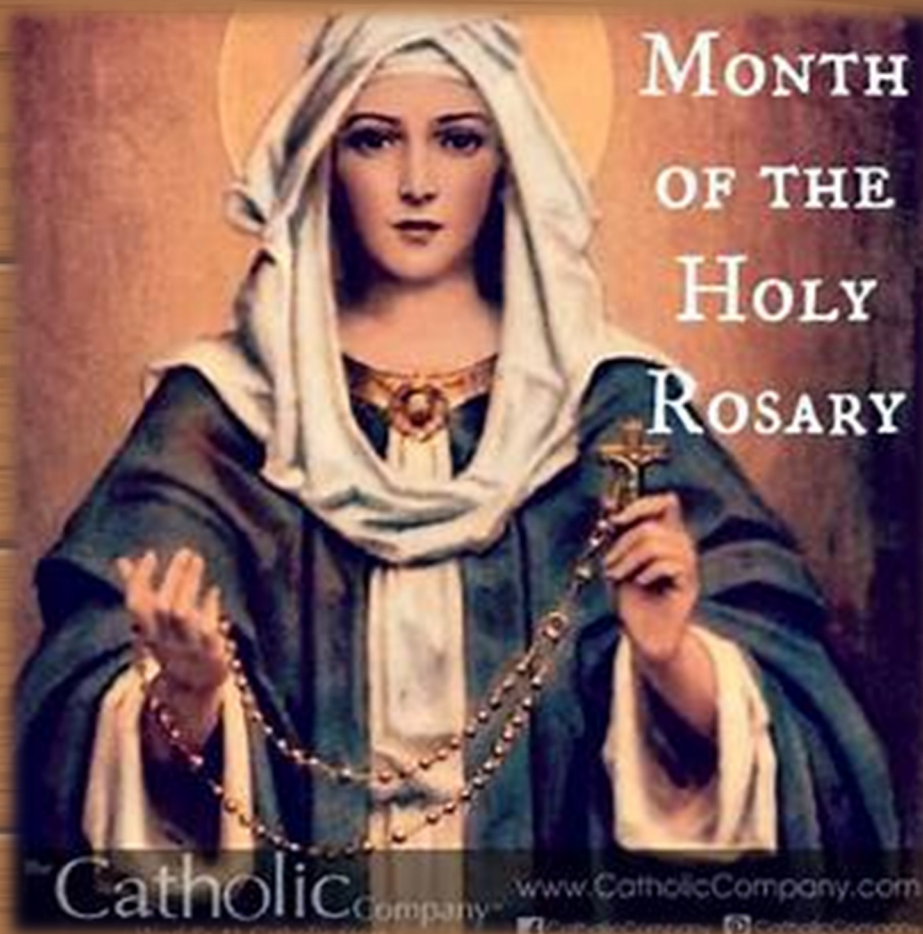


St Mary of The Angels Fraternity
Order of the Secular Franciscan
The Angelus
OCTOBER 11, 2020



Minister: Susan Jamison
Vice-Minister: Sonia Bernardo
Spiritual Assistant: Michael Huether - Formation Director: Tom McGrath
Secretary: Portia - Treasurer: Carmencita Fiesta
Counselors: Lilian Soriano, Mary Badjo & Irma Jean-Baptiste
The Angelus: Mary Badjo



ANNOUNCEMENTS

**Our October 11th ZOOM Meeting will begin with social time at 12:30.
Father Michael Briese will be our guest speaker.**

Birthdays, 5 Year Profession Anniversaries & Prayer Needs

OCTOBER BIRTHDAYS!

17th– John Di Benedetto, 21st – Frank Barletta;
25th – Carmencita Fiesta; 31st – Irma Jean-Baptiste

PROFESSIONS (every fifth year)

1985 - Jaime Bernardo, Sonia Bernardo,
Dale Eppig, Richard Schaefer (35 years)
1995 - Carmencita Fiesta (25 years)
2005 - Peggy Nicholson (15 years)

The monthly Mass for living and deceased members will be on **Saturday, October 3 at 8:30 a.m.**
at **The Shrine of St. Jude.**

PILGRIMAGE, WINTER COAT DRIVE and DOROTHY DAY SHELTER

The Pilgrimage to the Grotto has been cancelled due to lack of participation.
We will revisit this idea in the Spring.

