



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



November-December 2020

UPCOMING DATES AND EVENTS:

Monday, December 7—6:30-8:00 pm.—Initial Formation via **Zoom**

Thursday, December 10—7:00-8:00 p.m.—Council Meeting at **Stefanow's Home**

Sunday, December 13—12:30-2:45 p.m.—**IN PERSON** Gathering/Christmas Celebration at Knights of Columbus, 1575 New Danville Pike, Lancaster

Monday, January 4—6:30-7:45 p.m.—Initial Formation via **Zoom**

Thursday, January 7—7:00-8:00 p.m.—Council Meeting at the Stefanow's Home

Sunday, January 10—2:30-4:30 p.m.—**IN PERSON** Gathering at St. John Neumann Church

SEE PAGE 2 FOR 2021 DATES



Council

Julie Rasp, Minister
Mary Anne Fanale, Vice Minister
Jean Reddy, Secretary
Jonathan Heise, Treasurer
Jim Stefanow, Formation Director
Maureen Fitzgerald, Councilor
Roberta Stefanow, Councilor

January-February newsletter submissions due by January 1.

Dear Fellow Franciscans,

As we prepare to welcome the beginning of Advent, we also welcome a new Council (see page 14). Thank you for saying, "yes," Julie, Mary Anne, Jim, Jean, Jonathan, Maureen F and Roberta. In Ken Giovanelli's words borrowed from the November-December 2005 issue of *The Troubadour* (see *Beginnings*, page 8), "A new Council for Our Lady Queen of the Angels Fraternity [is a] time to welcome new leadership and new graces while always remembering the graces bestowed upon the Fraternity through past Council members." Inside you'll find the gathering dates for 2021 (page 2). Those gatherings will take place at St. John Neumann Church in Lancaster where we will socially distance and wear masks, while continuing to follow CDC guidelines.

"The season of Advent is a season of vigilant waiting," I read recently on catholicculture.org, "that prepares us to welcome the mystery of the Word Incarnate, who will give the 'Light' to the womb of the Virgin Mary." Its author goes on to say, "Essentially this time prepares us not only to welcome this great event but to incarnate it in our lives." Think about that—to *incarnate it into our lives*. The author tells us that the light that enters the world through Mary does not stay there. Rather, it flows into our lives to "illuminate them so that we can become the light that illuminates the world." That light, that bright light, becomes not just a star we follow during Advent but an interior light that incarnates (used as a verb here, meaning to embody or represent a deity or spirit in human form) the Birth of Christ into our own lives. Inside you'll read a true story about how a busy mother of four found that bright light (page 12) and ways you can bring light to others during Advent (page 20).

As to our beloved St. Francis, did you know that his tomb was hidden for years (page 4)? An article that appeared in the November 1994 issue of *The Troubadour* by its then-editor, George Garbrick (page 6) prompted my googling of this mystery. Did you ever read the letter Saint Francis wrote Saint Clare about Christmas in the Winter of 1224 (page 7)? And have you ever heard about Lady Jacoba and the special cookies she made? You'll find that recipe inside (page 15) along with other holiday recipes submitted by members of the fraternity (pages 17–19). There's also one for scripture cake (page 8). There's always a bit of Franciscan joy to be shared (page 13) and some natural wonders with sweet legends like the columbine and poinsettia flowers (page 16). Inside you'll also read a lovely prayer said by St. John Paul II, taught to him by his father (page 10) and see some pictures from our holy Transitus (page 15).

As the light of Advent illuminates the womb of Mary, let it incarnate itself into our lives so that we can become the light that illuminates the world.

With Great Joy,
Kelly Ann Lynch, Editor

PRAYER INTENTIONS FROM THE POPE AND THE OFS

Please pray for these intentions in November.

Artificial Intelligence: We pray that the progress of robotics and artificial intelligence may always serve humankind.

From the OFS: For the CIOFS Presidency and the General Chapter of OFS.

Our Father ...



Please pray for these intentions in December.

From the Pope: For the Evangelization—For a

Life of Prayer: We pray that our personal relationship with Jesus Christ may be nourished by the Word of God and a life of prayer.

From the OFS: For the growth of OFS and YouFra in the World.

Our Father ...

BIRTHDAYS & ANNIVERSARIES

Wish them a Happy Birthday!

Jeanette Durbin—November 9

Jackie Holzel—November 11

Janet Kreiner—November 17

Jean Reddy—December 2

Kelly Ann Lynch—December 15

Maureen Fitzgerald—December 16

Kathy Arndt—December 27



Wish them a Happy OFS Anniversary!

No Profession Anniversaries in November or December.



2021 GATHERING DATES—LOOKING AHEAD

Gatherings will be held at St. John Neumann Catholic Church from 2:30-4:30. Mark your calendars!

January 10

February 14

March 14

April 18 (3rd Sun.)

May 16 (3rd Sun.)

June 13 (PROFESSION)

July 11

August 8

September 12

October 10

November 14

December 12



“Once, when he [St. Francis] was returning from Siena, he met a beggar and said to his companion, ‘We must give back to the poor little man the cape that belongs to him, for we have only received it as a loan until we meet someone who is poorer than we.’”

—The Writings of Brother Leo
live like francis, Jovian Weigel, OFM
and Leonard Foley, OFM

MINISTER'S MESSAGE

“THE FULLNESS OF LIFE”

A MESSAGE FROM OUR MINISTER, JULIE RASP, OFS

Credit due: Christine Valters Paintner

I always find myself extraordinarily energized by the arrival of Autumn: the crispness of the air, the slowly growing darkness, the simmering of soup on the stove, and the pulling on of sweaters.

