



Our Lady of the Rosary
Secular Franciscan Fraternity
Williamsburg, Virginia



www.olrsfo.weebly.com

August 2024

Message from our Formation Director...

Brothers and Sisters of Francis and Clare,

The Need for Rest

Let's face it, life can get pretty stressful. From time to time, we find ourselves in desperate need of rest and peace. To alleviate the desperation, we take vacations, go on retreats, stay in bed, whatever works. Our minds and bodies are calling our attention to the need for respite care. Making time for personal prayer, contemplation, going to Adoration, daily Mass – all of these spiritual avenues can provide us with the breather we need from life's challenges. And yet, sometimes even while pursuing our usual path to relaxation, circumstances may still press upon our peacefulness.

The past three months have been rather stressful around our homestead. I have not been free to go on a vacation or retreat for years. I do not have the luxury of staying in bed. And my attempts at prayer, contemplation, adoration and Mass have often led my mind back to the problems I've praying about continually. I couldn't relax; I couldn't escape; I was an overanxious mess. I kept busy with the usual chores but added to that I had visitors coming from another country! And they planned to stay with us for *two whole weeks!* The timing was inauspicious – or so I thought.

When our friends arrived, we were excited and happy to see them again. They were thrilled to death to be in Williamsburg, Virginia (who isn't? It's a great place!) At some point I was so bogged down with the problems in my life, I'd stopped recognizing how wonderful it is to live in this town. In taking my friends to all the touristy places around town I began to see everything through their eyes and enjoying every moment I spent with them. We laughed, we talked endlessly, we hugged every morning and night and many times in between, and we had some unusual adventures. We had fun! What was anticipated as something that might add to daily stress turned out to be such a blessing. I found myself feeling gratitude once again – a feeling I hadn't felt in a while. I was grateful for their visit, for the diversion, for being able to step right out of my daily routines and obligations and feel the freedom that comes with pure joy. Our Irish friends talked about how much they had needed their vacation to America. And by taking the step to come here, they brought a vacation to us – they shared it with us, and God knows we needed it, too.

To share something of ourselves with others is a tremendous gift. Jesus shared his ministerial life with friends. Saint Francis of Assisi, in following Christ's example, did the same. Through friendship, we have the power to take away loneliness, fear, and isolation. We have the ability to add joy, peacefulness, laughter, adventure, and love. These virtues are necessary to a life of faith. As God said from the very beginning, "It is not good for man to be alone."

“Jesus personally invested in the Apostles, then at the Last Supper he said, ‘I no longer call you servants but friends.’ Salvation comes from faith. Faith comes through friendship. St. Francis of Assisi once told a brother who was struggling with doubts: ‘Do not be troubled brother, but through friendship learn faith.’” (schooloffaith.com) We are so fortunate to have a fraternity full of friends. Let us celebrate our friendships. After these past two weeks, I believe Francis would have shared a pint with friends if it strengthened their bonds of friendship and faith.

Pax et bonum
Donna Kendall

The Pope's Monthly Intentions



August: For Political Leaders

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

Birthdays

August 1 — Ed Gerhard

August 30— Terry Carlino



Next Fraternity Meeting— August 18 at 1:15pm (social gathering from 12:30-1:15)

