

# The Porter

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

The Porter deadline for next issue is November 7. 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 [jd6bouv@verizon.net](mailto:jd6bouv@verizon.net).



Fraternity  
Gathering

**Saturday, October 19, 2024**  
**Mass at 8:30 in Chapel followed by Gathering in the Annex**  
**Christ the King Annex**  
**126 Dorsey Road, Glen Burnie, MD**  
(Next to Monsignor Slade Catholic School)

Directions & map on last page of this newsletter.

Note: In rare instances (like last gathering), the 8:30 Mass may move to the Church at 7436 Baltimore Annapolis Blvd, Glen Burnie.

Refreshments



Bowie/Crofton/Severna Park area group  
*Please remember to bring your coffee cup and appetite.*

Prayer

Glen Burnie/Odenton/Pasadena – LOH Saturday, 28<sup>th</sup> week of Ordinary Time.

Program

Which Saint have you and your prayer partner chosen?

Prayer Requests



**For the soul of Evelyn Jones and comfort for her family.**  
**For physical and spiritual healing of:** Jude Dodge (stroke), Margaret Jackson, Ginesa Madar (Joe McHugh's niece, Audrey Donnelly, Jerry Mianté 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

Audrey Bushee – 10/21                      Emily McGeady – 11/01  
Margaret Jackson – 10/22

Profession  
Anniversaries

Joan Faltot – 10/15/1991                      George Ryan – 11/11/1984  
Santa Matarazza – 11/01/1992

Council Meeting

Friday, November 1<sup>st</sup> at 7:00 pm via Zoom



## Minister's Minute

Dear Brothers and Sisters,

Just happened to have watched Tuesdays with Morrie last night. Have you seen it or read the book? It's a reflection on life by a man dying of ALS (Lou Gehrig's disease) with a former student who has become his friend. Morrie shares his insights which are food for thought in this time when we are seeing death played out on our screens in real time with floods and hurricanes and tornadoes and fires and wars and tragic accidents and St. Jude's heartbreaking childhood cancer cases etc etc. Here are just a few of his quotes: "Once you learn to die you learn to live. Forgive everyone NOW. We can learn from what hurts us as much as what loves us. Fear of aging reflects a life without meaning and we much love one another or die". Read the moving poem by Br. Connor's dying cousin.

This is the beginning of the season when many reach out to friends and family for the holidays. We have been reaching out to friends and family who live in Florida and so far the news has been good but many have not been so fortunate. Our fraternity Council agreed to send money to Catholic Charities and to reach out to St. Clare fraternity in Asheville NC and we are looking into Mary Musselwhites fraternity in Cocoa Beach Fla.

We have sadly had our own fraternity death, Evelyn Jones has died at the age of 95 after a life well lived (I think she would have liked dancing with Morrie). Her wake is Tuesday night with funeral on Wednesday at St. Christophers at 10am. More info being sent out. May the souls of all the faithful departed rest in peace and may St. Francis pray for them and their families. Peace, love and joy, Judith

## PROFESSION RENEWAL PRAYER

**I THANK YOU, LORD, FOR CALLING ME TO THE SECULAR FRANCISCAN ORDER. I ASK YOUR PARDON FOR ALL MY SHORTCOMINGS, WEAKNESSES AND TRANSGRESSIONS AGAINST MY COMMITMENT TO THE GOSPEL LIFE AND AGAINST THE RULE. I PRAY THAT YOU WILL ALLOW ME TO EXPERIENCE ONCE AGAIN THE FERVOR AND READINESS OF THAT FIRST DAY WHEN I ENTERED THE FRATERNITY. I RENEW ONCE AGAIN MY COMMITMENT TO THE GOSPEL LIFE, ACCORDING TO THE RULE OF THE SECULAR FRANCISCAN ORDER, UNTIL THE END OF MY DAYS. GRANT ALSO THAT I MAY LIVE IN HARMONY WITH MY BROTHERS AND SISTERS, AND MAY GIVE WITNESS TO YOUNGER PEOPLE OF THE GREAT GIFT I RECEIVED FROM YOU; MY FRANCISCAN CALLING "TO GO FORTH AS A WITNESS AND INSTRUMENT OF THE CHURCH'S MISSION AMONG PEOPLE, PROCLAIMING CHRIST BY OUR LIFE AND WORDS." AMEN**

