

The Tau Signature

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

May 2018



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Minister's Message

Dear Sisters and Brothers,

I don't know about the rest of you, but lately it seems like everywhere I turn there seems to be conflict in the world. I recognize that conflict is not new to our world. Humanity has experienced conflict from the beginning of time. And I am the first to agree that some conflict can be healthy if it gets to a peaceful resolution of issues that need to be discussed and debated in a respectful manner. However, my observation is that the intensity of conflict in the world seems to be increasing. And I wonder if we begin to experience bleed over from the conflict to which we are exposed in the world. We all need to be extra careful to be mindful that we do not allow ourselves to take on by osmosis the conflict from the world. As Secular Franciscans we are called to live our faith out in the world, and to model our Christian faith for those with whom we come into contact. Unfortunately, the reality of being out in the world means that we are exposed to so much negativity. We need to remain focused on our Lord and ask Him to give us strength and guidance and to protect us from absorbing the conflict and negativity. We need to focus on faith, hope, and love - to show compassion and forgiveness. We need to do that to ourselves, to our families, to our sisters and brothers in the fraternity, and to everyone else who crosses our path. We are so blessed to have received this vocation - may we all live our vocation as God intends. Please know that my daily prayers include our fraternity members. You are my family and I am blessed to have each of you in my life. I am looking forward to spending time with you at our retreat next month at Priest Field. If you have not already done so, please sign up for the retreat at the May meeting - that will be the last opportunity.

Peace and blessings, Pam

Recap of Last Meeting, 4/8/18

We were joined by a visitor Heba Garcia, OFS. She professed in the Secular Franciscan Order 20 years ago. Heba learned about the Tau Fraternity from Father Tickerhoof, who will be leading our retreat. She lives in the area and is interested in transferring to our Fraternity.

Walter Gawlak, OFS began the Ongoing Formation discussion with reflections about how Easter is special to Franciscans. Many of the Lenten traditions came from the Franciscans. The Stations of the Cross originated by Franciscans in the Holy Land and spread to churches worldwide. Tau fraternity has had rich opportunities to obtain grace this Lent through leading Stations of the Cross, participating the Lenten Day of Spirituality, and participating at the Day of Reflection at the Shrine of St. Anthony. Walter remarked that the Gospel reading this morning about communal living where people sell everything, and no one owns anything is Franciscan. He mentioned that the Franciscan Friars of the Renewal is starting a new video series. One of the videos is called "God's Providence or Nachos".

After remarks about Lent and Easter, Walter began the Ongoing Formation with the small group discussions on Chapter 3 "The Poverty and Humility of Our Lord Jesus Christ" from the formation book *Poverty & Joy, The Franciscan Tradition*, by William Short. He asked a set of questions for group discussion and provided a reflection from St. John's Abbey, Don Talafous, OSB for everyone to contemplate.

Following Ongoing Formation, Veronica O'Donnell, OFS gave a presentation on St. Hildegard von Bingen. She attended a program of St. Hildegard's music at the National Cathedral. St. Hildegard is one of the four women Doctors of the Church. She is known as Sibyl of the Rhine. St. Hildegard was born the 10th child of aristocrat parents who tithed her to the Benedictines. She was anchoress to a holy woman Jutta. She confided her visions only to Jutta. Jutta told Chaplain Volmar.

At the age of 13, St. Hildegard took a vow of virginity. When Jutta died, the nuns unanimously voted Hildegard Abbess. In a vision, St. Hildegard was told to find her own place; she designed her own abbey in Rupertsberg near Bingen. It was one of the first with indoor plumbing! St. Hildegard agreed to bury a man who had been excommunicated. She removed all the headstones in the cemetery at the abbey to bury him there. Because of the controversy and disobedience, the clergy interdicted her by disallowing Mass, sacraments, and the divine office at the abbey.

St. Hildegard envisioned the universe as a huge egg with all of creation inside with God. Veronica passed around images that St. Hildegard created. St. Hildegard was an artist, an herbalist, and a composer. At the end of the presentation, Veronica did a drawing for an icon of St. Hildegard. Kimberley Heatherington, OFS was the lucky winner!

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 and her sister; Richard & Carole Clarke and their grandsons Liam and Rory; Helen Broxmeyer; William Brewster; Irene Naveau; Ron Kauffman; Kay Flynn; Ed Geiger; and Bob Calderon. 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 June 9th. 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

April Opening Prayer

Submitted by Vicki Shanholtz, OFS

Thank You God

For all You have given,
Thank You God.

For all You have withheld,
Thank You God.

For all You have withdrawn,
Thank You God.

For all You have permitted,
Thank You God.

For all You have prevented,
Thank You God.

For all You have forgiven me,
Thank You God.

For all You have prepared for me,
Thank You God.

For the death You have chosen for me,
Thank You God.

For the place you are keeping for me in heaven,
Thank You God.

For having created me to love You for eternity,
Thank You God.

Recommended Books on St. Clare

Gil Donahue, OFS attended the Day of Reflection on April 7th at the Shrine of St. Anthony. He provided the following list of books that were recommended during the event.

