



**OUR LADY OF THE ANGELS  
2011-2013  
REGIONAL FRATERNITY  
EXECUTIVE COUNCIL:**

**MINISTER:**  
Ronald L. Pihokker, OFS

**VICE-MINISTER:**  
Diane F. Menditto, OFS

**SECRETARY:**  
Kate Asselin, OFS

**TREASURER:**  
Richard Spana, OFS

**FORMATION DIRECTOR:**  
Nancy Conroy, OFS

**COUNCILOR:**  
**—Manhattan**  
Julia McCants, OFS

**COUNCILOR:**  
**—Staten Island/  
Central New Jersey**  
Mary Frances Reavey, OFS

**COUNCILOR:**  
**—North Jersey**  
Andrew Klutkowski, OFS

**COUNCILOR:**  
**—Westchester**  
Sheila Tuohy, OFS

**JPIC CHAIR:**  
Jean Haddad, OFS

**SPIRITUAL ASSISTANTS:**  
Fr. Richard Trezza, OFM  
East Rutherford, NJ

Fr. Robert Williams, OFM CAP  
Bronx, NY

## e-Troubadour News

April 2012

CONNECTING THE SECULAR FRANCISCAN COMMUNITY THROUGHOUT THE NATION.  
ELECTRONICALLY PUBLISHED ON A MONTHLY BASIS BY THE  
*OUR LADY OF THE ANGELS REGIONAL FRATERNITY  
OF THE SECULAR FRANCISCAN ORDER IN THE USA.*

Submissions for the May e-Troubadour News must be received by April 27.



Dear brothers and sisters in St. Francis,

Our current publication, *e-Troubadour News*, is an electronic publication listing timely information on a monthly basis with event listings from our Local, Regional and National Fraternities. It's mission is to enable Secular Franciscans throughout the region to gather with one another on a more frequent basis to share our Franciscan charism and bond with one another.

Every fraternity is strongly encouraged to send their upcoming event information for e-publication. Events can include special days of recollection, missions, notice of upcoming professions, fraternity fundraising events, open houses, lectures, etc. The *e-Troubadour News* is available online on our regional website:

<http://olangels.tripod.com/troubadour.html>

Spring is in the air so I'd also like to address this column to the walkers and runners in the Secular Franciscan Order. If you are walking or distance running (or anything else) for a cause, please let me know. We'd like to cheer you on and perhaps encourage other Secular Franciscans to join forces collectively. Send me your name, event cause and date. Let's work together to connect our fraternal events and communications with one another.

I'd also like to continue including a short meditation for each month's e-news. I encourage all you dear brothers and sisters to contact me about reserving a specific month for publishing your meditation. Please do not write (or send) a meditation without first confirming (with me) for a specific month.

When submitting event information, please remember information should include details that answer the who, what, when, where, why and sometimes even the how of the specific event.

Please include your name and phone number in case of questions.

May God bless each and every one of you abundantly,  
and may all your personal and fraternal endeavors be blessed.  
A Blessed and Happy Easter to all.

Now, LET US BEGIN ...

**OUR LADY OF THE ANGELS  
REGIONAL FRATERNITY  
COMMUNICATIONS TEAM:**

**E-TROUBADOUR NEWS**

**EDITOR**

*and*

**The TROUBADOUR  
NEWSLETTER EDITOR**

Anna Geraci, OFS  
161-B Cross Slope Ct.  
Manalapan, NJ 07726

**E-mail:**

[TroubadourEditor@aol.com](mailto:TroubadourEditor@aol.com)

**WEBSITE**

[www.ourladyoftheangels  
region.org](http://www.ourladyoftheangelsregion.org)

**WEBSITE ADMINISTRATOR**

Diane F. Menditto, OFS

**FACEBOOK CONTENT  
ADMINISTRATOR**

Diane F. Menditto, OFS

**YAHOO GROUP**

[http://groups.yahoo.com/  
group/OLTARegion](http://groups.yahoo.com/group/OLTARegion)

**YAHOO LIST**

**ADMINISTRATOR**

Peggy Ledger, OFS

**DATABASE ADMINISTRATOR**

Anna Geraci, OFS



 Find us on  
**Facebook**

[Our-Lady-of-the-  
Angels-Region-  
Secular-Franciscan-  
Order](#)

## 2012 REGIONAL CALENDAR

—Mark your Calendars—

*details will follow when available*

### OLTAR Region Retreat

*For further details and registration forms go to our website at:*

<http://ourladyoftheangelsregion.org/announcements.html>

Fri—Sun, April 20-22

Mount Ave Maria Retreat Ctr.

