



VOL. 15 NO. 11

Monthly NEWSLETTER

Secular Franciscan Order of Central North Carolina



PADRE PIO FRATERNITY ofscentralnc.org NOVEMBER 1, 2025

— A Snapshot from the Life of St. Clare of Assisi —

LOVING JESUS IN OUR NEIGHBOR

St. Clare of Assisi made sure to make each stranger she met feel like a much-loved neighbor

St. Clare of Assisi was a woman whose life exemplified the principle of loving Jesus in her neighbour.

She loved Jesus in her neighbour through her radical commitment to poverty, prayer and service, compassion for others (particularly for the poor and sick), and vision of seeing Christ reflected in every person. She truly embodied the Gospel's call to love one's neighbor.

Inspired by St. Francis, left her comfortable life of wealth and riches behind her and founded the contemplative order of the Poor Clares, dedicating her life to a radical simplicity that allowed her to directly encounter and serve Christ in those on the margins of society. She saw her service as an outward expression of her inward love for God and found strength in compassion for others.

See CLARE, PAGE 4 ➡



CLARE'S UNDERSTANDING OF LOVE FOR NEIGHBOR WAS ROOTED IN HER MYSTICAL VISION OF CHRIST. SHE TAUGHT HER SISTERS THAT ALL PEOPLE ARE "MIRRORS OF CHRIST" AND "TEMPLES OF GOD".

— OUR HEAVENLY FAMILY: THE SAINTS —

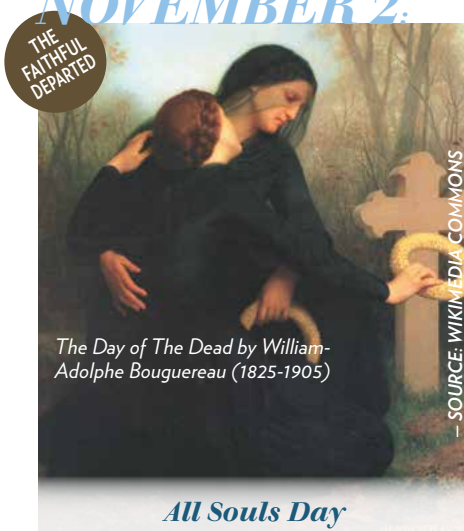
Saint of the Day // November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 SOLEMNITY OF ALL SAINTS
2 COMMEMORATION OF ALL THE FAITHFUL DEPARTED	3 SAINT MARTIN DE PORRES	4 SAINT CHARLES BORROMEO	5 SAINT PETER CHRYSOLOGUS	6 SAINT NICHOLAS TAVELIC AND COMPANIONS	7 SAINT DIDACUS	8 BLESSED JOHN DUNS SCOTUS
9 DEDICATION OF SAINT JOHN LATERAN BASILICA	10 SAINT LEO THE GREAT	11 SAINT MARTIN OF TOURS	12 SAINT JOSAPHAT	13 SAINT FRANCES XAVIER CABRINI	14 SAINT GERTRUDE THE GREAT	15 SAINT ALBERT THE GREAT
16 SAINT MARGARET OF SCOTLAND	17 SAINT ELIZABETH OF HUNGARY	18 DEDICATION OF CHURCHES OF SAINTS PETER AND PAUL	19 SAINT AGNES OF ASSISI	20 SAINT ROSE PHILIPPINE DUCHESNE	21 PRESENTATION OF THE BLESSED VIRGIN MARY	22 SAINT CECILIA
23 BLESSED MIGUEL AGUSTIN PRO	24 SAINT ANDREW DUNG-LAC AND COMPANION	25 SAINT CATHERINE OF ALEXANDRIA	26 SAINT COLUMBAN	27 SAINT FRANCESCO ANTONIO FASANI	28 SAINT JAMES OF THE MARCHE	29 SAINT CLEMENT
30 SAINT ANDREW						

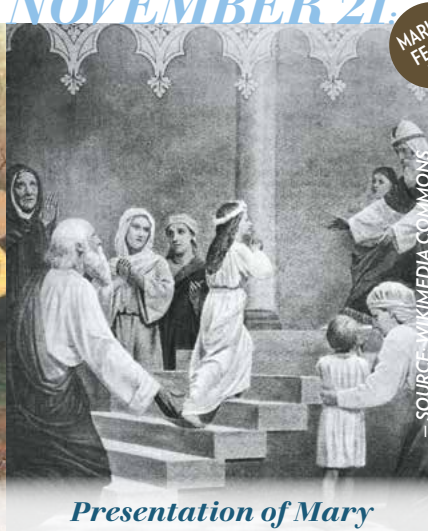
— SOURCE: FRANCISCANMEDIA.ORG

NOVEMBER 2.

NOVEMBER 21.



All Souls Day



Presentation of Mary

REFLECTION

It is sometimes difficult for modern Westerners to appreciate a feast like this. The Eastern Church, however, was quite open to this feast and even somewhat insistent about celebrating it. Even though the feast has no basis in history, it stresses an important truth about Mary: **From the beginning of her life, she was dedicated to God. She herself became a greater temple than any made by hands. God came to dwell in her in a marvelous manner and sanctified her for her unique role in God's saving work. At the same time, the magnificence of Mary enriches her children. They—we—too are temples of God and sanctified in order that we might enjoy and share in God's saving work.**

— SOURCE: FRANCISCANMEDIA.ORG

— COLUMN —

THE PURE JOY OF FALL COLORS



DEACON PHIL
RZEWNICKI, OFS
PhilRzewnicki@gmail.com

SHARING OUR BLESSINGS

Every autumn brilliant reds, glowing golds, and warm ambers sweep across trees, turning even the simplest walk into a wonderland.

But behind this dazzling display lies a story of chemistry, sunlight and survival. As autumn arrives with shorter days and longer nights, the chemical compound of many tree leaves transform with a kaleidoscope of reds, oranges, and yellows. This stunning shift is all thanks to leaf pigments, special molecules that absorb and reflect light in different ways.

There are three chemical compounds that are involved in pigmentation:

- **CAROTENOIDS:** Produces yellow, orange, and brown colors in such things as corn, carrots, and daffodils, as well as rutabagas, buttercups, and bananas.

- **ANTHOCYANIN:** Gives color to such familiar things as cranberries, red apples, concord grapes, blueberries, cherries, strawberries, and plums.

- **CHLOROPHYLL:** Gives leaves a basic green color. It is necessary for photosynthesis, the chemical reaction that enables plants to us sunlight to manufacture sugars for food. As night length increases in the autumn, chlorophyll production in leaves slow down then is eventually destroyed. The carotenoids and anthocyanin that are present in the leaf are then unmasked and begin to show their colors.

SPECIES COLOR CHARACTERISTICS

- **OAKS:** red, brown, or russet
- **HICKORIES:** golden bronze
- **ASPEN & YELLOW POPLAR:** golden yellow
- **DOGWOOD:** purplish red
- **BEECH:** light tan
- **SOURWOOD AND BLACK TUPELO:** crimson

THE COLOR OF MAPLE LEAVES DIFFERS SPECIES BY SPECIES

- **RED MAPLE:** brilliant scarlet
- **SUGAR MAPLE:** orange-red
- **BLACK MAPLE:** glowing yellow
- **STRIPE MAPLE:** almost colorless

AFTER LEAVES FALL

In addition to great viewing possibilities, there are other ways to take advantage of autumns. Instead of sending fallen leaves to the landfill, consider these practical and eco-friendly ways to make the most of them to help your garden soil become richer, provide wildlife shelter or the ability to find food, and for you or the kids to use in craft projects.

YOUR GARDEN

- **MULCH:** Shred fallen leaves and spread them around flower beds, trees, and shrubs to retain moisture, suppress weeds, and enrich soil naturally.
- **COMPOST:** Leaves are carbon-rich, making them perfect for balancing nitrogen-heavy food scraps in your compost pile.
- **LEAF MOLD:** Stack leaves in a quiet corner and let them decompose slowly into a dark, crumbly soil conditioner that boosts texture and water retention.

SUPPORT WILDLIFE

- **HABITAT:** Leaf piles provide shelter for insects, amphibians, and small animals during colder months. They also offer camouflage from predators.
- **FEEDING GROUNDS:** Birds, squirrels, and other critters forage through leaf piles to uncover insects, acorns, and other hidden treats.
- **POLLINATOR SUPPORT:** Many beneficial insects, including native bees and butterflies, rely on leaf litter to complete their life cycles. Leaving some area undisturbed helps preserve biodiversity.

