



The Troubadour

St. Margaret of Cortona Region
Our Lady Queen of the Angels Fraternity
Lancaster, Pennsylvania

"The rule and life of the Secular Franciscan Order is this: to observe the gospel of our Lord Jesus Christ by following the example of Saint Francis of Assisi, who made Christ the inspiration and the center of life with God and people. Christ, the gift of the Father's love, is the way to him, the truth into which the Holy Spirit leads us, and the life which he has come to give abundantly. Secular Franciscans should devote themselves especially to careful reading of the gospel, going from gospel to life and life to the gospel."
— Rule #4, The Rule of the Secular Franciscan Order

May—June 2018

Upcoming Dates and Events:

Tuesday, June 7, 6:30-8:00
p.m.—Council Meeting at St. Leo's, Room 2

Sunday, June 10, 12:30-3:30
p.m.—Gathering at St. Leo's, Chapel and Rooms 3 and 4

Sunday, July 8, 12:30-3:30
p.m.—Gathering at St. Leo's, Chapel and Rooms 3 and 4

Council

Kelly Ann Lynch, Minister
Mary Anne Fanale, Vice Minister
Susan Rineer, Secretary
Larry Rineer, Treasurer
Beth Treier, Formation Director
Julie Rasp, Councilor
Lourdes Morton, Councilor

Dear Fellow Franciscans,

"If you really want to see God laugh, tell Him your plans for tomorrow" is something Father Mychal Judge, OFM used to say to us. He'd usually follow it up with "Get out of tomorrow. God hasn't even created it yet." On Sunday, May 20, we gathered for our annual fraternity picnic. Always held in August, the picnic was moved to May this year to avoid the summer's heat and its effects on some of our brothers and sisters. Who would have thought it would be 82 degrees and so humid in May? We had a wonderful day together and even got to learn about the early roots of our fraternity (*see page 6*).

Inside this issue of The Troubadour, you will see pictures of Catholic Worker House's beautiful garden (*page 4*) and read, "A Great Garden for Us to Grow" from the archives (*page 5*). With all this talk of gardening, you'll find some light humor in a conversation between God and St. Francis (*page 9*).

A series on the joyful mysteries of the Crown Rosary begins with the Annunciation (*page 8*). We have many prayer intentions right now (*page 3*), so please continue to pray daily for our fraternity. A special prayer entitled, "Pray the Rule" (*page 2*) is also inside that will help bring "prayer to the rule and the rule to prayer" just as we strive to bring "life to the gospel and the gospel to life." Exciting things are going on (*page 11*). Enjoy this issue of The Troubadour.

With Great Joy,
Kelly Ann Lynch

T

PRAY THE RULE

by Liam McCarthy, OFM (submitted by Jean Reddy, OFS)

O, Lord, our God, we intend to make present the charism of our Seraphic Father Francis in the life and mission of the Church, in various ways and forms but in life-giving union with one another. By our profession, we pledge ourselves to live the Gospel in the manner of St. Francis by means of our Rule approved by the Church (Arts. 1-3). Help us, we pray, so that daily we may:

- Observe the gospel of our Lord Jesus Christ by following the example of St. Francis, going from gospel to life and from life to the gospel (Art. 4);
- Seek to encounter the living and active person of Jesus Christ in our brothers and sisters, in sacred scripture, in the Church and in the Eucharist (Art. 5);
- Go forth as witnesses and instruments of the Church's mission among people, proclaiming Christ by our life and words (Art. 6);
- Conform our thoughts and deeds to those of Christ by the radical interior change which the Gospel calls "conversion," making use of the sacrament of reconciliation on the way to renewal (Art. 7);
- Let prayer and contemplation be the soul of all we are and do (Art. 8);
- Imitate the Virgin Mary's complete self-giving in her openness to your every word and call (Art. 9);
- Faithfully fulfill the duties proper to our various circumstances in life (Art. 10);
- Seek the proper spirit of detachment and purify our hearts from every tendency and yearning for possession and power (Art. 11);
- Acquire the purity of heart needed to set ourselves free to love God and our brothers and sisters (Art.12);
- Accept all people as your gift, Lord, and an image of Christ (Art. 13);
- Exercise our responsibilities competently in the Christian spirit of service (Art. 14);
- Be in the forefront of promoting justice by the testimony of our human lives and by courageous initiatives (Art. 15);
- Esteem work both as a gift and as a sharing in the creation, redemption and service of the human community (Art. 16);
- Cultivate the Franciscan spirit of peace, fidelity and respect for life in our families, striving to make it a sign of a world already renewed in Christ (Art. 17);
- Respect all creatures, animate and inanimate as "bearing the imprint of the Most High" (Art. 18);
- Be bearers of peace and messengers of perfect joy in every circumstance, as immersed in the resurrection of Christ, we serenely tend towards Sister Death and our ultimate encounter with you, our Father (Art. 19).

