



The Seraph Messenger

of St Ann's Fraternity, Green Bay, WI
"My God and my all"

March/April 2024

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Importance of Silence

As I was preparing with my Franciscan pastor for the upcoming Holy Week celebrations, he kept stressing the need to be silent during various parts of the liturgy. Silence is not something that comes easy, or comes at all in our society. In fact, one cannot even fill up one's car without getting blasted by ads, sports, entertainment news, all coming from the gas pump! Of course, I would not usually go to the gas pump and expect monastery silence but still....

On the importance of silence, Luke Brown from Catholic Link shared this, "In today's world, silence is undervalued and sometimes hard to find. As our world becomes more and more inundated with technology, accessibility, and immediate gratification, the amount of silence in our lives shrinks. I believe this is one of the reasons anxiety has increased

dramatically in the last 20 years. Fear of missing out, constant availability via smartphone, and never ending entertainment at our fingertips are just a few things that have become a part of daily life for most people.

If you do not have any silence in your life, I would encourage you to try a few different things. Driving with the radio off is a good way to start. Maybe try praying in a quiet part of your house and leave your phone in a different part of the house where you cannot hear it buzzing or beeping. If we do not take time for silence and we are constantly distracted, we lose our connection with God and with ourselves. It is often in the silence that we come to know God and ourselves. During Holy Week,, consider making time for silence so that you can be better prepared to take in all that God has in store for you as we celebrate the Paschal Mystery. [Embrace Silence During Holy Week \(And Improve Your Mental Health!\) - Catholic-Link](#)

5 SIMPLE WAYS TO PRACTICE SILENCE

-  1 HAVE MEANINGFUL CONVERSATIONS WITH OTHERS. DON'T SPEAK FOR SPEAKING'S SAKE.
-  2 RESTRAIN YOUR TONGUE WHEN YOU DESIRE TO COMPLAIN.
-  3 GIVE YOUR OPINION ONLY WHEN IT IS NECESSARY.
-  4 RESIST THE URGE TO FILL EVERY SPARE MOMENT WITH NOISE.
-  5 KEEP SILENCE WHEN YOU DESIRE TO CRITICIZE OTHERS.

ADAPTED FROM THE ARTICLE "THE PRACTICE OF SILENCE FOR LAY PEOPLE" | THE CATHOLIC GENTLEMAN



The Gift of the Stigmata



The Franciscan centenary is a journey to ensure that the entire Franciscan Family throughout the world celebrates together the 800th anniversary of Saint Francis' Easter and the culminating events of the last years of his life. Said Centenary has been divided into four Centenaries, respectively spread over four years where it will be possible to reflect and contemplate the Rule and Christmas in Greccio (1223-2023), **the**

gift of the Stigmata (1224-2024), the Canticum of the Creatures (1225- 2025) and the Easter of Francis of Assisi (1226-2026).

The Invention of the Stigmata

Mar.20,2024|,4-6p.m.CT

Online via Zoom

The Catholic Theological Union in Chicago, IL is hosting a virtual lecture that will focus on two versions of the Stigmata – that of Brother Leo and that of St. Bonaventure as painted by Berlinghieri and Giotto. Dr. Gilberto Cavazos-Gonzalez, OFM will be the speaker.

Visit ctu.edu for more information and to register.

Easter is an Octave!



It's Easter! Yes, really, it is STILL Easter.

The Church, in her great joy and celebration of Easter, celebrates eight full days of solemnities in honor of the Resurrection of Christ called the Easter Octave.

The most obvious signs of this celebration are found in the liturgy. The Gloria is said each day at Mass, and some extra alleluias are added as we are sent forth from Mass during the Concluding Rites.

"Go forth, the Mass is ended. Alleluia, alleluia."

"Thanks be to God. Alleluia, alleluia."

If the Church takes care to celebrate these days in a special way, shouldn't we?

Here are a few ideas on how to live out the Octave in the joy of the Resurrection.

3 Ways To Celebrate The Easter Octave Feast!

During Lent, we fasted. During Easter, we feast! Plan a special meal during the week (like you did to celebrate Easter Sunday) to continue the celebration of the Resurrection.

God has blessed us with delicious food, and this is a time to enjoy that blessing and recall His goodness.

Say Some Extra Alleluias.

Just like the in the Mass, we too can add some extra alleluias in our prayers to proclaim our joy. We see the Church do this in her communal prayer in the Liturgy of the Hours throughout the week.

For example, when you finish your prayer before meals, add "Alleluia, alleluia!"

Flower It Up.

During Holy Week churches cover all statues with purple fabric, but during Easter, the sanctuary is typically full of flowers, such as lilies.

If you have holy images at your home, place some flowers before them, or create a home altar with an image of the Risen Christ. When you come home from work or school you will be reminded of Christ's victory over death. Plus, flowers smell good.

All of these ideas can be carried into the Easter season, even after the octave draws to a close. From:

[3 Ways To Celebrate The Easter Octave - Catholic-Link](#), Leslie Rodriguez

Upon Further Reflection

A man, his wife, and his cranky mother-in-law went on vacation to the Holy Land. While they were there, the mother-in-law passed away.

The undertaker told them, "You can have her shipped home for \$5,000, or you can bury her here in the Holy Land for \$150".

The man thought about it for a while and told the undertaker he would just have her shipped home.

The undertaker asked, "Why.... why would you spend \$5,000 to ship your mother-in-law home when it would be wonderful to be buried here and spend only \$150?"

The man said, "A man died here about 2,000 years ago. He was buried here and three days later, he rose from the dead."

"I just can't take that chance."

Upcoming Events

-Fraternity Meeting: Saturday, March 16th at 8:30 AM, St. Clare Hall. Please feel free to bring a snack to share.

-Fraternity Meeting: Saturday, April 20th, at 8:30 AM. St. Clare Hall. Please feel free to bring a snack.

-La Verna Regional Chapter (Elections) - June 28 - 30, 2024 at St. Anthony Spirituality Center.

-Franciscans meet to pray the Rosary together each Wednesday evening. To join us in praying the rosary, please call the following toll-free number: 978-990-5000 and then enter the meeting access code: 734545. Rosary begins at 6:00 p.m. and usually runs for about 25 minutes. Friendships come alive here.

Kindly Keep in Prayer

-For fraternity members who no longer are able to be actively involved in fraternity life

-Please pray for Joan Schaupp and her husband.

-Pray for peace in the Middle East and in Ukraine.

-Please pray for all those we know who struggle with cancer.

--For fraternity member who are ill and for sick relatives and friends. To request prayers on the St. Ann's Fraternity prayer chain please email Jeff Gumz@jagumz@gmail.com or call Jan Campbell @920-609-3544.

