

# "Up To Now"



NEWSLETTER FOR ST. MARGARET OF CORTONA REGION, SECULAR FRANCISCAN ORDER  
COVERING THE DISTRICT OF COLUMBIA, MARYLAND, DELAWARE, VIRGINIA, AND PORTIONS OF WEST VIRGINIA AND PENNSYLVANIA

Volume 11, Issue 1

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

August 2007

## It all starts with... FORMATION!

As the formation director for the region, I have given much thought to what am I called to do. Over time, I realized that I need to share what I have experienced in the life of a Secular Franciscan. The main thing that I have learned over the years is that "formation is very important."

Therefore, the individual fraternity needs to elect the formation director very carefully. The person selected has to have a talent in formation since it is the formation director who is responsible for educating the members of the fraternity in the practice of going from "Gospel to Life, Life to Gospel."

On the other hand, as the regional formation director, I am hoping to form a team of experienced formation directors who will work with me to act as regional coordinators to share their experiences and assist new formation directors with issues that arise in their fraternities. The team also needs to focus on seeing that the NAFRA guidelines for both initial and ongoing formation are followed.

At the last Regional Executive meeting, we decided to implement this formation team with representatives from each area in the region. I will work with this formation team and arrange meetings for all formation directors. If you have any formation questions concerning your fraternity, please contact me so we can work and learn from each other.

Peace be with you all.  
*...Clara Choe*  
Regional Formation Director



*Dear Lord, you have given us these summer months to slow down, to refresh and renew ourselves and to take a breather from our hectic pace. But it seems, Lord, that I am busier than ever. I need your peace. Help me to make the time, to take the time to enjoy your beautiful creation...the gorgeous sunrises, the sounds of chirping birds, the majesty of the blooming flowers, and the fresh clean smell after a summer rain, the sound of a child's laughter, and the comforting smile of a friend. Let me not be too busy to toss a ball around with my grandchild, to take a walk in the cool evening with my spouse, to spend time with you in prayer at the beginning and end of my day. Slow me down, Lord, and let me savor every moment of this beautiful season, so that I might be refreshed and renewed to begin again when summer is over. Thank you, Lord, for this welcome break from my hectic pace and for the beauty of your creation. I*

## INSIDE THIS ISSUE

- 1** Regional Formation Director's Message
- 2** Calendar of Events
- 2,3,4** Quinquennial Congress Coverage
- 5-6** Fraternity News
- 7** Reflections from the Shore
- 8** Editor's Thoughts & Submission Guidelines
- 9** Driving Directions for Regional Fraternity Mtg
- 10** Retreat Registration Form

**IMPORTANT DATES  
MARK YOUR CALENDARS!**



- August 15 UP TO NOW posted on the regional website
- August 25 MD/PA/DE Area Ministers Meeting at Charlestown Retirement Community in the Charlestown Square Classroom, 9 a.m. to 1 p.m.
- Oct. 3 Transitus
- Oct. 4 Feast of St. Francis of Assisi
- Oct. 12-14 Regional Retreat @ Priestfield Pastoral Center, Kearneysville, W.VA
- Nov. 10 Regional Fraternity Meeting at Delone Catholic High School in McSherrystown, PA

**SFOs in  
Maryland**



There are still some Secular Franciscan **license plate holders** available for \$5.00 each. They make a nice gift for the newly professed. Anyone interested in obtaining the license plate holders may contact Mary Simmons, SFO, at [marysfo\\_1@msn.com](mailto:marysfo_1@msn.com) or by calling 410-557-7586. T

**Quinquennial Statement**

In a spirit of Christian unity and love, over four hundred members of the **Secular Franciscan Order** gathered in Pittsburgh, Pennsylvania from July 3 to 8, 2007. They celebrated their 17th Quinquennial Congress. Representatives came from all over the United States as well as from Caribbean islands, Canada, Australia, India and Latin America.

During their days together, they focused on the **multicultural nature** of their Order. Several cultural groups were highlighted, including Eastern Rite Catholics, Filipinos, Italians, Koreans, Mexicans, Native-Americans, Syro-Malabar Catholics from India and Vietnam.