All this we ask through Jesus Christ, our Lord and Brother.
Amen. **T**



OUR OFS FAMILY

Please pray for these brothers and sisters and their families:

- **Audrey** (recently had a partial hip replacement after a fall)
- **Ric** (recently had a total knee revision)
- **Bob Sommer** (battling a brain tumor)
- **Lourdes** (home after being hospitalized at Hershey Medical Center for gall bladder attack that affected her liver and blood pressure, almost triggering a heart attack)
- **Rosa** (difficulty walking from Good Friday fall, using a walker, and recovering from shingles)
- **Tony** (health issues related to his diabetes, an inactive thyroid and kidney issues)
- **Theresa White-Lightner**
- **Jeanette** (battling a bad cold)
- **Roberta** (surgery June 25 for a knee replacement)
- **Janet and her family** (her niece, Kathy died on Sunday, May 27)
- **Mark's sister Sharon** (cancer)
- **Lourdes' sister, Sonia** (cancer)

PRAYER
changes things

“Prayer changes us because it is that deep dialogue with God who is the source of our lives. To pray is to be at home with oneself in the presence of God. It is taking hold of one’s life with its flaws, weaknesses, and dreams, and sharing these with God.” *(from page 8 of our new formation book, Compassion, Living in the Spirit of St. Francis)*

Wish them a Happy Birthday!

- May 3—Roberta Stefanow
- May 17—Mary Anne Fanale
- May 24—Audrey Shadeck
- May 29—Ken Giovanelli
- June 1—Mark Agen
- June 12—Denise Gammache

happy
birthday

Wish them a Happy OFS Anniversary!

- May 17—Mary Anne Fanale (3 years) and Maureen Fitzgerald (3 years)
- June 13—Kathy Arndt (14 years)
- June 15—Ken Giovanelli (16 years)

Happy
Anniversary



PRAYER INTENTIONS FROM THE POPE AND THE OFS

Please pray for these intentions in May.

From the Pope: That the lay faithful may fulfill their specific mission by responding with creativity to the challenges that face the world today.

From the OFS: For the national fraternities of Canada, Costa Rica and New Zealand.

Our Father ...

Please pray for these intentions in June.

From the Pope: That social networks may work towards that inclusiveness which respects others for their differences.

From the OFS: For the national fraternities of Haiti, Czech Republic, Germany, Denmark, El Salvador, Austria, Malawi and Puerto Rico.

Our Father ...

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HOW DOES YOUR GARDEN GROW?

Janet, Janet, quite the kind one.

How does your garden grow?

With carrots, tomatoes,

Onions, beans and potatoes,

You will surely reap what they sow!



Several years ago, Joe Dougherty was in search of a place to grow a garden—not one for himself but a garden for Catholic Worker House. And Janet Kreiner didn't hesitate to offer her own backyard.

Three to four times each week, Joe and volunteers from Catholic Worker House arrive in Janet's backyard to plant, water, weed and harvest the vegetables and fruit that grow there. "The garden is continual and ongoing," Janet shared recently. "When one crop is harvested, another is planted." What does the garden grow? Carrots, tomatoes, potatoes, onions, beans, spinach, grapes, apples and figs—this produce is used in soups that are served to the needy on Saturdays from 1 until 2:30 at

Catholic Worker House. Because of Janet's willingness to offer *her* own backyard for this special garden, Joe and his dedicated team of volunteers at Catholic Worker House have found a way to feed the hungry right "in *our* own backyard."



Pictures of the Catholic Worker House garden above are courtesy of Janet Kreiner, OFS.



