

Up to Now

Newsletter of the St. Margaret of Cortona Region of the Secular Franciscan Order

Covering the District of Columbia, Maryland, Delaware, Virginia,
and portions of West Virginia and Pennsylvania



Fr. Philippus Philippus, OFM/Cap

Volume 13, Issue 3

Let us begin again, for up to now we have done nothing.

February 2010

Kempter Celebrates 100th Birthday

Howard Kempter, of the St. John the Beloved Apostle Fraternity, Alexandria Va., celebrated his 100th birthday in January. Fellow Fraternity member Karen Connair wrote the following tribute to Howard.

What is a life well lived? Is it a life graced with fame, fortune, or success in one's vocation? I thought about these things after I recently attended a 100th birthday party for our dear fraternity member, Howard Kempter. The party was held at a local restaurant and it was packed with well-wishers of all ages, including family, neighbors, fraternity members, fellow parishioners and people from all walks of life. All had been touched in some way by knowing Howard. Howard is quite a remarkable man, not only because he has lived to be 100 years old — which is no small feat these days — but because his long life has been an extraordinary Christian witness to others. We could all learn something from Howard. He loves God, and thus, he shares this love with everyone he meets. The goodness of Christ shines from within him and around him.

He has spent much of his life serving others, first as a civil servant in the federal government, and later in life, serving his parish. Howard now spends much of his time in prayer, praying for others and with others. He makes every person feel important; you want to be around him. He makes you feel good. I saw that at the party. He greeted each guest with sincerity and he made them feel that he was genuinely glad that they were there; one could see the warmth and happiness in his smile.



I have seen some older people that have become bitter and hardened with age, but Howard is not like that. He has had his share of grief and loss. His son died not

too long ago, and he lost his beloved wife of 62 years. I am sure he has suffered disappointments in life as we all have, at some time or another. But his faith and deep spirituality have sustained him. Howard has put his trust in Jesus, and He has not let him down. I believe Howard is a genuinely happy person and when you are with him, you feel happy as well.

(See "Kempter," page 4)

FROM THE EDITOR

This issue has turned out to be, entirely coincidentally, focused quite a bit on prayer of various sorts. I think that's appropriate, given the fact that it's being sent out two days before the beginning of Lent, and because our Regional Retreat was also focused on prayer.

I wish you a blessed and Spirit-filled Lent and a joyous Triduum and Resurrection. *MLC*

In This Issue...

(Click on item to navigate to article.)

Minister's Message	2
Reflection on Scripture	2
Regional Formation Director's Message	3
Regional Days of Reflection	4
First-Place National Poetry Contest Winner	5
Five Finger Prayer	5
Barbo Carlson Information	5
Lectio Divina	6
Websites of Interest	6
Around the Region	7
Newly Elected	7
Franciscan Saints and Blesseds	8
Environmental Tips	8
Lenten Carbon Fast 2010	9
Regional Reflection Day Flyer	11
Regional Formation Day of Recollection Flyer	12

Minister's Message



Dear Brothers and Sisters,

The Holy of Season of Lent is just about here. Once again, we have the opportunity to prepare to rise with the Lord on Easter morn! At the Last Supper, Jesus gives us the Eucharist — the most precious food that we need for the journey. We reflect on the ultimate sacrifice

of Our Savior on the cross on Good Friday — the incredible gift of love to each of us!

The gift of love — how do truly give this gift that we have received to each other, to those in our families, to those we meet from day to day and to our world of 2010? As Secular Franciscans, this is a very special calling. Our brother Francis has set the bar high. He radiated the love of the Lord to every creature! How do we measure up? Lent is the perfect time to deepen our understanding of what "love" is all about — to make love a reality in our lives.

In Paul's first letter to the Corinthians, we read again the inspirational passage, giving us the true definition of love. He tells us there are many gifts, prophesy, knowledge, tongues, faith — but they are nothing without love. We put away the childish ways of jealousy, pride, quick temper and brooding, to name but a few,

and we are called to be men and women who strive to patient, kind and compassionate and to take great joy in what is true. We are very conscious of the ways that bring injury and hurt to each other. Words spoken in anger, e-mails sent with messages that we absolutely must share, but that only cause pain or hurt to another, forgetting to include a person who thinks differently than we do, seeing only the negative side in the situations of life, no time to pray for our enemies. Where is love? Where is love? Only the empty gong is heard — only the clashing cymbal.

