



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

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## March 2020

### Important Dates:

- 3/6 Ani Kelly—Birthday
- 3/14 Karen Coulson —Birthday
- 3/15 Meeting — Fr. Walsh Room  
12:30 pm Members Gather for  
Lunch and Fellowship  
1:30 pm Opening Prayer
- 3/22 Sandra Link—Birthday

### Minister Reflections — Maria Fuentes-Sherman, OFS

Brothers and Sisters,

Lent is upon us! A time for fasting, weeping, and mourning? No, I say! A time for rejoicing, for we have been given this time to renew our relationship with God. A time to reflect on our past behavior, to repent, and to return to God.

How? By giving up our favorites: food, i.e. chocolates; activities. I.e. tv or game time? No, by changing our behavior, toward ourselves and others.

Do we think of ourselves as so grievous a sinner that we can't be forgiven? In the Our Father we ask: "forgive us our trespasses as we forgive those who trespass against us." How can we ask that, yet not forgive those we feel have hurt us? Is there someone in your life you haven't spoken to in a while because of a perceived grievance? Reaching out may well heal that wound, in yourself and in the other person. THEN, we can ask to be forgiven by God.

Do we take care of the great gift we have been given, our Earth? Or do we pander to convenience by using numerous amounts of plastics, paper goods and other items that damage it. Cloth bags for groceries, cloth napkins, regular plates and silverware will reduce much of the garbage we spew on our surroundings.

Are we grateful for God's love? Or do we live the days as though God did not exist.

Paying attention to others we can share that love. We can't take care of every needy person, but we can share a greeting, a smile, and when able, share our abundance: feed someone hungry, help someone find shelter, say kind words to someone who is suffering physically or emotionally.

As William Shakespeare put it: "We know what we are, but not what we may be" We DO know! We are children of God, put on this earth to glorify and praise Him. How better to do that than to share His love with others?

Fast, weep and mourn? Fast to follow the rules of the Church, but give of that food to the hungry. Weep? Weep with the person who needs your presence and support. Mourn? Only if you have not made an attempt to grow closer to God.

Rejoice then, in the many blessings this Lenten time gives us.

Maria

**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 packs of 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



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## Vice Minister Reflections – Rick Churray, OFS

My dear brothers and sisters in Christ: Lent has once again arrived. It is a time for me to start over, to begin again, much like spring that is also just beginning. It's time for me/for us to re-establish old spiritual practices or develop new ones in our lives. Yesterday, I read our Rule once again. I was struck by article 7, "United by their vocation as "brothers and sisters of penance" and motivated by the dynamic power of the gospel, let them conform their thoughts and deeds to those of Christ by means of that radical interior change which the gospel calls "conversion." Human frailty makes it necessary that this conversion be carried out daily."

Yes, the article says daily! So let us begin this Lent by building on what our faith journey has been! Let us review what has brought us closer to Father Francis and closer to our Lord. Even Father Francis reviewed his life and adjusted course along the way. He started rebuilding the church one brick at a time! He realized God wanted him to rebuild women and men around him by encouraging them to follow in Christ's footsteps by following the gospel! This requires self-denial and re-orienting ourselves.

So as you begin your Lenten Journey I'll leave you with these words,

"Jesus reminds those who would follow him that the cross is never far from view. That is why we need this season of self-denial. It is a time to put others first and an opportunity to re-orient ourselves around our Lord and his priorities. Have I prayed about how I can strengthen my relationship with Jesus this Lent? What things might be standing in the way?"

- Steve Pable

Living Faith 2020 <http://www.livingfaith.com>

Pax et Bonum

Rick Churray

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It is with great sadness that I post this notice of the funeral for Jeannie McLees, OFS. Jeannie was very involved with our Fraternity when Chris Wells served as our minister

Funeral arrangements were made for 02 March, 2020 @ Saint Gregory's the Great, Virginia Beach @ 11am. The Obituary appeared in newspaper by 25 February.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the **souls** of the faithful departed, through the mercy of God, rest in peace. Amen





From Left to Right Father Cassidy Stinson, Monsignor Joe Lehman, Father John Baab.

### **Lenten Retreat Secretary – Bea Sanford, OFS**

Father John Baab, parochial vicar St. Bede Catholic Church, began our morning of spirituality with the celebration of the Eucharist before leading 19 members and three guests through several prayer exercises. Using the Examen developed by St. Ignatius of Loyola as the foundation, Father John asked participants to read and reflect on Galatians 1:11-2:10 and Philippians 2:1-11 taking note of words, phrases, and themes. Participants shared their thoughts during the spirit filled morning of reflection. In addition to the daily examen, <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/> Father John recommended several resources including the Catholic Study Bible hardback version, and Jesuits of Ireland daily prayer <https://www.sacredspace.ie>.