From living the secular Franciscan way of life by James and Lois Flickinger OFS



## BROTHER'S CONNOR'S REFLECTION

As I was preparing for this year's Transitus, I couldn't help but think of my cousin Janet, who wrote the following poem from her deathbed:

*Mine the countenance  
From which you flee.  
Mine the eyes  
Whose gaze you cannot meet.  
Mine the footsteps  
Falling silently On the path which you dread.  
Mine the knock for which you wait and fear.  
Fear me not.  
For mine are the arms  
Which welcome you Into a warm embrace.  
Mine are the fingers  
Which close your eyes In the peaceful sleep Of eternal Bliss.  
Mine is the lonely task  
Of bringing you home.  
Mine is the name - Death*

I don't know about you, but when I read this poem for the first time, I felt an awful, tear-laden love for sister death, who welcomes suffering souls into her warm embrace and brings them home to rejoicing and gladness. It is this sort of love which, I suspect, inspired Francis to compose the Canticle of the Creatures and welcome his own mortality with open arms. Needless to say, this desire for death is not a love for death *per se*. Nor is it a case of hopeless morbidity.

On the contrary, this longing for death is really a longing for life, and this loving embrace of mortality is only possible for those who (like Saint Paul) are truly convinced that since life means Christ, dying is so much gain. Thus, while sister death comes for us all, those who receive her with the joy of Saint Francis are few and far between.

As we commemorate the death of Saint Francis, here are a few truths to consider:

- ❖ A happy death doesn't just happen. It takes prayer and practice. Saint Francis died well because he embraced death every day of his life. The Stigmata is a sign of this.
- ❖ For those who cling to the world, death is a curse to be avoided. But for those who cling to Christ, death is a gift to be received.
- ❖ Your final moments on earth can be a source of consolation, encouragement, and inspiration for others - even 798 years later.

## LIBRARY OF CONRAD BOOK CLUB

Club meets on the 3<sup>rd</sup> Tuesday of the month, so this month meeting is on **Tuesday, October 15 at 2:00pm**. Location will be at Audrey’s home in Arnold. We’ll be discussing chapter 3 of ABBA’S HEART by Neal Lozano. Contact Denise for more information.

### TREASURER’S REPORT – JOE MCHUGH

Thank you for your continuing generosity! !!

August Balance		\$4,084.45
FFA Stipend	(\$100)	\$3,984.45
SA Stipend	(\$100)	\$3,884.45
Need Info	(\$100)	\$3,784.45
Denise - Phoenix	(\$642)	\$3,142.45
Denise - Tokens	(\$633)	\$2,509.45
Sept. Deposit/Balance	\$1,040.00	\$3,549.45

*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: At the October Council meeting, a donation was approved from our common fund for \$250 to be given Catholic charities for U.S. disaster relief. Additional funds from individuals can be donated for this purpose at our October gathering.

## OUTREACH OPPORTUNITIES – Denise Miente

**Phoenix Backpacks:** We plan to fill 20-plus bags on Wednesday, October 16<sup>th</sup> at ??? time. Catherine Gonzalez still working on time but probably in the morning.

**Light House Shelter Lunches:** Made 50 sandwiches on Thursday, September 26<sup>th</sup> at Catherine’s and Paul’s. Next scheduled sandwich-making is on Thursday, October 24<sup>th</sup> same time, same place.

**Shelter Bus Passes:** Thanks to Catherine who bought and delivered 200 all-day bus passes to the Lighthouse Shelter. Next Scheduled purchase and delivery is for December 26<sup>th</sup>.

## EVENTS OF INTEREST AROUND TOWN

### Secular Franciscans and Moral Dilemmas in Secular Culture

Fr. Charley Miller OFM presenting with discussion. He will discuss the traditions and values in Church teaching and why, then discuss current day issues and how we as Franciscans approach them. Lunch is provided. October 26, 2024, 9:30 a.m. – 3:30 p.m.  
 Franciscan Monastery of the Holy Land in America, 1400 NE Quincy St., DC

## OUR MISSION STATEMENT

At the Chapter of Mats, it was suggested that fraternities consider writing a Mission Statement. We have a rule of life and a constitution, yet perhaps beyond that there is still a certain character or practice that differs from one fraternity to another.

The following was presented as a sample. The scope, format, length need not follow this sample. It is only presented here to inspire your reflection.

