

# The Tau Signature

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

**July 2018**



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

## Minister's Message

From Pam Brooks, OFS

Dear Sisters and Brothers,

The last couple of weeks have been a reminder to me of the fragility of life. At the end of May, a colleague younger than I am passed away unexpectedly. This week I learned that a young mother of a youth on my docket had a stroke and passed away (increasing the number of children on my docket with deceased parents) and tonight I learned that one of my neighbors passed away unexpectedly Monday of this week. None of us are promised tomorrow. I was discussing with one of my umpire friends recently (who happens to be a rocket scientist) that some things don't matter in the long run and maybe a good standard of measuring the small stuff is whether or not it will make the world stop spinning. My friend pointed out that it would matter if the world stopped spinning because we would all die - to which I responded, yes, but my faith teaches me in that situation I am going to a better place, so it would all be good. My umpire friend paused for a moment and then agreed I was right. He happens to also be a Catholic Christian, so he got my point. We had a good laugh and then enjoyed calling a baseball game together. So don't sweat the small stuff, focus on your faith, cherish your loved ones, and enjoy a good baseball game (if you want recommendations on where you can see some great Little League games being played, I can hook you up - lol).

Peace and blessings, Pam

## Recap of Last Meeting, 6/3/18

Walter Gawlak, OFS began the Ongoing Formation session discussing Chapter in 5 from the formation book *Poverty & Joy, The Franciscan Tradition*, by William Short (page 81), by talking about his recent trip to Spain where he walked the Camino del Norte. He shared his misfortune of suffering from an Achilles heel spur, which initially was a cause for concern; however, he prayed to the Lord to get him through the morning trek, and then he prayed again to the Lord to get him through the afternoon. He said that he literally prayed to the Lord for every step. He noted that this was the trek that many Christian pilgrims have made. Thereafter, Walter continued with Chapter 5 in *Poverty and Joy* and had us form small groups to discuss the below five questions related to the chapter titled "The Spirit of Prayer and Holy Devotion:

- 1) How does our spiritual practice relate to our worldly life?
- 2) How does living the rule fulfill the need to merge the "material" and "spiritual" sides of our lives?
- 3) Does praying the Liturgy of the Hours help living a Franciscan life during the rest of the day?
- 4) The chapter discusses prayer and contemplation with an emphasis on contemplation as the path to union with God. How easy or difficult (or impossible) do you find your efforts at contemplation?
- 5) Francis and his followers sought a blend of active life and solitude. Are you able to find time for solitude in your life?

At the end of the small group discussions, Walter recommended reading a book titled "Franciscan Prayer," written by Iliia Delio. Frank Bowen, OFS was surprised to learn that an audio version of the Liturgy of the Hour exists, and that he would have been listening to the audio L of H during his long drives had he known that it was available on Praystation Portable and the Divine Office Apps.

Following the Ongoing Formation, Walter gave a brief presentation on Franciscan "Rule."

## Treasurer's Report

Submitted by Terry Rinker, OFS\

Summary of Donations and Expenses for the Calendar Year as of Early May 2018

<u>Revenue</u>		<u>Expenses</u>
Donations	\$2,048.00	\$300.00 to charities
		\$25.00 BB&T fee (\$4 service fee/month)
		\$92.00 misc. expenses
Retreat	\$4,000.00	\$3,666.00 paid to Region
		\$690.00 stipend to Rev Tickerhoof
		\$150.00 tip to Priestfield staff
Fair Share	\$ 342.00	\$780.00 paid to Region = negative balance of \$438
<b>Total Income</b>	<b>\$6,390.00</b>	
<b>Total Expenses</b>		<b>\$5,703.00</b>

Note: The Treasurer will make a second quarter donation to the charities (Franciscan Mission Services and the Monastery of St. Clare) in the amount of \$300.

## 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 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 11<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 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. **The pantry is in need of tuna, vanilla glucerna, size 3 diapers, chocolate Ensure, Enfamil formula, disposable gloves, and sanitizing wipes.**

**All checks should be made out to "St. Leo SVDP."**

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:

Hospitality Committee – Veronica O'Donnell, OFS

Infirmarian Committee – Irene Naveau, OFS

Recruitment Committee – Bill Bouffard, OFS

Technology Committee – John Ata, OFS

## June Opening Prayer

Submitted by Jim Haynes, OFS.

### A reading from the Letter of Saint James 5:13 - 20

#### *Anointing of the Sick:*

Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise.

Is anyone among you sick?\* He should summon the presbyters of the church, and they should pray over him and anoint [him] with oil in the name of the Lord,

and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.\*

#### *Confession and Intercession.*

Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful.

Elijah was a human being like us; yet he prayed earnestly that it might not rain, and for three years and six months it did not rain upon the land.

