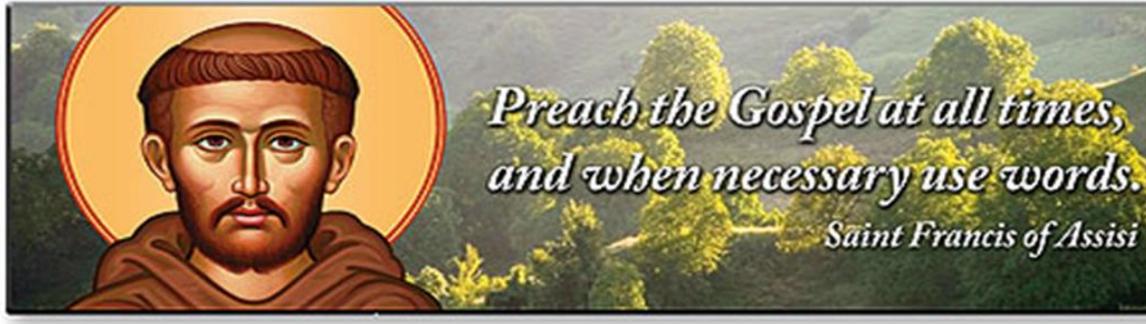


The Tau Signature

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

March 2017



Purchase this inspirational plaque at www.monasteryicons.com

Minister's Message

Dear Sisters and Brothers,

Thank you to each of you who completed a survey. The Council will prayerfully consider the survey results and the comments you were kind enough to share with us. It is important to us, as YOUR Council, to have input from you as we discuss plans for the fraternity moving forward. That being said, I want to remind each of you that there are many opportunities for you to serve Tau fraternity (which is YOUR fraternity), as your time and talents permit. One of many things that makes our fraternity so great is that we lovingly serve each other. We have several committees that could use your help. For example, our Infirmarian Committee is chaired by Irene Naveau. Irene herself is a professed excused member. It is important that we include our professed excused members in our daily prayers, and reach out to them as much as we can and let them know they are loved and included in our Franciscan family. Are you able to volunteer to be a member of this committee? You could make phone calls from your home, or visit our professed excused who are home bound, or maybe visit our members who are hospitalized. You could send cards. And most importantly, you could pray. Another committee we have is the Recruitment Committee, chaired by Bill Bouffard and assisted by Gail Dowling. We need to plan for the annual Open House in October. Do you have ideas to improve outreach to prospective members? Do you have ideas on how to improve the presentation at the Open House? Bill and Gail would love your assistance. We have a Technology Committee chaired by John Ata. If you have skills with technology, or ideas on how we can better use technology to communicate with our members as well as the outside world, please join this committee. I would love to see an Apostolate Committee form. Are you being called to chair this committee and organize group apostolates for our fraternity? If so, please volunteer. The Formation Team (Walter and Bill Richey) would be interested in hearing from you if you are interested in helping with formation of our candidates and aspirants (soon to be inquirers), either by attending monthly formation and/or serving as a mentor to someone in formation. Can

you volunteer to do a short presentation at one of our monthly meetings on a book you have read, a favorite saint, a spiritual exercise that works for you, an apostolate that is near and dear to your heart, or any other topic the Spirit is calling you to speak about? Can you help the Hospitality Committee (chaired by Veronica) at our social events and activities? One thing that I know that each of us can do, and I ask that you consider, is to pray daily for each other and for our fraternity. I am so blessed to be a part of Tau Fraternity, and I pray that each of you also receive blessings from being part of our group. Peace and blessings to each of you, Pam

Pamela Brooks, OFS

Recap of Last Meeting 2/5/17

The meeting began with an opening prayer by Gail Dowling, OFS. Walter Gawlak, OFS led our on-going formation by providing a few remarks about formation. He said that we are formed by prayers; serving each other; and sharing experiences, joys, and sorrows. Walter suggested that when we finish the chapter on The Lord's Prayer in our formation book "Catching Fire, Becoming Flame," we take a break from the book and talk about prayer. He then transitioned into a recap of the ongoing formation topic from Chapter 17 of the formation book "Praying the Stations of the Cross". He asked members to discuss in small groups their experience with praying the stations. After the discussion, Walter continued with Chapter 18 "The Lord's Prayer Anew," highlighting how we could pray it slowly, meditating on the words. reviewing the purpose of the on-going formation - to support everyone's charism and strengthen our individual as well as our group-commitment via daily conversion.

Following Ongoing Formation, John Ata, OFS gave a presentation about the Polish Saint Albert Chmielowski. St. Albert was a Third Order Franciscan, and he took part in an uprising to unify Poland. During the uprising, he lost his leg and offered up his dismemberment for the unification of Poland. St. Albert a painter; he painted the famous work "Ecce Homo" (Behold the Man). He gave up painting and dedicated himself to helping the poor. It was then that he became a Franciscan. He begged for alms to feed the hungry and shelter the homeless in Krakow. St. Albert died on Christmas day in the shelter that he had set up. June 17th is his Feast Day.

Prayer Submissions

Please forward prayer requests to Vera Stewart 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 physical and spiritual healing of Terry Rinker's mother, Sally White, her husband Gary, and her sister; Mary Wood, daughter of one of the Tau Fraternity Founders Martha Ureke, OFS; Richard & Carole Clarke and their grandsons Liam and Rory; William Brewster; Helen Broxmeyer and her daughter Susan; Fr. Alberto's father; Irene Naveau; Ron Kauffman; and Ed Geiger; For the safety of the citizens of Aleppo, Syria during the civil war.