- Armstrong, Regis - *Clare of Assisi Early Documents and Francis and Clare: The Complete Works*
- Bargellini - *The Little Flowers of St. Clare*
- Bartoli, Marco - *Clare of Assisi and St. Clare: Beyond the Legend*
- Bodo, Murray - *Clare: A Light in the Garden*
- Delio, Ilia - *Clare of Assisi: A Heart Full of Love*
- Downing, Frances Teresa - *Saint Clare of Assisi: The Original Writings*
- Julian, Helen - *Francis and Clare: A Gospel Story*
- Kruse, John V. - *Lent and Easter: Wisdom from St. Francis and St. Clare of Assisi*
- Lainati, Chiara Augusta - *Saint Clare of Assisi*
- Mueller, Joan - *Clare of Assisi: The Letters to Agnes*
- Sweeney, John M. - *The St. Clare Prayer Book: Listening of God's Leading*
- Thoman, Brett - *St. Clare of Assisi: Light from the Cloister*

Meet Father Bernard Tickerhoof

The Annual Tau Fraternity retreat will be led by Father Bernard Tickerhoof. Fr. Tickerhoof is a friar of the Third Order Regular of St. Francis. He is currently the Director of Ongoing Formation for his religious community, and is a member of Franciscan Pathways, the community's retreat ministry.

The Theme for this year's retreat is "Breaking Free: The Transformation of Daily Life." Every day is a new opportunity to grow in spirituality, even as we are surrounded by the worldliness of life. You can read more about Father Tickerhoof and the retreat theme at <http://www.franciscanstor.org/btickerhoofBIO/>,

Coming up in May

May is the Month of the Holy Virgin Mary *

May 3 – Feast of Sts. Philip and James, Apostles

May 6 – Tau Monthly Meeting

May 14 – Feast of St. Matthias, Apostle

May 18-20 – Tau Retreat at Priestfield

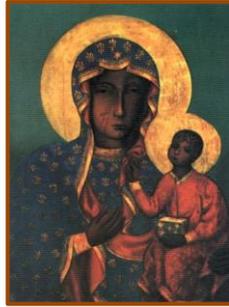
May 27 – Solemnity of the Most Holy Trinity

May 30 – Feast day of St. Joan of Arc

May 31 – Feast of the Queenship of Mary/Feast of the Visitation of the Blessed Virgin Mary

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

Our Lady, Queen of Heaven and Earth



Pictured left to right, Top row: Our Lady of Aparecida, Brazil; Our Lady of Guadeloupe; Virgin Mary of Breezy Point, NY; Middle: Bombed Maria in Nagasaki, Japan; Black Madonna in Czestochowa, Poland; Bottom row: Virgin Mary Survives Hurricane Harvey in Robstown, TX; Our Lady of Akita, Japan; The Holy Family with St. Francis, La Verna, Italy

Excerpt from A Paschal Homily from St. John Chrysostom

Submitted by Walter Gawlak, OFS

If any be a devout lover of God, let him partake with gladness from this fair and radiant feast.
If any be a faithful servant, let him enter rejoicing into the joy of his Lord.
If any have wearied himself with fasting, let him now enjoy his reward,
If any have labored from the first hour, let him receive today his rightful due.
If any have come after the third, let him celebrate the feast with thankfulness.
If any come after the sixth, let him not be in any doubt, for he will suffer no loss.
If any have delayed until the ninth, let him not hesitate but draw near.
If any have arrived only at the eleventh, let him not be afraid because he comes so late.
For the Master is generous and accepts the last even as the first.
He gives rest to him who comes at the eleventh hour in the same way as him who labored from the first.
He accepts the deed and commends the intention.

Enter then, all of you, into the joy of our Lord.
First and last, receive alike your reward.
Rich and poor, dance together.
You who fasted and you who have not fasted, rejoice together.

The table is fully laden: let all enjoy it.
The calf is fatted: let none go away hungry.
Let none lament his poverty; for the universal Kingdom is revealed.
Let none bewail his transgressions; for the light of forgiveness has risen from the tomb.
Let none fear death; for death of the Savior has set us free.

Upcoming Events

National Gallery of Art Exhibit

Theme: Heavenly Earth: Images of St. Francis at La Verna

When: February 25 – July 8, 2018

See <https://www.nga.gov/exhibitions.html>

Tau Fraternity Retreat

Theme: Breaking Free: The Transformation of Daily Life

Retreat Master: Father Bernard Tickerhoof, TOR

When: May 18 – 20, 2018

Where: Priestfield Retreat Center

Fee: \$250

8th Annual St. Anthony Festival

Speaker: Dr. Scott Hahn

When: June 9, 2018 11am – 6pm

Where: Shrine of St. Anthony, Ellicott City, MD

Free Admission; bring blanket or lawn chair

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

Regina Coeli

During Easter, we will precede the Liturgy of the Hours with the Regina Coeli in English.

Queen of Heaven, rejoice, alleluia.
For He whom you did merit to bear, alleluia.

Has risen, as he said, alleluia.
Pray for us to God, alleluia.

Rejoice and be glad, O Virgin Mary, alleluia.
For the Lord has truly risen, alleluia.

Let us Pray.

O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Tau Fraternity: Next Meeting Date

Tau Fraternity General Meeting: Sunday, May 6 at St. Joseph Catholic Church



12:30 - 1:30 Aspirant/Candidate Formation

1:30 - Opening Prayer – **Pat B.**

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 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 27 in The Franciscan Journey, *Bearers of Peace*

New Candidates: Chapter 15 in The Franciscan Journey

Aspirants: Review Chapters 1-4 in The Franciscan Journey

All are welcome to join the Initial Formation groups.

On-going Formation:

Chapter 4 in Poverty and Joy, *The Lord Led Me Among Them* – Consider who are the lepers in your life.

Liturgy of the Hours:

Sixth Sunday of Easter:

Hymn: #118 – Jesus Christ is Ris'n Today (verses 1 & 2): pg. 1634

Psalms and Canticle: Sunday, Week II: Evening Prayer II: pg. 786

Everything Else: Sixth Sunday of Easter: Evening Prayer II: pg. 545

Reader: **Josh Goldberg**

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. If you call and do not get an answer, please leave a voicemail message.



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TAU FRATERNITY