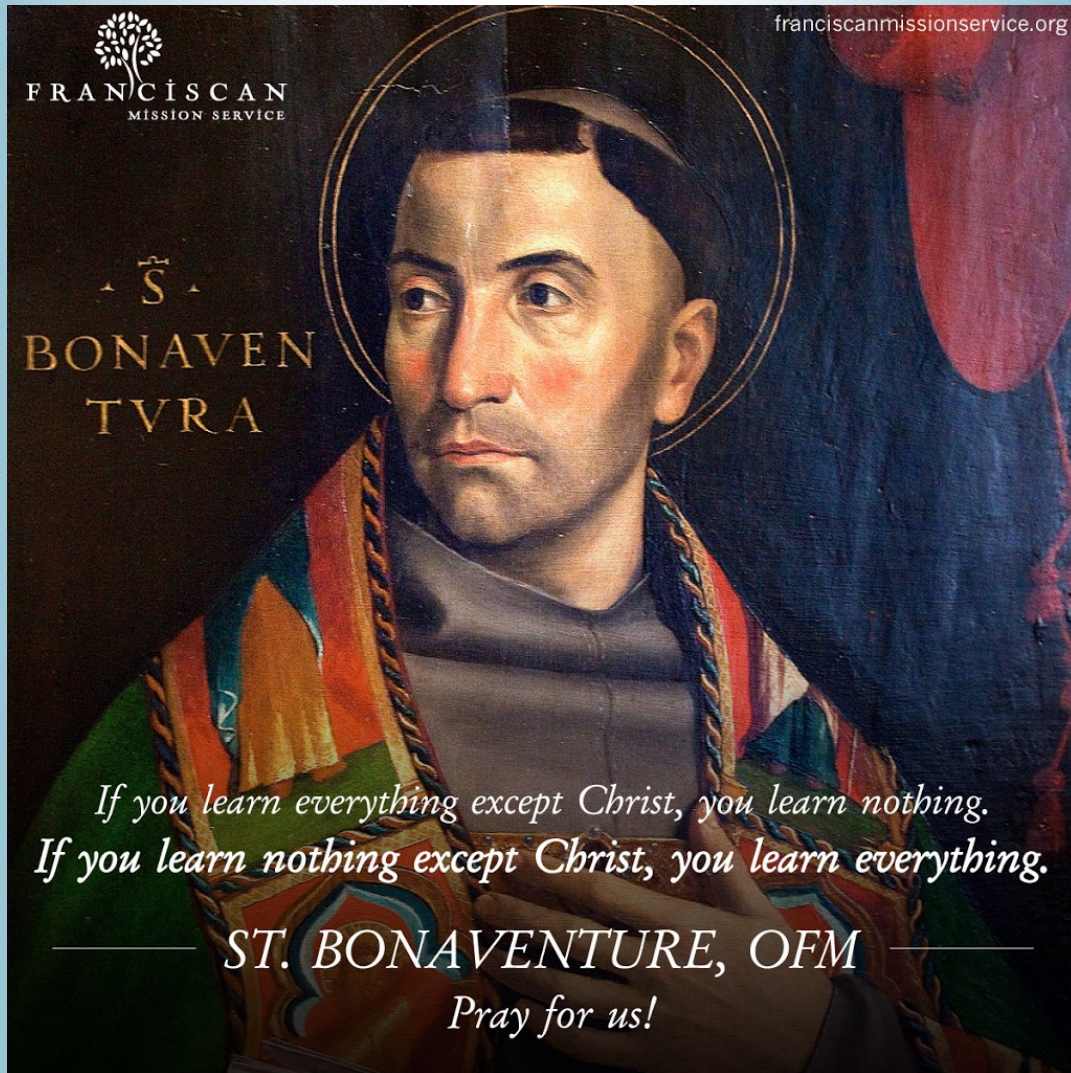


ST MARY OF THE ANGELS FRATERNITY
ORDER OF THE SECULAR FRANCISCAN
THE ANGELUS * JULY 8, 2018



Minister: Susan Jamison

Spititual Assistant: Michael Huether

Secretary: Marilyn Wall

Counselors: Lilian Soriano ,

The Angelus: Susan Jamison



Vice-Minister: Genie Dutton

Formation Director: Tom McGrath

Treasurer: Carmencita Fiesta

Mary Badjo & Margaret Nicholson

OUR APRIL MEETING

Opening Prayer

Update on our Funeral Pall—THANK YOU
LILIAN!