Then he prayed again, and the sky gave rain and the earth produced its fruit.

#### *Conversion of Sinners.*

My brothers, if anyone among you should stray from the truth and someone bring him back,

he should know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins.

## News from Our Professed Excused

Submitted by Sally White, OFS

The Professed Excused members of Tau Fraternity may not be able to make all or many of the fraternity meetings, but they are certainly not inactive. They are all important members of the Tau family.

Because of health reasons, Helen Broxmeyer, OFS is unable to attend many meetings. She participates in Tau by contributing poems and essays to the newsletter. Besides sending letters to Congressional representatives on peace and justice issues, she has several apostolates. She is a Prayer Warrior for Mother of Mercy Clinic, Manassas, Virginia. She also helps a very elderly lady with shopping and other errands. Helen picks up litter every time she spots it in her community. She is vigilant in her recycling.

Helen is known for her tolerance, sense of humor, compassion and inquiring mind. Helen likes to text so that's a great way to communicate with her and set up a phone call. She is fun to talk with on the phone. Ask her about her journey to Japan and her essays on peace and justice. A copy of her faith journey can be found in the Tau library.

This photograph of Helen shows her in one of her trademark hats at a restaurant. Like most Franciscans, Helen enjoys a hearty lunch.



## 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; Tau Monthly Meeting
- Jul 2 – Feast of the Visitation of Our Lady
- Jul 3 – Feast of St. Thomas the Apostle
- Jul 4 – Feast of the Martyrs of China
- Jul 6 – Feast of St. Maria Goretti
- Jul 10 – Sally White's birthday
- Jul 14 – Feast of St. Bonaventure, Kimberley Heatherington's birthday
- Jul 18 – Feast of St. Camillus de Lellis
- Jul 19 – Feast of St. Vincent de Paul
- Jul 23 – Feast of Blessed Louise of Savoy
- Jul 25 – Feast of St. James the Apostle
- Jul 26 – Memorial of Sts. Joachim and Anne, parents of the Blessed Virgin Mary
- Jul 31 – Memorial of St. Ignatius of Loyola

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

## 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>

### National Geographic Museum Exhibit

Theme: Tomb of Christ

When: Now through January 2, 2019

See

<https://www.nationalgeographic.org/dc/exhibitions/tomb-of-christ/>

### 9<sup>th</sup> Summer Seminar for Secular Franciscans

When: July 12 – 15, 2018

Where: Franciscan University, Loretto, PA

Register by June 1 (discount) or June 25 (final)

<https://sites.google.com/francis.edu/2018-ofs-summer-seminar/home?authuser=0>

## Tau Fraternity History

Submitted by Sally White, OFS

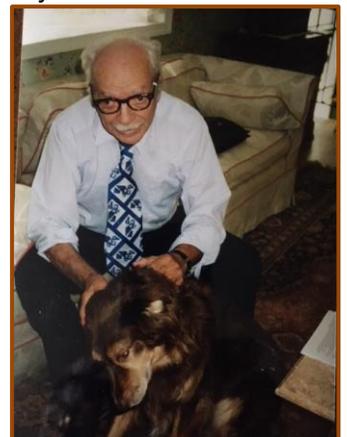
### THE FIRST COUNCIL

Anthony (Tony) James DelPopolo, Sr., OFS was the first Minister of the Tau Fraternity. He was a very special and interesting man. Some of you may remember how much he loved to talk about St. Francis. He loved to visit other fraternities and give presentations on St. Francis. He was loquacious and was a very sweet and kind man.

Tony was a member of the Assumption Fraternity, Bethesda, Maryland for 36 years, seven years of which he was on the Council. He later was a member of the St John Beloved Fraternity when he moved to McLean, Virginia with his wife. Tony and his wife were in the Catholic Workers movement and had five children. When Tony's wife passed away, he moved to Herndon, Virginia and became Tau Fraternity's first Minister.

Tony made three pilgrimages to Italy and extensively researched the life of St. Francis. As result he wrote the book "Francis: Saint of Assisi and the World" in auto-biographical style.

During his 94 years, Tony had a very full and interesting life. He was very energetic. On the back of his book, he describes this background as "a professional man of letters, has had a multi-faceted career as educator, criminologist, penologist, poet, essayist, playwright, scriptwriter, hagiographer, researcher, public speaker, lecturer, magazine editor, and college professor."