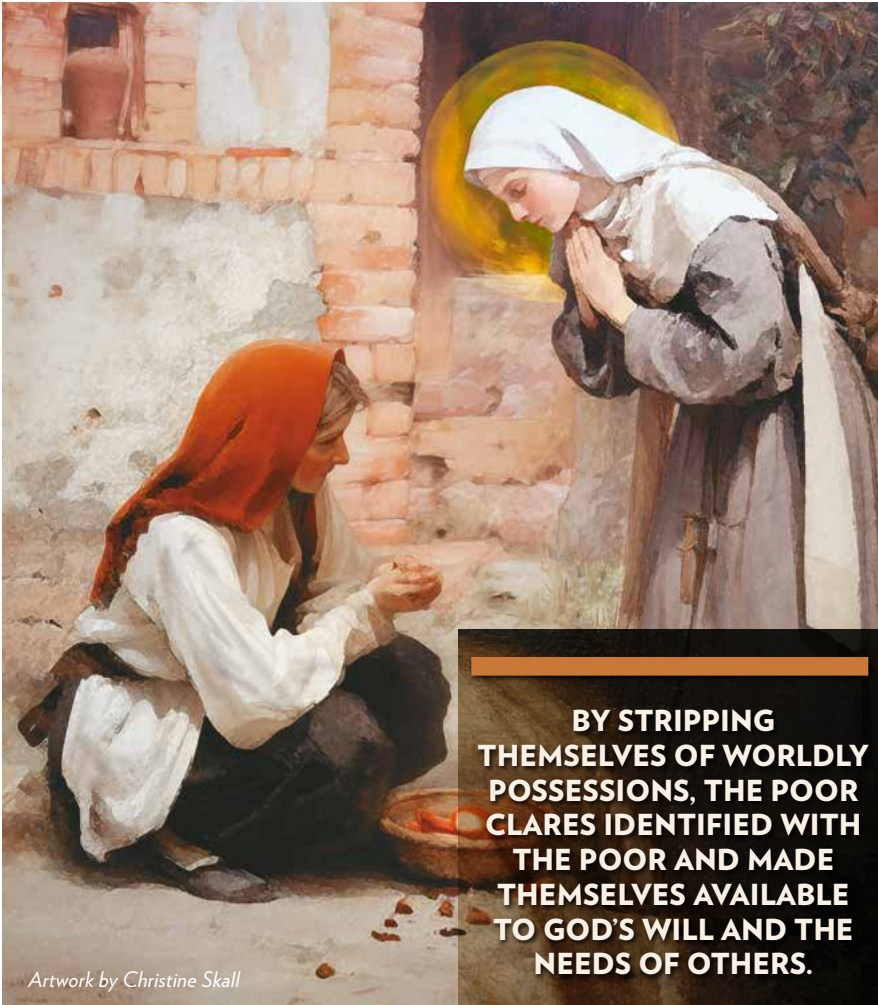
— SOURCE: U.S. Department of Agriculture - Forest Service



Artwork by Christine Skall

CLARE

➡ *Continued from* **PAGE 1**



EMBRACING RADICAL POVERTY FOR OTHERS

As a noblewoman in 13th-century Assisi, Clare had been expected to marry into a prominent family, but she was deeply moved by St. Francis's preaching on gospel poverty.

- **SAYING GOODBYE TO HER OLD LIFE OF EASE AND GREAT WEALTH:**

On Palm Sunday in 1212, 18-year-old Clare secretly left her family home through the “*door of the dead*”—a side door used to carry out coffins—symbolizing her death to her former worldly

life. She joined Francis and, before the altar, made a solemn vow to live a life of poverty devoted to Christ.

■ TRUSTING IN DIVINE

PROVIDENCE: Clare and her sisters lived a life of extreme material poverty, owning no property and relying entirely on alms. This practice was a profound act of trust in God's care. They were a community of women who lived a simple, austere life, wearing rough clothes, eating no meat, and dedicating themselves to manual labor and prayer. By stripping themselves of worldly

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possessions, the Poor Clares identified with the poor and made themselves available to God's will and the needs of others. This brought Clare into closer intimacy with the poor and with Jesus, whose example she longed to emulate.

SEEING CHRIST IN HER NEIGHBOR

Clare's understanding of love for neighbor was rooted in her mystical vision of Christ. She taught her sisters that all people are "*mirrors of Christ*" and "*temples of God*".

- **REFLECTION OF GOD:**

Clare's service was more than charity; it was a calling to see and reflect God's presence in others. She saw a *"seed"* of divinity in each person and encouraged her sisters to endure life's challenges to bring forth that divine life in one another.

- **SERVING WITH HUMILITY:** As abbess of her community, Clare modeled this service through

See CLARE, NEXT PAGE ➡

CLARE ††††††††

➔ *Continued from*
PREVIOUS PAGE

her actions. She would wash and kiss the feet of her sisters who returned sore and weary from begging for food. Her humility demonstrated that no task was too small for someone serving Christ's beloved.

ACTS OF COURAGEOUS COMPASSION AND LOVE FOR HER NEIGHBOR

Even as a cloistered nun, Clare's love for her neighbor extended beyond the walls of her monastery.

▪ **DEFENDING ASSISI:**

In 1240, Saracen invaders threatened the city of Assisi and the convent of San Damiano. Frail and ill, Clare took the Blessed Sacrament in a monstrance to the gate and prayed for divine protection. The invaders miraculously fled, and the city and convent were spared. This act was a powerful expression of her faith and her deep love for her community.

▪ **ADVOCATING FOR HER**

COMMUNITY: Clare tenaciously advocated for the strict poverty of her community, successfully appealing to the pope to secure a "*privilege of poverty*" that protected her order's way of life. Her steadfast determination ensured that her sisters could live out their chosen path of love and service.

▪ **SHINING AS A BEACON OF**

HOPE: Clare demonstrated unwavering hope even in the face of adversity, which she shared with others through her actions and attitudes. She inspired others to find solace and courage in God's love through her example of faith and generosity.



*St. Clare of Assisi by
Benedetto Coda (1492-1535)*

— SOURCE: WIKIMEDIA COMMONS

▪ **FINDING CHRIST IN THE**

ORDINARY: Even when sick and bedridden, she expressed her love in small ways, like sewing altar cloths for churches. For her, every action was an opportunity to show God's love to others.

Through her selfless choices and deep faith, St. Clare demonstrated that loving Jesus in one's neighbor is a call to see God in every person, serving them with compassion and unwavering trust.

EMBRACING THE CROSS ^[1]

As a noblewoman in 13th-century Assisi, Clare had been expected to marry into a prominent family, but she was

deeply moved by St. Francis's preaching on gospel poverty.

Most of her life, Clare lived with sickness. While she complained little of her own illness, she is known for frequently healing others. She lived an enclosed life within the narrow confines of a small monastery in Assisi. Yet her story is known around the entire world today.

Contemplative living was Clare's reason for living simply. One needs to be poor to have the space to meet God. Clare, by her way of life, witnessed to others the one thing necessary and found herself united with all people in sharing her need

See **CLARE, NEXT PAGE** ➔

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See CLARE, NEXT PAGE ➡

CLARE ††††††††††††††††

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bodies, holding the one by whom all things are held together, possessing that which in comparison with the other transitory possessions of the world, we will possess more securely."

Taking these words to Agnes seriously would change the way people look at themselves and others. The answer lies within. The realization of this "*indwelling of God*" calls for a respect and an appreciation for who we are. Clare taught her sisters to see themselves as temples of God, mirrors of Christ and revelations of the Holy Spirit. Such servanthood holds none of the unhealthy implications of being either slaves or doormats.

It calls us to mirror the self-emptying compassion we have seen mirrored in Jesus. It is the same Jesus, as we clearly know, who dwells in our neighbor. Our neighbors are also temples of God, mirrors of Christ and revelations of the Spirit. Our God dwells in each of us and each of us uniquely manifests our God.

Like Mary, we are called to birth our God for one another, to bring to life the reality of God's presence.

