

# **THE FLYER**

**NEWSLETTER FOR THE  
ST. JOSEPH CUPERTINO  
FRATERNITY OF THE  
SECULAR FRANCISCANS**

SanGiuseppe di Copertino  
Public domain, 18th century engraving



**August 15, 2021**

**Theme for the Year:**

***Love is Patient***

**(1 Cor 13:4)**

## **2019-2022 Council**

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*Bible quotes are from the  
Douay-Rheims translation,  
unless otherwise noted.*

## **Greetings from Brother Lawrence**

A most happy Summer to one and all!

It is a much better summer than we had last year and I hope that everyone is getting out and about after being closed up for so long. I am getting out and watching baseball games (some in Lynchburg) and hitting golf balls into nearby ponds, and I do not care because I am out and about. And it is great! I do very much believe that we all need to take advantage of getting out when we have the opportunity. It is great to be out in God's creation enjoying everything that God has given us. God put us here to care for the creation that he has made for us, but, I believe, to enjoy it as well. This is a wonderful way of participating in God's beautiful creation: hiking, running, swimming, playing games, etc. These activities are good for all of us physically but they also bring us together to share each other's company.

I do realize that some are not able to participate in many outdoor activities as we used to do, but it is good just to get out and share time with each other even the only "activity" is to walk from the building to a chair in the yard with a relative or friend. We can, of course, speak with each other, keep in touch with what is going on in each other's life, just enjoy the scenery or wildlife around, pray with each other, and help each other view problems in a different light. I believe that it is most important to get out of the house, get out into the world of nature, and share our life with one another. I know that most of us (perhaps, all) have cell phones and we can always speak on the phone, but one thing I learned - it seems that everyone at the last Gathering was really excited about the simple fact that we in person in front of each other & I think that that is a result of not having seen each other in person and that that is important to us as human beings. I mean that; it was much better than Zooming. I think that we really enjoy each other's company and we enjoy being out in nature. We were given to each other by God who also gave nature to us, so, let us thank God for both of these gifts and get out and enjoy this longed for summer of 2021. —Brother Lawrence

**A Review of**  
***Finding God Through Meditation by St. Peter of Alcantara, OFM* Edited by Dan Burke**

St. Peter of Alcantara is a Franciscan we unfortunately don't hear much about. Born in Spain in 1499, he joined the Franciscans in 1522 and became a spiritual director to St. Teresa of Avila. Leading an ascetical life, St. Peter embraced self-denial and bodily mortification. For 40 years, he would eat once every 3 days and slept no more than 1 ½ hours a day. (St. Teresa of Avila, *The Autobiography of St. Teresa Of Avila*, Chapter XXVII, Chapter 18) One of St. Peter's many contributions to the spiritual life is book called *A Golden Treatise of Mental Prayer*. Even St. Teresa, in her book, *The Way of Perfection*, had great acclaim for it: *There are books, as I say, in which the mysteries of the life of the Lord and of His sacred Passion are described in short passages, one for each day of the week; there are also meditations on the Judgment, on hell, on our own nothingness and on all that we owe to God, and these books are excellent both as to their teaching and as to the way in which they plan the beginning and the end of the time of prayer.* (St. Teresa of Avila, *The Way of Perfection*, Chapter 19)

In *Finding God Through Meditation*, Dan Burke (former CEO of EWTN's Worldwide Media) has edited the original writing, making it more readable for today and included a very useful Introduction including a section about problems associated with efforts to manage our thoughts during prayer with a goal of emptying of the mind. Both St. Peter and St. Teresa caution against this effort for various reasons discussed in the book. In the first two chapters, the reader will understand what they will be embarking on and *how* to meditate. St. Peter describes how devotion is acquired in a most important section called 'Of Six Things Necessary To Prayer' (Preparation, Reading, Meditation, Giving Thanks, Oblation and lastly, Petition). These may look familiar as they were also mentioned in last month's book review of *Conversation with Christ*, first published in 1956 but its roots are found in the 16<sup>th</sup> century. We are then guided along the way with 8 counsels. (St. Peter Alcantara, *A Golden Treatise of Mental Prayer*, Chapter XII) St. Peter Alcantara counsels us to avoid rigidity in method, excessive intellectual speculation, contrived devotion, excessive efforts to manage distractions, brevity in meditation, to persevere in aridity, yield to divine consolations\* and most importantly, to yield to divine contemplation which is a gift from God.

