

# Saint Alphonsa Fraternity

Queen of Peace Region – Secular Franciscan Order

July 2022  
Volume 17, Issue 7



## Minister's Message - REMEMBERING SAINT ALPHONSA

Dear Brothers and Sisters,

This month we pay special tribute to St. Alphonsa, the patron of our Fraternity. She is noted for suffering with and for Jesus. For her this was “true joy”. I would like to share a prayer to her.

“Oh! St. Alphonsa, you have been graciously chosen from our midst to be united with Jesus Christ, our Savior, in the mystery of His passion, death and resurrection. You have grown to the heights of holiness and have been crowned with heavenly glory. Help us in our trials and tribulations. Oh, daughter of sufferings, obtain for us the grace to lead a holy life, following your example of total submission to the Will of God. Be with us, transforming all our sorrows into a holy sacrifice in union with Christ Crucified, in reparation for our sins, for the sanctification and salvation of the whole world. Amen.”

We have just celebrated Independence Day and the theme of freedom rang out amidst all the many picnics. Families gathered to share food and enjoy the fireworks together. Good times – but this has come at a huge cost and we must never forget the sacrifices made by others to achieve it. There is still much to be done and this involves working on peace and justice for all. This is at the heart of who we are as Franciscans. I think small changes can make a big difference in the life of another person. Perhaps a friendly smile and warm greeting to others as we pass by. Francis practiced this. When he met people, he greeted them with “May the Lord grant you peace.” His desire for peace and justice among the poor and disadvantaged

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is clearly evident. We must remember that he lived during a time of great disparity among the people of Assisi. During his life as a young man, he had all the freedom he wanted. However, there came a day when he found that it did not satisfy the deepest longing of his heart. His conversion taught him a new way to live his life. True joy was serving others, following Christ, and living a simpler life in imitation of Jesus and His mother.

Christ died on the cross for us to offer us freedom. Free to live as adopted sons and daughters of God. The call to his disciples was, “Come and follow Me”. He is still extending that call to each one of us. The choice is ours.

Peace and all good,  
Teresa

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## Spiritual Assistant Reflections:

Dear Franciscan Brothers and Sisters,

On July 30<sup>th</sup>, we will be celebrating the optional memorial of Blessed Francis Solanus Casey. The feast is not celebrated everywhere because he has not yet been declared a saint. But we celebrate him in our Archdiocese because of the connection he had to it. He at one time worked in the Stillwater prison as a guard (and converted one of the prisoners!) and his brother went to the Saint Paul Seminary. Here is a little more about his life:

Bernard Francis Casey was born in Prescott, Wisconsin on November 25<sup>th</sup>, 1870. At the age of 22 he entered the diocesan seminary of St. Francis de Sales in Milwaukee, then in 1897, he joined the Capuchin Order, in the friary of St. Bonaventure in Detroit and received the name Francis Solanus. On July 24<sup>th</sup>, 1904 he was ordained a priest, with the restriction of not hearing confessions or preaching publicly. He spent the years of his ministry between Yonkers, Manhattan, the convent of St. Bonaventure in Detroit, and the convents of Brooklyn and Huntington, attracting many people because of the fame of his virtues and the extraordinary graces attributed to his prayers including many miraculous healings. After several hospital treatments he died in the friary of St. Bonaventure in Detroit, on July 31, 1957. After exhuming his body, they found parts of his body to be incorrupt. He was beatified on November 18<sup>th</sup>, 2017.

Solanus is full of wisdom. Here are just a few examples of what he was known to say:

“We should ever be grateful for and love the vocation to which God has called us. This applies to every vocation because, after all, what a privilege it is to serve God, even in the least capacity!”

“What does it matter where we go? Wherever we go, won’t we be serving God there? And wherever we go,

won’t we have Our Lord in the Blessed Sacrament with us? Isn’t that enough to make us happy?”

“We must be faithful to the present moment or we will frustrate the plan of God for our lives.”

“Worry is a weakness from which very few of us are entirely free. We must be on guard against this most insidious enemy of our peace of soul. Instead, let us foster confidence in God, and thank Him ahead of time for whatever He chooses to send us.”

