



THE FLYER

**Newsletter for the St. Joseph Cupertino
Fraternity of the Secular Franciscans USA**

March 19, 2023

Br. Lawrence - 2 pm
Our Theme for the Year:
Franciscan Joy

Greetings from Brother Lawrence, OFM Conv.

To one and all, As I was reading in Exodus these last few days and I came across the Ten Commandments and I really started thinking about the first commandment and it really made me think quite a bit about it. I had originally learned it as “I am the Lord thy God, thou shalt not have strange gods before me.” That was a long time ago; 1960s grade school in fact and I must say that it is, of course, slightly different as I look at the Bible today. I suppose that a 1961 first-grader needs to have a simpler way to remember it and that being the case I realize that that was good enough for that time. Needless to say, I now realize that it is much different as I look at my NAB translation:

Then God spoke all these words, saying, “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before Me. You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath, or in the water under the earth. You shall not worship them nor serve them; for I, the Lord your God, am a jealous God, inflicting the punishment of the fathers on the children, on the third and the fourth generations of those who hate Me, but showing favor to thousands, to those who love Me and keep My commandments.

When I studied the Bible in friar college I had a wonderful teacher whom many of you know, Fr. Jude Winkler. We used a different translation then, but the NAB is the one with which I am most familiar. From the quotation above there are several things of real importance from the current text which I would never have gotten from the old 1961 version.

I have come to believe in my readings and studies that the first commandment is really like an important preface for it sets up the reasoning for the remaining nine. In fact, I would say that the Decalogue is so important to all of the remaining laws given in the Torah, i.e. the rest of Exodus to the conclusion of Deuteronomy. The very opening line of introduction states that God spoke to the Israelites himself. He did not speak to Moses and have Moses let the people know what he had said. God spoke to the people Himself. It frightened them quite a bit with the theophany at the mountain and so they moved back from it after God finished with the “Ten Words” and asked Moses to speak with God and then tell them.

Still, I think that this is a significant verse in that when beginning the Decalogue it was so important, a foundation for all the Law to follow that God Himself gave it. It is the only part of the giving of the Law where God directly spoke to the people. It must have been most important; like when the boss comes into your office to see you and you realize (frightened a bit no doubt) this must be important.

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Minister's Note March 2023

How is your Lent going? Once this is published, we will be about halfway through our Lenten season. It is a good time to do a pulse check to see if our Lenten practices are working for us. Did we choose something that is challenging to us? Perhaps, you might find that what you thought was a good Lenten practice just isn't working out like you planned. That is okay. We can start again. We can choose to do more or maybe what we really need is to do less.

For every person, Lent will look different. We know that Jesus did go to the desert for forty days, fasted, and was tempted by Satan. (Matthew 4) If Jesus had those temptations as He drew closer to the Father, then we certainly will be facing temptations as well as we try to draw closer to the Cross. And, like Jesus we need to decide what we will do when faced with those temptations.

Don't give up. Each day is a new day where we can dedicate ourselves to change and renewal. At a recent mass, the pastor said that he started with just saying the Jesus prayer for 15 seconds. Then he said to himself, "What if I do this for 30 seconds, 1 minute, 1 day?" His extension of his challenge took him to where he prayed the Jesus prayer for 3 solid months. He was deeply changed by this simple practice. So maybe, you can't do it for 3 to 4 more weeks before Easter comes. Can you do it for 15 seconds? And then can you keep challenging yourself to extend your Lenten practice for just a bit longer?

Is this Lent tough? It is okay to back away and give yourself a little more room to expand your sacrifice. Maybe all you can do is the 15 seconds. That will be enough.

If you are having moments of temptation during this Lent, know that you are not alone. All of us have had these moments. Let us lift up our brothers and sisters in prayer and ask St Michael and our Blessed Mother to help those as they face temptations to stray away from their Lenten practices of prayer, fasting, and Alms giving.

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided....

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil....

Let us keep walking forward through the next few weeks leading up to Holy Week and the Cross. Let's keep picking up our feet, and one step at a time walk to Jesus.

I am praying for you and ask that you pray for me.

Peace and goodness

Melissa

The Shrine of St. Anthony

Noon Mass daily,

Confessions Mon. - Sat. 11am; **Adoration** Tuesdays 11am
Stations of the Cross Fridays after Mass
Rosary & Adoration Saturdays 11am-Noon Mass
Tours (following Mass):
March 12 & 25.

