




The Porter

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

The Porter deadline for next issue is June 6. 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 jd6bouy@verizon.net.

 <p>Fraternity Gathering</p>	<p align="center">Saturday, May 18, 2024</p> <p align="center">Gather in the Parish Office (old Convent) following Mass at 8:30 AM</p> <p align="center">St. John the Evangelist</p> <p align="center">689 Ritchie Highway, Severna Park, Md. 21146</p> <p>Remember: 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.</p>						
<p>Refreshments</p> 	<p>Annapolis/Eastern Shore. <i>Please remember to bring your coffee cup and appetite.</i> Bowie/Crofton/Severna Park will be next</p>						
<p>Prayer</p>	<p>Bowie/Crofton/Severna Park - LOH: Morning prayer. Saturday. 7th week of Easter.</p>						
<p>Program</p>	<p>Migrants and Immigrants; see the Minister’s Minute below</p>						
<p>Prayer Requests</p> 	<p>For the soul of: Gertrude “Gertie” R. Shelton, Marie’s mother and for the comfort of all the family</p> <p>For physical and spiritual healing of: Genny Wilborne, 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)</p>						
<p>Birthdays</p>	<table border="0"> <tr> <td>Louise Ryan – 5/25</td> <td>Ruth Shea – 6/5</td> </tr> <tr> <td>Judith Tyrrell – 5/29</td> <td>Mary Anne Novak – 6/18</td> </tr> </table>	Louise Ryan – 5/25	Ruth Shea – 6/5	Judith Tyrrell – 5/29	Mary Anne Novak – 6/18		
Louise Ryan – 5/25	Ruth Shea – 6/5						
Judith Tyrrell – 5/29	Mary Anne Novak – 6/18						
<p>Profession Anniversaries</p>	<table border="0"> <tr> <td>Marie Shelton – 5/19/2000</td> <td>Catherine Gonzalez -- 5/21/2016</td> </tr> <tr> <td>Linda Haney – 5/20/2023</td> <td>AND</td> </tr> <tr> <td>Audrey Donnelly – 05/21/2016</td> <td>Emily McGeady – 6/12/1979 45 years !!!</td> </tr> </table>	Marie Shelton – 5/19/2000	Catherine Gonzalez -- 5/21/2016	Linda Haney – 5/20/2023	AND	Audrey Donnelly – 05/21/2016	Emily McGeady – 6/12/1979 45 years !!!
Marie Shelton – 5/19/2000	Catherine Gonzalez -- 5/21/2016						
Linda Haney – 5/20/2023	AND						
Audrey Donnelly – 05/21/2016	Emily McGeady – 6/12/1979 45 years !!!						
<p>Council Meeting</p>	<p>Friday June 7 at 7:00 pm via Zoom</p>						
<p>Upcoming Events</p>	<p>July 17-21, 2024. Eucharistic Congress in Indianapolis. https://www.eucharisticcongress.org/</p> <p>September 6-8, 2024. 2024 Chapter of Mats. Claggett Center, 3035 Buckeystown Pike, Adamstown, MD 21710. REGISTRATION IS NOW OPEN. Scholarship money is available. Early bird rates available until April 30th... so register NOW.</p>						



Minister's Minute:

Dear Brothers and Sisters,

Happy Ascension week. It's a time when we think about Jesus ascending back to the Father and sending the Holy Spirit (attached novena) to us as a Comforter and Guide, an Advocate, a Source of Graces and Gifts for holiness and service. One of the books that I have been given to review is *Abba's Heart* by Neal Lozano subtitled *Finding Our Way Back to the Father's Delight*. Have you thought about your relationship with the Father? Perhaps as this book suggests it leads you to thinking about your own father and your relationship with him. Perhaps thinking about your Mother and Mother's Day your own father has come to mind. Just the first chapter of this book has caught my interest and I look forward to praying through it even more. Has Jesus led you to the Father, has Jesus shown you what the Father is like? *Father I Adore You, Lay my life before you, How I love you*. This book was recommended by Archbishop Chaput OFM Cap. I would suggest letting this be a personal encounter with God or perhaps a small group to share your thoughts or even with your prayer partner. I would suggest the same for the second book which is *30 Day Eucharistic Revival* by Donald Calloway MIC. There are short daily meditations by St. Peter Julian Eymard, Reflections, Questions, Resolutions and Prayer. Great food for thought in this year of Eucharistic Revival in preparation for the Eucharistic Congress in July (which will be televised on EWTN I understand). Surprising recommendation for the book on the back cover is by the Mother of Blessed Carlo Acutis (whose love for the Eucharist and the Miracles is known worldwide.)