Peace and every good,

Fr. John

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## POPE FRANCIS QUOTES

*Our Pope reminds us that we, as Secular Franciscans are pledged to go from Gospel to life and life to the gospel,*

“Another good way to grow in friendship with Christ is by listening to his word. The Lord speaks to us in the depths of our conscience, he speaks to us through Sacred Scripture, he speaks to us in prayer. Learn to stay before him in silence, to read and meditate on the Bible, especially the Gospels, to converse with him every day in order to feel his presence of friendship and love.”

*. . . and Pope Francis reminds us that we are called to follow Christ in the footsteps of St Francis of Assisi.*

“Let the risen Jesus enter your life—welcome him as a friend, with trust: he is life! If up till now you have kept him at a distance, step forward. He will receive you with open arms. If you have been indifferent, take a risk; you won’t be disappointed. If following him seems difficult, don’t be afraid. Trust him, be confident that he is close to you, he is with you, and he will give you the peace you are looking for and the strength to live as he would have you do.”

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## Formation Director's Notes

Dear Franciscan Family,

This month of July we will continue reading and reflecting on the Rule of the Secular Franciscan Order.

These assignments will require time placing yourself in the presence of God. I recommend at least one-half hour a week in His Presence as you read the articles. Pray to The Holy Spirit for guidance during that time. As you read discern the movement of the Holy Spirit and allow Him freedom to speak to you regarding the rule.

Chapter 2 "The Way of Life" Article 9 (The Virgin Mary)

The Little Red Book, Page #20  
From Gospel to Life, Page #16

Because The Virgin Mary was and is so important to us as Protectress and Advocate of Secular Franciscans it is especially beneficial to us to take time to contemplate on her example of complete self-giving. The commentary of Article 9 says . . . "Mary's self-giving and prayer are set up as the primary example of gospel living. Devotion to her has always been a hallmark of the Franciscan calling, both as a way of expressing love for her and as an important way of finding Jesus himself."

Therefore, reflecting on this Article will impact our daily walk as we encounter family, friends and the world as it is today. We will share our thoughts as we gather at our July meeting.

Questions for reflection:

1. How do we know Mary "was open to [God's] every word and call?"
2. Mary was chosen by St Francis to be "the protectress and advocate of his family". What did that mean to St. Francis and what does that mean to me today?
3. How do I "express [my] ardent love for her?"
4. How do I know if I am "praying earnestly and confidently"?

Peace,  
Patti Urick, OFS

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*Taken from: Taormina, Kathy, OFS and Joan Marcantelli, OFS.*

*"Holy Half-Hours, Ongoing Formation Program on the Rule of the Secular Franciscan Order", June 2018  
Secular Franciscan Order - USA*



## Justice, Peace, and the Integrity of Creation

I packed at FMSC in June. They put me with a darling family with 2 young girls (7 and 8) who were there for the very first time to celebrate Father's Day with their Dad. The pigs got a bit more than usual, but it was really fun to pack with some little ones. Upcoming dates below. We welcome all - if you can join, please call, text or email me at least 2 days beforehand. 😊

The following are the upcoming dates already scheduled:

- Saturday 7/09 @ 11:30am
- Saturday 8/20 @ 11:30am
- Saturday 9/17 @ 11:30am

Thank you to all who brought **non-perishable food items** and paper products to the last Fraternity meeting. We will continue this activity at the in-person monthly meetings going forward. No pressure, but if you are able to contribute something it would be greatly appreciated by the hungry in our community. Due to COVID, many organizations have cancelled their food drives (including my own parish), so food donations are needed more than ever right now. Also appreciated are paper goods and personal hygiene items (soap, shampoo, toothpaste, etc.) as those items are not eligible for purchase with EBT funds. These donations will go to ACBC Food shelf in Anoka.

**Peace** begins in the Womb!! What so many have prayed about over the last 50-years has finally happened. Thanks be to God that Roe has been overturned by SCOTUS. Lots to celebrate, but of course in MN not much has changed. In fact, our work will be even more important in the future as many women come across state lines for their abortions. There has been some unsettling activity at Planned Parenthood over the past few weeks, so I am taking a pause from any in-person prayer. Please offer a Holy Hour or a Rosary for continued progress in the Pro-Life arena.

