



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

### Minister's Reflections — Terry Carlino, OFS

It has often been said in recent times that Lent should be more about spiritual growth than about giving up chocolate or wine. Indeed seeing the prentential season as nothing more than a period in which we deny ourselves some much beloved food kind of misses the point. However, we must also realize that over the course of the Church the Lenten fast was taken much more seriously than it is sometimes taken today. Our Eastern brethren still practice the Great Fast during Lent, when they abstained from meat, fish, eggs and dairy products, wine, and oil. Makes giving up chocolate seem a little weak, doesn't it?

The point of the Great Fast is to mark in discipline a period before the celebration of Easter in which one's life is dedicated to spiritual growth. The external fast is just a sign, a reminder not to others but to oneself, of the deeper conversion you are seeking. So I would urge you this Lent, do not ignore the fasting aspect of the season, but do not let your Pascal preparation during Lent end with the fast. It is only meant to be a reminder of the greater spiritual development which you should be seeking during Lent.

### Diocesan Men's Conference at Saint Bede



Our minister, Terry Carlino is not available to staff a booth for the Men's Conference on March 23 from 10:00 a.m. to 6:00 p.m. If you can be available to speak with men about our Fraternity and Franciscan Spirituality, please let Terry know.

Wednesday, February 27,

### Important Dates:

- 3/6 Ani Kelly—Birthday
- 3/14 Karen Coulson—Birthday
- 3/9 Morning of Spirituality 9:00 am
- 3/17 Meeting — Fr. Walsh Room  
12:30 Members Gather for Lunch and Fellowship  
1:30 Opening Prayer
- 3/22 Sandra Link—Birthday

**A reminder**, the following members offered to bring these food items for the children at the Pineapple Inn on a monthly basis. We also collect diapers for infants to 27 lbs. for the Hope Baby Care Center

### Food for Pineapple Inn

- Rick C. 2 cans chicken noodle soup
- Karen C. 2 cans split pea soup
- Paul R. 2 cans vegetable beef soup
- Bea S. 1 bag small tangerines
- Donna K. Rice and Beans
- Chuck & Marie S. 1 bag each apples & pears
- Maria F. 1 bunch green bananas
- Chris & Leo W. 2 microwave single meals
- Carol M. 2 packs fruit cups
- Eileen M. 2 packs pudding cups and 2 juice boxes
- Peg C. 2 packs small individual cereal boxes
- Sandra L. 2 boxes pasta
- Barbara M. & Glenda H. 4 jars pasta sauce
- Ani K. Raman Noodles
- Terry C. Tuna



## Reflections From the Vice Minister/Acting Secretary Bea Sanford, OFS

### Morning of Spirituality March 9 from 9:00 a.m. to noon

Please plan to join us for the Lenten Morning of Spirituality on Saturday, March 9 in the Father Walsh Room of Saint Bede Catholic Church. Carolyn Lawrence will lead our retreat on the Lenten Parables. Joan Buhler is taking reservations until Wednesday, March 6. Optional lunch at Center Street Cafe to follow. Be sure to call Joan Buhler to make your reservations by Wednesday, March 6. Please specify retreat and lunch or just retreat.

### Congratulations Sister Agnes!

The Franciscan Brethren of St. Philip (aka Little Sisters of St. Francis) have purchased a home that will serve as the Men's Group Home which will ultimately house 10 male residents. This house on Queens Creek Drive replaces the house on Jolly Pond Road that was destroyed by fire on October 11, 2018. The story that was featured in the Catholic Virginian generated gifts from people throughout the state of Virginia. Saint Bede and Saint Olaf scheduled special collections on November 17 and 18 with an outpouring of generosity from their parishioners. Total funds received amounted to \$75,844 but more importantly, their mission of providing compassionate care for adults with special needs through group homes across Hampton Roads has been recognized by the community. Please keep these holy women and men in your prayers as well as the clients they selflessly serve.



Let us enter into Lent with deliberate and thoughtful preparation, allowing good to triumph over any evil or sin in our lives. May God bless you!

### Looking for an Apostolate?

You can use your sewing skills to support new mothers in need through the Hope Pregnancy Center. These local new moms are in great need of burp cloths. The recommended size is 12x17 inches made from absorbent materials like terry cloth or flannel. If you are able to equip new mothers with these much-needed items, please contact MaryEllen at the Hope Pregnancy Center at (757) 229-6472. Thank you for caring for our mothers and babies both during and after pregnancy. Your help supports the choice of life!



