

# The Porter

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

The Porter deadline for next issue is September 11. Please send news, events, prayer requests, poems, or any interesting items that you think other members may enjoy to: Joan Faltot, 715 Maiden Choice Ln, Apt CC122, or send by email to [jd6bou@verizon.net](mailto:jd6bou@verizon.net).



Fraternity  
Gathering

**Saturday, August 17, 2024**  
**Gather in the Parish Office (old Convent) following Mass at 8:30 AM**  
**St. John the Evangelist**  
**689 Ritchie Highway, Severna Park, Md. 21146**

**REMINDER-IN SEPTEMBER WE WILL MEET AT SLADE SCHOOL, GLEN BURNIE**

**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 after the 8:30 am Mass

Refreshments



Glen Burnie/Pasadena/Odenton area group  
*Please remember to bring your coffee cup and appetite.*

Prayer

Annapolis/Eastern Shore area group  
Admission Rite for Dianne Beaven (Please bring your Ritual Books)

Program

Eucharistic Adoration: Dianne's experience at the Eucharistic Congress. All fraternity members are invited to share their personal experiences from Eucharistic Adoration.

Prayer Requests



**For physical and spiritual healing of:** Jude Dodge (stroke & moving in with family in Minnesota—address pending), Evelyn Jones (recovering from a fall), Margaret Jackson, Ginesa Madar (Joe McHugh's niece, Audrey Donnelly, Jerry Mianta and Denise, Tessie Chitty, Jeanne Wilbourne, Michael Huether, Evelyn Jones' son Jimmy, Audrey Bushée, Lita Milan, Bill Chitty, Kathleen Sievers, Carole Marsh's sister, Harry Thompson, Jackie Chaplin (sister of Kathleen Sievers), Ed Sievers (Kathleen's husband), Evelyn Jones, 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).

Birthdays

Carole Marsh – 8/17  
Bob Ranke – 8/22  
Denise Mianta – 9/3

Profession  
Anniversaries

Bob Ranke – 9/11/1986  
Sarah Ranke – 9/11/1986  
Jean Gaes – 9/17/1987

Council Meeting

Friday, September 6 at 7:00 pm via Zoom

Upcoming  
Events

**September 6-8, 2024. 2024 Chapter of Mats.** Claggett Center, 3035 Buckeystown Pike, Adamstown, MD 21710. [Registration closed 8/11]



## Minister's Minute:

Dear Brothers and Sisters, Have you had a chance to read the recent TAU and UP TO NOW—Congrats to those who contributed-like the new format-well done. Love the message of LOVE. I once heard a definition of evangelization as “loving people into the Kingdom of God”. Lets keep it up encouraging and helping others reach their potential using their gifts for the glory of God. Do you remember Francis discussion about who the perfect Franciscan was? Each one has different gifts given for God’s purpose and the glory of God. May we appreciate each one of our brothers and sisters and reach out to those who cant join us each month.

This month we get to celebrate Dianne Beaven and her Admission to the Order and hear about her experience at the Eucharistic Congress (and I hope her recent travels to Ireland too). Thanks to those who helped with her formation.

This weekend we remember our beloved Poor Clares who celebrate the Transitus of St. Clare and her Feast Day on Sunday the 11th. For many years ( Emily can probably remember the first time) our fraternity joined them annually at the Convent in DC to celebrate with them, remembering too Fr, Pavlik and Bob Ranke’s August 22<sup>nd</sup> birthdays there after time of Benediction and Adoration in their chapel.

CONGRATS to Michele Dunn who spoke to us last month at our gathering and has been given the JPIC Award. We were blessed to hear her innovative ideas for FAN including the Justice Groups forming around the area.

Peace, love and joy, Judith SEE YOU AT MATS

Ps Continue to keep Brother Connor and all of our Cap Brothers in Pittsburg in your prayers.

## TREASURER'S REPORT – JOE MCHUGH

Thank you for your continuing generosity! ! !

June Balance		\$2,957.45
FFA Stipend	(\$100)	\$2,857.45
SA Stipend	(\$100)	\$2,757.45
St. John's Stipend	(\$100)	\$2,657.45
July Deposit	\$1,010.00	\$3,667.45
July Balance		\$3,667.45

*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:** Will resume in October. Please continue to donate to our "Phoenix" fund in your monthly contribution as described in the box above. Our fraternity subsidizes only part of the expense of the backpack program. We could do more if we build up funds for it during the summer months.

**Light House Shelter Lunches:** Next scheduled sandwich-making is on Thursday, August 22th at home of Catharine and Paul.

**Shelter Bus Passes:** Next schedule purchase will be made in September. Please continue to contribute monthly as our target is to purchase 150 all-day passes for the Lighthouse residents.

## LIBRARY OF CONRAD BOOK CLUB

A new book club is starting up in our fraternity. We'll be reading ABBA'S HEART

by Neal Lozano. Our first meeting will be on Tuesday, August 20th at Audrey's home in Arnold at 2:00 p.m. A sign-up list was past around at our last meeting and Denise has ordered and distributed books to those who requested them. Contact Denise for more information.

