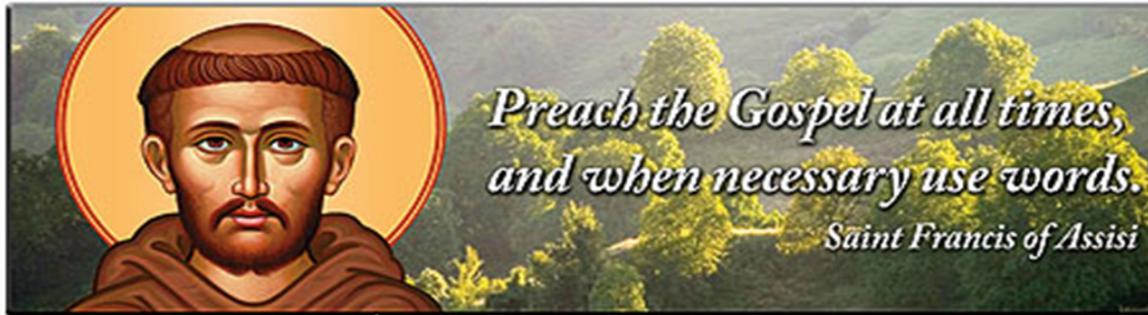


The Tau Signature

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

February 2018



Purchase this inspirational plaque at www.monasteryicons.com

Minister's Message

Dear Sisters and Brothers,

During our January meeting, Bill Bouffard made a statement about us not keeping our Franciscan spirituality to ourselves. This statement has resonated with me the past few days. As I have thought about what to say in the minister's message this month, Bill's statement kept coming back to me. I believe our fraternity does an excellent job of sharing our Franciscan spirituality - even if we are not aware of what we are doing. Some examples that quickly come to mind are: Jim and Liz recently started the prayer group at St. Leo's; Terry, Jim and Liz make sure that our food donations are delivered to St. Vincent de Paul every month; several members go every other month to the hospice to cook for the sisters; the fraternity has responded with love and generosity to requests from the sisters for the unwed mothers; Clari collects gloves and hats every winter for children in need and you all are very generous for this collection; several of us share the faith by teaching CCD; Bill Richey has a ministry at the jail; and we actively pray for each other and all prayer requests that are sent to us. There are other examples and I apologize if I have forgotten to mention an apostolate in which someone is involved. My point is that several of our members preach the Gospel without really using words - and put our Franciscan spirituality into practice in the works of mercy that are performed without giving it a second thought. When I contemplate how loving and giving you all are, I am in awe. I feel truly blessed to be a part of this fraternity and I thank each and every one of you for blessing me and the others with whom you share your gifts and talents. Peace and blessings to each of you. Pam

Pamela L. Brooks, OFS

Recap of Last Meeting 1/7/18

The Tau general meeting began with an opening prayer read by Clari Claus, OFS (provided to her by Veronica O'Donnell, OFS). See page 3 for the prayer. Following the opening prayer, Walter Gawlak, OFS, welcomed our two new Aspirants Nellie Aston and Myrna Medina and our guest Doug Fehrer. He then thanked Jim Haynes, OFS, Kimberley Heatherington, OFS, and Gil Donahue, OFS, who will help with initial formation. Walter then began the Ongoing Formation discussion with a new year resolution for the fraternity members to share and

exchange ideas in an effort to help us live the rule and deepen our commitment to our brothers and sisters and the fraternity as a whole. Pat B. broached the topic of Francis' devotion to Mary and suggested that this year the group could learn more about Mary and how devotion to Mary fits within the Franciscan charism. Bill Bouffard, OFS stated that the ritual says that we can substitute the evening prayer with the crown rosary.

Walter then moved the discussion to the formation book Poverty & Joy, The Franciscan Tradition, by William Short. The fraternity discussed the title and how on the surface the words appear to be opposites, but acknowledged that when we let go of "stuff" it can be freeing and lead to joy. The fraternity also discussed how poverty and joy are characteristics of Jesus and Francis embraced them as he imitated Jesus in living the gospel. Walter mentioned that the book discusses the newness of St. Francis and his way of living the gospel. He encouraged the members to be open to newness. Next month we will discuss Chapters 2 and 3. Walter also passed out a handout from the region entitled "What are the Obligations of a Secular Franciscan?"

