



—the CHIMES—

P.O. BOX 90366

WASHINGTON, D.C. 20090-0366

JUNE Vol. LIII, No. 6

June 12-14, 2009

NOTICE: Our June meeting will take place at the Seton Retreat Center 333 South Seton Avenue, Emmitsburg, MD - The home of the Daughters of Charity. Our program for the retreat is on page 4. Please bring that page with you on June 12.

Why a retreat? What to expect from a retreat?



A retreat is an opportunity to encounter God and to grow in our relationship with Christ. We live in a noisy and distracting world. Interior silence can help open our minds and hearts to the whispers of God. In a retreat, we are called to practice spiritual discipline, blocking out the noise in order to hear that still and soft whisper which is God's voice. Only in the quiet can we hear Him. Only in the silence of our heart can he tell us the truth about ourselves and lead us in a spiritual discerning experience. The appropriate instructions accompanied with prayer, private reflections and the Eucharist, deepen our understanding of God's plan for us. Wisdom should be the fruit of any retreat well spent.

The first retreat might have started with John the Baptist who was renewed interiorly in the wilderness, in preparation for his mission as precursor of Christ. Jesus went for forty days in the desert, fasting and praying before being tested by Satan. Weakened in body, but strong in spirit, he was ready to confront the enemy. Centuries later, hermits did battle with their passions in the silence and privation of the desert. Having withdrawn from society and its pleasures, they acquired great holiness so that people sought them for their wisdom which made them spiritual leaders. May our retreat be for us a profound spiritual experience!

Bible Quote of the Month – Jesus said to his disciples, “Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God.” (*Mk 14: 25*)

Prayer of the Month – Guide us in your way, O Christ, and mercifully show the fountain of wisdom to our thirsting minds; that we may be free from sorrowful heaviness, and may drink in the sweetness of life eternal. Amen. (*From St. Francis Prayer Book – Jon M. Sweeney*)

Contacting Council

In case you want to contact any of our Council members, their telephone numbers are:



Minister (please call before 9pm)	Marie-Denyse Romain	703-734-9066
Vice Minister	Chris Cropper	301-476-7485
Secretary	Larry Bleau	301-474-1338
Treasurer	Virginia Lyons	202-832-5666
Formation Director	Ray Apodaca	202-544-7092
Councilor	Vicky Spalding	301-373-3955
Spiritual Assistant	Fr. Kevin Treston, OFM	202-526-6800

The Rule – Chapter Two, Article 11 of The Rule of the Secular Franciscan Order.



Trusting in the Father, Christ chose for himself and his mother a poor and humble life, even though he valued created things attentively and lovingly. Let the Secular Franciscans seek a proper spirit of detachment from temporal goods by simplifying their own material needs. Let them be mindful that according to the gospel they are stewards of the goods received for the benefit of God's children.

Thus, in the spirit of "the Beatitudes," and as pilgrims and strangers on their way to the home of the Father," they should strive to purify their hearts from every tendency and yearning for possession and power.

St. Francis Teaches the Essential That Forms Us Into God's Image – Holiness is the key opening the gate of Heaven and the Heart of God. The soul marked with the sign of the Lamb is the "elect" who best resembles the Son of the Most High, Jesus, the perfect revelation of God's love. To be chosen is to be a faithful servant obeying the divine law inscribed deep into the conscience and who, through the impulse of the Holy Spirit, exercises true mastery over himself, being molded into a perfect leader of the people. In this fashion was St. Francis formed, bathed into the light of the Spirit, taking upon himself to practice all virtues before even starting preaching.



