



Our Lady of the Rosary Fraternity, OFS

Hampton Roads, Virginia

July, 2015

volume 3 No. 7

www.olrsfo.weebly.com

Minister

Chris Wells OFS

Vice Minister

Leo Wells OFS

Secretary

Deanne Marshall OFS

Treasurer

Ed Gerhard OFS

Formation Director

Glen Davis OFS

Spiritual Assistant

Sister Agnes Narocho LSOFS

Dear Brothers and Sisters,

Recently I found a wonderful article by Father Tom Bourque, TOR on the method of prayer used by St. Clare of Assisi before the Blessed Sacrament.. These steps can be used any time you are in the presence of the Blessed Sacrament during Exposition or during a simple visit to the church or before Mass begins.

As we reflect upon the importance of the Eucharist in our daily lives, I would like to expand upon the spirituality of Clare of Assisi as she prayed before the Blessed Sacrament. Clare followed a four step process as she set time aside for prayer and meditation before the Blessed Sacrament. The steps of her meditation were: Gaze; Consider; Contemplate; and Imitate. Kathleen Carroll , a Catholic writer, captures Clare's four step process in the following practical way:

Gaze. Simply spend some time looking at the Host. Except for the evaluation and the few moments when we receive Communion, it's not something we get to see. The profound reality of the Real Presence is so essential to our faith, it's worth spending time on.

Consider: Is there a special concern weighing on your mind? Even complicated issues sometimes can untangle themselves when considered in the light of Christ's presence. This is also a good time to simply consider Christ. You might start with the pondering his Agony in the Garden, or the Passion and Death that followed. You might reflect on his sacrifice for you, and how the evidence of his presence in front of you confirms that even death did not exhaust his love.

Contemplate: Pray. Whatever is on your mind, whatever thoughts can't quite fit into the few minutes your day usually allows for prayer – you have time for them now. Pour out your heart to the One who is anxious to receive your worship, your praise, your pleas, even your anger.

Imitate. Spending time in Eucharistic Adoration usually has a profound effect on a person's life. Take whatever insights you have gained from your time in prayer, or whatever peace you have been granted, and bring it back to your daily life. (2012) Both Clare and Francis found much strength from their time in prayer and celebration of the Eucharist. Francis prayed the following prayer before the Blessed Sacrament. May we embrace the spirit of his prayer each time we come before the Blessed Sacrament.

"We adore You, Lord Jesus Christ, in all Your churches throughout the whole world and we bless You because by Your holy cross You have redeemed the world. "

Pax et bonum,

Chris Wells Minister

July Meeting:

12:00 Candidates meet
1:30 Whole group meets
 Opening prayers
 Reflection from Sister Agnes
2:00 Ongoing formation - Denny will lead a discussion on the Holy Spirit.
3:00 Break
3:20 Business meeting
3:45 Liturgy of the Hours Evening Prayer
 Closing Prayers
4:00 Fellowship

Assignments:

Whole Group: Denny will lead on the topic of the Holy Spirit.

Congratulations:

Congratulations to Terry Carlino on his Profession to the Gospel Life on June 14. We welcome Brother Terry, OFS with joy as a fully professed Franciscan!

Thank you to the St. Jerome Catholic Community for being so very supportive of Terry and our fraternity at the Profession Mass and reception.

Thank You:

Thank you to Cindy Holland for giving us the beautiful statue of St. Francis. This lovely statue is made of olive wood from the Holy Land and will be on the table during all of our meetings. Thank you , Cindy for such a perfect gift!

Purchasing Laudato Si:

Several of you asked where you could get a hard copy of Laudato Si, the Pope's encyclical. The US Conference of Catholic Bishops has it for sale on their website <www.usccb.org> Amazon will release it with a study guide on July 18. <www.amazon.com> It makes great summer reading!

Fourth of July:

Happy Independence Day to everyone. We are so blessed to live in the freedoms that we have and we need to thank God for all the gifts he has bestowed on our nation. Please keep our country in your prayers as she struggles through difficult times. Our Lady is the Patroness of the United States and is a powerful advocate.