See May Stella Maris newsletter for a story of amazing Mass celebrated by Bishop Adam Parker aboard one of the seafarer's ships. The response reminded me of the stories of the Mass celebrated in Russian prison in *He Leadeth Me* with such reverence and awe for the GIFT of the Eucharist obtained in such immensely difficult situations.

Looking back at your Vision suggestions for the year I hope we can include most of them. One area suggested was the topic of Migrants and Immigrants. This month we will share, pray with Our Lady of Guadalupe and hear the testimony of Antoinette Ejikeme who emigrated from Nigeria with her family (first her husband for education and later the rest of the family). She has expressed an interest in our fraternity after speaking with Bob Longo, our former Regional Minister and then with Pat and I. She will be sharing her story with all of us on the 18th.

In this Month of Mary, may she who was present at Pentecost, our patroness pray for us.

Peace, love and joy, Judith

A PRAYER FOR OUR COUNTRY

WE KNOW LORD THAT YOU YOURSELF ARE A MIGRANT. You experience the trials of refugee, having fled as a child with your parents, Joseph and Mary to Egypt. We know your special love for those with no other possession but one another and you.

Move our hearts, Lord, and the hearts of our leaders to love them as you do, to love them with your love, to be your love for migrants at the doorway of our country.

Excerpted from Sorrow and Mourning Flee Away; Pastoral Letter on Migration by Bishop Mark J. Seitz, Diocese of El Paso

TREASURER'S REPORT – JOE MCHUGH

Thank you for your continuing generosity !!!

March Balance	\$4,551.45	
FFA Stipend	(\$100)	\$4,451.45
SA Stipend	(\$100)	\$4,351.45
Stipend to St. John's <i>For Key Bridge relief</i>	(\$100)	\$4,251.45
<i>Sacred Heart of Jesus</i>	(\$250)	\$4,001.45
<i>Apostleship of the Sea</i>	(\$250)	\$3,751.45
Stop Payment (2 checks)	(\$70)	\$3,681.45
Qtr. Payment - Phoenix Academy	(\$300)	\$3,381.45
Qtr. Payment -Lighthouse Tokens	(\$235)	\$3,146.45
Fair Share to Region	(\$1,380)	\$1,766.45
April Deposit/Balance	\$1,380	\$2,946.45

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

OUTREACH OPPORTUNITIES – Denise Miente

Phoenix Backpacks: Filled 20-plus bags on Wednesday, April 17th. Next Bag-filling scheduled for May 15th

Light House Shelter Lunches: Made 50 sandwiches on Thursday, April 25th at Catherine's and Paul's. Next scheduled sandwich-making is on Thursday, May 23rd.

Shelter Bus Passes: Next Scheduled purchase and delivery is for June 27th.

The Apostleship of the Sea (Stella Maris) thanks us for the check the fraternity sent them. Last week, Jerry delivered the two large Walmart bags of books, highlighters, and magazines we collected at our April 20th gathering. Since most of the ships have left Baltimore, and none are scheduled to arrive soon, Andy will let us know if/when anything else is needed.