Brother and Sister Franciscans — we are "lovers" in the footsteps of Jesus, Francis and Clare! We are the "peacemakers"! Let us lift each other up, especially during this Lenten season, with prayer and bring out what is good and true and lovable in each of us. How much brighter and peace filled our world will be! Can't you just see our brother Francis walking through Assisi, smiling as he greets the town folks, laughing with the children, petting the dogs, cats, — being a person of joy, a person of love to all! He is our example.

As I visit our fraternities, I see these qualities of love, but I also see some not so loving qualities. As your minister, I ask for your prayers to be a person of love, a person of peace. My prayers are with you to be brothers and sisters of love brothers and sisters of peace. Hand in hand, I know we can all succeed.

In the peace and joy of Francis and Clare,
Mary Thuman, sfo
 SMC Regional Minister

Reflection on Scripture

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for a person's anger does not bring about the righteous life that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Do not merely listen to the word, and so deceive your-

selves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.

James 1:19-25

Regional Formation Director's Message

Praise be brother sun and sister snow! I know that this has been especially difficult to say this winter season, but as Franciscans we try to see the good in even the harsh realities of life. Living the Gospel spirit even in adverse conditions is a way to be positive about the situation at hand: God may have further plans for us and we know this will be positive. So as Franciscans, let us positively handle whatever else this winter season has in store for us so that we may be even more thankful of God for the beauty that springtime can really bring us. I know we all look forward to it.

The Regional formation team's latest meeting was held on January 23 at, once again, the home of Ann Corro. And we once again thank her for the delightful luncheon she provided us! The items we talked about include:

- T** The day of recollection to be held by St. Francis Fraternity of Triangle, Virginia, on March 13 (see flyer, page xxx). All the team members were encouraged to attend. Regional Minister Mary Thuman has scheduled a Regional Council meeting after this event. Susan Burke was invited and agreed to attend this council meeting and talk about her recent and latest trip she took to Haiti along with Tom Fame of the Companions of Francis and Clare Fraternity and his group. (Sue, Tom, and the group returned three days before the earthquake.). Jeanie McLees proposed that it be brought before the Regional Council that the proceeds of the sale of Tom's book, *The Lambi's Call*, be used as a fundraiser for the region. This will be considered at the Regional Council meeting following this day of recollection.
- T** Status of on-going fraternal visits and contacts: I attended the Mass and Christmas party of St. Mary of the Angels Fraternity on December 13. I wish to thank all the members of this fraternity for their invitation and a very fraternal time. The food arrangements were superb and I especially thank Frank Barcetta, who hosted the Mass and party. Jeanie, Sue and I also traveled the miles and made a prearranged fraternal visit to Marty White, Tom Fame, and the Companions of Francis and Clare Fraternity on the far side of Virginia in Salem on the weekend of November 21–22. At their gathering that Sunday, we made a joint presentation on the Franciscan Star of David (an article about which appeared in the November 2009 *Up-To-Now*). Although lengthy, the presentation was very much enjoyed and well received by the fraternity

members. We wish to thank Tom and Leah Fame and other fraternity members for their overnight accommodations and invitation to visit them, as well as their and the fraternity's extreme hospitality to us as we made it a weekend of Franciscan spirit for all!

- T** A day of recollection for inquirers, candidates, newly professed, and formation directors: Plans are currently being made for this. It is to be held on April 10 (the Saturday after Easter) at the Shrine of St. Anthony in Ellicott City. The theme will be "The Road to Emmaus: Our Encounter With Jesus Christ as Secular Franciscans." Facilitators will be Brother Mark Pattock, OFM Cap, and Ann Mulqueen, International Councilor of the National Fraternity Council, sfo. The time will be roughly from 9:30 a.m. to 3:30 p.m. and the cost will be \$10 per person. We hope this to be both a spiritual boost and reinforcement for our prospective and new fraternity members. See the flyer on this event that accompanies this issue of the *Up-To-Now*.
- T** The regional formation team will once again meet at Ann Corro's home on June 26 at 10:00 a.m. to 1:00 p.m. As always, please feel free to contact any one of us for a formation visit to your fraternity or for any matter concerning your formation program. If we have not yet visited your fraternity, we will be. If you wish us to visit you at a certain time, please let us know. Remember, our visits are for the purpose of making you aware that we are your servant leaders, and meeting with you personally is our way of doing that effectively. Let our team know how we can be of help.