Wappingers Falls, NY

### Regional Convivenza

**Saturday, June 16**

Free trade items will be available.

Location TBA

### Manhattan Cluster Picnic

**Saturday, July 21**

Bryant Park, 42nd St., NYC

### St. Clare's Feastday Celebration

*Sponsored by the Manhattan Cluster*

**Friday, August 10**

**5:30pm—8:00pm**

St. Francis of Assisi upper Church

### Regional Chapter of Ministers

**Saturday, November 10** note-corrected date

### Manhattan Cluster Meetings

**Saturday: June 2**

**September 15**

**December 1**

St. Francis of Assisi Adult Education Center

31st St, bet 6th and 7th Aves.

## UPCOMING NATIONAL EVENT

### NATIONAL JPIC RALLY

**A National Secular Franciscan gathering focusing on Justice, Peace and Integrity of Creation**

National Shrine of our Lady of the Snows, Belleville, Illinois  
**April 12-15, 2012**

Contact: Jan Parker, OFS  
[jansfo@yahoo.com](mailto:jansfo@yahoo.com)

#### Why?

Since our move from the Apostolic Commission Model to our present JPIC Model, we have not held such a gathering. The Rally focus is bringing together people to sustain and enliven our JPIC efforts. We Rally! To build fraternity, give guidance, direction and formation to JPIC Point People, to build new Commission leadership and to prepare for the Quinquennial.

One of the major purposes/outcomes from the Q is to discern "*What IS our gift; what is God asking of us NOW in the 21<sup>st</sup> Century?*" as an Order. Because the "Q" will ask this question, and because the answer will come from those attending the "Q", we need the JPIC folks to attend the "Q". We need JPIC input and direction at the "Q". We need a critical mass of people at the "Q" who can speak knowledgeably and persuasively about JPIC as part of this discernment process. We need a substantial number of people who have the heart and vision for JPIC issues.

The Rally will have prayer and faith sharing, sessions on Catholic Social Teaching and our Rule, strategies from going from word to action, celebration of JPIC efforts undertaken and planning for the future (the Q, the Commission, a national JPIC gathering).

Please pray for the success of this important Rally.



[Our-Lady-of-the-Angels-Region-Secular-Franciscan-Order](#)

# FOR ONGOING FORMATION

Don't forget to read CIOFS MONTHLY DOSSIERS

Available on the CIOFS website at: <http://www.ciofs.org/en.htm>

Available in English, Spanish, French and Italian.



**Quinquennial  
CONGRESS**

*Why Francis? Claim the Gift!*

July 3-8, 2012

Holiday Inn North Shore  
Skokie, IL (near Chicago)

Registration info:

<http://www.nafra-sfo.org/>

**Your Franciscan gift?  
Kick it up a notch.**

**Come to the Q!**

*What happens if you stay home from the Q?*

**BLAH!**

*SKIP THE BLAHS: REGISTER TODAY.*

*And prepare yourself for the experience of the decade.*

*It's spiritual. It's social. It's for the mind, for the soul,  
for the person you are yet to be!*

Speakers include nationally renowned authors and theologians,  
Sr. Ilia Delio, OSF, and Br. Bill Short, OFM,  
plus our own Ed Shirley, OFS, and Pat Brandwein-Ball, OFS.

