



—the CHIMES—

P.O. BOX 90366

WASHINGTON, D.C. 20090-0366

SEPTEMBER Vol. LIII, No. 9

September 20, 2009

SCHEDULE

09:30am	Inquiry Session in upper Conference Room
09:30am	Candidate Session in Sacred Heart Room
10:30am	Franciscan Crown Rosary in Blessed Sacrament Chapel
11:15am	Mass in Blessed Sacrament Chapel. Fr. Kevin, celebrant
12:00pm	Conversation in the Friary: coffee, doughnuts and refreshments are provided.
12:45pm	Fraternity Meeting in the Friary
01:00pm	News from our members and SFO in general, any business, group discussion
02:00pm	Fr. Kevin's talk
02:45pm	Prayer and Last Blessing

This month's theme: The greatest shall be the Servant of All

Bible Quote of the Month – They had been discussing among themselves on the way who was the greatest. Then he sat down, called the twelve, and said to them, “If anyone wishes to be the first, he shall be the last of all and the servant of all.” (*Mk 9: 34*)

Prayer of the Month – “O Lord God, You are charity and love. You are wisdom. You are humility. You are patience. You are assurance. You are restfulness. You are joy and gladness. You are justice and temperance. You are our eternal life, great and wondrous Lord, God almighty, Savior merciful.” (*From St. Francis' Praises for Brother Leo*)

Come pray our Franciscan Crown Rosary together in the Blessed Sacrament Chapel at 10:30am.

All are invited !!

Our monthly Mass, celebrated by Fr. Kevin, is offered for our fraternity and the Monastery Friars.

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

St. Francis Teaches Humility – In his “Admonitions” Francis writes: “*Blessed that person who is found to be as humble among his subjects as he would be among his superiors. Blessed the servant who is always willing to be corrected. A man is a faithful and prudent servant (Mt. 24: 45) when he is quick to atone for all his offences, interiorly by contrition, exteriorly by confessing them and making reparation.*”

Humility understands its place as servant of God and neighbor. Francis quoted the Lord saying: “*I did not come to be served but to serve (Mt. 20:28). Those who are put in charge of others should be no prouder of their office than if they had been appointed to wash the feet of their confreres. They should be no more upset at the loss of their authority than they would be if they were deprived of the task of washing feet. The more they are upset, the greater the risk they incur to their souls.*” Not only did Francis preached humility, he also taught that virtue through example. Following is an excerpt from *Mirror of Perfection Part III (39)*: “*In order to preserve the virtue of holy humility, blessed Francis resigned the chief office before all the friars during a Chapter held a few years after his conversion, saying, ‘I am now as though dead to you. Look to Peter Catanii, whom you and I will all obey.’ And falling to his knees before him, he promised him obedience and reverence.*” For it was always his glory to renounce every trace of privilege and ostentation so that the virtue of Christ might dwell in him.



Francis never wanted anything to be called his own. One day, when he had left the cell, one of the friars went to look at it, and afterwards came to the place where blessed Francis was. Seeing him, the holy man of God said to him, “*Where have you come from, brother?*” “*I have come from your cell,*” he replied. Then blessed Francis said, “*Because you have called it mine, someone else shall use it henceforward, and not I.*”

Reflection: “*Humility is the guardian and the crowning glory of all virtue*”, said Bonaventure. *In our present culture, the pursuit of independence and financial success have devalued the practice of humility which is perceived as weakness, a sign of low self-esteem. Our society raises children who are taught to compete for what they want. Later, set on a career, their practices reflect the conviction that they are in charge of their own destiny and success. We must come to the realization that humility is a mark of the Kingdom of God which Jesus had come to inaugurate. Francis closely followed the Master, imitating Him to the point of calling himself a “worm”, a poor “worm” that the Almighty crowned with victory. The only way we can succeed in becoming humble is by God’s own grace. Through prayer and reflection will our mission of being servants of our brothers and sisters be known to us.*

Questions for Discussion:

1. Name two sisters of Humility.
2. In order to become humble, we need to beg the Lord to deliver us from certain desires and fears. What would be those desires and fears?

The Rule – Chapter Two, Article 14 of The Rule of the Secular Franciscan Order



Secular Franciscans, together with all people of good will, are called to build a more fraternal and evangelical world so that the Kingdom of God may be brought about more effectively. Mindful that anyone “who follows Christ, the perfect man, becomes more of a man himself,” let them exercise their responsibilities competently in the Christian spirit of service.

The Information Corner – Fraternity Open House – A one hour session will be offered on **Sunday, October 18, from 10:00 to 11:00am, in Sacred Heart Room** located in the basement of the friary. It is intended for anyone interested in pursuing the Secular Franciscan Order as a way of life. A formation instructor will be available to answer any questions and hand out materials. If you know someone interested in attending, please notify Ray Apodaca at raymond.apodaca@verizon.net, or call him at 202-544-7092. Thank you.

September Calendar Events:**September 8: Birth of the Virgin Mary – September 14: Triumph of the Cross****September 15: Our Lady of Sorrows – September 17: Stigmata of Our Holy Father Francis****September 23: Finding of the body of St. Clare – September 29: Feast of the Archangels**

Celebrating the Feast of St. Pio of Pietrelcina – St. Pio, whose actual feast day is September 23rd, will be honored at a solemn Mass in the Shrine's Crypt Church on **Sunday, September 27**, at 10:00am, preceded by a 9:30am Rosary. All are invited! Please come early since it is a very well attended Liturgy. Seats will be reserved for members of our fraternity and the Monastery friars arriving before or by 9:30 am.