Once again, peace and all good to all of you! May this season of Lent bring to us ample opportunities to prepare ourselves spiritually for the happiness and joy of the celebration of the Risen Christ at Easter and His triumph over sin and death. Thanks once again for taking both the Spirit of Christ and our Father Francis wherever you go!

Mike Huether, SFO
Regional Formation Director

FORMATION DIRECTORS PLEASE NOTE:

Heleni Pedersoli has spent some of her "down time" forced on us all by the weather to update the Formation Website. It can be found at:

http://heleni-pedersoli.com/Cortona_Formation.html



"Kempter" from page 1

Howard was asked to share with the partygoers what has been the happiest day of his life. He answered, "The happiest day of my life was not the day of my marriage or

the day my sons were born, but it was when I converted and joined the Catholic Church." For Howard, his faith is paramount. It is the rock of his existence. His love for God and the Church has transcended into an enthusiasm for life, people and a desire to serve his fellow man in the spirit of generosity and goodness. The large group of well-wishers at his party was a testimony to that. I feel privileged to know Howard. To me, his life is a life well lived because it is a life filled with Love.



Regional Days of Reflection

We are blessed to have not one, but two, regional days of reflection in the next few months.



The first is a day open to everyone in the region. It's a Day of Lenten Reflection — "Franciscan Peacemaking in a World at War." This day will be held on March 13 in Triangle, Va., and is sponsored by the St. Francis of Assisi

Fraternity in Triangle. The presenter is Fr. Bob Menard, OFM.

The second day is a Day of Recollection — "The Road to Emmaus: Encounter with Jesus Christ as Secular Franciscans." This day will be held on April 10 in Ellicott City, Md. The presenters are Br. Mark Pattock, OFMcap, (one of our new Spiritual Assistants) and Anne Mulqueen, SFO (our National Councilor to the Secular Franciscan Order International Council). It is sponsored by the Regional Formation Team.

The Day of Recollection is open to inquirers, candidates and those who have been newly professed, as well as to Formation Directors and Fraternity Ministers. It is especially



important because, as you probably know, a retreat is recommended for those about to be received as candidates or to be professed, but until now, there have been few opportunities to provide such a day.

Details and registration forms for each day can be found at the end of this newsletter. We invite all of you to participate in these opportunities to recharge our spiritual batteries.

Baltimore Archdiocesan Annual Social Ministry Convocation

The Social Ministry Convocation at Seton Keough High School is March 6th from 8:15 to 3:00 (the opening prayer begins at 9:00). The theme this year is "Peace, Poverty, and Mother Earth." As Franciscans, it is important that we be a presence at the convocation to represent the SFO. Please consider attending if you are able. The registration fee is \$10.00 and lunch is provided if you pre-register.

For more information go to <http://www.catholiccharities-md.org/advocacy/parish-social-ministry/31st-archdiocesan-annual.html>.



First-Place National Poetry Winner

The St. Margaret of Cortona Region is home to the first-place winner of the National Poetry Contest. Judith Ryese of St. Francis of Assisi Fraternity, Triangle, received this honor with the following poem.

The Woods

By Judith Ryese, SFO
St. Margaret of Cortona Region

My backyard woods, a joyful praying place.
Birds choirs rejoicing while insects scurry.
Thick canopy shadowing everything
 above the dead leaf carpet.
Endless green brush strokes with touches of brown.
Feeling God’s love, living in security,
Oblivious to the rest of the world.
A daily escape from an empty house.
My woods, a place to hide and yet be seen.

The nearby woods, a stark and dismal place.
Dove choirs mourning while faceless bodies brood.
Shadows of filthy blankets and worn tarps
 draped above the cold damp earth.
Dignity robbed people sit in dirty gloom.
Outcasts questioning God, living in fear,
No place in self-righteous society.
Daily, their humanity slowly dies.
Their woods, a place to hide

Lenten Carbon Fast

You may want to consider participating in the Lenton Carbon fast proposed by the Archdioces of Washington’s Environmental Outreach Committee.

Details can be found on pages 9 and 10 of this newsletter.

Five-Finger Prayer

1. Your **THUMB** is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a 'sweet duty.'
2. The **SECOND FINGER** is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The **THIRD FINGER** is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.
4. The **FOURTH FINGER** is our ring finger. Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our **LITTLE FINGER** — the smallest finger of all which is where we should place ourselves in relation to God and others. As the Bible says, “The least shall be the greatest among you.” Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

Important Information Regarding Barbo-Carlson Enterprises for ordering Franciscan books

Dave Barbo has semi-retired due to the health problems that he and his wife are having at present. This is after many, many years of good service to the SFO.

