



# The Padre Pio Secular Franciscan Fraternity



## *Monthly Newsletter* Brothers and Sisters of St. Francis Region



### Oak City Outreach Center

Many thanks to all those wonderful Secular Franciscans who participate in this worthy apostolate. They show great joy serving the poor and homeless. Appreciation also goes to Ellen Ferrone, OFS for her excellent organization skills. Those who can, also meet at a restaurant afterwards for fellowship. This is an excellent secular way to celebrate the fourth Saturday of the month. For us, the next OCOC is 3/23/2019. Hopefully, we will be serving in a new building in April.

Oak City Outreach center will be moving soon to **1430 S. Wilmington St.** to house the center. The site is less than two miles south of the center's temporary location behind the old Salvation Army building near Moore Square.

Catholic Charities role has been to recruit and schedule faith communities and other organizations who wish to provide food on weekends at the Center. Our fraternity has been participating since its inception. Catholic Charities also recruits and trains volunteers to serve as hosts to the organizations providing food as well as the guests coming to receive nourishment.

#### Council Members

Spiritual Assistant:  
Fr. Steve Kluge, OFM

Minister:  
Victoria Romero OFS

Vice Minister:  
Lee Cunningham,  
OFS

Formation Director:  
S. Lynn Oeser, OFS

Treasurer  
Louis Coker, OFS

Secretary:  
Michael Hancock  
OFS

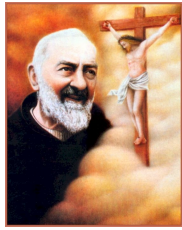
Councilors:  
Ellen Ferrone, OFS  
Suzie Nelson, OFS  
Maureen Copan, OFS  
(Appointed)

BSSF Region  
Minister:  
Dorothy Ann  
Rowland, OFS

Area 3 Councilors :  
Bob Pearson, OFS  
Carolyn Peruzzi, OFS

We are on the web at:  
<http://ofscentralnc.org>

### Nine Lessons from Padre Pio for Lent *By Father Dwight Longenecker*



Lent is the time to renew our awareness of the spiritual battle, so here are ten quotes (in italics) from Padre Pio which remind us what really matters:

1. First of all—the need for **spiritual warfare**: *Let us always keep before our eyes the fact that here on earth we are on a battlefield and that in paradise we shall receive the crown of victory; that this is a testing-ground and the prize will be awarded up above; that we are now in a land of exile while our true homeland is Heaven to which we must continually aspire.*

2. The **rosary** is the recommended weapon for battle. – *Hold on tightly to the Rosary. Be very grateful to the Madonna because it was she who gave us Jesus. Love our Lady and make her loved; always recite the Rosary and recite it as often as possible.*

3. Don't be afraid of **humility**. Humility is endless. Purity is power. Envision purity and pursue it. These also are weapons in the battle – *Humility and purity are the wings which carry us to God and make us almost divine.*

4. Don't expect instant success. The spiritual life is a long journey. It is the work of a lifetime. **Take one day at a time and one step at a time.** If you stumble and fall, get up immediately and keep going. Never give up. – *In the spiritual life, you must take one step forward each day in a vertical line, from the bottom up.*

5. **Your unhappiness is not everything. Your happiness is not everything.** Don't allow your feelings to determine whether you think you are making spiritual progress or not. The world's standards of happiness and "success" are completely different from spiritual progress. *Keep your eyes fixed on Him who is your guide to the heavenly country, where He is leading you. What does it matter to you whether Jesus wishes to guide you to Heaven by way of the desert or by the meadow, so long as He is always with you and you arrive at the possession of a blessed eternity?*

6. Turn off the screens for Lent. Stop the TV. Cut back on Facebook and computer stuff. Read some good books. Feed the soul – *Don't consider me too demanding if I ask you once again to set great store by holy books and read them as much as you can. This spiritual reading is as necessary to you as the air you breathe.*

