



— the CHIMES —

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P.O. BOX 90366

WASHINGTON, D.C. 20090-0366

FEB Vol. LVII, No. 2

February 17, 2013

Schedule

- 9:30am Inquiry Session – Sacred Heart Room – downstairs in the Friary
- 9:30am Candidate Session I – St. Bonaventure Room downstairs
- 9:30am Candidate Session II – St. Bonaventure Room downstairs
- 10:30am Franciscan Crown Rosary in Blessed Sacrament Chapel
- 11:15am Mass in Blessed Sacrament Chapel
- 12:00pm Fraternity Social Gathering – St. Francis Room – downstairs in the Friary. Refreshments will be provided.
- 12:45pm Fraternity Meeting – St. Francis Room

Fraternity Meeting Agenda

- Opening Prayers
- Update on Elections in March
- Talk on Prayer, Fasting, & Almsgiving by Fr. Kevin Treston
- Group discussion on ways to improve our Lenten Season
- Closing Evening prayer. If you have the “Shorter Christian” Prayer Book, please bring it with you.

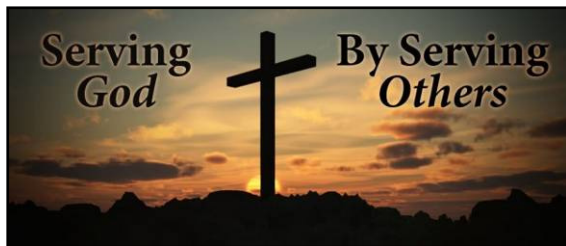
DON'T FORGET YOUR BINDERS!

Reminder: If you are unable to attend the fraternity meetings for more than one month, please notify one of the Council members. The Criteria for Active-excused and lapsed member status is explained in the Fraternity guidelines. Thank you.

◆ Theme: TRUSTING HEARTS ◆

Bible Quote of the Month

Then I heard the voice of the Lord, saying, “Whom shall I send, and who will go for Us?” Then I said, “Here am I. Send me!” (Is 6:8)



Prayer of the Month

O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things.

Contact Information

Fraternity Council

Please call before 9pm.



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ADMONITION OF ST. FRANCIS

10. On the chastisement of the body ¹

There are many, who while they sin or receive injury, often blame their enemy or neighbor. But it is in error because each one has in his own power (his) enemy, namely the body, through which he sins. Whence “blessed is that servant” (Mt 24:46), who having surrendered such an enemy into his own power, has held it always captive and wisely guarded himself from it; because, as long as he has does this, no other enemy, visible or invisible, will be able to harm him.

¹ St. Francis of Assisi, *The Words of Admonition*, translated from the Critical Latin Edition, edited by Fr. Kajetan Esser, O.F.M, courtesy of Five Franciscan Martyrs Region, accessed April 19, 2010, URL <http://www.franciscan-sfo.org/ap/Admonitions.html>



The Rule

Chapter One, Article 7 of The Rule of the Secular Franciscan Order.

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 itself calls conversion. Human frailty makes it necessary that this conversion be carried out daily.

On this road to renewal the sacrament of reconciliation is the privileged sign of the Father's mercy and the source of grace.

The Information Corner

Fasting, as explained by the U.S. bishops, means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Abstinence does not include meat juices and liquid foods made from meat. Thus,

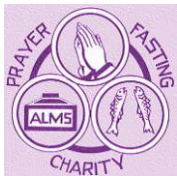


such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are not forbidden. So it is permissible to use margarine and lard. Even bacon drippings which contain little bits of meat may be poured over lettuce as seasoning.

Each year in publishing the Lenten penance requirements, the U.S. bishops quote the teaching of the Holy Father concerning the seriousness of observing these days of penance.

The obligation to do penance is a serious one; the obligation to observe, as a whole or "substantially," the days of penance is also serious. But no one should be scrupulous in this regard; failure to observe individual days of penance is not considered serious. Moral theologians remind us that some people are excused from fasting and/or abstinence because of sickness or other reasons.

In his "Apostolic Constitution on Penance," Pope Paul VI did more than simply reorganize Church law concerning fast and abstinence. He reminded us of the divine law that each of us in our own way do penance. We must all turn from sin and make reparation to God for our sins. We must forgive and show love for one another just as we ask for God's love and forgiveness.



The Code of Canon Law and our bishops remind us of other works and means of doing penance: prayer, acts of self-denial, almsgiving and works of personal charity. Attending Mass daily or several times a week, praying the rosary, making the way of the cross, attending the parish evening prayer service, teaching the illiterate to read, reading to the blind, helping at a soup kitchen, visiting the sick and shut-ins and giving an overworked mother a break by baby-sitting—all of these can be even more meaningful and demanding than simply abstaining from meat on Friday.