I love to witness the great turning of the leaves toward radiance and then release. I have much to learn from trees about living brightly and then letting go at the right moment. I imagine what it must be like for the leaf to break free from the branch and flutter gently down to the earth, or sometimes forced off by gusts of wind. In these moments of falling does the leaf know it will soon be received on the soft earth and then turned into compost and nourishment? And do I remember in my own moments of falling the trajectory of things?

The entire cycle of creation offers us a wise reminder of what is necessary for the fullness of life. Releasing and resting are integral to Spring being able to arrive again.

Let us recognize the new seasons in our own lives and practice releasing objects and emotions that ought to be given to God. Perhaps we can find some time to rest and reconnect with the teachings of Saint Francis. On-line resources are plentiful as are all our favorite Franciscan books sitting on the shelf just waiting to be rediscovered.

God bless each of you,
Julie



A FRANCISCAN STORY

THE MYSTERY OF THE HIDDEN TOMB OF ST. FRANCIS OF ASSISI

by ChurchPOP Editor, October 4, 2016

<https://www.churchpop.com/2016/10/04/the-mystery-of-the-hidden-tomb-of-st-francis-of-assisi/>

St. Francis of Assisi is one of the most beloved and venerated saints in the history of the Church. So then how did his body get lost for hundreds of years – only to be rediscovered surrounded by a strange assortment of objects?

The holy founder of the Order of Friars Minor passed away in October of 1226, and less than two years later, Pope Gregory IX declared him a saint. The next day the same pope laid the foundation stone for the Basilica of Saint Francis of Assisi, still standing today.

This is where things start to get a bit hazy about his body. Some sources say that a friar in charge of the basilica's construction secretly sealed his body into a part of the church to protect it from possible Saracen invaders. Other sources say that Francis' body wasn't sealed away until the 15th century, in order to protect it from in-fighting among Italian families.

Either way, by the 19th century, no one was quite sure where the saint's body was – and no one had known for centuries.

In the early 1800s, Pope Pius VII gave local Catholics permission to search for the body.

Fairly confident the body was somewhere in the basilica, the team removed part of the floor in the main church and found a series of iron bars, similar to what was common for protecting tombs in the 13th century. After the whole area was excavated, under a large amount of rock and through a tunnel they found the

undisturbed remains of St. Francis.

The saint, however, wasn't alone. With his body were a few objects: 12 silver coins, 29 beads, a ring, a piece of iron, and a stone on which Francis' head was resting.

It's not clear what these objects meant. One source says the coins were there to help date the tomb. Others take a more sinister interpretation, claiming that the friar who sealed Francis' tomb was an alchemist and that the objects were a part of some sort of ancient pagan ritual. The fact that some of these objects seem to have since disappeared encourages conspiratorial interpretations.

Either way, St. Francis' body was moved to a public tomb within the basilica and is now open to pilgrims for veneration. **T**



The Tomb of St. Francis today at the Basilica of St. Francis of Assisi in Assisi.



THE FRANCISCAN RULE

The Way of Life

5. Secular Franciscans, therefore, should seek to encounter the living and active person of Christ in their brothers and sisters, in Sacred Scripture, in the Church, and in liturgical activity. The faith of Saint Francis, who often said, “I see nothing bodily of the Most High Son of God in this world except his most holy body and blood,” should be the inspiration and pattern of their eucharistic life.

6. They have been made living members of the Church by being buried and raised with Christ in baptism; they have been united more intimately with the Church by profession. Therefore, they should go forth as witnesses and instruments of her mission among all people, proclaiming Christ by their life and words.

Called like Saint Francis to rebuild the Church and inspired by his example, let them devote themselves energetically to living in full communion with the Pope, bishops, and priests, fostering an open and trusting dialogue of apostolic effectiveness and creativity.



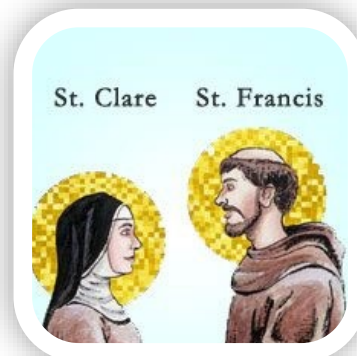
Look for Rules 7 and 8 in the next newsletter.

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

Commentary

5. As this process develops, then the Secular Franciscan seeks out the living and active person of Christ in all spheres of life: liturgical activity (especially the Eucharist), Scripture, Church, one another (#5). Since the sacrificial union with Christ in the Eucharist is **the** most intense and comprehensive experience of his real presence, this celebration becomes the key encounter, as patterned by Francis himself.

6. Sharing Christ’s mission through life in the Church is the third point developed on the meaning of gospel living (#6). By word and example the Secular Franciscans bring to those around them the living Christ they have experienced. As it were, they become a living gospel for all to read. This evangelization is based on obedience to the Holy Spirit who inspires and forms the Church, the body of Christ. So, the Secular Franciscans foster an openness to the Spirit and creatively exercise their mission. Furthermore, they hear the call of the Spirit through loyalty, frank dialogue, and cooperation with the legitimate Church authority. This obedience makes ministry authentic and consistent without stifling their creativity.





FROM OUR OFS FRATERNITY ARCHIVES

Reprinted from our own issues of The Troubadour

“A BRIEF CHRONOLOGY OF THE LIFE OF SAINT FRANCIS”

by George Garbrick, OFS

from the November 1994 issue of The Troubadour

At the last fraternity meeting we discussed the possibility of a chronological list of events in Francis' life and also the difference between San Damiano and the Portiuncula. What follows is a brief research on these topics. My research comes from St. Francis of Assisi, A Biography, Omer Englebert, 1965.

SAN DAMIANO—About 3/4 of a mile below Assisi stands the little convent of San Damiano. It was the residence of the Poor Ladies. Today it is the residence of the Friars Minor. In the spring of 1206 within the church was suspended over the altar a mild and serene Byzantine crucifix. Francis began to pray before the crucifix. Suddenly the figure of Christ parted its painted lips and said, “Francis, go repair My house, which is falling into ruins.”

