Lent March 2 - April 13



Attribution:

Jesus Tempted in the Wilderness (Jésus tenté dans le désert), <u>James</u> <u>Tissot</u>, <u>Brooklyn Museum</u>

The Cord

March, 2022

Newsletter of the San Luis Rey Secular Franciscan Fraternity

Our Monthly Gatherings are on the **2nd Sundays** of the month

Upcoming Gatherings in Person:

• March 13: Monthly General Gathering

1:00 – 3:00 pm

Login Link to Zoom: <u>www.zoom.us</u>
Click on: Join a Meeting
Meeting ID: **760 726 2486**Password: **1798**

• April 10: Monthly General Gathering 1:00 – 3:00 pm

Upcoming Gatherings on Zoom:

March 26: Vespers at 7:00 pm

Login Link: www.zoom.us
Click on: Join a Meeting
Meeting ID: 760 726 2486
Password: 1798

Contact Us via our website <u>Contact Page</u>
San Luis Rey Secular Franciscan Fraternity
Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057

Minister's Note for February

The Unexpected Sweetness of Lent

As Franciscans, we know the story of St. Francis and the Leper. Francis was also in his conversion process – he was already seeking God's will, but also struggling to see God in the most marginalized: the people afflicted with leprosy. Let's reflect on that for a moment...



...One day Francis was riding through the fields outside the city walls of Assisi, he heard the clear sound of a bell. Looking ahead, he saw a disfigured person. It was a leper with tainted flesh and a terrible stench. Aware of the contagion of leprosy, Francis wanted to escape. But in that moment... that time... he overcame his deeply engrained disgust. He got off his high horse. He approached the leper... and kissed him – with tenderness and love. Francis was overcome. Afterwards, as he remounted his horse and turned back to say farewell to the man, the leper had vanished. That leper was Jesus Christ – who received a kiss from Francis.

Francis's tells us about this story in his own words: "The Lord gave me, Brother Francis, thus to begin doing penance in this way: for when I was in sin, it seemed too bitter for me to see lepers. And the Lord Himself led me among them and I showed mercy to them. And when I left them, what had seemed bitter to me was turned into sweetness of soul and body. And afterwards I delayed a little and left the world".1

In this encounter, Francis opened his heart to the transformative power of God. Of such complete conversion that it was completely life changing. As we approach Lent 2022 let us open our hearts be opened to the unexpected sweetness waiting for us in our encounters with the marginalized. Perhaps encounters with those suffering with poverty, disease. Or even those we consider to be on 'our' margins – those who may hold different political views. Let us, like Francis, be open to the encounter, and in so doing, open to touching the face of God.

In our Franciscan family, we have so many shining examples of people open to that radical conversion. In the pages of this month's Cord, you will find Franciscan inspiration: Jan writes on St. Frances of Rome; Corinne writes on Venerable Juliette Colbert Falletti di Barolo, and Marta writes on Blessed Dulce Pontes.

Enjoy this liminal space between the liturgical seasons; and also look forward to the sweetness I pray you will find – in Lent.



Blessings to you!

Laura Chun, OFS

Minister, San Luis Rey Fraternity



¹ The Testament, Francis, et al. Francis of Assisi. Early Documents. New City Press, 1999.

The Canticle of the Creatures

Francis of Assisi - Praised be You my Lord, with all Your Creation

In The Canticle of the Creatures, it's quite possible that Francis may have been inspired by Psalm 148. It makes reference to "Praise the Lord from the heavens" and "Praise him sun and moon" are just a couple of the phrases. I would like to encourage everyone to read the Psalm in its entirety.

Sam DeSantis, OFS, Vice Minister, San Luis Rey Fraternity

Most High, all powerful, good Lord Yours are the praises, the glory, and the honor, and all blessing.

To You Alone, Most High, do they belong, And no human is worthy to mention Your name.

Praised be You, my Lord, with all Your creatures, Especially <u>Sir Brother Sun</u>, Who is the day and through whom You give us light.

And he is beautiful and radiant with great splendor And bears a likeness of You, Most High One.

Praise be You, my Lord, through <u>Sister Moon and stars</u>. In heaven You formed them clear and precious and beautiful.

Praise be You my Lord, through <u>Brother Wind</u>, And through the air, cloudy and serene, and every kind of weather, Through whom You give sustenance to Your creatures.

Praise be You, my Lord, through <u>Sister Water</u>, Who is very useful and humble and precious and chaste.

