



The Tau Signature

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

August 2016



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Minister's Message

Dear Sisters and Brothers,

Just another gentle reminder that our meeting on August 7 is the meeting at which we will elect the members of the next council who will serve Tau Fraternity for the next three years. It is imperative that you arrive on time. Once the doors are closed at 1:30pm, the regional observers who are conducting the election will not allow anyone else to enter. Also, for our professed excused sisters and brothers, please remember that you have an active voice at elections, so we would love to have you join us, if you are able. Also, please remember that we are back at St. Joseph's for this meeting.

Peace and blessings, Pamela Brooks, OFS

Recap of Last 7/3/16 Meeting

Opening/Formation:

Bob Calderon started off the discussion of Chapter 12 "Examen" of the formation book "*Catching Fire, Becoming Flame*" by asking members the following question: "How many of you find yourselves regularly on autopilot during the day?" A large proportion of those present answered in the affirmative. Examen is a five-step prayer that people like to refer to as an examination of consciousness. Bob continued by noting that a number of "prayer chapters" are forthcoming in the book. He asked if anyone else was curious regarding the reason that the Liturgy of the Hours prayer was omitted. He remarked that the list of prayers covered by the book is not comprehensive, and the Franciscan author probably just decided to omit it. Bob then passed out copies of the five-step, Jesuit Examen prayer that contained the five steps of gratitude, petition, review, forgiveness, and renewal. Bob surveyed the audience for impressions of the Examen. Bill Richey shared that this prayer allows us to focus on the good things, because a lot of us are focused mainly on the bad and frequently carry too much of this unneeded baggage around with us. Father Bob of CTR, who had joined us,

commented that the Examen shows us how to lead a life of gratitude. Subsequently, Bob Calderon broke the members into table groups to discuss answers to two questions: 1) How often within the past week do you think you were living on autopilot? 2) What all practical ways can you come up with to be a better God-seeker and God-finder? Lastly, Bob assigned Chapter 13 “Meditation and Contemplation” for September, because the elections will take up a vast majority of the time during the August meeting.

Presentation:

Irene Naveau used The Book of Confidence by Fr. Thomas de Saint-Laurent as the basis of her presentation. The primary point that she emphasized was to be persistent in your prayer. To conclude her program she read a prayer from Prayers for the Moment by St. John of Avila.

St. Vincent de Paul

Keep up the good work in food donations – they are greatly appreciated. I drove by SVdP at St. Leo the Great Church in the City of Fairfax to see if the bulletin board contained any special requests – nada. If anyone possesses insider information, please feel free to forward it to me for inclusion in the newsletter. Note that I attempt to load up my vehicle with your donations before and after the opening prayer. I do check during breaks and after the meetings for late arrivals. If you have something that you can not bring in yourself, let me know and I will give you a hand. Thanks! Terry

Prayer Submissions

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

for the repose of the soul of our sister Mary McCarthy; Sally White and Sally’s sister; Richard & Carole Clarke and their grandsons Liam and Rory; William Brewster; Helen Broxmeyer’s daughter Susan; Fr. Alberto’s father; Irene Naveau; Ron Kauffman; Kimberley Heatherington’s father; Ed Geiger; Pam Brook’s foster sister Kelly and unborn son; for the safety of the diplomatic mission in Bangladesh; 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, August 7. No reading assignment in our Formation book Catching Fire, Becoming Flame, by Albert Haase, OFM.

Saint Joseph's Catholic Church

12:30 - 1:30 Inquirer/Candidate Formation

1:30 - Opening Prayer

1:35 - 2:10 Social time with meal

2:10 - 3:00 On-going formation

3:00 - 3:10 Break

3:10 - 3:30 Saint presentation or other

3:30 - 4:00 Liturgy of Hours, business meeting, and closing prayer

Nineteenth Sunday in Ordinary Time:

Hymn: #33 – O Christ, You Are the Light and Day: pg. 1541

Gospel Canticle and Prayer: Evening Prayer II: pgs. 624

Everything else: Sunday, Week III Evening Prayer II: pg. 861

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

