



# OUR LADY OF THE ANGELS MESSENGER

Issue Number 66

February 2026

## *From our REGIONAL MINISTER*

*Dear Franciscan Sisters and Brothers,*

I would like to thank all fraternities who have sent 2025 Annual Reports and Contributions. Your support is greatly appreciated. Do you know that someone is praying for your holiness and increased vocations/calls to the 1st, 2nd, and 3rd orders EVERYDAY? A group of us meet on Zoom and pray every day at 6:30am PT / 7:30am MT / 8:30 am CT. Many thanks to Miriam Liem from St. Clare (Chilliwack, BC) for the initiative. She has also prayed the Franciscan Crown Rosary for us every day. You are all invited to join us. Maybe we can work on Korean translation/interpretation? If you would like to help, let us know.

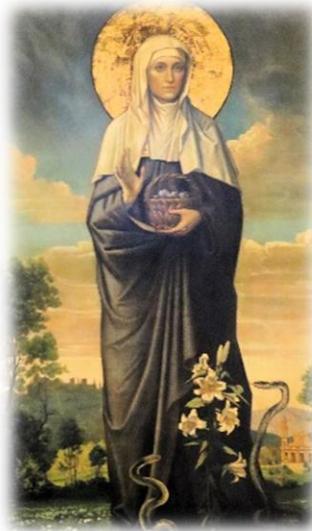
As I get to know more about the fraternities, I get to hear about apostolates by members of fraternities; most recently, I found out that members of St. Francis Korean Fraternity (Surrey, BC) are involved with helping Sisters of Missionary of Charity, making sandwiches for the homeless, helping the single mothers in the community, and pray the Crown Rosary every night at 9pm on Zoom. Cool, right? This knowledge inspires me to “switch” my volunteer activities with my parish to activities with the Secular Franciscans. In transitioning, I can train other parishioner(s) to share or take over what I do in the parish so that I can be more focused on spending time with my Franciscan brothers and sisters. When I join other Secular Franciscans in their apostolate(s), I hope to affirm their apostolate and promote unity and fraternal spirit among them, as well as serving the community around me. (See, how many targets (instead of “birds”) I will hit (instead of “kill”) with just one stone?)

We have been very blessed to be able to celebrate the Centenaries of Greccio (2023), Stigmata (2024), Canticle of Creatures (2025), and the Transitus of St. Francis (this year). Be sure not to book anything on October 4, 2026 as celebrations will take place that day by and for the Franciscan families. You can inquire with the nearby OFMs and/or Franciscan religious about how you can participate or help with planning the celebration.

As we celebrate the final centenary: St. Francis’ Transitus, we are reminded once more that suffering is a part of the journey towards holiness. All saints about it, suffering can be the fastest if we choose to be the face of Christ: the one who is willing to be crucified, the one who comfort instead of being selfish, in other God’s instrument.

For example, if a fraternity member we can ask how we can help, instead of and my ideas are better than theirs. hurtful words, we can quietly switch the of bickering back at them and trying to

As you may all be aware, suffering and can ask who do you love as you are others - for me, the best answer should am given a privilege to unite my suffering rejected so much for my soul. *God*: I praise presence through others’ love and prayers



**St Veridiana (1182-1242)**

**Feast Day: Feb 16**

[Her Life](#)

experience suffering; in fact, if you think means to achieve holiness, particularly one who choose to love first, the one heals, or the one who choose words of words, the one who is willing to be

seems to be forceful with their ideas, trying to prove their ideas are wrong Another example, if someone says subject or end the conversation instead defend ourselves.

love are two sides of the same coin: we suffering at this time? Myself, God or involve all three. *Myself*: at this time, I with Christ who have suffered and you God in my suffering, I feel Your for me in the midst of my suffering;

*Others:* I offer this suffering for the souls who would benefit from my suffering, whether in purgatory or on earth - Mama Mary would know. Finally, thanks be to God for the presence of one another. Let us keep one another in our prayers as we journey through this Lent.

*Your servant, Lanny*

## *From our REGIONAL SPIRITUAL ASSISTANT*

**Lent- a Time of Conversion and Renewal of Relationship:** Once again, we find ourselves in the liturgical season of Lent. This is a time to focus on our growth in holiness and virtue through prayer, fasting and almsgiving as we anticipate the suffering Jesus endured to reconcile us to the Father, leading us to the greatest feast of our faith, Easter. It's a time for inner conversion and renewal of our relationship with God, others and self. We began this renewal with the imposition of ashes on the foreheads, reminding ourselves that we are mortal and sinners. Our sins displease God, others and self; thus, imposition of ashes is also a sign that we mourn for our sins. Hence, as mortals and sinners, we are called to return to the Lord with all our heart, with prayer, fasting, almsgiving and mourning for our sins.