7. **Pay attention to Mass.** *Renew your faith by attending Holy Mass. Keep your mind focused on the mystery that is unfolding before your eyes. In your mind's eye transport yourself to Calvary and meditate on the Victim who offers Himself to Divine Justice, paying the price of your redemption...If we only knew how God regards this Sacrifice, we would risk our lives to be present at a single Mass.*

8. Your discipline during Lent is a step towards proper **detachment** from the distorted love of created things so that you can love properly the things that are eternal. Therefore don't be discouraged. Make little sacrifices, but make them matter. *He who attaches himself to the earth remains attached to it. It is by violence that we must leave it. It is better to detach oneself a little at a time, rather than all at once. Let us always think of Heaven.*

9. **Be totally committed** to the Lord and he will not fail you. Remember the Bible verse: Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him and he will direct your path." *Let us try to serve the Lord with all our heart and will. He will always give us more than we deserve.*

### Ongoing Formation for February



Joanne Jacovec, OFS expressed her gratitude to Fr. Joe Madden, OFMC for his help on her presentation on Sr. Ilia Delio's, OSF *Franciscan Prayer* Chapter 2, on Desire. She stressed what desire is not first, then what it is. Father Steve Kluge, OFM gave a talk on penance (metanoia) for Lent.

### February Birthdays



Pictured above Suzie Nelson, OFS presented Michael Hancock, OFS and Joan Monti, OFS a birthday cake as we sang *Happy Birthday*.

## Birthdays for March



12 Christine Murray, OFS  
12 Suzie Nelson, OFS  
13 Jonathan Jones  
15 David Shick, OFS  
24 Gladys Whitehouse, OFS  
24 Annemarie Dudek, OSC



## Monthly Review for March 2019

The month of March is dedicated to **St. Joseph**. The first five days fall during the liturgical season known as **Ordinary Time** which is represented by the liturgical color green. **Ash Wednesday is March 6, 2019**. The remainder of the month falls during the liturgical season of **Lent** which is represented by the liturgical color purple — a symbol of penance, mortification and the sorrow of a contrite heart.

Joanita Nellenbach, OFS noted in the *Winter Communio*, "Since we'll celebrate the Solemnity of St. Joseph, Husband of Mary, on March 19, .....let's take some time to meditate on St. Joseph's example in preparation for that solemnity." She also wrote, "Joseph's story tells us that we should guard against being too attached to our plans. ... [I]n the end it always comes down to **our humility and openness to God's infinite possibilities**." (From *Five Minutes With the Word* (Advent 2009))

## The Holy Father's Intention for the Month of March 2019

**Recognition of the Right of Christian Communities:** That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected. (See also Apostleship of Prayer)

## Secular Franciscan Calendar for March 2019

- 06. Ash Wednesday
- 06. St. Colette de Corbie, Virgin, of the Franciscan 2nd-Order; a "Poor Clare" sister, d. 1447
- 08. St. Jean de Dieu, Priest, had been a tertiary before founding or joining another religious Institute, d. 1550
- 09. St. Frances of Rome, Virgin, had been a tertiary before founding or joining another religious Institute, d. 1440
- 10. St. Catherine of Bologna, Virgin of the Franciscan 2nd-Order; a "Poor Clare" sister, d. 1463
- 12. Bl. Louis Orione, Priest, Franciscan Third Order Secular, d. 1940
- 14. St. Catherine of Genoa, Virgin, Franciscan Third Order Secular, d. 1510
- 16. Bl. Torello of Poppi, Confessor, Franciscan Third Order Secular, d. 1282
- 17. St. Patrick
- 19. Saint Joseph, Foster father of Jesus
- 20. Bl. Hippolyte Galentini, Confessor, Franciscan Third Order Secular, d. 1620



**Holy Week in 2019:** Holy Thursday, April 18th, Good Friday, April 19th, Easter Vigil, April 20th and Easter Sunday, April 21st

"Lent comes providentially to reawaken us, to shake us from our lethargy." -- Pope Francis