I have taken a Holy Hour at Fr. John's Parish from 10-11am on Thursday's. Partly to thank Fr. John for the great Blessings of his ministry to, and membership in, our Fraternity. Specifically, I intend to offer that Holy Hour for our elected politicians . . . that they may lead with Justice and Integrity in hopes of furthering Peace in our cities, our nation and our world. The crisis in Ukraine makes this ministry particularly critical at this time. Feel free to join me any Thursday. I likely will frequently go for coffee or lunch afterwards. 😊

And moving forward, I will be providing a "Tip-of-the-Month" on our Franciscan charism of **Care for the Integrity of Creation**. I know this is a topic of hot debate, but as Franciscans it is part of our JPIC Mission and I will be addressing it monthly in a (hopefully) sensitive, scientific and non-inflammatory manner. This month's tip comes from "The Blue Zones" (written by: Dan Buettner, 2012)

July 2022: "eat lower on the food ladder!! Basically, this means replacing mature animal proteins with plant proteins. Give up your usual lunch sandwich for a pb&j once a week. Then work up to three times a week. Even dairy and eggs are lower on the food ladder than mature animal proteins, so every time you have eggs or a grilled cheese sandwich instead of chicken, turkey or red meat you are helping extend the food chain supply to make food available for everyone across the globe. Added benefit: plant proteins can help you lower your blood cholesterol levels, your blood pressure, and may contribute to a longer, healthier life. And . . . it's generally much cheaper to eat lower on the food ladder."



Peace and all good~~ Linda, ofs

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## St. Alphonsa Fraternity Come & See

Our fraternity hosted a “Come and See” meeting on Sunday, June 26, 2022. Eucharistic Adoration preceded from 1:30-2:00 pm in the Adoration Chapel. Fourteen members of the fraternity were able to attend with only five absent due to illness or family responsibilities.

We were especially blessed to have four potential Aspirants join us to learn what we Secular Franciscans are all about. They were Michael and Nicole Kukuska – from Andover, Albert Frascella – from Blaine and Ken Yarke from Coon Rapids. Ken was with us for a while a few years ago but suspended his initial formation due to illness. We were delighted to see him as well as the newcomers who were excited and full of questions.

Following a short period of informal introductions and registration, our Come and See began with Minister Teresa Walker, ofs, opening with prayer from the ritual, outlining the agenda and giving a short talk about the fraternity and her own path to profession.

Father John Bauer, ofs, our Spiritual Assistant, followed Teresa with an enlightening talk on Saints Francis and Clare. He gave a little overview of their lives and told some stories about how they set the example for living the gospel. He followed that with a summary of the essential elements of Franciscan Spirituality – LOVE.

The history of the Secular Franciscan Order was presented by Gordon Walker, ofs, using the evolution of OFS rules from 1221 to 1978. He also presented the structure of the Franciscan organization worldwide.

Teresa Isenor, ofs gave a motivating talk about the life of Saint Alphonsa, our patron Saint, and Kharen Serra, ofs & Linda Loes, ofs, shared their personal experiences on their journey to profession as well as the importance of the Secular Franciscan commitment.

Continued on page 9

## CNN Opinion: Roe was very bad for America. The court gives us a chance to reset

Opinion by O. Carter Snead

Updated 2:31 PM EDT, Fri June 24, 2022

**CNN Editor’s Note:** O. Carter Snead is a professor of law, director of the de Nicola Center for Ethics and Culture at the University of Notre Dame and author of “What It Means to be Human: The Case for the Body in Public Bioethics” (Harvard University Press 2020). The views expressed in this commentary belong to the author.

After nearly 50 years, the US Supreme Court has overturned Roe v. Wade, Planned Parenthood v. Casey and their related precedents, returning to the American people once again the authority to govern ourselves on the vexed matter of abortion through the deliberative processes of the political branches of government – as is the case in the majority of nations around the world. By my lights, Roe and its progeny have been very bad for America. By virtue of those precedents, the Supreme Court imposed on the nation an extreme, one-size fits all regulatory regime for abortion of its own invention, without any justification in the text, history or tradition of the Constitution.

