



# 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



## January—February 2021

### UPCOMING DATES AND EVENTS:

- February 1**—Initial Formation via Zoom – 6:30 p.m. – 7:45 p.m.
- February 11**—Council Meeting 7:00 p.m. Jim and Roberta's house (or Zoom)
- February 14**—Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m. (or Zoom)
- March 1**—Initial Formation via Zoom – 6:30 p.m. – 7:45 p.m.
- March 11**—Council Meeting 7:00 p.m. Jim and Roberta's house (or Zoom)
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### SEE PAGE 20 FOR 2021 CALENDAR



#### Council

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

**March-April newsletter submissions due by March 1. Please send your favorite crockpot recipes for the next newsletter.**

Dear Fellow Franciscans,

Jim Stefanow did a beautiful job with ongoing formation at our January gathering (via Zoom) referencing a 2020 article from *Tau-USA*, "Guiding Fraternity: Advice from Scripture and Saint Francis," by Mary Bittner, OFS. St. Francis' early rule emphasized fostering fraternity growth and spirit. Francis taught that genuine love of our brothers is imperative for fraternity, that we must make building fraternity a priority, and we must honor and forgive others without complaint.

Inside you'll read our Minister's Message (*page 3*) where Julie Rasp reminds us that, as Franciscans, we are to devote ourselves to careful reading of the Gospel, going from the Gospel to life and life to the Gospel. Lent begins on Ash Wednesday, February 17 this year. What a perfect time to begin opening the Gospels. Inside is the first reflection on Lent (*page 4*) from *Lent with St. Francis, Daily Reflections* by Diane M. Houdek; an article entitled "The Spirit of Lent" (*page 6*) and an OFS Examination of Conscience for Lent (*page 8*) from the archives. You'll also read about "The Temptation of Francis" (*page 9*) where after two years of temptation, he heard the Lord tell him, "If you had faith as big as a mustard seed and would tell a mountain to move from where it is and go somewhere else, that would be done." (The mountain is his temptation.)

There are two prayers inside, one a "Prayer at the time of a Pandemic" and the other a simple prayer by Saint Teresa of Calcutta that has become a part of my daily prayers (*both on page 10*). If you'd like to learn more about recently beatified Carlo Acutis in Assisi, see two of my 11 year-old's slides from a Power Point presentation she recently created for a homeschool assignment (*page 12*). I helped her organize the facts, but she did the rest. Obviously, I gave her an A+.

Have you ever wondered why they didn't play cards on the Ark or how Moses made his coffee? See inside to find those answers (*page 13*). Around the fraternity, Julie Rasp is leading several pilgrimages for her Journeys-HIS Way ministry (*see pages 14-15 for details*); Kelly Ann Lynch and Sharon Hickey of Mychal's Message are collecting socks for the homeless (*see page 15 for drop-off location*); Joe Dougherty of Catholic Worker House is recommending a new book for us, *Dating God* by Daniel Horan, OFM which will allow us to see St. Francis' spirituality in a new light; and Maureen Fitzgerald has agreed to be the JPIC Chair for the fraternity and is welcoming others to join her (Maureen Dressman has volunteered to assist her). **Since we are not meeting in person, please mail your monetary donations to Jonathan Heise, Treasurer, 2447 Guilford Street, Lebanon, PA 17046 (Checks made payable to Our Lady Queen of the Angels Fraternity).**

You'll find some fabulous soup recipes inside (*pages 17-19*). It's a great time of year to make soup, isn't it? It's also a great time of year to birdwatch. Did you know that Pennsylvania has 35 species of birds in the winter months (*page 16*)?

With Great Joy,  
Kelly Ann Lynch, Editor

## PRAYER INTENTIONS FROM THE POPE AND THE OFS

Please pray for these intentions in January.

**From the Pope: For Evangelization—Human Fraternity:** May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all.

**From the OFS:** For the national fraternities of South Africa, Honduras and India.

**Our Father ...**



Please pray for these intentions in February.

**From the Pope: Universal—Violence Against Women:** We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

**From the OFS:** For the national fraternities of Zambia, Belgium and Japan.

**Our Father ...**

## BIRTHDAYS & ANNIVERSARIES

**Wish them a Happy Birthday!**

Barbara Bernas—January 4  
Jane Oberle—January 21  
Jill Nicklaus—January 28  
Lourdes Morton—February 8  
Beth Treier—February 15



**Wish them a Happy OFS Anniversary!**

- Maureen Dressman, Ginny Heise, Ric Johnson and Jean Reddy—**January 7 (3 years)**
- Jeanette Durbin, Denise Gammache, Janet Kreiner, Lourdes Morton, and Beth Treier—**January 8 (9 years)**
- Theresa White-Lightner, Larry and Sue Rineer—**January 13 (8 years)**



### SAINT ROSALIA

#### A SAINT WHO SERVED DURING A PLAGUE/EPIDEMIC

*(from Magnificat, January 2021 issue, page 289)*

The patron saint of Palermo, Italy, Rosalie was born of nobles. Desiring to give her life to Christ, she found a cave near Bivona to serve as a hermitage. After some years, she moved to a more remote spot, on the slopes of Monte Pellegrino. Rosalie died in this cave when she was about thirty, and her remains were covered by time secretions. Yet the local people remembered her for her holiness, and her fame spread through Sicily and southern Italy, where many churches were named in her honor.

Rosalia's bones remained hidden until 1623, when a plague began in Palermo. Rosalia (or to her distraught husband—two different accounts exist) appeared in a vision to a plague victim and pointed out her resting place in the cave. The bones were dug out of the limestone and processed through the plague-stricken town. At once, the plague abated, and credit was given to Rosalia. Responding to the demands of the grateful townsfolk, the Flemish painter Anthony van Dyck, who was stuck in the quarantined city, painted a series of portraits of the hermitess—one of them on a canvas on which he had already sketched a self-portrait.

Since that time, Rosalia's fame as protectress in time of epidemic and plague has spread throughout the Church. She is still honored in a yearly festival in Palermo.



