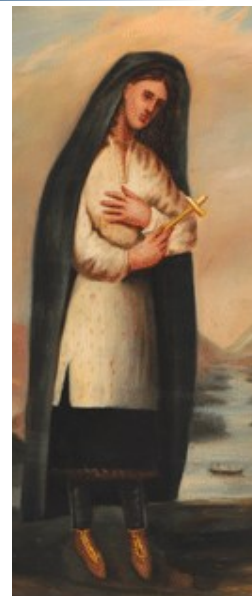


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Regional Executive Council

Minister- Mary Momot, OFS
Vice-Minister- Carol Onuffer, OFS
Secretary- Kim Gardener, OFS,
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!

I look forward to meeting again! Some fraternities have been meeting for a while, and some will begin in September. Some will hold elections and some will choose to wait. As positive as I would like to be there is still so much uncertainty about the future.

One of my favorite Saints, Padre Pio gave us these few simple words; "Pray, Hope and Don't Worry." We have to trust Our Lord!
-Mary Momot, OFS , Regional Minister

Ministers and the REC will be meeting on Sept. 21st at 7 PM via Zoom to approve the 2022 regional budget.

Prayer from the Rite of Admission

Thanks be to God! Blessed are those who love the Lord with their whole heart, with their whole soul and mind, with all their strength, and love their neighbors as themselves.

Blessed are those who despise the ways of the flesh with their vices and sins, and receive the Body and Blood of our Lord Jesus Christ.

Blessed are those who produce worthy fruits of penance. Oh, how happy and blessed are these men and women when they do these things and persevere in doing them, because "the Spirit of the Lord will rest upon them" and he will make "his home and dwelling among them."

And they are children of the heavenly Father, whose work they do, And they are spouses, brothers, and mother of our Lord Jesus Christ. AMEN

Aug. 8th Annual OFS Pilgrimage Day at St. Kateri Shrine

The annual OFS pilgrimage day at the National St. Kateri Tekakwitha Shrine is back!

Come join your brothers in sister in Fonda. The day will begin with 10:30 AM Mass in the St. Maximilian pavilion. A bring your own picnic lunch will follow Mass. This will give us time to catch up with our brothers and sisters from across the region.

At 1:00 PM there will be a presentation on Servant Leadership presented by Mary Frances Charsky, OFS, Linda Quaranto, OFS and Layna Maher, OFS, from our Regional Formation Team. The session will include prayer, an opportunity for small group discussions, sharing, and singing. We hope to see you and many other beautiful Franciscan faces as we gather to celebrate our gift of faith and vocation.

***"...whoever wishes to be great among you shall be your servant."
(Matthew 20:26)***

St. Clare of Assisi



St. Clare knows that the way to God is through the Crucified. She gives this advice to Agnes of Prague, Gaze upon Him, Consider Him, Contemplate Him, as you desire to Imitate Him.

She tells us the image of God we seek to see in the mirror (Mirror of Eternity) is the image of Christ and our actions are his actions of accepting our call (vocation) and becoming great by becoming the servant of all.

We are challenged by Clare to become what we love, the image of Jesus.

St. Clare's Meditative Prayer of Gazing*

1. Gaze upon Him -- gaze at the cross of Christ and visually embrace the love you see there.
2. Consider Him – think of all the things Jesus has done for me. How do I participate in His life, loving, forgiving, healing others?
3. Contemplate him – move beyond care for self and into care, love and service to others - get out of yourself and take the path of humility so I can be emptied of self and filled with God.
4. Imitate Him – The goal of Franciscan Prayer is to enable us to imitate Jesus. Our prayer is affective (feeling, relational), we do not seek to escape from the world to find God, but to immerse ourselves into the world because God is there, and all creation is good. *Excerpt from the FUN Manual, PDF pg. 322

Regional News

Regional Formation Day Sept 11th via Zoom

Profession- a Virtual Retreat, will be held on Sept.11th from 9:30 AM to 3:30 PM.

Our profession is a profound gift and responsibility. The retreat will focus on the graces we receive, and the promises made at your profession. This retreat is a wonderful opportunity for people in initial formation and professed members.

Registration is required and will be limited to 90 participants. [Click here to register](#) or contact Layna Maher or Mary Frances Charsky.

Summer Dates to Note and Celebrate

Aug. 2nd Feast of the Portiuncula

Aug. 8th SFO Day in Fonda

Aug. 11th St. Clare of Assisi

Aug. 14th St. Maximilian Kolbe OFM, Conv.

Aug. 25th St. Louis IX King of France, Patron of the Third Order Secular

Share your news and announcements to:

Layna Maher: Layna.Maher@gmail.com

Mary Momot, Minister: mmomotofs@gmail.com

OR Your Regional Councilor

Message From Mary Frances Charsky, OFS, Regional Spiritual Assistant

Dear Brothers and Sisters,

May the peace of the Lord be with you. We will be listening to St. John's Gospel Chapter 6 during the next few week-ends. The Holy Eucharist, which is the source and summit of our faith, is the center of this chapter. Let us be ready to ponder and meditate on this: one bread, one body, one cup, the bread of life. The Holy Eucharist is unifying us, making us one family with God. "We are what we eat." Have you heard this before? We must become like Jesus in all aspects of our life and realize that we are His hands and His feet in this world. We are here to love and serve each other with our blessings, our gifts and talents. We are servants and handmaidens for each other. By the grace of God and the good will of neighbors we carry on the journey.

Pope Francis has said that Holy Communion is the bread for sinners. We Secular Franciscan brothers and sisters of penance can sure understand this. The International OFS Fraternity website is www.coifs.info Please check it out.

News from Around the Nation: Registration for the Q opens on August 1st!



It's our JUBILEE! Come celebrate with your Franciscan family the 800th Anniversary of our Order and the 100th Anniversary of our National Quinquennial Congress! The Q take place from August 3rd—7th at the Sheraton Phoenix Downtown, 3rd Street Phoenix, AZ 85004. We hope to see you there!

For more information and to register go to: www.secularfranciscansusa.org