The Secular Franciscans modeled inclusion of all cultures and races during the Congress. The Secular Franciscan Order has committed itself to an **intentional effort to transform racist attitudes** and all forms of exclusion that separate and oppress the people of God.

*-- approved July 6, 2007,  
in Pittsburgh, PA  
by overwhelming voice vote of over 400 participants  
17th Quinquennial Congress  
Secular Franciscan Order in the U.S.*



# THE QUINQUENNIAL EXPERIENCE

July 3-8, 2007

Photos by Bob and Mary Stronach, SFO



**St. Margaret of Cortona Region** had a good representation at the Quinquennial Congress. Some of those who attended were Tom Bello, NAFRA Vice-Minister; Sonja & Jaime Bernardo, Quinquennial Planning Committee; Carolyn Protin, Regional Minister; Anne Mulqueen, International Councilor; Mary Stepke, Mary Our Queen Fraternity; Miguel Tirado, Metro/DC Councilor; and Ann Corro, Regional Council Secretary.

## A Quinquennial Congress Review

How can you capture five days chock full of Franciscan spirit in a brief article and expect those who weren't there to understand? It's almost impossible...but I'll try. From the very beginning the "Q" experience was fantastic...the opening liturgy celebrated by Bishop Daniel Conlon, DD, of Steubenville, OH, began with a Procession of Cultures reminding us from the very beginning that we, the Secular Franciscans, are a diverse group but we all share the same faith experience and the same roots in St. Francis and St. Clare of Assisi. By the time we'd prayed together and eaten together a few times, we weren't even seeing the differences, only the similarities and the shared experiences.

The first keynote session of the 17<sup>th</sup> Quinquennial Congress found us again on common ground...sharing The Peace Prayer and focusing on Article 13 of our Rule..." *As the Father sees in every person the features of his Son, the firstborn of many brothers and sisters, so the Secular Franciscan with a gentle and courteous spirit accept all people as a gift of the Lord and an image of Christ. A sense of community will make them joyful and ready to place themselves on an equal basis with all people, especially with the lowly for whom they shall strive to create conditions of life worthy of people redeemed by Christ.*" Focusing on these Franciscan aspects, Father Eric Law, an Episcopalian priest, noted author and authority on multicultural issues, drew some 400 Secular Franciscans into four-days of self-exploration and interaction. "The first step to becoming an interculturally-sensitive person," explained Father Law, "is to know your own cultural iceberg." He was referring to the beliefs, patterns, myths and values we all hold deep within ourselves...those that have been implicitly learned, as opposed to the external part of our make-up that we are conscious of. Our different cultural components, he pointed out, are more than just our skin color and racial or ethnic background...they can be age, gender, physical ability, marital status, geographic location, theology, language, economic situation, or any combination of qualities.

In his second keynote session, Father Law led us further into areas of self discovery based on two basic communication styles - low and high context. The first, he explained, refers to those who are direct in their approach to a task, those no-nonsense people who solve a problem in a straightforward manner. On the other hand, he pointed out, those who are high context tend to be indirect and non-confrontational, take their time getting used to a new situation, tell stories, and focus on relationships. While these two styles are very different in their approach to a situation, it's important to remember that most of us tend to utilize both styles depending on the situation.

In the third and final keynote session, Father Law introduced "power analysis," a useful tool in dialogue, referring to it as the Cycle of Gospel Living. He suggested that one should first observe a situation and determine who is perceived as having more power: the ability to manipulate the environment or influence others. Those with less power would be invited to speak first. "Once you enter the Cycle," Father Law explained, "it's quite easy...you speak and I listen...I talk and you listen. What I'm asking you to do is, when you have the power, share it...you need to listen."

These three keynote addresses were surrounded by so much more. There were small Congress Fraternity gatherings, four workshops offered for participants, numerous displays of cultural treasures and Franciscan archives, a Festival of Cultures that went on for two evenings and included sampling of food from the various countries. In addition, Mass was a different experience each evening: A Mass in Korean, an Indian Syro-Malabar Rite; an Eastern Rite Mass and a Spanish Mass, and Morning Prayer in Vietnamese and Filipino. One of the rooms was converted into a chapel so it was possible to spend quiet time with the Lord.