FROM OUR OFS FRATERNITY ARCHIVES

I CAN'T, YOU CAN, I'M YOURS

*submitted by Ken Giovanelli, OFS
May-June 2010 issue of The Troubadour*

(Referring to a retreat in Wernersville, PA on May 1, 2010, guided by Fr. Ed Sanders, S.J.)

Father Ed shared a brief but beautiful prayer of the late Archbishop Oscar Romero: *"I cant, You can, I'm yours."* In those six simple words, an entire theology is contained ... a theology of acceptance, of total trust, surrender, longing and love.

How often did Francis realize, *"I can't, Lord!"* I can't do this on my own! I'm a failure! And then, his letting go in total abandonment of the mission of his life, into the hands of God, at every step of the journey, *"You can, Lord!"* Finally, his entire life, with all of its joys and sorrows, darkness and light, becoming a total gift of self to his Beloved Jesus.... *"I'm yours."* **T**



A GREAT GARDEN FOR US TO GROW

*submitted by Audrey Shadeck, OFS
May-June 2011 issue of The Troubadour*

A great garden for us to grow.

Plant three rows of peas:

Peace of mind
Peace of heart
Peace of soul

Plant four rows of squash:

Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful
Lettuce be happy
Lettuce really love one another

No garden should be without turnips:

Turnip for service when needed
Turnip to help one another
Turnip the music and dance

Water freely with patience and

Cultivate with love
There is much fruit in your garden
Because you reap what you sow

To conclude our garden

We must have thyme:

Thyme for fun
Thyme for rest
Thyme for ourselves **T**

ANNUAL FRATERNITY PICNIC Sunday, May 20, 2018

What a celebration we had for our annual picnic! We played Saint Bingo, enjoyed a lovely meal together, prayed for those who weren't with us, and took guesses at 7 Franciscan guessing jars. Thanks to Jackie's husband, Frank for being our grill master! We also had a chance to hear from Jane Oberle who shared how our fraternity began. She, along with her husband Frank, Len Bernas and Marjorie Dougherty traveled back and forth to Philadelphia with Joe Dougherty (professed on July 27, 1986). "Lancaster needs a fraternity and you're the ones who're going to be doing it," the five of them were told. Joe became formation director and Jane, Frank, Len and Marjorie were professed two years later (July 24, 1988). Then, on July 20, 1990, Our Lady Queen of the Angels fraternity in Lancaster was formed. The faith, commitment and courage of these first five Franciscans have given each of us a place to live out our own Franciscan vocations—thirty years later!



ONGOING FORMATION

Compassion

Living in the Spirit of St. Francis

We have chosen the book, *Compassion, Living in the Spirit of St. Francis* by Ilia Delio, OSF for ongoing formation. Copies of the book were distributed at our May picnic. If you were unable to attend, you may pick up your copy at the June gathering. Books are \$10 each.

At our April gathering, Formation Director Beth Treier, OFS presented the introduction of this book to the fraternity.

“The key to Francis’ transformation into love, his secret of making wholes out of the scattered fragments of life, was compassion. He learned compassion as the art of healing broken hearts by collecting the tears of the forgotten, the frightened, and the lonely in his hands and the wounded as his kin. Francis entered the world of the stranger and made the stranger into his brother. He learned to love what was weak and fragile, and he learned to care for what the world discarded.” (from page xv, Introduction)

Beth challenged us to a moment to reflect on times in our lives when we have been broken hearted or forgotten and in tears, when we were frightened and lonely or when we were wounded and just barely holding on. She further challenged us to consider who it was that entered into our world of brokenness, tears, loneliness or pain to welcome us as a brother or sister. Understanding compassion allows us to be more compassionate ourselves.

What is compassion and how does it emerge in the human heart? What moves one to compassion? Can we learn compassion as a way of life? Can we let go of our fears to love more deeply? ‘Compassion’ [the book] guides us through the life of Francis tracing his growth from a selfish, materialistic young man to the humble, holy saint beloved by millions. With this book as your guide, you can do simple things every day to discover a more compassionate, open, fearless, and loving life—just as St. Francis did.” (from back cover)

In the words of Beth, as we travel through this book together, we will journey with Saint Francis to “learn to love the weak and fragile and to care for what the world has discarded.”