The Coat Drive to benefit Father Michael's Mission is still on! Please call Susan at 301 525 1555 if you have coats to donate and she will pick them up from you! The adult coats should be in clean and good used condition while coats for children should be new and in their package wrap. Thanks so much!

A huge shout out of thanks to the many of you who have participated in our Dorothy Day Shelter Dinners. That includes **Genie, Joyce, Michaela, Peggy, Irma, John, Alina, Portia, Carmencita, Marilyn, Michael, Carol, Ingrid, and Susan and also some friends, Cheryl, Mercedes, and Michelle.** We start a new year of service in November but, thanks be to God and your willingness to continue to serve, the schedule will not really change except that Mercedes is taking over for Carol.

PRAYERS

For the grace of God to intervene for the healing of our country.
For the needs and intentions of our fraternity members, especially Michael Oliver's daughter Ashlyn, for our Pastors and Associates, our ill parishioners, and the hungry in our neighborhoods.

St. Stephen's Food Pantry at the Shrine of St. Jude

Donations desperately needed. Contact web sites: **Shrineofstjude.org/news/food-donations-needed or [facebook.com/StStephenfoodpantry/](https://www.facebook.com/StStephenfoodpantry/) Weekend donations can be left at a table in the breezeway. **No parking will be allowed in the back parking lot during school hours. Please park in front of the church on week days. Much gratitude for your generosity!****

Exhortation of Our Holy Father St. Francis

O dearly beloved brethren and eternally blessed children, hear the voice of your Father.
We have promised great things; still greater are promised to us. Let us observe those; let us strive after these. Pleasure is brief; punishment is eternal. Suffering is short; glory is infinite. Many are called, few are chosen, but all shall receive their due.

Blessings, Genie

Continuing our discussion on conversion, let me share with you some insights I have with different aspects of the topic during my training for spiritual assistance. One insight I wish to expound upon is SPIRITUAL CONVERSION. I see this to be a resolution to be more aligned in a loving relationship with God: a relationship of total and unconditional love.

It involves the manner of how we interact with Him through our everyday actions. A good part of this involves how we communicate with Him through our practice of prayer. It also involves being much more conscientious of how we know He would react judging from how we would react given the same situations in our everyday lives. Realizing how He would react, we then make it a point to change our behavior and imitate these same reactions. By it, we are prompted to educate ourselves more on the person of Christ, the Son of God, who emulates God the Father.

Spiritual conversion can also include how we relate to others as well. It can also lead to how we reconsider our actions and relationships with our colleagues and whether or not they are compatible with what we feel Jesus would have done given the same reactions. If we can judge our actions as appropriate for the character of Jesus, then we can feel comfortable with acting in a similar way with our cohorts. In this way, we learn how to best change our behavior to achieve better relationships with others. It will be a challenge, but this is what daily conversion is all about.

The late Lester Bach, OFM Cap in his book, "Catch Me A Rainbow", which was used extensively in the formation programs of many fraternities of the region years ago (This was the formation book I used when I was a candidate), said that together with the Father, Jesus remains faithful in his daily and continuous presence in our lives, waiting ever so patiently for us to discover him there. This is what makes our conversion as Franciscans an everyday spiritual affair as stated in Rule #7. He goes on to say that the price we pay is to be open to the Holy Spirit. The Spirit walks with us in all our times of darkness and brings us to the light. He celebrates our joys and at the same time strengthens us in our weakness. Always loving, he sees to it that we are able to overcome any obstacles to our faith development. But we need to surrender to Him and be influenced by Him or else we experience no holiness. We speak of the Holy Spirit in the way of wisdom. He will enhance our imperfections as we continue to act on them. As we walk in the light of the Spirit, we see more clearly our weaknesses and remedy them.