It was an unforgettable experience for those who attended and I encourage you to visit the NAFRA website ( [www.nafra-sfo.org](http://www.nafra-sfo.org) ) and click on the link to the Quinquennial Congress. There is so much more to see and learn and experience.

...Sharon Crews Hare  
Up To Now Editor

**News from around  
the region...**



◆ We are truly blessed to have **28 professions** in our region during the past few months. We extend our congratulations, our prayers and our welcome to **Gail Barber, SFO, Colleen Faini, SFO, Helga Fallis, SFO, Karen Haskell, SFO, Maryann Heimgartner, SFO, Rose Millington, SFO, Vicki Sampson, SFO, Margaret Schlachter, SFO, and Christine Trippi, SFO**, who were professed in May as members of **Immaculata Fraternity** in Fredericksburg, VA; In addition, **Ed Gerhardt, SFO** was professed in May as a member of **Our Lady of the Rosary Fraternity** in Hampton, VA; And that same month, **Ilene Highberger, SFO, Debra Martin, SFO, Tast Martin, SFO, Suzzane Pardif, SFO, and James Snyder, SFO**, became members of **Companions of Francis and Clare Fraternity** in Hiwasswee, VA; **Michael Clinton, SFO and Maura Heedham, SFO**, were professed as members of **Holy Family Fraternity** in Manassas, VA, in June; **St. Elizabeth Ann Seton Fraternity** in Emmitsburg also welcomed **Kevin Kulesa, SFO**, in June; **Marilyn Gilson, SFO, Susan Suprock, SFO, and Brandon Justice, SFO**, were welcomed in July as new members of **St. Joseph Cupertino Fraternity** in Ellicott City, MD; **Jean Jomidad, SFO, Shirley Sapp, SFO, and Mercy Sponaule, SFO**, were professed as members of **Mary Our Queen Fraternity** in July; and **Gemma Kim, SFO, Maria Gibson, SFO, Cecilia Park, SFO, and Elizabeth Nam, SFO**, were also professed in July as members of **St. Bonaventure Forming Group** in Fairfax, VA.

◆ The anniversary of our Profession is special for all of us, but for those who have been faithfully following our Rule for more than **30** years, some special recognition is due. Please join in sending congratulations and prayers to each of these long-time members who celebrate their profession anniversaries in June. From **Little Flower Fraternity**, Baltimore, **Jim Davis, SFO**, celebrated **47** years, and **Fred Terrinoni, SFO**, and **Helen Terrinoni, SFO**, celebrated **43** years;

*Continued in the next column*

*Continued from previous column*

For members of **St. Clare Fraternity** in DE, **Mary Lou Zell, SFO**, celebrated the **55<sup>th</sup>** anniversary of her profession, **Ellen Oneto, SFO**, celebrated **47** years, and **Joe O'Neill, SFO**, celebrated **46** years; **St. Joseph Cupertino Fraternity**, Ellicott City, members **Donna Duncan, SFO**, celebrated **44** years and **Mary Ferrara, SFO**, celebrated the **56<sup>th</sup>** anniversary of her profession; **St. Conrad Fraternity**, Glen Burnie, member, **Pat Donohue, SFO**, celebrated **45** years; **Stephen Piscitelli, SFO**, from **St. John the Beloved Fraternity**, Alexandria, celebrated his **30<sup>th</sup>** anniversary. And from **Mary Our Queen Fraternity** in Baltimore, **Bill Lotz, SFO**, celebrated the **50<sup>th</sup>** anniversary of his profession, **Bernie Kuchta, SFO**, celebrated his **47<sup>th</sup>** anniversary; **George Schellenberger, SFO**, celebrated his **43<sup>rd</sup>** and **Shirley Vincent, SFO**, celebrated her **42<sup>nd</sup>** anniversary; and in **St. Thomas More Fraternity**, Harrisburg, PA, **Francis Kane, SFO**, celebrated **48** years; in May, **Joan Kane, SFO**, celebrated her **47<sup>th</sup>** anniversary.