Presentation by Marilyn on Forgiveness
and Prayer

Lectio Divina led by Mike Huether

On Forgiveness and Mercy

Break

Prayer Partners

Rite of Welcoming for Formation Group

Ongoing Formation—Tom and Bach Book

Christian Prayer

**JULY BIRTHDAYS &
PROFESSION ANNIVERSARIES,**

Submitted by Genie

HAPPY BIRTHDAY!!!!

2 – Tap Nguyen

No Five Year Profession Anniversaries



Thank you to Lilian who is in the Philippines working hard to have our
Funeral Pall made for us.

We hope to see it in August!

Thank you to all who participated in the June Retreat. The food was
delicious, the comradery was warm and the presenters were inspiring and
informative. Thank you to Genie who had presented at our May meeting,
and to those who presented at the retreat: Tom, Mike, Greg, Alina, John,
Carmencita and Portia, and Susan.

Rite of Welcoming, Tom McGrath

At our July 8 fraternity gathering we will welcome our new inquirers:

John Di Benedetto

Michael Oliver

Ingrid Roberts

Michaelle Sylla

and

Jane Thornton

Please join with the rest of the fraternity in encouraging them as they study the Rule and begin to put it into practice!



We are delighted that Dale Epig is joining our Fraternity as a transfer member. We hope the paperwork will be done by August so we can welcome her in a SPECIAL WAY !

SPIRITUAL ASSISTANT'S MESSAGE

July, 2018

Article Ten of the Rule states as such:

"United themselves to the redemptive obedience of Jesus, who placed His will into the Father's hands, let them faithfully fulfill the duties proper to their various circumstances of life. Let them also follow the poor and crucified Christ, witness to Him even in difficulties and persecutions."

The main style and method of evangelization for all secular Franciscans is that of being examples and models of living simply in the world. We have, perhaps, the clearest and simplest means of living out the Gospel message and we do it together as a team(in fraternity) and as part of the Franciscan family. Living simply and not too extravagantly is to be our main quality of everyday living. We follow the poor and suffering Christ by our simple living--getting by comfortably with just what we need--and not engaging in any unnecessary excess. In this way, we develop the sense of uniting with Christ and share in His passion. We do this by bearing our hardships, discomforts, and pains with steadfast faith as He did for our redemption.

Mike



LOVE of ENEMY & THE STRANGER

By Father Michael Bries

Love of enemy and the stranger are ancient and paramount requirements if one intends to truly live out the Gospel. Lacking such love of our fellow human beings is a grave sin in our Christian tradition. Christ never rejected any person because of their race, ethnicity or tribe. Never. Sadly, we now live in a modern society in which this group is divided and unwelcoming, even hateful and prejudiced toward another person solely because of his or her race, ethnicity, tribe or background. WHY? I do NOT understand!

Every person is HUMAN IN NATURE!!! No person's intelligence is determined by their skin color. There are talented, gifted and brilliant people in every group of people. There are foolish and even ignorant people in every group of people. Regardless, every person is still human and possess an innate dignity, value and purpose here on earth. Your life is not mine, nor is mine yours. Still, I respect you as my fellow human being. I believe our Creator has a purpose, a role for you to play in the unfolding and building up of His Kingdom here at hand.

HOW can you, me or any so-called Catholic or Christian really claim we follow Christ when our heart, mind or spirit possesses a deep dislike, hatred or prejudice toward a stranger here in our midst, our community, our parish? HOW can Hatred contribute to building up God's Kingdom, to living out the Gospel of our Savior Jesus Christ, or as an expression of the Holy Spirit's compassion, mercy or justice? HOW does that make any sense?

Before you, maybe a family member, a person you grew up with, or another Catholic leaves this world, you, me, or others should be brutally frank and clear with our self and one another. If we hate our so called enemy or the stranger whose skin differs from ours, or their education level differs, or their wealth or class differs from us, well, if we hate them, then, you, me and all disciples of Christ MUST humbly plead, cry out to and beg our good and gracious and forgiving God to empty the very depths of our being from any hatred or prejudice! We must humbly and truthfully acknowledge this part of our self! Then may we truly seek our only hope for salvation and eternal life by begging our Lord for forgiveness and then, humbly and freely choosing to walk forward always in the company of Christ. Our dear Lord is our God of Love, Mercy and Justice...NOT HATRED! Be willing to imitate Christ. Always choose to love rather than hate. Your own salvation depends heavily on this. You may fool other people. You will NEVER fool God! The choices are yours! Salvation is never for those who HATE! What's going to be your choice? Hatred or Love?