The new name and address for ordering books is:

Smoky Valley Printing
Box 189
Lindsborg, KS 67456
Phone 785-227-2364
Fax 785-227-3360

Lectio Divina (literally “Divine Reading”)

You can use these steps for praying with scripture, selecting a passage that seems right for you.

READ THE WORD (LECTIO)

Read the passage slowly, stopping when a word or phrase “shimmers” (stands out, catches your attention), becoming a transparency of God for you. The intention is not to get to the end of a passage but to the bottom of it in God, to the word or phrase through which God touches you now. This is not always a strong awareness. Sometimes a word may shimmer only faintly, but enough to give you a dim sense of God’s presence through it.

REFLECT ON THE WORD (MEDITATION OR MEDITATIO)

Move toward an understanding of God in the word. What might the spiritual meaning of the word be for your life? Do not try to force a meaning; rather allow the meaning to show itself. It may not be clear to you. You need only trust that God is at work in you at a deep level, and you do not have to understand clearly what is happening. This will emerge as it is really important for you to know. Your steady trust and openness to God is what matters.

RESPOND IN PRAYER (PRAYER OR ORATIO)

The Word of God moves from the mind to the heart. Responding to whatever meaning might have shown itself, move to active prayer: for your heart to open to God in direct communion, and for your will to open to God in responsive action, as that may be called for. Your prayer might be joy, or petition, or thanks, or adoration – whatever authentic response arises in you.

REST IN GOD (CONTEMPLATION OR CONTEMPLATIO)

Finally, move to a still presence in God, a simple resting in God. Gently release thoughts as they come. If you find your thoughts “kidnapping” you away from that Presence, use the word or phrase which spoke to you in the passage as a centering prayer, bringing you back gently to your sense of God’s presence, without judging yourself. Simply wait upon the Lord.

Source: <http://www.shalem.org/index.php/resources/publications/articles-written-by-shalem-staff/lectio-divina>

**Websites of Interest**

Here are several websites that may be of interest to Secular Franciscans.

THE CATHOLIC CLIMATE COVENANT

<http://catholicclimatecovenant.org/>

From the website:

After decades of steady progress in reclaiming and advancing the Catholic Church’s efforts to embrace an ethic of environmental stewardship, the Catholic Coalition on Climate Change is ready to launch an unprecedented and historical campaign to take responsibility for our contribution to climate change and do what we do best: be advocates for those who will be left out of the public policy debate on climate change.

EMAIL ETIQUETTE

<http://www.netmanners.com>

This website has quite a few tips on how to avoid sending or receiving annoying emails.

FRANCISCAN THEOLOGY AND SPIRITUALITY

<http://www.wtu.edu/academics/index.htm>

The Washington Theological Union is offering an 18-hour distance learning certificate program on Franciscan Theology and Spirituality. Application criteria are

- Bachelor's degree from an accredited institution.
- Cumulative Grade Point Average (GPA) of 2.5 or higher on a 4.0 scale verified on the official transcript.

NORA PFEIFFER’S BLOG SITE

www.norainbolivia.blogspot.com

<http://franciscanmissionservice.org/>

Nora Pfeiffer is a young woman the region is sponsoring in Cochabamba, Bolivia, through Franciscan Mission Service. Her blog site is very informative and has wonderful pictures. Cochabamba is where the FYA H2O Project money in 2007 went to build a water well.

Around the Region

RECEIVED AS CANDIDATES

Sandy Asendorf, sfo, Mary Our Queen Fraternity, Baltimore, Md., October 2009

John Carlson, sfo, St. Francis of Assisi Fraternity, Triangle, Va.

Kevin Corcoran, sfo, St. Joseph Cupertino Fraternity, Ellicott City, Md., December 16, 2009

Jeanette Doleschal, sfo, Mary Our Queen Fraternity, Baltimore, Md., October 2009

Rob Goraieb, sfo, St. Francis of Assisi Fraternity, Triangle, Va.

