

The Porter

St. Conrad Fraternity, Annapolis, MD
 Secular Franciscan Order – March 2025
<http://stconradannapolis.sfousa.org/>

The Porter deadline for next issue is March 5. Please send news, events, prayer requests, poems, or any interesting items to: Joan Faltot, 715 Maiden Choice Ln, Apt CC122, or send by email to jd6bouv@verizon.net.



Fraternity
Gathering

Saturday, March 15, 2025
At Holy Family Church
826 W Central Ave, Davidsonville, MD
 Please make every effort to attend this joint
Lenten Day of Reflection with John XIII fraternity – 8:30am – 1:30pm
Speaker: Marty Mitchell, author of
The Capillaries of Christ: Understanding the Part
You Play in His Body

Program

8:30am – Mass in the Church
 9:00am – Gathering, lower level, Fr. Thomas Ryan rooms (#4, 5, & 6)
Bring your Liturgy of the Hours for morning Prayer

Refreshments

Bowie/Crofton/Severna Park will partner with Pope St. John XXIII Fraternity to provide refreshments.

Weather Policy

Our fraternity gathering will be CANCELED whenever Anne Arundel County cancels school activities for that Saturday. Beyond that individuals should also trust their own judgement if conditions are unsafe for them. So if you are unstable on your feet, and wind is gusting at 50 mph, you should consider staying safely anchored at home.

Prayer Requests



For physical and spiritual healing of: Emily McGeady, Denise & Jerry Miente, Dr. Alex Demyan, Jude Dodge's niece (ICU), Catherine Gonzalez's mother (broken shoulder joint), Ruth's daughter Kate, Jessica (Ruth's friend), Monica's daughter, Dave Weir, Jude Dodge, Margaret Jackson, , Audrey Donnelly, 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), , 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). *Please help keep this list current. Additions and changes should be sent to Joan at jd6bouv@verizon.net*

Birthdays

Joan Faltot – 3/04	Susan Burns -- 3/20
Harry Thompson 3/05	Jean Gaes – 3/25
Dianne Beaven 3/08	Mary Cicero Gemmell – 4/06
Joe McHugh – 3/19	Susan Greif – 4/07
Sarah Ranke – 3/19	

Profession Anniversaries	Kathleen Sievers – 03/06/1994 Dennis Mallon – 04/06/1955
Membership	Linda Haney has changed her address to: 108 Forest Garden Rd, Stevensville, MD 21666
Council Meeting	Friday, April 4 th , at 7:00 via Zoom.
Upcoming Events	March 29, 2025, 10:00 am – 3:00 pm. Day of Reflection for Inquirers and Candidates Franciscan Monastery of the Holy Land in America, 1400 NE Quincy St., DC. Presenter: Br. Michael Meza, OFM Cap. Lunch is included.
	May 24, 2025. Embracing Your Leadership Journey , at the Shrine of St. Anthony, Ellicott City MD. A one-day seminar for Ministers and Council members to discuss servant leadership issues. More information to follow shortly.
	June 27 – 29: Regional Formation Retreat. Priest Field Pastoral Center, WV. The theme: Caring for Each Other – The Health and Heartbeat of Your Fraternity

Minister's Minute



Dear Brothers and Sisters, In this season of Lent we can look to St. Francis “as a model and source of inspiration”. Francis strove to bend his own will to the will of God according to Celano. ‘The hand of God therefore came upon him and a change was wrought by the right hand of the Most High’. Don’t we all seek the same, a conversion, a change of heart, more deeply committed to prayer, fasting and almsgiving bringing us closer to the Lord and to our

neighbors and fraternity members; closer to the Body of Christ. (See steps of Francis’ conversion from Thomas of Celano’s

First Life listed on the last page of the Porter.)

St. Francis sought to find his part to play in the Body of Christ-he prayed, he fasted, he listened to God in the caves, he read the Scriptures, he gave alms,-clothes, money, fabrics, and ultimately he reached out to the lepers and began to “rebuild the church”. May we understand more fully our role and be inspired with greater zeal and enthusiasm to embrace it after listening to Marty on Saturday and reading The Capillaries of Christ. (See below)

Thanks to Pat for the Prayer Partners and Saints sent out this week. We celebrate one of his patrons this month, St. Patrick and I share this Blessing from a card “May the Strength of God guide you, may the Power of God preserve you, May the Wisdom of God instruct you and May the hand of God protect you.”