THE PORTIUNCULA (St. Mary of the Angels)—This is the place where Francis died. This, along with San Damiano, was one of the churches that Francis rebuilt. St. Bonaventure writes, “This was the place that Francis loved the most in the whole world.” Here he received the revelation of his true vocation in 1208. Here Francis believed he could really live out the Gospel message. The hermitage was made up of the chapel of Our Lady of the Angels, a large thatched-covered cabin which served as the community house, and as many huts as there were religious. Francis wanted to have all buildings built of earth or wood.

A BRIEF CHRONOLOGY OF THE LIFE OF SAINT FRANCIS

- 1182—St. Francis is born in Assisi.
- 1192—St. Clare is born in Assisi.
- 1205/06—San Damiano crucifix speaks to Francis.
- 1206—Francis' father takes him before the Bishop's court for the return of his money; Francis renounces his father.
- 1208—First brothers join Francis.
- 1209—The first 11 brothers go to Rome where Pope Innocent III approves Francis' Rule.
- 1209/1210—The brothers move to the Portiuncula. Possible beginning of the Secular Franciscans (Third Order).
- 1212—Clare is received at the Portiuncula.
- 1216—Portiuncula Plenary Indulgence granted by Honorius III.
- 1223—Christmas—Francis sets up the first Christmas crib for midnight Mass at Greccio.
- 1224—(Probably September 14) Francis fasting at La Verna receives the Stigmata.
- 1225—Canticle of Brother Sun composed (April/May).
- 1226—(Early September) Francis, realizing that he will die soon, insists on being carried to the Portiuncula. He blesses Assisi.
- 1226—Francis dies on October 3rd at the Portiuncula.
- 1228—(July 16) Gregory IX canonizes St. Francis.
- 1253—(August 11) St. Clare dies at San Damiano
- 1255—(August 12) Alexander IV canonizes St. Clare.

FROM OUR OFS FRATERNITY ARCHIVES

Reprinted from our own issues of The Troubadour



“A LETTER FROM FRANCIS TO CLARE ABOUT CHRISTMAS”

*submitted by Barbara Bernas, OFS
from the December 1996 issue of The Troubadour*

Winter 1224

My Dear Sister Clare,

How kind of you to ask how you can help the brothers in Assisi prepare for Christmas while I am away preaching in the country.

I know there is much to be done. Food must be prepared for the many brothers and sisters who will return from their work to celebrate the feast with us. And food must be prepared to share with the poor. The townspeople will expect us to arrange another manger scene and midnight mass. We must locate animals and torches, even a baby! We must find a priest for the mass and deacons to assist.

You know that in my heart, Christmas, the feast of love, is my favorite feast—the one I wish would never end. It is the time when the poor should be treated royally, and the animals are not only welcome but necessary to our worship.

But, dear Sister Clare, do not let yourself or any one of us get caught up in the busy-ness. That is false preparation for the great Christmas feast. God would have us prepare quietly, in our hearts and in our living. We must pray and wait for the Incarnation but be prepared for it at every moment. Look at the faces of the lonely and befriend them. See Jesus in the hungry and feed them. Put seeds on the road for the birds. And stop to thank God for the beauty of the moon on a cold dark night.

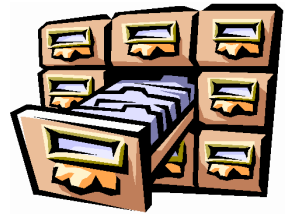
This is how to prepare for Christmas.

Pax et Bonum, Your little Brother, Francis



FROM OUR OFS FRATERNITY ARCHIVES

Reprinted from our own issues of The Troubadour



BEGINNINGS

by Ken Giovanelli, OFS

from the November-December 2005 issue—True Then and True Now

December...Advent...The beginning of a new Church Year.

The Nativity of Jesus...Time to “begin anew to love,” as phrased by Murray Bodo [in his meditation on the first creche at Greccio].

A new Council for Our Lady Queen of the Angels Fraternity...Time to welcome new leadership and new graces while always remembering the graces bestowed upon the Fraternity through past Council members.

In this season of beginnings, of “beginning anew to love,” let us pause and take a few moments to reflect on the meaning of this Advent and of our beginnings, our calling to follow Francis and Clare in “the footprints of the Lord.” What were the graces that first led us to discern a calling to this way of life of penance and holiness? What graces were poured into our hearts by the Holy Spirit on the day of our profession? Can we see the fruit of our lives as Secular Franciscans in the seeds that were sown in our own beginnings?

What is our Lord calling us to begin anew? Is it a new work, a new apostolate, a new change of heart? Our discernment, like our conversion, is a daily renewal in fidelity to the gospel of Jesus Christ. There is no better time to truly listen to the song the Spirit sings deep within us than these long, silent dark nights of Advent as we await the birth of our beloved Saviour, the beginning of our salvation. **T**

“SCRIPTURE CAKE”

by Sr. Loretta Primus

from the December 1993 issue of The Troubadour

1/2 cup butter (Proverbs 30:33)	1/2 tsp. nutmeg
1/2 cup sugar (honey Psalm 19:10)	1/4 tsp. allspice (spices 2 Chron 9:9)
2 eggs (Jeremiah 17:11)	1 1/2 cup applesauce (apples Song of Songs 6:11)
2 1/2 cups flour (1 Kings 4:22)	1/2 cup raisins (2 Sam. 16:1)
1 1/2 tsp. baking soda (yeast/leavening Deuteronomy 16:4)	1/2 cup walnuts (almonds Song of Songs 6:11)
1 tsp. cinnamon	

Cream butter and sugar until fluffy. Add eggs one at a time. Sift together flour, soda, salt, cinnamon, nutmeg, allspice. Add alternately to creamed mixture with applesauce. Stir in raisins and nuts. Turn into a greased and floured pan or cupcake pans. Bake at 350 degrees for 45 minutes for cake, 20-25 minutes for cupcakes. Cool in pan.