Repentance has a special reference to God the Father, and faith, to Jesus Christ the eternal Son. Repentance of itself is not sufficient-it makes no satisfaction for the law of God which we have broken; and hence, over and above repentance, there is required from us faith in the Gospel, wherein Christ is revealed to us as a propitiation for sin, and as the only way of reconciliation with the Father. Without faith repentance becomes despair, and without repentance faith becomes only presumption. Join the two together, and the faithful soul is borne onwards, like a well-balanced vessel, to the haven where it would be.

Before Jesus began His ministry, He went into the desert. He withdrew from His normal life and spent time alone. The temptation of Jesus in the desert prepared Him for His mission. St. Francis of Assisi observed Lents in fasting, solitude and prayer. Francis would spend probably three and perhaps as many as five periods of about 40 days each in relative seclusion, dedicating himself to prayer and fasting in solitude, sometimes with one or other of the brothers, sometimes by himself. He withdrew to hermitages seeking a secluded and contemplative way of life. Basically, Francis was creating the space and time to step apart and reflect on how God was asking him to deepen his commitment in terms of the ever-changing situation of his life. "When blessed Francis stayed constantly in a place to pray...he was always anxious to know the will of the Lord, about how he could please him better" (Assisi Compilation, 118).

Lent is also a time for us for our desert experience. The desert experience involves a withdrawal. We all need to withdraw from our daily routine to pray, to spiritually nourish our life. During this time of withdrawal, we can examine our life to where we stand before God. It's time for self-examination. When we have examined ourselves of what good and bad we possess; then inner conversion of heart is must to regain our lost self. Repentance is not just feeling sorry for our sins but metanoia (change of mind, heart and life), it's a sincere resolution and endeavor, to the utmost of our power, to confirm all words and actions to the laws of God. Therefore, it's not just a one-time event but regularly doing the best to align our life with the will of God. The whole point of repentance is conversion and renewal of relationship with God, others and self, and if it is not that, then it is useless.

*Fr. Manoj Xalxo, OFM*

## *From our REGIONAL DIRECTOR OF FORMATION*

**ARE YOU READY TO SERVE?** When I read the Intercessions from this morning's Liturgy of the Hours, I am reminded of the Chapter of Elections coming up in July 2026 and what it means to be a Secular Franciscan. Can we be open to what the Holy Spirit asks of us? Can we answer the call to serve our brothers and sisters on Our Lady of the Angels Regional Council?

**Let us pray:** To the God who gives us the joy of praising him this morning, and who strengthens our hope.  
*Hear us O Lord, for the glory of your name.*

We thank you, God & Father of Jesus our Savior, for the knowledge & immortality you have given us through Him.  
*Hear us O Lord, for the glory of your name.*

Make us humble of heart, help us to serve one another out of reverence for Christ.  
*Hear us O Lord, for the glory of your name.*

Pour out your Spirit on us, your servants, make us sincere in our love for each other.  
*Hear us O Lord, for the glory of your name.*

*Catherine McNiff, ofs*

## EXHUMATION OF THE REMAINS OF SAINT FRANCIS



The mortal remains of St Francis were exhumed on February 21, 2026 in line with the opening of the first extended public veneration of the saint for the 800<sup>th</sup> Anniversary of his death. Pilgrims from around the world are gathering at the Papal Basilica in Assisi, where the remains are exposed for veneration, prayer and reflection from February 22 to March 22, 2026.

For more info <https://sanfrancescovive.org/en/home/>

## MESSAGE OF THE HOLY FATHER LEO XIV FOR LENT 2026

[Listening and Fasting: Lent as a Time of Conversion](#)

+++LENTEN PREPARATION+++

[OFS Examination of Conscience](#)

Our new **OLOTA Daily Morning Prayer Circle** is on Zoom!

**Our shared intention is simple & deeply Franciscan:** to pray for an increase in vocations to the First, Second, Third Orders & YouFra

**What We Pray Together** (for 30 minutes)

Morning Offering - Liturgy of the Hours - Prayer to Attract Hearts of the OFS

Franciscan Family Chaplet Prayer - Secular Franciscan Prayer for the Youth

Psalm from the Little Office of the Passion

**6:30 AM (BC), 7:30 AM (AB), 8:30 AM (MT/SK)**

**Zoom Link:** <https://us02web.zoom.us/j/87194635029?pwd=JbLYxdyR4L3l2HWccz6lA4b9cBDyL4.1>

**Meeting ID:** 871 9463 5029 **Passcode:** 382440

**Contact:** [ofsmiriam@gmail.com](mailto:ofsmiriam@gmail.com) 604-819-1204

## Prayer Intentions for Vocations (from CIOFS)

**Feb 2026:** For new vocations to the Secular Franciscan Order. **Mar 2026:** For brothers and sisters who are discerning their vocation to the Secular Franciscan Order.

