend such a gathering, please see instructions below.

 INSTRUCTIONS FOR IN-PERSON GATHERINGS: Please take your temperature before leaving your home. If it is above 100 degrees, please stay home. Please wear a mask to the gathering and wear it during the gathering. Please bring with you your own beverage. There will be no food at this gathering, so please eat lunch before you arrive. The Council will be sure to set chairs up at least six feet apart, and tables and chairs will be cleaned with anti-bacterial spray before you arrive.

SUNDAY, OCTOBER 11 from 1:00-3:00 p.m. – **IN-PERSON ELECTIONS** at Knights of Columbus, 1575 New Danville Pike, Lancaster – We will be following CDC guidelines. For those that are comfortable meeting in-person, please join us. PLEASE BRING WITH YOU THE FOLLOWING: a pen and 8 pieces of paper cut into 3 x 5 inch squares. We must have more than half of our professed fraternity members present so that we can vote for our new Council. I have attached an updated list of the 2020 Nominees. Instructions for in-person gatherings are above. Please follow those instructions.

THE TRANSITUS

A reading from Thomas of Celano and St. Bonaventure

St. Francis spent the last few days before his death in praising the Lord and teaching his companions whom he loved so much to praise Christ with him. He himself, in as far as he was able, broke out with the Psalm: *I cry to the Lord with my voice; to the Lord I make loud supplication.* He likewise invited all creatures to praise God and, with the words he had composed earlier, he exhorted them to love God. Even death itself, considered by all to be so terrible and hateful, was exhorted to give praise, while he himself, going joyfully to meet it, invited it to make its abode with him. “Welcome,” he said, “my sister death.” (Celano, Second Life)

When the hour of his death approached, Francis asked that all of the brothers living with him be called to his death bed and softening his departure with consoling words, he encouraged them with fatherly affection to love God. He spoke of patience and poverty and of being faithful to the Holy Roman Church, giving precedence to the Holy Gospels before all else. He then stretched his hands over the brothers in the form of a cross, a symbol that he loved so much, and gave his blessings to all followers, both present and absent, in the power and in the name of the Crucified. Then he added: “Remain, my sons, in the

fear of the Lord and be with him always. And as temptations and trials beset you, blessed are those who persevere to the end in the life they have chosen. I am on my way to God and I commend you all to His favor.”

With this sweet admonition, this dearly beloved to God, asked that the book of the Gospels be brought to him and that the passage in the Gospel of St. John which begins *before the Feast of the Passover* be read. Finally, when all God’s mysteries had been accomplished in him, his soul was freed from his body and assumed into the abyss of God’s glory, and Francis fell asleep in God. (Bonaventure, Major Life) †



SEE PAGE 15 FOR DETAILS ON OUR FRATERNITY’S TRANSITUS PRAYER SERVICE.



THE FRANCISCAN RULE

The Secular Franciscan Order

3. The present Rule, succeeding “Memoriale Propositi” (1221) and the rules approved by the Supreme Pontiffs Nicholas IV and Leo XIII, adapts the Secular Franciscan Order to the needs and expectations of the Holy Church in the conditions of changing times. Its interpretation belong to the Holy See and its application will be made by the General Constitutions and particular statutes.

The Way of Life

4. The rule and life of the Secular Franciscans 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 his 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.



Look for Rules 5 and 6 in the next newsletter.

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

Commentary

3. The continuity with past rules, its influence in today’s world, and its approval by the Church are discussed in this third paragraph. This rule is the fourth expression in eight centuries. It makes the unchanging principles of Franciscan gospel living applicable and relevant today. The leaders of the Church constantly guide this movement from gospel to life.

4. The second chapter of the Rule is a thorough and detailed description of the Secular Franciscan way of life. The first part (#4—#6) gives the meaning of gospel living in the Franciscan tradition. Then conversion and worship are explained as the necessary preconditions for achieving this gospel life (#7—#8). Finally paragraphs #9—#19 describe the manner of sharing the Good News of Jesus Christ by how the Secular Franciscans live (#10—#14) and what they do (#15—#19). In the light of scripture and the teachings of Vatican II, this chapter is envisioned as a program for evangelization: how we ourselves are evangelized after the manner of Francis and secondly how we evangelize others.

Paragraph #4 summarizes the heart of the rule: the very core of gospel life is intimate union with Christ, or in the words of St. Paul, “the life I live now is not my own; Christ is living in me” (Gal 3:20). And so, the Secular Franciscan, alive with the spirit of Francis, knows and experiences the Lord Jesus intensely, binding one’s own person with the person of Christ. **T**



FROM OUR OFS FRATERNITY ARCHIVES

Reprinted from our own issues of The Troubadour

“COMING HOME IN AUTUMN TIME”

By Ken Giovanelli, OFS

from the Sep.-Oct. 2007 issue of The Troubadour

I recently came across this reading from an Autumn day of prayer that I spent with my SFO fraternity on Long Island a few years ago:

In the autumn of our lives, our experiences are harvested. Aging is not merely about the body losing its poise, strength and self-trust. Maturation also invites us to gather lost moments and experiences, bring them together, and hold them as one. In this way, we unify ourselves and achieve a strength, poise and belonging that was never available to us when we were distractedly rushing through our days. Wisdom is often associated with harvest time of life. That which is scattered with no unity; that which is gathered comes home to unity and belonging. Wisdom is a way of linking the whole of life into a new and deeper unity. Mature people are great treasure-houses of wisdom.

Prayer: Dear God, let the darkening days, chill of a fall night, and the smell of falling leaves remind us of the changing seasons and the passing time—the changing of our seasons, the passing of our time. Grant us the wisdom to not take the precious gift of time for granted or any of the many gifts you have given us. Awaken in us a keen sense of how short is the time to sow the seeds of a bountiful harvest. Amen.