"Therefore, I prayed, and prudence was given to me. I called for help, and there came to me a spirit of wisdom. I valued her about scepter and throne and reckoned riches as nothing beside her: I counted no precious stones her equal, because all gold in the world compared with her is but a little sand, and silver worth no more than clay. I loved her more than health or beauty: I preferred her to the light of day: for her radiance is unsleeping. So all good things together came to me with her, and in her hands was wealth past counting: and all was mine to enjoy, for all follows where wisdom leads, and I was in ignorance before, that she is the beginning of it all." (Wisdom 7: 7 – 12)

Mike

Our Spiritual Bouquet

for our deceased members,

Helen Hillstrom, Rose Mary & Alfio Mazzaglia, & Rose Lawrence.



In addition to the monthly Mass which we as a Fraternity have offered at St. Jude's for our living and deceased members, and the Fraternity's Mass Card to the family of our deceased members, ***we have a new tradition of our members personally and voluntarily offering up 3 Masses each for the soul of our departed fraternity members***, starting with the soul of Helen Hillstrom. Participants do not formally have Masses said for these souls but instead, when assisting at a Mass (either in person or remotely) make the deceased member's soul their primary Mass intention. Thus far, Jennifer, Carmencita, Portia, John Di Benedetto, Carol, Genie, Mike, Michaela & Susan have offered up 3 Masses each for **Helen, Rose Mary and Alfio** (some of the Masses for Alfio and Rose Mary were offered up for them as a couple) **and Rose**. Sonia sent her own Mass card to the Mazzaglia family. We will update this monthly. ***I feel very strongly that this pious practice will greatly bless our fraternity.***



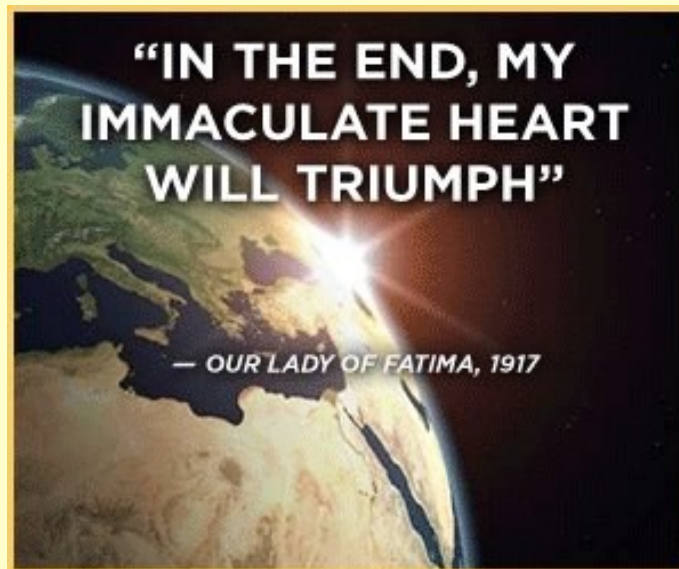
October, month of the **Holy Rosary**

"The Rosary is the most beautiful and the richest in graces of all prayers; it is the prayer that touches most the Heart of the Mother of God...and if you wish peace to reign in your homes, recite the family Rosary."

Pope Saint Pius X

"The beginning of the way, at the end of which you will find yourself completely carried away with love for Jesus, is a trusting love for Mary. Today as in other times the Rosary must be a powerful weapon to enable us to win in our interior struggle and to help all souls."

St. Josemaria



The world may be challenging on many fronts these days but Our Lady promised at Fatima that in the end HER IMMACULATE HEART WOULD TRIUMPH! What an amazing, encouraging and downright wonderful promise. I am not sure what Our Lady meant by "in the end", but I am hoping she meant the end to the evil of the 20th century which has spilled into this 21st century. I want to "shout out" thanks to Jennifer for bringing us the new Fatima movie on Zoom. I am hoping she will bring us more!

I know many of us pray the Rosary regularly and some of you even fast and offer mortifications for the conversion of sinners as Our Lady asked. We can't do too much, but even "a little" can be very important. For many years, until Covid disrupted life, Carmencita and Portia led the 10,000 Hail Mary devotions at St. Jude's on the First Saturdays, a blessed and holy all day devotion. When Covid is over, they intend to start up again at Our Lady of Grace. They continue to lead us in a daily Chaplet of Divine Mercy and Rosary via ZOOM at 3PM. Thank you ladies for your servant leadership.