Secular Franciscan Order  
Saint Anthony of Nagasaki Fraternity  
Our Mission

We, the members of the Saint Anthony of Nagasaki Secular Franciscan Fraternity, have come together to discover in our own lives what it means to be Franciscan and to carry our discoveries into the world. We do this through personal and collective reflection, contemplation and action.

As Catholic Christians we listen to God's teachings in scripture and through the church. We pray for guidance, that we might learn to live the Gospel life in today's world.

As Seculars we are in the world. We accept the challenge of bringing Christian Franciscan values to bear in all aspects of our daily lives, in our families, our work, indeed in all those places in which we find ourselves.

As Franciscans, we demonstrate God's love to the world by our commitment to follow Jesus Christ in the manner of St. Francis of Assisi, living with Joy in fraternity.




We strive to help each other:

- to live simply while facing the challenge of life in our times;
- to live justly and to be peacemakers in a world that is in opposition to this ideal;
- to stand with and bring justice and healing to the poor, the alienated, the abused, and the hurting;
- to be gentle caretakers of our environment, living in harmony with all our brother and sister creatures;
- to express our minority by joint decision making;
- to support one another through our own journeys of struggle, healing and growth; and
- to be prayerful in all things and open to hear God's word through Scripture, especially the Gospels, through quiet prayer, and through all the activities of our lives.

January 1991

*Answering violence with skills for peace since 1981*

LFFP is dedicated to interrupting a culture of violence by teaching skills that prevent, resolve, and transform conflict. We believe that learning peace at any age can effectively counteract violence with tools for peace.

<h3>Trauma</h3> <p>is an emotional response to a terrible event, distressing experience, or natural disaster.</p> <p><b>There are three types of trauma:</b></p> <ul style="list-style-type: none"><li><b>Acute:</b> single event</li><li><b>Chronic:</b> happens over and over</li><li><b>Complex:</b> Many different hard events</li></ul>  <p>Effects:</p> <ul style="list-style-type: none"><li>• Anxiety</li><li>• Anger</li><li>• Fear</li><li>• Stress</li><li>• Distrust</li><li>• Rage</li><li>• Depression</li><li>• Acting out</li><li>• Panic</li></ul> <p>Ways to deal with trauma:</p> <ul style="list-style-type: none"><li>• Talk to a person you trust</li><li>• Yoga</li><li>• Meditation</li><li>• Art</li><li>• Music</li><li>• Walk</li><li>• Writing</li><li>• Join a supportive group</li></ul> <p> Little FRIENDS For PEACE <b>Peace Tool Card</b> Love and Compassion For more, visit <a href="http://www.lffp.org">www.lffp.org</a>.</p>	<h3>Quotes</h3> <p>Try using a quote as the focal point for your day or week. Be sure to read each with intention, and let the words influence the way you interact with and treat others.</p> <div style="border: 1px solid #e91e63; padding: 10px;"><p>"Your trauma is not your fault, but healing is your responsibility." -Unknown</p><p>"If you continue to carry the bricks from your past, you will end up building the same house." -Anonymous</p><p>"Recovery is a process. It takes time. It takes patience. It takes everything you've got." -Unknown</p><p>"Trauma is a fact of life. It does not, however, have to be a life sentence." -Peter Levine</p></div> <p> Little FRIENDS For PEACE <b>Peace Tool Card</b> Love and Compassion For more, visit <a href="http://www.lffp.org">www.lffp.org</a>.</p>
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**Legend:** A – Annex (where our fraternity gathering will be,  
 C – Chapel (Mass at 8:30, enter from the parking lot)  
 P – Parking lot

**Directions**

**Traveling South from Baltimore**

From I-695 south (Baltimore Beltway)  
 After Camp Meade Exit, the Beltway splits; use left 2 lanes to continue onto I-97  
 Take Exit 16 - Ferndale  
 Bottom of ramp, turn Left onto MD-648S/ Baltimore Annapolis Blvd  
 Pass Cromwell light rail station on your right, then turn Right onto Dorsey Road west  
 Go past Monsignor Slade Catholic School on your right  
 Turn right on Holy Cross Road  
 Follow Road around past Annex to Parking lot on right

**Traveling North from RT 50 or RT 2**

Take I-97 North  
 Take Exit 15A to Dorsey Road east  
 (Pass Sawmill Park tennis courts on right)  
 Across from the Pascal Senior Center on right, turn left onto Holy Cross Road  
 Follow Road around past Annex into Parking Lot on right