



# ***Our Lady of the Rosary Fraternity, SFO***

## ***Hampton Roads, Virginia***

***September, 2014***

***Volume 2 No. 9***

***www.olrsfo.weebly.com***

**Minister**

*Chris Wells SFO*

**Vice Minister**

*Leo Wells SFO*

**Secretary**

*Deanne Marshall SFO*

**Treasurer**

*Ed Gerhard SFO*

**Formation Director**

*Glen Davis SFO*

**Spiritual Assistant**

*Sister Agnes Narocho LSOFS*

Dear Brothers and Sisters,

With the summer ending and many people trying to squeeze in the last of the summer activities with family and friends it becomes very easy to forget that “personal time” which is so important for each of us to have. It is in our personal time that we hear the whisper of wind that is the voice of the Spirit in our hearts. If we do not make time for our “best friend” to speak to us then we miss his message! When we wear ourselves down either physically or spiritually we miss the contact with Christ that keeps us grounded.

I ran across an article from Father Mike Ciski, TOR which addresses this very issue reminding us that when we forget to take care of ourselves we can lose our “cool” and often hurt others .

*In the gospel a couple of weeks ago we heard how Jesus made his disciples get into a boat so he could go up the mountain to pray by himself. Is Matthew trying to show us his humanity? Jesus is always surrounded by people who want something from him; it had to be physically and mentally exhausting for him to always be ‘on.’ Perhaps, that’s why in the gospel story he seems a little brusque with the Canaanite woman. We may want to ask ourselves how we are with friends or family when we haven’t had any time for ourselves. Are we snippy or curt with others? Do we say things we don’t actually mean? Remember, once the words or actions have been expressed, we can’t take them back; there’s no ‘do-overs’ as the moment is etched in the minds and hearts of those with whom we interacted. With summer wrapping up and a lot of pressure to get back to a routine, there may be opportunities where we may say things we don’t intend.*

Make it your “fall resolution” to create time for yourself and listen to the “whisper of God.”

Enjoy the remaining days of summer!

Pax Bonum

Chris Wells, Minister

## **September Meeting:**

Our September meeting will be held on Sunday, September 21 at St. Michael's Place.

- 12:00 Candidates meet  
1:30 Whole group meets  
Opening prayers  
1:45 Saint report Terry Carlino  
2:00 Reflection from Sister Agnes and ongoing formation
- Homework for ongoing Formation:**  
**Re-read Chapter 6 in The Franciscan Journey and answer the questions.**
- 3:00 Break  
3:15 Business meeting  
3:45 Liturgy of the Hours Evening Prayer  
Closing Prayers  
4:00 Fellowship

## **Prayers:**

The International Minster for the SFO has requested prayers for Catholics and Christians around Erbil in Iraq who are being persecuted by ISIS. The horrific cruelty of ISIS is being practiced even on children. All of us need to pray hard for an end to this evil scourge.

## **Saint Report:**

Terry Carlino is presenting the August saint report.

## **Regional Retreat Change:**

The Region has decided to move the annual Regional Retreat to the spring of 2015.

## **Blessing of the Animals:**

It is a tradition on St. Francis day (or close to it) to bless the animals. We will have pet prayer holy cards for passing out at the September meeting but

check with your pastor before the meeting to make sure he will be agreeable to bless the critters! You should also be with your pastor/priest/deacon to represent the Fraternity if your pastor is able to bless the animals.

## **Catholic TV on the Web:**

Looking for great Catholic programs to watch and not finding them on regular TV? Go to Gloria TV <[www.gloria.tv](http://www.gloria.tv)> for lots of great selections on Catholic topics. Thank you to Carol Folsom for finding this website!

## **Fraternity Website:**

Don't forget to check the fraternity website during the month for SFO news. Rather than sending lots of email info to you, it will be posted on our website <[www.olrsfo.weebly.com](http://www.olrsfo.weebly.com)> However, things of immediate importance will continue to be emailed to you.

## **St. Olaf Food Pantry:**

Thank you for your continued generosity to the St. Olaf Food Pantry. Last month lots of paper product were brought in which cannot be purchased with food stamps. Thank you again!

## **From His Hands:**

Thank you for your generosity to the Pineapple Inn last month. They are deeply appreciative of our donations. In September there will be families with a combined population of 50 children at the Pineapple. If you are able to donate an item for these children to eat as an after school snack please bring it to the September meeting. Donations can also be fresh fruits as Cindy will go immediately after the meeting to the motel.

## **Amazon Project:**

Please remember your change for the Amazon Relief and the Heifer International Project. Thank you, Carol Murphy for heading this up.

## **Peninsula Pet Pantry:**

The Peninsula Pet Pantry is a nonprofit organization providing temporary pet food, supplies, and veterinarian care to owners who are facing financial difficulties. Many of these pet owners are elderly or disabled and

their pet is an emotional support to them. If you are interested in donating or volunteering, contact Carol Folsom <carolfolsom@cox.net >

### **September Happy Birthdays:**

There are no September birthdays.

### **Prayer List:**

Joan Buehler, SFO

Frances Warren, SFO

Greta Braswell and family

Michael Wilson

Youth Ministry at St. Jerome

Our Anniversarians

Persecuted people of faith in the Middle East

World peace especially in the Middle East

James Foley and other hostages

Ukrainian Brothers and Sisters

Ukrainian Brothers and Sisters

Migrant children

Families at the Pineapple Inn

Families in St. Olaf Pantry Ministry

Our Fraternity

Our Franciscan Family

Those who have no one to pray for them

The unspoken intentions of our hearts

### **Deceased**

Marlin Massey - husband of Barbara Massey, SFO

Walter Tucker - father of Bea Sanford

Jack Wells - brother of Leo Wells, SFO

Wyn McPhee - fiancé of Annie Pepper, SFO

### **September Dates to Remember:**

- 1 Bl. Beatrice of Silva
- 2 Bl John Francis Burte', Severin Girault and companions, martyrs
- 4 Rose of Viterbo
- 8 Nativity of Mary
- 12 Most Holy Name of Mary
- 14 Exaltation of the Holy Cross
- 15 Our Lady of Sorrows
- 17 Stigmata of our Holy Father Francis**
- 18 Joseph of Cupertino
- 20 Francis Mary of Comporosso
- 21 St. Mathew
- 29 The Archangels

***The deeds you do  
today may be the only sermon  
some people will hear today  
~ St. Francis of Assisi ~***