BEING REFLECTIONS OF GOD FOR ONE ANOTHER

Service goes beyond merely doing for one another. Service, in Clare's view, is a calling to be reflections of God for one another. Within each of us, Clare saw clearly, is a seed that awaits birth. We are encouraged to endure life's labor pangs and bring forth life. Not to do so would be to have the manifestation of God be stillborn.

MAKING OUR STRANGER OUR MUCH-LOVED NEIGHBOR


Each day, as Franciscans (and all Christians in general), we can grab each golden opportunity that comes



THE REALIZATION OF THIS "INDWELLING OF GOD" CALLS FOR A RESPECT AND AN APPRECIATION FOR WHO WE ARE. CLARE TAUGHT HER SISTERS TO SEE THEMSELVES AS TEMPLES OF GOD, MIRRORS OF CHRIST AND REVELATIONS OF THE HOLY SPIRIT.

Clare of Assisi, oil painting, 19th century, Convent of Catherine of Siena, Quito

— SOURCE: WIKIMEDIA COMMONS

our way to make the stranger our much-loved neighbor. Each day, we can remind ourselves that we have each been stripped of our old clothes and have put on the new clothes of Christ when we made our baptismal vow to respect the individual dignity of every human being. Each day, we can follow Clare's example by making the stranger our neighbor. 

1. FranciscanMedia.org

LIKE MARY, WE ARE CALLED TO BIRTH OUR GOD FOR ONE ANOTHER, TO BRING TO LIFE THE REALITY OF GOD'S PRESENCE.

Important DATES

SEE WHAT'S HAPPENING IN AND AROUND THE PADRE PIO FRATERNITY. Take note of upcoming important events and remember upcoming Birthdays & Profession Anniversaries.

Upcoming EVENTS



**MAY 8-10:
RETREAT AT
ST. FRANCIS SPRINGS**

Join us at this beautiful quiet center where you can spend some quality time with The Lord and fellow Franciscans. This will be a great time for spiritual renewal. Registration begins in January.

SOURCE: <https://www.stfrancis.today> Used with permission.

NOV.
1

**TRIP TO
FRANCISCAN
CENTER** Join us for
a relaxing and fun day on
our trip to the Franciscan

Center in Greensboro. 8am - 4pm
Saturday, Nov. 1. (Carpools will
leave St. Francis of Assisi parking
lot at 8am.) Fr. Louis Canino, OFM,
has offered coupons to those who
spend \$50 or more at the Franciscan
store. The trip will include Mass and
lunch. ➔ **Franciscan Center, 233 N
Greene St, Greensboro, NC 27401,
336-273-2554**

NOV.
18

BOOK CLUB Padre
Pio Fraternity reads &
discusses "In the Gaps"
by Dr. Brian Klausner via
Zoom on Tuesday nights
at 7pm. The Zoom sessions are led

by Mike Evangelista, OFS. Contact
Theresa Flynn, OFS, for more
information at theresa.flynn41@yahoo.com. NEXT MEETING: **Nov. 18.**
➔ **Meetings are via Zoom.**

ONGOING
NOV.
22➔

**OAK CITY
CARES** The Padre Pio
Fraternity contributes to,
and helps to serve, the
Saturday mid-day meal for
hundreds of clients of Oak City
Outreach in the downtown Raleigh
area. Fraternity members may sign
up to bring food items, help to serve
and converse with the outreach
center's participants. This ministry is
coordinated by Fraternity member
Ellen Ferrone. UPCOMING DATES:
**Nov. 22, Dec. 27 ➔ Oak City
Outreach Center, 215 S Person St.,
Raleigh, NC 27601. 919-847-8205.**

ONGOING
NOV.
23➔

**FRATERNITY
GATHERINGS**
These are the upcoming
regular monthly
Padre Pio Fraternity
gatherings on the 4th Sunday of
each month. Note that there will
not be a meeting in December
because it would be on the week
leading up to Christmas. NEXT
GATHERING DATE: **Nov. 23.**
2026 GATHERING DATES:
**Jan. 25, Feb. 22, March 22, April
26, May 17, June 28, July 26, Aug.
23, Sept. 27, Oct. 25, Nov. 22.**
➔ **St. Francis of Assisi Church,
11401 Leesville Rd., Raleigh, NC
27613. www.stfrancisraleigh.org.
919-847-8205.**

See EVENTS,
NEXT PAGE ➔

Anniversaries of PROFESSION

11/15/2017



LAURIE
WILBURN, OFS

11/17/2017



SHANNON
BROOKS, OFS

11/26/1989



CHARLOTTE
WITOSKY, OFS

Happy BIRTHDAY



NOV
1



BARBARA
REDZICH

NOV
7



JOHN PRICE

NOV
9



JANETTE
PEREZ, OFS

NOV
16



LORI ZAGIBA

NOV
19



LEE CUNNINGHAM,
OFS

NOV
30



VIRGINA CONWAY,
OFS

NOV
30



DALE ZAGIBA

EVENTS ††††††††

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PREVIOUS PAGE

DEC.
6

**ADVENT DAY-LONG PADRE
PIO RETREAT**

Fr. Tim Kulbicki, OFM Conv., pastor of the UNC-Chapel Hill Newman Center, will be leading the retreat and presenting

on the Incarnation. Don't miss this special time together with fellow Franciscans. Beginning with Mass in the Chapel at St. Francis of Assisi at 9:30 p.m. and ending at 3 p.m. The day will include morning coffee, snacks, and lunch. Cost is \$20. Pay at the retreat. Sign up so we know how many for whom to prepare. <https://www.signupgenius.com/go/10C054BA4AC23A0F85-59939906-advent> ➔ Newman Catholic Student Center, 218 Pittsboro St, Chapel Hill, NC 27516, 919-929-3730

2026

MAY
8-10

**RETREAT AT ST. FRANCIS
SPRINGS**

Join us at this beautiful quiet center where you can spend some quality time with The Lord and fellow Franciscans. This will be a great

time for spiritual renewal. Registration begins in January. ➔ 477 Grogan Rd, Stoneville, NC 27048. 336-573-3751.

2026
TBA

EPIPHANY PARTY TIMES &
DATE & DETAILS forthcoming.



**BLESSED IS
THE SERVANT**

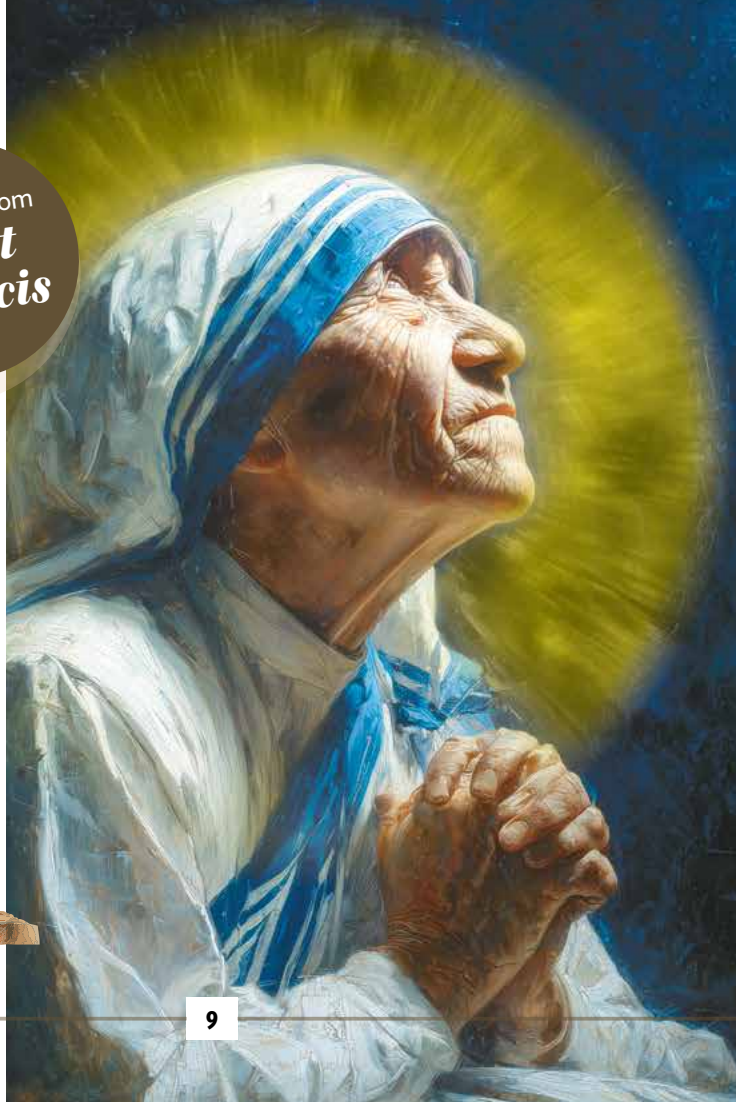
who loves his brother as much when he is sick and useless as when he is well and can be of service to him. And blessed is he who loves his brother as well when he is afar off as when he is by his side, and who would say nothing behind his back he might not, in love, say before his face.



