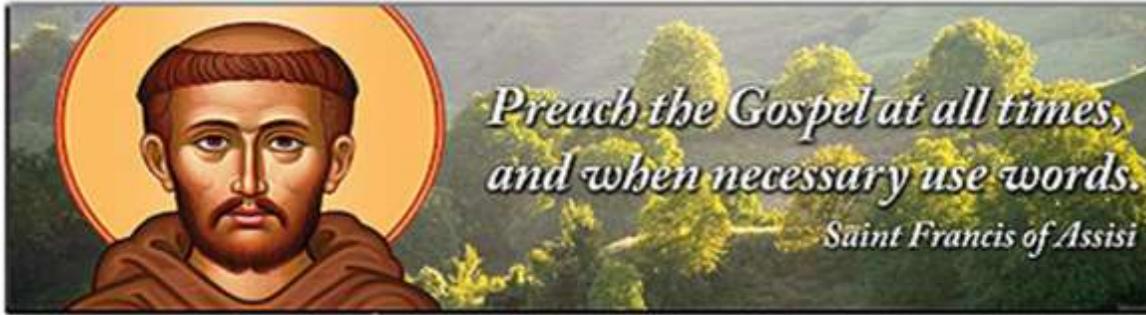


# The Tau Signature

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

**September 2017**



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

## Minister's Message

Dear Sisters and Brothers,

As I mentioned in last month's newsletter message, lately my family has had a lot of challenges thrown our way. This morning I was driving and a song came on the radio that I don't remember hearing since I was a kid. I had the 70's station on and it played Ocean's "Put your hand in the hand". I love that song! Its message is so clear and it resonates even today. "Put your hand in the hand of the man who stilled the water. Put your hand in the hand of the man who calmed the sea... Take a look at yourself.... Put your hand in the hand of the man from Galilee." So, I prayed "Lord, take my hand and lead me." Which of course reminded me of another one of my favorite songs "Lead me Lord." I guess it is just a musical day for me today - lol! But the message is still the same. The Lord should be the one leading - and I need to let Him lead me, and to remember that He is leading me where I need to be and that God will never lead me wrong. I also love that God speaks to me through music! I tell my 8th grade CCD kids all the time that God will speak to them if they would just be open to different delivery messages. Thank you, God, for speaking to me through music! May you each be open to God's messages to you - and that the delivery is occasionally as entertaining as mine were today. Peace and blessings! Pam

Pamela L. Brooks, OFS

## Recap of Last Meeting 8/2/17

The Tau general meeting began with an opening prayer read by Clari Claus, OFS. Walter Gawlak, OFS began on-going formation by asking the group about their experience with Journaling from last month's session. He encouraged them to continue to consider using a journal to get in touch with the Holy Spirit or even to jot down passages from the Gospel readings or other spiritual material or phrases that strike them as topics for meditation or inspiration.

Walter then presented the Chapter from *Catching Fire Becoming Flame* on Developing a Rule of Life, explaining that it is not so much a set of rules against which we might fail but rather a trellis that can guide and support our spiritual lives. The Rule of Life can be likened to a more immediate and specific implementation plan for the general guidance provided in the Rule of the Secular Franciscan Order. Moreover, the Rule of Life is intended to help us reevaluate our progress in living the Rule, set goals, review our lives and adjust our practices on a periodic basis. Walter encouraged the group to review the four-minute Internet presentation by Margaret Guenther referenced in *Going Deeper* as a compelling explanation of the benefits of such a plan and a guide to its development.

Finally, Walter asked for the group's opinion of *Catching Fire Becoming Flame* as a basis for on-going formation. The consensus was that the book served as a useful resource and actually helped individual members in their spiritual practice.

Following formation, Bill Richey, OFS gave brief summaries of key points from 3 books about Pope Francis: Bergoglio's List by Nello Scavo; Pope Francis among the Wolves by Marco Politi; and Pope Francis: Life and Revolution by Elisabetta Pique. Nello Scavo covers the period when Jorge Mario Bergoglio was head of the Jesuits in Argentina and he ran an "underground railroad" that helped many people flee Argentina and thus avoid torture and execution by the 1976-1983 military government. Politi and Pique emphasize the unsettling spirit of evangelical poverty that Francis has brought to the Vatican and argue that he envisions a church that is more merciful and pastoral, less centralized, less Eurocentric, less self-referential, and more directly engaged in ministry among the poor and marginalized as instructed in Matthew 25.