## Inspiring Lenten Message from Monsignor Keeney

We are coming to the end of the first period of Ordinary Time, a time of hope, life, and growth. On March 6th, we will celebrate Ash Wednesday, the first day of Lent. The ashes humble our hearts and remind us of our mortality; they call us to repentance. The requirement of fasting and abstaining from meat on Ash Wednesday is a way to emphasize the penitential nature of this day. We continue with abstaining each Friday during Lent to acknowledge the supreme gift of redemption given to us through Christ's suffering and death on the cross. During the season of Lent, we are called to fast, pray, and give alms, denying ourselves and renewing our baptismal commitment.

As we approach this period of preparation, I encourage you to set aside some time to reflect on your own spiritual life. Do you have any spiritual goals you would like to achieve? Perhaps you would like to make good use of the Sacrament of Reconciliation. Maybe you want spend more time with the Lord by studying scripture, reading spiritual books, praying, attending Eucharistic Adoration, or increasing Mass attendance. Ask the Holy Spirit to guide your heart and mind. Write down your goals and share them with your spiritual director, family, or friends. I also invite you to say special prayers for those going through the Rite of Christian Initiation of Adults as they make final preparations to join the Church through the Sacrament of Baptism at Easter.

### Introduction to Centering Prayer

"Be still and know that I am God." Psalm 46 invites us to set aside all activity, rest in silence and come into an intimate relationship with God. This Lent, explore the richness of silence. Join Peg Crews as she leads an introduction to Centering Prayer, a form of contemplative prayer in the Christian tradition. The class is for beginners and those who have practiced Centering Prayer before. Register at [www.bede.org/aff](http://www.bede.org/aff)

Starts Tuesday, March 5 10:30 a.m. Saint Bede Catholic Church Ministry Level

The course will conclude on April 9.

### Community Café Williamsburg

Thursday, March 7 1:00 - 3:00 p.m. Saint Martin Episcopal Church, 1333 Jamestown Road Williamsburg

Our own Susan James will be presenting a short history of cabaret from Europe to America. Listen to examples and discuss the different vocalists as they personally interpret the Great American Songbook. Recordings and videos of cabaret artists from the current nightclub scene will be played.

The Café is free and open to residents age 60+, or caregivers. It is sponsored by local congregations, businesses, and the Peninsula Agency on Aging.



## Spiritual Director List

*During our last meeting Cindy asked if someone could provide a list of spiritual directors in the area. This is the list that was made available from the Spiritual Direction Institute.*

**Tim Boylan** - timothy.j.boylan.ctr@mail.mil (Smithfield)

I am a practicing Catholic attending Good Shepherd Church in Smithfield, (Ham capital). I graduated SDI in June 2018. My spiritual practices are Mass, Rosary (most days) prayer, spiritual readings and reflection (sometimes). I seek God in the mundane events of life like working out, running, riding my bike, yard work, and interacting with others. Phone 757-371-3675

**Daryl Groseth** - 757-218-9181 (Poquoson)

2016 graduate of SDI Tidewater

Spiritual practices: Longtime member of Our Lady of Mount Carmel Church, Newport News. Member of RCIA team and small bible study group. Personal daily prayer with daily bible readings and meditation. Currently a Spiritual Director to one other individual.

**Lisa Ranellone** – lhran75@aol.com (Poquoson)

2018 graduate of SDI Tidewater, Roman Catholic, Poquoson VA.

**Anne Winkworth** – awinkworth@verizon.net (Newport News)

I am a practicing Catholic attending St. Jerome Church in Denbigh, Newport News, and I live nearby. I graduated SDI in 2003 I think or thereabouts. My spiritual practices are Mass, prayer, journaling, dream work, poetry, retreats, spiritual readings and reflection.

Email: awinkworth@verizon.net

Home phone 757-874-0584

I live in Denbigh, Newport News.



## Spiritual Director List (Continued)

**Stephanie Annas** – stefandlexynew@gmail.com (Suffolk)

My name is Stephanie, I'm a June 2018 graduate of SDI Tidewater.

I enjoy journaling and recording my dreams; doing lectio divina and meditating. I worship as a Catholic but respect the wisdom of other faiths. I am an INFP.

My home is in Suffolk, which is a 30-45 min. drive to most of Hampton Roads.

**Barbara Older** – bolderinva@gmail.com (Virginia Beach)

I graduated from SDI last June. My spiritual daily practices are: Centering Prayer, spiritual reading, lectio, journaling. I also participate in a bimonthly enneagram group, weekly CP group, and monthly spiritual book study group. The social justice and charity activities I'm involved in through my parish, the Tidewater Sowers of Justice and Peace, and the Norfolk Catholic Worker provide opportunities to put my faith in action. I'm Catholic and live in Virginia Beach. I have had a Spiritual Director for over a year with whom I meet monthly. That relationship enhances my life and I'd be willing to try to pass on what I've been given to another pilgrim.