We are sure you'll be inspired, enlivened and will enjoy the fellowship of hundreds of brothers and sisters. This is a "working" meeting, a Chapter of Mats for the Secular Franciscan Order in the United States. It's theme is exploring and reflecting upon the wisdom and gifts in our Franciscan heritage, allowing the Spirit to deepen and widen our sense of vocation. Plan on attending, register today!

**Prayer for  
Quinquennial  
2012**

Dear and gracious, loving Lord and Father,  
we bring to You the upcoming Quinquennial.  
We thank You for the gift of our vocation to the  
Secular Franciscan Order, and for our brothers and sisters whom  
You have also called. Thank You for the example and inspiration of  
Francis and Clare, and grant us a new understanding and vision of  
their calling, and ours.  
Prepare our hearts to hear Your call anew, and enkindle in us a new  
spirit of conversion and dedication.

Bless those who will share with us,  
Bless those who will attend in person,  
Bless those who will attend in spirit.

Let Your Holy Spirit be poured out on our entire National Fraternity,  
that through this Congress we may together discern Your heart, and become all  
that You want us to be, in order "to bring about a more fraternal and evangelical world,"  
bringing to life more fully the Kingdom of God.

We pray in the Holy and Blessed Name of Jesus, Your Son. Amen.



*from HNP Newsletter, compiled by Wendy Healy  
March 28, 2012, Vol. 46, No. 7*

*The following position came to the attention of the Holy Name Province's Communications Office. E-Troubadour News is happy to pass on the information.*

In **New York City**, a position is available with the Life Experience and Faith Sharing Association as a coordinator and grant writer, according to Christopher Keenan, OFM, who notified the Province about the position. Grant writing proficiency is required for this

position that includes a New York archdiocesan religious stipend. Interested persons should contact Sr. Karen Helfenstein, SC, [khelfenstein@scny.org](mailto:khelfenstein@scny.org) director of sponsorship services for the Sisters of Charity of New York.

LEFSA is a New York City program that creates faith communities with homeless people in shelters, drop-in centers, a drug rehabilitation program and an HIV/AIDS residence.

**EARTH DAY NEW YORK**  
**Thursday, April 19 — Saturday, April 21**

Please join Earth Day New York (EDNY) in celebrating Earth Day 2012

WHERE: Inside Grand Central Terminal's Vanderbilt Hall,  
201 East 42nd Street, New York, NY 10017, 212-922-0048

The event is free and open to the public.

It will include exhibits featuring sustainable technology, food, and clothing.

Educational and fun activities for children are scheduled throughout the three-day event.

Learn how you and your family can live a little greener.

For more information about this and other Earth Day events for 2012, go to:

[www.earthdayny.org](http://www.earthdayny.org)



<http://www.karmatube.org/videos.php?id=2748>

This charming short film depicts the ripple-effect of kind acts — the way in which receiving an unexpected moment of generosity from a stranger can cause us to become more aware of the needs of those around us and to take action to become a vector of goodness.

**Kindness  
Boomerang**

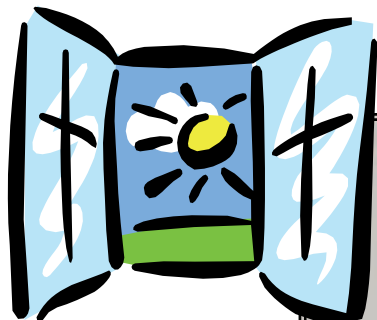
What we often forget is that kindness does not have to be a huge thing. In fact, it is the small things that count.

Witnessing kindness can be as inspirational as receiving it.

# A Prayerful Meditation for

## April 7

— Holy Saturday —



## The Open Window

BEGINNING AT 12 NOON ON HOLY SATURDAY,  
VISIT EACH ROOM OF YOUR HOUSE.  
OPEN A WINDOW AND SAY THE FOLLOWING PRAYER.  
CONTINUE UNTIL YOU HAVE VISITED ALL ROOMS SAYING THE PRAYER EACH TIME.