Rosary Decade for Peace:

Please continue to say one decade of the rosary each day with the mystery you received in May. If you were not able to attend the May meeting, please say a decade of the rosary daily with a mystery of your choice. By doing

this our fraternity as a group says a Franciscan Crown Rosary daily for peace in the Middle East and an end to the violence.

Mother Therese Jubilee:

Mother Therese, the Superior of the Poor Clares in Barhamsville, will celebrate her Silver Jubilee at the 9:00 am Mass on Thursday, July 16. A reception will follow with a brief visit by Mother.

Fraternity Ministries:

Please remember to bring an item to the meeting for either the St. Olaf Food Pantry or the Pineapple Motel. The baskets will be at the meeting and any fresh items for the children will be delivered to the Pineapple. Fruit cups and fresh fruit are popular with the children at the Pineapple. Thank you for your generosity to both these ministries.

Amazon Project:

Please remember your change for the Amazon Relief and the Heifer International Project. In February and March we sent \$45.00 to Heifer International to buy into a fishery. 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 pet owners who are facing financial difficulties. Many of these pet owners are elderly or disabled and their pet is an emotional support to them. There is also a Pet Pantry in the Williamsburg area that can use volunteers. If you are interested in donating or volunteering, contact Carol Folsom <carolfolsom@cox.net> or <www.gmhumaneesociety> .

July Happy Birthdays:

10 Chuck Stephan



17 Carol Murphy

Prayer List:

Joan Buehler, OFS

Our Anniversarians

Frances Warren, OFS

Our nation

Family of Ed Gerhard, OFS

Victims of terrorism

Family of Deanne Marshall, OFS

World peace especially in the Middle East

Family of Carol Folsom, OFS

Families at the Pineapple Inn and St. Olaf Pantry Ministries

Family of Ann Pepper, OFS

Our Fraternity and our Franciscan Family

Mother of Margaret Murphy, OFS

Those who have no one to pray for them

Family of Sister Patricia, LSOFS

Michael Wilson and family

Youth Ministry at St. Jerome

Deceased:

Marlin Massey - husband of Barbara Massey, OFS

Walter Tucker - father of Bea Sanford

Jack Wells - brother of Leo Wells, OFS

Wyn McPhee - fiancé of Annie Pepper, OFS

Nancy Ullman - sister of Glenn Davis, OFS

July Dates to Remember:

1 Bl. Junipero Serra

3 St. Thomas the Apostle

4 American Independence Day

8 Bl. Gregory Grassi and companions

10 Veronica Giuliani

12 John Jones and John Wall, priests and martyrs

13 Bl. Angelina of Marisciano

14 Francis Solano, priest

15 St. Bonaventure

21 Lawrence of Brindisi

22 St. Mary Magdalene

23 Bl. Cunegunda

24 Louise of Savoy

25 St. James the Apostle

26 Bl. Mary Magdalene of Martinengo

29 St. Martha

Francis helps us to see that an integral ecology calls for openness to categories which transcend the language of mathematics and biology, and take us to the heart of what it is to be human. Just as happens when we fall in love with someone, whenever he would gaze at the sun, the moon or the smallest of animals, he burst into song, drawing all other creatures into his praise. He communed with all creation, even preaching to the flowers, inviting them "to praise the Lord, just as if they were endowed with reason". His response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a sister united to him by bonds of affection. That is why he felt called to care for all that exists. His disciple Saint Bonaventure tells us that, "from a reflection on the primary source of all things, filled with even more abundant piety, he would call creatures, no matter how small, by the name of 'brother' or 'sister'". Such a conviction cannot be written off as naive romanticism, for it affects the choices which determine our behavior. If we approach nature and the environment without this openness to awe and wonder, if we no longer speak the language of fraternity and beauty in our relationship with the world, our attitude will be that of masters, consumers, ruthless exploiters, unable to set limits on their immediate needs. By contrast, if we feel intimately united with all that exists, then sobriety and care will well up spontaneously. The poverty and austerity of Saint Francis were no mere veneer of asceticism, but something much more radical: a refusal to turn reality into an object simply to be used and controlled.