Printed, along with this recipe, in that newsletter from 1993 was the following: *From Sr. Loretta Primus comes this Scripture Cake. Jane and Frank Oberle had the chance to sample the cake. “Try it. You’ll like it,” were Frank’s words. Your editor [George Garbrick] also baked this cake, believe me, it is great!*

OUR BELOVED SAINT FRANCIS

THE FIRST CRIB AT GRECCIO

The Message of St. Francis, Extracts selected by Sister Nan, CSF

"I wish to do something that will recall to memory the little Child who was born in Bethlehem and set before our bodily eyes in some way the inconveniences of his infant needs, how he lay in a manger, how, with an ox and an ass standing by, he lay upon the hay where he had been placed." When the good and faithful man heard these things, he ran with haste and prepared in that place all the things the saint had told him.

But the day of joy drew near, the time of great rejoicing came. The brothers were called from their various places. Men and women of that neighborhood prepared with glad hearts, according to their means, candles and torches to light up that night that has lighted up all the days and years with its gleaming star. At length the saint of God came, and finding all things prepared, he saw it and was glad. The manger was prepared, the hay had been brought, the ox and ass were led in. There

simplicity was honored, poverty was exalted, humility was commended, and Greccio was made, as it were, a new Bethlehem. The night was lighted up like the day, and it



*BUT THE
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CAME.*

delighted men and beasts. The people came and were filled with new joy over the new mystery. The woods rang with the voices of the crowd and the rocks

made answer to their jubilation. The brothers sang, paying their debt of praise to the Lord, and the whole night resounded with their rejoicing. The saint of God stood before the manger, uttering sighs, overcome with love, and filled with wonderful happiness.

Thomas of Celano, The First Life of St. Francis, Ch. XXX, Nos. 84-85 T

PRAYER

PRAYER OF ST. JOHN PAUL II

St. John Paul II kept the prayer on a handwritten note and prayed it every day for the gifts of the Holy Spirit.

Before becoming a priest, John Paul II was formed in the faith by his father at home. Looking back, John Paul II would call this time of his life “the first home seminary.”

Among the many things his dad taught him was a **special prayer to the Holy Spirit.**

Author Jason Evert reveals this prayer in his book *Saint John Paul The Great: His Five Loves.*

Karol, Sr., gave him a prayer book on the Holy Spirit, which he used throughout his life, and also taught him the following prayer and instructed him to recite it daily:

Holy Spirit, I ask you for the gift of Wisdom to better know You and Your divine perfections, for the gift of Understanding to clearly discern the spirit of the mysteries of the holy faith, for the gift of Counsel that I may live according to the principles of this faith, for the gift of Knowledge that I may look for counsel in You and that I may always find it in You, for the gift of Fortitude that no fear or earthly

preoccupations would ever separate me from You, for the gift of Piety that I may always serve Your Majesty with a filial love, for the gift of the Fear of the Lord that I may dread sin, which offends You, O my God.

Later on, John Paul II would go so far as to attest that this prayer **resulted a half century later in his encyclical on the Holy Spirit, *Dominum et Vivificantem.***

If you are looking for an inspiring daily prayer, try the one John Paul II prayed every day!

<https://aleteia.org/2020/09/20/the-prayer-john-paul-ii-s-dad-taught-him-that-he-prayed-every-day/>



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

November 4—St. Charles Borromeo,
Secular Franciscan Cardinal, Protector of
the Franciscan Order (October 2, 1538-
November 3, 1584)

November 4—Bl. Teresa Manganiello,
Third Order Secular January 1, 1849-
November 4, 1876

November 17—St. Elizabeth of Hungary,
Secular Franciscan, Patroness of the Third
Order (July 7, 1207-November 17, 1231)

November 19—St. Agnes of Assisi, Order
of St. Clare; St. Clare's younger sister (c.
1197-November 16, 1253)

**November 21—Feast of the Presentation
of the Blessed Virgin Mary**

**December 8—Feast of the Immaculate
Conception,** Patroness of the Seraphic
Order, Holy Day of Obligation, Plenary
Indulgence for tertiaries and cord bearers

**December 12—Finding the Body of Our
Holy Father St. Francis** (*see story on page
4*)

December 12—Our Lady of Guadalupe

**December 25—Nativity of Our Lord Jesus
Christ, CHRISTMAS DAY**

For a full list of Franciscan saints, visit [https://
www.roman-catholic-saints.com/franciscan-
calendar.html](https://www.roman-catholic-saints.com/franciscan-calendar.html)

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

ST. ELIZABETH OF HUNGARY

PATRONESS OF THE
SECULAR FRANCISCAN ORDER

LIVED: Elizabeth was born in the Kingdom of Hungary to King Andrew II of Hungary and Gertrude of Merania on July 7, 1207; she died in Thuringia (in modern-day Germany) on November 17, 1231 at the age of 24. St. Francis lived around the same time (1182-1226).

MISSION: Elizabeth made many private vows to God and became a Third Order Secular Franciscan. She strove to serve God by serving her people well.

ADVENTURES: Princess Elizabeth was promised in marriage to the young landgrave of Thuringia at the age of four, and was raised with him in the magnificent Wartburg Castle. The two were married when Elizabeth was fourteen and Louis was twenty-one. For the most part, the people of the court welcomed the Hungarian princess, but Elizabeth's growing devotion to God, plus her desire to follow the way of St. Francis, caused some in the court to grumble and gossip. They said she prayed too much. They fretted when she wore plain clothes and went to Mass barefoot. (She caused a minor uproar when she removed her gold crown before the crucifix at Mass.) And they especially didn't like her generosity to the poor, whom she fed from her table and washed with her own hands. In response to all these complaints, Elizabeth only laughed.