OUR NEW REGIONAL COUNCIL: 2024-2027 CONGRATULATIONS AND THANKS FOR SAYING YES TO BEING SERVANT LEADERS OF OUR REGION



(L-R) Gary Burton, Michael Oliver, Maria Martinez, Randy Bender, Rita Colleran, Michael Huether, Toby Harkleroad, Mary Badjo, Sita Chakrawarti

COUNCIL

Regional Minister: Gary Burton, OFS

Regional Vice Minister: Michael Oliver, OFS

Secretary: Maria Martinez, OFS

Treasurer: Randy Bender, OFS

Formation Director: Rita Colleran, OFS

North MD/ So. PA Area Councilor: Michael Huether OFS

Central/So. MD/DE Area Councilor: Toby Harkleroad, OFS

Metro DC Area Councilor: Mary Badjo, OFS

VA Area Councilor: Sita Chakrawarti OFS

COMMITTEES

Regional Interfaith/
Ecumenical Committee Chair

Michael Huether, OFS

Spiritual Assistant OFM

Fr. Russel Murray, OFM

Spiritual Assistant, OFM Cap.

Br. Michael Meza, OFM Cap.

Delegated Spiritual Assistant, OFM Conv.

Anne Mulqueen, OFS

Regional Newsletter Editor/Database Manager

Bob Longo, OFS

Regional Archivist

Bob Longo, OFS

JPIC Coordinator




Vacant

Youth and Young Adult Coordinator

Vacant

Regional Multicultural Committee Chair

Vacant

<h3>Being Mindful in Hard Times</h3> <p><i>In today's rush, we all think too much, seek too much, want too much and forget about the joy of just Being.</i></p> <p>-Eckhart Tolle</p>  <p>A Four Step Process for Using Mindfulness in Difficult Times</p> <ul style="list-style-type: none">R - Recognize that a strong emotion is presentA - Allow an event to unfold and reveal its pathI - Investigate your inner experienceN - Non-identification. You are not defined by your thoughts and emotions <p> Peace Tool Card Mindfulness</p> <p>For more, visit www.lffp.org.</p>	<h3>Mindfulness Quotes</h3> <p>Try using a quote as a focal point for your next mindfulness session. Be sure to read each with intention, actually thinking about the words as you say them.</p> <div data-bbox="966 535 1404 976" style="border: 1px solid #00A0C0; padding: 10px;"><p><i>"The more and more you listen, the more and more you hear; the more and more you hear, the deeper and deeper your understanding becomes."</i></p><p>-Dudjom Rinpoche</p><p><i>"While meditating we are simply seeing what the mind has been doing all along."</i></p><p>-Allan Lokos</p><p><i>"Walk as if you are kissing the Earth with your feet."</i></p><p>-Thich Nhất Hạnh</p></div> <p> Peace Tool Card Mindfulness</p> <p>For more, visit www.lffp.org.</p>
---	--

Living in the now comes with a wide array of positive benefits. Mindfulness has been linked to everything from reduced anxiety to a better quality of sleep, improved digestion, and even enhanced brain function. As beneficial as mindfulness is, tuning in to your surroundings, surrendering to the moment, and embracing whatever thoughts pop up isn't always as easy as it sounds. It takes effort—but with continued practice, mindfulness can make a big difference in your day-to-day life.

REMINDER: MAY 15TH 7PM FR JOHN DEAR BOOKSIGNING FOR HIS NEW BOOK GOSPEL OF PEACE AT FRANCISCAN MONASTERY

HE IS ALSO GUIDING A RETREAT ENTITLED FOLLOWING THE NONVIOLENT JESUS; LIVING THE GOSPEL LIFE OF PEACE, LOVE AND NONVIOLENCE TODAY JULY 17-21 AT BONSECOURS RETREAT CENTER FROM THE CATHOLIC WORKER MAY REVIEW OF HIS BOOK; TO ENGAGE IN NONVIOLENCE IS CONTINUALLY TO ASSESS AND REASSESS HOW WE ARE LOVING OURSELVES AND THE WORLD. THIS IS A MESSAGE THAT NEEDS CONSTANT REPEATING.