St. Peter Alcantara knew that those committed to prayer and meditation are oftentimes confronted with a variety of difficulties – whether it be aridity, distractions or the greatest which he says is lack of devotion, for without it prayer is difficult and burdensome. Thankfully, St. Peter gives 9 “means” to acquire devotion and 9 “impediments” to devotion of which venial sins is number 1. He also reminds us of the importance of “profound humility” and to have a great confidence in God's mercy and to “persevere in humble thanksgiving to the divine bounty, without any trust to our own works or to anything that is ours”. Lastly, St. Peter gives us very helpful suggestions on which to meditate chief among them are meditations on the passion of our Lord. *Finding God Through Meditation* can be found at Sophia Institute Press.

\*St. Bonaventure tells us that our seraphic father St. Francis took such tender care of divine visitations that “whenever upon the way he was recreated with them, he would either go before or stay behind his companions awhile until he had digested this divine morsel sent unto him from heaven”. St. Bonaventure, *The Major Legend of St. Francis*, Chapter 10, Paragraph 2

## **The Shrine of St. Anthony**



### **7 Days a Week:**

Noon Mass in the Chapel

### **6 Days a Week:**

Confession from 11-Mass

### **2 Days a Week**

Adoration, in the Chapel:  
Tuesdays & Saturdays 11am-Mass

### **Gift Shop Hours**

Monday through Saturday from 9am - 4pm  
Sunday 10am - 2pm

### **Special Events:**

8/11 Feast of St. Clare (Noon Mass)  
8/12-14 Triduum for St. Max. Kolbe (11:50am)  
8/14 Outdoor Tour (15 minutes after Mass)  
8/15 Assumption of the Blsd Virgin Mary (Noon Mass)  
8/15 St. Anthony's Birthday (during Noon Mass)  
9/8 Nativity of the Blsd. Virgin Mary (Noon Mass)  
10/16 Wine at the Shrine

Currently, masks are not mandatory. Public bathrooms, the choir stalls, and all the pews in the Chapel are open. This may change at any moment, so please call or check the website.

**Come and Enjoy!  
Pack a picnic,  
Walk the trails,  
Enjoy a lovely evening Rosary walk!**

**The Shrine Grounds & Courtyard** are open daily dawn till dusk! *The Chapel bell will be rung about 10 minutes before Mass.*

If you have any questions please contact the Front Office at 410-531-2800;  
[www.shrineofstanthony.org](http://www.shrineofstanthony.org)

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## **Please Pray for Healing for:**

Joan Babin, OFS  
Karan Bevers, OFS  
Louise Hotovy, OFS  
Mike Hotovy, OFS  
John Kirby, OFS  
Sherry Lewis, OFS  
Jean Singleton, OFS  
Jim Tebo, OFS  
Jerry Yu, OFS



### **Our Deceased**

#### **Brothers & Sisters:**

Connie Baker, OFS	Dolores Fritz, OFS
Frances Bastress, SFO	Marilyn Gilson, SFO
Dea. Tom Bellos, OFS	Richard Hall, SFO
Joe Bezila, SFO	Joy Kubricky, OFS
Mary Chandler, OFS	Frances Langbehn, SFO
Jerry Cichowicz, SFO	Bob Lewis, SFO
Shirley Costello, OFS	Marie Lindung, OFS
Joe Cykoski, SFO	Jean Manning, OFS
Stella Cykoski, SFO	Jim Manning, OFS
Claire Lee Davidson, SFO	Yvonne Proch, SFO
Adela Duff, SFO	Nancy Seaton, SFO
Donna Duncan, SFO	Don Sweitzer, OFS
Charles Ferrara, SFO	Betty Taylor, SFO
Mary Ferrara, SFO	Bud Tenley, SFO
	Regina Yeager, SFO
	Dorothy Zalewski, SFO

### **Other books on true Catholic prayer and meditation:**

*The Third Spiritual Alphabet* by Francisco de Osuna, OFM

*The Ways of Mental Prayer* by Dom Vitalis Lehodey, OCR

*Time for God* by Fr. Jacques Philippe, SJ

## **Regional Minister's Message~Bob Longo, OFS**

### **A Time for Renewal after COVID-19**

As our lives begin to slowly emerge from a COVID-19 shell-like cocoon, after seventeen months, we turn our thoughts to coming back to public gatherings and shared events. A majority of us attended monthly gatherings by Zoom or did not attend the meetings at all. What became apparent to me was how much I missed coming together at our physical gatherings. As we return to normal, as much as possible, I thought, now would be a wonderful time to renew our commitment promises we made at our professions: our commitment to the Rule and our commitment to the Order—to reawaken the Franciscan spirit that lives deep within each one of us. By returning to fraternal life and getting back to the responsibilities in our fraternity, our apostolates, and to one another, we will once again experience the joy of sharing the common ground that makes us Franciscans: the joy of becoming living stones in the Order, in our Church, and in the world. As we often do, we take life for granted, or sometimes we do not appreciate what we have, and some of us may even take our Franciscan vocation for granted. Do we take to heart what it means to be a Secular Franciscan, or are we just clanging cymbals?

