

# The Tau Signature

**Tau Fraternity of the Secular Franciscan Order – Herndon, Virginia  
St. Margaret of Cortona Region**

**April 2016**



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## Minister's Message

Dear Sisters and Brothers,

I want to thank Terry, Vicki, Frank, and Walter for participating in leading the Stations of the Cross on March 18. I think it is important that the Secular Franciscans have a visible presence with the Stations given that they originated with the Franciscans, and St. Joseph's asks us to lead them once a year. I also want to thank Bill Richey for organizing and leading our Lenten Day of Spirituality on March 19 (and for lunch!). I hope that those of you who were able to attend benefited from the experience – I know I did. As Lent ends and our Easter season begins, I am happy to shout "HE IS RISEN!" I wish each of you and your families a blessed Easter! Peace and blessings, Pamela Brooks, OFS

## Recap of Last 10/4/15 Meeting

### Opening/Formation:

Bob Calderon, Vice Minister, led the discussion of Chapter 8, "The Attitude of Gratitude" Principles of Prayer" from our on-going Formation book Catching Fire Becoming Flame. Bob told us he would like to begin the discussion talking about attitude. He continued by saying that it is good to have a good attitude in the workplace. For example, he offered that those employees who don't possess a good attitude either are not employed long, or they promoted out of the office. People who display good attitudes and are affable attract people to them in a favorable way. Vicky Shanholtz injected that her former employer Trader Joe's would screen people and only hire those who exhibited the quality of caring for others or demonstrated an ability to bring out the good in other people. Gil Donahue remarked that attitude and altitude fit together and that it is good for a person to both raise his or her attitude and allow other people to be raised by another person, so that each person feels good about

oneself. Bill Richey commented that one's regular disposition can often be due to genetics. Some people are negative by nature; others are cheerful. The cheerful people should not look down on the negative person. Bob continued by stating that being grateful makes people happy. Force yourself to smile, because it will make you happier. When you care about other people, it naturally puts you in a better mood. Gail Dowling shared that she enjoys following Examen, and recommended people to look back on their day and identify the things that you are thankful for. Your attitude will change and you will become grateful. Bob noted that you need to be humble to be grateful. Bob offered two key saying quoted in our On-going Formation book. The French say that "gratitude is the memory of the heart." Meister Eckhardt, a 14<sup>th</sup> century Dominican mystic said, "If the only prayer you ever say in your entire life is 'thank you,' it will be enough." For April, Bob assigned chapter 9 and asked that we go into the Albertofm.org website and view the videos.

### **Presentation**

Clari Claus – *Stations of the Cross*: Clari's presentation consisted of having everyone participate in the Stations of the Cross for Lent, using readings from a pamphlet and pictures of the stations which she distributed to members for reading or holding up for meditation. Clari had also set up an elaborate, symbolic table layout to enhance everyone's experience for this event.

### **Upcoming March Events**

- 20-22 May – Annual Fraternity Retreat at Priestfield. The cost is \$225 per person. Payments are due by May 1.
- 26 June – Annual Fraternity Picnic at Trailside Park in Herndon from 12 noon to 4pm.
- 7 August – Fraternity Elections. We need a quorum for the election to be valid. The positions of vice minister and formation director will be vacant. All professed members are asked to prayerfully consider running for an office, even for one of the three wherein the incumbents have chosen to remain. We still need someone to step forward to perform the role as administrator in receiving nominations.

### **Personal Prayer of Pedro Arrupe, SJ**

Below is the prayer that Bill Richey read to us in his presentation at the February meeting on Fr. Pedro Arrupe:

“Grant me, O Lord, to see everything now with new eyes,  
to discern and test the spirits  
that help me read the signs of the times,  
to relish the things that are yours, and to communicate them to  
others.  
Give me the clarity of understanding that you gave Ignatius.”

## Prayer Submissions

Please forward prayer requests to me (Terry Rinker) by the 14<sup>th</sup> of the month, so that they may be included in the newsletter. Please keep the following members, relatives, and friends in your prayers:

Sally White and Sally's sister; Mary McCarthy; Richard & Carole Clarke and their grandsons Liam and Rory; William Brewster; Helen Broxmeyer; Fr. Alberto's father; Irene Naveau; Ron Kauffman; Kimberley Heatherington and her father; Ed Geiger; Pam Brook's daughter Rachel; for the repose of the soul of Patricia Boye's mother Florence; Terry Rinker's mother; and for all those who are in need of our prayers who have been inadvertently omitted from this list.

## Tau Fraternity: Next Meeting Date

### **Tau Fraternity General Meeting:**

**Sunday, March 6.** The On-Going Formation will include discussions on chapter 9 in Catching Fire, Becoming Flame, by Albert Haase, OFM.

**St. Joseph's – Room 210 from 12:30 to 1:30 pm and Room 209 from 1:30 to 4:30 pm.**

**12:30 - 1:30 Formation**

**1:30 - Opening Reflection – (Vicki)**

**1:35 - 2:10 Social time with meal**

**2:10 - 3:00 On-going formation**

**3:00 - 3:10 Break**

**3:10 - 3:30 Presentation – (Veronica)**

**3:30 - 4:00 Liturgy of Hours (reading-Vera), business meeting, and closing prayer**

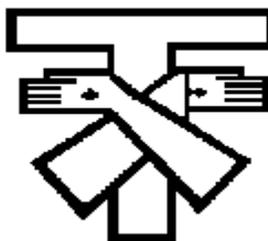
### **Second Sunday of Easter:**

**Hymn: #112 – Alleluia! The Strife is O'er (verses 1-3): pg. 1627): pg. 1627**

**Psalms with Antiphons from Easter Sunday: pg. 429**

**Everything else: pg. 455**

*For the next newsletter, please send your prayer requests and submissions to Terry Rinker at [reknir12@yahoo.com](mailto:reknir12@yahoo.com), or call (703) 383-0562.*





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