Charlie Hopkin, sfo, St. Joseph Cupertino Fraternity, Ellicott City, Md., December 16, 2009

James "Lud" Jones, sfo, Mary Our Queen Fraternity, Baltimore, Md., October 2009

Marie Lindung, sfo, St. Joseph Cupertino Fraternity, Ellicott City, Md., December 16, 2009

Liduvino Medina, sfo, St. Thomas More Fraternity, Arlington, Va., February 14, 2010

Jim Soltysiak, sfo, St. Joseph Cupertino Fraternity, Ellicott City, Md., December 16, 2009

NEWLY PROFESSED

Maria Rosa Barajas, sfo, St. Thomas More Fraternity, Harrisburg, Penn., January 17, 2010

Virna Borrero, sfo, St. Thomas More Fraternity, Harrisburg, Penn., January 17, 2010

Rosa Echevarria, sfo, St. Thomas More Fraternity, Harrisburg, Penn., January 17, 2010

Beatriz Frometa, sfo, St. Thomas More Fraternity, Harrisburg, Penn., January 17, 2010

Rob Karalis, sfo, St. John the Beloved Apostle Fraternity, Alexandria, Va., December 12, 2009

Bonnie Ng, sfo, St. Padre Pio of Pietrelcina Fraternity, Jarrettsville, Md., January 25, 2010

LOSSES IN THE FAMILY

John Baker, sfo, Thomas More Fraternity, Harrisburg, Penn., November 23, 2009

Alan Machleit, sfo, Sacred Heart of Jesus Fraternity, Warrenton, Va., December 12, 2009

Katie McCashin, sfo, Sacred Heart of Jesus Fraternity, Warrenton, Va., November 29, 2009

Shirley Murphy, sfo, Sacred Heart of Jesus Fraternity, Warrenton, Va., July 28, 2009

Thysla Sanchiz, sfo, Holy Family Fraternity, Manassas, Va., January 6, 2010

Dominic Sergi, sfo, December 10, 2009, and his funeral was held at the Franciscan Monastery. Dominic was a founding member of the St. Clare Fraternity, Milford, Del., and was professed, along with his wife, Polly Sergi, on Oct. 4, 1952, at the Franciscan Monastery.

Carmela Valentio, sfo, Immaculata Fraternity, Fredericksburg, Va., January 16, 2010

Deacon Anthony "Buddy" Bianco, sfo, St. Clare Fraternity, Milford, Del. Born February 17, 1930; professed May 29, 1989; died December 29, 2009.

Congratulations to Our Newly Elected

ST. FRANCIS FRATERNITY, WASHINGTON, D.C.

Minister: Plater Campbell
 Treasurer: Francisco Ramos
 Formation Director: Lolita Jardeleza
 Councilor: Vivian Fogg

ST. ANTHONY OF NAGASAKI FRATERNITY, WASHINGTON, D.C.

Minister: Patrick Martin
 Vice Minister: Heleni Pedersoli
 Secretary: Patricia George
 Treasurer: Bill Tubbs
 Formation Director: Laura Hansen-Rainey
 Spiritual Assistant: Joe Nangle OFM

MT. ST. SEPULCHRE FRATERNITY, WASHINGTON, D.C.

Minister: Victoria (Vicky) Spalding
 Vice Minister: Christopher (Chris) Cropper
 Secretary: Larry Bleau
 Treasurer: Virginia Lyons
 Formation Director: John H. Hewitt, M.D.



Plater Campbell, center, was elected Minister of the Saint Francis Fraternity, Washington, D.C., on November 21, 2009. Other members of the council elected were (from left to right) Francisco Ramos, Treasurer, Lolita Jardeleza, Formation Director, Mary Liepold, Secretary, Vivian Fogg, Councilor, and Dolores Calisto, Vice Minister.

Franciscan Saints, Blesseds and Feasts

(Click on the name to go to a Web link)

FEBRUARY

- 17 **Bl. Luke Belludi**, religious, I Ord.
- 19 **St. Conrad of Piacenza**, hermit, III Ord.
- 27 **Bl. Sebastian of Aparicio**, religious, I Ord.

MARCH

- 2 **Bl. Agnes of Prague**, virgin, II Ord.
- 3 **Bls. Liberatus Weiss, Samuele Marzorati and Michele Pio Fasoli**, priests and martyrs, I Ord.
- 5 **St. John Joseph of the Cross**, priest, I Ord.
- 9 **St. Frances of Rome**, religious, III Ord.
- 12 **Bl. Angela Salawa**, virgin, III Ord.
- 18 **St. Salvator of Horta**, religious I Ord.
- 20 **Bl. John of Parma**, priest, I Ord.
- 22 **St. Benvenute of Osimo**, priest, I Ord.
- 23 **St. Catherine of Genoa**, III Ord.
- 24 **Bl. Ludovico of Casoria**, priest, I Ord.
- 30 St. Peter Regaldo, priest, I Ord.



