



PACE E BENE

TAU FRATERNITY

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

November 2018

MINISTER'S MESSAGE

Dear Sisters and Brothers,

Thank you to everyone who invited someone to attend our Open House. Please pray for our guests as they discern whether or not they have a vocation, and please pray for the Council members who must discern on behalf of the fraternity whether to accept the applicants. Fall seems to have finally arrived. I don't know about anyone else, but my perception is that 2018 has flown by. Wasn't it just January? We all lead busy lives, and I think the busier we are, the faster time seems to fly. In our busyness, we need to make sure that we take time to discern what God is calling us to do. As we strive for holiness, are we going down a path that God wants or are we going down a path that we want God to want for us? Quiet reflection during which we listen and not talk is important. The end of the year will be here before we know it. A daily examination of conscience is a good practice. As the year winds down, perhaps an inventory of our lives is also a good idea so that we discern God's will for us before making New Year's Resolutions or making plans for 2019. One thing that I ask that each of our professed members discern is whether or not you are being called to be a servant leader of Tau fraternity by serving on Council. Elections will be held in August 2019. More information will be provided in 2019 - however, it is never too early to begin prayerfully discerning in what role you are being asked to be of service.

Peace and blessings,
Pam

RECAP OF LAST MEETING

OCTOBER 7, 2018

By Francis of Assisi

Lord, help me to live this day quietly, easily.
To lean upon Thy great strength, trustfully, restfully.
To wait for the unfolding of thy will, patiently, serenely.
To meet others, peacefully, joyously.
To face tomorrow, confidently, courageously

OPENING PRAYER

Read by Gail Dowling, OFS

PRESENTATION

The Tau Fraternity open house immediately preceded the opening prayer. Pam Brooks, OFS congratulated the newly professed, and she welcomed the visitors to the Tau Fraternity open house. She introduced Bill Bouffard, OFS, who gave a brief presentation. Bill talked about the importance of community and our Franciscan charisms of living the gospel by following in Jesus' footsteps in the way of St. Francis of Assisi. We embrace the Good News and make it relevant in the modern world. We embrace daily conversion and formation. For example, we embrace the Christ Child, and find it difficult to embrace the Crucified Christ, bloodied and bruised. What this means to each of us is different.

ONGOING FORMATION

Walter Gawlak, OFS began the discussion on the beatitudes and Pope Francis' apostolic exhortation on the Call to Holiness "Gaudete et Exsultate." He asked the following questions:

- Who is holy? Almost holy? Trying to be holy? Resisting holiness?
- How do we become holy? By living the beatitudes!
- Where do we find our security?
 - In meekness, which is the opposite of pride.
 - In mourning.
 - In mercy – forgiving and understanding.
 - In purity of heart – by keeping our hearts free of all that tarnishes.

Next month we will continue the discussion. We will also discuss the last two sections – Chapters 4 and 5.

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 Terry Rinker. For a suitable job for Veronica's son Jamie. 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 the Mother of Mercy Free Medical Clinic and its patients. 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.

APOSTOLATES

ST. LEO THE GREAT FOOD PANTRY

St. Leo the Great in the City of Fairfax runs a food pantry. Note that I attempt to load up my vehicle with your food donations before and after the opening prayer each month. I 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. After the meetings, I take the food collections and drop them off at the church for transfer to the food pantry. Whatever monetary donations I get, I deposit into the Tau bank account and write a check in the amount so that St. Leo knows that the check is coming from Tau fraternity. Keep up the good work in food donations – they are greatly appreciated. **All checks should be made out to "St. Leo the Great."**

Thanks!!

Terry Rinker, OFS

MISSIONARIES OF CHARITY COOKING HOSPICE

Our fraternity cooks for the Gift of Peace hospice on the second Saturday every other month. St. John Neumann Parish provides \$200 for us to buy groceries. Four or more of us meet at St. Joseph's parking lot at

7 a.m., drive to northeast D.C. and share our stories along the way. We cook for 60 people, including the other volunteers who work that day. Mother Teresa's nuns look in on us to make sure we know where kitchen wares can be found. They always express their gratitude to us with their great smiles. We're usually back at St. Joseph's parking lot by noon. Come and join us at least once. It's a heartwarming ministry.

