



# The Little Portion

## THE RITE OF PROFESSION

### A Permanent Commitment to the Gospel Life



On November 13, 2025, St. Anthony Fraternity witnessed the profession of permanent commitment of the gospel life in the Secular Franciscan Order of David Liang and Janice Liang. The Rite of Profession occurred during celebration of the Mass at St. Cecilia Catholic Church in Haysville, Kansas.

A reception, offering opportunity for Franciscan fellowship, was held at the parish hall immediately following.



## COMPASSIONATE PRESENCE

BY JACKIE SIMON

A few weeks ago, I went to a store to get copies of my son's funeral program. I was wearing my Tau, as I always do, and the young girl helping me began telling me the experience her and her brother went through when their father passed away with no will and no money. They did manage to pay for a cremation. Her brother had the urn in his trailer where he lived, but while he was at work, his trailer burned to the ground. So they didn't even get to bury their father. It was a rough time for both of them.

She said she began to believe in God again when she was in a car accident. She ran into a telephone pole, it snapped off and fell directly onto her car. Right before she hit the pole a voice told her to move her seat back as far as it would go. The pole fell directly beside her in the car and her legs were not smashed under the steering wheel. Then she looked out her side window and saw a lady in a long white dress who told her to get out of the car and move away from it. She did and then the lady vanished.

The only injury she had was some glass in her little finger. She is convinced that the events were a miracle.

I believe she needed someone to talk to and to listen to her that particular morning. I felt blessed to be able to be that person.

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### SPECIAL POINTS OF INTEREST

- Rite of Admission
- Ceremony of Introduction & Welcoming
- The Third Order



Maximillian Kolbe Shrine,  
Libertyville, IL

## GOSPEL TO LIFE: A PILGRIM'S JOURNEY

BY JACKIE SIMON

This summer I was blessed to have the opportunity to visit the Pilgrimage Site of St. Maximillian Kolbe in Libertyville, IL. The Ministry of the Conventual Franciscan Friars of St. Bonaventure Province takes care of the Shrine. There are over 40 Conventual Friars living in community there year round.

The church itself is truly magnificent. I was able to arrive during Adoration hour. The Monstrance was five feet tall standing on the Altar. On the side of the Sanctuary and along the church wall was an area with statues of Saints, kneelers and candles. This was all enclosed by a tall wrought iron fence.

Most impressive to me was a large San Damiano Crucifix near the Sanctuary.

There was also a building by the side of the church with an educational Holocaust exhibit with personal items of St Maximillian Kolbe. The items of clothing had belonged to Maximillian

Kolbe. There was a conference center, meeting rooms, a cafeteria, and a gift shop. I was able to buy some coffee that was made by Monks in Wyoming and I also purchased a Franciscan Crown Rosary. I had a conversation with a Friar who was making Rosaries. He said to be good at it you must buy a tool called a looper. He was interesting to listen to, and he worked very quickly at making the Rosary.

I had been to Chicago many times, but never knew this Shrine was nearby until I researched the area for religious sites.



### THE PRAYER BEFORE THE CRUCIFIX AT SAN DAMIANO

We adore You,  
Lord Jesus Christ,  
Here and in all your  
Churches in the whole  
world,  
And we bless You,  
Because by Your holy cross  
You have redeemed the  
world.  
Amen.

~St. Francis of Assisi

*The San Damiano Cross is the one St. Francis was praying before when he Received the commission from the Lord to rebuild the Church.*

*"The Church has always esteemed highly this form of life prompted by the Holy Spirit 'for the good of the Church and the human community.'" ~ Ritual of the Secular Franciscan Order, p. 2*

## POPE NICHOLAS IV—FIRST FRANCISCAN POPE

BY PATRICIA BIRD

Girolamo Masci was born in 1227 in Lisciano in the Italian region of Marche. After joining the Franciscan Order in his youth and becoming a friar, he undertook several diplomatic missions, including one to Constantinople in 1272 to encourage the Eastern Church to attend the Second Council of Lyon. Masci succeeded Saint Bonaventure as Minister General of the Franciscan Order in 1274. In 1278, Pope Nicholas III named him a Cardinal and appointed him the Latin Patriarch of Constantinople in 1278.

### Election to the Papacy

After a year-long papal conclave following the death of Pope Honorius IV, Girolamo Masci was unanimously elected Pope in February 1288 but initially refused the position, only accepting after a week of persuasion. He chose the name Nicholas IV in honor of Nicholas III.

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## THE FIRST FRANCISCAN POPE

BY PATRICIAN BIRD (CONTINUED FROM PG. 2)

### Major events & legacy of Pope Nicholas IV

In 1288, Nicholas IV met with the Mongol diplomat Rabban Bar Sauma to establish a military alliance against the Mamluks. Diplomatic discussions did not materialize.