Indeed, the reasoning in both Roe and Casey is famously weak and even the most sophisticated proponents of abortion rights have put forward their own justification rooted in the 13th amendment’s ban on involuntary servitude or the 14th amendment’s guarantee of equal protection, rather than mining that latter amendment’s due process clause for an implicit right to privacy, which was the basis for the Roe decision, or an unwritten liberty interest, which was the grounding of the Casey decision. In my view, the Court’s jurisprudence has, from the beginning, been a conclusion in search of a justification – a tortured narrative of constantly shifting arguments, standards and rules.



Not only did Roe and its progeny corrupt the law, but it also badly damaged our politics. It channeled all of the political energy of the abortion debate into proxy battles for control of the Supreme Court that played out in a toxic fashion in presidential and senatorial campaigns, reaching a shameful apex in judicial confirmation hearings, which have become a no-holds-barred blood sport where politicians don't merely argue, they seek to destroy the nominee as a person. This has transformed into something entirely darker, with justices and their families facing harassment and other threats of violence, including murder.

And, of course, there is the human toll that can be attributed in large part to Roe. Since 1973, an estimated 60 million unborn lives have been lost to abortion, according to data from the Guttmacher Institute. This is a staggering number, roughly equal to the combined populations of New York and California.

But apart from all this, Roe and its progeny have wounded the nation in a way that is even more relevant now; Roe eliminated the need for us to *talk to one another* in the political sphere in a way that has real and concrete meaning for the laws and policies that bind us. The Supreme Court took the issue of abortion out of the political, legislative and executive spheres (except for minor ancillary side constraints such as parental involvement laws, informed consent provisions, waiting periods and limits on especially controversial methods of abortion).

It declared one side – the abortion rights side – the victor of the most hotly contested public question in the modern era, and told the other side to go home. And it did so under a notoriously weak interpretive analysis that even liberals like American legal scholar Laurence Tribe once recognized as unpersuasive.

So for nearly 50 years, those on opposite sides of the issue haven't really had to learn how to talk to one another in a serious way about how to find a path

forward for the law and policy of abortion – we simply did what the Supreme Court told us insofar as we could tell what that was. There was no need for those who disagreed to discuss the issue since we weren't allowed to govern ourselves. But that all has to change now. We need to re-learn how to talk about abortion as a precondition of self-governance.

How do we start? Much could be said, but I will limit myself to the perhaps obvious but important observation that we will not get anywhere unless we are honest and charitable with one another. We need to be candid with one another (and with ourselves) about what we believe and why it matters, what we intend to do and how we mean to do it.

But more importantly, we must be charitable. In particular, we owe our fellow citizens with whom we disagree the respect of listening and trying our level best to understand their arguments, the goods they hold most dear, the harms they most fear and to try to internalize their perspective. When we characterize their arguments, we must do so accurately and in their strongest form such that our interlocutors would recognize their own tone and substance in our rendition.

And we must genuinely embrace the notion that both sides have something vital to defend. Concretely, those who call themselves “pro-life” must understand that those who describe themselves as “pro-choice” are desperate to defend women's bodily autonomy and secure their equal position in the economic and social life of our nation. And conversely, the latter advocates must acknowledge that the former are committed to the intrinsic equal dignity of every human being, born and unborn.

Once that's out of the way, we can begin the hard work of trying to find common ground so that we can, together, care rightly for women, children (born and unborn) and families, both before and after they are born.

## What St. Alphonsa Has Taught Me

Jul 6, 2020 10:00:00 AM | by AnneMarie Miller  
*AnneMarie Miller describes how a 20th century nun's legacy has helped deepen her spiritual life.*

I must confess that I long thought of St. Teresa of Kolkata -- famously known as Mother Teresa -- as the saint of India. Even though she wasn't born in that country, her work there has left a lasting impact on our world. However, one day I was fortunate to discover the woman who became the first Indian-born female saint: St. Alphonsa Muttathupadathu, whose feast is celebrated on July 28.

Once I read about her, I couldn't stop thinking about this saint. Something about this young woman of the Syro-Malabar Catholic Church -- who died in 1946, when she was in her thirties -- drew me to her. She led a quiet life, yet her legacy has rooted itself into my heart. As I ponder the ways she has touched me, two particular lessons come to my mind:

**Holiness isn't a distant concept for the future, it's something we need to choose now.**

When Annakutty (as St. Alphonsa was named at birth) was a young child, she devoted herself to God and developed a strong spiritual life. She longed to be a religious sister, and even when her aunt sought to make Annakutty marry, she resolutely clung to her conviction that God was calling her to be His bride. When she became a postulant with the Congregation of the Franciscan Clarists in 1928, she threw herself wholeheartedly into pursuing God.