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## MINISTER'S MESSAGE

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### LOSE YOURSELF IN THE JOY THAT IS HIM

A MESSAGE FROM OUR MINISTER, JULIE RASP, OFS



Dear sisters and brothers in Christ,

Many thought the year 2020 was supposed to be a year of clearest vision; a year where everything was personified and completely understood. Instead, 2020 invited us to take a better look at our inward journey rather than our outward journey - while focusing, or more/less becoming forced to understand ourselves better.

For me, 2020 began with news of two more grandbabies on the way, four pilgrimages spread across the year evenly, a much-anticipated graduation for Olivia, a grand wedding celebration for my nephew in NYC, the election of a new President of the United States, and the election of a new Minister for my Secular Franciscan Fraternity. While many of these events occurred, a great fog fell on their vision.

Covid-19 became a household name and we all had to adjust to the facts that our families and each of our sisters and brothers worldwide were in danger to some degree. We were advised to stay home. Stay safe. Wear a mask. Wash your hands for two minutes...often. Stay six feet away from others. No gatherings of family or friends.

Here we are a full year later and as Covid-19 continues to make its way into our country, our city, our town, our workplace and perhaps even our home and bodies, let us as Secular Franciscans continue to strengthen our spirit by surrounding ourselves and others in prayer. ***Secular Franciscans should devote themselves to careful reading of the Gospel, going from Gospel to life and life to Gospel. (Rule 4 – paragraph 3)***

Let us actively seek and find new interior enlightenment to provide nourishment for our own spirit. We can then continue to move forward, giving to others the peace and hope that Jesus gives to us; and lose ourselves in the joy of Him who has done great things for us.

God grant you peace,

Julie

***As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do. (Rule 8 – paragraph 1)***



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## FRANCISCAN FOCUS

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### ASH WEDNESDAY

### BE FAITHFUL TO THE GOSPEL

by Diane M. Houdek, *Lent with St. Francis, Daily Reflections*

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#### Ash Wednesday: February 17, 2021

Joel 2:12-18; Psalm 51:3-4, 5-6, 12-13, 17; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18

“Turn away from sin and be faithful to the Gospel.”

These are the words most often used as we are signed with ashes. It is a call to conversion, a call to follow Christ, a call to change our lives. Today’s reading from the Gospel of Matthew gives us the three pillars of Lent—prayer, fasting and almsgiving. These are at the heart of the Gospel’s message. No one heard this call and followed it more devoutly than St. Francis of Assisi.

But when on a certain day the Gospel was read in [the church of the Portiuncula] how the Lord sent his disciples to preach, the holy man of God, assisting there, understood somewhat the words of the Gospel; after Mass he humbly asked the priest to explain the Gospel to him more fully. When he had set forth for him in order all these things, the holy Francis, hearing that the disciples of Christ should not possess gold or silver or money; nor carry along the way scrip, or wallet, or bread, or a staff; that they should not have shoes, or two tunics; but that they should preach the kingdom of God and penance,

immediately cried out exultingly: “This is what I wish, this is what I seek, this is what I long to do with all my heart.”

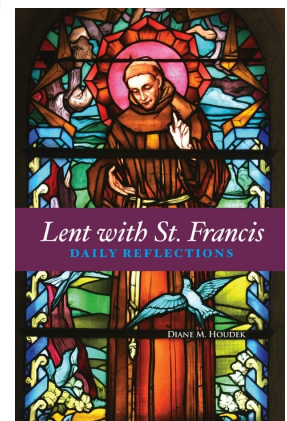
Francis took a literal approach to the Gospel. He began with the most basic interpretation of a text, but he didn’t stop there. He began by throwing aside his tunic, shoes, and walking staff, but over time discovered the many ways in which possessions can keep us from seeking God. He began by carrying stones and fitting them into the crumbling walls of Assisi’s churches, but over time he inspired his followers to reinvigorate the Church with the undimmed power of the Gospel.

#### Prayer

Most High, Glorious God,  
bring light to the darkness of my heart,  
give me right faith, certain hope, and perfect charity.

Lord, give me insight and wisdom  
so I might always discern  
your holy and true will.  
Amen. **T**

*...the three  
pillars of Lent—  
prayer, fasting  
and almsgiving.*



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## THE FRANCISCAN RULE

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### The Way of Life

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.



8. As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do.

Let them participate in the sacramental life of the Church, above all the Eucharist. Let them join in liturgical prayer in one of the forms proposed by the Church, reliving the mysteries of the life of Christ.

**Look for Rules 9 and 10 in the next newsletter.**

### Commentary

7. The next section of the rule (#7 and #8) explains the personal disposition or preconditions (viz., conversion and worship) necessary for achieving the union with Jesus Christ and with one’s neighbor described above.

An ongoing change of heart or a continual spiritual renewal is the first condition (#7) for modeling one’s own thoughts and deeds on those of Christ. As Francis himself points out in his letter used as the prologue, if we love the Lord with all we are, build a eucharistic community, and remove those things that prevent such union, we become one with him, fulfill the Father’s will, and project his image onto the world. Thus our daily conversion becomes a primary means for putting on Christ and conforming ourselves to him. The sacrament of reconciliation, then, is a privileged means and practical assistance for achieving this objective.

8. The other precondition is to make worship of the Father as central in our own lives as it was in Christ’s. The Secular Franciscan, then, communicates and unites with the Lord through the sacraments (again, especially the Eucharist), the liturgy of the hours, contemplation, and any other expression of prayer.

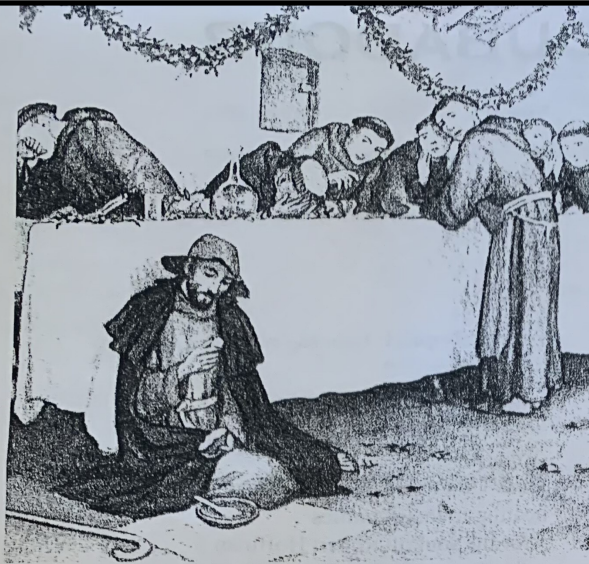
from *The Rule of the Secular Franciscan Order with a Catechism and Instructions* (Franciscan Press)



## FROM OUR OFS FRATERNITY ARCHIVES

Reprinted from our own issues of *The Troubadour*

"THE SPIRIT OF LENT"  
 from the February 2002 of *The Troubadour*



### FAITHFUL TO POVERTY

One time it happened that on Easter, the brothers of the hermitage at Greccio prepared the table with more care than usual, but Francis did not approve. "He put on his head the hat belonging to a poor man who was present, he sat down on the ground and asked for a ladle that was set among the ashes.

