



– *the CHIMES* –

P.O. BOX 90366

WASHINGTON, D.C. 20090-0366

FEB Vol. LV, No. 2

February 20, 2011

Schedule

- 9:30am Orientation Session – Sacred Heart Room – downstairs in the Friary
- 9:30am Candidate Session – 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

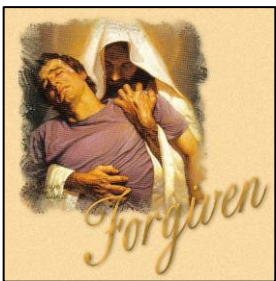
DON'T FORGET YOUR BINDERS!

Fraternity Meeting Agenda

- Update on the Sick
- Handout on Scripture Verses
- Handout on Sacred Tradition
- Lent and Fasting w/handout
- Franciscan Spirituality, Part I, by Chris Cropper
- Closing Evening prayer. If you have the “Shorter Christian” Prayer Book, please bring it with you.

◆ Theme: REPARATION THROUGH PRAYER AND FASTING ◆

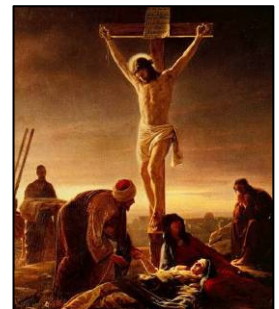
Bible Quote of the Month



If I shut up the heavens so that there is no rain, or if I command the locust to devour the land, or if I send pestilence among My people, and My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land. (2 Chronicles 7:13-14)

Prayer of the Month

Almighty and Everlasting God, you have given the human race Jesus Christ our Savior as a model of humility. He fulfilled Your Will by becoming man and giving His life on the Cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son. Amen.



Contacting Council

Below is contact information for Council members; please call before 9pm.



Vicky Spalding (Minister) 301-373-3955
 Chris Cropper (Vice Minister) 703-501-3873
 Larry Bleau (Secretary, Chimes Editor)
 301-474-1338
 Virginia Lyons (Treasurer) 202-832-5666
 John Hewitt (Formation Dir.) 212-866-0229
 Fr. Kevin Treston, OFM (Spiritual Assistant)
 202-526-6800

ADMONITION OF ST. FRANCIS

14. On poverty of spirit ¹



“Blessed (are) the poor in spirit, since theirs is the Kingdom of Heaven” (*Mt 5:3*). There are many, who persisting in prayers and (liturgical) offices practice many abstinences and afflict their own bodies, but because of a single word,

which seems to be injurious to their bodies or because of anything, which is brought against them, being scandalized, they are continually disturbed. These are not poor in spirit; since he who is truly poor in spirit, hates his very self and loves those who beat him in the face (cf. *Mt 5:39*).

Update Your Directory

Here is new information for the directory:

- **Ray Apodaca**, who will move soon to 3021 Zacatecas Court, Las Cruces, NM 88012; email raymond.apodaca@verizon.net
- **Kathy Kohut** has moved to Lexington Park Adult Activity Center, 21895 Pegg Rd. #301, Lexington Park, MD 20653; phone 301-863-7979
- Candidate **Remlin**'s first name is spelled Lewis.

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 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.

From the Mailbox: News of our Family

- **Kathy Kohut** says she misses the fraternity and wishes she could join us.
- **Donna Wilkes** is featured with a picture and a quote in the annual report of The Washington Home & Community Hospices².



Meal Volunteer List

Veggie tray	Vilma Camposano
Donuts	Chris Cropper
Crackers	Anna Zaczynski
Fruit	Ling Guiron and Emy Cabigas
Beverages	Bill Richardson
Chips	Nirvana Jolls
Other (meatballs)	Vicky Spalding

Identifying Contributions

If you give a contribution of cash, please write your name on the brown envelope so we can record your support of the Fraternity. Likewise, if you provide food or supplies as your contribution, please write the word “donation” on it before you give it to Bill Richardson.

² See quote on table of contents, picture on p2, URL http://www.thewashingtonhome.org/uploads/docs/annual-reports/2010_Report.pdf

What's In A Status?

Many may not be aware of the underpinnings of the status designation of our members. The National Statutes of the Secular Franciscan Order use the terms Active and Lapsed (Section III, Article 18.7) to describe a member's status. The designation Active includes the subcategory Active-Excused.



According to this article, *“An active fraternity member is one who participates both by attending fraternity meetings and by providing financial support to the community, or whom the fraternity has excused from such obligations.”*

An active-excused member is one whom Council has excused from attending Fraternity meetings, either on a temporary or permanent basis, for reasons acceptable to Council. Examples of such reasons are health, family, work, or distance. A designation of active-excused does not exempt from following the SFO Rule, which includes providing support to the Fraternity.