Contemplative Christian Prayer - Simple Love of God and Entering into His Presence

By Greg Davis

The key word in that title is "contemplative" and for we Franciscans the word "simple" also has great meaning. Simplicity is part of our charism, a good thing to have in an overly complex and sometimes foggy world. In fact, as we progressed My Franciscan Way statements into the Our Franciscan Way theme, we chose "simplicity" as one of our 12 major traits. The first page of our Directory states: "Simplicity. Be straight forward and simple to one another in order to breed wisdom." Contemplate that!

There are two outstanding books that teach "contemplation": The Cloud of Unknowing edited by William Johnston, a Jesuit, and Intimacy with God by Thomas Keating, a Trappist monk. Both of these books were and are the basis for a solid understanding of what contemplation is and more importantly how to do it.

The Cloud book states that words and ideas can sometimes obscure (cloud your thinking). In contemplation we do the opposite of expressing words and ideas-- we do not think of anything, we are silent, we listen to God within our inner self by shutting out the world around us. The Intimacy book goes on to say that the source of the inner self is the Trinity and as we contemplate we are highly sensitive to the delicate movements of the Holy Spirit. In contemplation we tap the divine energy within ourselves in a peaceful, quiet, gentle way.

How To Do It:

We did this at the retreat in June and we will do it again at the September meeting. Here are the guidelines:

Start with a simple prayer like the Our Father

To begin contemplation, select a mantra, e.g. "God is Love"

Sit quietly, eyes closed and repeat this mantra over and over in your mind

Say the mantra in rhythm with your breathing

Do not think about the meaning of the mantra

Do not think about anything, including insights that might occur during your contemplation

When your mind drifts off into thinking about something else, gently return to the mantra repetition

Continue to contemplate for 15 minutes (minimum 10 minutes, maximum 20 minutes)

Close with another simple prayer of your choice

Go about your life and patiently wait to receive the results of your contemplation

The impact of this process is astonishing. You should feel less stressed, less burdened, and more sociable. You might even develop a better diet. In particular you should experience sudden very simple and clear thoughts for several days afterward. You will say to yourself, why did I not think of that before? Well, you are thinking it now, so thank the Holy Spirit for guiding you and for free!