"'Yes! Now I'm seated like a Friar Minor,' he said. 'We, more than anyone else, must feel ourselves obliged to follow the example of poverty set by the son of God'" (Little Flowers, Chap. 31).

### LENT

The annual Lenten season is the fitting time to climb the holy mountain of Easter. The Lenten season has a double character, namely to prepare both catechumens and faithful to celebrate the paschal mystery. The catechumens, both with the rite of election and scrutinies, and by catechesis, are prepared for the celebration of the sacraments of Christian initiation; the faithful, ever more attentive to the word of God and prayer, prepare themselves by penance for the renewal of their baptismal promises (*Ceremoniale episcoporum*, 249).

*"Remember, you are dust..." From this perspective, Lenten penance may be more effective if we fail in our resolutions than if we succeed, for its purpose is not to confirm us in our sense of virtue but to bring home to us our radical need of salvation.*

*It is in answer to this profound awareness of need that the lectionary shifts from the Synoptics to John, from the demands of discipleship to the person of Jesus. John presents Jesus as the Savior, but Jesus can only save those who know their need for salvation. Confronted with our sickness and powerlessness, we pray for our salvation.*

Taken from "The Spirit of Lent," Mark Searle, in *Assembly*, Volume 8:3. © Notre Dame Center for Pastoral Liturgy, Notre Dame, IN



### TO THE LEPER HOSPITAL

As soon as he finished work to restore the little church of San Damiano and was done preaching the Gospel, he would rush to the leper hospital. He washed them, dressed their sores, embraced them and comforted them, lighting their souls with the hope that they would be cured.



### THE MEETING OF FRANCIS AND CLARE AT THE PORTIUNCOLA

Clare, accompanied by Sister Pacifica, went to the Portiuncola to meet Francis and to see the dear church in which she had been consecrated to God. It was evening and the bread of charity was placed on a mat. The two saints began to discuss the Lord's redemptive sacrifice and his love for all creatures. Together, they lifted their voices in prayer to the Lord and were rapt in ecstasy. A heavenly light enveloped them and it was so intense that it seemed as if the woods around the church were ablaze. People came running from all over to put out the flames, but there was no fire, just a brother and sister in prayer.

From the *Seraphic Messenger*  
 St. John the Evangelist Fraternity  
 Philadelphia PA

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## FROM OUR OFS FRATERNITY ARCHIVES

*Reprinted from our own issues of The Troubadour*

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### “A LETTER FROM THE [2007] MINISTER”

*submitted by Joe Dougherty, OFS*

*from the January-February 2007 issue of The Troubadour*

Dear Sisters and Brothers,

I hope everyone is enjoying the Christmas season. As I write this message it is the feast of The Holy Family, so I take this occasion to wish you and your loved ones, your family and your extended family, all good for the days ahead.

This morning, I was looking at a painting of the well-known gospel account of the Transfiguration and remembered how the apostles were lost for words, and even when Peter spoke it proved that he too hadn't a clue as to what was really going on. We, of course, know better, but the apostles didn't have the chance to meditate on this scripture passage. The “VOICE” from the cloud suddenly says, “This is my Son, LISTEN TO HIM.” Could this be a message to us, as well? Does our Father continue to ask us to LISTEN TO HIM? The beginning of the morning liturgical prayer that calls us to proclaim the Lord in all of His works ends with the words, “Today if you HEAR HIS VOICE, harden not your hearts.” We must ask ourselves if we really do listen to HIS voice. Do we wait for the promptings of HIS spirit? Can anyone say that they always listen for, and to, the voice of GOD? Could anyone say that their life wouldn't be very different if they truly listened to HIM?

I believe our lives can be transformed if we but LISTEN, LISTEN, LISTEN. My prayer for all of our fraternity members in this New Year is that we strive to LISTEN TO THE VOICE OF THE LORD!

PEACE and ALL GOOD,  
Joe

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## FROM OUR OFS FRATERNITY ARCHIVES

*Reprinted from our own issues of The Troubadour*



### “SFO CANDIDATES’ RETREAT”

*by Ken Giovanelli, OFS*

*from the Candidates Retreat on March 21, 2009*

Ken Giovanelli prepared some reflection questions for the candidates who attended a one day retreat at St. Anne’s in Columbia in March of 2009. Below are some of those thought-provoking questions for all of us to ponder.

- Francis experienced a number of conversion “moments” in his life. What was your moment of conversion (awakening) to a deeper awareness of Christ? What was the moment of your conversion to the Franciscan call? Was there a similarity to both “conversions?”
- What is it about St. Francis and his life that “echoes” within you, that has led you to Franciscan [life]? Are there one or two “themes” of his life that find a “home” within you? Why are you following St. Francis?
- Francis followed God’s will for his life and God rewarded him with fraternity. For their Rule, Francis chose the Gospels. Is there a Gospel passage or story in which you hear God calling you? Why is this Gospel passage so meaningful to you?

