

St. Francis of Assisi Fraternity
Cornwall, P.E.I.

ST. FRANCIS OF ASSISI FRATERNITY NEWSLETTER

May 2019

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Rights of the Child

Imagine a mother giving birth to a child, only to have him/her killed immediately after birth. Imagine this child not having any rights, including the right to be registered ... almost as if the child never existed. This is exactly what has been happening in some countries today, including the African country of Benin. However, through the work of *Franciscans International*, this extreme violation of human rights is being challenged and is beginning to change.



Ritual infanticide in Benin involves the killing of so-called 'witch children': children who experience an 'abnormal' birth. This can include infants born in the breech position or those born face down. Newborns are also killed if they are born prematurely, with teeth or perceptible disabilities, or if the mother dies during childbirth. These children are believed to bring a curse on the family and the community.

Through the efforts of *Franciscans International*, the Government of Benin has been challenged by the United Nations to safeguard the rights of children. The Government of Benin was requested to implement a Child Code that would protect children from harmful practices, including ritual infanticide and to intensify their efforts in ensuring universal birth registration of children.

On this Mother's Day, let us pray for all children who are deprived of the right to life before and after birth and for all mothers who are deprived the privilege of raising their children in an environment where the rights of the child are respected by the community.

(adapted from Franciscans International website, 2017)

Fraternity Teams

Fraternity teams for the period 2019-2021 have now been finalized. A list of the composition of each team is attached (Attachment 1). The leader of the team is highlighted in **bold**.

Formation

Francis and Clare's devotion to Mary is very clear. In 2nd Celano we read "towards the Mother of Jesus he (Francis) was filled with an inexpressible love, because it was she who made the Lord of Majesty our brother...he made her the advocate of the Order and placed under her wings the sons he was about to leave that she might cherish them and protect them to the end." In her own words in the 3rd letter to Agnes of Prague, Clare writes "cling to His most sweet Mother who carried a Son Whom the heavens could not contain; yet she carried Him in the little enclosure of her holy womb and held Him on her virginal lap."



The focus of formation at the May Fraternity meeting will be on **Mary, our Mother and Model**. Louise Larkin and Marion Clorey will lead this session. Following in the footsteps of Francis and Clare, they will explore our own relationship with Mary as Secular Franciscans.

In preparation for the meeting, please reflect on the following:

- OFS Rule, Article 9, and
- John 19:25-27.

As you read these passages, you are invited to prayerfully reflect on the role that Mary plays in your life as a Secular Franciscan.

Fraternity Teams

Justice, Peace and Care of Creation

As a follow-up to the April fraternity meeting, below is a chart that indicates how long it takes for different materials to decompose. This is also a reminder that we created a commitment of action to reduce our use of plastics. Action requires awareness first and then a different response or behavior. When you go to use a plastic bag, baggie, bottles, knives and forks or containers ask yourself "what can I use instead?" Even if you can't think of something to use instead, asking is the beginning. If you can't think of something go the **100 Steps to a Plastic Free Life** at <https://myplasticfreelife.com/plasticfreeguide/> (a summary of the document is attached as Attachment 2). You will undoubtedly find some ideas there. Every step moves us closer as a community in taking collective action towards kicking the plastic habit.

HOW LONG DOES IT TAKE TO DECOMPOSE

Paper Towel	- 2-4 weeks	Cigarette Butts	- 10-12 years
Banana Peel	- 3-4 weeks	Leather shoes	- 25-40 years
Paper Bag	- 1 month	Tinned Steel Can	- 50 years
Newspaper	- 1.5 months	Foamed Plastic Cups	- 50 years
Apple Core	- 2 months	Rubber-Boot Sole	- 50-80 years
Cardboard	- 2 months	Plastic containers	- 50-80 years
Cotton Glove	- 3 months	Aluminum Can	- 200-500 yrs
Orange peels	- 6 months	Plastic Bottles	- 450 years
Plywood	- 1-3 years	Disposable Diapers	- 550 years
Wool Sock	- 1-5 years	Monofilament Fishing Line	- 600 years
Milk Cartons	- 5 years	Plastic Bags	- 200-1000 yrs

This will create awareness amongst people that this is also one of the reasons related to Global Green House Effect. Thank you for Sharing, **CHANGE EVERYTHING**

Seder Meal



Lorraine Gillan, acting as mother of our Franciscan family, opens the ceremony by lighting the candelabra.

Passover is the oldest and most important religious festival in Judaism, commemorating God's deliverance of the Hebrews from slavery in Egypt and his creation of the Israelite people. The focal point of Passover is a communal meal, called the **Seder**.