I want to convey my gratitude to Lilian, Portia, Carmencita and Tom for joining me in Bethesda Maryland to pray outside of the late-term abortuary of Leroy Carhart in the fall 2020 FORTY DAYS FOR LIFE CAMPAIGN. It is heartbreaking to think of the painful and gruesome deaths suffered by babies mere days before their natural due dates. I thank God for everyone who faithfully prays and witnesses to life. Tom suggested that in the next campaign, we offer our members the chance to participate with us by Zoom. Great idea Tom.

I am so pleased that Tom has put together a Zoom TRANSITUS devotion which we can all participate in on October 3rd at 7PM. We will be praying with another Fraternity, St John The Beloved Apostle Fraternity, in which Tom is the Spiritual Assistant. Thank you Tom for this and the many other remarkable ways you serve our Fraternity.

Thank you to Sonia for bringing us last month's speaker, Father Joseph Mindling, OFM. Father centered his talk on the Stigmata of St. Francis and mentioned that it was a holy and pious thing to daily meditate on the Passion of Christ. Father referred to a writing which I believe is the amazing book about the mystical visions about creation and the life of the Blessed Virgin of Venerable Mary Of Agreda, a Franciscan nun-visionary, entitled "The Mystical City of God"

See <http://www.themostholyyrosary.com/mystical-city.htm>. I have read a small part of this beautiful work and it actually has set my heart on fire. I highly recommend it. Father Solanus Casey was instrumental in bringing this work into high repute.

TS REALLY CELEBRATE THESE AMAZING OCTOBER FEAST DAYS!

Saints' Source: <https://www.coraevans.com/blog/article/4-inspiring-october-catholic-saints-you-absolutely-must-know>

October 1st: St. Thérèse of Lisieux

In May 1887, Thérèse approached her 63-year old father Louis, recovering from a small stroke, while he sat in the garden one Sunday afternoon and told him that she wanted to celebrate the anniversary of "her conversion" by entering the Carmelites before Christmas. Louis and Thérèse both broke down and cried, but Louis got up, gently picked a little white flower, root intact, and gave it to her, explaining the care with which God brought it into being and preserved it until that day. Therese later wrote: "while I listened I believed I was hearing my own story."

To Therese, the flower seemed a symbol of herself, "destined to live in another soil." A simple flower symbolizes her rich spirituality. She believed every soul is similar to a flower. Some souls are magnificent and grand like the rose and others are simple and pure like the small white lily of the valley. And "The Little Way" characterizes her spirituality. St. Thérèse of Lisieux sought to do small acts of charity and kindness with great love. She is an outstanding example of someone who did something we are all called to do. Her name and her status as a saint are simply drawn from how she lived her life.

It's also worth noting that her mother and father Louis Martin and Marie Zélie Guérin were beatified by Benedict XVI in 2008. Their witness affirms that "The Little Flower" did not spring from rocky ground, but rich soil. Rather than emphasizing how dysfunctional our families are, I wish we could look to the holy ones for their example. There is no perfect family, but I do believe there is a spectrum of those who love and live differently.



October 2 - Feast of the Guardian Angel

As written in “Catholic Essentials: An Overview of the Faith,” saints are “holy ones” of God who live in union with God through the grace of Jesus Christ and the power of the Holy Spirit and whom God rewards with eternal life in Heaven.” Angels—in particular our Guardian Angel—fit the criteria. Like saints, we pray to them, seek their intercession with the Lord and this month, we honor them.

St. Basil the Great wrote “Beside each believer stands an angel and as protector and shepherd leading him to life.” I know this to be my Guardian Angel—a gift that has protected me, shepherded me, and much more.