The Shrine Grounds & Courtyard
are open daily dawn till dusk.

410-531-2800 <https://www.ShrineOfStAnthony.org>



Please bring diapers and
feminine hygiene products to the
March Gathering.

Thanks to Kelly Neale for delivering
our donations.



Little Portion Farm is a ministry of the Franciscan Friars Conventual whose mission is to grow food for those in need while using sustainable farming methods. We grow a wide variety of fruits, vegetables, and flowers to provide an array of produce and to support our diverse farm ecosystem.

Support Our Mission

Volunteer: Sign up to receive volunteer schedules or contact us about group visits.

Donate: Give a one-time or recurring gift, or purchase from our wishlist. Please do **NOT** drop-off cardboard boxes for the time being; everyone has been very generous in fulfilling this request.

Engage: Subscribe to our monthly newsletter for updates on: farm events, what's growing, our winter book club and film series, and more.

SPRING KICKOFF POTLUCK!

March 25 12:30-3pm, meet at the barn.

If the weather turns bad, this event will be held in the Glass Room of the Shrine of Saint Anthony.

Visit www.LittlePortionFarm.org to do any (or all) of the above!

2022-2025 Council

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Bible quotes are from the Douay-Rheims translation, unless otherwise noted.

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Then God continues with the part of which I first became familiar in grade school. God is the one who rescued the Jews from slavery in Egypt and that is why He is their God and they are His people. There are no other gods for this people. God delivered them and freed them to be His people, to worship Him, follow Him, show other peoples how to worship the one, true God. This is summarized in the balance of what I am quoting above. Also, there are no allowances for images of gods, molten calves, statues, etc. for God is a God who speaks what is necessary. God is one that we hear speak just as He did with Moses at the burning bush. For us Christians, it is just the same. Where God delivered the Jewish people from slavery in Egypt, so did He deliver us, through His Son on the cross and we were freed from slavery to sin. Whether it is in Exodus or in the gospels, it is the same: God is our God and we are His freed people because God delivered us from slavery. This is an interesting point for the season of Lent. We can move along this Lent knowing that we are freed from slavery and also we are freed so that we can choose ourselves to follow God in following His commands. I shall continue this thought on the first commandment next month for, as I said above, if it is so important that God spoke directly to His people, then it is most important to know where we are, where we are going, and what is most important to realize in our getting there. *Peace, Br. Lawrence*

Happy Anniversary

Gail Bunyan, OFS 03/21/1999

Coming Next Month:

Ray Heverling, OFS 4/10/05

Happy Birthday!

Mick Michieli- Beasley, OFS
03/05

Deanna Williston, OFS
03/05

Cindy Mohler, OFS
03/13

Karan Bevers, OFS
03/21

France Staudenmann OFS
03/29

Coming Next Month:

Kathy Ford, OFS 04/06
Julianna Kim, OFS 04/28

The Rule Review

So that we might more fully live the Gospel Life, Secular Franciscans should not just read *The Rule*, but reflect on and pray with *The Rule*. This is translated and printed by Eds Armstrong, R.J, Wayne Hellman J. A., Short, W. J, Francis of Assisi: Early Documents (FA:ED), Earlier Exhortation (1LtF), p. 41.

¹¹See you blind ones, deceived by your enemies: the flesh, the world and the devil, because it is sweet for the body to sin and it is bitter to serve God, ¹²for every vice and sin flow and proceed from the human heart (Mt 15:19, Mk 7:21) as the Lord says in the gospel. ¹³And you have nothing in this world or in that to come.

¹⁴And you think you will possess this world's vanities for a long time, but you are deceived because a day and hour will come of which you give no thought, which you do not know, and of which you are unaware when the body becomes weak, death approaches, and it dies a bitter death. ¹⁵And no matter where, when, or how a person dies in the guilt of sin without penance and satisfaction, if he can perform an act of satisfaction and does not do so, the devil snatches his soul away from its body with such anguish and distress that no one can know [what it is like] except the one receiving it.

The Rule of the Secular Franciscan Order (with citations) may be accessed at anytime at:

<https://secularfranciscansusa.org/the-rule-of-the-secular-franciscan-order/>

Please note that the English and Spanish versions have updated 2020 translations.



