




# The Porter

St. Conrad Fraternity, Annapolis, MD  
Secular Franciscan Order – January 2024  
<http://stconradannapolis.sfousa.org/>

The Porter deadline for next issue is February 7<sup>th</sup>. Please send news, events, prayer requests, poems, or any interesting items that you think other members may enjoy to: Joan Faltot, 8217 Grainfield Rd, Severn, MD 21144, or send by email to [jd6bouv@verizon.net](mailto:jd6bouv@verizon.net).

 Fraternity Gathering	<b>Saturday, January 20, 2024</b> <b>Gather in the Parish Office (old Convent) following Mass at 8:30 AM</b> <b>St. John the Evangelist</b> <b>689 Ritchie Highway, Severna Park, Md. 21146</b> <b><u>Remember:</u></b> There is a men's group in the Parish Office prior to the 8:30 am Mass. Fraternity members should avoid entering the Parish Office until <u>after</u> the 8:30 am Mass.
<b>Refreshments</b> 	Bowie/Crofton/Severna Park <b><i>Please remember to bring your coffee cup and appetite.</i></b> Glen Burnie/Pasadena will be next.
<b>Prayer</b>	Glen Burnie/Pasadena. LOH Saturday 2 <sup>nd</sup> Week in Ordinary Time.
<b>Program</b>	Our Fraternity's Vision for 2024 (see page 2 for details & homework)
<b>Prayer Requests</b> 	<b><i>For physical and spiritual healing of:</i></b> Audrey Donnelly, Jeanne Wilbourne, Michael Huether, Evelyn Jones' son Jimmy, Audrey Bushée, Lita Milan, Bill Chitty, Jerry Miente, Kathleen Sievers, Jude Dodge, Carole Marsh's sister, Harry Thompson, Jackie Chaplin (sister of Kathleen Sievers), Gertrude Shelton (Marie's mom), Ed Sievers (Kathleen's husband), Evelyn Jones, Tessie Chitty, Kellie Eye (granddaughter of Susan Greif), Evelyn Jones' niece, Jimmy Wilbourne, Gerard Malka (brother of Genny Wilbourne), Carolyn Malka (sister-in-law of Genny Wilbourne)
<b>Birthdays</b>	Tessie Chitty – 01/21                      Fr. Patrick Monahan – 01/21
<b>Profession Anniversaries</b>	Margaret Jackson – 02/08/1998
<b>Council Meeting</b>	Friday, February 2, at 7:00 pm via Zoom
<b>Upcoming Events</b>	<b>Saturday, February 3, 2024. Lenten Day of Reflection.</b> Franciscan Monastery in D.C. Fr. Russell Murray, OFM will present "Christ Living in Me: Lent on LaVerna with Francis." Cost is \$30 and includes lunch. Register at: <a href="https://www.signupgenius.com/go/409094DAAA72EAAF94-45677791-christ#/">https://www.signupgenius.com/go/409094DAAA72EAAF94-45677791-christ#</a> and payonline or at the door. Questions? Contact <a href="mailto:rlcolleran10@gmail.com">rlcolleran10@gmail.com</a>

<p><b>Upcoming Events</b></p>	<p><b>February 24, 2024. Day of Reflection for Inquirers.</b> Franciscan Monastery in DC. Fr. Stephen King will present “Living a Penitential Life.” Cost has been reduced to \$30 and includes lunch. See Denise Miente if would like to attend.</p> <p><b>September 6-8, 2024. 2024 Chapter of Mats.</b> Claggett Center, 3035 Buckeystown Pike, Adamstown, MD 21710</p>
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## Minister's Minute:

Dear Brothers and Sisters, Happy New Year. May it be a blessed one for you and your family. May God lead you closer to Him and to His mother.

At this time of year we look forward to the fresh start of a New Year and back at the past year---, its joys and struggles, its ups and downs the times we fell short and the times we rose above the trials with God's help and we rejoice that at all times God was with us.

Your Council has decided that this month we will all do the same thing with the past year of our fraternity life. As we did last year we will ask you to fill out little papers with your answers to the questions on the next page. To help with that process each of the Council members and others will be sharing about a Franciscan value, i.e. , Judith-Prayer, Denise- Adoration/Eucharist-, Joe- JPIC/Justice, Catherine-Service to the Poor, Joan F.-Environment, Ruth-Peace, Jean-Prolife .