In my spiritual care of the elderly, I have discovered a deep sense of wisdom and grace hidden behind the quiet and gentle eyes I look into each day, a “gathering in” of which they are often unaware. In the autumn of their lives I glimpse the autumn of my own life. In the passing of their time, I glimpse the passing of my own time. And, how blessed I feel to share in this silent “gathering” within them, this movement of the Holy Spirit at the heart of their vulnerability, so secret, so sincere, and so simple, in which all that is scattered “comes home to unity and belonging.” **T**



Deirdre Foley DeWibbis and Joseph T. Dougherty hold a San Damiano cross, which is associated with St. Francis of Assisi. They are members of a Secular Franciscan Order fraternity starting here.

**Lancaster
New Era
July 20, 1990**

See story (page 7), “Secular Franciscans launch fraternity in Lancaster.”

FROM OUR OFS FRATERNITY ARCHIVES

Reprinted from our own issues of *The Troubadour*



Secular Franciscans launch fraternity in Lancaster

by Diane M. Bitting
New Era Staff Writer

St. Francis of Assisi dedicated himself to rebuilding the church.

He lived a life of a poverty and spent his days preaching the gospel, spreading peace and helping the poor in northern Italy in the early 13th century.

His manner and his message drew scores of people who wanted to follow his example, and around 1210, Francis founded the Brothers and Sisters of Penance, lay men and women who were urged to remain in their vocations while living according to the gospel and serving others.

Today, what is now known as the Secular Franciscan Order continues that tradition, and its Catholic followers — all lay members — abide by a “Rule of Life” that promotes family, work, justice and peace and the environment.

A small band of the Franciscan movement’s followers in Lancaster will officially establish a fraternity of the Secular Franciscan Order here Sunday during a service in the meditation chapel at St. Joseph Hospital.

Our Lady Queen of the Angels Fraternity will begin with a membership of 12 people from four local Catholic parishes: St. John Neumann, St. Leo the Great, St. Anthony of Padua and St. Mary’s. The 12 — six men and six women — include three who will profess their membership on Sunday.

“The whole idea is personal conversion. . . of desiring to know the Lord better and having a deeper relationship and living the gospel life,” said Joseph T. Dougherty, a member of St. John Neumann and fraternity leader who holds the title of minister.

In addition to being a community of prayer, the fraternity will focus on issues related to the Rule of Life emphases.

While the fraternity keeps abreast of politics and contemporary issues, the group’s primary

purpose is not political activism, Dougherty said. Rather, members are encouraged to take action as individuals, perhaps serving on parish committees, volunteering or writing to elected representatives expressing Catholic stands on such issues as abortion.

It’s less likely that the fraternity as a group will take stands or publicly express opinions on issues, but it may do so as long as those opinions are in accordance with stated Catholic Church beliefs.

However, “we as a fraternity cannot make a statement for the entire Franciscan family nor for the church as far as an issue,” said Dougherty.

The local fraternity members have written to legislators expressing opposition to abortion and military aid to Central America, Dougherty said.

The group eventually will have four commissions that oversee actions related to family, work, justice and peace and the environment.

And in the spirit of the Franciscan ethic, the group plans to be involved in service projects in local parishes and the community, Dougherty said. These could include work for the homeless and visits with the sick.

“We want to put ourselves at the service of the community,” said Dougherty.

The fraternity has been in the formation stage for nearly two years. It began when Dougherty, a mattress company salesman, became involved in St. Conrad’s Fraternity in Spring Grove, York County. Four others from Lancaster, including his wife, took an interest in the group, and they also professed membership there. Soon they began laying plans for a fraternity in Lancaster.

“The reason primarily was geographic, and we had felt also that there would be others in the Lancaster area that might be interested,” said Dougherty.

Since five is the minimum number needed to begin a fraternity, the group received approval from the Province of the Most Sacred Heart of Jesus of the Secular Franciscan Order, which oversees 21 other fraternities in an area that extends to Virginia, Ohio and New Jersey.

In addition to Spring Grove, the nearest fraternities to Lancaster are in Harrisburg and York. There are an estimated 30,000 Secular Franciscans in the United States. The organization, once known as the Third Order of St. Francis, today encompasses several Franciscan religious communities.

The Rev. Patrick Donahoe, a Franciscan priest from Etters, is the group’s spiritual assistant and has guided its formation; he will preside at Sunday’s service.

The group meets at 2 p.m. on the first Sunday of each month at St. Joseph Hospital, which is operated by an order of Franciscan nuns. A fraternity can meet anywhere, but its preferred gathering place is one related to the Franciscans, said Dougherty.

There are no Franciscan parishes in Lancaster County, he said, although two are served by Franciscan priests.

The fraternity is open to Catholic men and women who are in good standing in their parishes. Prospective members must undergo a 10-month inquiry phase and a 14-month candidacy phase in order to be professed as a members.

Among those to be professed Sunday is Deirdre Foley DeVilbiss, a member of St. John Neumann Church and an art teacher at St. Anne’s School.

To her, the fraternity provides “the feeling of community, of being able to experience my faith on a more personal level.”

She has been drawn to the order, she says, by “being able to live out my faith with other people who are also focused on living the gospel life.”



“The whole idea is personal conversion... of desiring to know the Lord better and having a deeper relationship and living the gospel life.”

~Joe Dougherty



SAINT (PADRE) PIO OF PIETRELCINA

Franciscan Media
www.franciscanmedia.org

In one of the largest such ceremonies in history, Pope John Paul II canonized Padre Pio of Pietrelcina on June 16, 2002. It was the 45th canonization ceremony in Pope John Paul's pontificate. More than 300,000 people braved blistering heat as they filled St. Peter's Square and nearby streets. They heard the Holy Father praise the new saint for his prayer and charity. "This is the most concrete synthesis of Padre Pio's teaching," said the pope. He also stressed Padre Pio's witness to the power of suffering. If accepted with love, the Holy Father stressed, such suffering can lead to "a privileged path of sanctity."