## FRANCIS OF ASSISI, 1224-1226: A SPIRITUALITY OF DECLINE AND TRUE JOY

St. Bonaventure University

<https://www.sbu.edu/academics/academic-resources/franciscan-institute/programs-conferences>

This 3-session workshop was specifically targeted at Secular Franciscans. It was originally presented on Zoom and was recorded. You can access the recorded videos from the website above.

The workshop looked at what are called Francis of Assisi's "years of decline" (1224-1226). It was a time of increasing pain and spiritual suffering. Francis, blind and suffering from malaria and leprosy, heads to La Verna for a time of contemplation and solace. The Stigmata and the Canticle of the Creatures are the products of the important year of 1224.

"Years of decline" are an ever-present context of our own lives. We experience the decline of parents and grandparents, friends and siblings, and, before long, signs of our own. What can Francis of Assisi's years of decline teach us?

Fr. Jack Rathschmidt and Fr. Dave Couturier, both Capuchins, will address these questions and more in these three recordings.

Note: As is common with recorded Zoom sessions, the beginning of the recording has a time spent on waiting for users to login, a lot of chatting, and getting things set up prior to starting the program. I have provided the time when the actual program begins for each of the recordings (i.e., sessions) below. Access the recording by clicking on the each [Enjoy the Zoom session from {date}](#). This will open a Zoom session and you be prompted to enter the passcode that was provided on the St. Bonaventure website. Zoom will ask if you want to save the password: click on no and start of the video. Use the time bar at the bottom of the video screen to jump to the start time indicated below. Or you can let the video run and play a several games of solitaire until it gets to the beginning of the program..

- Session 1 (June 1, 2024) – start at 00:33:30 ends at 1:31:58 followed by discussion & people signing off
- Session 2 (June 8, 2024) – start at 01:01:00 ends at 02:38:07
- Session 3 (June 15, 2024) – start at 00:51:30 ends at 01:43:48

## **FEAST OF ST. CLARE OF ASSISI ON SUNDAY, AUGUST 11** **commemorating the day she passed into the next life in 1253**

Received the following in an email from Franciscan Action Network.

While St. Clare’s surviving writings are relatively few, they shimmer with her unique interpretation of the Franciscan spiritual vision. Among those writings are four precious [letters](#) from the saint to Blessed Agnes of Prague. The following is an excerpt from the second of the four letters, in which Clare encourages Agnes to persevere in her vocation.

### **Blessing of St. Clare**

What you hold. May you always hold.  
What you do, may you always do and never abandon.  
But with swift pace, light step, unswerving feet,  
so that even your steps stir up no dust,  
may you go forward securely, joyfully and swiftly,  
on the path of prudent happiness,  
not believing anything, not agreeing with anything,  
that would dissuade you from this resolution or that would  
place a stumbling block for you on the way,  
so that you may offer your vows to the Most High  
in the pursuit of that perfection to which  
the Spirit of God has called you.

## **REFLECTIONS ON EUCHARIST**

Recall when Assisi was under siege, St. Clare protected her monastery from the invaders by holding up the ciborium with the Blessed Sacrament. St. Clare never saw a monstrance. (The first monstrance does not appear until the 16<sup>th</sup> century) <https://franciscansoflife.com/2017/08/10/saint-clare-and-the-monstrance/>

Here are some quotes concerning the Eucharist from some the saints.

**St Francis of Assisi:** “O sublime humility! O humble sublimity! That the Lord of the whole universe, God and the Son of God, should humble himself like this and hide under the form of a little bread, for our salvation.”

**St Thomas Aquinas:** “The Eucharist is the sacrament of love: it signifies love, it produces love. The Eucharist is the consummation of the whole spiritual life.”

**St Euphrasia:** “To speak of the Blessed Sacrament is to speak of what is most sacred. How often, when we are in a state of distress, those to whom we look for help leave us; or what is worse, add to our affliction by heaping fresh troubles upon us. He is ever there, waiting to help us.”

**St Francis de Sales:** “When the bee has gathered the dew of heaven and the earth’s sweetest nectar from the flowers, it turns it into honey, then hastens to its hive. In the same way, the priest, having taken from the altar the Son of God (who is as the dew from heaven, and true son of Mary, flower of our humanity), gives him to you as delicious food.”

**St John Chrysostom:** “It is not the man who is responsible for the offerings as they become Christ’s Body and Blood; it is Christ Himself who was crucified for us. The standing figure belongs to the priest who speaks these words. The power and the grace belong to God. ‘This is My Body,’ he says. And these words transform the offerings.”

**St Cyril of Jerusalem:** “Since Christ Himself has said, ‘This is My Body,’ who shall dare to doubt that it is His Body?”