[All intentions for 2026 from: the Holy Father, OFS/YouFra, OFS Vocations.](#)

## Save the Date

- **Young Adult Retreat:** CHRIST IN THE HEART OF SAINT FRANCIS

Saturday, March 14, 2026 (SEE POSTER BELOW)

- **Come & See:** Why be a Secular Franciscan???

3 zoom sessions for INQUIRERS & friends of SFO

March/April/May 2026 (SEE POSTER BELOW)

- *Pray the Franciscan CROWN ROSARY & VESPERS together!*

On the first Saturday of each month.

Next... **2026 Mar 7th** @ 7pm PST/8pm MST/9pm CST

<https://us02web.zoom.us/j/86486098310?pwd=R1VOZ3EvdWMraG1PTTYxb1p1WllvQT09>

Meeting ID: 864 8609 8310 Passcode: 741246

- **OLOTA Franciscan Book Club**

Next.. Sunday, **Mar 1st 2026** @ 6pm PST: Discussion of the Encyclical Laudato Si

Contact Miriam Liem at [ofsmiriam@gmail.com](mailto:ofsmiriam@gmail.com) or Marlene Welch at [Patmarlocel@gmail.com](mailto:Patmarlocel@gmail.com)

## WHY BE A SECULAR FRANCISCAN?



### Do you want to:

- \* develop a deeper faith life?
- \* be a person of peace?
- \* make the world a better place?
- \* meet in community with your brothers & sisters?
- \* care for our fragile environment?

If so, maybe you are being called to the Secular Franciscan way of life. Please join Liam & Catherine, Secular Franciscans, for three one hour Initial Formation Support Sessions on zoom this Spring in the comfort of your own home.

All are welcome to attend the sessions.

Dates: Wednesdays March 25, April 29 & May 27, 2026

Time: 6 pm BC Pacific/ 7 pm AB Mountain/ 8 pm SK, MT Central

Please register with Marlene at [patmarlocel@gmail.com](mailto:patmarlocel@gmail.com) before Friday, March 20, 2026.

## Christ in the Heart of St. Francis

### Young Adult Retreat

Saturday March 14th 9am - 9pm St Joseph the Worker Parish  
Richmond, BC  
Cost 20 lunch and supper provided



scan for + info  
and registration



*All Young Adults 18-40 years old are invited. The Franciscan Parish, St Joseph the Worker in Richmond celebrates the Jubilee of St. Francis of Assisi. Come to join the Young Adult Retreat in Richmond, BC. "Christ in the Heart of St. Francis" Saturday, March 14<sup>th</sup> from 9am-9pm. If you are travelling, accommodation is possible if you tell us in advance.*

*God bless!*

## The Gift of OFS Fraternity

### **Choosing "We" Over "Me"**

Fraternity is more than belonging to a group, it is a way of living where we intentionally choose relationship, mutual care, and shared responsibility. In a world that often pushes independence and self-focus, fraternity gently invites us to walk together, just as we are.

### **Be present, not perfect**

Show up as you are. Fraternity grows through honesty and presence, not performance. Simply being there for one another builds trust.

### **Practice deep listening**

Listen to understand, not to reply. Allow others to share their joys, struggles, and doubts without rushing to fix or judge.

### **Speak with kindness and courage**

Fraternity includes gentle honesty. When something needs to be said, speak the truth with respect and love, never gossip or division.

### **Choose forgiveness quickly**

Community life is real life and misunderstandings happen. Forgiveness keeps fraternity alive and hearts free.

### **Share life simply**

Meals, conversations, prayers, and small acts of service create bonds. Fraternity is often built in ordinary moments.

### **Pray for and with one another**

Holding others before God deepens unity. Prayer reminds us that fraternity is a gift.

### **Carry one another's burdens**

Offer practical help when someone is struggling. No one should walk alone.

Living fraternity is a daily choice to see the other as a brother or sister, to slow down, to love patiently. When we live this way, community becomes a place of healing and joy.

## WHAT'S HAPPENING!!!



**Christmas Remembrance in December '25 - Calgary Area Franciscan Family: Our beloved Franciscan Friars, Sisters, Padre Pio Korean Fraternity and St. Mary's Fraternity**



*Left: St Padre Pio Korean Fraternity of Calgary meet with Lanny Hui and David Bouchard on February 8 for their Chapter of Election. Right: The newly elected council with Lanny. St Padre Pio Fraternity gather for the Liturgy of the Hours and the Rituals in the Korean language. Their formation material is also available in Korean.*

Our Lady of the Angels Messenger, Secular Franciscan Order of Western Canada Region

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