Every 2 or 3 years, St. Francis of Assisi fraternity organizes a Seder Meal during Holy Week, most recently on Tuesday, April 16 at 6:30 p.m. in St. Francis of Assisi Church parish centre. The event was attended by 41 people: 26 fraternity members and 15 guests, including Shirley & Gary Scully of Br. Leo Fraternity (Montague), Sr. Rosemary MacDonald, Sr. Teresa Currie, Fr. Doug MacDonald and Fr. Keith Kennific



The members of our fraternity give thanks and appreciation to the Hospitality, Outreach/Special Events and Music teams that put in several days of preparation to make this Seder Meal so successful. It was an outstanding coordination of facility set-up/clean-up, wonderful food, prayer, friendship and experience of family. The comments and appreciations of both our members and the visitors who shared this meal with us were so very positive and uplifting.

Bishop Richard Grecco Visits Fraternity

The St. Francis of Assisi Secular Franciscan Fraternity (Cornwall) welcomed Bishop Richard Grecco to its regular monthly meeting on April 14 at St. Francis of Assisi Church parish centre in Cornwall. The meeting was attended by 26 members of the fraternity as well as several members of the Br. Leo Secular Franciscan Fraternity (Montague).



Bishop Grecco led the ongoing formation section of the meeting and spoke on The Joy of the Gospel (*Evangelii Gaudium*), the 2013 apostolic exhortation of Pope Francis. This document stresses the Church's primary mission of evangelization in the world. Some of his points and quotes include:



- “God is what happens on our way to being human.”
- When evangelizing, “the key of going from maintenance mode to missionary mode is JOY.” (In fact, the word “joy” occurs 109 times in the document.)
- Discern what is good in secular society. For example, compare Canada’s efforts to reduce poverty with the predominantly secular nations of Denmark and Sweden which have virtually eliminated poverty.

Bishop Richard stressed that evangelization is a process that includes: (1) Proclaiming the Gospel, (2) Bearing witness with joy, (3) Being in communion with people, (4) Being of service and (5) Liturgy.

Bishop Grecco was relaxed, humorous and inspiring ... clearly in his element as a teacher. The members of the Secular Franciscan fraternity enjoyed getting to know Richard Grecco the person, as well as Bishop Grecco, our spiritual leader.

Spring Liturgical Conference: Nourish Us With Sacred Story

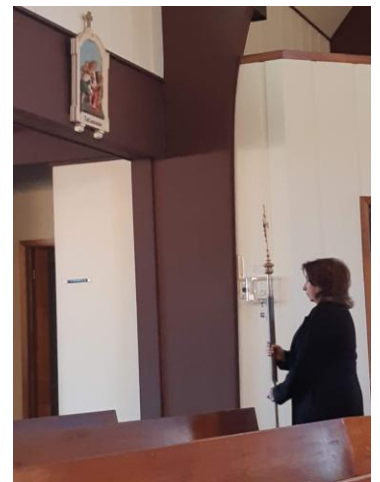
A day of reflection, prayer, teaching, and discussion on *the Liturgy of the Word in the Eucharist* will be held on Saturday, May 11, 10 am-3 pm, at St. Francis of Assisi church, Cornwall. Facilitator: Fr. Keith Kennific. No charge. Please take your own lunch. Coffee and tea will be provided. Please register by Friday, May 3. Contact Jennifer Scott at 902-368-8005 or rc@dioceseofcharlottetown.com. Sponsored by the Diocesan Liturgical Commission.

News from Brother Leo Fraternity



On April 12, 2019, Brother Leo Fraternity led the Stations of the Cross at St. Mary’s Church, Montague as part of the parish’s Lenten devotions.

Brother Leo Fraternity will also host an afternoon retreat on Sunday, May 26th from 2 to 4 pm at St. Mary’s Church in Montague. The theme, “Gospel to Life - Following Christ in the Footsteps of St. Francis of Assisi in Today’s World”, will focus on the OFS Rule. Everyone is most welcome to attend.



Regional Spiritual Conference

The 2019 Spiritual Conference of the Regional Fraternity of Eastern Canada will be held on the weekend of August 9-11, 2019 in Cacouna, QC. The theme of the conference is “REBUILD THIS HOUSE” and will be presented by Fr. Guylain Prince. More information and the registration forms for the conference will be sent out shortly.



