

The Tau Signature

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

June 2017



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Minister's Message

Dear Sisters and Brothers,

As I write this we are days away from our annual retreat. I am really looking forward to spending this time with those of you who are able to attend. I want to thank Bill Richey for organizing the retreat this year, Veronica for coordinating the food, Gail for serving as sacristan, and everyone else who is contributing to making this a successful retreat. For those of you who are not able to attend, please be assured of our prayers for you while we are at Priest Field. Peace and blessings, Pam

Pamela L. Brooks, OFS

Recap of Last Meeting 5/7/17

The Tau general meeting began with an opening prayer read by Irene Naveau, OFS. This meeting was the last Tau Fraternity meeting for Bob Calderon, OFS. He will be moving to Tampa, FL. He gave his spiritual autobiography to the Fraternity. Following Bob's presentation, Walter Gawlak, OFS, gave announcements for Ongoing Formation for the next month. We will talk about our experience with the Imagining exercise for half of the allotted time. For the remainder of the time we will review Chapter 22 "Spiritual Direction" of our formation book *Catching Fire Becoming Flame*. After formation, Cyndy Filan-Kim gave a presentation on Our Lady of Fatima, whose centennial feast day was celebrated on May 13th.

Prayer Submissions

Please keep the following members, relatives, and friends in your prayers:

For physical and spiritual healing of Steve Connair; Sally White, her husband Gary, and her sister; Mary Wood, daughter of one of the Tau Fraternity Founders Martha Ureke; 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 the Coptic Christians in Egypt and all peoples who suffer persecution. For all those who are in need of our prayers who have been inadvertently omitted from this list.

Please forward prayer requests to Vera Stewart by the 14th of the month, so that they may be included in the newsletter.

Cooking Hospice - Missionaries of Charity

Join us on June 11th for the Cooking Hospice Ministry at the Missionaries of Charity Gift of Hope Home in Washington, DC. We will meet at St. Joseph's school parking lot at 7am and will return by noon. All are welcome to lend a hand!

If you would like to participate, please contact Veronica O'Donnell, OFS.

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

Tau Fraternity Committees

If you are interested in participating actively in one of our Committees, take a moment to chat with the chair:

Apostolate Committee – Cyndy Filan-Kim and Pat B.

Hospitality Committee – Veronica O'Donnell, OFS

Infirmarian Committee – Irene Naveau, OFS

Recruitment Committee – Bill Bouffard, OFS

Technology Committee – John Ata, OFS

Live by The Rule!

Submitted by Walter Gawlak, OFS

The Rule requires Secular Franciscans to approach people with gentleness, care, and compassion – recognizing in them the image of God. We recognize our personal need for radical conversion and seek it with a willing spirit. By our lives we show how it looks to live a kingdom/gospel life. It must be attractive rather than boring; inviting rather than separating; welcoming instead of excluding; forgiving rather than vengeful; prayerful rather than domineering; with a passion for justice rather than allowing injustice to grow; seeking ways of peace rather than planning for war and violence; developing a spirit of community rather than individualism; recognizing a need for God rather than arrogant independence; finding hope and guidance in the Bible rather than dependence merely on human knowledge. ~ Lester Bach, OFM Cap, The Franciscan Journey: Embracing the Franciscan Vision

Book Review

Resisting Happiness by Matthew Kelly

Resisting Happiness is a true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves. The author defines resistance, as that sluggish feeling of not wanting to do something that you know is good for you. It's the inclination to do something that you unabashedly know is not good for you. It's the desire and tendency to delay something you should be doing right now. Matthew Kelly mentions that God wants us to be happy yet we tend to do everything to the contrary to make ourselves feel sad and depressed. The author questions, "What stops you from letting your light shine? Fear, laziness, procrastination, selfishness, addiction, obsession, comparing yourself to others, allowing your critics to drain your energy and direct your life, an unwillingness to move beyond your comfort zone, self-doubt, gossip, negative relationships, worry, excuses, and so many others. God wants to move you beyond all these bad habits of the mind, body, and soul, and fill you with his grace and courage so that you can go out into the world and let your light shine."