### “AN OFS EXAMINATION OF CONSCIENCE FOR LENT”

*submitted by George Garbrick, OFS*

*from the March-April 2010 issue of The Troubadour*

- Is my heart really set on God, whom I should love above all things?  
 Do I make a sincere effort to live a Gospel life according to the Rule I have professed?  
 Have I been faithful to a prayer life, especially the Liturgy of the Hours and other forms of prayer?  
 Have I made a sincere effort to grow in my Franciscan commitment in my daily life?  
 Am I willing to serve in a leadership position in the fraternity, or do I decline, making excuses for myself?  
 Do I have a simple lifestyle or am I still concerned about the things of this world?  
 Do I share my possessions with the less fortunate?  
 Do I do my best to help the victims of oppression, misfortune and poverty?  
 Do I share in the apostolic and charitable works of the Church and specifically those of my fraternity?  
 At work, am I just, hard-working and honest?  
 If I am in a position of responsibility or authority, do I use this for the good of others in a spirit of service?  
 Am I always ready to forgive and make peace for the love of Christ?  
 Do I really love and accept all people as brothers and sisters in Christ?  
 Do I avoid rashly judging other people and gossip?  
 Do I use the gifts God has given me to build up a more fraternal world?  
 Have I kept silent or gone against my conscience out of fear or hypocrisy?  
 Have I always turned to God in times of sickness, despair, sorrow and disappointment and trusted in His goodness?  
 Do I approach the Sacrament of Penance as often as I should?

**Ash Wednesday is on  
February 17**



**Ash Wednesday**  
— Lent Begins



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## OUR BELOVED SAINT FRANCIS

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### ST. FRANCIS IN TEMPTATION

from *we were with st. francis*, edited and translated by  
Salvator Butler, OFM (Edizioni Porziumcola)

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Lacking cheer during temptation he withdraws from companions—his peace is restored through a gospel message.

In those same times, St. Francis was staying at the place of St. Mary when it happened that a grievous temptation of the spirit was sent into him for the greater good of his soul. In his tribulations he even withdrew somewhat from close companionship with the brothers because he could not appear before them with his customary cheerfulness while bearing that temptation. He mortified himself, abstaining not only from food but also from speaking. Often he would go to pray in the woods near the church where he in all freedom could show his sorrow to the Lord, and weep more abundant tears before him so that the Lord, who can do all things, might deign to send him a remedy from heaven for his tribulations.

After being tormented day and night by this temptation for more than two years, he was praying one day in the church of St. Mary when these words of the Gospel were spoken within his spirit: “If you had faith as big as a mustard seed, and would tell a mountain to

move from where it is and go somewhere else, that would be done (cf. Mt 17,20).” St. Francis replied, “What is this mountain?” The answer given him was, “This mountain is your temptation.” St. Francis said, “Therefore, Lord, let it be done to me as you have said.” Immediately he was freed, and so completely that he was as if he had never had the temptation.



## PRAYERS

### PRAYER AT THE TIME OF A PANDEMIC



*Lord Jesus, who promised to remain with us always,  
When information overwhelms us  
and fear overtakes us,  
speak to us again those comforting words,  
“Peace be with you.”*

*Though we cannot be physically close to others,  
give us the ability and courage  
to love as well as we can,  
since “perfect love casts out all fear.”*

*Direct your caring gaze on doctors and nurses,  
researchers and safety personnel;  
come to strengthen the sick, the vulnerable,  
and comfort those who are grief stricken.*

*And when the pandemic has passed,  
and this frightening crisis is resolved,  
teach us to know You more certainly  
as our dearest Friend and our only Hope.  
You live and reign with the Father and the Holy Spirit,  
One God, forever and ever. Amen.*

*(Offer one Our Father, one Hail Mary, and the Glory Be...)*

***Our Lady, Mother of Perpetual Help, pray for us.***



### A PRAYER OF ADORATION

O God, we believe you are here.

We adore you and love you with our whole heart and soul because you are most worthy of all our love.

We desire to love you as the blessed do in heaven.

Flood our souls with your spirit and life.

Penetrate and possess our whole being utterly, that our lives may only be a radiance of yours.

Shine through us, and be so in us that every soul we come in contact with may feel your presence in our soul.

Saint Teresa of Calcutta

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

**January 1—Mary, Mother of God**

**January 7—St. Angela of Foligno**, widow, followed a path of self-emptying after her conversion from a life of wealth and social status (1248-January 4, 1309, canonized in 2013)

**January 10—Blessed Gregory X**, Pope, Franciscan Third Order Secular

**January 23—St. Marianne Cope**, worked with persons suffering from leprosy in Hawaii (January 23, 1838-August 9, 1918)

**January 27—St. Angela Merici**, Secular Franciscan, Founder of first teaching congregation of women and the Secular Institute of Religious Women, (March 21, 1474-January 27, 1540)

**January 29—St. Francis de Sales**, Bishop, gentle spirited man, patron of the Catholic Press (August 21, 1567-December 28, 1622)

**January 31—St. John Bosco**, Secular Franciscan, worked with young boys using a preventive system by placing them in surroundings where they were less likely to sin, combined education with guidance to unite their spiritual life with work, study and play, founded Salesians (August 16, 1815-January 31, 1888)

**February 18—St. Bernadette of Soubirous**, was visited by Our Lady 18 times in Lourdes, France when she was 14 years old (January 7, 1844-April 16, 1879)

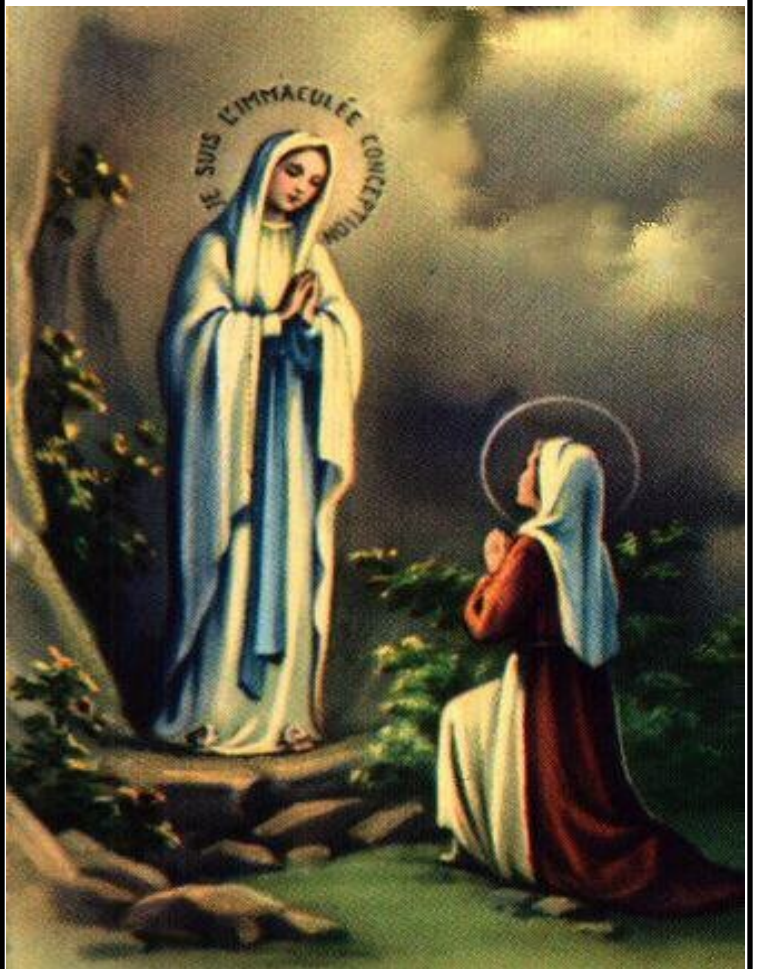
**February 21—St. Margaret of Cortona**, penitent, Franciscan Third Order Secular, patron saint of the homeless