Praise be You, my Lord, through <u>Brother Fire</u>, Through whom You light the night, And he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our <u>Sister Mother Earth</u>, Who sustains and governs us, And who produces various fruit and colored flowers and herbs.

Praise be You, my Lord, through those who give pardon for Your Love, and bear infirmity and tribulation.

Blessed are those who endure in peace For by You, Most High, shall they be crowned.

Praised be You, my Lord, through our <u>Sister Bodily Death</u>, From whom no one living can escape

Woe to those who die in mortal sin. Blessed are those whom death will find in Your most holy will, For the second death shall do them no harm

Praise and bless my Lord and give Him thanks and serve Him with great humility.

The following is from: http://franciscanseculars.com/the-canticle-of-the-creatures/

"If we listen to the Canticle of the Creatures, it's possible to hear how St Francis of Assisi felt and understood that our life is intimately connected with Creation, with God's Creation. God's artistry is in everything, everywhere and we as humanity are part of His creativity. It is within Creation where divinity and humanity became one, when Jesus was amongst us and it is within Creation that God's Holy Spirit dwells within us today.

If we view Creation only in terms of ecology, nature, botany and biology, we see ourselves apart from God's Creation, instead of being a part of His Creation – exclusive rather than inclusive. If we view Francis only in terms of a modern day eco-warrior we completely miss his spirituality and depth of the Franciscan charism.

For Francis, as God is Our Father, he saw family relationships within all Creation. Birds, fire and wind are brothers. The moon, stars and water are sisters and our planet Earth who nourishes us, is Mother. Creation is nature viewed with the creator in mind, creation is fullness, life and community. Creation becomes fraternity.

In the Canticle of the Creatures, Francis displays a confident humility, a humility that rejoices, offers praise, gives thanks and shows love to God. There is no demand made of God and no focus on self as can so often be found in modern day "Worship Music."

Francis' canticle tells us that creatures and elements reflect in their beauty and strength the blessings that come from God, this is one of the ways He is present with us today.

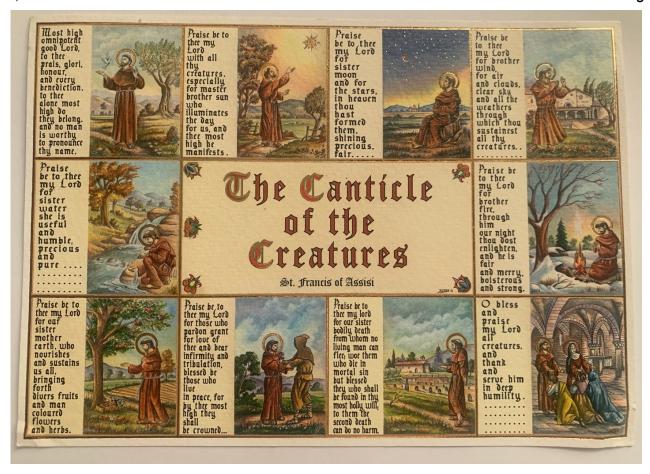
"Chronologically, there are three stages to consider in the development of this poetic praise of God, each of which reveals a side of Francis' vision of God, creation, and the human soul. Francis' companions tell us of the composition of the first part of this piece, verses 1-9, in which the saint sings the praises of creation in glorifying God. While suffering intensely from physical infirmities, he announced; "I wish to compose a new hymn about the lord's creatures, of which we make daily use, without which we cannot live, and with which the human race greatly offends its Creator.". A short while later, after hearing of a quarrel that had broken out between the civil and religious authorities of Assisi, Francis asked the brothers to go before them singing these verses, but added two more, verses 10-11. He composed the final verses 12-13 on his death bed. Verse 14 may well be a refrain used after each verse of the entire Canticle."

Francis of Assisi: Early Documents, Vol 1, The Saint – page 113

Francis's Canticle is thought to be the earliest piece of literature written in the Italian language, rather than in the language of the Church-Latin. It is noteworthy that St Francis of Assisi might have based his canticle on Psalm 148 and is good to review the text and read the comparison.

In the early 1900's, William Henry Draper translated St Francis's Canticle of the Creatures into English and paraphrased it creating the hymn All Creatures of Our God and King. When first printed in 1919, William was the Rector at St John the Baptist in the Church of England Parish of Adel, Leeds. It is printed in the Ancient & Modern Hymn Book; Revised 1950 where it appears as hymn number 172. This complete hymn is much closer to the original flow and emotion of St Francis' Canticle.

