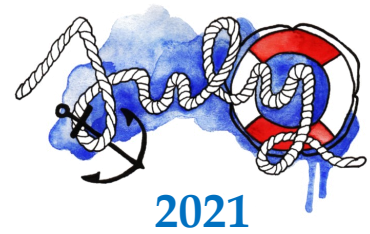




# Our Lady of the Rosary Secular Franciscan Fraternity Williamsburg, Virginia

[www.olrsfo.weebly.com](http://www.olrsfo.weebly.com)



## Message from Minister— Maria Fuentes-Sherman, OFS

"We Are Many Parts"

We are many parts, we are all one body; And the gifts we have, we are given to share. May the Spirit of Love make us one in deed; One the love that we share, one the hope in despair, one the Cross that we bear.

We are many.....

God of all we look to You; we would be Your servants true. Let us be Your Love to all the world. We are many.....

All you seekers great & small, seek the greatest gift of all. Seek you Love that you may know the Lord.

We are many parts, we are all one body; And the gifts we have, we are given to share. May the Spirit of Love make us one in deed; One the love that we share, one the hope in despair, one the Cross that we bear."

Sound familiar? Those are some of the promises we make at our Profession. How are we doing in keeping these? Do we share our gifts - our skills - with other members of our Fraternity, with our friends, with our family, with those less fortunate? Do we reach out to others in love; the love of Christ, yes, but also our own love & compassion? Do we give hope to those who are flailing, drowning in despair? Do we help our brethren carry their Cross, knowing that in doing so we help Christ carry His? How are we doing in keeping our Profession promises?

Notice I wrote "make us one in deed?" Not once but twice. An error? No, it was done on purpose, to remind us that it is in ACTION that we emulate Our Lord. He did not say "when you thought about giving drink", nor "when you thought about clothing." He said "when you DID for any of these you DID for ME."

Brothers & Sisters, please remember we are ALL called to be Servants to one another. Your Council strives to do this. Without YOUR help & participation we are doomed to failure. Attendance at Monthly Gatherings is important. More important is your wholehearted involvement & participation in Fraternity Life.

Please remember in prayer, & help if you can, our members & friends going through financial difficulties as a result of the present state of our national economy. Let's not forget to lift up in prayer to our Merciful & Healing God our Brethren going through difficult health situations, especially our own Glenda. Won't you mail a "thinking of you", or "get well", card, or better yet, make a phone call? Knowing others are thinking of us & care is the best gift one can receive!

God bless you all. Celebrate your individual cultures this July 4th safely, & give thanks for our many liberties.

Pace et Bene,  
Maria / QK

*Come, Holy Spirit, show us your beauty, reflected in all the peoples of the earth, so that we may discover anew that all are important and all are necessary, different faces of the one humanity that God so loves. Amen.*

Pope Francis October 2020

### Important Dates:

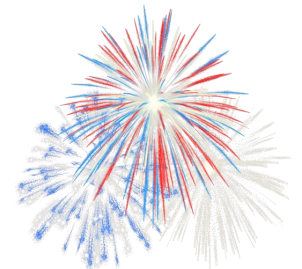
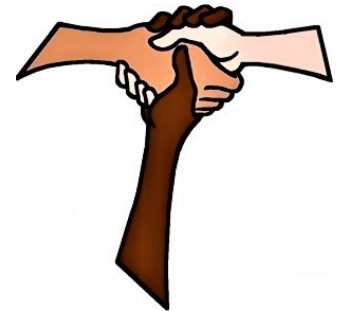
7/10 Chuck Stephan— Birthday

7/17 Carol Murphy— Birthday

7/18 Fraternity Meeting 1:00pm

### Live A Life Worthy of Your Call

Secular Franciscan Order – USA  
National Theme - 2021



**Happy 4th  
of July!**



## July Formation



This month we will continue the book, *Clare of Assisi: A Heart Full of Love*. Ask the Holy Spirit to be with you as you read Chapter 8, "The power of the Spirit." I have found it beneficial to prayerfully read the pages more than once to ensure a good understanding of the content. What caught your eye as you read these pages? The first questions I will ask are: "What word or phrase stood out to you, and why? We will discuss the five questions for reflection on page 111.

The following information comes from National. We will take a short time during formation to discuss what this should mean to all of us.