Pope Nicholas IV was involved in the Sicilian succession dispute and crowned Charles II as King in 1289.

In Church Administration he granted the College of Cardinals half of all income of the Holy See, giving them a significant role in financial management.

He also initiated the Taxatio Ecclesiastica Angliae et Walliae, which provided a detailed valuation for taxing English & Welsh churches.

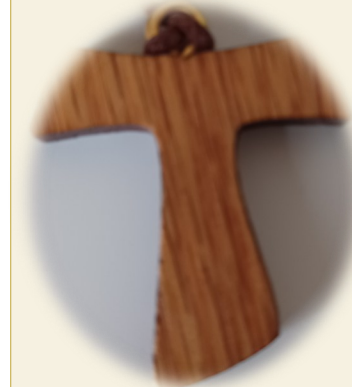
In 1291, the stronghold of Acre, the last major Crusader stronghold was lost. Deeply impacted by the military loss, Pope Nicholas IV was unsuccessful in trying to organize a new crusade. He instead focused on expanding the missionary efforts to send Franciscans like John of Monte Corvino to Central Asia and China.

Pope Nicholas IV is also remembered as a patron of the arts.

In 1292, he commissioned the first known Nativity scene figurines, inspired by St Francis of Assisi, the creator of the first living Nativity in Greccio, Italy in 1223.

He also commissioned works for the basilicas San Giovanni in Laterano and Santa Maria Maggiore in Rome.

Pope Nicholas IV remained Pope until 1292. He died in Rome on April 04, 1292 and was buried at Santa Maria Maggiore.



## SECULAR FRANCISCAN FORMATION MILESTONE

### RITE OF ADMISSION



Oct. 5, 2025  
Rite of Admission for Gary  
Yarbrough

*"The Secular  
Franciscans, gathered  
together in fraternity  
and in the oneness of  
spirit with all the People  
of God, celebrate the  
mystery of salvation,  
revealed and  
communicated to us in  
Christ, with prayers and  
thanksgiving and by  
renewing their  
commitment to a new  
life. ~*

*Ritual of the Secular Francis-  
can Order, p. 2*

## ST. ANTHONY FRATERNITY CELEBRATES THE COMING OF CHRISTMAS

St. Anthony Fraternity held its annual Christmas gathering on December 7.

This year we were blessed with the presence of the Capuchin Friars from St. Carlo Acutis Friary who joined us for our

celebration.

We remember all those brothers and sisters who due to circumstances were unable to join us and we continue to hold you close in prayer.

### ST. ANTHONY FRATERNITY COUNCIL MEMBERS

Minister—Larry Menestrina,  
St. Jude

Vice Minister—Larry  
Dougherty, Holy Savior

Secretary—Jacqueline  
Simon, St. Elizabeth Ann  
Seton

Treasurer—Chet Kirby, St.  
Joseph

Councilor—Chris Riggs, St.  
Mary Cathedral

Councilor—Kristi Stubbings,  
St. Elizabeth Ann Seton

Director of Formation—  
Deacon Hector Rios, Our  
Lady of Perpetual Help

Spiritual Assistant—Sister  
Mary Catherine, IHM





Blessed Helen Enselmini  
Sanctuary of Arcella, Padua

### THE THIRD ORDER

Seeking thy honor in all things and with all our strength, by spending all the powers and senses of body and soul in service of thy love and not in anything else; and that we may love our neighbors even as ourselves, drawing to the best of our power all to thy love.

~Writings of Saint Francis of Assisi

## BLESSED HELEN ENSELMINI

BY CHRIS RIGGS

The Magnificat app featured Blessed Helen Enselmini in November, a saint I had never heard of but who has a close connection to Secular Franciscans.

Born in Padua in 1208 to an impoverished noble family, she was a contemporary of St. Francis of Assisi. Blessed Helen desired to become a bride of Christ in her youth, and when St. Francis established a convent of Poor Clares in her native city in 1220, she received the habit of St. Clare from the hands of St. Francis himself at age 12. It seems she was destined to sainthood. Her spiritual director as a young novice was St. Anthony of Padua.

Our Lord soon began purifying Blessed Helen. At age 18, she began suffering maladies. Despite her frail health, she frequently fasted and worked without complaint, embracing the Rule of St. Clare. She eventually became lame, blind, mute, and remained in that condition until her death.

The Roman Catholic Saints website said that during her suffering, she

was strengthened and enlightened by heavenly consolation. "In spirit she saw the glory of the blessed in heaven, especially that of our holy Father St. Francis and all the religious who were faithful to their vocations," the website states. "God permitted her also to behold the suffering of the souls in purgatory, in order for her to pray the more zealously for them and to bear her own sufferings with still greater patience."