Resource: www.FranciscanSeculars.com



My Story - Becoming A Lay Franciscan



Looking back in time, I realized that my story really began when I attended 8 years of grammar School at "Blessed Agnes", a grammar school in Chicago which was taught by the <u>Sisters of St. Francis</u>. During this formative time I was also taken on summer trips to see <u>my grandfather and my uncle who had become professed Franciscan Brothers with the Franciscans in Burlington, WI.</u> My own Franciscan journey began when we moved to California upon retirement. Moving to Oceanside I attended services at the Mission and also attended courses taught by the Franciscan Brothers and Priests with the Franciscan School of Theology. I also attended many courses taught by Father Tom Herbst. From my classes I began to realize that now that I was retired I had the time to pursue additional development and I picked up a flyer from the Serra Center Lounge called and signed up for initiation classes. I was professed on March 3, 2015. Some of the many insights I have and continue to receive include: the camaraderie of being a member,

modeling the teachings and examples of St. Francis of Assisi, the <u>love</u> of Christ in becoming man and dying for our salvation, and the <u>joy</u> I have witnessed by the Franciscan brothers and priests I have encountered, I cherish the meetings and sharing of information from our Fraternity and use it for continuing guidance in my life.

St. Frances of Rome

After writing numerous articles on OFS Saints and Blesseds I see a special connection among them that is timely to consider as we begin the Lenten season. What these brothers and sisters seem to share is **holy generosity**.

This month's St. Francis of Rome, was born into nobility in 1384. She desired early to become a nun, but in obedience to her father was married at age 12 to another wealthy noble, Lorenzo Ponziani. Their palace in Rome was near to a little church San Francesco a Ripa which had been given in 1212 to St. Francis of Assisi by Roman Lady Giacoma di Settesoli (Brother Jacoba). It was here that Frances was received into the Third Order of St. Francis.

During her marriage, Frances bore three children. In 1410 Rome was invaded and during the civil war that ensued, her oldest son was taken hostage. A plague followed in the wake of the war resulting in the death of her two younger children. During all of this turmoil Frances devoted her time with a group of ladies to caring for the sick, starving and dying. **Holy generosity** indeed.

In 1425 Frances and a few other ladies were clothed as oblates of St. Benedict. It is interesting that this apparently did not cancel her membership in the Third Order of St. Francis. Perhaps this is because the members lived the life of religious but without the strict cloister or formal vows.

In 1433 after many years of caring for her husband because of wounds from the war, Lorenzo died and Frances then founded a religious community of Oblates. She died March 9, 1440 and was canonized in 1608. She is buried beneath the altar in a basilica right next to the forum in Rome which was renamed in her honor, Santa Francesca Romana. So for those lucky enough to have visited the forum in Rome you saw the Basilica even though you might not have known about St. Frances. It is clearly visible behind the ruins. There is much more to her story and I hope you research her further. She is honored as the principal patron of all Benedictine Oblates but is also considered one of the greatest saints who wore the habit of the Third Order of St. Francis (Information taken from The Franciscan Book of Saints by Marion Habig OFM)

An interesting little side note is that there is a St. Frances of Rome Church not far from us in Wildomar, CA.

As we navigate through Lent 2022, may we too be inspired to pursue **holy generosity** in our journey. A couple days ago I was gifted a book in the mail. Interestingly it was titled. **The Generosity Habit** by Matthew Kelly. Every year he has a free video Lenten series and this year, he will be speaking on generosity and how it can be creative and not just include donations. He also will have videos on difficult teachings of Jesus to challenge us on how we can live the gospel more fully. Very Franciscan. Here is the link if you want to check it out. Best Lent Ever | Dynamic Catholic



May you be blessed with **holy generosity** this Lent.

Jan DeSpain, OFS Director of Formation

Saint Dulce Pontes

My Epiphany Rite of Extraction Saint - Blessed or Saint?



I received "Blessed" Dulce Pontes as my Saint for the year at our January Rite of Extraction event suggesting I should ask for her intercessory prayers so a miracle may happen that could make her a saint. When looking into her life online, some articles listed her as Blessed others as Saint. According to Wikipedia, Dulce (Irmã) Pontes was canonized by Pope Francis on October 13, 2019 as the first Brazilian female saint. St. Dulce Pontes was a member of the Missionary Sisters of the Immaculate Conception of the Mother of God (S.M.I.C.) belonging to the Third Order Regular of St. Francis. She still lived when I visited the Christian Base Communities of Brazil on a pilgrimage in 1989.