### **What are the Obligations of a Secular Franciscan?**

#### **Daily**

- You join in the prayer of the Church by reciting a form of Liturgical prayer, suitable for Secular Franciscans.
- You try to attend Mass as often as you can.
- You say morning and night prayers.
- You say prayers before and after every meal.
- You examine your conscience nightly.
- You pray for those in need: sick, suffering, dying...
- Become an example to others through your lifestyle.
- Wear a symbol of your commitment -- a ' T ' shaped Tau Cross.

#### **Monthly**

- Attend regular Fraternity meetings...
- Participate in prayers & Mass.
- Lead a discussion if you wish.
- Contribute to the Fraternity common fund for the missions, unwed mothers, charitable causes, needy, poor...
- Try to attend a monthly Holy Hour.
- Get to confession if needed, or confess often for the grace of the sacrament.

#### **You and Secular Franciscans**

Secular Franciscans are an Order of the Church, that is, a Lay Institute. Fraternities must have Canonical Approbation (by Canon Law) to exist. Secular Franciscans are 100% with the Church, the Holy Father and the Magisterium. In short, it is a vocation to a Way of Life.

- You have to be called to serve.
- You learn your calling by attending meetings.
- You will never know if you are called unless you try.

## Bonaventure on humility from *The Major Legend* of St. Francis

Humility,  
the guardian and embellishment of all the virtues,  
had filled the man of God with abundance.  
In his own opinion  
he was nothing but a sinner,  
though in truth he was a mirror  
and the splendor of every kind of holiness.  
As he had learned from Christ,  
he strove to build himself upon this  
*like a wise architect laying a foundation.*  
He used to say that it was for this reason  
That the Son of God came down  
from the height of his Father's bosom  
to our lowly estate  
so that our Lord and Teacher might teach humility  
in both example and word.



## Profile – Carol Murphy, OFS

My Franciscan Beginnings 2021

My Franciscan life began in Tampa Florida. Joe was stationed there at MacDill AFB, meaning the whole family was too. The base chapel had a woman's group, these days called the Military Council of Catholic Women. Civilian churches usually have a NCCW, National Council of catholic Women. Like all of our groups the membership helps wherever and whenever needed. In Tampa there is the Franciscan Retreat Center. It still exists. <https://www.franciscancentertampa.org>

It was and is ecumenical, a lot more now than when I was there. In 1977, the Franciscan sisters and a Friar priest, Father Seraphin Sullivan OFM, were asking the churches for helpers. Some of our ladies whose husbands were retired volunteered. They helped with the needs of the kitchen and changing the bed linens after retreats. A second call went out this time for the office. Three of us went while our children were at school and some days, they came with us. Our job would be folding brochures, getting envelopes ready to send out in the mail to the various zip codes, many, many, many mailings and answering the phone. Walking the grounds in the breeze, when we were finished, was our reward. We were allowed to attend any retreat free if the Sisters or Father were the presenters. So, we did, more than frequently. We were a happy group. I had a hunger and was eager for what was being shared with us. After less than a year or so, we were told about the laity in the Order. Maybe the Holy Spirit was connecting us all along during our experiences as wives of Military men. We already practiced sacrifice and trust in Jesus with love of scripture. It was not as formal a formation as we have now. Sister Mary Arghettu set up times for those interested in gathering to hear her speak to us and pray with us and discern. We studied St Francis and the scripture outside of time with Sister. We loved Adoration. The director of the friar's Southern Region Fr Joe Faddish OFM came to instruct us in forming our own Fraternity (1977). When we were ready to commit, those of us who were married had to receive permission from our husbands. Some Sisters were helping on base and so were given permission to use the base chapel for our service. The base is where we would be meeting as a Fraternity. Our rings were bought, confessions made, and we anticipated the day. We did not have a mass. On 7 June 1979 we joyfully celebrated our commitment service for our profession at the base chapel. There were now enough professed for us to form a Fraternity. We choose St Michael the Archangel as our Fraternity name. There would be more celebration. On 22 October 1979 Terence Cardinal Cooke gave us permission to establish a Fraternity on base. We would be under the care of the Holy Name Province, OFM friars. Fr Peter Sheridan OFM, Provincial Spiritual Asst. on 24<sup>th</sup> of October 1979 accepted us. Finally, finally we were established on December 19, 1979 by the South Regional Asst. to the SFO (OFS now) Fr Daniel Ford OFM. The two Fraternity witnesses were Joyce M Lambert Min./Pres, and myself, Carol J. Murphy Secretary. Fraternities seemed to "belong" to our friar obedience. We were not regionalized yet as fraternities, that would come years later. I had to leave when Joe received new orders to South Carolina. I did not take it well. It took two retreats for me I relinquished. After I left there was word that St Michael the Archangel fraternity moved to Sacred Heart Parish in Tampa. They are still there.



