



**St. Mary's Fraternity
Secular Franciscans**

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August 2022

Minister's Message

Brothers and Sisters,

As I write this note at 6:00 AM on 6/29/22, the first message in my In-Box is from Tau-Daily. What a blessing this has been...to start each day with something to reflect on and set the tone for my day.

When I first received my little red (soon to be brown) Rule Book, I wondered how I could possibly remember and internalize all it contained. Then Hazel shared her copy of the Rule with Commentary which made it easier to apply The Secular Franciscan Rule to everyday life and now...I have this beautiful prayer which succinctly explains each Article. If you haven't subscribed yet, there is information at the end of the newsletter on how to receive the daily email from Tau-Daily.

PRAY THE RULE

Liam McCarthy, OFM

O Lord, our God, we intend to make present the charism of our Seraphic Father Francis in the life and mission of the Church, in various ways and forms but in life-giving union with one another. By our profession, we pledge ourselves to live the Gospel in the manner of St Francis by means of our Rule approved by the Church (Arts. 1-3). Help us, we pray, so that daily we may:

- observe the gospel of our Lord Jesus Christ by following the example of St Francis, going from gospel to life and from life to the gospel (Art. 4);
- seek to encounter the living and active person of Jesus Christ in our brothers and sisters, in sacred scripture, in the Church and in the Eucharist (Art. 5);
- go forth as witnesses and instruments of the Church's mission among people, proclaiming Christ by our life and words (Art. 6);
- conform our thoughts and deeds to those of Christ by the radical interior change which the Gospel calls "conversion", making use of the sacrament of reconciliation on the way to renewal (Art. 7);
- let prayer and contemplation be the soul of all we are and do (Art. 8);
- imitate the Virgin Mary's complete self-giving in her openness to your every word and call (Art. 9);
- faithfully fulfill the duties proper to our various circumstances in life (Art. 10);
- seek the proper spirit of detachment and purify our hearts from every tendency and yearning for possession and power (Art. 11);
- acquire the purity of heart needed to set ourselves free to love God and our brothers and sisters (Art. 12);
- accept all people as your gift, Lord, and an image of Christ (Art. 13);

- exercise our responsibilities competently in the Christian spirit of service (Art. 14);
- be in the forefront of promoting justice by the testimony of our human lives and by courageous initiatives (Art. 15);
- esteem work both as a gift and as a sharing in the creation, redemption and service of the human community (Art. 16);
- cultivate the Franciscan spirit of peace, fidelity and respect for life in our families, striving to make it a sign of a world already renewed in Christ (Art. 17);
- respect all creatures, animate and inanimate "as bearing the imprint of the Most High" (Art. 18);
- be bearers of peace and messengers of perfect joy in every circumstance, as immersed in the resurrection of Christ, we serenely tend towards Sister Death and our ultimate encounter with you, our Father (Art 19).

All this we ask through Jesus Christ, our Lord and Brother.
Amen.

I look forward to seeing you at 12:30 on AUGUST 14, at St. Patrick's in Cedar Falls .

Pax ~ Brenda Schmitt, OFS

Secretary's Notes

We continue to add to our collection of resources available online. Examples of personal invitations to meetings, bulletin invitations for parishes and photos can all be found in our Google Drive! We have photos dating back to May 7, 2017 from when we were meeting in the tiny gift shop at the Retreat House! But we could always use more so please feel free to add to St. Marys historical records by emailing photos to stmarysfranciscans@gmail.com.



And speaking of Historical Records, it would help a great deal if you could identify the individuals in this photo for me.
Katie Williams, OFS

St. Mary's Fraternity

Sunday, August 14, 2022

St. Patrick's - Cedar Falls

Agenda

- 12:00 **Gather / Pot Luck / Welcome Visitors**
Intentions, Share Prayer Partners
- 12:30 **Opening Prayer**
Gospel to Life
Prayer to the Holy Spirit
First Reading - Julie
Gospel Reading - Katherine
Lead Discussion - Katie
- 1:15 **Necessary Business**
Treasurer's Report
Common Fund Prayer
- 1:20 **BREAK**
Ongoing Formation
A Knight and a Lady - Read the Forward and Preface
No discussion
- 1:25 **Transitus of St. Clare**
- 1:50 **Prayer for the Sick**
Memorare
Vocation Prayer
Closing Prayer
Final Blessing
-