October upcoming events at the Monastery – October 3rd: the Tansitus, celebrating the passing of St. Francis (place and time will be announced). **October 4: a 10:00am Liturgy will honor the feast of St. Francis.** **October 5: blessing of animals in front of the church at 1:00pm. All are invited!**

Franciscan Feast Days

St. Rose of Viterbo, 3rd Order (1235-1252) – September 4 – St. Rose was born at Viterbo, capital of the patrimony of St. Peter. In those days, the Church was being oppressed by the emperor Frederick II and many were faithless to the Holy See. But here comes Rose, an infant filled with grace. She was scarcely three years old that she would retain all she heard from sermons and pious conversations. She delighted in doing penances. Her mortifications seem incredible to our time of laxity. She received her mission from the Mother of God who appeared to her and gave her the Franciscan habit at ten years old with the command to go forth and preach, “to reprove, convince, exhort and bring back the erring to the paths of salvation.” She went down to the public square at Viterbo, called upon the inhabitants to be faithful to the Pope and denounced all his opponents. So great was the power of her word and of the miracles accompanying it, that the Imperial party, in fear and anger, drove her from the city. But she continued preaching in exile until Pope Innocent IV was brought back in triumph to Rome and the cause of God was won. Rose came back to Viterbo and died in her eighteenth year. When exhumed, her body was found intact, fragrant and beautiful, as if still in life.



Rose showed us that every minute something can be done for God. **Time shall never be wasted in life.**

St. Elzear of Sabran & Bl. Delphina, husband & wife, 3rd Order (1286-1323) (1283-1358)

September 26 – Elzear came from a noble family in southern France. Named Count of Arian, he was for a time counselor to Duke Charles of Calabria in Southern Italy. He ruled his own territories in the kingdom of Naples and in Southern France with justice. After he married Delphina, she informed him that she had made a vow of perpetual virginity; that very night he did the same. The couple joined the Secular Franciscans and dedicated themselves to the corporal works of mercy. Twelve poor people dined with them every day. A statue of Elzear shows him curing several lepers. Their piety extended to the running of their household. Everyone there was expected to attend Mass daily, go to confession weekly and be ready to forgive injuries. After Elzear's death, Delphina continued her works of charity for 35 more years. She is especially remembered for raising the moral level of the king of Sicily's court. Elzear was canonized in 1369, and she was beatified in 1694.



News of our Franciscan Family, in Kerala, S. India – From the Mailbox – Recently we received a handwritten letter from Mary Sebastian whose poor family our fraternity supports. Here is what she says:

Dear friends,

Hope this letter finds you all in the best of health and cheer.

We received your kind help and the extra gift for X'mas. Special thanks to you for remembering us and sending us this help which is very much valued by us. I am continuing medicines for the allergy problems. Sebastian goes fishing. He has ulcer. Yet he goes to work when his health allows. Now due to bad weather and heavy monsoon, his earnings are very low. Our children Laya, Lidhiya and Samuel are in school. They are promoted to upper grades in this new academic year. Samuel is learning alphabets. Your help benefits us in providing for their needs. Once again we are thanking you for your help, keeping you in our continuous prayers.

Yours sincerely,

Mary Sebastian

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 and her sister, Mabel Henson; Pat Allnutt; Roy Foster; Eugene Sides; Henry Mullen; Adele Spellerberg; Marianne Hughes and her sister; Lourdes Corso; Clotilda Crawley; Joseph Clemente; Josephine Awich's father; Fritz Nicolas, his brother Serge, and his daughter Marguerite; Maureen Nolan; Larry Bleau's wife, Valerie; Gwen Mason.

Pray For Our Deceased – **Margaret (Peggy) Newcomer** died on August 5, 2009. She passed away in her sleep at the Soldiers Home. She was professed on September 15, 1968. **Michael Yacovone** died on August 8. He was 90 yrs old. His funeral Mass took place on August 13. Michael was professed on July 2, 1961. May their souls, the souls of the faithful departed, especially those of our deceased family members, rest in eternal peace in the presence of our Lord.

October Birthdays – October 2, Eugene Sides – 6, Margaret Murphy – 15, Raymond Apodaca. **HAPPY BIRTHDAY to you! May the Lord bless you and give you His Peace.**

Feast Days of Franciscan Friars – Keep in your prayers the following friars, whose feast days or birthdays (shown as (B)) are this coming month: October 4, St. Francis – 7, Jeremy Harrington (B) – 13, Ed Dillon – 14, Callistus Welch – 25, Thomas Courtney.

September Reflection

by Marie-Denyse Romain, SFO

September 14 is the feast of the ***Exaltation of the Holy Cross***. On that day, in 1224, Francis was at La Verna for a period of prayer and fasting which he called "*the Lent of Saint Michael*". It is around that time, on **September 17**, that he had the mystical vision of the crucified seraph and received the marks of the passion of Christ in his body. In his humility, Francis did his best to hide the sacred marks with no success. God took pleasure to work a number of public miracles by means of them for his own glory, and He raised him to the highest level of the ascetic life.

Last month, on August 11, we have celebrated the feast of St Clare. On **September 23**, we will honor the finding of her body. After Clare's remains were transferred from the chapel of San Georgio and buried under the high altar of the church of Santa Chiara, they remained hidden there for centuries. After much search had been made, Clare's tomb was found in 1850, to the great joy of the Assisians. On 23 September of that year, the coffin was unearthed and opened. The flesh and clothing of the saint had been reduced to dust, but the skeleton was in a perfect state of preservation. Finally, on 29 September, 1872, the saint's bones were transferred with great pomp by Archbishop Pecci and Pope Leo XIII in the crypt of Santa Chiara Shrine where they may now be seen.

Let us reflect upon the life of our two great models, St. Francis and St. Clare, who have showed us the path of holiness by walking on the footsteps of Christ who is the Way, the Truth and the Life.