If you wish to continue your monthly fraternity donation please send your check to treasurer, Barbara Massey, 862 Ventnor Drive, Newport News, VA 23608-8927. **Please make checks payable to SFO.**



**20th Quinquennial Congress**  
**The Franciscan Jubilee is Back on!**  
 August 3-7, 2022  
 Phoenix, AZ

More information regarding registration and hotel reservation will be available soon.  
<https://secularfranciscanusa.org/>

Franciscan  
JUBILEE



***Prayer Request***

***Please keep in your prayers: the soul of Barry, a dear friend of Maria***

***If you have a prayer request, please email your request to karenrutherfordcoulson@gmail.com to be included in our next newsletter!***



***Praying for Our Deceased Brothers and Sisters***

- Joan Albrecht*
- Edna Bartlett*
- Gladys Branch*
- Joan Buhler*
- Julia Carey*
- Donald Carpenter*
- Dorothy and Janice Carpenter*
- Rose Coleman*
- Josephine Decori*
- Esme Esflavo*
- Marian Garris*
- Florence Gorden*
- Jack Houlahan*
- Dorothy and Don Johnson*
- Lauren Pallazola*
- Mark Pepper*
- Daphne Pritchett*
- Elma Stanbeck*
- Lauren Sessa*
- Denny Thiel*
- Maria Torres*
- Frances Warren*

## **Pineapple Inn Pantry**

At the Pineapple Inn, we strive to ensure that our guests have access to all services available to them. This includes access to a small pantry that is stocked by members of the faith community and good hearted individuals. If you would like to help, we are always in need of these items:



Soup/Chili – *Canned foods should have a pop-top if possible*  
Ramen Noodles  
Mac & Cheese (consider Velveeta or Kraft with liquid cheese)  
Rice (White or Brown)  
Canned meat (tuna, chicken, ham, Spam, Vienna Sausages etc.)  
Tuna with crackers kit  
Canned Veggies (no GREEN BEANS)  
Canned tomatoes  
Tuna with crackers kit  
Shelf stable meals - i.e. Hormel Completes  
Pasta  
Spaghetti/Pasta sauce  
Stove Top Stuffing  
Peanut butter  
Jelly  
Sandwich Bread © Fruit cups/canned fruit © Cereal - cheerio's etc.  
Hot Cereal – oatmeal etc.  
Granola/Cereal bars  
Juice (V8, Ocean Spray – no Hi-C please)  
Boxed or powdered milk  
Peanut butter  
Jelly  
Sandwich Bread  
Canola oil/Vegetable Oil (needed to make Rice a Roni etc.)  
Salad Dressing (Ranch & Italian)  
Spices (Salt, pepper, Italian blend etc.)  
Sugar & Flour  
Condiments (ketchup, mustard, mayo etc.)  
Fresh fruit & vegetables - we are happy to take your excess garden goods  
Snacks/cookies  
Microwave popcorn  
Feminine hygiene products  
Can Openers

We also are in need of pots, pans, dishes, and silverware.

As always we are grateful for any and all donations.

If you have any questions please call us at (757) 259-9670 or send us an email to [info@pineapplehousing.com](mailto:info@pineapplehousing.com)

**Chaplet for the Release of Souls from Purgatory**  
**St. Gertrude Prayer to Release Souls from Purgatory**

*(Each time this prayer is said, 1,000 Souls are released from Purgatory)*

*The Prayer of St. Gertrude, is one of the most famous of the prayers for souls in purgatory. St. Gertrude the Great was a Benedictine nun and mystic who lived in the 13th century. According to tradition, our Lord promised her that 1,000 souls would be released from purgatory each time the prayer is said devoutly.*

**The Release of Holy Souls Chaplet**

The Apostle's Creed:

I believe in God,  
the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Hail Mary...

Glory be to the Father,,,

*Pray: Holy Souls pray for us as we pray for you.*

**The Prayer of St. Gertrude said 10 times:** *Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.*

Glory be to the Father...