A Quote from
**Saint
Francis**

PRAYER IS A SACRED DUTY AND A SUBLIME MISSION. WE ASCEND THE ALTAR OF PRAYER, CONSCIOUS OF THE MANY URGENT NEEDS AND INTERESTS OF OTHERS, TAKING UP OUR ROSARY, EMBRACING ALL THE OTHER SPIRITUAL EXERCISES WITH GREAT LONGING. WE GO WITH CONFIDENCE TO THE THRONE OF GRACE TO OBTAIN MERCY AND SEASONABLE AID FOR OURSELVES AND FOR SOULS.

— Mother
Teresa
of Calcutta



Padre Pio Fraternity

GATHERING

NOTES

A RECAP OF THE MOST RECENT FRATERNITY GATHERING. Highlights and discussion points from the July Fraternity Gathering are noted below.

Gathering HIGHLIGHTS

— WRITTEN BY —
SHARON WINZELER

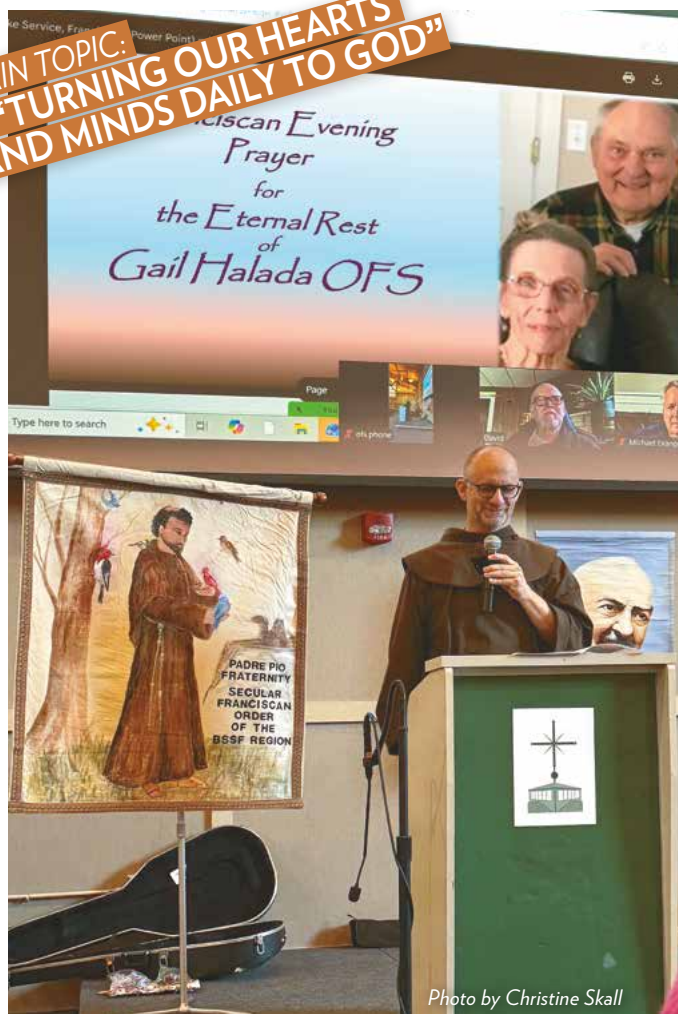
Our Oct. 26 meeting began with a beautiful Franciscan Wake service for our dearly departed sister Gail Halada, OFS.

Prepared and celebrated by our spiritual assistant Fr. Hugh Macsherry, OFM, the service reminded us of Gail's mission and the one that awaits us all. *"Death itself marks that sacred moment when this life embraces the next one,"* Fr. Hugh said in his homily.

"Continue to be Jesus for each other in your daily life. As a fraternity, we want to reveal Christ to each other every day. We give thanks for the way Gail revealed Christ to us. May we continue our missions until Christ comes for us," Fr. Hugh said.

The prayer service was followed by a

MAIN TOPIC:
"TURNING OUR HEARTS
AND MINDS DAILY TO GOD"



presentation and discussion of Rule 7, led by Marianne Norris, OFS. She offered a heartfelt reflection entitled "TURNING

OUR MINDS AND HEARTS DAILY TO GOD." Drawing from her own Franciscan journey and personal experiences, Marianne

TABLE DISCUSSION QUESTIONS

- 1 Share a Gospel or a Francis story that had a great impact on your life?
- 2 What resonated with you as you listened to what was shared??
- 3 Is there something you are being called to as a result of this presentation on Article 7 and what you heard shared?

spoke about the daily call to conversion—the continual turning of heart and mind toward Christ that lies at the center of Franciscan spirituality.

Having professed in May, Marianne described herself as a "fresh Franciscan," learning to place Jesus more consciously at the forefront of a full and busy life. *"There isn't a one-size-fits-all prayer life,"* she said. *"Each of us finds our own rhythm"*

See GATHERING, NEXT PAGE ➡

GATHERING †††††

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Marianne Norris, OFS offered a heartfelt reflection entitled “TURNING OUR MINDS AND HEARTS DAILY TO GOD.” Drawing from her own Franciscan journey and personal experiences, Marianne spoke about the daily call to conversion—the continual turning of heart and mind toward Christ that lies at the center of Franciscan spirituality.



From left, Gladys Whitehouse, OFS, Efram Klu, Charlotte Witosky, OFS, Marianne Norris, OFS and David Abell joined together in song to praise Our Blessed Lord.

“THERE ISN'T A ONE-SIZE-FITS-ALL PRAYER LIFE, EACH OF US FINDS OUR OWN RHYTHM AND RELATIONSHIP WITH GOD.”

— **MARIANNE NORRIS, OFS**

and relationship with God.”

She shared warm memories of growing up in Ohio, just two blocks from St. Patrick's Church, where her aunt, Sr. Charlotte McEvoy, served as school principal. Her mother worked at the convent to help pay tuition, and young Marianne often accompanied her.

"The convent was such a peaceful place," she recalled, "very different from living with seven older siblings! I remember watching the Ursuline Sisters pray the holy hours while walking slowly on the sidewalks outside the school." Those early impressions of prayerful peace, she said, planted seeds that would grow much later through her Secular Franciscan formation.

Only after studying the Rule of the Secular Franciscan Order did Marianne realize that a deep life of prayer and holiness is not reserved for those in religious orders. Each day offers an opportunity for lay people to pray, to listen, and to turn their hearts toward God. She quoted from Article 7 of the Rule:

“United by their vocation as brothers and sisters of penance, and motivated by the dynamic power of the Gospel, let them

See GATHERING,
NEXT PAGE ➡

GATHERING ††††††††††††††††††††

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JESUS, LET ME BE YOUR HANDS, LET ME BE YOUR TOUCH.
TO COMFORT THOSE IN PAIN, TO SHARE THE HEALING OF
YOUR LOVE. TO LISTEN WITH MY HEART BEFORE I SPEAK
MY MIND, TO BE YOUR INSTRUMENT OF PEACE.

– THE WORDS FROM A SONG CALLED “INSTRUMENT”
Written by choir director Jim Wahl

conform their thoughts and deeds to those of Christ by means of that radical interior change which the Gospel itself calls 'conversion.' Human frailty makes it necessary that this conversion be carried out daily."

That “*radical interior change*,” Marianne explained, is captured in the Greek word *metanoia*, meaning a turning of heart and mind toward God. “*I was so excited when I learned that word*,” she said. “*It means we are given fresh chances each day to grow closer to Jesus.*”

Drawing from examples both personal and historical, she reflected on how St. Francis's conversion began during his time of imprisonment after battle, when he questioned the violence of war and began to listen to the Spirit.