Our Seraphic Father St. Francis gave us the beautiful gift of our Order, which today numbers over 300,000 worldwide, in over 120 countries. As you can see, our Order bears much fruit as stated in Matthew 7:16 “By their fruits, you will know them.” I do believe our Seraphic Father knew what he was doing when he professed our first Brother and Sister of Penance, Blessed Luchesio Modestini and his wife, Buonadonna. In Poggibonzi, Italy, Francis visited Luchesio, with whom he had become acquainted through former business transactions. Francis greatly rejoiced to find the desire in Luchesio and Buonadonna, to want to live, as a layperson, a simple life that would be pleasing to God. Francis explained to Luchesio and Buonadonna his plans for the establishment of an order for lay people; for he had in mind to give them a special rule according to which they could serve God perfectly even in the world. On learning of St. Francis's plan, Luchesio and Buonadonna asked to be a part of this future Order. Thus, according to tradition, they became the first members of the Sisters and Brothers of Penance, which later came to be called the Third Order (and today called the Secular Franciscan Order).

From our first Franciscan sister and brother, and down through the ages, they have shown us how to be in the world but not of the world. They were examples of what it meant to live out a Franciscan vocation. As our Rule tells us:

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 calls "conversion." Human frailty makes it necessary that this conversion be carried out daily.

So, this brings me back to the beginning of my message, “A Time for Renewal after COVID-19”. Now is the perfect time to rediscover our Franciscan way of life, to live more fully our commitment to the Gospel Life and to share the precious gift of our Order, not only with our Franciscan family but also with all those we encounter, our universal sisters and brothers.

## June/July – 2021

<b>Beginning (running) Balance:</b>	<b>\$2939.00</b>
<b>Common Fund Contributions</b>	<b>\$ 1960.00</b>
<b>Total Income</b>	<b><u>\$ 1960.00</u></b>
<b>Intermediate Subtotal</b>	<b><u>\$ 4899.00</u></b>
<b>Expenses:</b>	
<b>Spiritual Assistant</b>	<b>\$ 200.00</b>
<b>Franciscan Friars</b>	<b>\$ 200.00</b>
<b>Formation</b>	<b>\$ 200.00</b>
<b>Profession</b>	<b>\$ 487.40</b>
<b>Mass Celebrant</b>	<b>\$ 100.00</b>
<b>Music (profession)</b>	<b>\$ 125.00</b>
<b>Total Expense</b>	<b><u>\$ 1312.40</u></b>
<b>Ending (running) Balance:</b>	<b><u>\$ 3,586.60</u></b>

### **Thank You from the whole fraternity for your contributions!**

The average contribution per person estimate for 2021 should be \$156 per year.

**Contributions are Tax Deductible.**

Direct Donation checks to:

**St. Joseph Cupertino Fraternity**

### **Mail donations to:**

Gerard Pinkas  
3810 Marriottsville Rd.  
Randallstown, MD 21133

**You may use your bank's BILL PAY.** Direct payment to:

**St. Joseph Cupertino Fraternity c/o my address above.**

Contact me with any bill pay questions.

“Wherefore, brethren, labour the more, that by good works you may make sure your calling and election. For doing these things, you shall not sin at any time.”

1 Peter 2:10



### **OFS Profession 7-11-21**

Deanna, Dawn, and I want to express our deep gratitude to Fr. Steve, the Formation Team, and the entire fraternity for walking with us on our Franciscan journey. We are blessed by your Franciscan spirit and friendship.

# Happy Birthday!

Louise Hotovy, OFS	08/14
Jim Tebo, OFS	08/20
Rosemary Whelan, OFS	08/20
Gail Bunyan, OFS	08/21

### Coming in September

<i>Dawn Glennon, OFS</i>	09/05
<i>Bill Siefken, OFS</i>	09/06
<i>Pat Frederick, OFS</i>	09/22
<i>Melissa Reed-Konigsdorffer, OFS</i>	09/24
<i>Mike King, OFS</i>	09/25
<i>Jean Singleton, OFS</i>	09/28

## ***The Joy of Doing Penance – 2021 Pre-Profession Retreat***

by Ray Glennon, OFS

“Doing penance is the essential element of being Franciscan,” said Fr. Steve King, OFM Conv. at the Pre-Profession retreat for the (now recently professed) Deanna Willison OFS, Dawn Glennon OFS, and myself; our sponsors; and members of the Formation Team. The daylong retreat included several excellent presentations by Fr. Steve, Morning and Evening Prayer, Mass, and time for Adoration of the Blessed Sacrament and personal prayer. Fr. Steve focused on the life and writing of St. Francis, in particular, the text known by many names, including: “The Letter to All the Faithful” (Esser) or the Later Admonition and Exhortation to the Brothers and Sisters of Penance (*Francis of Assisi –The Saint: Early Documents, Vol. I, 45.*) As it describes the contrast between those who are and those who are not living in or doing penance, Fr. Steve called this text “perhaps the most important thing Francis wrote”