*(You can say this decade once or on all five decades of your rosary. If you pray this prayer using the five decades, you will release fifty thousand souls from Purgatory. Remember a majority of us will be there someday and we will want prayers said for us.)*

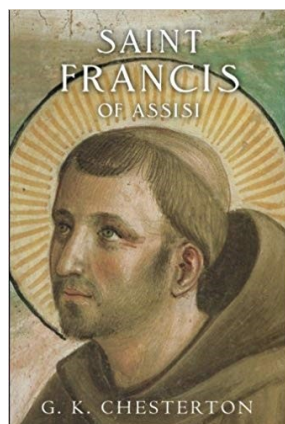
Chaplet created by Bob Longo, OFS



## July – Month of the Precious Blood of Our Lord Jesus Christ



1. Feast of the Precious Blood of Our Lord Jesus Christ
2. Feast of the Visitation of Our Lady
3. Bl. Marie Anne Fontcuberta, Virgin, religious of the Third-Order Regular [living in community, under a Rule], d. 1886
4. 40 Martyrs of China, religious of the Franciscan 1st Order and Franciscan Third Order Secular, d. 1900
5. Bl. Ignace Falzon, Confessor, Franciscan Third Order Secular, d. 1865
6. St. Maria Goretti, Virgin Martyr, Corderbearer, d. 1902
7. Bl. Oddino Barrotti, Priest, Franciscan Third Order Secular, d. 1400
8. St. Elizabeth of Portugal, Virgin, Franciscan Third Order Secular, d. 1336
9. St. Veronica Giuliani, Virgin, Capuchin religious, d. 1727
10. 8 Martyrs religious of the Franciscan 1st Order of Damas, d. 1860
11. 11 Martyrs religious of the Franciscan 1st Order of Holland, d. 1572
12. Sts. Geoffrey and Joachim, Priests, religious of the Franciscan 1st Order, martyrs 1679
13. St. Francis Solano, Priest, religious of the Franciscan 1st Order, d. 1610
14. St. Bonaventure, Bishop, Doctor of the Church, religious of the Franciscan 1st Order, d. 1274
15. Bl. Bernard of Baden, Confessor, Franciscan Third Order Secular, d. 1458
16. Our Lady of Mount Carmel; St. Marie-Madeleine Postel, Virgin, religious of the Third-Order Regular [living in community, under a Rule], d. 1846
17. Bl. Pierre De Foligno, Confessor, Franciscan Third Order Secular, d. 1614
18. St. Camillus de Lellis, Priest, had been a tertiary before founding or joining another religious Institute, d. 1614
19. St. Vincent de Paul, Priest, had been a tertiary before founding or joining another religious Institute, d. 1660
20. St. Jerome Emilien, Priest, had been a tertiary before founding or joining another religious Institute, d. 1537
21. St. Lawrence of Brindisi, Priest, Capuchin religious, Doctor of the Church, d. 1619
22. Bl. Angelina of Marciano, Virgin, religious of the Third-Order Regular [living in community, under a Rule], d. 1435
23. Bl. Louise of Savoy, Virgin, of the Franciscan 2nd-Order; a "Poor Clare" sister, d. 1503
24. Bl. Modestin de Jesus-Marie, Priest, religious of the Franciscan 1st Order, d. 1864
25. Bl. Antoine Lucci, Bishop, Conventual religious, d. 1752
26. St. Anne, mother of the Blessed Virgin Mary
27. Bl. Mary Magdalene Martinengo, Virgin, Capuchin, d. 1737
28. Bl. Marie-Therese of the Infant Jesus, Virgin, Capuchin, martyr 1941
29. Bl. Alphonse de l'Immaculee, virgin, religious of the Third-Order Regular [living in community, under a Rule], d. 1946
30. St. Leopold de Castelnuovo, Priest, Capuchin religious, d. 1942
31. St. Ignace de Loyola, Priest, had been a tertiary before founding or joining another religious Institute, d. 1556



### G. K. Chesterton's classic study of St. Francis.

"St. Francis was above all things a great giver; and he cared chiefly for the best kind of giving which is called thanksgiving. . . . He knew that the praise of God stands on its strongest ground when it stands on nothing. He knew that we can best measure the towering miracle of the mere fact of existence if we realize that but for some strange mercy we should not even exist. . . . From him came a whole awakening of the world and a dawn in which all shapes and colors could be seen anew." --G. K. Chesterton