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Regional Executive Council

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Vice-Minister- Carol Onuffer, OFS
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Treasurer- Craig Miller, OFS
Formation Director- Layna Maher, OFS,
Regional Councilors- Linda Quaranto, OFS, (E)
Roderick Quebral, OFS (W1), Barbara Quebral, OFS, (W2)
Linda Robinson, OFS (C)
Regional Spiritual Assistants (RSA):
Mary Frances Charsky, OFS & Sr. Pat Larkin, OSF



Regional Minister's Message

Peace be with all of you my dear brothers and sisters!

In July, my husband and I will welcome our 5th grandchild. This is our daughter's first baby so, for her, many things are new and there is a lot of uncertainty. "Will my husband be allowed in the delivery room?", "What about visitors after the baby is born", "Will my body ever be normal again"? During these times we have many questions too. "When will our country open", "How long will we have to wear masks" and "Will life ever be normal again". The one thing that remains constant is God's love for us. It is unchanging. Look to Our Lord Jesus for strength. He asks us to "TRUST". Trust in His love and His divine mercy. We will get through this together. When you feel the weight is too much, turn off the tv or radio, and pick up your rosary. Talk to Our Lord, talk to His Mother. Moms are always great at calming our fears and making us feel better. Draw closer and pray. And when you are done, pray some more. Please know all of you are in my daily prayers!

Mary Momot, OFS , Regional Minister

Prayer for a Spiritual Communion

A spiritual communion is the act of uniting of yourself to the Sacrifice of the Mass through prayer. Here is an example of a spiritual communion prayer Pope Francis shared at a Mass in March. You can also write your own prayer to express your belief and desire.



"My Jesus, I believe that You are present in the Most Holy Sacrament of the altar. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart ... I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You,"

Formation: Gospel to Life and Life to Gospel

The Gospels offer us the gift of the Word and help us to see Christ so we can be Christ. Each time you read or hear the Gospels reflect on these four questions. Consider sharing your thoughts with your fraternity or a prayer partner.

1. What is the message? (Is it Hope? Guidance? A lesson? Other?)
2. What does this teach me?
3. What do I learn about relating to God
4. What do I learn about relating to others?

Sunday Gospel Readings for June

June 7th *The Solemnity of the Most Holy Trinity*: John 3:16-18

June 14th *Solemnity of the Body and Blood of Christ*: John 6:51-58

June 21st *Twelfth Sunday in Ordinary Time*: Matthew 10:26-33

June 28th *Thirteenth Sunday Week in Ordinary Time*: Matthew 10:37-42

12 Promises of the Sacred Heart of Jesus



Our Lord Jesus Christ appeared to St. Margaret Mary and made these 12 promises to those who would respond to His Heart and make an effort to return His love.

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart is exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my Heart.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.

News From Around the Region

WATCH YOUR MAILBOX!

A new issue of our regional magazine *The Mirror* is on the way. It should be arriving soon!



New Central Region Councilor Appointed

The Regional Executive Council has been busy with meetings via Conference Calls. We are pleased to announce that Linda Robinson, OFS, is the new Central Area Councilor to replace John as he moved to Secretary, and Carol to Vice-Minister.

June Dates to Note and Celebrate

June 13th St. Anthony, OFM Feast Day

June 22nd St. Thomas More, OFS Feast Day

June 24th Anniversary of the OFS Rule

June 30th Blessed Raymond Lull, OFS Feast Day

Share your news and announcements to:

John Balmer, Secretary: jbalmerofs@gmail.com

Mary Momot, Minister: mmomotofs@gmail.com

OR Your Regional Councilor

Message From Mary Frances, OFS, Regional Spiritual Assistant

Dear Brothers and Sisters,

May the peace of the Lord be with you. Journey Together in Love and Compassion is the theme for 2019-2020 for the National Fraternity of the Secular Franciscan order – USA. As we get ready for Pentecost, we pray “Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.” Let us contemplate being filled with the fire of God’s love and realize that we are connected and live all together with our brothers and sisters throughout the world. Reflect on how we can sense the Holy Spirit working within us to demonstrate compassion every day to family members, fraternity sisters and brothers, medical personnel and first responders. God is with us and is blessing us. How can we share this with those around us, one person at a time, one day at a time?

May the Blessed Mother and the Holy Spirit protect and enlighten us.

Love, prayers and peace. Mary Frances Charsky, OFS.

News from Around the Nation: Guidelines Issued on Gatherings

The National Executive Council has issued “[Guidelines for Fraternal Life During Social Distancing](#)” for gathering during the COVID-19 pandemic. [The document can be found on our National website](#), or by contacting your local minister.

We are asked to also please continue to follow our state and local guidelines.

If you have any questions please reach out to a member of the Regional Executive Council and we will do our best to provide you with an answer. We also ask you to continue to pray for healing and comfort to all impacted by this virus.