We look forward to hearing your suggestions. Our last chapter in When St. Francis Saved the Church is about Francis' vision and ends with a quote from His Testament. You can read the full text in your Ritual p.76. where it states "We adore you, Lord Jesus Christ in all your churches throughout the world and we bless you for through your holy cross you have redeemed the world. " This year the Franciscan Centenary focus is on the Stigmata (as it had been on Greccio last year) and Pat has created a prayer card for prayer partners to be distributed at the meeting that highlights the San Damiano Cross. "The Poverello is presented as a person who made listening a way of life: 'Saint Francis heard the voice of God, he heard the voice of the poor, he heard the voice of the infirm and he heard the voice of nature. He made them a way of life. My desire is that the seed that Saint Francis planted may grow in the hearts of many.'" (Fratelli tutti)

One of our Franciscan values is Prolife Our Capuchin Brothers will be celebrating a Mass for Life on Friday January 19<sup>th</sup> at 11 am in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception (see schedule of earlier activities at the Shrine in this Porter). This is a Prayer For Life by Pope St. John Paul II. Let us ask our patroness and advocate to intercede: O Mary bright dawn of the new world, Mother of the living to you do we entrust the cause for life: Look down, O Mother, upon the vast numbers of babies, not allowed to be born, of the poor whose lives are made difficult, of men and women who are victims of brutal violence, of the elderly and the sick killed by indifference or out of misguided mercy. Grant that all who believe in your Son may proclaim the Gospel of life with honesty and love to the people of our time. Obtain for them the grace to accept that Gospel as a gift ever new , the joy of celebrating it with gratitude throughout their lives and the courage to bear witness to it resolutely, in order to build, together with all people of good will, the civilization of truth and love to the praise and glory of God, the Creator and love of life. (Evangelium Vitae)

Peace and all good, Judith

## OUR FRATERNITY'S VISION FOR 2024

Our gathering on January 20<sup>th</sup> promises to be full of activities but the main focus will be on defining... brainstorming... ??? ... imaging... reflecting on what we as a fraternity wish to accomplish next year.

To help organize our thoughts we will answer the following four questions during the meeting:

1. What suggestions do you have for programs, speakers/books for our meetings?
2. How do you serve in your parish? How would you like to serve with your gifts in our fraternity?
3. What suggestions do you have for Area Group activities? i.e., skits, saints, testimonies? monthly breakfast foods?
4. What changes would you like to see in meeting time, prayer, apostolates, food, etc.?

However, don't feel yourself bound by these four questions. Write any ideas you have on the paper provided during the meeting.

So please spend some time praying on this prior to the meeting. Consider:

- Reading the final chapter of When St. Francis Saved the Church, "Francis in the Future about Vision"
- Meditating on our Rule and identify which Franciscan values our Fraternity needs to improve upon and how we might put that into action.

## TREASURER'S REPORT – JOE MCHUGH

Thank you for your continuing generosity ! ! !

November Balance		\$ 4,129.45
Stipend to St. John's	\$ (100.00)	\$ 4,029.45
FFA Stipend	\$ (100.00)	\$ 3,929.45
SA Stipend	\$ (100.00)	\$ 3,829.45
SA Christmas Gift	\$ (50.00)	\$ 3,779.45
Qtr. Phoenix Check	\$ (335.00)	\$ 3,444.45
Qtr. Tokens Check	\$ (305.00)	\$ 3,139.45
Deposit	\$ 715.00	\$ 3,854.45
December Balance		\$ 3,854.45

*Fraternity contributions can be mailed to:*

*Joe McHugh  
1740 Tedbury St  
Crofton, MD 21114*

*Remember, when making your donation to the fraternity, use the memo line of your check to designate where you wish your contribution to be directed. There are three possible designations:*

**COM** - Common Fund (includes Sabu family)

**BUS** - bus tokens for the Light House shelter clients

**Phoenix** – Phoenix Academy 'backpack' food

Donation: Council approved donation \$100 to St. Vincent de Paul, at St. Mary's

## OUTREACH OPPORTUNITIES – Denise Miente

**Phoenix Backpacks:** Dec. 20 date was cancelled due to illness. Next Bag filling is scheduled for Wednesday **January 17**, at 10:00 in the school cafeteria.

**Light House Shelter Lunches:** Made 50 sandwiches on Thursday December 28th. Thanks to Catherine and Paul for being the perfect hosts. Next scheduled sandwich-making is on Thursday, **January 25**, at 9:45 at Catherine's home.