Annual Fraternity Retreat– Save the Date

The annual fraternity retreat will be held on October 4-6, 2019. Fr. Benny Vincent, OFS Cap has accepted the invitation to lead our annual retreat at Our Lady of Hope Retreat Centre. Fr. Benny is the recently appointed Regional Spiritual Assistant for our region, the Regional Fraternity of Eastern Canada. The fraternity council is working with Fr. Benny to finalize the theme for the retreat. More information will follow. For now, please reserve these dates in your calendars.

May Birthdays

May 26 Brad Goodick
Happy Birthday, Brad! Blessings to you and your family.

Lunch Schedule

Lorraine Gillan
Leonard MacGuigan

Newsletter

Newsletter items are always welcome. You may send them before the last Wednesday of the month to Doug Clorey at jdclcorey@bellaliant.net.

Upcoming Events

Fraternity Meeting - Sunday, May 5, 2019 at 7:00 pm in St. Francis of Assisi parish centre, Cornwall (note date – first Sunday of May)

Spring Liturgical Conference - Saturday, May 11, 10:00 am-3:00 pm, at St. Francis of Assisi Church, Cornwall.

Brother Leo Afternoon Retreat – Sunday, May 26, 2019, 2:00-4:00 pm, at St. Mary’s Church, Montague

Regional Spiritual Conference – August 9-11, 2019 in Cacouna, QC

Annual Retreat - October 4-6, 2019 at Our Lady of Hope Retreat Centre in Bayview, PEI

**St. Francis of Assisi Fraternity Teams
2019-2021**

- 1. Communications:** Manage the fraternity's internal and external communications (emails, cards/letters, newsletter, social media), as well as request prayers for and maintain contact with fraternity members who are ill.
Tom Wilkinson, Doug Clorey (newsletter), Marion Clorey (Powerpoint), Mike Cassidy, Gillian Garson (Infirmarian), Leonard MacGuigan (Infirmarian).
- 2. Justice, Peace and Integrity of Creation (JPIC):** Animate the fraternity's awareness and engagement in justice, peace and care of creation initiatives.
Marion Marshall, Maureen Goodick, Charlie McDonald, Nancy Murphy, Joan McDonald.
Resource Person: Mike Cassidy
- 3. Formation (Initial):** Under the leadership of the Director of Formation, this team will journey with those individuals in Initial Formation (i.e. Inquiry and Candidacy).
Martha Gabriel, Janet McDonald, Pauline Clarkin, Gerry Gabriel
- 4. Formation (On-going):** to discern and be responsible for identifying and coordinating programs and engaging members and others in the on-going formation sessions for monthly fraternity meetings.
Mary Hagen, Doug Hagen, Ruth Cassidy, Joan McDonald.
Resource Person - Martha Gabriel
- 5. Hospitality and Library Resources:** Prepare the space for fraternity gatherings, including physical set-up, welcome newcomers, present and store library resources and coordinate food and fellowship.
Ron Bolger, Lorraine Gillan, Janet McDonald, Carol MacNeill-Longaphie, Kathleen May.
- 6. Music Ministry:** Lead music for fraternity gatherings and coordinate the fraternity's involvement in such external musical events as the Earth Day Concert.
Doug Clorey, Marion Clorey, Martha Gabriel
- 7. Outreach/Special Events:** Take the lead in organizing the involvement of fraternity members in special events and outreach activities including: preparing/serving a meal at the Upper Room, annual picnic, bi-annual Seder Meal, birthday celebrations and so on.
Leonard MacGuigan, Charlie McDonald, Brad Goodick, Kathleen May, Nasser Saad, Gerry Gabriel
- 8. Retreat Team:** Fulfill the responsibility of retreat planning, promotion, registration and coordination in keeping with the chosen theme for the annual fraternity retreat. Our annual retreat often serves members of other fraternities in Atlantic Canada with a requirement for sending out invitations, and registration forms. With the direction of Council, the team will also be responsible for liaising with the annual retreat facilitator.
Mike Cassidy, Ruth Cassidy, Marion Clorey (Music & Powerpoint), Sr. Gemma Dunn.
- 9. Floaters:** Undertake special projects assigned by the Minister.
Louise Larkin, Minerva McCourt