In the same article, a lapsed member is described thus: *“Those brothers and sisters who neither attend meetings, support the community financially, nor have valid reasons due to health, family, work or distance, and who, after personal invitations to return to fraternity, consciously and deliberately reject or ignore the invitation, will be termed ‘lapsed’”.*

Recently your Council decided that the above designations are inadequate, and we created the designation “Infirm” for those who want to remain connected to the Fraternity but cannot attend meetings or give any donations.

We encourage our sisters and brothers who have not been present at our monthly meetings for a long time to renew ties with their Franciscan family. The fraternity is incomplete without them.

We'll Miss You, Ray and Jean!

Ray, we are very grateful for your work with the Fraternity, your inspired leadership, and the spiritual energy with which you infused those who learned about the Order under your guidance. We are edified by having had you as our Formation Director for so many wonderful years. We wish you all the best in your new location!

Farewell

Jean, we enjoyed your companionship along the road you traveled with us, and hope you will find happiness in your new location. Both of you are greatly loved and will be missed!

Nonmembers at Meetings

Please remember that Fraternity meetings are for members and those in Formation only. Nonmembers and guests, other than those who provide transportation for a member, are not permitted except during Open House.

Unable to Attend a Meeting?

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.

Please Pray For Our Sick



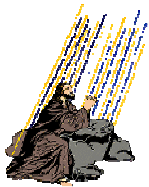
Pat Allnutt; Larry Bleau's brother, Ron Bleau; Teresita Pena-Castro Bohan; Rita Braddock; Buelah Mary Bridges; Maria Louisa Correa and her sister, Maria Franco; Lordes Corso; Sarah Faizi's aunt, Lina Schyle, who died recently; Pat Ferguson and her daughter, Patty Wyman; Roy Foster; Sarah Hurd and her family; Marianne Hughes and her family; Kathy Kohut; Gwen Mason and her husband, Robert; Gene Sides and his wife, Annegret; Julia Stratchko; Donna Wilkes and her brother, Hollis; and Theresa Wilson.

February Reflection

Fasting in Preparation for Jesus

By Vicky Spalding, SFO

Lent is fast approaching, and during this time, the Church asks us to prepare for the commemoration of Christ's passion and resurrection, through prayer and fasting. Lent this year begins on Wednesday, March 9th and ends on Saturday, the 23rd of April.

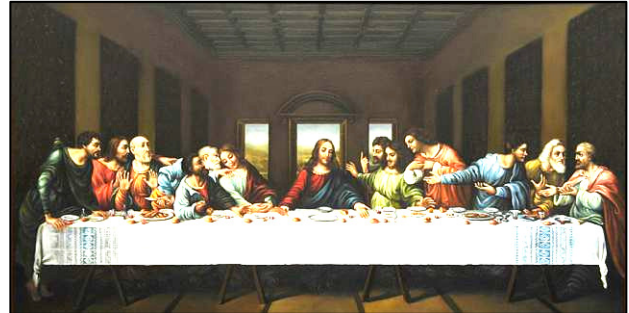


We can experience joy and growth in the Holy Spirit during Lent through prayer and fasting. Before Jesus started his public ministry, the Spirit led him into the wilderness, where he fasted and prayed. There, he grew in power and wisdom. Jesus fasted in preparation for his ministry. We, too, should fast in preparation for the ministry that God has for us. It should be an important part of our prayer life. It should be done in preparation for receiving the wisdom of the Holy Spirit and for discerning God's will.

When we fast, it helps to decrease the desires of the flesh by denying our passions. It detaches us from worldly things and helps us grow in the knowledge of God. It atones for sins and helps nourish an unselfish love for our neighbor. It increases our faith and shows God that we are willing to back up our prayers with action.

We cannot earn God's love, but we can earn His blessings and favor through fasting. Fasting also helps us grow in humility of spirit. Jesus told His disciples:

“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.” (Matthew 6:16-18)



God sees all our actions, and when we do things with humility, like St. Francis did, instead of seeking praise, we will be honoring the Father who created us. We will be imitating Jesus. The more we are in communion with God through fasting, the more we become in touch with God's perfect will for our life. And the more we obey God's will, the more peace and joy we will have. This Lent, pray to Our Lady for the grace to fast well!

Pray For Our Deceased Margaret Hromulak, who died on January 20, 2011. Her funeral Mass was on January 24 at St. Hugh's Church. Margaret was professed in 1950. May the souls of the faithful departed, especially those of our members and their families, rest in eternal peace in the presence of our Lord.

March Birthdays

March 9 – Patricia Allnutt and Rita Braddock, 11 – Ling Guiron and Fritz Nicolas, 16 – Helene Hogan and John Whipple, 23 – Winston Williams, 25 – Mary Anne Corr, 28 – Robert Mendoza and Fr. Kevin Treston, O.F.M.

Also, apologies to Polly Howard, whose birthday was Feb 8 and was accidentally omitted from last month's *Chimes*.

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); 24 – Blessed Didacus Joseph of Cadiz, priest of I Order (optional memorial).