She died on Nov. 4, 1242, at age 34 after spending 22 years in the convent. Sr. Helen was honored as a saint by the Franciscan Order as well as the people of Padua and the surrounding region. Her body has remained incorrupt to this present day, and miracles have been reported by visitors to her tomb. She was beatified on Oct. 29, 1695, by Pope Leo X, and confirmed by Pope Innocent XII.

Her body is encased in a glass coffin in the Sanctuary of Arcella in Padua, where St. Anthony of Padua died and is ministered by Franciscan monks.

## CEREMONY OF INTRODUCTION AND WELCOMING

*St. Anthony Fraternity's "expression of hospitality and cordiality"*  
~ *Ritual of the Secular Franciscan Order p. 9*



Oct. 5, 2025  
Rite of Welcoming for Brenda Conyers



Dec. 7, 2025  
Rite of Welcoming for Lara Law, James Higgs, and Angela Snodgrass

## CHILDREN

BY GARY YARBROUGH

No home is ever complete, no marriage ever perfect, no family fully formed, without children in it. The procreation and rearing of children is the *primary* end for which marriage is designed. In the Book of Tobit in the Bible, the angel Raphael tells Tobias that he must take Sarah as his wife “moved rather for love of children than for lust.” Do not forget that your wedding did not unite just the two of you; it also united two separate, distinct families and ancestries, now joined to their common future heirs in the generations that are to come through your marriage and subsequent children.

There can be good reasons for postponing having children. There are reasons some are unable to conceive children. But there is never any excuse for refusing to have them. Such refusal is the height of selfishness, often for material things, and no one ever learns true selflessness until they give of themselves to their child. You *will* make sacrifices for your children as they will be your greatest treasure. Next to losing a loving spouse, nothing is as painful as losing a child.

Your children will always be close to your heart. They are the messages you will send to a time you will never see, to future generations you will never meet. You are not obliged to spoil them with every material thing, but you *are* obliged to love them unconditionally, affirming them as persons, each unique in themselves, though each will bear traces of their grandparents.

You must never forget that *real* love means caring for your children enough to discipline them. They must become disciples of your love, and you must always remember that your actions speak much louder than your words. Children are the world’s greatest imitators. They will faithfully imitate what they see in you, for better or worse. Their success in life will largely depend on what they find their parents to be in the home.

Napoleon once said that the fate of the child is always the work of the mother. He was only half right. The role of the father is just as important. It is the father who teaches his daughter how a man loves a woman by the way he treats his wife. He teaches his son how to be a man by the way he treats everyone else as well. Victor Hugo went even further than Napoleon saying that the fate of the child was also the work of the grandparents.

Never let yourself forget that the manner in which you act toward your children - and toward each other - will set patterns that will be repeated in the children’s lives for years to come. If you quarrel and fight with one another in front of the children, they will likely do the same in their own marriages. You can see the same sad thing in the patterns of child or spouse abuse, as their poison flows into generation after generation.

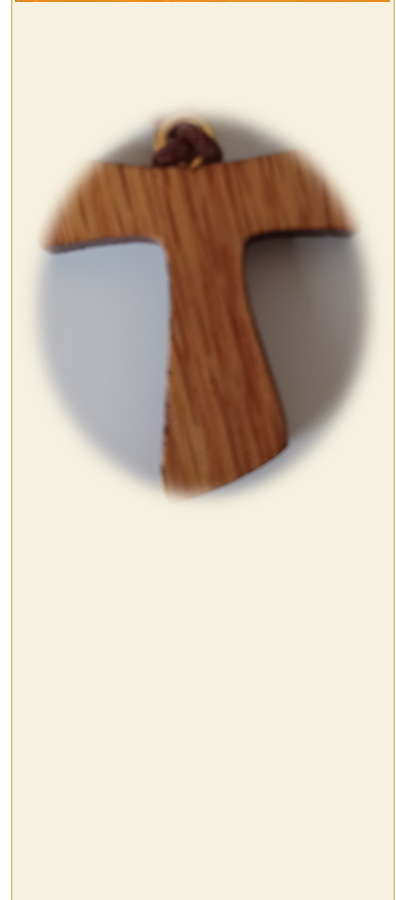
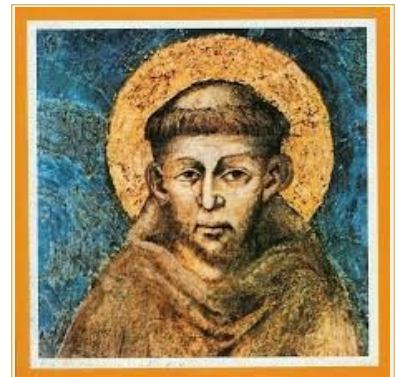
If you want your children to be their best, be sure you give them your best, always remembering that your best is *not* things. You must always shower them with love, not with things. Your children are the most valuable part of your life, and the more you value them, the better their values will be.