For a complete list, visit [Franciscan calendar, Calendar of Franciscan Saints and Blesseds \(roman-catholic-saints.com\)](http://Franciscan calendar, Calendar of Franciscan Saints and Blesseds (roman-catholic-saints.com))

To view a 1 minute, 21 second animated video on St. Margaret of Cortona, visit <https://youtu.be/C4h3Tu5lfno>.

*“I shall spend every moment loving. One who loves does not notice her trials; or perhaps more accurately, she is able to love them.”*

*St. Bernadette of Soubirous*



## A FRANCISCAN SAINT

### WHO IS BLESSED CARLO ACUTIS?

by Mychaela Rosario (and Kelly Ann Lynch, OFS)

Recently, Mychaela Rosario (daughter of Kelly Ann Lynch) created a Power Point Presentation on Blessed Carlo Acutis as a homeschool project. Below are two of the slides from her presentation.

- He was born in London.
- When he was a few months old, his parents moved to Milan in Italy.
- His parents were not practicing Catholics. His mother had been to church only for her first Communion, Confirmation and wedding.
- From a very young age, Carlo had a special love for God. He also loved to pray the Rosary.
- After his first Communion, he attended Mass every time he could, made Holy Hours before or after Mass, and went to Confession weekly.
- He was an ordinary boy, and at the age of 9 years old, he loved video games, but he only played them one hour each week as a penance and spiritual discipline.
- He was an extraordinary boy who defended kids at school who were getting picked on.
- He was known as a “computer geek” or “computer whiz” because of his increased understanding of computers.



- He was known for “dragging” his parents to church; he brought them back to the faith.
- He asked his parents to take him on pilgrimages to places the saints and sites of Eucharistic miracles.
- As a teenager, he was diagnosed with leukemia – he offered his sufferings for Pope Benedict XVI and for the church saying, “I offer all the suffering I have to suffer for the Lord and for the Pope and the church.”
- He died on October 12, 2006 and was buried in Assisi at his request because of his love for Saint Francis of Assisi.
- He was best known for documenting Eucharistic miracles around the world and cataloging them all onto a website that he created in the months before his death from leukemia.
- The cause for his canonization began in 2013. He was designated Venerable in 2018 (my grandparents were there). And on October 10, 2020, he was beatified and became Blessed Carlo Acutis.



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## A JOYFUL FRANCISCAN

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

**riddle:** (noun) a question or statement intentionally phrased so as to require ingenuity in ascertaining its answer or meaning, typically presented as a game



### FUNNIES! (from George)

(reprinted from January 2005 issue of *The Troubadour*)

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments," answered the lady.

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A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note: "I've circled this block for 10 years. If I don't give you a ticket, I'll lose my job. Lead us not into temptation."

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There is a story of a pastor who got up one Sunday and announced to his congregation: "I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

1. Who was the greatest financier in the Bible?
2. Where is the first tennis match mentioned in the Bible?
3. Why didn't they play cards on the Ark?
4. What kind of man was Boaz before he married?
5. How does Moses make his coffee?

1. Noah; he was floating his stock while everyone was in liquidation.
2. When Joseph served in Pharaoh's court.
3. Because Noah was standing on the deck.
4. Ruthless.
5. Hebrews 11.

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## OUR FRATERNITY

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### Journeys ~ HIS Way Pilgrimage Ministry

*Journeys.HISWay@gmail.com*  
Julie Rasp, OFS 717-940-2272

### Travel with Family & Friends in 2021 and 2022

#### Medjugorje 40<sup>th</sup> Anniversary Celebration! June 21-30, 2021

Come with us to the village of Medjugorje where our Blessed Mother has been appearing daily for 40 years! Daily Mass, Rosary, Confession, Adoration of the Blessed Sacrament, Stations of the Cross, and so much more will fill our days. 3-star hotel with air conditioning (double occupancy), breakfast and dinner are all included.

**\$1,095 Land Only** + \$250 for private room if needed (\*see below)

**Flights will be chosen in late January**

**Call or email Julie for a detailed flyer**

#### Holy Land Pilgrimage August 12-20, 2021

Visit the Sea of Galilee, the Mount of Beatitudes, Capernaum, Mount Tabor, the Jordan River, Cana, Nazareth, Jerusalem, Mount of Olives, Bethlehem, Mount Zion, Western Wall, and so much more... Room (double occupancy), breakfast and dinner are all included. We will be traveling with a tour company who provides a professional guide and private coach for the week.

**\$1,499 Land Only** + \$500 for private room if needed. *This fee comes direct from our agency in Israel.*

**Flights have been chosen on United Airlines**

**Call or email Julie for a detailed flyer**

#### Camino Portuguese Pilgrimage Transfer September 7-19, 2021

Come travel with us as we walk from the tip of Portugal to the center of Spain, 84 miles north to Santiago de Compostela. We will spend our first night in Porto, Portugal, seven days on the Camino, and two nights in Fatima, Portugal. Room (double occupancy), most breakfast and dinner included. Dinner on your

own in Porto and Santiago de Compostela.