Dr. Marta Kassai, OFS, Councilor

Here is a brief history of her life from Wikipedia: https://en.wikipedia.org/wiki/Irmã Dulce#Canonization

Irmã Dulce, also known as Saint Dulce of the Poor (26 May 1914 – 13 March 1992) was a Brazilian Catholic Franciscan Sister who was the founder of the Obras Sociais Irmã Dulce also known as the Charitable Works Foundation of Sister Dulce. In 1949, she started caring for the poorest of the poor in

her convent's chicken yard in Salvador, Bahia.[1] Today, more than 3,000 people arrive every day at this same site (where the Santo Antônio Hospital now stands) to receive free medical treatment. She also established CESA, a school for the poor in Simões Filho, one of the most impoverished cities in the state of Bahia.

Four years before her death in 1992, Pontes had been nominated for the Nobel Peace Prize, she had received two personal audiences with Pope John Paul II, and she had, almost single-handedly, created one of the largest and most respected philanthropic organizations in Brazil. She was named the most admired woman in the history of Brazil by O Estado de S. Paulo newspaper and the most influential religious person in Brazil during the 20th century, by ISTOÉ magazine.



In 2011, she was beatified with papal approval by Cardinal Geraldo Majella Agnelo, the first step toward sainthood. In May 2019, Pope Francis, during an audience given to the Congregation for the Causes of Saints Prefect Giovanni Angelo Becciu, recognized the second miracle needed to officially canonize her as a saint. She was formally canonized on October 13, 2019, making her the first Brazilian female saint.

At age 19, she founded the "São Francisco's Worker's Union", the first Christian worker's movement in Bahia. In 1937, she transformed the Worker's Union into the Worker's Center of Bahia. In 1939 she started to shelter sick people who came to her for help, and found medical care for them. She founded Santo Antônio Hospital, consisting of 150 beds. On 26 May 1959 the <u>Charitable Works Foundation of Sister Dulce</u> was born. Pontes's work impressed the President of Brazil, José Sarney, who in 1988 nominated her for the Nobel Peace Prize, with support of Queen Silvia of Sweden.

The organization she founded, known by its Portuguese acronym as OSID (<u>Obras Sociais Irmã</u> <u>Dulce</u>), is one of the most well-known and respected philanthropic organizations in Brazil.

Our Fraternal Commitment for the Care of Creation

"There is a nobility in the duty to care for creation through little daily actions.- "Laudato Si' 211

As Franciscan Catholics, our desire is to live simply and be gracious to Sister Earth in the Spirit of our Father Francis.

There are simple things we can do to heal the Earth. Beginning this month, the fraternity will learn about just one of them. We'll take it home, put it into practice, and notice how we hold the experience.

As we come together again in April, we'll share our thoughts and insights about our practice of compassion for Sister Earth.

Through the year, the fraternity will explore the simple ways we can care for creation. As we bring these practices home, we may inspire our family and friends to help heal the Planet.

In last month's CORD, the article "Things We can Do Now to Save the Environment" focused on "Eat Less Meat".

Now that Lent is here, fasting from meat is a regular occurrence.

At the March meeting, we'll be taking a look at healthful, easy and cost-conscious ways we can "Eat Less Meat" -- and greatly help the Earth!





Karron Esmonde, OFS, JPIC Animator

Check this Website: DIOCESE OF SAN DIEGO – ENVIRONMENTAL ISSUES https://www.sdcatholic.org/office-for/life-peace-and-justice/care-for-creation-and-environmental-issues/resources/

Recipe for Hungarian Mushroom Paprikás

From the Kitchen of: Marta Kassai

Serves: 2

Prep & Cook Time: ~ 15 min

Ingredients:

1 LB large mushrooms

1 medium onion

1 ½ - 2 TBSP parsley

2-3 TBSP Hungarian Paprika

Salt to taste





2 - 3 TBS vegetable oil

~ 2 TBS water

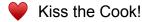
~ 3 TBS milk or cream

~ 2 TBS white flour

2 - 3 TBS sour cream

Preparation:

- 1. Clean mushrooms and cut off stems. Dry them.
- 2. Peal and quarter onion & place it in Food Processor to be chopped just before adding to oil in skillet.
- Heat oil in skillet & chop onion in Food Processor.
- 4. Add onion to oil immediately after chopped to avoid bitter taste. Stew until tender. Stir!
- 5. Chop parsley in Food Processor and add to onion when onion is about ready.
- 6. Slice mushroom in Food Processor (≥ 5 mm slicer).
- 7. When onion is ready, add sliced mushrooms and paprika. Stir well so onions are not on bottom.
- 8. Add water to generate steam. <u>Cover</u>, increase heat to high for a few seconds to let the water steam, then reduce heat to medium-to-high.
- 9. Stir mixture after a couple of minutes when mushroom gives out juice. Stir occasionally to avoid burning.
- 10. Cook covered for a total ~ 8 minutes or until mushroom is tender. (It may take less time depending on stove.)
- 11. Add flour & milk to create a thick sauce. Mix well.
- 12. Add salt to taste. Turn off heat and let it stand.
- 13. Warm up before serving. Add sour cream for a rich & creamy sauce & serve it over noodles or "knockedly" (a Hungarian pasta similar to gnocchi).





Franciscan Rite of Extraction at Epiphany Saints in March



Saint for 2022	<u> Feast Days</u>	
Blessed Angela Salawa	Mar 12	
Saint Dulce Pontes	Mar 13	
Servant of God Thea Bowman	Mar 30	

Corinne Helena, OFS Pam Pert, OFS Treasurer Councilor



News from the Fraternity Council

March Gathering will be in Person but zoom is available for shut-ins
Our Zoom link remains the same as always:

https://us02web.zoom.us/j/7607262486?pwd=dmRBNVU5WFUxMTdzaUxGcy9ibGtwdz09

Mark your Calendars for Monday, March 28th for Vespers!



Join us on Zoom on **March 28**th at **7pm** for praying the psalms together with our fraternity brothers and sisters.

Zoom link: https://us02web.zoom.us/j/7607262486? pwd=dmRBNVU5WFUxMTdzaUxGcy9ibGtwdz09

The San Luis Rey Fraternity Council



Laura Chun, OFS
Minister



Sam DeSantis, OFS

Vice-Minister & Formator



Jan DeSpain, OFS
Formation Director



Sr. Madeline Fitzgerald, OSC

Spiritual Assistant



Connie Collins, OFS
Secretary



Corinne Helena, OFS

Treasurer



Pam Pert, OFS Councilor



Marta Kassai, OFS

Councilor & Newsletter Editor

Formation News

This month <u>I would like to include some other content for all our members</u> concerning ongoing <u>formation</u>. I had shared this with the Candidates at our last initial formation meeting. Connie suggested I share this with the wider community.

I had recently discovered Casey Cole OFM. He is a dynamic new Franciscan priest (2017). He runs his own online blog and YouTube channel called Breaking in the Habit as well as being a writer. He has a passion for evangelization and catechizing in the Franciscan spirit.

In viewing his YouTube videos I found one that was a great explanation of the the diversity of the Franciscan Orders. Here is the link to "Why Are There So Many Franciscans?" Why Are There So Many Different Franciscans? - YouTube

It really helped me understand why our history is so confusing, yet fascinating. I believe you will enjoy watching it. And it will fill in the gaps a bit. It is only 11 minutes long. He presents it in an entertaining way. He also has many other videos as he knows social media is a good way to connect with people to get our Franciscan message out.

The council might also have a summer opportunity for you to meet him. He will be in San Diego in July. Stay tuned.

Candidacy Class

Candidacy class will continue to remain on Zoom. Our next class is March 12, at 11am. We will be joined by Minister Laura Chun. We are studying Chapter 16 on Prayer. This is great timing during

Lent as we focus on a deeper prayer journey. Sponsors are also welcome. We encourage all members to remember our Candidates in prayer as they journey.



Jan DeSpain, OFS Formation Director



From our Treasurer



You can mail your OFS fraternity <u>contributions</u> to: *Corinne Helena, OFS*1408 Turnstone Way
Oceanside, CA 92057



The Cord, March 2022 Page 12



Ritual of the Secular Franciscan Order

Think of the 'Ritual' as our communal prayer book. It would be ideal of us each to have our own. These are available on <u>Amazon</u> new for \$15 or even used at a significant discount. If you would like to purchase a Ritual but aren't comfortable with online shopping, just let Laura know and she'll place the order for you.

Mark your Calendars...

San Luis Rey Fraternity is hosting the Summer Picnic!

