

# The Little Portion

# St. Padre Pio of Pietrelcina Fraternity



## November 2020

Next Fraternity Zoom Meeting  
Monday November 23rd @ 7:30 pm

## Ordo Saecularis Franciscanus St. Margaret of Cortona Region

### Agenda

7:30 Opening Prayer  
Ongoing Formation:  
In preparation read the chapter on Secret 6 from the book: *7 Secrets of the Eucharist*.  
Discussion. We will discuss questions that were sent out via email on November 10<sup>th</sup>.  
Facilitator: Ginger Bahr  
Closing Prayer

### Prayer Intentions

The Simmons Family  
Ron Teller  
Jeffrey Teller Jr.  
Wes Wise  
Roland Willard  
Mary Rose Scelsi  
Baby Ava (Donna's Grand Niece)  
Catherine Fischer and her sister Mary Ann.  
Baby -Daniel John  
Evelyn and Robert Yawn  
Margaret Wise's mother Ruth  
Armando- Ginger's father  
**For those is the Book of Intention.**

St. Francis, St. Clare and St. Pio pray for us!



### Member Resignation From the Order

On November 16, 2020, the Fraternity Council officially approved Allen Siegel's Withdrawal from the Secular Franciscan Order. On the Regional Resignation Form for Withdrawal from the OFS which Allen signed, his stated reason was that he left the Catholic Church. Allen's name has been placed in our Book of Prayer Intentions. Padre Pio Fraternity will keep him in prayer.



Margaret Wise 11/1  
Joan Jackson 11/11

### November Profession



Bonnie Ng -11/19/2011

### Words of Padre Pio

"Before uniting myself to Jesus in the morning through the Eucharist, my heart feels drawn by a power from above. I have such a hunger and thirst for him before receiving him that I am almost breathless."

### Fraternity Withdrawal

On November 16,2020, the Council also accepted and approved the Request for Withdrawal from the Fraternity submitted by Evelyn Yawn. The reason given was personal conflicts that interfere with her Franciscan commitment. The Fraternity Withdrawal does not negate her membership in the Order. Evelyn Yawn's name has been placed in our Book of Prayer Intentions. Padre Pio Fraternity will keep Evelyn in our prayers.



## November the Month of the Holy Souls

The Church dedicates the entire month of November to praying in a special way for the Holy Souls in Purgatory. The Holy Souls await the purification of their souls before going to Heaven. Let us remember our departed brothers and sisters of Padre Pio Fraternity:

Jean Balcerak 10/27/15      Priscilla Diamond - 5/20/11      Claire Hatem – 10/20/14  
Irene Hubbard 6/8/06      Clem VanDenEynden 11/12/2012      Mildred Willig- 10/26/13  
Virginia Wise 8/5/08      Ed Countryman

Eternal Rest grant unto them O Lord and let perpetual light shine upon them.

May they rest in peace.

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### Franciscan Life: Living In Faithfulness to the Eucharist

In his ‘Letter to All Clerics’ Francis wrote that “in this world there is nothing of the Most High himself that we can possess and contemplate with our eyes, except his Body and Blood.: For the poor man of Assisi, the Eucharist was both his compass and his journey’s end. The following quotes from Francis of Assisi and the meditations on him and the Eucharist are good for spiritual reflection. **“All those who refuse to do penance and receive the Body and Blood of our Lord Jesus Christ are blind, because they cannot see the true light, our Lord Jesus Christ.” (Letter to the Faithful).** Humility is the heart of Franciscan spirituality, Francis showed by word and by action, that only a humble and penitent spirit could be truly readied for a gift as important as the Body and Blood of Christ. Francis’ message here may seem severe, especially from a saint so fundamentally tied to simplicity and peace, but the directness of his message only illustrates his primal need for union with the divine. **“In his love, God gives himself into our hands; we touch him and receive him daily into our mouths” (Letter to all Clerics).** Francis takes a noticeably softer tone in this letter to clerics, but the heartbeat of his message is no less serious. When we receive the Eucharist- either by hand or by mouth- we are taking essential food for the journey. The Eucharist to Francis, offered the promise of everlasting life and guided him into a realm of greater compassion for his fellow man. Thomas of Celano, an early friar and author of three hagiographies of Francis, wrote that the saint “burned” with a love that came from his whole being for the sacrament of the Lord’s body”. And Francis sought to spread that fire to his brothers, to the lepers he embraced outside the walled city of Assisi, indeed to all those who longed for a closer relationship with God. It was the summit of his faith – and he wanted everybody at the table.

From: [www.franciscanmedia.org//franciscan-spirit-blog/saint-francis-and-the-eucharist](http://www.franciscanmedia.org//franciscan-spirit-blog/saint-francis-and-the-eucharist)

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## Discussion Questions for Secret 5

1. In order for us to respond to this invitation of Christ, the Catechism says “we must prepare ourselves for so great and so holy a moment.” On pages 65-66 the author lists the minimum requirements given by the Church.

a. Why do you think those requirements are so important?

- We must have the right disposition and put ourselves into the right frame of mind prior to communion
- It is important that we show our Lord the respect He is due
- Communion is not just an “ordinary” part of our lives; it was “a big deal” to go to Mass and receive Eucharist (take a Saturday evening bath, fast-now water or food after midnight, part of our family routine).

b. Can you think of any other ways to prepare yourself for Holy Communion?