Treasurer's Report

February – 2023

<u>Beginning (running) Balance:</u>	<u>\$2791.30</u>
Common Fund Contributions	\$ 650.00
Other income	\$ 0.00
<u>Total Income</u>	<u>\$ 3441.30</u>
<u>Expenses:</u>	
Spiritual Assistant (Jan & Feb)	\$ 200.00
Franciscan Friars (Jan & Feb)	\$ 200.00
Fr. Bart (talk in the Gathering)	\$100.00
<u>Total Expense</u>	<u>\$ 500.00</u>
<u>Ending (running) Balance:</u>	<u>\$ 2941.30</u>

Contributions are Tax Deductible

Direct Donation checks to:

St. Joseph Cupertino Fraternity

Mail donations to:

Jerry Yu

2812 Green Shade Court

Ellicott City, MD 21042



You may use your bank's BILL PAY. Direct payment to **St. Joseph Cupertino Fraternity** C/O the address above.

NOTE! FOR BILL PAY, THE ADDRESS HAS CHANGED.

April Meeting:

Divine Mercy Sunday

Book Share– Admonition 20

The Happy and Silly Servant of God

Join our online book sharing and delve more deeply into: *St. Francis' Sermon on the Mount: Lessons from the Admonitions* by John Michael Talbot.

Friends old and new usually meet on the first Saturday of every month from 1-3 pm on ZOOM!

Contact Geri Flynn OFS for details:

AngelBarty@aol.com

Next meeting: April 1.



St. Francis Preaching to the Birds (cropped), 1299, Giotto; Public Domain, Basilica of Saint Francis in Assisi

Any Updates?

Our sister, Melissa Reed-Konigsdorffer, OFS, needs to know of any change of your contact information, but also, would like to be able to pray with you for any changes in your health or living situation. Please contact our Minister with any needs or concerns.

Please email Melissa at: ScoutsDouglas@yahoo.com

Please Pray for Healing for:

Karan Bevers, OFS
Gail Bunyan, OFS
Patrick Caughy, OFS
Harry Ford, OFS
Louise Hotovy, OFS
Mike Hotovy, OFS
Lita Maisel, OFS

Will Potter, OFS

Br. Lawrence,
OFM Conv.

Br. Pascal,
OFM Conv.



John Kirby, SFO
Joy Kubricky, OFS
Frances Langbehn, SFO
Bob Lewis, SFO
Sherry Lewis, OFS
Marie Lindung, OFS
Jean Manning, OFS
Jim Manning, OFS
Georgianna Papazian, OFS
Yvonne Proch, SFO
Nancy Seaton, SFO
Jean Singleton, OFS
Don Sweitzer, OFS
Betty Taylor, SFO
Bud Tenley, SFO
Jim Tebo, OFS
Regina Yeager, SFO
Dorothy Zalewski, SFO

Fr. Cronin Cantlon, OFM Conv.

Fr. James Elliott, OFM Conv.

Fr. Larry Kubera, OFM Conv.

Our Deceased Brothers & Sisters:

Connie Baker, OFS
Frances Bastress, SFO
Dea. Tom Bello, OFS
Joe Bezila, SFO
Mary Chandler, OFS
Jerry Cichowicz, SFO
Shirley Costello, OFS
Joe Cykoski, SFO
Stella Cykoski, SFO
Claire Lee Davidson, SFO
Adela Duff, SFO
Donna Duncan, SFO
Charles Ferrara, SFO
Mary Ferrara, SFO
Dolores Fritz, OFS
Marilyn Gilson, SFO
Richard Hall, SFO

Welcome, Visitors!

Want to find out more about the Secular Franciscans?

- ◆ Attend a meeting. We meet (usually) on the third Sunday of the month at 1:30 pm.
- ◆ Check out our website:
<https://StJosephCupertino.SFOUSA.org/Welcome-To-Our-Fraternitys-Website>
- ◆ Check out our regional website:
<https://SaintMargaretOfCortona.org/>
- ◆ Check out our national website:
<https://SecularFranciscansUSA.org/>

“Wherefore, brethren, labour the more, that by good works you may make sure your calling and election.

For doing these things, you shall not sin at any time.

For so an entrance shall be ministered to you abundantly into the ever-lasting kingdom of our Lord and Saviour Jesus Christ.”

2 Peter 1:10

Should you need to miss a Gathering, please contact a Council member.

UPCOMING GATHERING:

*** March 19 * 3rd Sunday ***

◆ Glass Room* 2:00 pm *

◆ Come for Mass & stay for lunch.



Br. Lawrence LaFlame OFM Conv. on
The Eucharist & Franciscan Joy