Francis knew that all virtues proceed from the Lord and, with His grace, come to us. But we must die to self first in order to possess them. He addresses the virtues as his "holy Ladies" whom he salutes with reverence and love: "*Hail, Queen Wisdom; the Lord save you, with your holy sister pure Simplicity. Holy Lady Poverty, may the Lord save you, with your sister Holy Humility. Holy Lady Charity, the Lord save you, with your sister Holy Obedience. Whoever has one of you, and does not offend the rest, has all of you. And whoever offends against any one of you, has none and offends against you all.*" Above all, he praises wisdom which is so sacred, sublime and precious; which makes him love God with all his heart, mind and soul, and not to glory in anything but giving glory to God alone. He said: "*Nobody ought to flatter himself with undue applause over anything that a sinner can do. A sinner can fast, pray, weep, mortify his flesh. But this he cannot do: remain loyal to his Lord.*"

Reflection: *Our Secular Franciscan Rule is a lamp brightening our path along the way to holiness. Not only does it lead in the practice of virtues but also guides toward the functional development of the fraternity. The General Constitution of the SFO has established the guidelines for a better understanding of our active collaboration in the spiritual and functional aspect of the community. The good, unselfish disposition and enthusiasm of one member will reflect upon all the rest. The brothers and sisters are co-responsible for the life of the fraternity in all its facets, especially in the spiritual one. The fraternity is a full, healthy body, when all its members are committed and work together, following in the footsteps of Christ and St. Francis. "The sense of co-responsibility of the members requires personal presence, witness, prayer, and active collaboration." (General Constitution, Article 30.1). We are called to build together a community of love, with the gift of ourselves that truly makes it work. Faithfulness in fulfilling our profession commitment is considered a step toward holiness.*

Questions for Discussion – On St. Francis Teaches – Holiness, the Sure Way to Heaven.

- 1 Holiness of life is our Franciscan goal. Name the virtues that are needed to remain on the path?
- 2 What is required of any teacher instructing the people in the practice of God's law?
- 3 Is profession in the SFO the ultimate accomplishment? What is set ahead for a professed member?

Fair Share Dues – In the May Chimes was a reminder regarding our yearly Fair Share dues to the Regional and National Fraternities. The amount is **\$18.00 per active member** and **\$10.00 per each excused member**. The Council is asking that each member pay their own individual dues. Also, consider being generous regarding your monthly donation. The two contributions can be placed in the small envelope provided in the Chimes that will be collected during our June retreat in Emmitsburg. If paying by check, write the type of donation on the memo line and make it payable to **Mount St. Sepulchre Fraternity**. Those not attending the retreat can send their check by mail to Virginia Lyons, our secretary. Her address is: **1315 Franklin St. NE, Washington, DC 20017**.

Feasts of the Month – Corpus Domini – June 14 – This feast is usually called: *the Most Holy Body and Blood of Christ*. Jesus, after the multiplication of loaves and fishes, fed a large crowd in anticipation of another type of food that he would still give them: *His own Body and Blood*. Seven times, in different passages of the Gospel, he repeated the important statement of being “*the living bread that came from heaven.*” 1) “*Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.*” 2) “*Whoever eats my flesh and drinks my blood have eternal life and I will raise him up on the last day.*” 3) “*For my flesh is true food and my blood is true drink.*” 4) “*Whoever eats my flesh and drinks my blood remains in me and I in him.*” 5) “*The one who feeds on me will have life because of me.*” 6) “*This is the bread that came down from heaven.*” 7) “*Whoever eats this bread will live forever.*”



Because of the feast and the loving attention given to it, reparation would be made for the irreverence and impiety shown to the Blessed Sacrament.

The Most Sacred Heart of Jesus – June 19 + The Immaculate Heart of Mary – June 20



The two feasts taken together are called “*The Alliance of the Hearts of Jesus and Mary*”. There is an evident analogy between the Son and the Mother in terms of their being and their doing. Our late Pope John Paul II put it beautifully in his homily of 24 September 2000:

“Mary has a unique relationship with the second person of the Trinity, the Word made flesh, since she is directly involved in the mystery of the Incarnation. She is Mother, and as such Christ honors and loves her. At the same time, she recognizes him as her God and Lord, making herself a disciple with an attentive and faithful heart (cf. Lk 2:19, 51) and his generous associate (Lumen Gentium, n. 61) in the work of Redemption. In the Incarnate Word and in Mary the infinite distance between the Creator and creature became a supreme closeness; they are the holy space for the mysterious nuptials of the divine nature with the human, the place where the Trinity is revealed for the first time and where Mary represents the new humanity, ready to take up again, in obedient love, the dialogue of the Covenant.”