**Shelter Bus Passes:** Tried to purchase and deliver 200 passes in December, but they were not ready. Will try again in late Jan. – probably at sandwich delivery time

## **FIRE AT THE LIGHT HOUSE DISPLACES RESIDENTS**

<https://annapolislighthouse.org/jan-09-2024-update/>

ANNAPOLIS, MD (January 9, 2024) – A one-alarm fire at The Light House on Hudson Street in Annapolis has temporarily displaced more than 70 shelter residents.

According to Annapolis Fire Chief Douglas Remaley, at approximately 5:35 p.m. on Tuesday, January 9, firefighters were dispatched to 10 Hudson Street for a fire alarm. While responding, additional information by the 911 center reported a fire in the building, bringing additional firefighters to the scene.

Firefighters quickly entered and found an extinguished fire in the laundry room on the second floor with no extension. There were no injuries to fire or civilian personnel. Preliminary investigation revealed that the fire started from a malfunctioning light fixture in the laundry room on the second floor of a three-story structure.

A total of 70 people were displaced primarily as a result of water dispersal from the sprinkler system. Residents will return to the building after appropriate repairs and inspection.

The Annapolis Office of Emergency Management helped to coordinate the relocation of shelter residents. Annapolis Recreation and Parks staff are preparing the auxiliary gym for overnight guests at the Roger “Pip” Moyer Recreation Center on Hilltop Lane. Annapolis Transit will transport the shelter residents to the Recreation Center.

“All of us at The Light House would like to express our sincerest gratitude to those who have been assisting us during this time,” said Heather Cassity, Executive Director of The Light House. “This was a tremendous coordinated effort. Everyone came together to help our neighbors in need. The silver lining of coming out of the pandemic is that it has strengthened the ties that we have with our community partners, and together we can respond with an efficient effort when emergencies happen. We are so grateful that everyone is safe and there are many heroes behind the scenes. We’re eager to have our doors reopen as soon as possible and we are making all efforts for limited interruption.”

Some of the residents sought overnight accommodations with family or friends. A total of 44 residents were transported to the Recreation Center where they will stay for at least one overnight while repairs are made. Light House staff have been notified and will continue uninterrupted care for our residents. All Light House support services including meals, case management, and other basic needs will continue to be provided to residents during their stay at Pip Moyer Recreation Center.

At this time, Annapolis Fire reports that damage loss estimates are pending. There were both working smoke alarms and a properly functioning sprinkler system. Responding partner agencies included Anne Arundel County Fire and Naval District Washington Support Activities (NSA) Annapolis.

**The best way to support The Light House during this time is by making a donation to help keep our programs going strong. You can donate online at <https://annapolislighthouse.org/donate/>**

## EPIPHANY HOME BLESSING

*Catherine Gonzalez found this gem in the church bulletin from St. John the Apostle Church in Virginia Beach, VA  
Better a little late than not at all.*

There is a custom of blessing homes on the Feast of the Epiphany (January 7) when the family gather to ask God's blessing on their home and family life. It is an invitation for Jesus to be a daily guest in our homes.

### Instructions for blessing the home:

Use chalk, preferably blessed, to mark on the door or door frame with the symbols 20 + C + M + B + 24

Pray: Lord God of heaven and earth, you revealed your only-begotten Son to every nation by the guidance of a star. Bless this house and all who inhabit and visit it. Fill us with the light of Christ, that our concern for others may reflect your love. We ask this through Christ our Lord. Amen.

### Meaning of the inscription 20 + C + M + B + 24

The letters have two meanings. First, they represent the initials of the Magi – Caspar, Malchior and Balthazar – who came to visit Jesus in His first home. They also abbreviate the Latin phrase, *Christus mansionem benedicat*: “May Christ bless this house.” The + signs represent the cross and the “20” at the beginning and the “24” at the end mark the current year. Taken together, this inscription is performed as a request for Christ to bless those homes so marked and that He stay with those who enter and visit therein throughout the entire year.