The next Cooking Hospice Ministry trip will be on December 8th. 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.

INDIVIDUAL APOSTOLATES

Mother of Mercy Free Clinic - The professed excused continue to participate as prayer warriors for Mother of Mercy Free Clinic in Manassas, VA. Thanks to many of the brothers and sisters of Tau Fraternity, a box of rosaries, prayer cards, medals and other religious items were sent in October to be shared with the patients. Please continue to save your prayer cards, rosaries and medals and give them to Vera. Sally White, OFS will mail a second box in December. For more information about the clinic, see the brochure at <http://www.cdda.net/documents/Mother-of-Mercy-Free-Medical-Clinic-Brochure.pdf>. If you are interested in participating as a volunteer at the clinic or as a prayer warrior, you can sign up on the diocese volunteer website, www.cdda.net

St. Jude's Ranch for Children - Sally is collecting greeting cards. Used cards will be re-purposed by the St. Jude's Ranch for Children. Please save the front of the cards (NOT Disney, Hallmark or American Greetings), and bring them to the Monthly Tau meeting. Also, if you have unused greeting cards, please bring them also. Sally supports the Military Mama Network by sending Christmas cards to active duty military personnel on deployment, and she sends the other cards to deployed troops and to families of veterans who have lost their lives. Vera will deliver the cards to Sally. For more information about the St. Jude Ranch program, see <https://stjudesranch.org/recycled-card-program/>.. To learn about the Military Mama Network, see <http://militarymamanetwork.org/>.

Helping Homeless Veterans - We have many homeless veterans in our immediate area. The Loudoun Elks in Sterling, Virginia, has a grant from the federal government to help provide and furnish housing for homeless veterans. The Elks' program has found housing for over forty veterans and family members since the organization received the grant. Many of these homeless veterans have only a few possessions and have been living outside in dire conditions such as sheltering under bridges. Some veterans are mothers with small children. So even when moving into an apartment, the participants need household goods especially bedding and other linens.

There is an easy way for you to help. The Elks representative said that there is a real need for new and gently used towels, blankets, sheets (sizes queen, full and twin), pillow cases, bed spreads etc. New pillows are needed as well.

During November and December Sally and Vera will be collecting any linens you can donate. Please bring them to the monthly meetings or drop them off at Sally's home. Alternatively, you can donate to the Elks Welcome Home Grant Program at <http://www.elks2406.com/>. If you have any questions, please call Sally at (703) 994-5283.

Warm Clothing Drives – Clari Claus, OFS is collecting hats, scarves, gloves, mittens and the like to needy children at Herndon Elementary School. Cash donations are also welcome; Clari will do the shopping for you! Please bring any and all donations to our November gathering.

Vera is collecting winter clothing for a couple of coat drives. St. John the Apostle Catholic Church in Leesburg collects new and gently used coats, caps, gloves, and scarves that the Knights of Columbus will deliver to Assumption Parish in Keyser, WV, where a large percentage of the population lives in poverty. The Knights are collecting the items in the church parking lot on the weekend of November 10 & 11.

Also, The Loudoun County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. (LCAC DST) will be collecting new coats and blankets. The items will be sorted and bagged on December 1, 2018 at Oak Grove Baptist Church in Sterling. Items will be donated to local shelters. Last year, items were delivered to the Volunteers of America Chesapeake Leesburg Homeless Shelter and The Resourceful Women's Thrift Store, which is run by the Loudoun Abused Women's Shelter. Delta Sigma Theta Sorority, Inc. is a private, not-for-profit organization whose purpose is to provide assistance and support through established programs in local communities throughout the world. The warm clothing drive is just one of the community service projects out of a variety of programs and projects supporting the sorority's five-point programmatic thrust, which includes educational development, economic development, international awareness and involvement, physical and mental health, and political awareness and involvement. To learn more about LCAC DST, see <https://www.lcacadst.org/>.