How to Live a Plastic-Free Life

1. Carry reusable shopping bags.
2. Give up bottled water.
3. Carry your own containers for take-out food and leftovers.
4. Carry a stainless steel travel mug or water bottle at all times for coffee and other drinks while out in the world.
5. Carry reusable utensils and glass drinking straws..
6. When ordering pizza, say no to the little plastic “table” in the middle of the pizza box.
7. Treat yourself to an ice cream cone.
8. Cut out sodas, juices, and other plastic-bottled beverages.
9. Let go of frozen convenience foods.
10. Say no to plastic produce bags.
11. Shop your local farmers market.
12. Return containers for berries, cherry tomatoes, and other small fruits and vegetables to the farmers market to be reused.
13. Bring your own container for meat and prepared foods.
14. Buy fresh bread that comes in either paper bags or no bags.
15. Choose milk in returnable glass bottles.
16. Buy large wheels of unwrapped cheese.
17. Choose wine bottled in glass with natural cork stoppers.
18. Learn to love the bulk bins.
19. Choose plastic-free chewing gum.
20. Clean with vinegar and water.
21. Baking soda is a fantastic scouring powder.
22. Use powdered dishwasher detergent in a cardboard box.
23. Hand wash dishes without plastic.
24. Use natural cleaning cloths and scrubbers instead of plastic scrubbers and synthetic sponges.
25. Wash clothes with homemade laundry soap and stain removers.
26. If you already own a Swiffer mop, try switching to a reusable pad.
27. Use natural rubber gloves.
28. Check labels of personal care products!
29. Switch to bar soap instead of liquid soap.
30. Give up shampoo in plastic bottles.
31. Try hair salves and pomades in metal tins or glass jars.
32. Color hair with henna purchased without plastic packaging.
33. Baking soda is the best deodorant EVER.
34. Try solid shave soap instead of canned shave cream.
35. Choose lotions and lip balms in plastic-free containers.
36. Switch from a plastic razor to a second-hand safety razor.
37. Reconsider how you clean your teeth.
38. Coconut oil is great for grown-ups.
39. Choose toilet paper that’s not wrapped in plastic.

40. Use plastic-free feminine hygiene products.
41. Look into plastic-free sunscreen options.
42. Explore plastic-free hair accessories and tools.
43. Keep your own reusable foodware at the office.
44. Carry lunches in reusable stainless containers or cloth bags.
45. Choose reusable cloth sandwich/snack bags over plastic baggies.
46. Choose glass or stainless steel food storage containers and reuse what you already have.
47. Try natural beeswax coated cloth wraps instead of plastic cling film.
48. Choose a glass blender.
49. Spin salad without plastic.
50. Learn to preserve foods without plastic.
51. Avoid non-stick cookware.
52. Choose stainless steel ice cube trays and Popsicle molds.
53. Don't buy water filter cartridges unless necessary.
54. Make your own homemade yogurt without a yogurt maker!
55. Make your own soy or nut milk.
56. Make your own condiments.
57. Make your own snacks and energy bars.
58. Acquire necessary plastic items used instead of new.
59. Repair things when they break.
60. Make your own glue.
61. Avoid disposable plastic pens.
62. Compost food waste to avoid plastic garbage bags (and keep organics out of the landfill.)
63. Choose natural cat litter.
64. Choose pet toys and furniture made from natural materials instead of plastic.
65. Avoid feeding pets from plastic bowls.
66. Buy secondhand pet supplies instead of new.
67. Learn to make homemade pet food without plastic.
68. When traveling, bring your own water bottle, even on the plane!
69. Bring your own snacks on the plane, too.
70. Bring your own utensils on the road and in the air.
71. Bring your own travel mug.
72. Don't forget your headphones.
73. Bring your own personal care products.
74. Refuse the mini bar.
75. Choose plastic-free camping equipment.
76. Find Do-It-Yourself alternatives for over-the-counter remedies.
77. Use a handkerchief instead of paper tissue.
78. Avoid buying new plastic clothing.
79. Shop thrift stores.
80. Make your own clothes.
81. Look for plastic-free shoes.
82. Alter and modify old clothes into new.
83. Bring your own beverage container to parties and events.
84. Throw a zero waste party.
85. Re-think your Christmas tree.

86. Skip holiday plastic tchotchkes .
87. Learn strategies for green gift giving.
88. Consider giving charitable gift cards.
89. Request plastic-free gifts for yourself.
90. Find ways to wrap gifts without plastic tape.
91. Request zero plastic packaging when ordering online.
92. Get off mailing lists to avoid plastic envelope windows.
93. Look for second-hand electronics, games, and toys first.
94. Choose refurbished equipment from certified “e-stewards.”
95. Take care of what you already have.
96. Avoid buying new CDs and DVDs.
97. Learn to recycle old disks.
98. Choose healthier electronics.
99. Find DIY solutions for techno needs.
100. Avoid the worst types of plastic.