**\$1,395 Land Only** + \$350 for private room if needed (\*see below)

**Flights have been chosen on either United Airlines or TAP Air Portugal**

**Call or email Julie for a detailed flyer**

#### Fatima and Lisbon Pilgrimage October 10-19, 2021

Flying directly from Newark to Lisbon, Portugal, a shuttle will be waiting to take us one hour north to Fatima. We will visit Fatima for six days including the annual three days of celebration memorializing the final visit of Our Lady, to the shepherd children. We will follow the scheduled program in Fatima and visit the homesteads of the children, pray the Rosary, Stations of the Cross, have evening Prayer/Share time and much more. Room (double occupancy), breakfast and dinner are all included.

**\$1,249 Land Only** + \$350 for private room if needed (\*see below)

**Flights have been chosen on either United Airlines or TAP Air Portugal**

#### Lourdes Retreat Pilgrimage May 1-9, 2022

Travel to Lourdes, France for a 9-day Marian retreat pilgrimage. Our hotel, where we will spend seven nights, is located near the grounds to the shrine. Each day in Lourdes will be filled with Holy Mass, Rosary, Confession, Adoration of the Blessed Sacrament, Stations of the Cross, prayer time as a group, and so much more. Room (double occupancy), breakfast, dinner and transfers to/from the Toulouse airport are all included.

**\$1,249 Land Only** + \$300 for private room if needed (\*see below)

**Flight information will be available 8 months before we travel**  
**Call or email Julie for a detailed flyer**

#### Camino Portuguese Experience July or August 2022 Exact dates not chosen yet

Enjoy a 7-day hike with our group of family and friends along the Camino in the summertime! You will experience a visit to Porto, Portugal where the group will gather throughout the first day. Our pilgrimage continues at the tip of Portugal in the town of Valenca where we begin our 84 mile walk to Santiago de Compostela. Following the yellow arrows by day, we will arrive at our nightly destination around 3:00 p.m. Enjoy the country homes, hotels and albergue settings as we stop and rest for the night. Room (double occupancy), most breakfasts and dinners included. Dinner not included in Porto or Santiago de

## OUR FRATERNITY



Compostela. We will spend two nights in Santiago de Compostela before heading home.

**\$1,299 Land Only** + \$350 for a private room if needed (\*see below)

Flight information will be available 8 months before we travel  
Call or email Julie for a detailed flyer

### Assisi and Rome, Italy Sat. October 1 – Mon. October 10, 2022

Flying directly from Newark to Rome, Italy a shuttle will be waiting to take us three hours north to Assisi. We will visit Assisi for six days including the beautiful celebration of the Transitus of Saint Francis and the Saint's Feast Day. Next, we are off to visit Rome for three days and two nights. Let's browse Saint Peter's Basilica, Saint Mary Major, Saint John Lateran, the church of Saint Cecilia and more! We will be present on Sunday as the Pope prays the Angelus from a balcony in Saint Peter's Square. Room (double occupancy) and breakfast are included each day. Dinner will be provided every night in Assisi only. Also included: Fast Pass into Saint Peter's Basilica, chance to see Pope Francis during his Sunday Angelus prayer from a balcony in Saint Peter's Square.

**\$1,299 Land Only** + \$350 for private room if needed (\*see below)

Flight information will be available 8 months before we travel  
Call or email Julie for a detailed flyer

*\*There will be an extra fee if you desire a private room or if you do not provide a roommate and no roommate is available for you. This fee exists because all rooms are charged for two people staying together. The same double occupancy rate is charged for a single person using a room alone.*



### THE CATHOLIC WORKER HOUSE

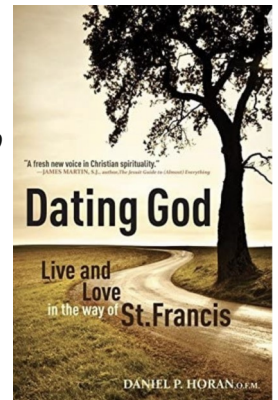
Are you on their mailing list? If you'd like to receive their newsletter, please send an e-mail to

catholicworkeroflancaster@gmail.com and ask to be added to the mailing list.

Joe Dougherty, the founding father of our fraternity and the founder of Catholic Worker House in Lancaster, is in need of our prayers as he battles serious health issues.

Joe highly recommends everyone adding to their library the book, *Dating God*, by Daniel P. Horan,

OFM. Amazon offers the following description of the book: *It may seem shocking to compare our relationship with God with the notion of "dating." But this book does. With fresh insight and a deep personal spirituality, Horan points out that the desire, uncertainty, and love we experience in relationship with God resembles our earthly relationships: We set aside time for the people who are most important to us. Horan reminds us that St. Francis of Assisi understood and even described his relationship with God in a similar way. Drawing from the Franciscan tradition, Dating*



*God encourages us to see St. Francis's spirituality in a new light, challenging us to reexamine our own spirituality, prayer, and relationships, and inviting us into a more intimate relationship with our Creator.*



**MYCHAL'S MESSAGE** is currently collecting socks for the homeless and poor. Men's, women's and children's socks are needed for a project commemorating the 20th anniversary of Mychal's Message and the 30th anniversary of

founder Shannon Lapp's liver transplant. A bin will be on the porch of the Lynch home, 129 Penningdon Drive, Landisville for drop-offs. See Kelly Ann Lynch or Sharon Hickey for more information.

### CHRISTMAS CELEBRATION

On Sunday, December 13, 2020, we gathered over Zoom to celebrate Christmas together. **THANK YOU, Christmas Committee**, for all your efforts in making that gathering so special, including the delivery of our Christmas gift bags to our homes.

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## NATURAL WONDERS

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### BIRDS OF WINTER

By Devan George on September 24, 2020

And by: Stephanie Uhranowsky

NEPA Audubon Sanctuary Chair

(nepaaudubon.org)



Come December, we will have said goodbye to many of our resident summer birds and the migrants who passed through in the fall. But we do have feathered friends who spend all four seasons with us. We're also visited by the birds who breed to the north but come down to spend their winter vacation in the Keystone State.

In Pennsylvania, approximately 35 species of birds can be observed throughout the winter months. Though the greatest diversity of species might appear at feeders in wooded rural areas, feeders in urban areas will have bird activity too!