Calendar of Events

August 14 - Gathering: St. Patrick's, Cedar Falls

August 15 - Birthday - Dolores Marzen, OFS

August 23 - Birthday - Charles Heiderscheit, OFS

August 26 - Birthday - Barb Brown, OFS

September 11 - Gathering - St. Marys, Greene, Noon

October 9 - Gathering - St. Patrick's, Cedar Falls, 12:30

November 6 - Gathering - St. Marys, Greene, Noon

December 4 - Gathering - St. Patrick's, Cedar Falls 12:30

Remember:

- **REMEMBER to send Brenda your Elevator Speech**
- Pray for your secret-prayer-partner and plan on revealing your identity at the meeting.
- Join us for the Crown Rosary on Wed. evenings at 8:00 PM on ZOOM... <https://tinyurl.com/CFFranciscan>...Password: 1234

Check out the Franciscan Feast Days for August at <https://www.roman-catholic-saints.com/august-franciscan-calendar.html>



Why am I a Secular Franciscan?

"I am in awe of nature and my place in God's design. I like to think that St. Francis was the same but, since joining I have learned that St. Francis is more than just 'the nature saint.' He is peace and justice; and his community is that of support and love. The Secular Franciscans are there to help you along your journey, no matter where you are on the path." - Katie Williams, OFS

A Message from Melody Taninies, OFS

Spiritual Assistant

What About Joy??

While on a dog sitting job, I noted a large card on the dog owner's desk which reads:

"What color is joy?
What is an image that brings you joy?
What does joy feel like in your body?
If joy were a sound, what would it sound like?"

Thoughts regarding the answers to these questions were swirling around in my mind for awhile and I thought it might make for an interesting article . . .

I had never associated joy with color but, if I did, there would be times I would say it ought to be bright and shining gold, reflecting an immeasurable or intense feeling in one's heart, mind and/or soul and truly a gift from God.

As to images that bring me joy? A number stand out clearly in my mind even though half of them were many years ago.

- as a 13-year-old watching the Sound of Music in Hollywood (California) when it premiered.
- as a young adult awaiting my boyfriend's return from military service after a long separation.
- years later as a young bride walking down the aisle to say "I do" and give my life in marriage.
- decades later speaking the words of my SFO Profession.
- receiving Eucharist after weeks without.
- attending a priestly Ordination.

Each of these images produced a feeling of joy each in its own way . . . The anticipation of going to Hollywood was big in itself but to see such a magnificent musical on a large screen thrilled my soul . . . Waiting for my boyfriend was a cause for great happiness. Coupled with the dream of a possible life with him had me singing at the top of my lungs as I drove across town to his parent's house and filled my heart . . . Walking down the aisle to marry that same guy while magnificent music played on the pipe organ filled me with confidence that God was there . . . Saying yes to God as I read the words of my Profession filled my entire being because I knew He had brought me to that moment . . . Tears filled my eyes as I received Jesus after so long without Him and I was humbled and grateful . . .

The last example of experiencing a priestly Ordination is like no other experience to which one can compare. This was a recent experience as I witnessed three men willingly give their lives to God. They were challenged and anointed to be good shepherds by the Bishop, vested in priestly garments and prayed over by all present in the Cathedral. I'd been supporting them through their years of seminary and thus felt like a proud Catholic mama whose heart just might burst.

I realize in sharing these examples (like many others in my life), joy came to me while I was giving or had given of myself. As Franciscans we are called to give of ourselves. In the Prologue of our Rule, The Exhortation of St. Francis to the Brothers and Sisters in Penance,

Chapter One

Concerning Those Who Do Penance, St. Francis draws from Scripture the words our Lord gave him/us as to how we are to live our lives. They are full of joy and should produce the same in us. I provide for you here these words copied from the Queen of Peace Regional Fraternity website which is a Revised Translation of the Official Secular Franciscan Document.

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- 1 All those who love the Lord with their whole heart, with their whole mind, with their whole strength (Mk 12:30) and love their neighbor as themselves,
 - 2 who hate their bodies with their vices and sins (Mt 22:39),
 - 3 who receive the Body and Blood of our Lord Jesus Christ,
 - 4 and who produce worthy fruits of Penance.
 - 5 O how happy and blessed are these men and women while they do such things and persevere in doing them,
 - 6 because the Spirit of the Lord will rest upon them (Is 11:2) and make its home and dwelling place (Jn 14:23) among them,
 - 7 and they are children of the heavenly Father whose (Mt 5:45) works they do, and they are spouses, brothers and mothers of our Lord Jesus Christ (Mt 12:50).
 - 8 We are spouses when the faithful soul is joined by the Holy Spirit to our Lord Jesus Christ.
 - 9 We are brothers to Him when we do the will of the Father who is in heaven (Mt 12:50).
 - 10 We are mothers when we carry Him in our heart and body through a divine love (1 Cor 6:20) and a pure and sincere conscience and give birth to him through a holy activity which must shine as an example before others (Mt

5:16).