Marienne also spoke about a friend, Cliff, who is on death row at Central Prison and has become a companion in faith. *“Every night,” she said, “he reviews his day and asks God to forgive what he did wrong—and what he failed to see. His example reminds me that conversion begins with honest reflection and the courage to start again.”*

Marianne emphasized the beauty of the Sacrament of Reconciliation, calling it a true sign of God's mercy. *"I'm grateful we now call it reconciliation instead of confession,"* she said. *"It's not about listing sins—it's about renewing our relationship with Jesus."* A priest once told her, *"It's not about seeing what you've done wrong; it's about seeing what can change so you can draw closer to God."*

She encouraged those present to see conversion as a lifelong process rather than a one-time event.

“When we allow God’s grace to transform us, that grace naturally flows outward to others,” she said. “It’s not just an inside job.”

Marianne also shared how “*sneaky Francis*” has appeared in her own life—most recently in a book she picked up after her husband’s Parkinson’s diagnosis. The chapter began with a familiar Franciscan quote:

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” That, she said, was God’s reminder that faith grows strongest in the small daily steps of trust and love.

Music, too, plays a central role in her spirituality. As part of the parish music ministry, she finds deep joy in prayer through song. *“Our rehearsals begin and end with prayer,”* she said. *“We don’t just perform—we minister. Music helps others encounter God.”*

In closing, Marianne expressed gratitude for her Secular Franciscan community. *“The love and support of my brothers and sisters have been a divine gift,”* she said. *“They help me live the Gospel more fully every day.”*

She ended with lines from a song called "*Instrument*" written by choir director Jim Wahl that reflects her heart as a Franciscan:

*Jesus, let me be your hands,
let me be your touch.*

*To comfort those in pain, to
share the healing of your love.*

To listen with my heart
before I speak my mind,

To be your instrument of peace.

DEAREST JESUS,
MAY I BE YOUR
INSTRUMENT
OF PEACE...



Artwork by Christine Skall

[MEET A FELLOW FRANCISCAN]

EACH MONTH WE GET TO KNOW ONE OF OUR FRATERNITY MEMBERS A LITTLE BETTER :)

Lori Zagiba

Challenged to always keep seeking the voice of God, Jesus and the Holy Spirit

1 In two minutes or less, tell us a little about your background (*family, occupation, heritage, etc.*).

I am originally from upstate New York, having grown up mostly in Clifton Park, near Albany and Saratoga. I have one younger sister but also enjoyed having many extended family members nearby. I longed for a warmer climate, so when I began looking at colleges I set my heart on going to the University of Virginia in Charlottesville. From there I lived a few years in DC, then moved to North Carolina. I had a long stint as a stay-at-home mom of four children, but also worked 24 years at Duke, the majority of them in the Department of Economics as the business manager.

2 Tell us a little about your faith and your relationship with God.

I grew up Catholic and although I was not always especially engaged at mass, my faith in God and the power of prayer was strong. My faith grew much deeper during my college years at U.Va., nurtured by the Dominican friars and the University parish's community and also by participating in Encounters with Christ retreats. In becoming a mom in my mid-twenties, I gained a deeper sense of how much God

loves us through my love for my children. After moving to northwest Raleigh and joining St. Francis of Assisi, I read a biography of St. Francis that touched me profoundly. I became an avid reader of books on St. Francis as well as books on contemplative saints. My faith grew stronger and bolder through the practice of centering prayer. My faith (and support from the St. Francis parish community) supported me through a very difficult divorce and transition from stay-at-home parenting to full time work and helped me find the time to get a Master's Degree in Liberal Studies at Duke. I believe that my faith life has become even stronger in my marriage to Dale because in that relationship, I encounter our Lord daily.

3 Why did you feel called to become a Secular Franciscan?

I have had a devotion to St. Francis for over twenty years, but at Ellen Ferrone's kind invitation, I attended a secular meeting last winter and felt very drawn to this community. The peace I felt at that meeting was striking and the time seemed right for me to embrace the opportunity to serve others alongside members of the secular community.



Lori Zagiba wearing her usual friendly smile :)

4 What stage are you at in your Franciscan journey? (*Are you a visitor, orientee, inquirer, candidate or are you already professed and when?*)

My husband Dale and I were just last month welcomed as Inquirers into the Secular Franciscan community.

5 What do you feel you gain from being a part of the Secular Franciscan community?

I feel I gain a sense of peace by spending time with members of this community, but also I feel challenged by

See LORI, NEXT PAGE ➡

LORI ++++++

➔ Continued from PREVIOUS PAGE

this community to keep seeking out the voice of God, Jesus, and the Holy Spirit so that I may do what is mine to do on this earth.

6 What do you feel that you can offer to the Secular Franciscan community?

I can offer my faith, my friendship, and the skills God has blessed me with in support of our activities together.

7 What do you feel, as a Franciscan, that you can offer to others out there?

I hope that I will offer others hope and compassion and joy, following in the footsteps of our father Francis, but on my own unique path.

8 We already know you love Saint Francis. Do you have another favourite Saint? Why does that Saint appeal to you?

In very recent years, I'd say that Mary Magdalene has become a favorite saint and role model for me. I love her loyalty and bravery in following Jesus until the very end and for being the apostle to the apostles! Like many women throughout salvation history, her story isn't well documented, but it seems clear she loved Jesus deeply and made him the center of her life.

9 If you would like to, please name some other favourite Saints.

Teresa of Avila (for her mysticism and her commitment to reform), Mother Teresa (for her remarkable dedication to the dying and suffering in Calcutta), Saint Phoebe (a deacon in the early church) and Saint Anthony of Padua (because he has found many lost items for me).

10 Share a favourite quote from one of the Saints that has meant a lot to you.

"The important thing is not to think much but to love much; and so do that which best stirs you to love."

— TERESA OF AVILA

“ I HOPE THAT I WILL OFFER OTHERS HOPE AND COMPASSION AND JOY, FOLLOWING IN THE FOOTSTEPS OF OUR FATHER FRANCIS, BUT ON MY OWN UNIQUE PATH. ”

LORI ZAGIBA
WIFE, MOM, BUSINESS
MANAGER, LOVING
CHILD OF GOD

WITH ALL OUR HEARTS
AND ALL OUR SOULS,
ALL OUR MINDS AND
ALL OUR STRENGTH, ALL
OUR POWER AND ALL
OUR UNDERSTANDING,
WITH EVERY FACULTY
AND EVERY EFFORT, WITH
EVERY AFFECTION AND
ALL OUR EMOTIONS,
WITH EVERY WISH AND
DESIRE, WE SHOULD LOVE
OUR LORD AND GOD...

— St. Francis



Lori Zagiba, left, and her husband Dale Zagiba enjoy some time together outdoors at Dry Falls in Highlands, NC.

[PRAYERS & DEVOTIONS]



The Pope's PRAYER INTENTIONS

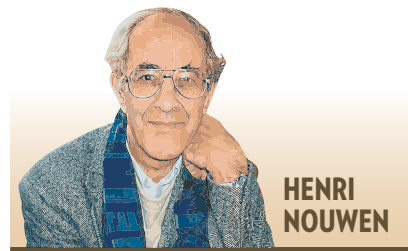
FOR THE PREVENTION OF SUICIDE

Let us pray that those who are struggling with suicidal thoughts might find the support, care, and love they need in their community, and be open to the beauty of life.

— SOURCE: USCCB.ORG

**A SINGLE ACT OF
LOVE FOR GOD** in times
of aridity is worth more than
a hundred in moments
of tenderness and
consolation.

A Quote from
St. Padre Pio



DAILY MEDITATION

So much is going on in our lives: new directions, old fears, apprehensions, and great uncertainties. Always, there is sadness and joy, fear and love, resentment and gratitude; there is nervousness about next week, next month, next year. Yes, there is so much going on beneath our feet that we are wondering if we can keep walking on all these waves. But Jesus is with us here and now. As long as Peter keeps his eyes fixed on Jesus, he can walk on the water. Problems are small and fears bearable

when we know who calls us. The Lord looks into us, smiles, stretches out both his hands, and invites us to get out of the boat: "Come to me, be not afraid."