The common people adored her, and with good reason. In the spring of 1226, crop failures and plague left them sick and starving. Louis was away on royal business, so Elizabeth took charge. First she emptied the castle of its stores of grain, and when that was gone, she began selling her own clothes to support the people. She even built a little hospital below Wartburg Castle and personally cared for the sick there several times a day. And that fall, she bought them shoes and shirts and sickles so they could harvest their fields more easily.

Another time she distributed a huge amount of money to hundreds of poor people at once. That evening, a few dozen of the weakest ones remained in the courtyard, unable to travel home.

"Let us give them a little more," Elizabeth said. "I want to fill them with joy—let's build a fire for them and wash their feet!"

Soon, the people began to sing. "See?" Elizabeth said to her friends. "I told you we should make these people happy!" And she and her friends joined in the song.

[https://www.teachingcatholickids.com/meet-elizabeth-of-
hungary-saints-for-kids/](https://www.teachingcatholickids.com/meet-elizabeth-of-hungary-saints-for-kids/)

BASED ON A TRUE STORY OF ADVENT

ALL IS CALM, ALL IS BRIGHT

by Kelly Ann Lynch, OFS

Holly, a busy mother of four was at a crowded shopping mall in early-December where checkout lines stretched far into the stores, and shoppers scurried through the mall in search of Christmas gifts for everyone on their lists. *There is so much to do, Holly thought to herself, gifts to buy and wrap, cookies and pies to bake, decorations to put up, cards to send. How will I ever get it all done,* she wondered anxiously.

On that particularly busy day at the mall, Holly noticed something in the window of one of her favorite shops—it was a large platter—green in color with embossed letters that spelled out a message—All is Calm, All is Bright.

Calm? Bright?, she thought to herself. *Hardly! And this mall is clearly indicative of how simply untrue that is,* she mumbled to herself. Holly need to make one last stop—to pick up some lip gloss for her daughters for Christmas—when a cashier encouraged her to buy more. “If you buy four,” she told the then-frazzled and hurried mother, “you’ll get one free.” In line behind her, people sighed and paced, and though Holly felt pressured, she insisted that she only needed two lip glosses, one for each of her two daughters. “Are you sure?” the cashier pressed on. “Yes, I am quite sure,” Holly told her emphatically.

That evening at home, Holly and her husband took out the Christmas creche and asked the children to

place Mary and Joseph, the shepherd and sheep, and all the animals inside. “We’ll wait on Baby Jesus,” Holly shared, “and will place Him in the manger on Christmas morning.”

In the busy days and weeks ahead, cards were sent and cookies were baked, the tree was lit and presents, wrapped in red and green, were piled beneath it. An Advent wreath was placed at the center of the kitchen table to be lit during family dinner each night, and an Advent calendar hung on a nearby door for the children to place one laminated nativity figure each night leading up to Christmas.

One evening, after the children had gone up to bed, a weary-eyed Holly finished some Christmas baking. The nights were dark and long, this one in particular, as Holly finished up just shy of midnight. *All is Calm, All is Bright?* It was admittedly difficult for Holly to find the peacefulness in those words. As she turned out the lights before heading up to bed, Holly was drawn to the one small light atop the family’s little stable and the tiny figures within it. In their stillness, they were calm, and in the glow of that single bulb that lit their stable, they were bright.

They were not busy baking cookies or sending Christmas cards. They were not shopping for gifts or decorating their stable. They were still and calm and bright as they awaited the birth of their Son, our Savior.

Holly began to imagine what had led up to that silent night so long ago when a star in the sky filled the stable with such bright light. After all, it was a time when men and women, shepherds and kings had all come to Bethlehem to be registered for the census, and the Inns were crowded and full. *How busy and hectic it must have been,* she thought. As she imagined the townspeople of Bethlehem hustling and scurrying through the streets, Holly thought about her own experience at the mall just days earlier. She remembered the green platter and its words that seemed to shout at her now, *All is Calm, All is Bright.* Holly realized that in spite of the *hustle and bustle of Advent*, the Holy Family **had** found *peace, calm and the brightness of Advent.* But, how?

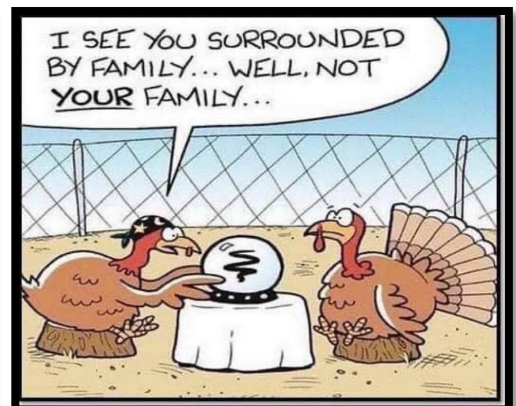
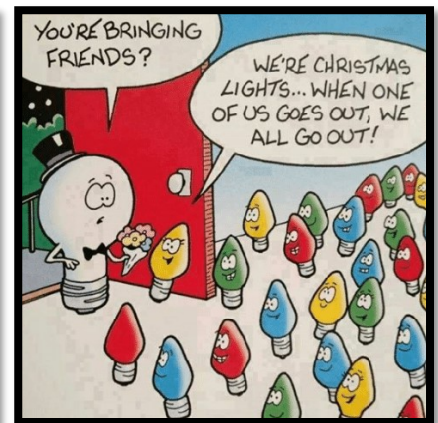
Perhaps there was an inner calm, an inner peace, she thought, *one that did not come from a star in Bethlehem’s sky that night, but one that radiated from within, one that offered “peace that surpasses understanding.” Surely, the Holy Spirit was upon them,* she thought, *especially on that night so long ago when Love was born, and surely that Spirit was one of peace.*