Sometimes, we want to put off choosing holiness until we're older. We want to hold on to our sinful practices and selfish habits, thinking that we'll deal with them next month, next year, or maybe just vaguely "someday." Yet St. Alphonsa reminds us that we can choose a different path. We can choose to follow God now. She only lived until she was about 35 years old; in such a short and quiet life, she made a huge impact -- she became a saint! We never know what God has in store for the future, so instead of waiting until the next

Lent to cultivate a prayer life or let go of a selfish habit, why not start today?

**We are part of the Communion of Saints -- and we should live accordingly.**

St. Alphonsa recognized the presence of the saints in the life of the Church, and she brought them into her life. When St. Alphonsa was a child, she was deeply moved by St. Therese of Lisieux's life, and some people have even called St. Alphonsa the "Passion Flower of Kerala." When, as Annakutty, she entered the Franciscan Clarists during the feast of St. Alphonsus Liguori, she took his name as her own. St. Alphonsa recognized the Communion of Saints, and she lived accordingly. She let the witness of the saints impact her life and actions.

At times, we put the saints on lofty pedestals of holiness and think that virtues are their realm, and not something that we can strive for. Whether we're discouraged by our own failings, by the seemingly "perfect" lives some saints led, or we just can't relate to the canonized men and women in Heaven, we can forget that the saints want to help us. St. Alphonsa's life has reminded me that when we learn about saints, we can't just put their stories back on the shelf and forget them; we can learn from these holy men and women and actively make changes in our lives.

I find a lot of encouragement, both in the life of St. Alphonsa and in the apostolic exhortation from Pope Francis, *Gaudete et Exsultate*, where he writes:

We should not grow discouraged before examples of holiness that appear unattainable. There are some testimonies that may prove helpful and inspiring, but that we are not meant to copy, for that could even lead us astray from the one specific path that the Lord has in mind for us. The important thing is that each believer [to] discern his or her own path, that they bring out the very best of themselves, the most personal gifts that God has placed in their hearts, rather than hopelessly trying to imitate something not meant for them. (11) **T**

NAFRA	<b>FRATERNITY TREASURER'S REPORT</b>			Date:	6/30/2022
<b>Fraternity:</b>				<b>Frat #:</b>	55-13501
<b>Name</b>	Saint Alphonsa			<b>EIN:</b>	26-3524747
<b>Address</b>	10050 Redwood St. NW			MONTHLY REPORT	
<b>City</b>	Coon Rapids, MN 55433			TO THE	
				FRATERNITY COUNCIL	
<b>Month</b>	June	<b>Year</b>	2022		
				(form NAF-TR-3)	
Cash balances at ...				Beginning of Month	End of Month
	Checking account			\$4,223.30	\$2,573.30
	Savings account				
	Other bank accounts				
	Other cash				
<b>Total cash</b>				\$4,223.30	\$2,573.30
Income:				Same Month Last Year	This Month
	Common fund donations received			470.00	150.00
	Other donations received				
	Sales of Books				
	Interest income				
<b>Total income</b>				\$ 470.00	\$ 150.00
Expenses:					
	Region Fair Share				
	Spiritual Assistant Stipend			100.00	250.00
	Guest Speaker Stipend				
	Visitations/Elections				
	Charitable Contributions			950.00	\$1,550.00
	Winter Fraternity Retreat				
	Fall Fraternity Retreat				
	Apostolates				
	Administration				
	Formation				
	Facility Expenses			50.00	
	Mass Cards				
	Joint Retreat				
	Gifts and Awards				
	Conferences & Scholarships				
	Special Events				
	Other				
	Other				
	Other				
	Other				
	Other				
<b>Total expenses</b>				\$ 1,100.00	\$ 1,800.00
Net income or expense for the month				\$ (630.00)	\$ (1,650.00)
Cash balance at end of month:					
[(Beginning cash+(net income-net expense))]					\$2,573.30
Attested to by Teresa Isenor, OFS, Fraternity Treasurer					
Date: 6/30/2022					