Many people have turned to the Italian Capuchin Franciscan to intercede with God on their behalf; among them was the future Pope John Paul II. In 1962, when he was still an archbishop in Poland, he wrote to Padre Pio and asked him to pray for a Polish woman with throat cancer. Within two weeks, she had been cured of her life-threatening disease.

Born Francesco Forgione, Padre Pio grew up in a family of farmers in southern Italy. Twice his father worked in Jamaica, New York, to provide the family income.

At the age of 15, Francesco joined the Capuchins and took the name of Pio. He was ordained in 1910 and was drafted during World War I. After he was discovered to have tuberculosis, he was discharged. In 1917, he was assigned to the friary in San Giovanni Rotondo, 75 miles from the city of Bari on the Adriatic.

On September 20, 1918, as he was making his thanksgiving after Mass, Padre Pio had a vision of Jesus. When the vision ended, he had the stigmata in his hands, feet, and side.

Life became more complicated after that. Medical doctors, Church authorities, and curiosity seekers came to see Padre Pio. In 1924, and again in 1931, the authenticity of the stigmata was questioned; Padre Pio was not permitted to celebrate Mass publicly or to

hear confessions. He did not complain of these decisions, which were soon reversed. However, he wrote no letters after 1924. His only other writing, a pamphlet on the agony of Jesus, was done before 1924.

Padre Pio rarely left the friary after he received the stigmata, but busloads of people soon began coming to see him. Each morning after a 5 a.m. Mass in a crowded church, he heard confessions until noon. He took a mid-morning break to bless the sick and all who came to see him. Every afternoon he also heard confessions. In time his confessional ministry would take 10 hours a day; penitents had to take a number so that the situation could be handled. Many of them have said that Padre Pio knew details of their lives that they had never mentioned.



Padre Pio saw Jesus in all the sick and suffering. At his urging, a fine hospital was built on nearby Mount Gargano. The idea arose in 1940; a committee began to collect money. Ground was broken in 1946. Building the hospital was a technical wonder because of the difficulty of getting water there and of hauling up the building supplies. This "House for the Alleviation of Suffering" has 350 beds.

A number of people have reported cures they believe were received through the intercession of Padre Pio. Those who assisted at his Masses came away edified; several curiosity seekers were deeply moved. Like Saint Francis, Padre Pio sometimes had his habit torn or cut by souvenir hunters.

One of Padre Pio's sufferings was that unscrupulous people several times circulated prophecies that they claimed originated from him. He never made prophecies about world events and never gave an opinion on matters that he felt belonged to Church authorities to decide. He died on September 23, 1968, and was beatified in 1999. **T**

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

September 1—St. Beatrice of Silva Founder, Conceptionist Poor Clares (c. 1424-August 9, 1492)

September 4—St. Rose of Viterbo Third Order Secular (c. 1233-March 6, 1251)

September 11—Bl. Bonaventure of Barcelona Friar, Founder Convent of St. Bonaventure (d. 1684)

September 17—Feast of the Stigmata of our Holy Father Francis

September 18—St. Joseph of Cupertino Friar, Order of Friars Minor Conventual (June 17, 1603-September 18, 1663)

September 22—St. Ignatius of Santhia Priest, Order of Friars Minor (June 1686-September 22, 1770)

September 23—Finding the Body of St. Clare

September 23—St. Padre Pio of Pietrelcina Priest, Order of Friars Minor Capuchin (May 25, 1887-September 23, 1968)

September 29—Feast of Saint Michael the Archangel

October 3—Commemoration of the Transitus of St. Francis of Assisi

October 4—Solemnity of our Seraphic Father Saint Francis

October 10—Bl. Marie-Angela Truszkowska

Founder, Third Order Regular May 16, 1825-October 10, 1899

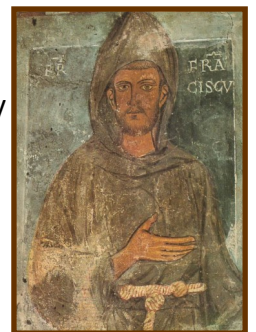
October 11—St. John XXIII Pope, Third Order Secular November 25, 1881-June 3, 1963)

October 12—St. Seraphin of Montegrano Religious, Order of Friars Minor Capuchin (1540-October 12, 1604)

October 23—St. John Capistrano Priest, Order of Friars Minor (June 24, 1386-October 23, 1456)

October 29—Bl. Thomas of Florence Friar, Order of Friars Minor (1370-October 31, 1447)

The oldest surviving depiction of Saint Francis is a fresco near the entrance of the Benedictine Abbey of Subiaco, painted between March 1228 and March 1229. He is depicted without the stigmata, But the image is a religious image and not a portrait.



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

(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)

THE TAU

*We are all part of a history and a story. We are part of a “tribe.” We are part of the story of our families, of our religion, of the time in which we live. As Franciscans we are also part of the Franciscan story. There are traditions, stories, devotions, prayers and sayings involved with all of these groups. Knowing about them helps us to be part of the family. Every so often, **Formation Friday** will highlight one of these important parts of our story.*

Why was the TAU special to St. Francis? Why do Secular Franciscans wear the TAU?

The TAU Cross

- **TAU, as a symbol of sanctity, comes from Ezekiel 9:4**
“Go through the city of Jerusalem and put a TAU on the foreheads of those who grieve and lament over all the detestable things that are done in it.” It is the last letter of the Hebrew alphabet and looks very much like the letter “T”.
- Franciscan scholarship points to St. Francis’s being present at the Lateran Council in 1215
- *He would have heard* Pope Innocent III announce that every Catholic should take the TAU Cross as the symbol of their Passover
- *He would have heard* that the elect, the chosen will be marked with the sign of the TAU (Ezekiel 9:4)
- *He would have heard* the pope say that the TAU has the form as the Cross on which our Lord was crucified and that those who had mortified their flesh and conformed their life to that of Christ crucified will obtain mercy.

- From then on, the TAU became Francis's own coat of arms and he often used it in his writings as his personal signature.