The house was quiet as Holly headed upstairs. *Perhaps the answer lies in the creche,* she thought, *when in the greatest orchestration of all time, the Orchestrator Himself became a part of the story. Yes, she thought, in the creche, All is Calm, All is Bright.* **T**

A JOYFUL FRANCISCAN

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

1. How does a turkey drink her wine?
2. Why was the turkey asked to join the band?
3. What do you call an elf that can sing?
4. Why is it getting harder and harder to buy Advent calendars?
5. What do you call decorations hanging from Rudolph's antlers?
6. Why does Santa go down the chimney?
7. Who does Frosty like to visit during the holidays?
8. Why did the baker give everybody free cookies for Christmas?
9. Why can't a Christmas tree learn to knit?
10. Why do elves go to school?
11. What's the best thing to drink on Christmas Eve?



1. WITH A GOBBLE-LET
2. BECAUSE HE HAD HIS OWN
3. DRUMSTICKS
4. ELF-IS
5. BECAUSE THEIR DAYS ARE
6. NUMBERED
7. CHRISTMAS HORN-AMENTS
8. BECAUSE IT SOOTS HIM
9. HIS AUNT ARCTICA
10. BECAUSE HE HAD A LOT OF
11. DOUGH
12. BECAUSE THEY ALWAYS DROP
13. THEIR NEEDLES
14. TO LEARN THE ELF-ABET
15. NATIVI-TEA

OUR FRATERNITY



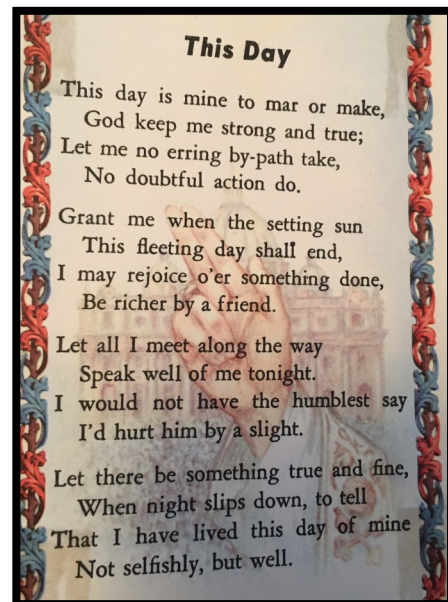
NEW COUNCIL 2020

On October 11, 2020, a new Council was elected to lead Our Lady Queen of the Angels Secular Franciscan Fraternity for the next three years. Thank you for saying, "yes," Julie Rasp (Minister), Mary Anne Fanale (Vice Minister), Jim Stefanow (Formation Director), Jean Reddy (Secretary), Jonathan Heise (Treasurer), Maureen Fitzgerald (Councilor) and Roberta Stefanow (Councilor).

Pictured below is a photo of your new Council (top photo) and your new Council with Barbara Countryman, Regional Minister and Anne Mulqueen, Spiritual Assistant who oversaw those elections (bottom photo).

THIS DAY

When I was a little girl I read this in the newspaper and cut it out. I put it in my prayer book and prayed it every day through elementary and high school. —Janet Kreiner



THE CATHOLIC WORKER HOUSE is currently collecting new or gently used coats, sweaters and blankets for its winter clothing drive on Saturday, November 14. See Joe Dougherty for more information.

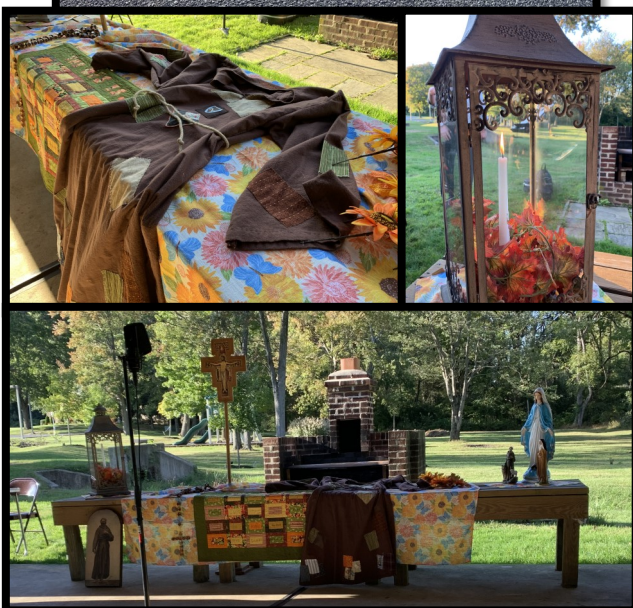
MYCHAL'S MESSAGE is currently collecting "stocking stuffers" for its distribution of Christmas stockings to the St. Anne's Brown Bag Lunch Line over Christmas. See Kelly Ann Lynch or Sharon Hickey for more information.

OUR FRATERNITY



TRANSITUS CELEBRATION

On October 3, 2020, we gathered to celebrate the Transitus of St. Francis of Assisi at St. John Neumann Church in Lancaster. What a lovely celebration it was for all.



LADY JACOBA'S COOKIES

- | | |
|--------------------------|---------------------------------|
| 1 cup granulated sugar | 2 TBSP. water |
| 1 cup packed brown sugar | 1/3 cup vegetable or canola oil |
| Eggs beaten | |
| 1 tsp. almond extract | 8 oz. sliced almonds |
| 2 tsp. baking powder | 2 cups white flour |
| 1/2 tsp. cinnamon | |

Preheat oven to 350 degrees and grease or spray a baking sheet. Put both sugars, eggs and almond extract into a mixer and beat until smooth. Add baking powder, cinnamon, water, oil, flour and almonds. Continue mixing until all ingredients are incorporated. Drop by tablespoon onto baking sheet and bake for 10-12 minutes.