The Franciscan Center sent a thank you to our fraternity for the support that was given during the pandemic which celebrates a 5 year anniversary March 13 when their dining room closed for over a year!!! But they found a way to continue serving the needs with the help of generous people from the outside.

Let’s continue to pray for Pope Francis and perhaps we can add to our prayer his suggestions for fasting (more powerful that way I hear)-Fast from hurting words and say kind words; fast from sadness and be filled with gratitude; fast from anger and be filled with patience. Fast from pessimism and be filled with HOPE; fast from worries and have trust in God. Fast from complaints and contemplate simplicity. Fast from pressure and be prayerful. Fast from bitterness and fill your hearts with joy. Fast from selfishness and be compassionate. Fast from grudges and be reconciled. Fast from words and be silent so you can I Peace, love and joy, Judith

LENTEN DAY OF REFLECTION WITH MARTY MITCHELL, AUTHOR OF

The Capillaries of Christ: Understanding the Part You Play in His Body

This month our fraternity will gather with Pope St. John XXIII fraternity for a Lenten day of reflection as author Marty Mitchell challenges us to consider what specific role we each play in the body of Christ and to understand our great God-given potential. Marty Mitchell’s book is the outgrowth of this own inspired journey. Marty found that God has a unique purpose for each of us in His Body. During our meeting, he will share his discoveries and insights with us and lead us on a personal reflection of our God-given purpose and help us to realize that each of us is uniquely capable, full of potential,

and how to cultivate the part we will play.

LIBRARY OF CONRAD BOOK CLUB

Club meets on the 3rd Tuesday of the month, so this month meeting is on **Tuesday, March 18 at 2:00pm**. Location will be at Audrey’s home in Annapolis. We’ll be discussing chapter 7 of ABBA’S HEART by Neal Lozano. Contact Denise for more information.

OUTREACH OPPORTUNITIES – Denise Miente

Phoenix Backpacks: Filled 24 bags on Wednesday, December 18th. No bags were filled in January nor February due to illnesses and shopping difficulties. Tentative date for next bag-filling date is set for March 19th **HOWEVER this is dependent on someone coming forward to help Denise with the shopping.** Please contact Denise if you can help. She can supply of list of items and qualities needed.

Light House Shelter Lunches: Made 50 sandwiches on Thursday February 27th at the home of Joan Kvetkas. Next scheduled sandwich-making is on Thursday, March 27th. Location TBD but probably at Joan Kvetkas home. Catherine is currently spending much of her time looking after her mother and making sure she does her exercises to regain the use of her injured shoulder.

Shelter Bus Passes: Bought and delivered 200 all-day bus passes to the Lighthouse Shelter on December 26th. Next scheduled purchase is in March.

TREASURER’S REPORT – JOE MCHUGH

Thank you for your continuing generosity !!!

January Balance		\$4,746.45
SA Stipend	(\$100)	\$4,646.45
FFA Stipend	(\$100)	\$4,546.45
Fran. Monastery of the Holy Land	(\$230)	\$4,316.45
Franciscan Center	(\$230)	\$4,086.45
Maryland Food Bank	(\$230)	\$3,856.45
Little Friends for Peace	(\$230)	\$3,626.45
Franciscan Mission Service	(\$230)	\$3,396.45
Amazon Relief	(\$230)	\$3,166.45
St. Augustine Province	(\$230)	\$2,936.45
Little Portion Farm	(\$230)	\$2,706.45
Franciscan Action Network	(\$230)	\$2,476.45
St. Vincent de Paul	(\$230)	\$2,246.45
February Deposit/Balance	\$200	\$2,446.45

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

March

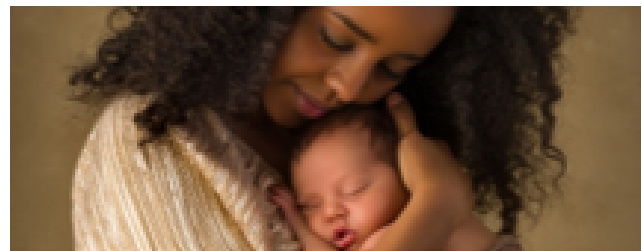
March comes in on clumsy feet,
 Kicks the trashcans down the street.
 Spills some garbage on the lawn,
 Blows the rest to Hellandgone.
 Knocks the branches off the trees,
 Gives the power lines a squeeze.
 Then March leaves and as it goes,
 The sun comes out. Then it snows.