COMPASSION

Ongoing Formation

June 10—Chapter 1, The
Marketplace of Exchange

PRAYING THE FRANCISCAN CROWN ROSARY

(first in a 7 part series)

As Franciscans, we pray the Crown Rosary to honor the joys of Our Blessed Mother Mary. In *The Franciscan Crown, The Joyful Mysteries in the lives of the Virgin Mary and Saint Francis of Assisi*, by Robert Melnick, OFM Conv. and Joseph Wood, OFM Conv., the authors share stories from the life of St. Francis and relate them to Our Lady. In another book, *Praying the Franciscan Crown Rosary*, by Victoria L. Spalding, OFS, the author gives beautiful meditations on each mystery including special words that could be shared by Our Lady. She calls this part of each meditation “Mary Speaks.”

The First Joyful Mystery—The Annunciation

“Saint Francis once asked a younger friar if he would go with him to a nearby town to preach,” Melnick and Wood share in their book. “The two friars walked everywhere once they entered the walls of the town... But the two friars never said anything.” The authors carefully explain that by evening, the young friar asked St. Francis why they hadn’t preached all day. The story ends with St. Francis’ response, “My dear little brother, we were preaching all day.” The authors tie this story into the first joyful mystery, the annunciation, by stating that “Gabriel’s

annunciation to the Virgin Mary may be appreciated in the same instructive manner as the allegorical tale of the friars preaching through example” and that “...the Virgin’s unhesitant acceptance and the friars’ lighthearted manner bespoke their trust in the greater reality of Divine Providence.” The authors compare how the silent examples of St. Francis and Our Blessed Mother both “gave birth to the Word.”

In her book, Victoria Spalding emphasizes Mary’s humility—“Her humility does not allow her to even recognize her own importance in God’s plan of salvation for His people” and how “in her lowliness, she refers to herself as the handmaiden of the Lord.” Spalding writes from the heart of Mary the following mediation. “What love I had for my Son, when I knew I was to become His Mother! Never had I dreamed that I would become the Mother of God, but so I was. How often I meditated on this marvelous act of the Creator’s love for humanity. You, too, should reflect on this great mystery, which shows the awesome power of God. He loves you without reserve, so you must give of yourself to Him more abundantly. Ask Him to show you how to say yes in all things, no matter how great or small.”





FRANCISCAN JOY

A little bit of humor

submitted by Janet Kreiner, OFS



A conversation between God and St. Francis...

GOD: Frank, you know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, thistle and stuff I started eons ago? I had a perfect no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But, all I see are these green rectangles.

ST. FRANCIS: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers "weeds" and went to great lengths to kill them and replace them with grass.

GOD: Grass? But, it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees; only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS: Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

GOD: The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

ST. FRANCIS: Apparently not, Lord. As soon as it grows a little, they cut it - sometimes twice a week.

GOD: They cut it? Do they then bale it like hay?

ST. FRANCIS: Not exactly, Lord. Most of them rake it up and put it in bags.

GOD: They bag it? Why? Is it a cash crop? Do they sell it?

ST. FRANCIS: No, Sir, just the opposite. They pay to throw it away.

GOD: Now, let me get this straight. They fertilize

grass so it will grow. And, when it does grow, they cut it off and pay to throw it away?

ST. FRANCIS: Yes, Sir.

GOD: These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

ST. FRANCIS: You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it, so they can continue to mow it and pay to get rid of it.

GOD: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn, they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life.

ST. FRANCIS: You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

GOD: No! What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

ST. FRANCIS :

After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

GOD: And where do they get this mulch?

ST. FRANCIS :

They cut down trees and grind them up to make the mulch.

GOD: Enough! I don't want to think about this anymore! *(Then, calling upon another saint...)* St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

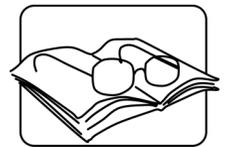
ST. CATHERINE: "Dumb and Dumber," Lord. It's a story about...

GOD: Never mind, I think I just heard the whole story from St. Francis!