NATURAL WONDERS



COLUMBINE

A flower frequently associated with the Blessed Mother is the columbine.

Legend says that when Mary decided to visit her cousin, Elizabeth, the flower grew wherever Mary's foot touched the ground. When petals fall from the columbine, each individual petal with spur attached resembles a slipper. Sometimes columbine is called "Our Lady's Shoes" or the "Virgin Mary's Shoes."

The columbine has also been called the "Holy Spirit Plant" because its flower resembles a dove. The red columbine, in particular, is used to symbolize the Holy Spirit.

Reprinted from The Little White Book, May 4, 2019

THE MIRACLE OF THE POINSETTIA

A MEXICAN CHRISTMAS LEGEND

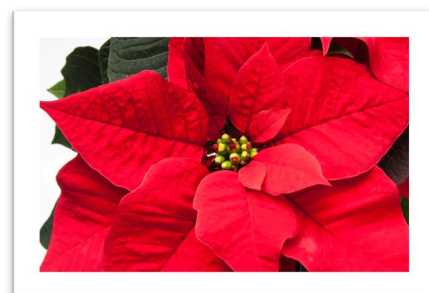
In a small village in Mexico, many people believe that a miracle happened.

On Christmas Eve, in the year 1834, people in the village were bringing gifts to the church altar. Maria, a poor peasant girl, had no gift. She stood outside the church watching others as they entered with their gifts.

A lady passed by with a big bunch of flowers in her arms. As she walked, a leaf fell and landed on Maria's feet. She picked it up and thought, "I will take this leaf and it will be my gift."

Maria picked up the leaf, entered the church, and carefully placed the leaf on the altar. There was a gasp from the others who had seen Maria pick up the leaf. For as her fingers separated, Maria was holding a beautiful flower. The beautiful bloom was shaped like a star with brilliant red leaves.

Word of the miracle spread quickly through the village. The gift of the Poinsettia came to be known as "The Flower of the Holy Night." Since that time, many houses in Mexico display the Poinsettia at Christmas time. They believe that the beautiful plant brings a blessing that will last all year.



FROM A FRANCISCAN KITCHEN

FROM THE KITCHEN OF SUE RINEER



MARLBORO PIE *(a different option to Thanksgiving/Christmas apple pie)*

1 9-inch pie crust pastry	3 TBSP. lemon juice	1 cup light cream
4 medium apples, peeled &	1 cup sugar	1/2 tsp. cinnamon
coarsely chopped (3 cups)	3 TBSP. butter	1 apple sliced
2 tsp. finely shredded lemon peel	4 eggs beaten	

Make pie crust, fill with foil and dry beans.* Bake at 450 degrees for 10 minutes. Remove beans and foil and cool. Meanwhile, sprinkle chopped apples with lemon peel and lemon juice. In medium sauce pan, combine apple mixture and sugar and cook over low heat until sugar dissolves, stirring frequently. Simmer covered for 10 minutes or until apples are very tender. Puree mixture in blender. Stir in butter until melted and cool. Combine pureed apple mix with eggs, cream and cinnamon. Pour into pastry shell, cover edges of crust with foil or silicone crust protectors. Bake at 375 degrees for 25 minutes. Remove foil and bake 25-30 minutes more or until knife inserted in center comes out clean. Cool on rack. Just before serving, arrange poached sliced apples on top.

**BAKER'S NOTE: foil and dry beans prevent pie crust from shrinking.*



FROM THE KITCHEN OF JULIE RASP



PEANUT BUTTER KISS COOKIES

1 3/4 cup flour	1/2 tsp. salt	2 TBSP. milk
1/2 cup sugar	1/2 cup shortening	1 tsp. vanilla
1/2 cup brown sugar	1/2 cup peanut butter	bowl of sugar for rolling
1 tsp. baking soda	1 egg	1 bag Hershey Kisses

In a bowl, mix together sugar, brown sugar, shortening, peanut butter, milk, vanilla and egg. Mix well. Add flour, baking soda and salt. Mix until smooth. Shape dough into 1 1/2" balls and roll in granulated sugar. Place on a cookie sheet at least 1 1/2" apart. Bake at 370 degrees for 10-12 minutes. Press a candy kiss in the center of each cookie right out of the oven.

FROM A FRANCISCAN KITCHEN

FROM THE KITCHEN OF BARBARA HORNSBERGER (JULIE RASP'S MOTHER)

GIANT CHOCOLATE ECLAIR

1 cup water	4 eggs	3 cups milk
1/2 cup butter	2 pkgs. instant vanilla	1 (12-oz.) container Cool Whip
1 cup flour	pudding	hot fudge sauce



To make dough—heat water and butter in a sauce pan to a rolling boil. Turn off heat and add flour. Stir. Whip in eggs and spread in a 9x13" pan (ungreased). Bake 40 minutes at 400 degrees. The dough will puff up in different places. Cool. Beat milk and pudding together. Spread on cooled dough. Top with whipped cream and drizzle on hot fudge sauce (warm enough to drizzle). Store in the refrigerator.

BAKER'S NOTE: This is my mom's favorite to make!

FROM THE KITCHEN OF JANET KREINER

PEANUT BUTTER STUFFED DATES

Dates	Peanut Butter	Granulated Sugar
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Slit the dates and remove the stones. Place a heaping teaspoon of peanut butter inside each date. Roll dates in granulated sugar.