## Prayer Submissions

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

For physical and spiritual healing of Pam Brooks and her son; 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 October 8<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. 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



## Coming up in September



September is the Month of the Holy Cross \*

- Sep 3 – Tau Monthly Meeting
- Sep 7 – John Ata's birthday
- Sep 8 – Nativity of the Blessed Virgin Mary
- Sep 10 – Blessed Martyrs of Japan
  - Kay Flynn's & Irene Naveau's Profession Anniversary
  - Tech Committee Meeting
- Sep 12 – Feast of the Name of Holy Mary
- Sep 14 – Exaltation of the Holy Cross
- Sep 15 – Feast of Our Lady of the Seven Sorrows
- Sep 17 – Feast of the Stigmatization of St. Francis of Assisi
- Sep 18 – Feast of St. Joseph Cupertino
- Sep 21 – Feast of St. Matthew the Apostle
- Sep 23 – Feast of St. Pio of Pietrelcina
- Sep 25 – Apostolate Committee Meeting
- Sep 27 – Memorial of St. Vincent de Paul
- Sep 29 – Feast of St. Michael the Archangel

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

## Stigmatization of St. Francis Assisi



By Giotto di Bondone,  
Currently located at the Louvre



Sanctuario Della Verna,  
Site of the Stigmatization

## Reflection on the Exaltation of the Holy Cross

From <https://www.franciscanmedia.org/exaltation-of-the-holy-cross/>

### The Story of the Exaltation of the Holy Cross

Early in the fourth century, Saint Helena, mother of the Roman Emperor Constantine, went to Jerusalem in search of the holy places of Christ's life. She razed the second-century Temple of Aphrodite, which tradition held was built over the Savior's tomb, and her son built the Basilica of the Holy Sepulcher on that spot. During the excavation, workers found three crosses. Legend has it that the one on which Jesus died was identified when its touch healed a dying woman.

The cross immediately became an object of veneration. At a Good Friday celebration in Jerusalem toward the end of the fourth century, according to an eyewitness, the wood was taken out of its silver container and placed on a table together with the inscription Pilate ordered placed above Jesus' head: Then "all the people pass through one by one; all of them bow down, touching the cross and the inscription, first with their foreheads, then with their eyes; and, after kissing the cross, they move on."

To this day the Eastern Churches, Catholic and Orthodox alike, celebrate the Exaltation of the Holy Cross on the September anniversary of the basilica's dedication. The feast entered the Western calendar in the seventh century after Emperor Heraclius recovered the cross from the Persians, who had carried it off in 614, 15 years earlier. According to the story, the emperor intended to carry the cross back into Jerusalem himself, but was unable to move forward until he took off his imperial garb and became a barefoot pilgrim.

**Reflection:** The cross is today the universal image of Christian belief. Countless generations of artists have turned it into a thing of beauty to be carried in procession or worn as jewelry. To the eyes of the first Christians, it had no beauty. It stood outside too many city walls, decorated only with decaying corpses, as a threat to anyone who defied Rome's authority—including Christians who refused sacrifice to Roman gods. Although believers spoke of the cross as the instrument of salvation, it seldom appeared in Christian art unless disguised as an anchor or the Chi-Rho until after Constantine's edict of toleration.

## Prayer for the Intercession of St. Pio of Pietrelcina

Dear God,

You generously blessed Your servant,  
St. Pio of Pietrelcina,  
with the gifts of the Spirit.  
You marked his body with the five wounds  
of Christ Crucified, as a powerful witness  
to the saving Passion and Death of Your Son.  
Endowed with the gift of discernment,  
St. Pio labored endlessly in the confessional  
for the salvation of souls.  
With reverence and intense devotion  
in the celebration of Mass,  
he invited countless men and women  
to a greater union with Jesus Christ  
in the Sacrament of the Holy Eucharist.

Through the intercession of St. Pio of Pietrelcina,  
I confidently beseech You to grant me  
the grace of (here state your petition).

Glory be to the Father... (three times). Amen.



## Tau Fraternity: Next Meeting Date

### **Tau Fraternity General Meeting: Sunday, September 3 at St. Joseph Catholic Church**

- 12:30 - 1:30 Inquirer/Candidate Formation
- 1:30 - Opening Prayer – **Bill Bouffard, 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 – **Vera Stewart, 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 21, 'How to Love People' in The Franciscan Journey

Inquirers: Chapter 9 of The Franciscan Journey

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

Chapter 19, "A Simple Way to Live," in The Franciscan Journey. If you don't have access to the book, consider Article 11 in the Rule and the related sections of the Constitution.

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

23rd Sunday in Ordinary Time:

Hymn: #182 – O God, Our Help in Ages Past: pg. 1704

Gospel Canticle and Prayer: Evening Prayer II: pgs. 629

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

Reader: **Kimberley Heatherington, 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.*

