

In Memory of Fred
McCarthy OFS



St. Francis Calling...

are you listening?

St. Anthony of Padua O.F.S. Boynton Beach, Fl.
March 2017

“FATHER FORGIVE THEM.”

Jesus forgave from the CROSS.

We need to forgive from the HEART.

Let us take time each day to pray and ask God to reveal to us if there is anyone we need to forgive this day?

Each day it may be someone different.

It is a “day by day” thing and even, sometimes, a “moment by moment” thing.

If we spend time in prayer we might be surprised at the people God brings to our minds...perhaps from a classmate,

teacher, or other person in authority, from many, many years ago? Perhaps from a brother/sister or other relative

that we have not spoken to in years because of some misunderstanding. Forgiveness helps the

“forgiver” more than the “forgiven!”

Maybe some have been hurt physically in a very violent way...or perhaps emotionally through verbal abuse. Just

because we forgive them does not mean we accept what they have done to us.

Whatever way, whether it be small or large,

we need to forgive. Ask God to give us the GRACE to forgive.

And now on a happy note....

An Old Irish Blessing...for St. Patrick’s Day...

May **GREEN** be the grass that you walk on...

May **BLUE** be the skies up above you...

May **PURE** be the JOYS that surround you...

May **TRUE** be the hearts that love you.

Spiritual Assistant:

Fr. Richard Florek
OFM, Conv.

Minister:

Eliana Cavarra OFS

Vice Minister:

Sylvia Chai OFS

Formation:

Carmen Stratos OFS

Secretary:

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Councilor:

Katie Multhauf OFS

NOTE: If you wish to submit something-

Please send to:

toplot@bellsouth.net

two weeks before

the beginning of a

new month.

Reminder:

Lenten Day of

Retreat: March 19th

A TRUE LENTEN FAST

Fast from judging others; feast on the Christ indwelling in them.
Fast from emphasis on difference; feast on the unity of all life.
Fast from apparent darkness; feast on the reality of light.
Fast from words that pollute; feast on phrases that purify.
Fast from discontent; feast on gratitude.
Fast from anger; feast on patience.
Fast from pessimism; feast on optimism.
Fast from worry; feast on trust.
Fast from complaining; feast on appreciation.
Fast from negatives; feast on affirmatives.
Fast from unrelenting pressures; feast for unceasing prayer.
Fast from hostility; feast on forgiveness.
Fast from bitterness; feast on forgiveness.
Fast from self-concern; feast on compassion for others.
Fast from personal anxiety; feast on eternal truth.
Fast from discouragement; feast on HOPE.
Fast from facts that depress; feast on truths that uplift.
Fast from lethargy; feast on enthusiasm.
Fast from suspicion; feast on TRUTH.
Fast from idle gossip; feast on purposeful SILENCE.

(Author Unknown)

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So often we think we have to fast from different foods...but it seems that the things that would please God even more than giving up chocolate, or sweets, or “whatever” would be to fast from all of the things mentioned above.

How difficult this would be...a true SACRIFICE it would be to at least attempt to do as above and as below...

FORGIVE, ACCEPT and UNITE

FORGIVE whoever or whatever is happening or has happened, ACCEPT that it is/was “from God” or at least “allowed by God” and UNITE your sufferings to the CROSS of CHRIST for the salvation of others and yourself.

(above thoughts were from a talk by Fr. Julio Rivero T.O.R..)

REMEMBER: We can do ALL things through Christ who strengthens us.

PLEASE pray for the elderly and those who are ill, especially those in our
fraternity...Lilly McCarthy OFS and Peggy Jiminez OFS

Litany of Compassion for the Sick

by Father Peter John Cameron, O.P.

R Lord, be close to give Your comfort.