**Amy Heilman** – (757) 288-5640 (Virginia Beach)

I offer Spiritual Direction to women.

I have been doing women's ministry for the past 10 years and have led several women's retreats offering spiritual encouragement and leading spiritual formations.

I did Prayer phone counseling for 2 two years with a local nonprofit ministry.

I have been a part of Vineyard Community church for 3 years and currently teach a Spiritual Growth class monthly.

I am also a facilitator with Journey Mates group that practices various spiritual practices in large & small group settings.

I graduated from SDI in May 2018.

I live in Virginia Beach and set up Spiritual Direction appts upon request taking in consideration my schedule and theirs.

**Lisa Drago** – (757) 533-2908 (Norfolk)

I am an Experienced Registered Yoga Teacher (E-RYT) with Yoga Alliance, teaching since 2000. Currently I'm pursuing a master's degree in Mental Health Counseling from Old Dominion University. My spiritual direction training was completed through the Spiritual Direction Institute founded by Msgr. Chester Michael in 1987.



## March – Month of St. Joseph



1. Bl. Jean Kearney, Priest, religious of the Franciscan 1st Order, martyr 1653
2. St. Agnes de Prague, Virgin, of the Franciscan 2nd-Order; a "Poor Clare" sister, d. 1282
3. Bl. Innocent of Berzo, Priest, Capuchin, d. 1890
4. Bl. Martyrs of the Franciscan 1st Order of Gondar (Ethiopia), d. 1716
5. St. John-Joseph of the Cross, Priest, religious of the Franciscan 1st Order, d. 1734
6. St. Colette de Corbie, Virgin, of the Franciscan 2nd-Order; a "Poor Clare" sister, d. 1447
7. Bl. Christopher of Milan, Priest, religious of the Franciscan 1st Order, d. 1485
8. St. Jean de Dieu, Priest, had been a tertiary before founding or joining another religious Institute, d. 1550
9. St. Frances of Rome, Virgin, had been a tertiary before founding or joining another religious Institute, d. 1440
10. St. Catherine of Bologna, Virgin of the Franciscan 2nd-Order; a "Poor Clare" sister, d. 1463
11. Bl. John Baptist Righi of Fabriano, Priest, religious of the Franciscan 1st Order, d. 1539
12. Bl. Louis Orione, Priest, Franciscan Third Order Secular, d. 1940
13. Bl. Agnellus of Pisa, Priest, religious of the Franciscan 1st Order, d. 1236
14. St. Catherine of Genoa, Virgin, Franciscan Third Order Secular, d. 1510
15. Bl. Louis of Casoria, Priest, religious of the Franciscan 1st Order, d. 1885
16. Bl. Torello of Poppi, Confessor, Franciscan Third Order Secular, d. 1282
17. Bl. Mark of Montegallo, Priest, religious of the Franciscan 1st Order, d. 1496
18. St. Salvator of Horta, lay brother, religious of the Franciscan 1st Order, d. 1567
19. Saint Joseph, Holy Day of Obligation for the Church
20. Bl. Hippolyte Galentini, Confessor, Franciscan Third Order Secular, d. 1620
21. Bl. Amedee IX de Savoie, Confessor, Franciscan Third Order Secular, d. 1472
22. St. Benvenute of Osimo, Bishop, religious of the Franciscan 1st Order, d. 1282
23. Bl. Jeremy Lambertenghi, Priest, Franciscan Third Order Secular, d. 1513
24. Bl. Catherine de Suede, Virgin, had been a tertiary before founding or joining another religious Institute, d. 1381
25. Feast of the Annunciation of the Blessed Virgin Mary, Holy Day of Obligation for the Church
26. Blessed Didacus Joseph of Cadiz, Priest, Capuchin, d. 1801
27. Bl. Joseph-Sebastien Pelczar, Bishop, Franciscan Third Order Secular, d. 1924..
28. St. John of Capistrano, Priest, religious of the Franciscan 1st Order, d. 1456
29. Bl. Jane Mary of Maille, Virgin, Franciscan Third Order Secular, d. 1414
30. St. Peter Regalado, Priest, religious of the Franciscan 1st Order, d. 1486
31. St. Leonard Murialdo, Priest, Franciscan Third Order Secular, d. 1900