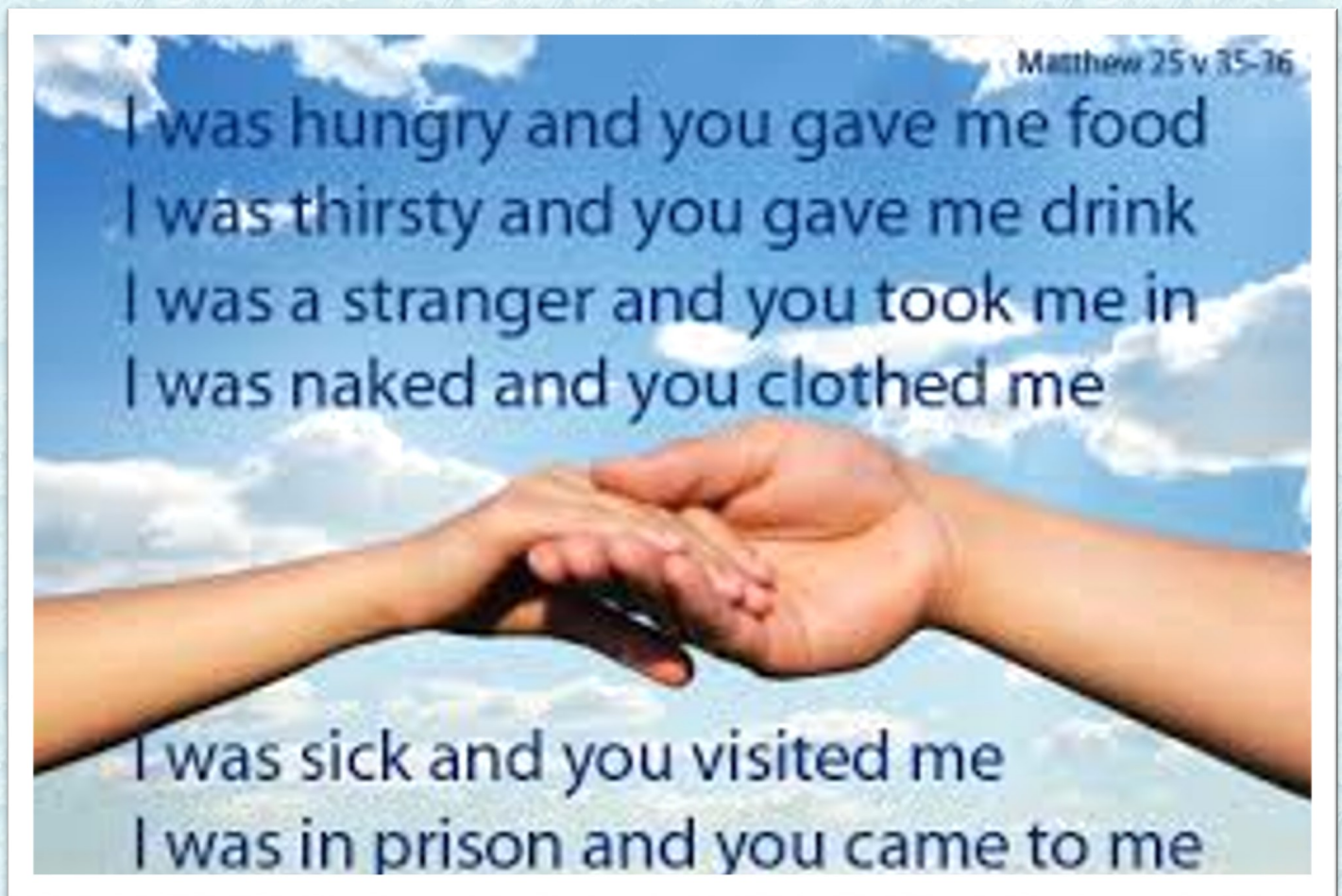


Living Life Like A Prayer, by Alina Zygmunt

The lessons learned from the Good Samaritan Parable:

1. Jesus teaches us to love God with our whole heart, soul, strength, and mind
2. Who is our neighbor? Everyone is our neighbor
3. We are to show love for our neighbor by meeting their needs

How do we meet their needs? ... by praying AND taking action. Prayer and action must work hand in hand to accomplish God's deeds here on earth.



The Mass as the highest and most perfect form of prayer.
By Tom McGrath

Secular Franciscans, therefore, should seek to encounter the living and active person of Christ in their brothers and sisters, in Sacred Scripture, in the Church, and in liturgical activity. The faith of St. Francis, who often said, “I see nothing bodily of the Most High Son of God in this world except His most holy body and blood,” should be the inspiration and pattern of their Eucharistic life.

The Rule of the Secular Franciscan Order – Article 5

The Rule gives the Eucharist a special place in our Franciscan way of life. It is fueled by St. Francis’ faith in Christ’s bodily presence in the sacrament. This faith is the inspiration and pattern of our Eucharistic life.

What is our Eucharistic life? The Father gives the Son all that he is and all that he has. In response, the Son gives all that he is and all that he has back to the Father. This gifting continues eternally. In the sacrament of Jesus’ body and blood Jesus gives us his entire self—all that he is and all that he has. What is our proper response to this gift? I see it as two-fold. First, I should give all that I am and all that I have back to Jesus. Secondly, I should give all that I am and all that I have to others.



DEEPENING YOUR MEDITATIONS ON THE MYSTERIES OF THE HOLY ROSARY

Pray the Rosary



By Carmencita and Portia Fiesta

THE NAME ROSARY WAS DERIVED FROM THE ROSE, A FLOWER HAVING A GREAT DEPTH OF SYMBOLISM. ONE OF THE SPIRITUAL TITLES GIVEN TO THE VIRGIN MARY, MYSTICAL ROSE, REFERRED TO HER WOMB AS THE DEVELOPING FLOWER OF CHRIST THE SAVIOUR.