St. Bonaventure said, "This TAU symbol had all the veneration and all the devotion of the saint: he spoke of it often in order to recommend it, and he traced it on himself before beginning each of his actions."

Thomas of Celano, another Franciscan historian and biographer of Francis, writes, "Francis preferred the Tau above all other symbols: he utilized it as his only signature for his letters, and he painted the image of it on the walls of all the places in which he stayed."

In the famous blessing of Brother Leo, Francis wrote on parchment,

“May the Lord bless you and keep you! May the Lord show His face to you and be merciful to you! May the Lord lift up His countenance upon you and give you peace! God bless you Brother Leo!” Francis sketched a head (of Brother Leo) and then drew the TAU over this portrait.

Due, no doubt, in large part to Francis' own affection for and devotion to the TAU, it has been a well-recognized and accepted Franciscan symbol among Franciscans of various denominations and of all orders within those denominations for centuries. It remains so today. The TAU carries with it all of the symbolism of the Cross of Christ as well as Francis' ideal of life and dream for himself and his followers.

The TAU is the designated as the distinctive sign of the Secular Franciscan Order of the United States.

Secular Franciscans, do you wear your TAU every day? What do you think about when you put on your TAU?

(Information from the FUN Manual) **T**

(continued on page 12)



OUR NATIONAL FRATERNITY

CONVERSION

Secular Franciscans are called to conversion:

OFS Rule: Chapter 2: Art. 7

- United by their vocation as “brothers and sisters of penance,” and motivated by the dynamic power of the gospel, let them conform their thoughts and deeds to those of Christ by means of that radical interior change which the gospel itself calls “conversion.” Human frailty makes it necessary that this conversion be carried out daily.
- On this road to renewal the sacrament of reconciliation is the privileged sign of the Father's mercy and the source of grace.

Also see Article 13 of the General Constitutions.

- Conversion is symbolized as a JOURNEY of TRANSFORMATION led by the Spirit of God
- Communal experience—encouragement and witness
- On-going process, celebrated in stages with Eucharist as highpoint
- Conversion is a lifetime experience of transformation

5 Fundamental Elements of Penitential Lifestyle

1. To love God
2. To love our neighbor
3. To resist sinful tendencies of our fallen nature
4. To receive the body of Christ in the Eucharist
5. To act or live in conformity with our conversion

See FUN Manual -Penitence and Conversion



How will we live out our conversion? (To ponder and discuss)

- What goes into our conversion?
- What is the meaning of the phrase, that radical interior change which the gospel itself calls conversion?
- What is the focus of the Sacrament of Reconciliation? How important is this for us as Secular Franciscans?

COMMITMENT & VALUE OF PROFESSION

The Value of Profession

- Profession contains an obligation contracted before God.
- Profession contains a commitment to observe a form of life (Rule).
- By Profession there is definitive incorporation into the Order.

Commitment

In the Footsteps of Francis--*What does this mean?*

- We follow Francis as Franciscans not to BECOME Francis, but to journey toward Christ and eternal life.

We follow

- His relationship to God
- His calling to follow the Gospel
- His dependence on God
- His desire to do God's will in all things

Following Christ Means Following the Gospel

- *Some of the ways Francis lived the Gospel*:*
- He followed Christ's poverty; Christ's humility;

(continued on page 14)



SIMPLE WONDERS

SENSE OF A GOOSE

This Fall when you see geese flying along “V” formation, you might be interested in knowing what science has discovered about why they fly that way. It has been learned that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a “V” formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. *(People who share a common direction and sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.)*

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front. *(We*

should stay in formation with those who are headed the same way we are going.) When the lead goose gets tired, he rotates back in the wing and another goose flies point. *(We should take turns carrying the load and responsibilities.)* The geese honk from behind to encourage those up front to keep up their speed. *(We must affirm each other, sometimes it’s nice to be honked at.)*

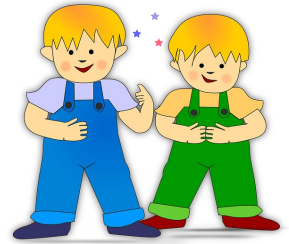
And finally when a goose gets sick, or is wounded by a gunshot and falls out of formation, two geese will follow it down to help and protect it. They stay with the goose until it is either able to fly or until it is dead, and then they launch out on their own or with another formation to catch up with their group. *(If we have the sense of a goose, we will stand by each other.)*



A JOYFUL FRANCISCAN

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

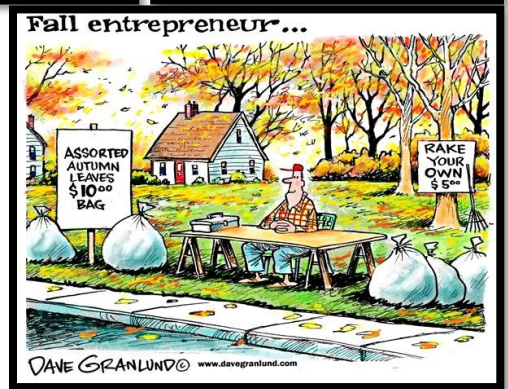
A couple had two little boys, ages 8 and 10, who were excessively mischievous. They were always getting into trouble and their parents knew that. If any mischief occurred in their town, their sons were probably involved. The boys' mother heard that a clergyman in town had been successful in disciplining children, so she asked if he would speak with her boys. The clergyman agreed, but asked to see them individually. So, the mother sent her 8 year-old first, in the morning, with the older boy to see the clergyman in the afternoon. The clergyman, a huge man with a booming voice, sat the younger boy down and asked him sternly, "Where is God?" The boy's mouth dropped open, but he made no response, just sat there wide-eyed. So, the clergyman repeated the question in an even sterner tone, "Where is God?" Again, the boy made no attempt to answer. So, the clergyman raised his voice even more and shook his finger in the boy's face and bellowed, "WHERE IS GOD?" The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him. When his older brother found him in the closet, he asked, "What happened?" The younger brother, gasping for breath replied, "We are in BIG trouble this time, dude. God is missing, and they think WE did it!"