— SOURCE: DISCERNMENT: READING THE
SIGNS OF DAILY LIFE, by Henri Nouwen

“ ‘LORD, IF IT’S YOU,’ PETER REPLIED, ‘TELL ME TO COME TO YOU ON THE WATER.’ ‘COME,’ HE SAID. THEN PETER GOT DOWN OUT OF THE BOAT, WALKED ON THE WATER AND CAME TOWARD JESUS. ”

— MATTHEW 14:28-29

“ To live a spiritual life we must first find the courage to enter into the desert of our loneliness and to change it by gentle and persistent efforts into a garden of solitude. The movement from loneliness to solitude, however, is the beginning of any spiritual life because it is the movement from the restless senses to the restful spirit, from the outward-reaching cravings to the inward-reaching search, from the fearful clinging to the fearless play. ”

— SOURCE: REACHING OUT: THE THREE MOVEMENTS OF THE SPIRITUAL LIFE, by Henri Nouwen

Litany of The Most Precious Blood

have mercy on us
have mercy on us
have mercy on us
You have made us a
kingdom to serve our God.

The Anima Christi*

Amen.



16

SPECIAL
MONTHLY
SERIES!

[PRAYERS & DEVOTIONS cont.]

REFLECTIONS & PRAYERS from *Divine Intimacy*

[EDITOR'S NOTE. Baronius Press, the publisher of *Divine Intimacy: Meditations on the Interior Life for Every Day of the Liturgical Year*, has kindly given us permission to share some meditations from this beautiful book. I read this book daily and cannot express enough how it has impacted my spiritual journey in the most beautiful and deeply enriching way, and so I would love to share some of these meditations with you also. If you would like to purchase the book so that you can read it in its entirety it is available from www.baronius.com/divine-intimacy.html.]

Blessed are the Peacemakers

PRESENCE OF GOD - O Holy Spirit, help me to establish my heart in peace.

MEDITATION

1. A soul who has tasted God, under the influence of the gift of wisdom, looks at the world with the eyes of God, and therefore is able to judge all things "*secundum rationes divinae*" (St. Thomas II^a II^{ae}, q.45, a.3, ad 3) by divine principles, according to supernatural motives, and not according to limited human reasoning. These are the truly "*wise*" judgments that we can never formulate without the help of the Holy Spirit. In fact, "*the sensual man {the man of the senses and of natural reason} perceiveth not these things that*

See DIVINE INTIMACY, NEXT PAGE ➡



Artwork by Christine Skall

DIVINE INTIMACY ++++++

➔ Continued from PREVIOUS PAGE



*Our God is the
God of peace.....*

*...therefore, it is
perfectly right that
the peaceful man,
he who possesses
and diffuses peace...
should feel in a very
special way that
he is God's child.*

Artwork by Christine Skell

are of the Spirit of God; for it is foolishness to him, and he cannot understand, because it is spiritually examined. But the spiritual man [the man of faith guided by the Holy Spirit] judgeth all things" (1 Cor 2,14.15). He judges all things in relation to their supreme Cause, God; therefore, he directs all his acts and orders everything in his life according to God. From this order—the only true order—comes peace, the fruit of the wise direction of the gift of wisdom; hence, the man who habitually lives under the influence of this gift is a **peaceful** man par excellence. His heart is established in peace, there is no longer anything disordered in it; all his affections and

**THE MORE OUR SOUL
BECOMES FIRMLY
ESTABLISHED IN PEACE,
AND THE MORE WE
BECOME MESSENGERS
OF PEACE, TO THAT
DEGREE WILL THE HOLY
SPIRIT INFUSE INTO
US THIS DELIGHTFUL
SENSE OF OUR DIVINE
SONSHIP, AND THIS
WILL BECOME FOR
US A SOURCE OF
IMMENSE HAPPINESS,
A TRUE PRELUDE OF
ETERNAL BEATITUDE.**

desires, all his thoughts and acts, are completely ordered according to God, being wholly submitted and conformed to His laws, to His will, to His good pleasure. One who possesses peace, disseminates peace. A **peacemaker**, in the etymological sense, is one who makes peace, cultivates peace, and spreads it about him. This is why the gift of wisdom corresponds to the beatitude of peace, "*Blessed are the peacemakers.*" Only one who lives under the influence of this gift can truly judge and regulate everything according to God, so that nothing, not even suffering, can disturb his interior peace, for he knows that even

See DIVINE INTIMACY,
NEXT PAGE ➔

DIVINE INTIMACY ++++++

➔ Continued from **PREVIOUS PAGE**

the most painful happenings are permitted and ordered by God for the good of His elect. *"To them that love God, all things work together unto good"* (Rom 8,28).

In this way the gift of wisdom gives a note of sweetness, not only to our prayer, but also to our practical life: *"Under the influence of this gift,"* says St. Thomas, *"what is bitter becomes sweet, and weariness becomes repose"* (II^a II^{ae}, q.45, a.3, ad 3).

2. The gift of wisdom leads us to peace: the interior peace of the soul who, having tasted God, gives itself to Him without reserve, in complete surrender to His divine will; the serene peace of one who, seeing God in all things, accepts the hardships of life without being disturbed, adoring God's providence in all; finally, it is the social peace of him who, considering all men in relation to God, as His creatures and His children, loves them all and wishes to live in peace with all. The more perfect it becomes, the more will this peace bring us to taste the reward promised by Jesus: *"Blessed are the peacemakers, for they shall be called the children of God"* (Mt 5,9).

All Christians are children of God by grace, but here we are considering the special reward which we might call a superabundance of the grace of adoption, an experience by which the soul not only knows, but even **feels and tastes** that it is a child of God. It is the savory sense of divine filiation which is born in the soul under the influence of the gift of wisdom. *"The Spirit Himself giveth testimony to our spirit, that we are the sons of God"* (Rom 8,16); these words of St. Paul become a living reality, a delightful experience; the soul feels itself called a child of God, not by men, but by God Himself;

**"O LORD, GIVE ME
YOUR PEACE, THE
PEACE OF A HEART
WHICH LIVES UNITED
TO YOU, FOR OF MYSELF
I CAN HAVE NO GOOD
AND WITHOUT YOU I
CANNOT HAVE PEACE"**

— ST. MARY MAGDALEN DEI PAZZI

no audible voice speaks to it, but the more it feels drawn by God and enjoys Him in intimate union, so much the more does it feel that He is its Father and that, in very truth, it is His child.

Our God is the God of peace; therefore, it is perfectly right that the peaceful man, he who possesses and diffuses peace, should feel in a very special way that he is God's child. If men generally do not feel themselves to be children of God, it is because they are so little disposed to peace, so ready for disputes, quarrels and war. They talk about peace but do not make peace, for they do not accept the guidance of the Spirit of wisdom. In their ignorance they prefer to be guided by themselves, and as a result they are dominated by pride, self-interest, and cupidity; they live in disorder and they sow disorder around them.

The more our soul becomes firmly established in peace, and the more we become messengers of peace, to that degree will the Holy Spirit infuse into us this delightful sense of our divine sonship, and this will become for us a source of immense happiness, a true prelude of eternal beatitude.


COLLOQUY

"O Holy Spirit, give us Your wisdom to teach and guide us and to bring all things back to You, from whom they came. Oh!

if we could really return to You as we came out from You, like waves returning to the ocean whence they came! Oh! If we could only make this complete return to You, we should be in perpetual happiness and perpetual peace! "Your wisdom is the perfection which orders all things in relation to You who are their end. It considers the past, looks at the present, and scans the future always in relation to You. From this orientation, peace, the sweet fruit of wisdom, is born in our hearts. He who possesses this peace is always serene: he is not troubled by the past or the present, and he looks peacefully toward the future, because he knows that everything is permitted and arranged by Your sovereign goodness.

"O eternal Father, give us light to know this peace, the cause of so many blessings, and without which we fall into so many faults and evils!

"Oh! why can I not communicate this peace to every creature? If I were what I should be, I certainly could diffuse it everywhere! O Lord, give me Your peace, the peace of a heart which lives united to You, for of myself I can have no good and without You I cannot have peace" (St. Mary Magdalen dei Pazzi).

"O most benign Jesus, give me above all desires the desire to rest in You, and in You let my heart find peace. You are the true peace of the heart; You are its only refuge; without You all things are difficult and troubled. In this peace, then, that is, in You, the one sovereign eternal Good, c I will sleep and take my rest" (Imit. III, 15,4). 