IN RECITING THE ROSARY, WE ARE INVITED AS GOD’S SONS AND DAUGHTERS TO GAZE UPON THE LIFE OF JESUS CHRIST THROUGH THE EYES OF OUR LADY. POPE FRANCIS REMINDS US THAT GOD INTERVENES ON OUR BEHALF AND THROUGH THE PRAYER OF THE ROSARY. THE BLESSED VIRGIN MARY ACCOMPANIES US ALONG THE JOURNEY OF LIFE, POINTING US TO HER SON JESUS.

VERSES FROM SACRED SCRIPTURE ACCOMPANY EACH MYSTERY AND A SUGGESTED SPIRITUAL FRUIT WHICH ILLUMINATES THE HEART OF EACH MYSTERY AND DEEPENS THE SCRIPTURAL DIMENSION OF THIS BEAUTIFUL PRAYER.

BY CONTEMPLATING ON THE THOUGHTFUL MEDITATIONS FOR REFLECTION CENTERED ON THE LIVES OF JESUS AND MARY INCLUDED IN THE HOLY ROSARY, YOUR HEART WILL BE IGNITED WITH A DEEPER, MORE FERVENT LOVE OF GOD.

HAVING A CLEARER PICTURE OF THE SCENE AND SIGNIFICANCE OF THE ROSARY MYSTERY WILL GREATLY ENHANCE YOUR MEDITATIONS.

Relationships—the heart of the Franciscan Spirit,

Tom McGrath

At our gathering on July 8 we will be discussing chapter one of *What it takes to be an OFS Franciscan*. In preparation, besides reading chapter one, you might consider the following:

What attitudes does the OFS Rule expect us to acquire?

What is the role of ongoing formation in the life of the fraternity?

How do you contribute to your ongoing formation?

How do you contribute to the fraternity's ongoing formation?

Why are relationships the heart of the Franciscan spirit?

What is the role of dialogue in building relationships?

Mindful that they are bearers of peace which must be built up unceasingly, they should seek out ways of unity and fraternal harmony through dialogue, trusting in the presence of the divine seed in everyone and in the transforming power of love and pardon. Messengers of perfect joy in every circumstance, they should strive to bring joy and hope to others. Since they are immersed in the resurrection of Christ, which gives true meaning to Sister Death, let them serenely tend toward the ultimate encounter with the Father.

OFS Rule—Article 19

Minister's Message

As you peruse the July Saints page, please try to click on some of the videos.

I love the movie on St. Charbel. I watched it years ago and never forgotten it. Many of the videos I mention in the July Saints are wonderful but the best is the video on St. Elizabeth. I hope you get a chance to watch it. It is unbelievable how much wisdom was imparted to St. Elizabeth by the Blessed Virgin Mary. I had no idea.

On another topic, I was very moved by the presentations at the Retreat on prayer. They were all excellent and I am grateful to thank Genie, Tom, Mike, Greg, Alina, John Debenetto, Carmencita and Portia for the work and prayerfulness they put into their presentations. I hoped to keep their wisdom with me but it is hard to do this so I asked the presenters to prepare something for the Angelus. Genie had already handed out something in our May meeting and will be handing out something from . Mike at our July meeting. Included in this Angelus, are excerpts or summaries of some of the other presenters.

JULY SAINTS

1 July: FRANCISCAN SAINT: Saint Junipero Serra, Priest – USA Optional Memorial

Video on Saint Junipero

https://www.youtube.com/watch?v=GwhvNZ_XEgw



3 July: Saint Thomas the Apostle – Feast

Video on Saint Thomas:

https://www.youtube.com/watch?v=rNI_R6OuJrY

4 July: Independence Day – USA Optional Memorial

PRAY FOR OUR COUNTRY!