Tony and Cindy

You can find Tony's book on Amazon at <https://www.amazon.com/Francis-Assisi-Anthony-James-DelPopolo/dp/0961953101>

## ESTABLISHMENT OF TAU FRATERNITY

How the Tau Fraternity was established is an interesting story of one priest's love of St. Francis and the persistence of several professed members. In the 1980's at St. Joseph's Catholic Church, Father Ivan LeBar, TOR, a very humble and devoted Franciscan started a fraternity under the old Rule. Father Ivan, in the former tradition, presided over the meetings and formation. Ron Kauffman, OFS served as the treasurer. There were no other officers. Since the fraternity was not formally established during that time, Father Ivan arranged for a minister from another fraternity to profess several members, including Sally White OFS and Martha Ureke OFS. The new Rule was just being implemented throughout the US and for some fraternities, such as the Tau, it was a difficult transition. Many of the members wanted to remain under the old Rule with direction from a priest. At some point the National Fraternity ruled that the professed members of Tau would have to spend one year at other fraternities to understand the new Rule and how to live fraternity life. After one year, these members and other professed members could again begin meeting to establish the Tau Fraternity. In 1986, after preparation, prayer, and review, the Tau Fraternity was officially established. Vera will have a copy available for people to see at the monthly meeting.

### Words of Encouragement

Submitted by Sally White, OFS

We all get discouraged from time to time. Sometimes it is a physical illness and other times it is a family crisis. Maybe we are just getting old. Whatever causes you be discouraged, put this where you can read it during the day.

Let not your body give into a bad day,  
remember, today is no indication of how  
you may feel tomorrow—and tomorrow  
is just a day away.

Do not get discouraged if it takes a little  
longer and seems more difficult to do the  
things you once did with ease; you've got  
time- the world will wait.

Live one day at a time, one foot in front of  
the other-stand still, look around, enjoy  
the moment.

Above all hang in there, give THANKS, have  
FAITH, SMILE, believe in MIRACLES.

~Anonymous

### Franciscan Resources

Submitted by Kimberley Heatherington, OFS and John Ata, OFS

During our retreat, Fr. Bernie mentioned a colleague of his, Fr. Dave Pivonka, TOR. Both are part of Franciscan Pathways, an outreach ministry of the TOR friars; Fr. Dave is the director. You may wish to visit Fr. Dave's website, which has a whole series of high-quality, beautifully produced, and engaging videos:

<https://thewildgooseisloose.com/series-segments>

Why "the wild goose"? As you may already know, this is a Celtic image for the Holy Spirit, as opposed to the

more traditional and gentle dove. It speaks to the unpredictability of the Holy Spirit, the “breaking in” that can happen at any time. While at Priest Field this past retreat, I noticed a print of geese in the lobby that tells this story.

Pax et bonum,  
Kimberley

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Several of you have indicated that you would like to pray the Liturgy of the Hours on a PC/portable/mobile device possibly using audio. While there are several choices to use, and they all have their pros and cons, when it comes to audio, the best choice is without doubt <http://divineoffice.org>. That is because they include an audio podcast for most hours of the Office. However, if you go to their website at <http://divineoffice.org>, you will see a note explaining that they have “been asked, understandably so, to close off our ministry to new people while we go through the lengthy process of acquiring all permissions.” Without an account, there is no way to pray the LOTH on the website. John Ata, OFS sent an email asking the founder/producer what the current status is. Although the red tape process for obtaining copyright permissions is far from being completed, John is pleased to report the following:

- 1) The Divine Office founder/producer considers Secular Franciscans “religious” and will register new accounts for us. To register, send a request to [support@divineoffice.org](mailto:support@divineoffice.org) and provide the email address and name to be registered and Monica will register you. Just indicate that you are Secular Franciscan. The new account will give full access to the website and the LOTH.
- 2) If you have an iOS device (iPhone, iPad), mention that as well so that you can receive the app, which is now free, but limited only to religious, priests, nuns, disabled.”

If it is easier for you, you can send the information to John and he will forward it to Monica.’

# Tau Fraternity: Next Meeting Date

## **Tau Fraternity General Meeting: Sunday, July 1 at Christ the Redeemer 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 – **Vera Stewart, OFS**
- 3:30 - 4:00 The Angelus, Liturgy of Hours, business meeting, and closing prayer

\* Last names A-H bring sweets; I-Z bring savories. BYOB - Please bring your own beverages to the meetings.

### **Initial Formation:**

Candidates: Chapter 29 in The Franciscan Journey  
New Candidates: Chapter 17 in The Franciscan Journey,  
Inquirers: Chapter 6 in The Franciscan Journey,

All are welcome to join the Initial Formation groups.

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

Chapter 6 in Poverty and Joy

### **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.

**Liturgy of the Hours:**

Thirteenth Sunday in Ordinary Time

Hymn: #33 – O Christ You Are the Light and Day: pg. 1541

Canticle of Mary Antiphon and Prayer: Thirteenth Sunday in Ordinary Time: Evening Prayer II: pg. 617

Everything else: Sunday, Week 1 Evening Prayer II: pg. 712

Reader: **Gail Dowling, OFS**

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



**PACE E BENE**  
TAU FRATERNITY