**Lord Jesus Christ, remove from this house  
and my heart all anger and bitterness.  
Cast out all evil through this open window,  
and come into my home as a most welcome guest.**

**Fill this house and my heart with  
the fresh air of Your love and  
the healing power of Your Resurrection.**

**Remember, also, those who have gone  
before us in faith, especially \_\_\_\_\_,  
that they may rejoice with You  
In Paradise this Easter.**

**Amen.**

BY:

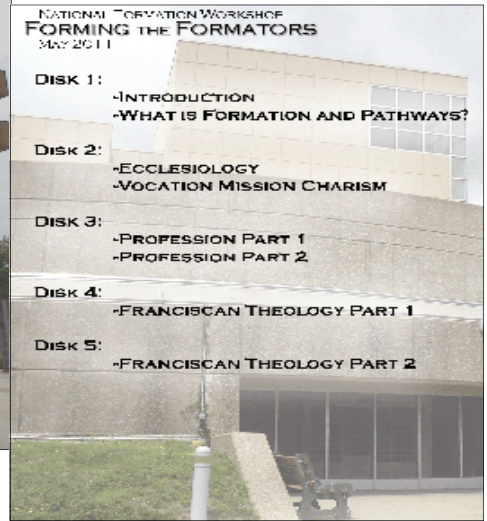
Diane Menditto, OFS

Our Lady of the Angels Region

St. Francis Fraternity, Hackensack, NJ

“Saying this prayer was a tradition with my mother's family, and, after she died in 2000, I began to share it with others so that the tradition would not fade away.”

**DVDs made from  
the presentations  
at the  
National Formation Workshop  
ARE NOW AVAILABLE**



DVD Videos of the Forming-the-Formator's Workshop from the Chapel of Our Lady of the Snows (where the workshop took place), are now available for \$13.∞ plus shipping/handling costs.

Individual orders for the set are welcomed, but regions are encouraged to consider ordering in bulk, by doing so, you save substantially on s/h cost. (ie: mailing one DVD set, the s/h cost is \$5.∞, mailing 100 DVD sets, the s/h cost is \$70.∞, reducing the s/h cost per set from \$5.∞ to .70 cents).

Special bulk pricing has been secured for a quality, durable set that includes:

- Five (5) DVDs with content topics printed on each.
- 1" thick DVD plastic case, with slots for each DVD.
- Color wrap-around label on the case, screen photo of the Chapel with "Forming the Formators" printed on the cover and content of DVDs printed on the back.
- Each case is shrink-wrapped.

**TO PAY BY CHECK** (payable to A. Stronach)

mail your payment to:

A. Stronach, PO Box 232, Marcy, NY 13403, and place your order via email, fax, or postal mail.

Email: [stronach@kateriregion.org](mailto:stronach@kateriregion.org)

Fax: 1-800-986-0423

**TO ORDER ONLINE:**

**using a credit card or PayPal:** Go to website:

<http://www.kateriregion.org/FormationDVDs/FFDVD.html>

(We hope to have a link on the NAFRA website soon).

**COSTS FOR A STANDARD VARIETY OF QUANTITIES:**

- One (1) set of 5 DVDs: \$13 plus \$5 s/h = \$18
- 5 DVD sets: \$65 plus \$11 s/h = \$76
- 10 DVD sets: \$130 plus \$15 s/h = \$145
- 25 DVD sets: \$325 plus \$25 s/h = \$350
- 50 DVD sets: \$650 plus \$40 s/h = \$690
- 100 DVD sets: \$1300 plus \$70 s/h = \$1370

**Note:** more quantity options for ordering are available on the website.

If you would like to order another quantity, contact Bob and Mary Stronach, OFS at **315-735-8904**.

**FOR PUBLICATION OF YOUR EVENT CONTACT:**

Anna Geraci, OFS

161-B Cross Slope Ct., Manalapan, NJ 07726

Email: [TroubadourEditor@aol.com](mailto:TroubadourEditor@aol.com)

<http://olangels.tripod.com/troubadour.html>

**'The LORD bless you and keep you;  
the LORD make His face shine upon you  
and be gracious to you;  
the LORD turn His face toward you  
and give you peace.'**

**Numbers 6:24-26**