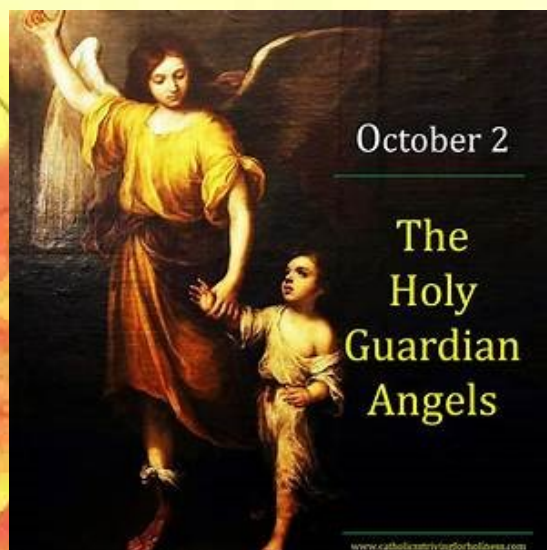
The Youth Catechism of the Catholic Church proclaims, every person received from God a guardian angel. It is good and sensible to pray to one’s guardian angel for oneself and for others. Angels can also make themselves noticeable in the life of a Christian, for example, as bearers of a message or as helpful guides. Our faith has nothing to do with the false angels of New Age spirituality and other forms of esotericism.”

However, our faith has everything to do with connecting us to God in personal, authentic and various ways. When we profess “I believe in things visible and invisible” in the Nicene Creed, I think of my Guardian Angel; truly, I have felt his presence in my life. In recent years, I have sought to know more about this Angel’s role in leading me to certain people and places and away from others.

I recite a prayer to my Guardian Angel each day; as a child I offered that same prayer before bedtime each night. Perhaps you can start offering a similar prayer of your own for your Guardian Angel.

Guardian Angels:

Pray for Us!



ANGEL OF GOD
My Guardian Dear
To Whom God’s Love
Commits Me Here,
Ever This Day
Be At My Side
To Light and Guard,
To Rule and Guide
Amen.

**LETS REALLY CELEBRATE THESE AMAZING
OCTOBER FEAST DAYS! By Mary Bajo**

“Near us is a celestial spirit, who from the cradle to the tomb, does not leave us for an instant, guides us, protects us as a friend, a brother; will always be a consolation to us especially in our saddest moments.” -PADRE PIO

Source: <https://www.coraevans.com/blog/article/4-inspiring-october-catholic-saints-you-absolutely-must-know>

October 4 - Saint Francis of Assisi- was born in Assisi, Italy, the son of a rich cloth merchant. St. Francis abandoned a life of luxury for the life of a devoted Christian. He cared for the poor and sick, he preached sermons to people and to animals and he praised all creatures as brothers and sisters under God. He truly heard the Gospel in which Christ sends forth his disciples, telling them to take no sack for the journey, or a second tunic, or sandals, or walking stick. Immediately, Francis went to preach on the streets of Assisi as Christ instructed. His fervor attracted other young men who became the first Friar Minors. Two years before the end of his life, he received the stigmata, a sign of intimate union with the Savior. He is the patron saints of animals and ecology.

**No one is to be
called an enemy,
all are your
benefactors,
and no one does
you harm.
You have no enemy
except yourselves.**

- St. Francis Of Assisi

<https://www.brainyquote.com/>



October 7 - Our Lady of Rosary

The purpose of the rosary is to help us meditate on the great mysteries of our salvation. Pius XII called it a compendium of the gospel. The main focus is on Jesus—his birth, life, death and resurrection.

The Our Fathers remind us that Jesus' Father is the initiator of salvation. The Hail Mary's remind us to join with Mary in contemplating these mysteries. They also make us aware that Mary was and is intimately joined with her Son in all the mysteries of his earthly and heavenly existence. The Glory Be's remind us that the purpose of all life is the glory of the Trinity.



The rosary appeals to many. It is simple. The constant repetition of words helps create an atmosphere in which to contemplate the mysteries of God. We sense that Jesus and Mary are with us in the joys and sorrows of life. We grow in hope that God will bring us to share in the glory of Jesus and Mary forever.

The beauty of the Rosary is that we can pray it anytime and anywhere. We ought to pray the Rosary year round. And yet, I appreciate that we recommit, highlight and emphasize it during the month of this special feast day for Mary.

Our Lady of the Rosary, Pray for Us!