◆ Elections have been held in several fraternities in our region. Please join in congratulating these **new council members**:

**St. Joseph Cupertino Fraternity**, in Ellicott City, MD: **Sheila Solomon**, Minister; **Lita Maisel**, Vice Minister, **Ray Heverling**, Treasurer, **Patricia Frederick**, Secretary, **Lynne Float**, Formation Director, **James Manning**, Councilor, and **John McCrory**, Councilor.

**Sacred Heart Fraternity**, in Virginia Beach: **Paul Muhly**, Minister, **Anne O'Leary**, Vice Minister; **Elaine Franco**, Secretary, **Stana Piazza**, Treasurer, and **Jeanie McLees**, Formation Director.

**Tau Fraternity**, Providence Forge, VA: **Bill Bouffard**, Minister, **John Ata**, Vice Minister, **Karen Stapleton**, Secretary, **Frank Mullin**, Treasurer, and **Richard Clarke**, Formation Director.

**St. Bonaventure Forming Group**, in Fairfax, VA: **Theresa Han**, Minister, **John Kang**, Vice Minister, **Maria Talmadge**, Secretary, **Rosa Cho**, Treasurer, and **Margaret Kang**, Formation Director.†



Congratulations to the newly professed members of St. Bonaventure Forming Group, Gemma Kim, Maria Gibson, Cecilia Park and Elizabeth Nam.



## CONGRATULATIONS!

TWO OF OUR SPIRITUAL ASSISTANTS  
ARE CELEBRATING THEIR GOLDEN  
JUBILEES:

**BROTHER FINBAR GALLAGHER, TOR,**  
WHO IS SPIRITUAL ASSISTANT TO MARY  
OUR QUEEN FRATERNITY IN  
BALTIMORE, MD, AND **FATHER LEON  
LEITEM, OFM CAP.,** WHO IS SPIRITUAL  
ASSISTANT TO ST. THOMAS MORE IN  
HARRISBURG, PA.

MAY THE LORD SHOWER YOU BOTH  
WITH MANY BLESSINGS.



Members of St. John the Beloved Fraternity serve meals at Christ House, a shelter for the homeless in Alexandria, VA. Pictured from left to right are Karen Riedl, Sadie Martins, Father Jean Claude Atusameso (in residence at St. Mary's Church in Alexandria) and Ann Corro.



Immaculata Fraternity in Fredericksburg, VA, has grown considerably with the profession of nine new members in May.

Congratulations are in order for Adam Andrew Streitenberger, SFO, a member of St. Elizabeth Ann Seton Fraternity in Emmitsburg, who was ordained to the Priesthood on May 26, 2007 at St. Joseph Cathedral in Columbus, Ohio. Father Streitenberger will be transferring to St. Pio of Pietrelcina Fraternity in Columbus.



## *Reflections from the Shore*

The summer breezes at the shore are refreshing (and they are abundant year round). Delaware (with enthusiastic local support) is considering harnessing this renewable energy source via an offshore wind farm. This environment-friendly source of energy would significantly reduce carbon dioxide emissions and air pollution. As individuals (and collectively as Franciscans) we also have the opportunity in our daily lives to help our environment on a local, regional and global scale.

Our last "Reflection" provided an overview of the global warming issue indicating that U.S. carbon dioxide emissions are about 20 tons per person (six times the global average) of which half is attributed to direct emissions from household sources and personal transportation. We encourage the St. Margaret of Cortona Regional Fraternity to consider reducing our household carbon dioxide emissions by 10 percent (i.e., a reduction of 2,000 lbs/yr or more). Following is a list of candidate actions to choose from that also includes estimates of potential emission reductions:

