



# THE FLYER

*Newsletter for Saint Joseph Cupertino Secular Franciscan Fraternity*

**FRATERNITY 2026 THEME**

***THE LORD GAVE ME  
BROTHERS AND SISTERS.***

## **UPCOMING:**

**October- Planning for Sister Death with Will Potter**



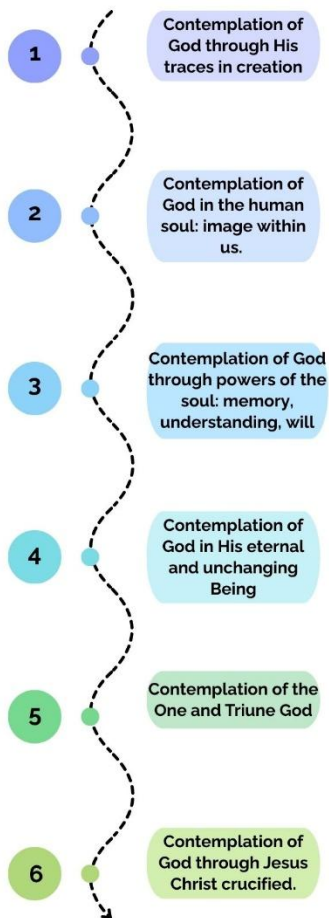
***“Ascend then, O  
my soul, and do  
not delay; direct  
your steps  
toward the  
summit of the  
mountain where  
God is revealed.”***  
St Bonaventure,  
*Itinerarium Mentis  
in Deum*

(Picture from  
1612)

### Minister's Note

#### Steps to Holiness

#### Steps to Mystical Union with God



**MYSTICAL UNION WITH GOD AT THE SUMMIT OF THE SOUL: ECSTASY AND REST IN HIM**

Saint Bonaventure wrote that if one longs to be perfect, they must put aside everything else and enter into the “secrecy of her own heart.” (Bonaventure, *Holiness of Life*) There, one needs to examine whether or not what controls their heart is virtuous. In Philippians 4:8, Saint Paul wrote that people should reflect on “whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good...”

On the Feast Day of Saint Francis, Father Albert at The Shrine of St. Anthony reflected on the six steps one needs to take in order to ascend into God. He said these are reflected in the six-winged Seraph with the crucified Christ that appeared to Saint Francis on Mount La Verna. When Saint Francis left Mount La Verna marked with signs of the crucifixion, he had been perfected and the stigmata showed his oneness with the Christ.

Saint Bonaventure outlines the six steps as seven steps in the *Journey of the Mind into God* (Bonaventure, *Itinerarium Mentis in Deum*). He too had sought refuge at Mount La Verna, and contemplated on Saint Francis and the miracle that occurred there. Saint Bonaventure came to the understanding that there are certain steps one must take to become one with God. It is not random acts that bring us to the fruition of the Risen Christ.

So, how can we live out those steps today? **One**, spend time in nature. It was the world and everything in it that was created first. **Two**, be honest with yourself. Adopt a daily practice of looking at your speech, your habits, and your interactions with others. Are they true, honorable, just? **Three**, offer your memory, understanding and will to God. Be grateful, humble, and love with generosity. **Four**, adore God in the mystery of the Blessed Sacrament. Nothing is more personable than this. **Five**, enter in communion with the Holy Trinity. Very few of us are

put on the earth to be hermits. We were made for community as peacemakers, upstanders, waymakers. **Six**, meditate daily on the crucifix. It was here that Saint Francis heard his calling of “Rebuild my Church.” What is Jesus calling you to do? **Seven**, finally rest in God. On the final day, we will be in union with Him. Be still and know Him.

Ultimately, the path to holiness is a journey of becoming who God created us to be, allowing His love to shape our hearts and guide our actions. There will be adventures, tragedies, joy, memories, dreams, suffering, compassion, and, most importantly, love. Every day is a miracle, an opportunity to grow closer to God and discover His presence in the world around us. And although the road may not always be easy, every step brings us closer to Him, reminding us that a life rooted in faith, lived with compassion, and guided by love is a life that truly reflects His light.

Peace and all good, *Melissa*

## FORMATION THOUGHT FOR SEPTEMBER

“Franciscans deal with suffering with wisdom and faith. Jesus shows the way and Francis follows his example....Faith reveals that death is a passageway to new life -far beyond our expectations.... Hence, we are able , in faith and love, to deal serenely with the coming of Sister Death.”

The Franciscan Journey by Lester Bach OFM CAP

Ch. 27 Bearers of Peace pg. 299

Events at the Shrine of Saint Anthony

The Shrine has many upcoming events that you may want to attend:

<https://www.shrineofstanthony.org/calendar>



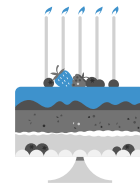
PRAY FOR HEALING

Gail Bunyan, OFS  
Lita Maisel, OFS  
Bill Siefken, OFS

Teresa Lam, OFS  
Rosemary Whelan, OFS  
Patrick Caughy, OFS  
Harry Ford, OFS  
Kathy Ford, OFS  
Will Potter, OFS

**Book Share**

Thomas A’Kempis’ classic Imitation of Christ.  
First Saturdays from 1:30 -3:30 pm on ZOOM!  
Contact Geri Flynn OFS for details: [AngelBarty@aol.com](mailto:AngelBarty@aol.com)



BIRTHDAY WISHES:

Bob Longo 10/6  
Harry Ford 10/10  
Lita Maisel 10/13  
Milande Watson 10/25

Next month:

Ray Glennon 11/22



September – 2026

|                                            |                           |                                         |                           |
|--------------------------------------------|---------------------------|-----------------------------------------|---------------------------|
|                                            |                           | <b><u>Total Expenses</u></b>            | <b><u>\$ 417.89</u></b>   |
| <b><u>Beginning (running) Balance:</u></b> | <b><u>\$ 2,471.54</u></b> | <b><u>Ending (running) Balance:</u></b> | <b><u>\$ 2,073.65</u></b> |

**Income:**

|                      |          |
|----------------------|----------|
| Common Fund (Cash)   | \$ 20.00 |
| Common Fund (Checks) | 0.00     |

**If you are unable to attend the gatherings, you can send your contributions to the fraternity.**

**Total Income**      **\$ 20.00**

**Contributions are tax deductible.**

Direct Donation checks to: **St. Joseph Cupertino Fraternity**

**Expenses:**

|                     |           |
|---------------------|-----------|
| Spiritual Assistant | \$ 100.00 |
| Franciscan Friars   | 100.00    |
| Picnic Expenses     | 217.89    |

**Mail donations to:**

Jerry Yu  
2812 Green Shade Court  
Ellicott City, MD 21042

**You may use your bank's BILL PAY.** Direct payment to  
**St. Joseph Cupertino Fraternity** C/O the address above.

**NOTE! FOR BILL PAY, THE ADDRESS HAS CHANGED.**

**2025-2028 Council**

CONTACT US AT [StJosephCupertinoOFS@gmail.com](mailto:StJosephCupertinoOFS@gmail.com)

**Minister:****Vice Minister:****Secretary:****Treasurer :**

Melissa Reed-Konigsdorffer OFS

Charlie Heyden OFS

Ray Glennon, OFS

Jerry Yu, OFS

**Formation Director:****Councilor 1:****Councilor 2:****Spiritual Assistant:**

Jeanne Kerins, OFS

Will Potter, OFS

Ed Burgee, OFS

Br. Lawrence LaFlame, OFM Conv.