St. Agnes of Prague

APRIL

- 2 **Bl. Elisabetta Vendramini**, religious, III Ord., founder
- 3 **St. Benedict the Moor**, religious, I Ord. (Sometimes celebrated on April 4)
- 6 **St. Crescentia Höss**, virgin, III Order
- 16 **St. Bernadette Soubirous**, cord-bearer of St. Francis
St. Benedict Joseph Labre, cord-bearer of St. Francis
- 21 **St. Conrad of Parzham**, religious, I Ord.
- 23 **Bl. Giles of Assisi**, religious, I Ord.
- 24 **St. Fidelis of Sigmaringen**, priest, martyr, I Ord.
- 25 **Bl. Pedro de San Jose Betancur**, religious, III Ord., founder
- 27 **St. Zita of Lucca**, virgin, III Ord.
- 28 **Bl. Luchesius**, III Ord.
- 30 **Bl. Benedict of Urbino**, priest, I Ord.
St. Benedict Joseph Cottolengo, III Ord.



St. Bernadette Soubirous

MAY

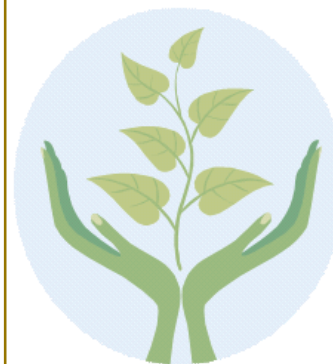
- 3 **Bl. Arthur Bell, Henry Heath, John Woodcock**, et al., priests, martyrs of England, I Ord.

- 7 **Bl. Agnellus of Pisa**, religious, I Ord.
- 8 **Bl. Jeremiah of Valacchia**, religious, I Ord.
- 9 **St. Catherine of Bologna**, virgin, II Ord.
- 10 **St. Ivo of Brittany**, III Ord.
- 11 **St. Ignatius of Laconi**, religious, I Ord.
Bl. Antonio of St. Anne Galvoa, I Ord., founder
- 12 **St. Leopold Mandic**, priest, I Ord.
- 16 **St. Margaret of Cortona**, III Ord.



St. Margaret of Cortona

Environmental Tips



Reduce your carbon footprint! Leaving your car at home twice a week can cut greenhouse gas emissions by 1,600 pounds per year. Save up errands and shopping trips so you need to drive fewer times. If you commute to work, ask if you can work from home at least some days, and

you'll reduce air pollution and traffic congestion - and save money.

¡Reduzca su huella de carbono! Si dejara su auto en casa dos veces a la semana ahorraría gases de emisiones con efecto de invernadero por mil seiscientas libras al año. Combine sus diligencias para conducir menos. Si tiene que viajar al trabajo, pregunte si puede trabajar desde su casa algunos días y así reducirá contaminación atmosférica y la congestión del tránsito. Así ahorrará dinero.

U.S. Environmental Protection Agency
<http://www.epa.gov/earthday/tips.htm>

Contributions for Haiti Relief . . .

. . .can be made through NAFRA to CRS by check made out to "NAFRA," marked "For Haiti Relief" and sent to the NAFRA treasurer

Dennis Ross, SFO
8933 Trailwood Court
Mentor, Ohio 44060-2131

The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole. Pope Benedict, *Encyclical Caritas in Veritate*

Lenten Carbon Fast 2010

As Catholic Christians we have a responsibility to be wise stewards of God's Creation and each of us must decide how we can improve our stewardship to safeguard God's Creation now and for future generations. The Archdiocese Environmental Outreach Committee suggests the following list of 40 carbon fasting actions everyone can consider as a part of your Lenten preparation for the Easter season. Each of these actions will reduce our production of climate change pollution and help to preserve God's great gift of Creation.