In winter, birds will concentrate around feeding stations statewide, so common and rare species alike are often found at feeders. Below is a list of the more common species you might see stopping by for a bite to eat:

- Northern Cardinal
- House Finch
- American Goldfinch
- Tufted Titmouse
- Black-capped Chickadee (most frequent visitor)
- Blue Jay
- White-breasted Nuthatch
- Dark-eyed Junco (most frequent visitor)
- Mourning Dove
- Downy Woodpecker
- Red-Bellied Woodpecker
- American Crow
- American Tree Sparrow

#### The Seedy Part of Town

The type and variety of seed you provide in your feeders can influence the birds that stop by for a visit. If you want to attract a variety of species, provide a variety of foods. The best all-round seed is the small black-oil sunflower seed. It's preferred by many smaller species, including chickadees, nuthatches, and titmice because it has a thin seed coat that is easy to crack open. It also has a high oil content that is nutritionally important for birds. The striped sunflower seed is slightly larger but is very popular with blue jays and cardinals. Besides sunflower seeds, other

popular seed types include white proso millet, nyjer, and peanuts.

Peanuts will attract blue jays, chickadees, titmice, and woodpeckers. They can be offered as shelled kernels, in the shell, or as peanut hearts. The hearts are valuable because they are small and can be eaten by many smaller species of birds.

Suet is another type of food that can enhance your feeding station. Suet is a high-quality animal fat that is sought-after in winter. It is particularly attractive to woodpeckers, chickadees, nuthatches, and titmice, although some atypical feeder birds like Carolina Wrens and Brown Creepers also like it.

Have you ever heard of "Marvel Meal"? It's a mixture that's fun for the whole family to make – a favorite of chickadees, titmice, wrens, and even bluebirds! It can be pressed into the holes of a log feeder or smeared directly onto the bark of trees. It can also be frozen into blocks and put in a suet feeder or sliced into chunks and placed on a feeder tray.

#### Recipe for Marvel Meal

- 1 cup peanut butter
- 1 cup vegetable shortening
- 4 cups cornmeal
- 1 cup flour
- 1 handful of sunflower seeds (optional)

#### January Songs

Come late January, a few permanent residents may start to sing again, especially Northern Cardinals, Song Sparrows, and Tufted Titmice. The buoyant song of the Carolina Wren can be heard any time of year but is particularly welcome on a sunny January day! On warmer days, male Eastern Bluebirds will start singing and bluebird pairs will begin checking out nest boxes. The long, dark nights of January are nesting season for Great Horned Owls that are hooting each evening, often starting about a half-hour before dusk.

#### February Activity

In addition to the resident birds increasing activity, some birds begin to migrate back from the south. Waterfowl, such as geese, Tundra Swans, American Black Ducks, Mallards, Northern Pintails, Canvasbacks, Buffleheads, and Common Mergansers may begin to return to the Commonwealth. As in January, open water and fields provide the best birding anywhere in Pennsylvania. **T**



## FROM A FRANCISCAN KITCHEN

### FROM THE KITCHEN OF GEORGE GARBRICK



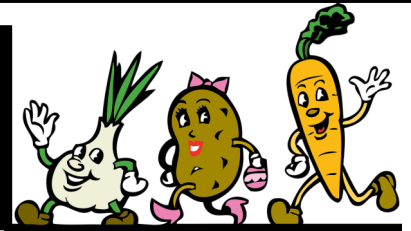
#### ASSISI SOUP

Olive oil (to cover bottom of pot)	1 large can cannelloni beans
1 onion	raw spinach
3 carrots	1 tsp sugar
3 celery stalks	1 whole lemon, squeezed
2 TBSP minced garlic	salt and pepper to taste
1 large can whole tomatoes	

Cover bottom of pot with olive oil. Sauté onions, carrots and celery until soft. Stir in the minced garlic. Add tomatoes and cannelloni beans. Finally, add raw spinach. Cook for 30 minutes on very low heat. Add salt and pepper to taste. Put a teaspoon of sugar and squeeze a whole lemon into the soup.

*CHEF'S NOTE: This is roughly the kind of soup I had in a little house in Assisi in 1995. Serve with crusty toasted bread slices and butter.*

# SOUP RECIPES



### FROM THE KITCHEN OF JANET KREINER

#### BUTTERNUT SQUASH SOUP

5 TBSP butter	5 cups water	1/8 tsp nutmeg for garnish
6 cups cubed butternut squash	1 cup apple cider	
1 cup dark brown sugar	1 tsp salt	
2 Granny Smith apples, peeled, cored and chopped (2 cups)	1/2 tsp cinnamon	
	1/2 tsp dried sage leaves	
	1/4 tsp ground cloves	
	2/3 cup heavy cream	



1. Melt butter in large saucepan over medium-high heat.
2. Sauté squash and brown sugar, stirring occasionally, until slightly softened, 15 minutes.
3. Add apples, water, cider, salt, cinnamon, sage and cloves and bring to a boil.
4. Reduce heat, cover and simmer until apples are tender, 30 minutes. Cool slightly.
5. Working in batches, purée soup in blender. Return soup to pan and stir in heavy cream.
6. Divide among six bowls and top each with about 1 TBSP of sour cream.
7. Dust with nutmeg.

## FROM A FRANCISCAN KITCHEN

### FROM THE KITCHEN OF BROTHER VICTOR-ANTOINE d'AVILAI-LATOURRETTE

*(author of Twelve Months of Monastery Soups)*



#### SAINT ANTONY SOUP

4 TBSP oil of choice	1/2 cup fresh minced parsley or chervil
1 cup barley	salt to taste
3 carrots, grated	7 cups water
2 leeks, sliced	1 bouillon cube and some chopped mushrooms (optional)
1 bay leaf	

1. Pour the oil into a soup pot and add the barley, stirring continuously for 1 minute. Immediately add the carrots, leeks, bay leaf, parsley, salt and water.
2. Cook the soup over low to medium heat for about 45 minutes, or until the barley is tender. Add more water if necessary. For extra taste, add the bouillon and mushrooms. Serve hot.