**St Maximilian Kolbe:** “If angels could be jealous of men, they would be so for one reason: Holy Communion.”

**St John Vianney:** “I throw myself at the foot of the Tabernacle like a dog at the foot of his Master.”

**St Pio of Pietrelcina:** “A thousand years of enjoying human glory is not worth even an hour spent sweetly communing with Jesus in the Blessed Sacrament.”

**St Angela of Foligno:** “If we paused for a moment to consider attentively what takes place in this Sacrament, I am sure that the thought of Christ’s love for us would transform the coldness of our hearts into a fire of love and gratitude.”

**St Augustine:** “What you see is the bread and the chalice; that is what your own eyes report to you. But what your faith obliges you to accept is that the bread is the body of Christ, and the chalice is the blood of Christ. This has been said very briefly, which may perhaps be sufficient for faith; yet faith does not desire instruction.”

## **LITTLE PORTION FARM: WINE AT THE SHRINE, SATURDAY, OCTOBER 12, 1 PM – 6PM**

There's only 1 week left to get early-bird tickets for our fall festival Wine at the Shrine! This year's event will take place on Saturday, October 12, 1 pm - 6 pm on the grounds of the Shrine of St. Anthony and Little Portion Farm.

We hope you can join us for a fun day of sampling beer and wine, live music, food trucks, hay rides, tours of Little Portion Farm, cooking and wine demonstrations, pumpkin picking and painting, and more! All proceeds from the event benefit Little Portion Farm and the Franciscan Center of Baltimore. Over the last five years, over 85,000 pounds of food have been harvested on the farm and donated to the Center to be used in their kitchen that serves hundreds of meals every day to those most in need. Your attendance at this event directly supports our continued collaboration!

Ticket information: <https://www.tickettailor.com/events/wineattheshrine/1275531>

We are also seeking volunteers for this year's event! Volunteers have the option to purchase a discounted ticket (\$20) to receive a sampling glass and enjoy the event as an attendee before or after their volunteer shift. Sign up to volunteer [here https://www.signupgenius.com/go/70A0949AFAA2AA13-49990250-2024#/](https://www.signupgenius.com/go/70A0949AFAA2AA13-49990250-2024#/) (For those who want to purchase a ticket, too, an access code will be provided after signing up to volunteer).





## Disabilities Telephone Reassurance Program Seeks Volunteers

Annapolis, MD (August 1, 2024) - The Department of Aging and Disabilities Telephone Reassurance Program is seeking volunteers to make well-check phone calls to residents of Anne Arundel County. Volunteers connect with older adults and individuals with disabilities to help them remain independent in their homes for as long as possible. We are currently recruiting volunteers to assist with telephone calls one or more days each month between 8:00-10:30 a.m. Calls can be made at the volunteer's home. Telephone Reassurance volunteers must complete an application, a criminal background check, and required training.

The Telephone Reassurance Program places daily well-check telephone calls to older adults and adults with disabilities who are living alone in Anne Arundel County. These individuals can count on a friendly telephone call every day of the year. Family members, who may live outside of Anne Arundel County, have the assurance that their loved ones are in daily contact with a Department of Aging and Disabilities volunteer. The program helps individuals maintain their independence and their contact with the outside world. It is also a great way for volunteers to support their community and gain a sense of purpose.

If you are a resident of Anne Arundel County and are interested in volunteering for the Telephone Reassurance Program, call 410-222-4339 for an application. TTY users, please call via Maryland Relay 7-1-1.

## MJ PARKER'S *LITTLE FRIENDS FOR PEACE* <https://www.lffp.org/>

<p><b>Practicing Positivity</b> <i>Peace is positive thinking; it is the conscious act of rewiring our thoughts and managing our minds.</i></p> <p><b>Affirmation Bubbles</b></p>  <p>Fill yourself with Peace. Use your arms to make big circles around your body. As you bring your arms up, say one of the affirmations below and fill yourself with good energy, believing the words as you say them.</p> <ul style="list-style-type: none"><li>• I can achieve my goals</li><li>• I am hopeful</li><li>• I am grateful</li><li>• I am a peacemaker</li><li>• I can help change the world</li></ul> <p> <b>Peace Tool Card</b> Centering <small>For more, visit <a href="http://www.lffp.org">www.lffp.org</a>.</small></p>	<p><b>Peace Squats</b></p>  <p>Take the time to rid yourself of bad thoughts, habits, and negativity to make room for the positive. As you squat stretch your arms out and use them to push down the negative and bring up the positive and say:</p> <ul style="list-style-type: none"><li>• Push down hate and bring up love</li><li>• Push down meanness and bring up kindness</li><li>• Push down negativity and bring up positivity</li><li>• Push down bullying and bring up friendship</li><li>• Push down peacebreaking and bring up peacemaking</li></ul> <p> <b>Peace Tool Card</b> Centering <small>For more, visit <a href="http://www.lffp.org">www.lffp.org</a>.</small></p>
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