Update Your Directory

- **Helene Hogan's** new telephone number is 301-481-0695.
- **Brenda Nutt's** new telephone number is 301-481-3009.
- **Justina Essiet's** new telephone number is 301-244-5443.
- **Salvacion Pagado's** new telephone number is 703-356-3570.
- **Amy Coulibaly's** new address is 17601 Shea Lane, gaitthersburg, MD 20877, phone 240-644-3305.

From the Mailbox: News of our Family

- **Cecelia Thieman** will be undergoing tests at the Mayo Clinic in Scottsdale, AZ, from Feb 26 to Mar 2. She asks for prayers for a proper diagnosis of her medical condition. Also pray for her infant grandson, Andrew, who has had heart surgery.
- **Dorothy Clayton** sends thanks for the Fraternity's Christmas card. She is living with her daughter and being well cared for. She asks for our prayers and sends her love to all our members. Her address is PO Box 142, Shady Side, MD 20704.
- **Genie Dutton**, a former Minister, sends Christmas greetings: "To all my fellow Franciscan siblings. May God's blessing be poured out on you in the new year."
- **Ryan Pineda** sends Christmas and New Year's greetings with thanks for our continued support and prayers



Fraternity Finances

\$ Last month we received \$1,560 in donations and disbursed \$233 in expenses. The inflow included a \$1000 donation from the estate of Adele Spellerberg, whose passing was noted in the November *Chimes*.

Please Pray For Our Sick

Pat Allnutt; Rita Braddock and her family; Maria Louisa Correa and her sister, Maria Franco; Lourdes Corso; Sarah Faizi and her family; Jean Fleurival; Roy Foster; Corky Hart's friend, Robyn; Marianne Hughes and her family; Nirvana Jolls son, Hatem; Nancy McCleary; George Ramsey's mother, Margareta Ramsey; Joe Rende; Gene Sides and his wife Annagret; Vicky Spalding's mother, Delores Lynch; Julia Stratchko; Donna Wilkes and her family; and Theresa Wilson.



March Birthdays

March 4 – Francis Kane, 9 – Patricia Allnutt and Rita Braddock, 11 – Ling Guiron and Fritz Nicolas, 16 – Helene Hogan and John Whipple, 25 – Mary Anne Corr, 28 – Robert Mendoza and Fr. Kevin Treston, O.F.M., and 30 – Rita Aughenbaugh.

Franciscan Feastdays and Memorials

March 2 – Blessed Agnes of Prague, virgin of II Order (optional memorial for II and III Order nuns); 9 – Saint Frances of Rome, religious of III Order (optional memorial); and 24 – Blessed Didacus Joseph of Cadiz, priest of I Order (optional memorial).

February Reflection

By Vicky Spalding, OFS

Brothers and Sisters! Lent is here, and it is an enormous opportunity for us to grow in three areas; Prayer, Fasting and Almsgiving. What do these three areas mean to you? Have you thought about it? On Sunday, we will be discussing ways we can grow in these three areas of our life.



Prayer: How much time do you spend in prayer each day? Silent Prayer? Do you spend time with God each day? Is He first in your life? If you want to know God's will for your life and where He is calling you, you have to spend time with Him, so He can communicate His desires to you.

Fasting: Fasting isn't only limited to food. Fasting can take many forms of sacrifice. There are numerous ways we can fast. We can fast from TV, from bickering, from spending, and from being impatient with others. That is

just a few of the ways we can make sacrifices in God's name. How about waiting ten minutes before eating or drinking when we are hungry or thirsty? All these are forms of penance that will help us grow in virtue. Our Lady told the visionaries in Medjugorje that the greatest fast is fasting the tongue! Ouch! That is often hard to do!

And lastly, Jesus tells us in the Gospels that Almsgiving atones for a multitude of sins and is the greatest form of penance and reparation for sins we can make. With March fraternity elections approaching, I would ask that you seriously consider these three areas of your life and see where God may be calling you to serve your Franciscan family. But first, please do the following:

1. Spend time with God each day in silent prayer. This is crucial before you can bring God to others. Prayer is our communication with the Lord and His will for us.



2. Make small sacrifices each day, so the Holy Spirit can guide and animate you and help you grow in the Spirit! Offer up your sacrifices for those in need.



3. Ask God where He is calling you to serve and how. Ask yourself: When I meet the Lord, will I regret missed opportunities? What is my charity like; my spiritual and corporal works of mercy? All these questions are part of our formation as Catholics and Secular Franciscans.



May God guide and bless each one of you during this Holy Lenten Season! I look forward to seeing you on Sunday.

Your Minister, Vicky.