--Richard Thompson

40 DAYS FOR LIFE.

March 5 to April 13, 2025

HELP SAVE LIVES IN ANNAPOLIS!



You can protect mothers and babies! Mothers entering abortion clinics respond to peaceful, prayerful vigils with positive signs offering help, hope, and life for their pre-born baby.

With God's help, 40 Days for Life prayer vigils and fasting saved over 25,000 babies from abortion, encouraged over 260 abortion workers to quit, and closed over 150 abortion centers.

How To Participate in 40 Days for Life in Our Community




- Vigil location: Planned Parenthood, 929 West St., Annapolis
- Primary vigil hours: Mon 10AM to 7 PM; Tues-Fri 8 AM to 5 PM but participants may also stand 7AM to 7PM daily.
- For more information or to sign up: see your church/organization notices or go to www.40daysforlife.com/en/annapolis .
- Local contact: see your church/organization vigil coordinator or contact annapolisvigil@gmail.com.

Pray at the vigil just one time or 1 hour/week for mothers, babies & workers.

Be A Voice For The Voiceless And Save A Life!

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>Restorative Practices</h3> <p>is an emerging science that studies how to strengthen relationships between individuals as well as social connections within communities.</p>  <p>Relationship: connection, companionship, between people Respect: care for self and others, reverence, treatment with kindness Responsibility: honest, open ownership of actions Reintegration: by taking responsibility with respect one begins to reconnect with the community</p> <p>Peace Circle is a safe place to come to restore a relationship with respect, responsibility, and repair. Leading to reintegration.</p>  <p>Little FRIENDS For PEACE Peace Tool Card Conflict Resolution</p> <p>For more, visit www.lffp.org.</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> <p>"The goal of resolving conflict in a relationship is not victory or defeat. It's reaching an understanding and letting go of our need to be right."</p> <p>"Restorative Practices keep people in the community learning rather than removing them for suspension or expulsion."</p> <p>"What you think you become, what you feel you attract. What you imagine, you create." -Buddha</p>  <p>Little FRIENDS For PEACE Peace Tool Card Conflict Resolution</p> <p>For more, visit www.lffp.org.</p>
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Evening Prayer via Zoom

Pope St John XIII Fraternity (Davidsonville, MD) invites you to join its evening Liturgy of the Hours prayed daily on Zoom. Open a Zoom.us session and JOIN the meeting.

Meeting id: **88305033327** (same id every day)
Sunday through Friday meetings are at 4:30 PM
Saturday meeting is at 3:30 PM.
Everyone is welcome to attend.

The steps of Francis' conversion from Thomas of Celano- First Life:

1. Illness causes Francis to reflect.
2. Begins to despise worldly pursuits; joins military campaign to Apulia.
3. First night; vision of arms; taken as good omen to military glory
4. Returns to Assisi; begins to pray and ask God's direction.
5. Confides in a friend; repents of his sins.
6. Speaks figuratively to others of a bridal image(lady poverty)
7. Sells his father's cloth and horses at Foligno.
8. Offers money to the priest at San Damiano; he refuses; Francis casts it on the sill
9. Hides from his angry father for one month; finds strength from prayer.
10. Enters Assisi to public ridicule
11. Father imprisons him in cell at home
12. Mother frees him
13. Father finds the money and brings Francis before the Bishop
14. Father returns clothing to his father before the Bishop, "I have only one Father"
15. Scanty clothes, attacked by robbers;; kitchen helper in a monastery; goes to Gubbio to a friend.
16. Kisses a leper on road nurses lepers; refuses to give alms to beggar and regrets it.
17. Rebuild San Damiano
18. Rebuilds another church and Portiuncula; lives there as hermit
19. Hears Gospel; obeys immediately; new garb—no shoes, cross-shaped tunic and cord
20. Followers are attracted to him

Found in my file-? Who wrote the list

Do you remember when one of our spiritual assistants shared with us from St. Bonaventure's TREE of LIFE? One section of it is On the Mystery of the Passion ; " O my God, good Jesus, although I am in every way without merit and unworthy, grant to me who did not merit to be present at these events in the body that I may ponder them faithfully in my mind and experience toward you, my God crucified and put to death for me, that feeling of compassion which your innocent mother and the penitent Magdalene experienced at the very hour of your passion."