When pain or distress is overwhelming: **R**

When the healing process goes slower than hoped: **R**

When terrified by treatments or therapy: **R**

When it is difficult to let go of long-held plans: **R**

When the feeling of alienation arises: **R**

When worn out and weary: **R**

When troubled by impatience and negativity: **R**

When loneliness adds to anxiety: **R**

When sickness makes it difficult to communicate :**R**

When discouragement or despondency sets in: **R**

When fear makes it impossible to face the future: **R**

When the ravages of disease attack self-esteem: **R**

When anger and resentment assail: **R**

When beset by worry or fretfulness: **R**

When it's hard to rely on others for care: **R**

When envy arises toward those who are healthy: **R**

When pessimism or cynicism holds sway: **R**

When anguish is intensified by the need for reconciliation: **R**

When sickness is mistaken for punishment: **R**

When loved ones are far away: **R**

When sickness causes financial hardship that leads to worry or despair: **R**

When afflicted by the feeling of nothing to hope for: **R**

When weakness makes it impossible even to think: **R**

When friends draw back, fearful of disease: **R**

When illness makes those who are suffering moody or irritable: **R**

When haunted by regret and the shame of past sins: **R**

When it's difficult to sleep: **R**

When there's loss of appetite: **R**

When there's resistance to necessary change: **R**

When tempted by denial: **R**

When nobody seems to understand: **R**

When bound to home or when restricted in movement: **R**

When listlessness and apathy threaten: **R**

When medication seems to make things worse: **R**

When all that's needed is a caring touch: **R**

When it's impossible to maintain familiar routines: **R**

When it's hard to find the strength to go on: **R**

When it becomes difficult to pray: **R**

When suffering of any sort becomes hard to bear: **R**

When death draws near: **R**

And let us also
remember those
who care for
their suffering
family
members and
friends.
For them to
have strength,
patience and
perseverance to
continue to help
their loved
ones.
AMEN

Closing Prayer:

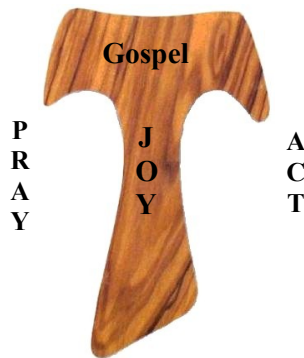
Most merciful Father,
Your beloved Son showed
special compassion to
lepers, tenderness to those
long sick, and healing to
the infirm laid before Him.
We place before you all
those who are ill and in
need of healing grace.
May the love and mercy of
the Divine Physician raise
up all who suffer from
sickness and restore them
to health and peace. We
ask this in the name of
Jesus. Amen

GOOD NEWS

On March 19th we had the rite of Admission for Richard Aguiar, Jane Rader, and Mary Ann Zauner. It was so nice to hear a bit of their “testimonies” of their lives. Thank you for sharing with us. And welcome on the JOURNEY! We are praying for you.

Richard’s sponsor: Terri P.
Jane’s sponsor: Carol Knight
Mary Ann’s sponsor: Sue Ann

SIMPLICITY



LADY POVERTY
LOVE

WELCOME

to a new Visitor to our fraternity, Mike Macy. It was fun when Mike and Richard saw each other as neither one knew the other was interested in our fraternity. They teach catechesis together, but did not realize this. The Holy Spirit is at work again!

Here is an interesting note from “Church Pop” about whether we are able, on Sundays, to “give up” what we have “given up” for Lent.

Interesting...

<https://churchpop.com/2016/02/26/is-there-really-a-sunday-exception-during-lent/>

Another interesting site:

<https://churchpop.com/2017/02/16/5-hardcore-things-give-up-lent/>

Pope Francis’ Intentions for March

SUPPORT FOR PERSECUTED CHRISTIANS

That persecuted Christians may be supported by the prayers and material help of the whole Church.

Surprise....Surprise...

When you received your Winter Issue of TAU magazine did you check out page 8?

Our very own fraternity was represented at the 2016 National Chapter, held at San Pedro Retreat Center in Winter Park.

Alison Fisher OFS attended and note our banner behind her. She was modeling her “trash bag” evening gown during the “fashion show.” Looks like Franciscan FUN was had all around!



Which reminds me...if any professed member of our fraternity is **not** receiving the TAU-USA be sure to let Eliana Cavarra OFS know so she can notify them.

The New Theme for a New Year is “O Breath of God, unite us in action!”

We are to begin everything in prayer and call upon the “Breath of God” to be with us always. (Based on OFS Rule, Article 8 and OFS Rule, Article 22.