Other ways to prepare:

- Observe the fast as a way of penance
- Focus with intent on all parts of liturgy
  - Penitential rite-Confiteor
  - Offertory—offer ourselves up; try to do something better during the week
- Examining conscience the night before Mass
- Getting there early to prepare
- Drive in silence to Church
- Walking from your car to Church—think about what you are going to do (commune with the God of the universe, thank Him, realize all He has done for me)

2. a. The word “receive” can sometimes be misleading when speaking of our participation in Holy Communion. How is Our Lady’s perfect response at the Annunciation and the Visitation a model for us?

- Mary’s confidence shown by her faith and trust in God shown by her “yes” and humility at the Annunciation and Visitation show us how to enter into union with Christ
  - Words of Magnificat show she accepts God’s will with humility
  - Great risk to herself in those times
  - Mary was the first tabernacle for Jesus’ body.
  - Went to see Elizabeth and John leapt in Mary’s womb
  - Example that we should share the gift of Jesus we have been given as she shared with her cousin
  - Mary was the first evangelist

c. How can Mary help us prepare to fully receive our Lord?

- Mary is inseparable from Jesus.
- By praying to her, she will draw us closer to her son
- She can help us receive Jesus with the same joy that she received Him at Annunciation
- Mary is an expert at loving Jesus—no one can teach us to love him better

3.a. Have you ever thought about the way you receive the Eucharist?

- This book has helped us to think more deeply about it
- We need to be a better example
- Being a Eucharistic minister /bringing Eucharist to the sick is a humbling and profound experience
- Better to go to confessions first

b. When in line for Holy Communion, what goes through your mind?

- With the pandemic; staying in your space
- Say a prayer to St. Anthony not get lost returning to my pew 😊
- Help to prepare the children during school liturgies (proper posture, folded hands, etc.)

c. What do you reflect on once you return to your pew?

- Rest in silence; just be with the One who loves us
- Say a prayer of thanksgiving; feel so grateful to God; a sense of peace
- Pray that this communion will change me for the better; confident that God will help me
- This is why I exist—to be in communion with God
- We feel the fire of God's love in our life
- Offer our love to Jesus; ask Him to help me love Him even more

4. In Holy communion we are called to intimately unite ourselves with Christ, and become one flesh with Him. How do you feel about using this nuptial imagery in reference to the Eucharist?

- Communion means union with Jesus as in marriage
- He becomes a part of us; nothing could be closer

5.a. How much time do you usually take in preparation for Holy Communion?

- ½ hour prior to Mass
- Pray with other ministers, priest, and deacon prior to Mass
- Focus during liturgy to all prayers, readings, homily is important too

b. How much time do you spend in thanksgiving after receiving?

- Need to spend at least a few moments
- Stay after Mass when it is quiet
- Continue to meditate when we get home away from distractions at the end of Mass
- Say Padre Pio's prayer/ think of how I have hurt God and ask him to correct me

c. Why is it so important to prepare and give thanks, and why is it so easy for other things to take on more importance?

- St. Bonaventure tells us that we receive more grace from one Holy Communion well-received than many graces received with carelessness.
- We need to make a more conscious effort to prepare for Eucharist and to reflect afterwards
- Life will continue on but we miss an opportunity to realize that this is the most important action in life

Submitted by

Ginger Bahr O.F.S.

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**“The Lord manifests Himself to those who stop for some time in peace and humility of heart. If you look in the murky and turbulent waters, you cannot see the reflection of your face. If you want to see the face of Christ, stop and collect your thoughts in silence, and close the door of your soul to the noise of external things”. – St. Anthony of Padua**

## Minister's Message

As I write this November Message, Covid 19 appears to be rearing its ugly head with more and more cases; new restrictions are being put in place and many people are perhaps stressed out by all of the uncertainty. Thanksgiving Day is soon to be celebrated. Celebrate we should as it is a Day to give deep heartfelt gratitude to God. No matter the problems or stresses in life that challenge us, we have much to be Thankful for. Gratitude to God can overcome a disheartened spirit. Franciscans should strive to have a joyful spirit even amidst challenges. Francis always turned to God in thankful prayer for everything for everything is a gift from God. His lips were ever praising God! We must strive to overcome any sense of gloom or discouragement whether from the virus, divisions in our nation or personal/family issues by focusing on the Father, Son and Holy Spirit in prayer. Prayer gives us strength and peace. Let us continue to pray for each other as some of our fraternity sisters are dealing with health issues and/or spouses /parents that have health challenges. Keep Br. Emmanuel in prayer as he continues his studies for the priesthood. I wish everyone a Blessed Thanksgiving Day. I want to thank the Council for their support and dedicated work. Also thank you to those members who have been faithful to attending the Zoom Meetings. Everyone's insights in our ongoing formation discussion is vitally important to each of us. Together we journey the Franciscan path. Finally, Advent is around the corner. Let us make a great effort to prepare for the Lord's coming at Christmas. May the Lord bless you and keep you and grant you profound peace.

Bonnie Ng, O.F.S.

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## November Donations

This month we have sent the following donations:

\$20 to National Padre Pio Center

\$100 check for food gift card for a needy family at Christmas at St. Joan of Arc Parish.

\$100 check to Birthright. This is in lieu of our normal delivery of bay items in honor of the child Jesus at Christmas

\$100 check for Harford House in lieu of needed items we would normally bring to the meetings for delivery.

Stan Glodek , O.F.S.