*AUTHOR'S NOTE: Saint Antony of Egypt, called the Great (A.D. 251-356), is considered the father of all monks. He was enormously popular in medieval times as a healer of both men and animals. At age 18, he was so moved by Christ's counsel to "sell all you have, give to the poor, and come follow me" that he did just that. Retiring to the desert as a hermit, he dedicated his life to God in continual prayer, while supporting himself by gardening and mat making. Among the multitudes who consulted Antony for spiritual advice was the emperor Constantine.*

### FROM THE KITCHEN OF KELLY ANN LYNCH *(original recipe from Jennifer Hickey)*

#### TORTELLINI CORN CHOWDER

1 TBSP margarine/butter	2 large potatoes cubed
1 large finely chopped onion	1 can creamed corn
3 cups water	1 can whole corn, undrained
1 tsp marjoram	1 can evaporated milk
1/4 tsp black pepper	1 pkg tortellini
salt and pepper to taste	1 vegetarian or chicken bullion cube



Melt margarine/butter and sauté onion until tender. Add water and spices. Heat to a boil. Add potatoes. Bring back to a boil and then lower heat. Cover for 15 minutes. Stir in milk, corn and tortellini. Simmer 5 minutes if tortellini pre-cooked, longer if not pre-cooked.

*CHEF'S NOTE: I usually double the batch for a family of 5-6.*

## FROM A FRANCISCAN KITCHEN

### FROM THE KITCHEN OF MARIANNE NICKLAUS

#### OLD FASHIONED VEGETABLE SOUP (w/beef broth and shredded beef)

Yields: 1-1/2 gallons

Prep time: 40 minutes

Cook time: 9 hours

Approximately 3 lbs chuck or round beef roast    3 cups diced potatoes  
 2 quarts water    3 cups diced tomatoes (or canned)  
 1 TBSP sea salt (or to taste)    3 cups diced cabbage  
 1 TBSP ground black pepper (or to taste)    1 cup diced onion  
 2 large bay leaves    1 cup fresh sweet corn  
 3 cups diced carrots    1 cup kidney beans (preservative free)  
 3 cups diced celery    Pinch of garlic  
 3 cups fresh green beans, cut    Pinch of sugar



1. Place 4 pounds of chuck or round beef roast, water, sea salt, pepper and bay leaves 8 hours on lowest setting on crock pot until meat is tender.
2. Separate roast from broth and remove bay leaves. Using a fat separator, strain the broth and remove the excess fat and drippings. Place broth in stock pot.
3. Using two forks, shred the beef.
4. Over medium heat, bring beef broth to a low boil.
5. Add vegetables, beans, garlic and sugar.
6. Add more salt and pepper to taste.
7. Simmer until vegetables are tender when poked with a fork.
8. Add shredded beef. Simmer until beef is hot. Serve.

*CHEF'S NOTE: Recipe makes an amazing broth. Be careful not to overcook the vegetables and potatoes.*

### FROM THE KITCHEN OF KATHY ARNDT

#### SUPER-DELICIOUS ZUPPA TOSCANA

Yields: 6

Prep time: 25 minutes

Cook time: 1 hour

1 lb bulk mild Italian sausage    5 (13.75 oz) cans chicken broth  
 1 1/4 tsp crushed red pepper flakes    6 potatoes, thinly sliced  
 4 slices bacon, cut into 1/2 inch pieces    1 cup heavy cream  
 1 large onion, diced    1/4 bunch fresh spinach, tough stems removed  
 1 TBSP minced garlic



1. Cook the Italian sausage and red pepper flakes in a Dutch oven over medium-high heat until crumbly, browned, and no longer pink, 10 to 15 minutes. Drain and set aside.
2. Cook the bacon in the same Dutch oven over medium heat until crisp, about 10 minutes. Drain, leaving a few tablespoons of drippings with the bacon in the bottom of the Dutch oven. Stir in the onions and garlic; cook until onions are soft and translucent, about 5 minutes.
3. Pour the chicken broth into the Dutch oven with the bacon and onion mixture; bring to a boil over high heat. Add the potatoes, and boil until fork tender, about 20 minutes. Reduce the heat to medium and stir in the heavy cream and the cooked sausage; heat through. Mix the spinach into the soup just before serving.

*CHEF'S NOTE: I love this soup recipe - it is just like the one that they serve at Olive Garden.*

**Our Lady Queen of the Angels Secular Franciscan Order  
2021 Calendar of Events**

Jan. 4, 2021 Initial Formation Zoom – 6:30 p.m. – 7:45 p.m.  
January 7 Council Meeting 7:00 p.m. Zoom  
**January 10 Gathering Via Zoom – 1:00 p.m. – 3:00 p.m.**

February 1 Initial Formation Zoom – 6:30 p.m. – 7:45 p.m.  
February 11 Council Meeting 7:00 p.m. Jim and Roberta’s house (or Zoom)  
**February 14 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m. (or Zoom)**

March 1 Initial Formation Zoom – 6:30 p.m. – 7:45 p.m.  
March 11 Council Meeting 7:00 p.m. Jim and Roberta’s house (or Zoom)  
**March 14 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m. (or Zoom)**

April 5 Initial Formation Zoom – 6:30 p.m. – 7:45 p.m.  
April 15 Council Meeting 7:00 p.m. Jim and Roberta’s house (or Zoom)  
**April 18 (3rd Sunday) Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

May 1 Retreat for Candidates (Outside or Zoom)  
May 3 Initial Formation Zoom – 6:30 p.m. – 7:45 p.m.  
May 13 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**May 16 (3rd Sunday) Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

June 7 Final Initial Formation Zoom – 6:30 p.m. – 7:45 p.m.  
June 10 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**June 13 Profession of Candidates! Mass to be included followed by our Annual Picnic—Time and place to be determined**

July 8 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**July 11 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

August 5 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**August 8 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

September 9 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**September 12 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

October 7 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**October 10 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

November 11 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**November 14 Gathering at Saint John Neumann Catholic Church 2:30 p.m.-4:30 p.m.**

December 9 Council Meeting 7:00 p.m. Jim and Roberta’s house  
**December 12 Christmas Gathering—Time and place to be determined**



<p><b>Our Lady Queen of the Angels Secular Franciscan Fraternity</b> Lancaster, PA established July 22, 1990 For information, contact Julie Rasp, OFS, Minister (717)-940-2272 or rasp1833@comcast.net</p>
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