Environmental Outreach Committee ARCHDIOCESE OF WASHINGTON



adapted from *Tearfund* and other sources with help from Greater Washington Interfaith Power & Light www.GreenMyChurch.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Remember your baptism today, and the power of water. Try to conserve: Leave a bucket in the shower or kitchen sink, and collect "grey water" to water the plants. Have a lawn? Consider a rain barrel so you can water the lawn with rain. (3bl.me/kkqzrp)	Check windows and doors for drafts with a ribbon or feather. If it flutters, make or buy a draft dodger, or seal leaks with caulk and weatherstripping. (3bl.me/tgpdn6) For professional weatherization, contact WeatherizeDC.org.	If you're going to be away from an appliance for over an hour, turn it off as you leave the room. Even on an "energy-saver" setting, a computer, game console, or TV wastes more energy when it's on than if you really turn it off.	Be aware of your hot water use today. Turn off the water while scrubbing dishes. Take a shower instead of a bath, and try to take a shower that lasts half as long as usual.	Turn down your thermostat by at least one degree. Aim for 68 degrees during the day and 60 degrees at night. Program your thermostat if you can. Always turn the heat off when you leave home.	Go meat-free today. Christians have been eating less meat during Lent for generations. Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint. (VegDC.com)	Make one of your journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo? (3bl.me/8aczrn) Bike or walk, or take bus or Metro, instead of driving? (waba.org, wmata.com)
Run your washing machine only with full loads. Turn the knob on your washing machine to "cold/cold", and leave it there. Washing your clothes in cold water gets them just as clean as washing in hot water, but uses half the energy.	Speak out! Ask our leaders to take action on climate change today. (daysix.org, 1sky.org, chesapeakeclimate.org)	Turn off lights you're not using. Shut off lights as you leave a room. You can put reminders on your switchplates (gwiPL.org), or install motion sensors (about \$20 each) that turn lights off automatically (ShopiPL.org).	Be aware of how much food you discard this week. Look for opportunities to avoid wasting food by planning well, and eating leftovers.	Consider composting your food waste. Put the nutrients from food waste back into the soil, not into a landfill. Learn more about compost options for indoors and outdoors. (3bl.me/fmf29e)	Look to purchase locally-grown food today. Plan to walk to a farmers' market this weekend, or consider joining a community-supported agriculture (CSA) group that delivers local produce (localharvest.org).	Plan ahead to bring reusable bags with you to get groceries today. If you already use reusable grocery bags, purchase a set of reusable produce bags for fruits and veggies. (ecobags.com)
		Turn off lights you're not using. Shut off lights as you leave a room. You can put reminders on your switchplates (gwiPL.org), or install motion sensors (about \$20 each) that turn lights off automatically (ShopiPL.org).			Pick up at least one piece of litter on the ground when you are out walking today, and dispose of it properly.	Making travel plans? Consider getting there without flying. If you have to fly, balance out the carbon impact by buying offsets. Fund a project that prevents one ton of greenhouse gases for each ton that your trip will cause. (3bl.me/std348)

"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole." — Pope Benedict, *Encyclical Caritas in Veritate*

Lenten Carbon Fast 2010

As Catholic Christians we have a responsibility to be wise stewards of God's Creation and each of us must decide how we can improve our stewardship to safeguard God's Creation now and for future generations. The Archdiocese Environmental Outreach Committee suggests the following list of 40 carbon fasting actions everyone can consider as a part of your Lenten preparation for the Easter season. Each of these actions will reduce our production of climate change pollution and help to preserve God's great gift of Creation.