1. What kind of vest should you wear in the Fall?
2. What month does every tree dread?
3. How do leaves get from place to place?
4. Why shouldn't you tell a secret in a corn field?
5. How do trees get onto the internet?
6. Why did Summer catch Autumn?
7. Why did the scarecrow win a medal?



1. A HAR-VEST
 2. SEPT-TIMMBERRR
 3. WITH AUTUMN-MOBILES
 4. BECAUSE CORN HAS EARS
 5. EASY, THEY JUST LOG ON
 6. BECAUSE AUTUMN HAD A FALL
 7. HE WAS OUT-STANDING IN HIS FIELD



OUR NATIONAL FRATERNITY

COMMITMENT & VALUE OF PROFESSION

(continued from page 11)

- The life of Christ; the precepts of Christ; the doctrine of Christ
- Following the way of Christ; the goodness of Christ
- The spirit of the Scriptures

*Fr. Felice Cangelosi, OFM Cap. – refer to For Up to Now Manual, “Profession.”

- **At present, how do you proclaim Christ by your life and words?**
- **If you are professed, did you think that this was what you were promising?**
- **If you are not professed, are your initial formation classes helping you to see the importance of profession and what it signifies?**

THE SEVEN CROSSES OF ST. FRANCIS

We are all part of a history and a story. We are part of the story of our families, of our religion, of the time in which we live. As Franciscans we are also part of the Franciscan story. There are traditions, stories, devotions, prayers and sayings involved with all of these groups. Knowing about them helps us to be part of the family. Every so often, **Formation Friday** will highlight one of these important parts of our story. Have you ever heard of the **Seven Crosses of St. Francis**? They appear in the *Major Legend of St. Francis* by St. Bonaventure. You can find some interesting talks on this topic on YouTube https://www.youtube.com/results?search_query=seven+crosses+of+St.+Francis

Meanwhile, here is a summary. Thank you to Chris Leone, OFS, Our Lady of the Angels Regional Fraternity.

The First Cross

Francis has a dream in which he sees a room filled with armor. He hears the question, “Who is it better to follow, the master or the servant?” (Chapter 1, par 3)

The Second Cross

St. Francis sees a vision of Christ crucified which pierces the depth of his soul. (Chapter 1, Par 5)

The Third Cross

Francis hears a voice from the cross in the chapel of San Damiano, “Francis, go and repair my house which, as you see, is all being destroyed.” (Chapter 2, par 1)

The Fourth Cross

Sylvester, a man of an upright way of life, has a vision of St. Francis with a golden cross issuing from his mouth. (Chapter 3, par 5)

The Fifth Cross

A troubadour sees an image of St. Francis with two crossed swords going from his head to his feet and from hand to hand. (Chapter 4, par 9)


The Sixth Cross

Brother Monaldo, a man of virtue, has a vision of St. Francis on the cross while St. Anthony is preaching. (Chapter 4, par 10)

The Seventh Cross

St. Francis sees the image of the crucified in the wings of the seraph on Mount La Verna and receives the stigmata. (Chapter 13, par 3)

Questions to ponder, discuss or answer in my journal. Think about St. Francis’s life as you answer.

- **How does St. Francis’s discernment process help you to discern your vocation?**
- **St. Francis often meditated on the Cross of Christ and finally received the stigmata. How is meditating on the Cross important to your prayer life? How could it help you deepen your prayer?** 

TRANSITUS PRAYER SERVICE



Saturday, October 3, 2020
at St. John Neumann Church
4:00 Holy Mass (inside the church; optional)
5:30—8:00 p.m. Transitus Prayer Service (pavilion)

You are invited to join us as we honor the life of our beloved St. Francis of Assisi on the night that he lived his final moments 794 years ago. The Transitus, the time of passage through death to life, is celebrated all around the world by Franciscans, and we will become one with them as we remember and honor the saint who founded our Secular Franciscan Order.

! **INSTRUCTIONS FOR TRANSITUS PRAYER SERVICE:** *Please take your temperature before leaving your home. If it is above 100 degrees, please stay home. Please wear a mask to the Mass and Transitus Prayer Service and wear it during both. Please bring with you your own beverage and a packed dinner. Masks may be removed while you eat.*

"All praise be yours, my Lord, through Sister Death, from whose embrace no mortal can escape. Woe to those who die in mortal sin! Happy those she finds doing your will! The second death can do no harm. Praise and bless my Lord, and give him thanks. And serve him with great humility."
 ~ St. Francis of Assisi

A TRUE STORY

THE RIPPLING EFFECTS OF A SEAHORSE

by Kelly Ann Lynch, OFS

When I was about 8 years old, on vacation at a Florida beach with my family, I was wading in the ocean beside my sister. I was in awe at the majesty of that magnificent ocean, and I said to my sister, "Isn't it so cool that God made all of this? He made the sharks and dolphins, every fish and sea creature." And then I said, "He even made the tiniest seahorse in this sea." At that moment in my life, a live seahorse appeared, swimming in the ocean directly in front of me. I cupped my hands together and scooped him out of the sea. I ran to the beach blanket where I showed my mother. And then I returned that precious little seahorse back to the sea where he belonged.

He was sent for a reason, and I knew that. On that day, I heard Jesus call my name when I realized that He was as close to me as anyone could be. He heard my words, and He sent that seahorse as a sign to let me know that He was with me. And I'll remember that life-changing encounter all my life.

When I shared this story on Facebook recently, I received the most beautiful text message from Julie Rasp. "Your story of the seahorse touched my heart so deeply that I was transported to the seaside and found myself in the water with you," Julie wrote. As I read that text, I could almost see Julie beside me that day. "I could hear you and feel your tiny soul praising God for all the wonderful gifts surrounding you," she wrote "Then to scoop up the seahorse? My

heart danced next to you, praising God with your little self."