"The Lord measures our perfection neither by the multitude nor the magnitude of our deeds, but by the manner in which we perform them." -- St. John of the Cross

**Next Gathering, 03/24/2019** is at St. Francis Church in the Fonder's room

## Apostolates

For **JPIC & Oak City Outreach**, Email Ellen Ferrone, OFS

**(OCOC is 03/23/2019)**

For **CPO** or Library: Email Maureen Copan, OFS

For Hospitality: Email Gladys Whitehouse, OFS

For Prayer Requests: Email Joanne Jacovec, OFS

For the Scrapbook: Email Lee Cunningham, OFS

For **Sunshine**: Call Marge Zombek, OFS

For the **Newsletter**: Email Frank Peluso, OFS

For the **Website**: Email Sharon Winzler, OFS

**Next Gathering 03/24/2019**  
**St. Francis Church**  
**In The Founders Room**



I love you this much!

## How Must a Secular Franciscan Fast in Lent? March 6 – April 20, 2019

**Lent** begins on Ash Wednesday, March 6 this year and for Christians starts the 40 day period of fasting. It ends on April 20th. This represents the 40 days Jesus spent fasting in the wilderness.

Secular **Franciscan Constitution: Chapter III: Fasting** Article 13-3. Traditional among Franciscan penitents, penitential practices such as fasting and abstinence should be known, appreciated, and lived out according to the general guidelines of the Church. The disciplines of Eucharist, study, penitence, retreat and so on that make up the Franciscan Rule are not things we do to transform ourselves; rather, they are our way of putting ourselves in a position where God can effect the transformation.

**Fast & Abstinence - US Conference of Catholic Bishops:** Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Church, the norms on fasting are obligatory from age 18 until age 59. (Also those with an infirmity). When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

### Penance as Practiced by St. Francis

**Penance is repentance, which is a conversion, a metanoia, or a new beginning**

After Francis' return to Assisi from the dream in Spoleto, he began performing the following actions:

- A. Ascetic practices: Francis began wearing a hair-shirt, fasting, and engaging in other corporal disciplines.
- B. Solitary prayer: Francis began withdrawing to caves and isolated places outside of Assisi with a companion for prayer and reflection.
- C. Giving alms: Francis gave money, clothes, and food to the poor, and he bought furnishings for churches. According to the sources, Francis had always been generous, but now his largesse took on religious meaning.
- D. Pilgrimage: On a pilgrimage to Rome, Francis took a large handful of coins and threw them over the tomb of St. Peter; before returning to Assisi, he traded clothes with a beggar, now not only giving to the poor, but identifying with them and becoming one of them.
- E. Re-building churches: After selling his father's horse and cloth in Foligno, Francis begins re-building the church of San Damiano; he later re-built San Pietro della Spina near Rivotorto in the valley, and the Portiuncula/St. Mary of the Angels.
- F. Serving lepers. In these actions, Francis was doing things differently; he was converting. "When I was in sins, it seemed extremely bitter to me to look at lepers, and the Lord himself led me among them and I practiced mercy with them." He was moving away from one way of life and embracing another. This was his life of penance.

The origins of this practice of penance are found in the Bible. In the original Greek language of the New Testament, John the Baptist and then Jesus insist that their listeners have a **metanoia**. The Greek translation says, "*Metanoieite!*" which translated literally means to change one's mind or heart. This phrase was translated into the Latin Vulgate Bible as "*Penitential agite!*" (literally, "do penance"). Then, the words were translated into English as repent. *From: <http://rhinoweb.org/franciscan-penance>*



## Gold, Silver, or Iron?

Jesus said: "If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him! *Therefore, whatever you want men to do to you, do also to them*" (Matt. 7:11-12). The **Golden Rule** is the principle of treating others as one's self would wish to be treated. It is a standard that is found in many faiths and traditions. The Golden Rule differs from what has been called **The Silver Rule**, a deviation of the Golden Rule by being a reversal of it. The Silver Rule states "*Do not do unto others as you would not have them do unto you.*" The rule of reciprocal respect proposed by Confucius, Cicero and others. The Golden Rule advocated by Jesus does not advocate reciprocity, but loving **generously** towards all, even for persons who behave selfishly without consideration of others. Of course there is also another rule, **The Iron Rule** - "*Might makes right.*" One can do what he is big enough to do. Which do you prefer? -*By the Editor.*