Before he led us in exploring the text, Fr. Steve discussed Francis’ understanding of doing penance, or what we would call today—conversion. And he did so by referring to *The Testament*, dictated by Francis in the last days of his life. In the opening paragraph, Francis describes his conversion this way, writing: “when I was in sin, it seemed too bitter for me to see lepers. And the Lord himself led me among them and I showed mercy to them. And when I left them, what had seemed bitter to me was turned into sweetness of soul and body.” This is powerful image of what it means to do penance or conversion—a change in worldview and way of life. After his encounter with the lepers, Francis saw things as God saw them and not through his worldly eyes. Fr. Steve noted that when Francis was “in sin” it was sweet for the body to commit sin and bitter to serve God. When doing penance, this is completely reversed and Francis moved from living selfishly to selflessly living the Gospel.

We next moved into the text itself. Here are just a few of the key points: This letter is addressed to all Christian religious people which meant, in the time of Francis, devout Christians doing more than what is required or what we might today call intentional disciples. Francis emphasizes how Jesus chose the poverty of the world and left us an “example that we might follow His footsteps.” Francis points out “how sweet the Lord is” and exhorts religious people to live the Great Commandment. This is followed by ten “must” clauses that describe what it means to “do penance” in our daily lives. Fr. Steve emphasized that if we live as Francis describes, God’s love will change us and, as a result, what is really sweet will taste sweet and what is really bitter will taste bitter. Which brings us full circle to where Fr. Steve began, “Doing penance is the essential element of being Franciscan.” If you haven’t done so lately, you are encouraged to spend some time reading and reflecting on Francis’ words in this text.

## The Rule Review

So that we might more fully live the Gospel Life, Secular Franciscans should not just read *The Rule*, but reflect on and pray with *The Rule*.

11. Trusting the Father, Christ chose for Himself and His mother a poor and humble life, even though He valued created things attentively and lovingly. Let the Secular Franciscans seek a proper spirit of detachment from temporal goods by simplifying their own material needs. Let them be mindful that according to the gospel they are stewards of the goods received for the benefit of God's children. Thus, in the spirit of the Beatitudes, and as pilgrims and strangers on their way to the home of the Father, they should strive to purify their hearts from every tendency and yearning for possession and power.

11. 성부를 신뢰하신 그리스도께서는 피조물들을 관심 있게 또 좋게 보셨지만 당신과 당신의 어머니를 위해서 가난하고 겸손한 생활을 택하셨습니다. 이와 같이 재속 프란치스코 회원은 물질적 욕구를 단순화함으로써, 이탈의 정신으로 현세적 재물을 올바르게 사용할 것이며, 복음에 따라, 자신은 하느님의 자녀들을 위하여 받은 재물의 관리인임을 잊지 말아야 합니다. 그러므로 회원은 "진복 8단"의 정신으로 아버지의 집으로 향하는 "순례자나 나그네"와 같이, 소유욕과 지배욕 및 그러한 모든 경향에서 마음을 깨끗이 가지도록 노력해야 합니다.

The Rule of the Secular Franciscan Order (with citations) may be accessed at anytime at:

<https://secularfranciscansusa.org/wp-content/uploads/2017/07/RULE.pdf>



### **MOVED???**

Please send any address, phone, or email changes to our sister,

Jeanne Kerins, OFS  
(410) 227-6497 or  
[jmkerins12@gmail.com](mailto:jmkerins12@gmail.com).

### **Book Club– Admonition 7**

**Join the online book club and delve more deeply into:  
St. Francis' Sermon on the Mount: Lessons from  
the Admonitions by John Michael Talbot.**

**Friends old and new meet on the first Saturday of every  
month from 1-3 pm on ZOOM!**

**Contact Geri Flynn for details: [Angelbarty@aol.com](mailto:Angelbarty@aol.com)**

### **The Franciscan Center**

We are looking for someone to step up and be an official liaison with the Franciscan Center. Duties would include being a point of contact, relating needs of the Center and its clients to the fraternity, submitting a monthly newsletter blurb, and transporting or arranging for the transport of donations. If interested, please contact Jeanne at email above.

### UPCOMING GATHERING

#### ♦ August 15

♦ Meeting at 2pm, but consider joining us for Mass & bring your lunch to enjoy outdoors.

♦-Classroom

♦-Masks may be required as things are changing; please bring a mask with you & see Shrine safety protocols on website and phone numbers on page 3.