### *Quote from:*

## **Nudging Conversions**

A Practical Guide to Bringing Those You Love Back to the Church

by Carrie Gress

A guide to encouraging friends and family to come back to the Church. Learn the right questions to ask, how to answer tough questions about the faith, when to speak up, when to keep silent, and more.

order information at: <https://www.dynamiccatholic.com/nudging-conversions/NCON.html>



## Christmas and New Year's Blessings!

First off I am happy that Christmas is not only Christmas Day but eleven days thereafter. In that vein I wish you a very Merry Christmas and a Happy New Year. Bishop James (below) also extends his wishes as does our whole FFA staff in India.

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*Dear Friends and Benefactors of the FFA:*



*In the year 2023, we celebrated the remarkable milestone of 50 years of the Franciscan Family Apostolate's presence in the Diocese of Alleppey (1973-2023). On October 4, we gathered for the Jubilee Mass at the Cathedral Church, with a full presence of beneficiaries and friends of FFA. This golden occasion allowed us to gratefully recall FFA's unwavering support and dedication in reaching out to the less fortunate and those in need in this part of the globe. During the public meeting, we heard success stories of young girls and boys whose dreams were made*

*possible by their benefactors, leading to better job opportunities and earnings. We witnessed tears of joy for the beautiful new houses constructed, the shining faces of those recovering from long-standing illnesses, and cheers from those excelling in vocational and art disciplines. Simply put, FFA is a beacon of hope for many and many more. I pray that our benefactors find this Jubilee as a time to stay connected, with determination and generosity, ensuring the continued paths of charity that FFA has pursued through good and bad seasons.*

*With folded hands, we pray that the Prince of Peace helps us walk in the ways of Peace and Unity, Compassion, and Understanding! May this Christmas season bring Peace and Healing to the broken and frail victims of siege, war, and evacuation! May the Lord of Wisdom guide the leaders of our world to make it a home of peace and happiness for all! Warm wishes for a joyful and peaceful New Year in 2024.*

*Bishop James Anaparambil*





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Our fraternity is currently assisting the Rejani Roy Puthuval, a widow and her 2 daughters: Sandra (b. ~2002) and Santhwana (b. ~2004). Each month \$100 is donated from the common fund for the Franciscan Family Apostolate. To see all the work this apostolate does and all the work that is still needed, visit <https://franciscanfamilyapostolate.org/>.



## NATIONAL PRAYER VIGIL FOR LIFE – JANUARY 18 -19

BASILICA OF THE NATIONAL SHRINE OF THE IMMACULATE CONCEPTION  
WASHINGTON, DC

Thursday, January 18 <sup>th</sup> , Great Upper Church	
4:45 p.m.	Chaplet of Divine Mercy
5:00 p.m.	Opening Mass. The Most Reverend Michael Burbidge, Bishop of Arlington and Chairman of the USCCB Committee on Pro-Life Activities will be the principal celebrant and homilist. Livestreamed on <a href="http://www.nationalshrine.org/mass">www.nationalshrine.org/mass</a> and EWTN
Following Mass	National Holy Hour for Life will be held through 8:00 p.m., after which holy hours will take place in dioceses across the country overnight.
Thursday, January 19 <sup>th</sup> , Great Upper Church	
8:00 a.m.	Closing Mass. Most Reverend Earl K. Fernandes, Bishop of Columbus will be the principal celebrant and homilist. Livestreamed on <a href="http://www.nationalshrine.org/mass">www.nationalshrine.org/mass</a> and EWTN
Thursday, January 19 <sup>th</sup> , Crypt Church	
11:00 am	<b>Capuchin Franciscan Friars Annual Mass for Life</b>
<div>  <p><i>Come Join</i></p> <p><b>The Capuchin Franciscan Friars</b> from the Province of St. Augustine <b>at the ANNUAL MASS FOR LIFE</b></p> </div> <div> <p><i>Children are a gift from the Lord</i></p> <p>Ps 127:3</p>  </div> <div>  <p><b>MASS</b> <b>MARCH</b></p> </div> <div>  <p><b>WHEN:</b> Friday, January 19, 2024 at 11:00 a.m. <b>WHERE:</b> The Crypt Church The National Basilica Shrine of the Immaculate Conception 400 Michigan Avenue NE, Washington, DC 20017 <b>FOR MORE INFO:</b> Contact Fr. Rafael Anguiano, OFM Cap. email: <a href="mailto:rafael@capuchin.com">rafael@capuchin.com</a> or Phone: 215-592-7552</p> </div> <div> <p>Following Mass, travel with the Capuchins by Metro to participate in the National March for Life.</p> </div>	