— SOURCE: FROM DIVINE INTIMACY: MEDITATIONS ON THE INTERIOR LIFE FOR EVERY DAY OF THE LITURGICAL YEAR, pp. 911-913. Translated by the Discalced Carmelite Nuns of Boston from the original Italian edition INTIMITÀ DIVINA DEL P. GABRIELLE DI S. MARIA MADDALENA. © Monastero S. Giuseppe - Carmelitane Scalze. Published by Baronius Press, www.baroniuspress.com. Used with permission.

[PRAYERS & DEVOTIONS cont.]

The Powerful Nine First Fridays *Devotion*

The “Nine First Fridays” devotion is a Catholic practice of receiving Holy Communion on the first Friday of nine consecutive months, with the intention of making reparation to the Sacred Heart of Jesus. Devotees should also go to confession within the week before or after, and practice a specific mindset of reparation for sins and ingratitude. In return, Jesus made promises to those who complete the devotion, most notably the grace of final repentance.

ON THE FIRST FRIDAY DURING 9 CONSECUTIVE MONTHS, THE DEVOTION CONSISTS OF:

1. GOING TO CONFESSION:

Go to confession within a week before or after the First Friday.

2. RECEIVING THE SACRAMENT OF HOLY COMMUNION

Receive Holy Communion on the First Friday of each month. By going to Confession prior to receiving Holy Communion you will also ensure that you receive Holy Communion worthily, in a state of grace. This is important.

3. DOING IT CONSECUTIVELY:

The nine Fridays must be consecutive months.

4. INTENDING TO MAKE REPARATION & HONORING THE SACRED HEART:

Have the intention of making reparation for the sins and ingratitude of

See **FIRST FRIDAYS,**
NEXT PAGE ➡



➡ Continued from PREVIOUS PAGE

NOTE: If you miss doing one of these (Confession, Holy Communion, Reparation & Honor to the Sacred Heart of Jesus) during this period you must start the entire consecutive nine-month series again.

The 12 Promises of the Sacred Heart to St. Margaret Mary are as follows:

- See **FIRST FRIDAYS,**
NEXT PAGE ➡



— SOURCE: WIKIMEDIA COMMONS

“ I PROMISE YOU, IN THE EXCESSIVE MERCY OF MY HEART THAT MY ALL POWERFUL LOVE WILL GRANT TO ALL THOSE WHO RECEIVE HOLY COMMUNION ON THE FIRST FRIDAY FOR NINE CONSECUTIVE MONTHS, THE GRACE OF FINAL REPENTANCE; THEY SHALL NOT DIE IN MY DISGRACE NOR WITHOUT RECEIVING THE SACRAMENTS; MY DIVINE HEART SHALL BE THEIR SAFE REFUGE IN THAT LAST MOMENT. ”

– OUR LORD TO ST. MARGARET MARY

FIRST FRIDAYS ++++++

➔ Continued from **PREVIOUS PAGE**

speedily to great perfection.

- I will bless those places wherein the image of my Sacred Heart shall be exposed and venerated.
- I will give to priests the power to touch the most hardened hearts.
- Persons who propagate this devotion shall have their names eternally written in my Heart.
- In the excess of the mercy of my heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

Let us keep the above promises firmly in our minds. Knowing them adds weight to the practice.

There is no reason for the faithful to hesitate or delay this pious practice in the spirit of reparation which the Sacred Heart of Jesus Requests of us.

THIS DEVOTION IS SO NECESSARY IN OUR DAYS

The culture of vice and sin remains unabated even as one reads this. Abortion, blasphemy, drug abuse, pornography, divorce and bad marriages, religious indifference, the advances of the homosexual agenda and others are just some of society's many plagues that greatly injure The Sacred Heart of Jesus.

The First Nine Fridays devotion stimulates the spirit of reparation; it instills a tender love for the Holy Sacraments of Confession and the Blessed Eucharist.

Let us not delay in observing this devotion for it too gives us hope for eternal salvation.



— SOURCE: *America Needs Fatima*

ACT OF REPARATION to the SACRED HEART OF JESUS

+++



Sacred Heart of Jesus, animated with a desire to repair the outrages unceasingly offered to Thee, we prostrate before Thy throne of mercy, and in the name of all mankind, pledge our love and fidelity to Thee!

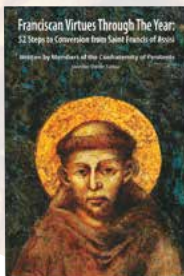
- + The more Thy mysteries are blasphemed, the more firmly we shall believe them, **O Sacred Heart of Jesus!**
- + The more impiety endeavors to extinguish our hopes of immortality, the more we shall trust in Thy Heart, sole hope of mankind!
- + The more hearts resist Thy Divine attractions, the more we shall love Thee, **O infinitely amiable Heart of Jesus!**
- + The more unbelief attacks Thy Divinity, the more humbly and profoundly we shall adore It, **O Divine Heart of Jesus!**
- + The more Thy holy laws are transgressed and ignored, the more we shall delight to observe them, **O most holy Heart of Jesus!**
- + The more Thy Sacraments are despised and abandoned, the more frequently we shall receive them with love and reverence, **O most liberal Heart of Jesus!**
- + The more the imitation of Thy virtues is neglected and forgotten, the more we shall endeavor to practice them, **O Heart of Jesus, model of every virtue!**
- + The more the devil labors to destroy souls, the more we shall be inflamed with desire to save them, **O Heart of Jesus, zealous Lover of souls!**
- + The more sin and impurity destroy the image of God in man, the more we shall try by purity of life to be a living temple of the Holy Spirit, **O Heart of Jesus!**
- + The more Thy Holy Church is despised, the more we shall endeavor to be her faithful children, **O Sweet Heart of Jesus!**
- + The more Thy Vicar on earth is persecuted, the more we will honor him as the infallible head of Thy Holy Church, show our fidelity and pray for him, **O kingly Heart of Jesus!**
- + **O Sacred Heart**, through Thy powerful grace, may we become Thy apostles in the midst of a corrupted world, and be Thy crown in the kingdom of heaven. Amen

Artwork by Christine Skall

[BOOK STUDY]

FRANCISCAN
VIRTUES
THROUGH
THE YEARPART 4:
COURTESY52 Steps to Conversion
from St. Francis of Assisi

[EDITOR'S NOTE. "Confraternity of Penitents", the publisher of "Franciscan Virtues Through The Year", has kindly given us permission to "republish" this book in our newsletter. We are publishing "one virtue" (one chapter) a month in each newsletter until we have completed the book. If you missed Part One please feel free to go back to the Fraternity's August Newsletter so that you can catch up. If you would like to purchase the book so that you can read it in its entirety it is available from Amazon.com and franciscanthirdorderpenitents.com.]



Artwork by Christine Skall

VIRTUE 4: COURTESY

REGARDING
COURTESY...

SCRIPTURE: "They are not to insult anyone or be argumentative. Instead, they are to be gentle and perfectly courteous to everyone." (*Titus 3:2*)

WRITINGS OF ST. FRANCIS

Blessed is the servant who, after being reprimanded, agrees courteously, submits respectfully, admits humbly, and makes amends willingly. (*Admonitions, XXIII*)

INCIDENT FROM THE
LIFE OF SAINT FRANCIS

From these stepping stones of natural strengths, he was brought to that grace that

prompted him to look within himself: "*You are generous and courteous to those from whom you receive nothing except passing and worthless approval. Is it not right that, on account of God who repays most generously, you should be courteous and generous to the poor?*" From that day he looked on poor

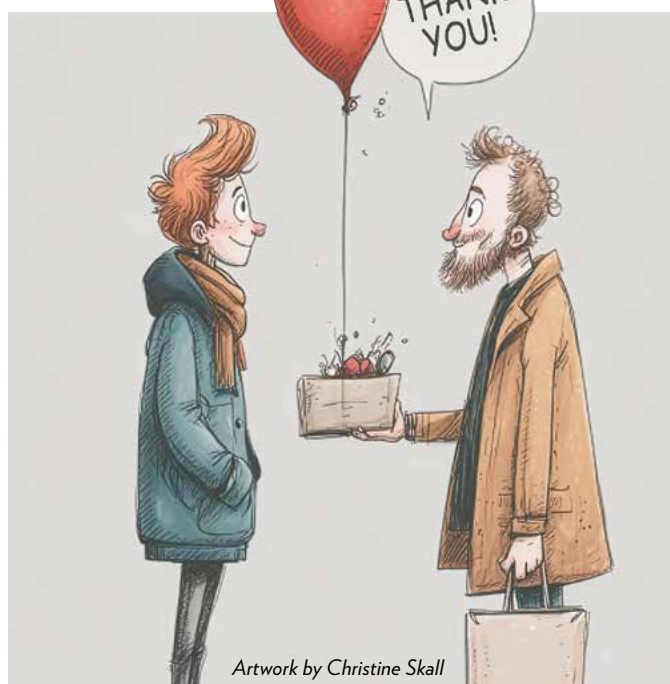
See COURTESY, NEXT PAGE ➡

[BOOK STUDY cont.]