When: Saturday, September 24th, 10am – 2pm

Where: San Dieguito Park, 1628 Lomas Santa Fe Drive,

Del Mar, CA 92014

We'll be at Picnic Site #2 in the Upper Park. There are ten picnic tables (up to 100 people). Parking and restrooms nearby.



Prayer Requests from the Fraternity: Please Pray For



Praying Hands by Albrecht Dürer

- 1.Liz Mavis, this past Wednesday, Liz had emergency colostomy surgery. She has been limited to ice chips and will have a long period of recovery.
- 2.Dottie Hansen, as in her words "I really need prayers very much. I'm having a lot of anxiety and depression problems and I can use all the prayers that we can pull down from heaven." She is also considering new housing arrangements.
- Linda Ochwat as she seeks more stable housing arrangements.
- 4.Karen Willson, as previously requested, in dealing with all the ramifications of the recent damage to her home and for the health of the injured people that were in the accident.
- 5. For Dottie Dassen's son Christopher Quinn who recently passed away at age 60 from an automobile accident. She has requested that we say the Chaplet of Divine mercy for her son.
- 6. Karen, she had an unfortunate incident occur that happened on Sunday January 13th just about the time the Super Bowl game was to begin. An elderly couple in their 90's crashed into Karen's house. Karen is physically fine but the incident caused structural damage and took out the gas and electric connections causing Karen to vacate her home. Karen was not injured but the couple was taken to the hospital. Please keep Karen in your prayers as she now has to deal with leaving her home as well as having to deal with the HOA and insurance company. Also, please keep the couple that were injured in your prayers as well.
- 7. For Dottie Dassen's son Christopher Quinn who recently passed away at the age of 60 from an automobile accident. Dottie has requested that we say the Chaplet of Divine mercy for her son.

Secular Franciscan Order Retreat May 27 – 29, 2022

Fr. Wayne Hellman, OFM Conv.



Fr. Wayne Hellmann OFM Conv. first studied as a seminarian in Rome and then in Munich, Germany for his doctoral work at the Ludwig-Maximilians Universität. He recently finished his many years as professor of Historical Theology at Saint Louis University and is now professor emeritus. Thereupon he was elected provincial minister of his Conventual province, a service he also had earlier provided, along with earlier service as formation director and definitor. Fr. Wayne is one of the three editors of the volumes, *Francis of Assisi: Early Documents*.

Francis of Assisi: Teach Us to Pray

.....will be the theme of this retreat. We will examine and reflect upon several of the prayers St. Francis taught his brothers, punctuated in order to discover his development in prayer. May this aid us in the development of our own life of prayer.

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.To join by Computer, Laptop, Tablet, SmartPhone App:

- Click or Go to this <u>link</u> (full link is below):
- If prompted use: Meeting ID: 760 726 2486
- Then use Password: 1798

To join by landline or audio-only Phone (no video):

- Dial this number (it's in San Jose): 1-669-900-6833
- Meeting ID: 760 726 2486Then use Password: 1798

Zoom link: https://us02web.zoom.us/j/7607262486?
pwd=dmRBNVU5WFUxMTdzaUxGcy9ibGtwdz09



Let us Pray for our brothers and sisters, especially:



- ❖ For those who died in the month of March ~~~ ₽
 - March 2, 1995
 March 9, 2012
 March 11, 2012
 March 15, 1995
 March 16, 1989
 March 28, 2001

 Amanda Martineau, OFS
 Thomas F.M. Siersma, OFS
 Thomas Siersma, OFS
 Robert Wells, OFS
 Gertrude Brown, OFS
 Katherine Kundinger, OFS
- For those who were professed in the month of March
 - Mar. 8, 2009
 Mar. 8, 2015
 Mar. 9, 1997
 Mar. 9, 1997
 Mar. 9, 1997
 Mar. 9, 1994
 Marjo Gray, OFS
- ❖ For the Ukrainian brothers and sisters that the war with Russia end soon, and they may live in peace and freedom again.

* * *

<u>From the Editor</u>: Thank you all for your contributions to this month issue of The Cord. Due to change in our monthly general gathering date to second Sundays, please <u>submit your articles, reports or adds by the</u> **25th of the month to publish in next month issue.** Send your Word or Pages files (font <u>Arial 12 pt, if possible</u>) and any photos (jpg or png) via email to: <u>mksfo@me.com</u>. Thanks, Marta