11 O how glorious it is to have a holy and great Father in heaven!

12 O how holy, consoling to have such a beautiful and wonderful Spouse!

13 O how holy and how loving, gratifying, humbling, peace-giving, sweet, worthy of love, and, above all things, desirable: to have such a Brother and such a Son, our Lord Jesus Christ, who laid down his life for his sheep (Jn 10:15) and prayed to his Father saying:

14 Holy Father, in your name (Jn 17:11) save those whom you have given me in the world; they are yours and you gave them to me (Jn 17:6).

15 The words that You gave to me I have given to them, and they have accepted them and have believed in truth that I have come from you and they have known that you have sent me (Jn 17:8).

16 I pray for them and not for the world (Jn 17:9).

17 Bless and sanctify them (Jn 17:17). I sanctify myself for them (Jn 17:19).

18 I pray not only for them, but for those who will believe in me through their word (Jn 17:20) that they may be sanctified in being one as we are (Jn 17:11).

19 I wish, Father, that where I am, they also may be with me that they may see my glory (Jn 17:24) in your kingdom. Amen (Mt 20:21)

May you live joyfully in this life and vocation we have been given,
Melody Taninies, OFS
Spiritual Assistant

Formation Director

Katherine Osterman, OFS

The life of the Trinity as presented in the OFS rule.

God is not a solitary GOD, haughty and distant, always the "judge."

The rule shows us "GOD-in-Family." "GOD communion of persons, in their own relationships, in their action with people, hence a GOD near to them, GOD Emmanuel, GOD-with-us.

The Father is Love. He gives us his own son (OFS Rule, article 4). He is in the face of our weakness, he gives us the strength (OFS Rule, Article 7.) In every person, the Father sees the features of his Son (OFS, Rule, Article 13.)

The Father calls all people to build a more fraternal and evangelical world which proclaims his kingdom (OFS Rule, Article 14.) and all creation bears the imprint of the Most High (OFS Rule Article 18.

The SON JESUS CHRIST is the GIFT of the Father, and becomes for all people the WAY to the Father, their LIFE, their TRUTH. There for, Christ must be the inspiration and center of their life (Article 4.) Christ has risen and lives and works in our brothers and sisters. (Article 5) He makes us members of his Body, the church (Article 6.)

For our next meeting we will begin studying the book, *A Knight and a Lady*. Please read the Forward and the Authors note. This will be our Formation for the next months or however long it takes.
Katherine Osterman, OFS
Formation Director



I would like to extend an invitation to participate in an apostolate I have been doing for several years. At St. Patrick Parish in Clear Lake, there is a group of knitters who make prayer shawls. These shawls are blessed by a priest and donated to MercyOne North Iowa Medical Center in Mason City to be given to those close to death to bring them comfort in their final moments. There is a high demand for the shawls and only five knitters at the parish. Sandy Dillavou heads the ministry and has requested money from the Knights of

Columbus to pay for the yarn. We could get the yarn from her and donate back shawls. The pattern is very simple and takes 2 skeins of size 5 bulky yarn on size 11US needles. Or we could buy our own yarn, knit the shawls and donate to a local hospital of our choice. I could teach the pattern for those willing to learn but have no current knitting experience. They would also accept a cash donation for the purchase of year...rather than the donation of time and talent.

Katie Williams OFS

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SUBSCRIBE TO THE TAU DAILY EMAIL LIST

Receive a daily email featuring, in rotation, the Rule of the Secular Franciscan Order, the Admonitions of St. Francis, an article from the OFS General Constitutions, / OFS USA National Statutes, Franciscan quote, and a Franciscan saint of the day. This is not a discussion list.

To subscribe, send a blank email to: TAU-Daily-subscribe@yahoogroups.com

Franciscan Supplies and Resources

St. Mary's Documents

- [St. Mary's Webpage](#) - share with those wanting to know more about us.
- [Documents for the faithful](#) - includes templates for invites and bulletin posts, materials for memorial services and wakes, Historical documents and photos, and all the prayers we use in our Gatherings.
- [Regular Meeting Notes](#) - minutes to our meetings.

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