Julie said that my memory stirred up her own memories of how profound God has been in her life, and that day she vowed to begin journaling these special moments.

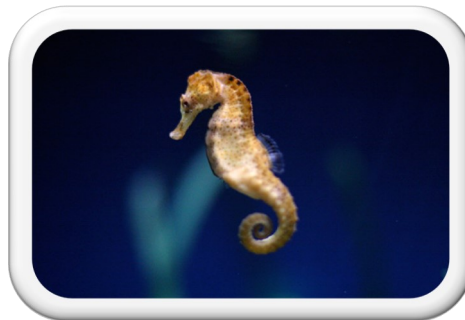
Julie attended Mass after beginning her journal with my story of the seahorse as its spark. At Mass, when Julie began to pray, she noticed a woman about six feet ahead of her wearing, none other than a dress full of seahorses.

Julie took that as a sign from God that He was indeed inviting her to "capture His smiles from heaven" on paper.

Julie said that my story of the seahorse was "a ripple in the water" for her, encouraging her to "note all the certainty and proof that God and His Saints are always with [her] personally, as with each of us ... that same way."

"Your story forged a path that merged with my stories to come, just the way St. Francis taught," Julie wrote. "I hope my life continues to bring others closer to God because of my realization that He exists. And I have no better reason to be here on earth than to praise God in all that I have been given."

"He even made the tiniest seahorse in this sea," my 8 year-old self once said. Its rippling effects changed my life, and now the life of my friend, Julie who said, "[God] will never stop revealing His love for us in the little things." **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**

AROUND THE FRATERNITY

Sharon Hickey, OFS knows that she found her heart in Assisi. The holy priests and Franciscan Sisters there touched her in a special way and brought her great joy. In a letter she wrote to Sister Mariarosario, Franciscan Sister of the Immaculatine, Sharon shares some of the special moments from her visits there (*see pages 19-20*). Clearly, you can see the joy in the photos below.



A FRANCISCAN JOURNEY

One Woman's Story

I Found my Heart in Assisi

*A Reflection by Sharon Hickey, OFS
In the form of a letter written to Sr. Mariarosario in 2018*

I say to find the beginning ... that is the difficult part ... you can only come to the end through the beginning. Where to begin?

Two years ago, my husband, Robert and I came to San Rufino and Assisi. Our love for this parish began because we attended daily 6 p.m. Mass. Sister Maria Lourdes was playing and singing. Oh her sweet voice! That chapel, that Mary of Nazareth statue, the ceiling frescoes, and Christ on the altar ... it was a complete package. Sister Anna Maria, that smile and the love that pours forth from her being. Robert asked Sister Maria Lourdes about the green vespers books, not common in our America. Sister Maria Lourdes spoke English. What a surprise. The beginning I suppose was there - Sisters Maria Lourdes and Anna Maria, Don Carlo on the altar, and Christ in the tabernacle.

We stayed one month that trip. Sisters took us to Mary of the Angels on Saturday night - 3,000 Catholics praying the rosary. It was life changing for Robert and me. Then the procession, unlike anything we've ever experienced, all because Anna Maria and Marie Lourdes were eager to help us and wanted us to share this experience with them and each other. Pilgrims, yes, we were pilgrims, and they were full of love.

So now, 2016, one month would not be enough. Two months to celebrate our 50th anniversary - yes! Sister Maria Lourdes said two years ago to return and we'd have a wedding Mass in San Rufino. One of the best parts of the anticipation of this anniversary was Maria Lourdes' promise of a Mass at San Rufino. So I think before I came I was full of excitement. I couldn't wait to get to the chapel to feel that awesome love, to let myself go into my faith, into the arms of Christ on the altar, and into the smiles, loves and hugs of Maria Lourdes and Anna Maria. Little did I know also waiting for us was beautiful Sister Nora with her youthful joy

which radiates from her. These women are inspiring to me. I connect with them woman to woman and "cuore a cuore," heart to heart. They are so human, so loving, so smart, so obedient, so holy, so unselfish, and so precious - beautiful souls, godly examples of love.

The invitation to the parochial center was most appreciated. Robert and I were invited into the San Rufino parish family - not tourists or pilgrims anymore, but family. We were welcomed by everyone and made to feel comfortable by all. Some spoke English, some spoke only Italian, but all made us feel welcome. We were able to see real Italian mothers and fathers. We were no longer outside looking in. We were no longer church attendees; we were now part of the parish family. We were in awe at first, so special for us. Nuns, priests, food, children playing, smiles and us, Robert and Sharon here!

The second visit to the parochial center was also amazing with more people this time, all accepting us once again. Singing, chestnuts, sausage sandwiches, flowing wine, love, happiness, sharing, translations by Sister Nora, and us, Robert and Sharon from Pennsylvania - imagine! Don Dario speaking to us in Italian and the frustration of not being able to communicate our thoughts and gratitude to him. We would go home to our apartment and share our thoughts with each other. We grew closer to each other because of all of this. We would relive the day, the experience, the food, the singing, the man named Tony, his beautiful wife and daughter and his story that we never understood because of the language barrier, how he sought Robert out a few days later at Mass to say, "Buona Domenica," while tightly shaking Robert's hand, a beautiful moment for us.

I love people. I love to meet new people. This is easy for me. Robert is not so eager, and it is more difficult for him, but in San Rufino and Assisi he is different. He is more at ease while meeting new people. It makes me happy to see him so happy. He loves San Rufino,

(continued on page 20)

I FOUND MY HEART IN ASSISI

(continued from page 19)

the priests, the people, the Mass, the vespers, the rosary and the nuns ... how they spoil him, how they love him, how free he is here. Growing up, his family was not like this. He never knew this open, happy, engulfing outpouring of love. We've shared this for fifty years. It is found here in Assisi and San Rufino. It's in the shopkeepers, the grocery workers, the priests and in the children playing in the piazza. It's in the air, the water and the wine. It's at the altar too. It is so special here. Warm and inviting, it's happy here, it's holy here, it's peaceful here.