If you do not train your children, they will train you. Make sure they learn to use their ears more than their mouths, for as Mark Twain once said, “If God wanted us to talk more than listen, He would have given us two mouths and one ear.” Begin teaching them early, for in youth, we learn. Understanding comes only with age.

Though teaching your children to count is good, teaching them what counts is much better:

- Teach them obedience, and they will bless you.
- Teach them modesty, and they will never be ashamed.
- Teach them gratitude, and they will always feel blessed.
- Teach them justice, and they will be honored by others.
- Teach them to love, and they will always be loved.

(continued on pg. 6)



*O Incarnate Word, teach me  
the lessons of wisdom  
contained in the mystery of  
Your Incarnation.  
~ Divine Intimacy*



St. Anthony Fraternity visits  
St. Jude Lord's Pantry  
December 2025

## SECULAR FRANCISCAN ORDER

### ST. ANTHONY FRATERNITY (WICHITA)

SFO St. Anthony Fraternity meets the first Sunday of the month in St. Elizabeth Hall, across the street from, St. Anthony Church, 258 N. Ohio Ave., Wichita.

Faith formation begins at 1PM.  
General meeting is at 2:15.

Peace and Every Good!



## FEEDING THE POOR – ST. JUDE LORD'S PANTRY

BY LARRY MENESTRINA

They are already lining up in their cars at 7:30am on Monday morning, 25, 30, 100, and more cars. They are lining up in the St. Jude Church parking lot to receive a large sack of groceries to feed their hungry families. The St. Jude Lord's Pantry has been operating for over 35 years. They are supported by grassroots donations, school food drives, donations of food items, and the collection of aluminum cans, wherever donations can be found. The sacking and distribution of food items is done each Monday morning between 9:00 and 10:00am. Between 150 and 200 cars come through the Pantry's drive-through as volunteers in the rectory basement hastily push grocery carts and paper sacks filled with various food items along the walls. As the line of cars lengthens, volunteers place bulging sacks of groceries on a long plank and then hoist them up from the basement to the driveway. In addition to distributing sacks of food to the needy, volunteers also unload a weekly truck from the Kansas Food Bank that contains much of the food they use to feed the families coming through the line. As the cars come through the distribution line, Volunteers obtain information from each driver as to how many persons are in the family; no one is turned away. Everyone gets a large sack of groceries and sometimes other items, such as much needed baby products. The volunteers who hand out the sacks of

food stand in the Rectory driveway in wind, rain, cold, and snow, but that could change as the Lord's Pantry hopes to start work on a new building to be constructed just north of the Rectory.

A wonderful couple from St. Jude Parish, Sharon and Bill Meckenstock, have been directing the Lord's Pantry Ministry for the past 10 years. On Saturday Sharon and Bill gave us a tour of their facility, which is in the basement of St. Jude's Rectory. There was a freezer for meats and shelves full of peanut butter, canned vegetables, bread, and fruit, which are some of their main staples for the receiving families. St. Anthony Fraternity has been supporting the Lord's Pantry for the past 15 years, since 2010. We started out by collecting cans of food that would be brought by our members to the monthly meeting and storing them in the little closet in St. Clare room. We found out that the Lord's Pantry could buy food items at the Kansas Food Bank cheaper than we could, so we decided to give them a monetary donation on the second Saturday in December during a time of their greatest need. The \$1,500.00 donated to them by St. Anthony Fraternity will provide two months of food for the Pantry. St. Anthony Fraternity is proud to support St. Jude's Lord's Pantry in their efforts to feed families in need of food and baby supplies.

## CHILDREN

BY GARY YARBROUGH (CONTINUED FROM PG. 5)

Always remember that the *money* you spend on your children buys only that which does not last and is soon forgotten. Yet the *time* you spend with them will make memories that will never wear out. Your love is the greatest gift you can give them, and never forget that one of the best ways to love them is to love your spouse, for the memory of a happy home is the best legacy you can leave your children.

Always strive to let your children's childhood be a time of imagination, joy, pretending, discovery, and unscripted play. It is sad to think how often it isn't so. Natural disasters such as typhoons and famines rob so many of their childhood. Yet man-made disasters such as wars and oppressive governments destroy childhood for even thousands more.

Perhaps most tragic, since most avoidable, are those deprived of childhood by their own parents. Living vicariously through their children's lives, planning those lives out to the smallest detail, such parents manipulate their children into excess activities and lessons. And how soon they complain about having to drive those same children to and from it all! The one lesson such children learn is that they must *do* something, and do it *well*, in order to experience a parent's love. That is the saddest of all.

Your children need unconditional love, just for being who they are. They need such love just as deeply and desperately as you do. Love them with all your heart, for one day they may be selecting your nursing home!