- ❖ Replace regular incandescent light bulbs with compact fluorescent light bulbs (300 lbs/yr reduction; but be aware that there is a tradeoff as fluorescent bulbs contain mercury, can be hazardous when broken and have special disposal requirements)
- ❖ Move the thermostat down 2 degrees in winter and up 2 degrees in summer (2,000 lbs/yr reduction)
- ❖ Unplug electronic devices such as TVs, DVD players, stereos and computers when not being used (1,600 lbs/yr reduction)
- ❖ Household recycling (1,000 – 2,400 lbs/yr reduction)
- ❖ Reduce garbage by 25 percent (1,000 lbs/yr reduction)

- ❖ Plant (or donate) one tree per year (2,000 lb/tree lifetime)
- ❖ Lower water heater temperature from 140 F to 129 F (500 lbs/yr reduction)
- ❖ Avoid 10 miles of driving per week (500 lbs/yr reduction)
- ❖ Wrap the water heater with an insulation blanket (1,000 – 2,000 lbs/yr)
- ❖ Wash laundry in warm or cold water instead of hot (1,000 lbs/yr reduction)
- ❖ Take 2 minutes off your shower (350 lbs/yr reduction)
- ❖ Eat meat-free meals every other day (500 lbs/yr carbon dioxide or equivalent reduction; meat consumption is the top of the food-chain and much energy is used to raise feedstock crops and animals produce methane a much more potent greenhouse gas compared to carbon dioxide)
- ❖ Routinely clean or replace filters for the furnace and air conditioner (350 lbs/yr reduction)
- ❖ Buy fresh foods instead of frozen (frozen foods use 10 times more energy to produce, store, defrost and cook)
- ❖ Buy organic foods as much as possible (organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms)

Hope this list is helpful.

Next issue we will discuss what we can do to reduce indirect carbon dioxide emissions associated with the manufacture, packaging, and delivery of the products we consume.

Peace,

*...Ron and Bev Stoner, SFO  
St. Clare Fraternity, Bethany Beach*



## *The Editor's Thoughts...*

How quickly the summer passes...It's August already and those lazy, summer days are almost over.

This issue of Up To Now is full of news, both regional and national. I was fortunate to be able to attend the Quinquennial Congress in Pittsburgh and have included some coverage of that fantastic event. But good things are happening right here in our region. I'm thrilled to share the Fraternity news with you this month...we had 28 professions during this quarter, and many long-time anniversaries. I hope you enjoy skimming through to find the names of those you know and will join me in congratulating them on their anniversaries and professions.

The deadline for the Regional Retreat Registration is nearing, so I have included a registration form on the back page of this newsletter once again. I have also included driving directions to Delone Catholic High School where the Regional Fraternity meeting will be held in November. Carolyn Protin will be providing you with more information on that.

You'll also note that I have included a number of photographs in this issue. Thank you for the ones I received...and please keep the newsletter in mind when you have special events in your fraternities. I'd love to be able to publish more. Be sure to identify those in the photo and include a little information about the event. I could also use more poems, reflections and prayers, so put your God-given talents to work and email me some items for the November issue of Up To Now.

Until then, savor the remnants of summer...May God hold each of you close to His heart and give you His peace.

*Peace and all good,  
Sharon*

Sharon Crews Hare, sfo  
Up To Now Editor  
244 Hillside Drive  
East Berlin, PA 17316  
717-259-5752

\*\* [pens4pay@comcast.net](mailto:pens4pay@comcast.net)

## Looking for a Retreat Center?

Did you know that Sue Tichy, SFO, operates Our Lady of Peace Retreat Center in Fairfield, Pennsylvania, just 15 minutes from Emmitsburg, Maryland, and Gettysburg, Pennsylvania? The retreat center is an intimate 10-acre space that can accommodate about 30 people for day retreats and 8 to 10 people for overnight retreats. Visit her website, <http://olop.ihsweb.net>, for pricing information and photos. Sue can also be reached at 717-642-9353. T