➔ Continued from PREVIOUS PAGE

VIRTUE **4**
COURTESY Cont.

people generously and provided them affluently with alms. Although a merchant, he was a very flamboyant squander of wealth. One day when he was in the shop where he was selling cloth, totally absorbed in business of this sort, a poor man came in, begging alms for the love of God. Preoccupied with thoughts of wealth and the care of business, he did not give him alms. Touched by divine grace, he accused himself of great rudeness, saying: *"If that poor man had asked something from you for a great count or barren, you would certainly have granted him his request. How much more should you have done this for the King of Kings and the Lord of all!"* Because of this incident, he resolved in his heart, from then on, not to deny a request to anyone asking in the name of so great a Lord (*The Legend of the Three Companions* by Julian of Speyer, Chapter 1)



Artwork by Christine Skall

**ANOTHER NAME FOR COURTESY IS POLITENESS**

This seems like a virtue often infrequently practiced today. We tend to notice the times when people were discourteous rather than courteous. Why is this? Is our focus on the rudeness we were shown any indication that we ourselves are not courteous? Perhaps we avoid our own conscience by seeking to focus on the faults of others. Courtesy goes beyond holding the door open for an elderly person or a woman. Courtesy involves patience with people who annoy us, take up our time, or ask what seem to be foolish questions. St. Francis realized that he was not being courteous when he refused alms to a poor man when he would have given them to someone of a higher social class. Do we treat

See COURTESY, NEXT PAGE ➔

[BOOK STUDY cont.]

[illegible]

➡ Continued from **PREVIOUS PAGE**

everyone the way we would treat our boss? What does that tell us about courtesy?

YOUR PERSONAL EXERCISE:

† Spend a minimum of five minutes meditating on the Virtue of Courtesy. Do not write anything during this time. Merely begin your time by praying, “*Lord, help me to understand the Virtue of Courtesy and where I need it in my life.*”

† At the end of your meditation time, ask yourself: *Am I a courteous person? What makes me think this? What areas of my life need more courtesy? How do I treat discourteous people? How do I react in the face of rudeness? What makes me discourteous? What can I do to change how I respond?*

✦ Find another section in Scripture which illustrates the Virtue of Courtesy.

✦ Find a statement of Jesus or an incident in His life that deals with the Virtue of Courtesy. Write

these into your journal.

† If you are a member of a Religious Order, find one place in your Rule or Constitutions which calls for the Virtue of Courtesy. Explain why you chose this section.

† Practice the Virtue of Courtesy this week. Record in your journal any memorable insights or happenings.

† Each evening, examine the day for the opportunities you had to show courtesy. If you cannot remember any opportunities, ask God to show you. Pray, “*Lord, I am not always courteous. Help me to realize that my lack of courtesy comes from my abundance of pride and self-centeredness. Help me to desire this virtue of courtesy, Lord. Help me to pattern myself after our Blessed Mother, who was courteous to all. Amen.*”

✠ At the end of the week,
record in your journal
what you have learned
from this exercise.



Artwork by Christine Skall


SAINTS WHO SHOWED GREAT COURTESY


Many saints displayed great courtesy by treating everyone with respect, kindness, and humility, regardless of their social standing. For these holy individuals, courtesy was not merely a social custom but a spiritual virtue, an expression of genuine charity.

Notable examples of saints who showed great courtesy include:

■ **SAINT FRANCIS DE SALES (1567–1622):** Nicknamed the “**Gentleman Saint**,” Francis de Sales was known for his exceptional politeness, gentle spirit, and pastoral care for everyone, from nobility to commoners. When debating with Protestant adversaries, he was praised for never using harsh, arrogant, or humiliating words. His motto was, “You catch more flies with a drop of honey than with a barrel of vinegar”;

▪ **SAINT LOUIS IX, KING OF FRANCE (1214-1270):** As a king, Louis was known for his profound humility and justice. He regularly served meals to the poor and often invited 13 special guests from among the poor to dine with him daily. He treated everyone with respect, whether they were princes or peasants. When his nobles questioned his service to the poor, he reminded them that he was honoring Christ himself.;

■ **SAINT PHILIP NERI (1515–1595):**
Philip Neri was known for his cheerfulness and affability, a virtue he used to win over souls. He was especially compassionate and courteous to those seeking confession and spiritual guidance. His friendly and joyful manner allowed him to befriend young people and guide them away from a dissolute life. 



*St. Louis IX,
King of France
by El Greco*

– SOURCE:
WIKIMEDIA
COMMONS

[DRAWING THE SOUL TOWARDS GOD...]

*Use forms of
prayer that
draw you
toward God...*

THERE IS ONLY ONE ESSENTIAL PRAYER: IT IS THE MOVEMENT DRAWING THE SOUL UPWARD TOWARD GOD, AND THE RELATIONSHIP THAT FOLLOWS. AS SOON AS THE SOUL TURNS FROM THE DARK VALLEY TO THE HEIGHTS WHERE THERE IS LIGHT AND GLADNESS, IT PRAYS. IT MEETS HIM WHO HAS NEVER BEEN ABSENT AND WHO IS ALWAYS TURNED TOWARD THE SOUL, HIS HANDS FULL OF BLESSINGS, HIS HEART OVERFLOWING WITH ETERNAL LOVE, AND THE RELATIONSHIP THAT IS LOVE AND LIFE BEGINS.

— DOM AUGUSTIN GUILLERAND,
A Carthusian Monk

[COMPLETE SUBMISSION TO GOD...]

*"My soul
glorifies
The Lord..."*

MARY LOVED THE LORD WITH ALL
HER HEART, AND WITH ALL HER
SOUL AND WITH ALL HER MIGHT...

BECOME CLOSER TO MARY AND SHE
WILL BRING YOU CLOSER TO JESUS...

[WHO'S WHO]

GET TO KNOW WHO'S WHO
IN OUR FRATERNITY.
EACH AND EVERY MEMBER IS
AN INTEGRAL PART OF OUR
"FRATERNITY UNIT" AS A WHOLE :)

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WEBSITE: OFSCentralNC.org

FACEBOOK: Padre Pio Fraternity
Secular Franciscan Order of
Central North Carolina

Padre Pio Quote

“Don't spend your energy
on things that generate worry,
anxiety and anguish. Only
one thing is necessary:
Lift up your spirit and
love God.”

Padre Pio, perhaps during a mass in Italy
— SOURCE: WIKIMEDIA COMMONS

[JOIN US]

We welcome those who would like to learn more about the
Secular Franciscans. Join us for our monthly gatherings on the
fourth Sunday of each month, beginning at 2:30 p.m.

LOCATION:

Clare Hall at St. Francis of Assisi Catholic Church,
11401 Leesville Rd., Raleigh, North Carolina.

DO YOU WANT TO BE MORE INVOLVED IN FRATERNITY LIFE?

Your Fraternity Council is organizing mini committees based on the Four Pillars! Sign up today and have your ideas be heard! Contact Sharon or Rachel for more information. swinzeler@gmail.com or rchlrbnsn@gmail.com



THE FOUR PILLARS OF
SECULAR FRANCISCAN LIFE

ATTENTION!

Is there something you
would like to have shared
with our Fraternity? Send your
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featured in our monthly newsletter.
Email it to me! talyiana@gmail.com
Any and all content must be submitted
by the 15th of each month at the
latest, to be included in the
next newsletter.