## THE DIVINE MERCY MESSAGE: A WAY OF LIFE

St. John's the Evangelist Church – February 11, 2024

### Featured Speaker:

Very Reverend Chris Alar, MIC *Provincial Superior, Blessed Virgin Mary, Mother of Mercy Province*

Father Chris Alar, MIC, is the Provincial Superior of the Blessed Virgin Mary, Mother of Mercy Province of the Marian Fathers of the Immaculate Conception in the United States and Argentina. He wrote and produced the popular "Divine Mercy 101" and "Explaining the Faith" DVD series and is the author of the bestselling books *After Suicide: There's Hope for Them and for You*, as well as *Understanding Divine Mercy*. He is host of the EWTN show *Living Divine Mercy*, which airs on Wednesdays, 6:30 p.m. EST.

### TOPICS INCLUDE

- ✦ The Message and Devotion of Divine Mercy
- ✦ The Meaning of the Mass (plus things you never knew!)
- ✦ Answers to Common Questions About the Catholic Faith
- ✦ Why Would a Loving God Allow Such Suffering?
- ✦ What Do We Need to Do to Get to Heaven?
- ✦ Eucharistic Prayer & Healing Service

### Register at:

<https://stjohnsp.regfox.com/the-divine-mercy-message-a-way-of-life>

**General Admission: Free**

**Box Lunch available: \$15**

**Specify your lunch preference on the registration form.**

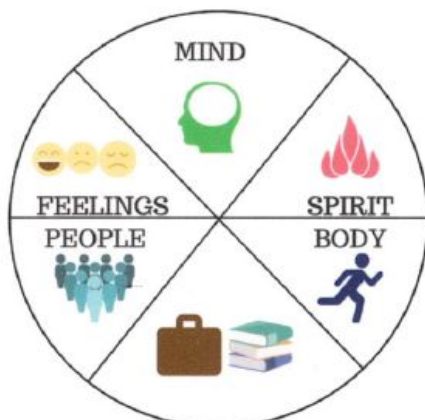
### Schedule: Sunday, February 11, 2024

9:00am	<b>Mass + Homily with Fr. Chris Alar, MIC</b> In the church at St. John the Evangelist
10:15am	<b>Coffee + Donuts</b> In the Parish Activities Center
10:45am - 11:30am	<b>Presentation #1</b> Fr. Chris Alar
11:30am	<b>Lunch + Book Sales</b>  Fr. Chris will have a book table set up for sales. Boxed lunches may be purchased in advance when you register (see below), or participants can bring their own lunch or visit local eateries on their own.
12:30pm - 1:15pm	<b>Presentation #2</b> Fr. Chris Alar
1:15pm	<b>Break</b>
1:45pm - 2:45pm	<b>Eucharistic Adoration</b> Having heard about the gift of Divine Mercy, we meet Jesus in the Eucharist to adore him and receive healing from his Sacred Heart. [Location: in the Church]
3:00pm - 3:45pm	<b>Presentation #3 and wrap up session</b> Fr. Chris Alar



## The Wellness Wheel

*Health is a state of body. Wellness is a state of being.*  
- J. Stanford



Use the wellness wheel to become more self-aware, identifying areas that are going well and areas of challenge that need improvement.



Little  
FRIENDS For  
PEACE

Peace Tool Card  
A Path to Peace

For more, visit [www.lffp.org](http://www.lffp.org).

## How to Keep Calm

You can't calm the storm, so stop trying.  
What you can do is calm your self.  
The storm will pass.



*We are all in the same storm but different boats. Let's try to keep our boat afloat and throw lifesavers to others.*

### Practices to grow peace:

- Care
- Listen
- Connect
- Restore
- Reset
- Rewire

### Healthy ways to ease anxiety:

- Breathe
- Walk, Bike, Swim
- Journal
- Yoga
- Meditation
- Join a peace circle to connect and share



Little  
FRIENDS For  
PEACE

Peace Tool Card  
A Path to Peace

For more, visit [www.lffp.org](http://www.lffp.org).

## SAVE THE DATE

Join us for the St. Margaret of Cortona 2024 Chapter of Mats

The Next 800 Years

The Chapter is a gathering of Secular Franciscans

to celebrate -

where we've been, where we are now, where we are going.

September 6-8, 2024

Claggett Center, Adamstown, Maryland

Watch the *Up to Now* for more details.

**\*\*Please share with ALL members of the fraternity.\*\***