Register **NOW** for St. Margaret of Cortona 2024 OFS Chapter of Mats

Registration is **NOW OPEN** for our **September 6-8, 2024 Chapter of Mats** to be held at the beautiful **Claggett Center** in Adamstown, Maryland. Under the theme of **The Next 800 Years**, we will explore where we have been, where we are now, and where we are going.

**How are we as Secular Franciscans poised to bring Christ to our world?
What unique gifts do we have to offer?**

Register between NOW and APRIL 30 to receive the early-bird rate.

This discount is a gift from the region to assist you in participating in the Chapter of Mats.

Deadlines:

Non-Refundable Deposit	\$150.00	Due by June 1, 2024
Full remaining balance	Based on housing selection	Due by Aug. 1, 2024

Note: See payment options on page 2. After August 1, all reservations are final and non-refundable.

Housing Options:

Housing options will include single and double hotel-like rooms with private baths in the, **Christiane Inn** in close proximity to the dining room and meeting rooms. Accommodations are also available in cottages, downhill from the dining and meeting space. **Cottages** have two twin beds per room and shared baths down the hall. Map and more explanation of housing can be found on the regional website.

Event Costs:

All meals (Friday dinner through Sunday breakfast) and registration fees are included in the cost of the rooms. The lodging cost is based on the type of housing selected from the options below. There are no additional fees.

- Inn – single room/1 queen bed for 1 person (\$265 by April 30/\$315 after May 1)
- Inn – 2nd person in single room/1 queen bed for 2 persons (\$208 per person by April 30/\$235 per person after May 1) – must designate roommate
- Inn – double room/2 queen beds for 2 persons (\$225 per person by April 30/\$275 per person after May 1) – roommate may be designated or assigned (\$200 per person by April 30/\$230 per person after May 1) – must designate roommates
- Inn – double room/2 queen beds for four persons (\$188 per person by April 30/\$210 per person after

- May 1) – must designate roommates Cottage – two twin beds per room for 2 persons (\$185 per person by April 30/\$235 per person after May 1) – roommate may be designated or assigned (**no single rooms in cottages**)

PLEASE NOTE: Single rooms are limited and available on a 1st come, 1st served basis. If you want a single room, or to reserve any other room of your choice, we encourage you to register and pay the \$150 deposit ASAP.

Payment Options: Payment can be made via check or credit card (subject to 3.5% fee).

- Checks should be made payable to **St. Margaret of Cortona Region**, and mailed to **Peter Noyes, 1904 Atkisson Road, Joppa, MD 21085-1811.**
- If you wish to pay by credit card (with additional 3.5% fee), mark that box on the registration form
- and you will receive an invoice and payment instructions from Peter Noyes.

To enhance the participation of all our brothers and sisters, **disability and dietary accommodations**, and **language interpretation/translation** will be available throughout the Chapter of Mats. Please indicate your requests on the registration form.

WE NEED YOU!

To make our upcoming OFS Chapter of Mats memorable, we wish to include in the planning fraternity members willing to share their talents by working with the subcommittees in the various capacities listed below. Please indicate on the registration form the subcommittee(s) for which you would like to volunteer:

- | | |
|---|---------------------------|
| • Program | • Liturgy and Environment |
| • Publicity | • Access |
| • Registration and Welcome | • Social |
| • Onsite volunteer (usher, guide, etc.) | |

If you have any questions or need help with registering, email Peter Noyes at pnoyesofs@gmail.com and to Janice Benton at jbentonsfo@gmail.com.

NOTE: Please indicate on the form whether paying by check or credit card. (Reminder: credit cards are subject to a 3.5% fee)

For up-to-date information, visit the St. Margaret of Cortona website's Events page <https://saintmargaretofcortona.org/upcoming-events/>. There are also links to a map and photographs of the campus that can be viewed from the website.

To Register, a fillable registration form link is available on the website. <https://saintmargaretofcortona.org/wp-content/uploads/2024/02/Registration-for-Mats-2024-.pdf>