Assisi and San Rufino bring out the best of Robert and Sharon. It makes us closer to each other, to our Christ, and to the holy family of San Rufino - and to you, too, Mariarosaria - so brave for your surgery, we grew to see another side of you. To know you is to love you, Sister. Yes! Yes!

This is a moment in time, fleeting. We recognize this and appreciate it. We are privileged to be able to share it with all of you. We are better people because of all of you. You make us better. You four sisters are a beautiful witness for us. We get more than we can ever give. We feel unworthy of your love and attention.

We cherish this moment in time and try to bring it home, but we realize after six visits to Assisi that it is only possible to bring home the memories. We understand this, because we know the peace of Assisi is truly only found here in this beautiful place. We hold on tight, breathe it in and try to fill completely while we are here, yet we know we won't feel this again until we return. We will return. We cannot live without the all-encompassing peace and love Assisi offers.

We will never forget ... shopping with Sister Nora, the prayers before leaving the parking lot for a safe journey; the market in Bastia, the bags of vegetables, the car so full that Sister suggested we use a truck next time; Sister Nora's laughter and joking, and her

"Oh, really?;" John and the car ride up the mountain with six people piled inside; Sister Nora getting Robert a sausage and spinach sandwich with NO sausage; visiting you, Mariarosaria, after your surgery and seeing you with that bandage and your wool hat - how I needed to hug you; the "cibo per la quack quack" and the laughter of Anna Maria when she named the disabled duck Sharon; Sister Maria Lourdes and Robert singing Ave Maria together on the phone and then at the Mass; the wedding, the wedding, the wedding - it was more than I could have ever imagined or planned, feeling so blessed and grateful for all that the sisters did to make it so

wonderful; the rice noodles with and without chicken; the love, the laughter, the friendship; the pop from the bottle of champagne that Don Cesare got; Don Dario wishing us a son in his wedding toast and his laughter afterward; the "terremoto" - all four of them; the joy and grace that I found in cleaning the dust off the Mary of Nazareth statue in the chapel; buying Damp Rid and teaching Sister Nora how to say it; John's eagerness as a fellow American to take us twenty miles by car

to purchase a product that would eliminate the humidity problem in the sacristy; the welcoming spirit when my family visited; allowing us to walk through St. Clare's door of death, accompanied by the most beautiful explanation of St. Clare and St. Francis in San Rufino and the convent.

Pace e bene ... peace and good ... and love.

"We know the peace of Assisi is truly only found here in this beautiful place. We hold on tight, breathe it in and try to fill completely while we are here, yet we know we won't feel this again until we return. We will return. We cannot live without the all-encompassing peace and love Assisi offers."

~Sharon Hickey, OFS



AROUND THE FRATERNITY



Mychal's Message is collecting new underwear, T-shirts and socks for its annual distribution of "Blessed Bloomers" to the homeless and poor.

Though it will be a little different this year because of the pandemic, some things will stay the same.

The needs are the same. The faces of those in need are the same. The places to find these folks are the same—Breadlines, soup kitchens, churches giving meals to the hungry. The worries of the people we meet are also the same—underwear that is in dire need to be replaced, socks that are worn thin.

This year, in its 19th distribution, rather than distributing the "Blessed Bloomers" ourselves, Mychal's Message will *send* "Blessed Bloomers" to the Breadline of St. Francis of Assisi Church in Manhattan to be given out with the daily meal there; Mychal's Message will *deliver* "Blessed Bloomers" to St. Francis

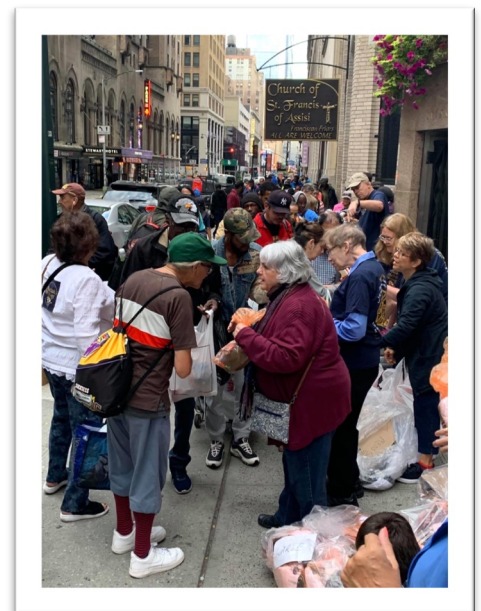
Inn soup kitchen in Philadelphia to the staff who will distribute them to the guests who visit the soup kitchen; Mychal's Message will *send* children's underwear to the St. Bonaventure Indian Mission School in Thoreau, NM; and Mychal's Message will *distribute* "Blessed Bloomers" locally to those who visit the Brown Bag Lunch Program at St. Anne Catholic Church, Lancaster, PA. "Blessed Bloomers" will also be *sent* or *delivered* to CREATE in Harlem, NY at Christmas time where volunteers will distribute them.

So, really the only difference with "Blessed Bloomers" this year is that we will involve **others**. Part of the love we have for this annual project is in the giveaway—the hands-on distribution, the encounter, the locked eyes as we look into the faces of those we've come for, and their hands touching ours as we pass on the generous gifts of new underwear, T-shirts and socks to them. This year, **others** will do this for us—those who are still feeding the hungry and encountering the homeless and poor in soup kitchens, on brown-bag lunch lines and on breadlines.

If you would like to help Mychal's Message in this year's project, donations of new underwear, T-shirts and socks can be given to Kelly Ann Lynch or dropped off on her porch at any time. You may also make a donation online at www.mychalsmessage.org or through the Mychal's Message Facebook page. If you'd prefer to mail in a donation, please send it to:

MYCHAL'S MESSAGE
P.O. BOX 6404,
LANCASTER, PA 17607

T



The Breadline at St. Francis of Assisi Church (above) during the distribution of Blessed Bloomers XVIII last year.