ONE OF THE HOLIEST CHRISTIAN SITES

(submitted by Jean Reddy, OFS)



You'll need a magnifying glass or your reading glasses to read this article from the Catholic Witness (December 8, 2017 issue), but here are the important facts:

- The National Geographic Museum in Washington opened an exhibit in November that takes you to the streets of Jerusalem and through the doors of a small church that protects what is believed to be the site of Christ's burial.
- A 3-D experience, a virtual journey to one of the most sacred places on earth.
- Only through January 2, 2019!
- Tickets are \$15; Seniors/Military \$12
- Museum is open daily 10:00 a.m.-6:00 p.m.
- National Geographic Museum is located at 1 145 17th Street NW, Washington DC.

12/8/17 To Experience One of the Holiest Christian Sites, Head to Washington

Catholic Witness

By Rhina Guidos
Catholic News Service

In the nation's capital, a \$15 museum ticket and pair of 3-D glasses is the passport Christian pilgrims and others need to experience what may be the holiest site in Christianity.

Employing state-of-the-art technology, the National Geographic Museum in Washington Nov. 15 opened an exhibit that virtually transports visitors to the streets of Jerusalem and through the doors of a small church that protects what is believed to be the site of Christ's burial and, to Christians, the site of his resurrection.

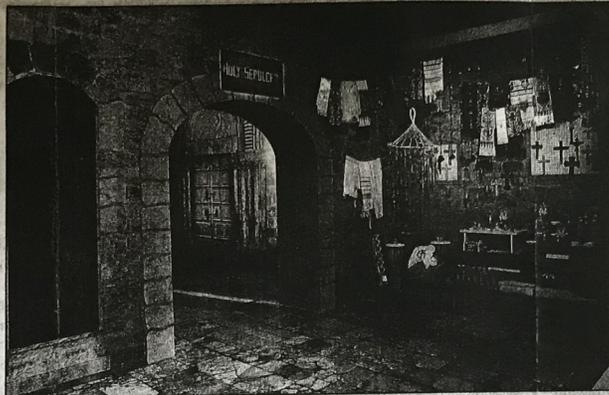
"We put you in the Old City, we talk to you a little about the walls of the city, how they move over time and where the Gospels say that the Crucifixion took place, and try to give you the context," said Kathryn Keane, vice president of exhibitions for National Geographic during a Nov. 9 interview with Catholic News Service.

After an introductory video explaining some of the tumultuous history surrounding the tomb of Christ site, where structures above have been built and torn down repeatedly over the centuries, visitors walk toward a set where a virtual guide projected on a wall welcomes them to a courtyard just outside the Church of the Holy Sepulcher in Jerusalem.

It's a visual appetizer to get them ready for the experience of, not just entering via 3-D through its doors, but also of flying over it and witnessing, from a bird's eye view, a time-lapse of the structure's physical history.

"We're not only taking you in the church the way it looks today, but we also go up above the church and we take you back through time," said Keane. "It's a bit of a time machine and we show you all the evolutions of the building, from the time that it was, under [Roman emperor] Hadrian, a pagan temple."

"This is not what I would consider a traditional exhibit. It's more an experience than it is an exhibit," said National Geographic archaeologist Fred Hiebert, whose unique experience inside the church led to "Tomb of Christ: The Church of the Holy Sepulcher



CNS/REBECCA HALE, NATIONAL GEOGRAPHIC
The National Geographic exhibition "Tomb of Christ: The Church of the Holy Sepulchre Experience" opened Nov. 15 at the National Geographic Museum in Washington and is on display through the fall of 2018.

reience," which runs at the Washington museum until August 2018.

Last year, Hiebert witnessed various stages of a nine-month-long, \$3 million restoration of the small shrine within the Holy Sepulcher that protects the tomb of Christ. The shrine often is referred to as the *Edicule*, Latin for "little house." During the process, the three religious groups with jurisdiction over the structure, and who had agreed on its restoration — the Armenians, the Franciscans and the Greek Orthodox — agreed to also allow restorers to put a moisture barrier around the tomb itself.

The tomb likely had not been opened in centuries and, at some point, marble slabs were placed on top, perhaps to keep pilgrims from taking home parts of it. It has been venerated since the time of Constantine, the first Christian Roman Emperor who, in the fourth century, sent a team in search of the holy burial site. Soon after, they identified a quarry as that place and Constantine's mother, Helena, had a shrine built around it.