For all those who are in need of our prayers who have been inadvertently omitted from this list.

St. Vincent de Paul

Keep up the good work in food donations – they are greatly appreciated. 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 cannot bring in yourself, let me know and I will give you a hand.

Thanks!

Terry Rinker, OFS

Cooking Hospice - Missionaries of Charity

Every other month on the 2nd Saturday, please join us in the cooking hospice. We cook for the sisters at the Missionaries of Charity in Washington, DC. The next trip will be on April 8th. If you would like to participate, please contact Veronica O'Donnell.

Our Individual Apostolates

Vera Stewart, OFS loom knits various items for charity. She sells items at local craft fairs and donates the money to local charities such as Loudoun Abused Women's Shelter (LAWS) and the Good Shepherd Alliance. She also donates hats and scarves through the Prayer Shawl Ministry at St. John the Apostle Church and to the residents at LAWS. Look for her in the Fall at the St. Joseph Craft Fair!

In addition to the knitting apostolate, Vera also is a coordinator for the St. John the Apostle perpetual adoration and spends an hour in adoration at the chapel each week.

Breakfast with Tau

Please join us for breakfast on Saturday, March 25th at Virginia Kitchen, immediately following the 8am Mass at St. Joseph Parish. Please RSVP to Clari if you plan to attend.

Mark your calendar for the next breakfast on April 22nd.

Clari Claus, OFS and Irene Naveau, OFS

Coming up in March

March is the Month of Saint Joseph *

Mar.1 – Ash Wednesday

Mar 5 – Tau Fraternity Meeting

Mar.7 – Hellen Broxmeyer's birthday

Mar. 14 – Veronica O'Donnell's birthday

Mar 16 – Tau Council Meeting

Mar. 18 – Tau Lenten Day of Spirituality

Mar.19 – Solemnity of St. Joseph, Holy day of Obligation,

Josh Goldberg's birthday

Mar.25 – Feast of the Annunciation of the Lord, Holy day of Obligation

* See the Franciscan Calendar for more dates: <http://www.roman-catholic-saints.com/traditional-franciscan-calendar.html>

A Lenten Prayer for Spiritual Renewal

From Catholic Online <http://www.catholic.org/prayers/prayer.php?p=790>

God, heavenly Father,
look upon me and hear my [prayer](#)
during this holy Season of Lent.
By the [good](#) works You inspire,
help me to discipline my body
and to be renewed in spirit.

Without You I can do nothing.
By Your [Spirit help me to know](#) what is right
and to be eager in doing Your will.
Teach me to find new [life](#) through penance.
Keep me from sin, and help me live
by Your commandment of love.
God of love, bring me back to You.
Send Your [Spirit](#) to make me strong
in [faith](#) and active in [good](#) works.
May my [acts](#) of [penance](#) bring me Your forgiveness,
open my heart to Your love,
and prepare me for the coming feast
of the Resurrection of Jesus.

Lord, during this Lenten Season,
nourish me with Your Word of [life](#)
and make me one
with You in love and prayer.

Fill my heart with Your love
and keep me faithful to the Gospel of Christ.
Give me the [grace](#) to rise above my human weakness.
Give me new [life](#) by Your Sacraments, especially the Mass.

Father, our source of life,
I reach out with joy to grasp Your hand;
let me walk more readily in Your ways.
Guide me in Your gentle mercy,
for left to myself I cannot do Your Will.

Father of love, source of all blessings,
help me to pass from my old [life](#) of [sin](#)
to the new [life](#) of grace.
Prepare me for the [glory](#) of Your Kingdom.
I ask this through our [Lord Jesus](#) Christ, Your Son,
Who lives and reigns with You
and the Holy Spirit, one God, forever.

Amen.





Tau Fraternity: Next Meeting Date

Tau Fraternity General Meeting: Sunday, March 5 at Saint Joseph's Catholic Church

- 12:30 - 1:30 Inquirer/Candidate Formation
- 1:30 - Opening Prayer – **Walter Gawlak, OFS**
- 1:35 – 2:05 Social time with meal
- 2:05 - 2:50 On-going formation
- 2:50 – 3:00 Break
- 3:00 - 3:30 Program – **Bill Bouffard, OFS**
- 3:30 - 4:00 Liturgy of Hours, business meeting, and closing prayer

Initial Formation discussion:

Candidates: Chapter 15 of The Franciscan Journey

Aspirants: Chapter 3 of The Franciscan Journey

Ongoing Formation discussion: We will be sharing our experience with last month's prayer, "The Lord's Prayer Anew," Chapter 18 of Catching Fire, Becoming Flame, by Albert Haase, OFM and discussing prayer methods.

Liturgy of the Hours:

First Sunday of Lent:

Reader: **Veronica O'Donnell, OFS**

Hymn: #94 – Lord Who Throughout These Forty Days : pg. 1609

Psalms and Canticle: Sunday, Week I Evening Prayer II: pg. 712

Everything Else: Evening Prayer II: pg. 270

For the next newsletter, please send your prayer requests and submissions to Vera Stewart at thevastewarts@gmail.com, or call or text (703) 459-6958.