## FOOTPRINTS MINISTRY

Thank you to all who contributed tennis shoes and socks for the Franciscan Youth and Young Adults (FYA) "Footprints Ministry." We don't have word yet as to how many tennis shoes and socks were collected, but I can tell you that there was an impressive number on the collection table at the Quinquennial. I would imagine that the next issue of "TAU" magazine will have a wrap-up on the project. However, we are very appreciative of the generosity of those in our region. T

## GOD'S EXTRAVAGANT LOVE

A WORKSHOP OPPORTUNITY OFFERED BY THE  
SISTERS OF ST. FRANCIS OF PHILADELPHIA  
FOCUSING ON OUR RICH FRANCISCAN THEOLOGICAL  
TRADITION  
FRANCISCAN SPIRITUAL CENTER IN ASTON, PA

SEPTEMBER 14 - 16, 2007  
SEPTEMBER 28 - 20, 2007

BEGINNING 6:30 P.M. FRIDAY THROUGH 1:00 P.M. SUNDAY  
\$225 - TOTAL COST INCLUDES REGISTRATION, HOUSING,  
MEALS & RESOURCES

FOR ADDITIONAL INFORMATION, CONTACT SISTER KATHLEEN  
MOFFATT, OSF BY EMAIL: [SKMOFFATT@AOL.COM](mailto:SKMOFFATT@AOL.COM) OR BY  
PHONE: 301-764-5657 T



## DRIVING DIRECTIONS TO DELONE CATHOLIC HIGH SCHOOL 140 S. OXFORD AVENUE, MCSHERRYSTOWN, PA 17344

### FROM US ROUTE 30 & POINTS EAST

Follow Route 30 to the traffic signal at Cross Keys, two miles past Abbottstown, turn left onto Rt. 94. In Hanover, at the fifth traffic signal, turn right onto Elm Avenue. At the second traffic signal at the edge of McSherrystown, turn left to Delone Catholic High School on the right. Turn right onto South Street, park in the school lot and use the lobby entrance.

### FROM EMMITSBURG & POINTS WEST

Follow Rt. 15 North to PA Rt. 116 East to McSherrystown. Turn right at light onto Oxford Avenue (still Rt. 116 East) and the school is on your right. Turn right onto South Street, park in the school lot and use the lobby entrance.

### FROM WESTMINSTER

Follow Rt. 97 North to Old Hanover Road; turn right. At stop sign, go straight onto Pine Grove Road. Turn left at next stop sign onto Pine Grove Road and follow to Rt. 194 (Hanover Pike). Turn right onto Rt. 194 and go north to Village of Mt. Pleasant. Turn left onto Mt. Pleasant Road to McSherrystown. Turn right onto South Street (one block South of Main Street) and follow to the school parking lot on your right. Use the lobby entrance.

### FROM MANCHESTER/HAMPSTEAD/REISTERSTOWN

Follow MD Rt. 30 North (becomes PA Rt. 94) to Hanover. Go through the center square in Hanover. One block past the square, turn left onto Rt. 116 West (Chestnut Street). At the next light, turn right onto Third Street (still Rt. 116 West) and follow to school on left (Third Street becomes Oxford Avenue). Turn left onto South Street, park in the lot and use the lobby entrance.

### FROM TOWSON/BALTIMORE

Follow I-83 North to exit 31; turn left onto Middletown Road. At stop sign, bear left onto PA Rt. 851. Turn left at four-way stop onto Rt. 216. Follow Rt. 216 thru Glenville, Brodbecks and Codorus State Park to Rt. 116 (York Street). Turn left and follow Rt. 116 West through Hanover to school on left. Turn left onto South Street, park in the lot and use the lobby entrance. Note: Rt. 116 West makes several turns in Hanover borough. **Watch for the signs.**

For those of you with computers, you can find excellent driving directions from your address to Delone Catholic High School by going to either of these sites:

[www.aaa.com](http://www.aaa.com) Click on "Online Directions" and enter your own address as the start of your trip and 140 S. Oxford Avenue, McSherrystown, PA as your destination.

[www.randmcnally.com](http://www.randmcnally.com) Click on "Driving Directions" and enter your own address as the start of your trip and 140 S. Oxford Avenue, McSherrystown, PA as your destination