The exhibit explains how the effects of weather earthquakes and also great numbers of pilgrims many light candles that drive me to do a virtual exhibit. It was that I want to embark on an

guilt," Hiebert said to an audience gathered at the museum on the opening night of the exhibit. "We have to tell the world about this."

The National Geographic team scanned the Church of the Holy Sepulcher and the smaller structure inside, the *Edicule*, in such detail, that visitors who stop by the exhibit can don a VR, or virtual reality, headset and enter the tiny shrine, navigate the small passage way that leads to the tomb, a space that accommodates no more than three or four people, and see an exact visual representation of the tomb, without the real-life inconveniences.

"As tourist, you get maybe 15 seconds in the tomb and then they move you out," explained National Geographic engineer Corey Jaskolski at the opening night event. "Part of capturing this and being able to share it with the world through the National Geographic Museum is that we can let people spend as long as they want in the tomb. You can go in there and have your own personal experience and be able to see it in all its glory without the interruptions and bustle of the crowd around."

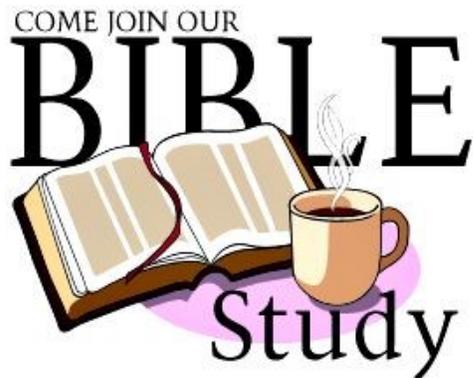
The exhibit explains some of the technology the restoration team from the National Technical University of Athens used, as well as what National Geographic used to scan the images that made the visual aspect of the exhibit possible.

"We can tell a story about great science and there's a certain great aspect of faith to it, too," said Hiebert.

He said the exhibit, as well as a TV show about the restoration of the tomb of Christ that National Geographic documented, debuted Dec. 3 on its cable channel. The December cover story of National Geographic magazine also focuses on archaeology and what it reveals about the life of Christ. It shows that science and faith can go hand in hand, Hiebert said.

"When we look back on the history of exploration and even the history of National Geographic, we realize that this idea that science is divorced from faith is not true," he said. "It seemed to me natural that National Geographic would be in a position of, here's a site which is sacred and historic, and we're

epic adventure



The Footprints of God at St. Philip's Church

(submitted by Sue Rineer, OFS)

Begins June 5!

Have you traveled to the Holy Land? Want to see more? Want to see all the places where the story of Salvation History took place? Where Abraham hailed from, the mountain Moses climbed to receive the Ten Commandments from God, Where David slew Goliath? Where Peter and Paul walked and taught? Please join us for our next **FAITH FORMATION** series, **THE FOOTPRINTS OF GOD: The story of Salvation History from Abraham to Augustine**, a video series hosted by “best selling author and popular Bible teacher **Stephan Ray**. Each episode is a **travel documentary, biography, Bible study, apologetics course and Church history study all rolled into one!**” **Vision Video** The series will run June 5th thru August 7th each Tuesday evening (except July 3rd) from 7-8:30pm. No books to buy. No homework to do (unless you want). Just enjoy the video series and learn/refresh your knowledge and experience of Salvation History. Don't worry if you will miss one or two due to vacation, catch what you can. Each video stands on its own. For more information or to sign up please call Sue Rineer at 717-940-9825.



PLANS ARE UNDERWAY!

Let's get together over the summer! Watch e-mail for more details coming soon to see what your Council is planning. Here's a sneak peek ...

- A trip to Washington D.C. to visit the Franciscan Monastery and the National Geographic Museum.
- A day of retreat and service at St. Francis Inn, a soup kitchen in Kensington, Philadelphia, PA.
- August 11 is the Feast Day of St. Clare—thanks to a suggestion by Joe Dougherty, we are hoping to visit the Poor Clares of the Franciscan Monastery of St. Clare in Langhorne, PA.
- “Tuesdays with George” began after Kelly, Sharon, Rosa and Audrey finished formation with George as formation director because they wanted to continue spending time together. We are hoping to create something similar for the entire fraternity, a monthly social get-together.