Throughout this book, Kelly gives examples on how we resist happiness and how to change it. The morning alarm clock goes off and we hear it yet are we going to hit the snooze button or get up and start your day? When we hit the snooze button, we are giving in to resistance and there is a good chance that we would be now stressed out to do what we normally do first thing when we awake in the morning. We would feel happy by just getting up and defeating "resistance". Another example, which I share, is the following: You want to attend a morning weekday Mass but it is dark outside and cold outside. One side of you says that it is ok to stay in bed for it is only a weekday mass. You give in to resistance. If you have control over resistance and take charge and go to mass, you will feel happiness in responding against resistance. The author walks us through several other examples, which we should let them sink within us for it can have an impact of our daily disposition. Kelly says "One of the essential lessons in this quest is that we ultimately find happiness not by seeking gratification for ourselves but by serving others." The author also states "And you will never be truly happy until you find a way to lay down your life for others that engages your talents and abilities." We all experience these feelings and doubts from time to time. But do you know what to do when you experience them? In Mathew Kelly book "Resisting Happiness," he uses his signature combination of the profound and the practical, to help us understand why we feel these things and how to rise above them. Breaking through resistance, Kelly tells us, is essential to becoming the best-version-of-ourselves and living with passion and purpose.

In conclusion, as a Secular Franciscan let us go out into the world ready to take action with a light that shines bright with the peace and love of Our Lord on our faces.

Submitted by Bob Calderon, OFS

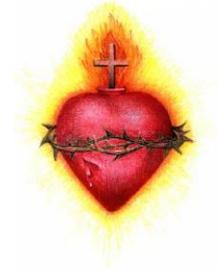
Words of Thanks

We received letters in the mail from our Poor Clare sisters of Chesterfield, NJ and from Franciscan Mission Service. Our fraternity lovingly supports them with charitable donations and prayers. Please continue to remember them in your prayers!!

Coming up in June

May is the Month of the Sacred Heart of Jesus *

Jun 4 – Pentecost, Tau Monthly Meeting
Jun 6 – Anniversary of John Ata's & Bill Richey's profession
Jun 11 – Fr. Alberto's birthday, Cooking Hospice
Jun 13 – Feast of St. Anthony of Padua
Jun 15 – Anniversary of Fr. Alberto's profession, Tau Council Meeting
Jun 17 – Sister Karen's profession, Monastery of St. Clare, Chesterfield, NJ
Jun 18 – Corpus Christi
Jun 21 – Jim Haynes' birthday
Jun 22 – Feast of St. Thomas More
Jun 23 – Solemnity of the Sacred Heart of Jesus
Jun 24 – Nativity of St. John the Baptist
Jun 25 – Tau Picnic at Trailside Park
Jun 29 – Solemnity of Sts. Peter and Paul



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



Pentecost Prayer

From Catholic Online <http://www.catholic.org/prayers/prayer.php?p=331>



Come Holy Spirit!

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.
Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful,
grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,
Through Christ Our Lord,
Amen.



Tau Fraternity: Next Meeting Date

Tau Fraternity General Meeting: Sunday, June 4 at Saint Joseph's Catholic Church

12:30 - 1:30 Inquirer/Candidate Formation

1:30 - Opening Prayer – **Cyndy Filan-Kim**

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 Richey, OFS** - presentation on Fritz Eichenberg, illustrator for Catholic Worker paper

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

* BYOB - Please bring your own beverages to the meetings. Due to low consumption, coffee, will no longer be provided.

Initial Formation discussion:

Candidates: Chapter 18 "Being Faithful" of The Franciscan Journey

Inquirers: Chapter 6 of The Franciscan Journey

Ongoing Formation discussion: We will spend some time discussing the Imagining exercise from last month. If you were able to imagine as called for, do it again. Even if you have difficulty last month, give it another try because the barriers themselves might be revealing about the difficulty in reading people, getting them to share how they really feel, and building bridges.

We will be reading three select chapters in *Catching Fire Becoming Flame* to complete the book. Each of these chapters provides tools that each of us might consider as part of our personal ongoing formation. Please read Chapter 22, *Spiritual Direction*. If you have had or are engaged in spiritual direction, please be prepared to offer your guidance.

We will also be reading Chapter 24, *Developing a Rule of Life*, and Chapter 29, *Reveal Everything to God* (aka, journaling). Feel free to peruse other chapters for your own benefit as well as recommendations if you think the Fraternity might benefit from adding the chapter.

Liturgy of the Hours:

Pentecost Sunday:

Hymn: #13 – God Father, Praise and Glory: pg. 1521

Everything Else: Pentecost Evening Prayer II: pg. 605

Reader: **Terry Rinker, OFS**

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.