BAKER'S NOTE: My brother was in WW2 when I was a little girl, and I could make these by myself. So, that's how I contributed to the Christmas box we would send him.

FROM THE KITCHEN OF JANET KREINER

CREAM CHEESE FINGER COOKIES

1/2 cup butter (no substitutes), softened	1 TBSP. sugar
4 ounces cream cheese, softened	Dash of salt
1 tsp. vanilla extract	1 cup finely chopped pecans
1 3/4 cups all purpose flour	Confectioners' sugar



In a mixing bowl, cream the butter and cream cheese. Beat in vanilla. Combine the flour, sugar and salt; gradually add to creamed mixture. Stir in pecans (dough will be crumbly). Shape tablespoonfuls into 2-in. logs. Place 2 in. apart on ungreased baking sheets. Bake at 375 degrees for 12-14 minutes or until lightly browned. Roll warm cookies in confectioners' sugar; cool on wire racks. Yield: 2 dozen

FROM A FRANCISCAN KITCHEN

FROM THE KITCHEN OF KATIE FARREN

EGGNOG SPICE BUNDT CAKE

1 box (18 oz.) spice flavored cake mix
 1 box (9.4 oz.) INSTANT pudding (either
 vanilla, banana or French vanilla flavor)
 1 cup vanilla yogurt

1/4 cup canola oil
 1 cup eggnog
 3 egg whites
 1 1/3 cup chopped pecans



Preheat oven to 350 degrees. Grease Bundt pan. Beat all ingredients EXCEPT pecans thoroughly, until well blended (2-4 minutes). Mixture will be thick and 'tacky' looking. Stir in chopped pecans. Pour into prepared pan and bake 40-45 minutes or until toothpick comes out clean. Cool completely, then sift powdered sugar atop cake.



HOLIDAY RECIPES

*We need not always be on our knees in order to pray.
 We can pray when we are baking or sweeping.*

St Jane
de Chantal

cloisteredheart.org

FROM THE KITCHEN OF KELLY ANN LYNCH

CHRISTMAS BALLS

1 cup butter
 4 TBSP. sugar
 2 TBSP. vanilla
 2 cups sifted flour
 1 cups crushed walnuts (fine)
 Powdered sugar



Preheat oven to 350 degrees. Cream together butter and sugar. Add vanilla, then flour. Mix in walnuts. Refrigerate for 1 hour. Roll into balls. Bake at 350 degrees for 15 minutes. Cool. Roll in powdered sugar.

Advent 2020

We Franciscans are committed to bringing about God's peace and joy into a world that can, at times, appear fearful and dark. During this time of waiting and longing, it is good to reflect on how we can bring light and hope into our lives, and the lives of those we encounter every day. During these four weeks of Advent, we invite you to join us in prayer as we prepare to make a place for Christ in our hearts, and the hearts of all believers. We invite you to make an effort to spend these four weeks leading to Christmas praying for the prayer intentions of each day, in addition to any other intentions you might have.

The First Sunday of Advent - Pray for all who watch and wait for the coming of the Lord at Christmas. Even though we have been surrounded by the sights and sounds of Christmas for weeks, today is the First Sunday of Advent, the beginning of the Church's New Year. In the papers and on TV, we are drawn into this frantic time of shopping for that perfect gift. The Church calls us to be watchful and alert, that we might receive the greatest gift of all when he comes, Christ the Lord. Take time to be still and pay attention to the things that God is doing in your life. *Wait for the Lord, His day is near! Wait for the Lord, be strong take heart!*

The Second Sunday of Advent - Pray that I might be God's messenger of hope to someone in need. During this time of preparation, John the Baptist appears on the scene and encourages us to prepare ourselves to greet the Lord when he comes. As baptized disciples of the Lord, each one of us are his messengers to those who suffer and are burdened. *On Jordan's bank, the Baptist's cry announces that the Lord is nigh; Awake and hearken, for he brings glad tidings of the King of kings.*

The Third Sunday of Advent - Pray for the poor, the broken-hearted, and for all who support them in a joyful spirit. On this Gaudete Sunday, (Gaudete comes from the Latin word meaning to rejoice) we rejoice knowing that our time of waiting for the coming of the Christ child is almost over. On Thursday, we begin the "O Antiphons" and sing our joyful song of hope: Rejoice! Rejoice! Emmanuel shall come to you. O Israel." knowing that our time of waiting for the coming of the Christ child is almost over. On Thursday, we begin the "O Antiphons" and sing our joyful song of hope: Rejoice! Rejoice! Emmanuel shall come to you. O Israel."

The Fourth Sunday of Advent - Pray for those who look for hope in God's promises. In the Blessed Virgin Mary, God fulfilled the promises made to his servant David. Mary responded to God's call with faith and love, and God took flesh in Mary's womb. In doing so, God seeks to make his dwelling among us, finding a home in our hearts. As we near Christmas day, may we make a conscious effort at saying yes to God's invitation to welcome the Christ Child, and our neighbor, during the Christmas season and all through the New Year. *The angel Gabriel from heaven came, with wings as drifted snow, with eyes as flame: "All hail to thee, O lowly maiden Mary, most highly favored lady." Gloria!*



*I said a Christmas Prayer for you
because the season's near.*

*I didn't ask for riches
but for gifts so much more dear
I asked for joyful gatherings
with your family all around,
And for carols to inspire you
with their old familiar sound.*

*I asked for quiet moments
in your heart on Christmas morn,
for a special time to celebrate
the Savior who was born...*

*I asked for friends to send their best
that you might know they care.
I asked for peace and love and hope
and I know God heard my prayer.*

*(submitted by Audrey Shaddeck,, OFS
November-December 2011 issue of The Troubadour)*

Our Lady Queen of the Angels Secular Franciscan Fraternity

Lancaster, PA

established July 22, 1990

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