- For the repose of the souls of Dwayne Greskowiack and Dick West.
- For an end to abortion, human trafficking and all crimes against humanity. For building of a culture of respect for human life as designed and blessed by God.
- For Janet and Carol – may God enlighten all the medical providers who treat them with wisdom, understanding, counsel and knowledge to bring them healing!
- In thanks for God's grace provided to our Supreme Court Justices in the decision to save our future precious children.
- Please pray for Tom, age 84 who will have brain surgery this month.
- May parish staffs be available to and submissive to the working of the Holy Spirit as they serve the disciples of Christ.
- For all Priests.
- For the leaders of the United States that they may hear the word of God and respond with favor of the common good.
- For the sick and those with heavy crosses, for consolation, strength, and peace especially in our fraternity families and loved ones.
- Pray for those who do not know the Lord.
- Pray for those who are ill mentally, physically and especially spiritually.
- For all who suffer with cancer.
- For peace throughout the world especially in Russia and Ukraine.



FRIDAY, JULY 1, 2022

**“We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.”**

*Pope Francis*



### Continued from page 5

Finally, Patti Urick, ofs, Director of Formation, offered an outline about Initial Formation, the path to profession, its objectives and timing.

To close the Come and See meeting Father John offered us the Franciscan Blessing. We then enjoyed some fellowship time with refreshments and beverages and got to know our potential Aspirants a little better.



### Calendar

- 7- 22-22 Fraternity social gathering at Laurie Lacina's. Information available by email.
- 7-28-22 Feast of our patron, Saint Alphonsa.
- 7-30-22 Council Meeting by Zoom – 11:00am
- 7-31-22 Fraternity Meeting  
– 2:00 to 4:00pm at Epiphany  
Zoom component will be available  
Adoration 1:30 to 2:00pm  
Bring refreshments and beverages
- 8-27-22 Council Meeting by Zoom – 11:00am
- 8-28-22 Fraternity Meeting  
– 2:00 to 4:00pm at Epiphany  
Zoom component will be available  
Adoration 1:30 to 2:00pm  
Bring refreshments and beverages

## Saint Alphonsa Fraternity Council

### Minister:

Teresa Walker, OFS

763-553-1343

### Vice Minister & Infirmarian:

Ellen Drasin, OFS

952-905-3843

### Secretary:

Cathy Maloney-Hills, OFS

952-897-0408

### Treasurer:

Teresa Isenor, OFS

763-757-4937

### Formation Director:

Patti Urick, OFS

763-754-3062

### Spiritual Assistant:

Fr. John Bauer, OFS

612-208-5713

## June Treasurer's Report

June beginning balance was \$4,223.30. We took in \$150.00 in Common Fund donations and had expenses of \$1,800.00 of which \$1,550 was for charitable contributions. Thank you for your generosity. End of June 2022 balance was \$2,577.30.

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## Newsletter Articles:

The Newsletter of the Saint Alphonsa Fraternity is published every month. We seek to follow traditional conventions of journalism. For example, articles are ended with the symbol, T. Include author name and/or source. Deadline for articles is typically the 7<sup>th</sup> of the month. Please feel free to contribute at any time. For the next several months articles and prayer requests should be sent to:

Gordon Walker, ofs, acting editor  
gwalker43@comcast.net

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## Franciscan Holy Hour

Franciscan Brothers of Peace



Every First Friday at 7:00 p.m.

Adoration + Franciscan Crown Rosary  
Chanted Compline + Benediction

Please Join them via Live Stream on  
YouTube

[https://www.youtube.com/channel/UC9XRukOu\\_wnUiPr12iZGIJA/videos](https://www.youtube.com/channel/UC9XRukOu_wnUiPr12iZGIJA/videos)

## Meetings

Meetings are typically held the last Sunday of each month at Epiphany Catholic Church in Coon Rapids at 2pm. Meetings are preceded by Adoration at 1:30pm. We will also try to Zoom meetings for those unable to attend in person or if there is inclement weather making driving dangerous. Call Teresa Walker with questions. Visitors are welcome.

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## July Birthdays:

7.8 – Cathy

7.22 - Teresa

Visit our website:

www.

<http://queenofpeaceregion.org/coon-rapids-st-alphonsa>