



# The Tau Signature

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

**July 2017**



*Purchase this inspirational plaque at [www.monasteryicons.com](http://www.monasteryicons.com)*

## Minister's Message

Dear Sisters and Brothers,

Summer is quickly approaching, even though it already feels like it based on our 90+ degree days lately. I find it interesting how people complain about the heat when it is hot, the cold in the winter (or the excessive snow when that happens), and the multiple days of rain we had this spring. I think a better approach is to trust that God knows what He is doing and to not complain about something over which I have no control. This can be applied to aspects of our lives other than weather. I was just speaking with a co-worker about an issue, and I asked her if the issue is going to matter in 5 years or make the world stop spinning. If the answer to either of those questions is no, then why are we stressing about it. Sometimes one just has to take a deep breath, pray about the issue, do what we can, and move on. Just some food for thought. I ask that each of you pray for Sister Karen as she takes her solemn vows on June 17. And please remember that our July meeting is at Christ the Redeemer. See everyone on July 2. Peace and blessings, Pam

Pamela L. Brooks, OFS

## Recap of Last Meeting 6/4/17

The Tau general meeting began with an opening prayer read by Cyndy Filan-Kim. Prior to Formation, Veronica O'Donnell, OFS requested volunteers for food donations for the Tau picnic on June 25th. Then Walter Gawlak, OFS, began Ongoing Formation with an overview of Chapter 22 "Spiritual Direction" of our formation book *Catching Fire Becoming Flame*. He noted that a Spiritual Director does not really direct your spirituality, but is more like a spiritual companion. Members shared their differing experiences with spiritual directors, some priests, some lay persons. The common thread was that if you are seeking a spiritual director, you should look for a good fit and develop a relationship with the person. After Formation, Bill Richey, OFS gave a presentation on Fritz Eichenberg, artist. He discussed the works of Fritz Eichenberg and experiences that influenced his work, including that of Dorothy Day, who introduced him to the Christ centeredness of the Catholic Faith. After the presentation, Bill encouraged us to view Eichenberg's illustrations that he had set up for display. (See p. 3)

## 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 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 14<sup>th</sup> of the month, so that they may be included in the newsletter.

## Cooking Hospice - Missionaries of Charity

The next Cooking Hospice Ministry trip will be on August 13<sup>th</sup>. Join us every other month on the 2<sup>nd</sup> Saturday for the Cooking Hospice Ministry at the Missionaries of Charity Gift of Hope Home in Washington, DC. Check next month's newsletter for details.

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

## Tau Retreat 2017

Father Stan Fortuna, CFR led our 2017 retreat, which was held May 19 -21 at Priestfield Pastoral Center in Kearneysville, WV. The theme was Franciscan Joy. For details on each of the sessions, please see the notes submitted by Kimberley Heatherington, OFS [..Monthly Meeting Minutes\Tau 2017 Annual Retreat Notes.pdf](#)



To learn more about Father Stan and his works or to purchase his products or simply donate, visit <http://www.francescoproductions.com/>

## Religious Art

“The Christ of the Breadlines” by Fritz Eichenberg





## Sister Karen's Profession



Sister Karen Stapleton was a member of our Fraternity before she was called to become a Poor Clare. On Saturday, June 17, 2017, she took her final Profession of Solemn Vows at the Monastery of St. Clare in Chesterfield, NJ. Pray for Sister Karen as she continues her Spiritual Journey!





## Coming up in July



July is the Month of the Precious Blood of Our Lord Jesus Christ \*

- Jul 1 – Feast of the Precious Blood of Our Lord Jesus Christ
- Jul 2 – Feast of the Visitation of Our Lady, Tau Monthly Meeting
- Jul 3 – Feast of St. Thomas the Apostle
- Jul 4 – USA Independence Day
- Jul 10 – Sally White's birthday
- Jul 14 – Kimberley Heatherington's birthday
- Jul 19 – Feast of St. Vincent de Paul
- Jul 21 – Tau Council Meeting
- Jul 25 – Feast of St. James the Apostle
- Jul 26 – Memorial of Sts. Joachim and Anne, parents of the Blessed Virgin Mary

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

## Precious Blood of Jesus Prayer

From Catholic Online <http://www.catholic.org/prayers/prayer.php?p=2341>

O Precious Blood of Jesus, infinite price of sinful man's redemption, both drink and laver of our souls, Thou who dost plead continually the cause of man before the throne of infinite mercy; from the depths of my heart, I adore Thee, and so far as I am able, I would requite Thee for the insults and outrages which Thou dost continually receive from human beings, and especially from those who rashly dare to blaspheme Thee. Who would not bless this Blood of infinite value? Who doth not feel within himself the fire of the love of Jesus who shed it all for us? What would be my fate, had I not been redeemed by this Divine Blood? Who hath drawn it from the veins of my Savior, even to the last drop? Ah, this surely was the work of love. O infinite love, which has given us this saving balm! O balm beyond all price, welling up from the fountain of infinite love, grant that every heart and every tongue may be enabled to praise Thee, magnify Thee and give Thee thanks both now and for evermore.

Amen.



## Tau Fraternity: Next Meeting Date

### **Tau Fraternity General Meeting: Sunday, July 2 at Christ the Redeemer Catholic Church**

- 12:30 - 1:30 Inquirer/Candidate Formation
- 1:30 - Opening Prayer – **Vicki Shanholtz, 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 – **Gail Dowling, OFS**
- 3:30 - 4:00 The Angelus, 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 19 of The Franciscan Journey

Inquirers: Chapter 7 of The Franciscan Journey

#### **On-going Formation:**

We will break into small groups to discuss how we seek to discern the Holy Spirit's guidance in our lives. This exercise is a follow-up on last month's discussion of Spiritual Direction, Chapter 22 of *Catching Fire Becoming Flame*. You might also want to review Chapter 19, *Discernment of Spirits*, which presents guidance on distinguishing the actions of the Holy Spirit from that of the not-so-holy spirits.

Please read Chapter 29, *Reveal Everything to God (Journaling)*. If you currently keep a journal or jot down your experiences with prayer, your Franciscan charism, your life, etc., please be prepared to share your experience and guide us in the utility of these methods.

#### **Liturgy of the Hours:**

Thirteenth Sunday in Ordinary Time:

Hymn: #182 – O God, Our Help in Ages Past: pg. 1704 (Verses 1 and 2)

Canticle of Mary Antiphon and Prayer: Evening Prayer II: pg. 617

Everything else: Sunday, Week I Evening Prayer II: pg. 712

Reader: **Irene Naveau, OFS**

## The Angelus

During Ordinary Time, we will precede the Liturgy of the Hours with the Angelus.

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace,

The Lord is with Thee;

Blessed art thou among women,

And blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,  
Pray for us sinners,  
Now and at the hour of our death. Amen  
V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.  
Hail Mary, etc.  
V. And the Word was made Flesh.  
R. And dwelt among us.  
Hail Mary, etc.  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.  
LET US PRAY

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

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