Bill Bouffard gave a presentation on the book \$2.00 a Day: Living on Almost Nothing in America by Kathryn Edin and H. Luke Schaefer. He said that the world definition of poverty is income that averages \$2.00 a day. Bill highlighted some of the statistics on poverty from the book and said that the book provides real life stories as examples. He noted that employment strategies such as just in time services and on-call employment, as well as requirements on applications make it difficult for homeless people to find a job. They have no stable address, may not have a stable phone number, and may be discriminated based on their given name or color of skin. Bill added that a study published in November on Northern Virginia illustrates that the same poverty conditions exist in our area as well. Bill will email the study to the fraternity members.

Prayer Submissions

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

For physical and spiritual healing of Pam Brooks and her son; 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; Irene Naveau; Ron Kauffman; Kay Flynn; and Ed Geiger. For the safety of the citizens of Aleppo, Syria during the civil war. For all peoples who suffer persecution. For the victims of natural disasters. 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

The next Cooking Hospice Ministry trip will be on February 10th. Join us every other month on the 2nd Saturday for the Cooking Hospice Ministry at the Missionaries of Charity Gift of Peace 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

January Opening Prayer

Submitted by Veronica O'Donnell

From St. Irenaeus:

It is not you who shape God;
It is God who shapes you.
If you are the work of God
Await the hand of the Artist
Who does all things in due season.
Offer him your heart,
Soft and tractable.
And keep the form in which
The Artist has fashioned you.
Let your clay be moist
Lest you grow hard
And lose the imprint of His fingers.

Coming up in February

February is the Month of the Holy Family *

Feb 2 – Purification of the Blessed Virgin Mary
Terry Rinker's birthday
Feb 3 – Feast of the Martyrs of Japan
Feb 4 – Tau Monthly Meeting
Feb 8 – Profession of Vicki Shanholtz and Bill Brewster
Feb 10 – Bill Bouffard's birthday
Cooking Hospice Apostolate
Feb 11 – Apparition of Our Lady of Lourdes, 1858
Feb 14 – First day of Lent
Feb 17 – Liz Welborn's birthday
Feb 18 – Feast of St. Bernadette of Soubirous
Feb 21 – Feast of St. Margaret of Cortona (Some sources indicate that her feast day is Feb. 22, and some May 16)

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

Other Upcoming Events

Tau Fraternity Lenten Day of Spirituality

Theme: Stations of the Cross and Forgiveness

Date: March 17, 2018

Time: 9:30am - noon

POC: Kimberley Heatherington, OFS

Tau Fraternity Retreat

Theme: Breaking Free: The Transformation of Daily Life

Retreat Master: Father Bernard Tickerhoof, TOR

When: May 18 – 20, 2018

Fee: \$250

Short-Term Mission & Global Awareness Trip for Secular Franciscans

When: Summer 2018

Where: Bolivia

Contact FMS Executive Director, Liz Hughes: liz@franciscanmissionservice.org or 202-832-1762 ext. 3

What are the Obligations of a Secular Franciscan?

<http://www.franciscan-sfo.org/FFMR/vocation.htm>

Daily

- Join in the prayer of the Church by reciting a form of Liturgical prayer suitable for Secular Franciscans.
- Try to attend Mass as often as possible.
- Say morning and night prayers.
- Say prayers before and after every meal.
- Examine your conscience nightly.
- Pray for those in need: sick, suffering, dying, etc.
- Become an example to others through your life style.
- Wear a symbol of your commitment (Tau cross).

Monthly

- Attend regular Fraternity meetings.
- Participate in prayers and Mass.
- Lead a discussion if you wish.
- Contribute to the Fraternity common fund for apostolates.
- Try to attend a monthly Holy Hour.
- Go to confession, if needed.

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.



Tau Fraternity: Next Meeting Date

Tau Fraternity General Meeting: Sunday, February 4 at St. Joseph Catholic Church

- 12:30 - 1:30 Inquirer/Candidate Formation
- 1:30 - Opening Prayer – **Gail Dowling, 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 – **Cyndy Filan-Kim**
- 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:

Candidates: Chapter 26 in The Franciscan Journey
New Candidates: Chapter 13 in The Franciscan Journey
Aspirants: Chapter 2 in The Franciscan Journey

On-going Formation:

Come prepared to discuss Chapter 2 in Poverty and Joy, The Humility of the Incarnation, in small groups.

Liturgy of the Hours:

Fifth Sunday in Ordinary Time:
Canticle of Mary Antiphon and Prayer: Evening Prayer II: pg. 249
Hymn: #33 – O Christ, You are the Light and Day: pg. 1704
Everything else: Sunday, Week I Evening Prayer II: pg. 712

Reader: Bill Bouffard, 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



PACE E BENE
TAU FRATERNITY