5 July: FRANCISCAN SAINT: Saint Elizabeth of Portugal – Optional Memorial

Inspiring Video on St. Elizabeth

<https://www.youtube.com/watch?v=mCalEkA6vX4>

5 July: Saint Anthony Zaccaria, Priest – Optional Memorial

6 July: Saint Maria Goretti, Virgin and Martyr – Optional Memorial

9 July: Saint Augustine Zhao Rong and Companions, Martyrs – Optional Memorial

10. July: FRANCISCAN SAINT: St. Veronica Giuliani, Virgin

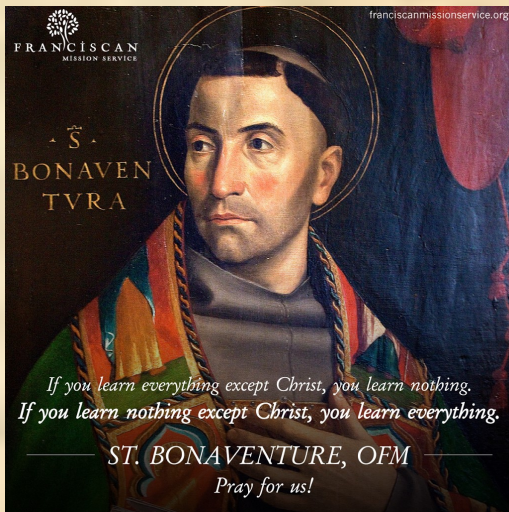


11 July: Saint Benedict, Abbot – Memorial

13 July: Saint Henry – Optional Memorial

14 July: Saint Kateri Tekakwitha, Virgin –
USA Memorial

Video on St. Kateri:
<https://www.youtube.com/watch?v=JryFRIxKWqo>



15 July: FRANCISCAN SAINT: Saint Bonaventure, Bishop
and Doctor – Memorial

Video on St Bonaventure:
<https://www.youtube.com/watch?v=6RPrmrIX5No>

16 July: Our Lady of Mount Carmel

– Optional Memorial



17. FRANCISCAN SAINT: St. Francis Solano

Video: <https://www.youtube.com/watch?v=DAViLcOni2E>

18 July Saint Camillus de Lellis, Priest – USA Optional Memorial

20 July: Saint Apollinaris, Bishop and Martyr – Optional Memorial

[20 July: Saint Apollinaris, Bishop and Martyr – Optional Memorial](#)

[21 July: Saint Lawrence of Brindisi, Priest and Doctor – Optional Memorial](#)

[22 July: Saint Mary Magdalene – Feast](#)



[23 July: Saint Bridget of Sweden, Religious – Optional Memorial](#)

Historical Video On St. Bridget:

<https://www.youtube.com/watch?v=VmFl8poDj-U>

12 Year Prayers of St. Bridet:

https://www.youtube.com/watch?v=6T_DyzPbJys

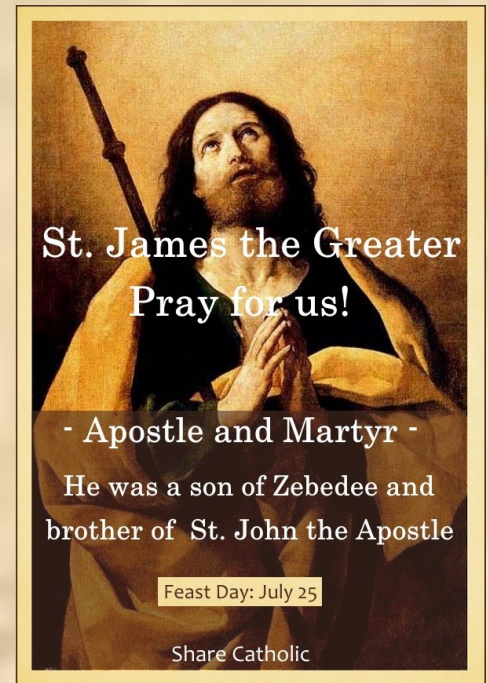
[24 July: Saint Charbel Makhluf, Priest, Hermit – Optional Memorial](#)



Watch this wonderful movie about St. Charbel:

<https://www.youtube.com/watch?v=HaQ4iKOVFPY>

[25 July: Saint James The Greater, Apostle – Feast](#)



St. James the Greater
Pray for us!

- Apostle and Martyr -

He was a son of Zebedee and
brother of St. John the Apostle

Feast Day: July 25

Share Catholic

[26 July: Saints Joachim and Anne – Memorial](#)

[29 July: Saint Martha – Memorial](#)

[30 July: FRANCISCAN SAINT: Blessed Solanus Casey](#)

[Video: https://www.youtube.com/watch?v=RFY1yTMiWJ4](https://www.youtube.com/watch?v=RFY1yTMiWJ4)



[30. July: Saint Peter Chrysologus, Bishop and Doctor – Optional Memorial](#)

[31 July: Saint Ignatius of Loyola, Priest – Memorial](#)