T

FROM A FRANCISCAN KITCHEN

FROM THE KITCHEN OF BETH TREIER



CHOCOLATE CAKE WITH CARAMEL ICING

2 cups flour	2 tsp. baking soda	1 cup milk
2 cups sugar	3/4 cup unsweetened cocoa	2 eggs
1 tsp. salt	1/2 cup vegetable oil	1 tsp. vanilla
1 tsp. baking powder	1 cup hot coffee	

Combine all ingredients. Beat until smooth. Pour into 9x13 inch greased pan. Bake at 375 degrees for 10 minutes, then 350 degrees for 20 minutes. Batter will be thin.



CARAMEL ICING

Melt 1 stick of butter, then add 1 cup of brown sugar. Cook 2 minutes over low heat. Add 1/4 cup milk. Stir until boiling. Cool until only slightly warm. Mix in 1 1/2—2 cups of 10X sugar. Stir until smooth. Ice cake when completely cool.

Hint: My family so loves the icing that I double the ingredients! Can't have enough caramel icing!

FROM THE KITCHEN OF KELLY ANN LYNCH



PUMPKIN COOKIES (Recipe from my friend, Dianne White)

1 cup Crisco	4 cups flour	1/2 tsp. cloves
2 cups sugar	2 tsp baking soda	3/4 tsp. ginger
1 can pumpkin (20 ounce)	1/2 tsp. salt	3/4 cup chopped pecans
2 tsp vanilla	2 tsp. cinnamon	

Cream together Crisco, sugar, pumpkin and vanilla. Sift together flour, baking soda, baking powder and spices. Add to wet mixture. Stir in nuts. Bake at 350 degrees for 15-20 minutes.

ICING

6 TBSP butter	Mix together. Ice cookies. Add a candy corn
4 cups powdered sugar	on top if you'd like. Enjoy!
1 tsp vanilla	
4-5 TBSP milk	



CHECK THIS OUT

How to Make Mums Last Longer | Gardening Advice

by Shelley Wigglesworth, <https://newengland.com/today/living/gardening/how-to-make-mums-last-longer/>

Chrysanthemums are inexpensive, hardy and tolerate cool temperatures fairly well, making them a good pick for fall. Nothing announces the change of the season from summer to fall in New England more than the sight of chrysanthemums — more commonly known as mums — decorating doorsteps. These hardy autumn favorites come in a variety of colors, including the traditional yellow, rust orange, barn red and white as well as other softer color hues such as purple and pink. While mums are hardy and will tolerate cool, almost-freezing, temperatures relatively well, they are not immune to frost, and just one frosty night can do them in. Read on for tips on how to make mums last longer.



Select a Healthy Plant

Choose mums that are not in full bloom. Although mums in bloom may be more attractive at the garden center, they are already well into their life cycle. There is no way to tell if the blooms have just opened or have been open for a few weeks. Mums with closed blooms indicate that the plant is in an earlier stage of its lifecycle, and when they do bloom, they will last longer than those already putting forth flowers. Also check to make sure the stems on the plant are not bent or broken and that the leaves are green.

Choose the Right Container

A sturdy container will anchor the top heavy plant and support the clusters of blooms. A container that is approximately 1/3 larger than the root ball on all sides is ideal for re-potting a chrysanthemum.

Re-Pot Your Chrysanthemum

Gently remove the mums from the temporary container. Moisten the root ball to aid in removal if necessary. Line the bottom of the new pot with clean potting soil (approximately 1-2 inches) and place the root ball on top of the soil lined pot. Fill the remaining open areas loosely with potting soil. Do not pack the potting soil. The roots need aerated soil to expand.

General Mums Care

Place the newly potted plant in a sunny area and keep the soil moist, but do not saturate. Giving your plants too much water will result in rotting stems and mushy, decaying blooms. Deadhead as needed by removing any dead or damaged flowers, leaves, and stems when necessary to keep your mum looking fresh and healthy. If a frost is expected, move the mums to a protected inside area such as a garage, shed or barn in the evening, before the temperature drops. Place the plants back outside when the temperature rises above 50 degrees the next day. Alternately, you can cover the potted plants with old towels or sheets to protect from the frost, taking care to cover all exposed areas of the plant.



DID YOU KNOW? A “football mum” is 4 to 6 inches in size. It got its origin in the 1950’s and 1960’s in Texas. As a token of affection, it was given to a girl from her date to the homecoming football game and worn as a corsage.

**Canticle of the Sun,
or Laudes Creaturarum (Praise of the Creatures)**

Most high, all powerful, all good Lord!
All praise is Yours, all glory, all honor, and all blessing.

To You, alone, Most High, do they belong.
No mortal lips are worthy to pronounce Your name.

Be praised, my Lord, through all Your creatures,
especially through my lord Brother Sun,
who brings the day; and You give light through him.
And he is beautiful and radiant in all his splendor!
Of You, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars;
in the Heavens You have made them bright, precious and beautiful.

Be praised, my Lord, through Brothers Wind and Air,
and clouds and storms, and all the weather,
through which You give Your creatures sustenance.

Be praised, my Lord, through Sister Water;
she is very useful, and humble, and precious, and pure.

Be praised, my Lord, through Brother Fire,
through whom You brighten the night.
He is beautiful and cheerful, and powerful and strong.

Be praised, my Lord, through our sister Mother Earth,
who feeds us and rules us,
and produces various fruits with colored flowers and herbs.

Be praised, my Lord, through those who forgive for love of You;
through those who endure sickness and trial.

Happy those who endure in peace,
for by You, Most High, they will be crowned.

Be praised, my Lord, through our sister Bodily Death,
from whose embrace no living person can escape.
Woe to those who die in mortal sin!
Happy those she finds doing Your most holy will.
The second death can do no harm to them.

Praise and bless my Lord, and give thanks,
and serve Him with great humility.

Saint Francis of Assisi



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