## **IN HONOR OF OUR CONSECRATED RELIGIOUS**

On Feb 2, 2019 three members of the Padre Pio Fraternity attended a Mass of Thanksgiving in Celebration of the gift of Consecrated Life at Our lady of Lourdes Church in Raleigh. Special recognition was given to Sister Damian Marie Jackson, OSF of the Franciscan Sisters of Philadelphia for her 65 years as a consecrated Religious. **(See pictures next Page).**

Principal Celebrant and Homilist, Most Reverend Luis Rafael Zarama, Bishop of Raleigh posed this question to the assembly "How do you know you are loved?"

The light and love in the church that morning pulsed with a lively energy of joy and peace.

"You know by the peace in your heart," he answered.

The Bishop spoke to the loving service in the gospel life of all religious

Fourteen religious Sisters along with Sr. Damian were called to the altar to renew their vows.

Fr. Jim Sabak, OFM was in attendance and served during the liturgy. He was given recognition as a consecrated religious as well.

At the end of the mass Sister Carol Marozzi, SSJ shared a reflection in tribute to Sister Damian, and following is a portion of her reflection:

*When I asked Damian, "Why do you love religious life?" she told me this story, ... which I believe says it well...*

*My mother taught me a life lesson when I was seven years old. My family didn't have much .... as far as material things go. There was a bakery near by that sold big bags of broken up cake for 5 cents. One day Mom said, "Helen, Go to the bakery and get a bag of cake." My sisters and brother sat around the kitchen table waiting for the treat. Mom tore open the bag ... and they all dove in for a variety of pieces.*

*But, I DIDN'T. I asked, "Mom, are we ever going to have a whole cake like everybody else?" Mom looked at me and said, "Some day we'll have a whole cake ... but it won't be as much fun. Look in our bag... we have so many kinds and colors of cake." Damian said that after that day she never really wanted a whole cake.*

*AND Today she realizes more that ever ... that she had a big bag of colorful, beautiful pieces of cake throughout her religious life. She told me ... that this best describes the source of her joy.*

The Mass was followed by a lovely luncheon with conversation, fellowship and a whole cake!

How blessed we are with the treasure of our Religious Sisters and Brothers.

Driving home I reflected in my heart "O Happy Day".

For Sister Carol's full reflection go to: [http://www.raleighcouncilofreligious.org/events\\_marozzireflection.htm](http://www.raleighcouncilofreligious.org/events_marozzireflection.htm) Submitted by Lynn Oeser, OFS who was there with John and Gail Halada,



Above Bishop Luis Rafael Zarama is in the center, Sister Damian to his right. Monsignor Sherba is in front row, right.



Some of us did volunteer work in the kitchen with Sister at the Avila Retreat Center a few years ago. Picture to the right.



The picture to the left shows Gail Halada, OFS of our fraternity congratulating Sister Damian.

Remember the delicious soup served at Avila? It was **Sister Damian's recipe**. Here are the ingredients:

- 4 lb. ground beef
- 1/2 lb. onion
- 1/2 stick margarine
- 8 cups water
- 1/3 jar beef base
- 1 1/2 tbsp. sugar
- 1 tbsp. salt

- 1/4 tsp. pepper
- 1/2 head cabbage, cut in sm. pieces.
- 1/2 bunch celery, cut in sm. pieces.
- 2 lb. frozen mixed vegetables
- 1 lb. 4 oz. crushed tomatoes
- 2 bay leaves, crushed
- 1/3 cup soy sauce

You may want to try it. That is, if you are having a large group for lunch. Yum!

**Don't forget to sign up for the March 19 Lenten meal. See Maureen.**