Pray For Our Sick – Anna Anezin; Dorothy Clayton; Maria Louisa Correa *and* her sister; Sarah Faizi’s brother, Edgar; Pat Ferguson’s daughter, Patty Wyman; Donna Wilkes; Margaret Newcomer; Theresa Wilson; Sarah Hurd; Mabel Henson; Pat Allnutt; Roy Foster; Eugene Sides; Henry Mullen; Adele Spellerberg; Marianne Hughes and her sister; Lourdes Corso; Clotilda Crawley; Joseph Clemente; Maureen Nolan and Beatrice Young.

Also, remember in your prayers our homebound members, the infirm, those who have had surgery lately and the ones who will undergo an operation soon. May the Lord keep them under His loving care.

July Birthdays – July 8, Leona Cotter and Brenda Nutt – 16, Justina Essiet – 22, Sarah Faizi – 23, Marion Stuffle – 24, John Monti – 27, Nancy McCleary. **HAPPY BIRTHDAY to you! May the Lord bless you and give you His Peace.**

Feastdays of Franciscan Friars – Keep in your prayers the following friars, whose feast days or birthdays (shown as (B)) are this coming month: July 4, Jean C (B) – 15, Holy Sepulchre – 16, Denys Marie Gaston.

***June 21st is Father’s Day. God has given fathers a special vocation to their family.
May St. Joseph who cared for Jesus bless our Franciscan fathers.***

***Happy Father’s Day to all fathers in the fraternity
and to Father Kevin!***

Mount St. Sepulchre Fraternity Retreat – June 12-14
Seton Retreat Center – 333 South Seton Avenue - Emmitsburg, MD 21727

P R O G R A M

Friday night

3:00 – 7:00 pm	Check-in time. Enter main entrance to sign in and obtain room assignments
5:15 pm	Supper (Retreat Center scheduled time)
6:30 – 8:30 pm	Night prayer with Rosary, spiritual readings in preparation for the retreat
9:00 pm	Bedtime (the burning of candles in bedrooms is prohibited)

Saturday

7:30 am	Breakfast (Retreat Center scheduled time)
9:00 am	Morning prayer and Mass in Mary Chapel followed by Fr. Kevin's talk
12:00 pm	Lunch (Retreat Center scheduled time)
1:00 – 2:30 pm	Confession, silent meditation (in the chapel or on the Shrine's ground)
3:00 pm	Fr. Kevin's talk followed by questions, if any
4:00 – 5:00 pm	Confession, silent meditation (in the chapel or on the Shrine's ground)
5:15 pm	Supper (Retreat Center scheduled time)
6:30 pm	Night prayer, Rosary, songs of praise
9:00 pm	Bedtime

Sunday (half day)

7:30 am	Breakfast (Retreat Center Scheduled time)
8:30 am	Morning prayer in Mary Chapel
9:00 am	Mass in the chapel followed by Fr. Kevin's talk
10:00–11:00 am	Closing prayer and reflections
12:00 pm	Lunch followed by departure. Check-out time for retreat bedrooms is 11:00 am

Additional Information – All retreat guests are requested to **please use the parking area near the Basilica Shrine entrance**. The front parking lot is a reserved area for handicapped Parking and Sisters in Residence. Retreatants may drop off luggage at the front entrance before parking on the lower level. Because this is the home of the Daughters of Charity, silence is requested after 10:00 pm.

Property Damage – Should any damage occur to the premises due to carelessness or neglect, the person or group responsible will be charged for repairs. The Retreat Center is not responsible for the loss of personal property of the retreatants.

Medical Emergencies – If a medical emergency arises, the group should call "911". No medical assistance is available in the Retreat Center/St Joseph Provincial House. A pay phone is available down the hall from the Retreat Center Office.

May the Lord's Peace and graces follow you as you return to the busy world!