Environmental Outreach Committee ARCHDIOCESE OF WASHINGTON



adapted from *Tearfund* and
other sources with help from
Greater Washington
Interfaith Power & Light
www.GreenMyChurch.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Remember your 21 baptism today, and the power of water. Try to conserve. Leave a bucket in the shower or kitchen sink, and collect "grey water" to water the plants. Have a lawn? Consider a rain barrel so you can water the lawn with rain. (3bl.me/kkqzrp)</p>	<p>Check windows 22 and doors for drafts with a ribbon or feather. If it flutters, make or buy a draft dodger, or seal leaks with caulk and weatherstripping. (3bl.me/tgpdn6) For professional weatherization, contact WeatherizeDC.org.</p>	<p>If you're going to be away from an appliance for over an hour, turn it off as you leave the room. Even on an "energy-saver" setting, a computer, game console, or TV wastes more energy when it's on than if you really turn it off.</p>	<p>17 Be aware of your hot water use today. Turn off the water while scrubbing dishes. Take a shower instead of a bath, and try to take a shower that lasts half as long as usual.</p>	<p>18 Turn down your thermostat by at least one degree. Aim for 68 degrees during the day and 60 degrees at night. Program your thermostat if you can. Always turn the heat off when you leave home.</p>	<p>Go meat-free 19 today. Christians have been eating less meat during Lent for generations. Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint. (VegDC.com)</p>	<p>Make one of your 20 journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo? (3bl.me/8aczrn) Bike or walk, or take bus or Metro, instead of driving? (waba.org, wmata.com)</p>
<p>Run your washing machine only with 28 full loads. Turn the knob on your washing machine to "cold/cold", and leave it there. Washing your clothes in cold water gets them just as clean as washing in hot water, but uses half the energy.</p>	<p>1 Speak out! Ask our leaders to take action on climate change today. (daysix.org, lsky.org, chesapeakeclimate.org)</p>	<p>2 Turn off lights you're not using. Shut off lights as you leave a room. You can put reminders on your switchplates (gwPL.org), or install motion sensors (about \$20 each) that turn lights off automatically (ShopIPL.org).</p>	<p>24 Be aware of how much food you discard this week. Look for opportunities to avoid wasting food by planning well, and eating leftovers.</p>	<p>25 Let your dishwasher breathe. Run the dishwasher only with a full load, and skip the energy-intensive drying cycle by choosing the "air-dry" option; or just open the door overnight.</p>	<p>Look to purchase 26 locally-grown food today. Plan to walk to a farmers' market this weekend, or consider joining a community-supported agriculture (CSA) group that delivers local produce (localharvest.org).</p>	<p>Plan ahead to 27 bring reusable bags with you to get groceries today. If you already use reusable grocery bags, purchase a set of reusable produce bags for fruits and veggies. (ecobags.com)</p>
				<p>4 Consider composting your food waste. Put the nutrients from food waste back into the soil, not into a landfill. Learn more about compost options for indoors and outdoors. (3bl.me/fmf29e)</p>	<p>5 Pick up at least one piece of litter on the ground when you are out walking today, and dispose of it properly.</p>	<p>6 Making travel plans? Consider getting there without flying. If you have to fly, balance out the carbon impact by buying offsets. Fund a project that prevents one ton of greenhouse gases for each ton that your trip will cause. (3bl.me/std348)</p>



Franciscan Peacemaking

A Regional Lenten Reflection

in Time of War

Saturday
March 13, 2010
St. Francis of Assisi Parish
18825 Fuller Heights Road
Triangle, VA 22172
(703) 221-4044

Sponsored by the St. Francis of Assisi Fraternity, Triangle, Va.

Schedule

- 8:45 a.m. Mass for World Peace
- 9:15 a.m. Franciscan Experience of War and Peace
 - a) The Experience of St. Francis of Assisi
 - b) The Experience of Franciscan History
(break)
 - c) The Story of Franz Jägerstätter, sfo
- Noon Lunch
- 12:45p.m. Franciscan Peacemaking Workshops
(each person may attend two workshops)
- 1:00 p.m. Workshop Session One (participate in one)
- 1:45 p.m. Workshop Session Two (participate in another one)
 - Classroom A Peace and the Word: Prayer, Parenting and Religious Formation
 - Classroom B World Religious and Peace
 - Classroom C Care of the Troops and Their Families
 - Classroom D: Advocacy for Peace and Reconciliation
- 2:45 p.m. Peace Pole Prayer and Closing

Cost: \$5.00 (covers lunch, scholarships available)

- Yes! I plan to attend the Franciscan Peacemaking Lenten Reflection.
- I would like to receive a scholarship.

Name _____

Fraternity _____

Address _____

City, State, ZIP _____

Email _____

Phone _____

Please return this information with payment by March 5 to:

Peter Farago, sfo
14337 Forest Row Trl.
Midlothian, VA 23112





Secular Franciscan Candidates and Inquirers Day of Recollection

The Road to Emmaus: Encounter with Jesus Christ as Secular Franciscans

Saturday

April 10, 2010

9:30 a.m. - 3:30 p.m.

Shrine of St. Anthony

12290 Folly Quarter Road

Ellicott City, MD 21042

(410) 531-2800

Sponsored by the St. Margaret of Cortona Region Formation Committee

Presenters

Ann Mulqueen, SFO

Br. Mark Pattock, OFMcap

Join us for a day of prayer with your Franciscan Family

(Formation teams and newly professed are also invited.)

Cost: \$10.00 per person.

Yes! I plan to attend the Franciscan Day of Recollection for
Candidates and Inquirers.

Name _____

Fraternity _____

Address _____

City, State, ZIP _____

Email _____

Phone _____

Please return this information with payment by March 31 to:

Mike Huether
4312 Greenhill Avenue
Baltimore, MD 21206
410-488-9375
mhuether1@cavtel.net