If you would like to help, please bring items to the November monthly meeting. Or you can drop them off at either of the drives.

TAU 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

NEWS FROM OUR PROFESSED EXCUSED

Submitted by Sally White, OFS

Brother Ron Kauffman OFS – Ron celebrated his 80th birthday at home on October 1. He is receiving in-home hospice care and was thrilled to receive over 20 birthday cards. Ron has been in the Tau Fraternity since it was established. He has served as Treasurer on the council and until he became ill had been attending the monthly gatherings and other Fraternity events. Ron has been active in various apostolates over the years. He saved stamps for the missions and more recently collected magazines for the Veterans Hospital in Martinsburg, West Virginia. He thanks everyone for their continued prayers and cards.

POETIC REFLECTION

**St. Peter's Quandary
On the Outskirts of Rome
ca. AD 67, under the
Emperor Nero**

By Helen Broxmeyer, OFS
October 3, 2018

“Quo vadis?” is the question: “Where are you going, Jesus,
And will you let me come with you? The night is dark,
The road ill-kept, and I know too well where we're going.
When I look at you, I see you on the Cross,
And the only light is coming from your face –
Enough to keep me stumbling along behind you
Towards a destination of your own ineffable choosing.”

Note: This poem is Helen's personal reaction to the Church's sex-abuse crisis.

Submitted by Kay Flynn, OFS

PRAYER OF A SOLDIER IN FRANCE

By Joyce Kilmer

1 My shoulders ache beneath my pack
2 (Lie easier, Cross, upon His back).

3 I march with feet that burn and smart
4 (Tread, Holy Feet, upon my heart).

5 Men shout at me who may not speak
6 (They scourged Thy back and smote Thy cheek).

7 I may not lift a hand to clear
8 My eyes of salty drops that sear.

9 (Then shall my fickle soul forget
10 Thy agony of Bloody Sweat?)

11 My rifle hand is stiff and numb
12 (From Thy pierced palm red rivers
come.)

13 Lord, Thou didst suffer more for me
14 Than all the hosts of land and sea.

15 So let me render back again
16 This millionth of Thy gift. Amen.

If you wish to read more about Joyce Kilmer see: <https://www.americamagazine.org/arts-culture/2018/07/27/tragedy-joyce-kilmer-catholic-poet-killed-world-war-i>

or

https://www.army.mil/article/56643/close_to_the_heart_world_war_i_soldiers_poem_and_personal_artifact_honor_the_fallen_in_the_42

WORDS OF REFLECTION

Submitted by Walter Gawlak, OFS

A new edition of Today's Reflection has been published to the Saint John's Abbey site. You may read it here:

<http://www.saintjohnsabbey.org/your-visit/praying-us/todays-reflection/>

Both the content and the manner in which it is given bother us or even offend. Jesus says in the Sermon on the Mount, among many other equally disturbing things: "You must be made perfect as your heavenly Father is perfect" (Matthew 5:48). The manner: a command! The content: to be perfect!

We have a hard time picturing ourselves as perfect; we're so aware of our irritability, self-seeking, wrong desires, rash judgments. In the context of earlier words about loving not just friends but enemies, what Jesus is saying makes a bit more sense. He has asked that we be like the rain and sun which do not distinguish among human beings. Our love, too, should be all-embracing, extending way beyond the people we naturally like or who are close to us.

This is a bit more specific than being perfect like God is perfect, though it certainly isn't any easier! Our love and good will are so easily drawn by certain kinds of people, by such externals as their appearance, their smiles, their personalities and, let's admit it, their class and customs, their manners. Jesus asks us to do so much more than that: to love the unlovely, the unattractive, the downright painful, the irritating, the uncongenial, the ones who don't seem to care a bit about us. We would be doing well if we simply tried today and then the day after and so on to show some genuine kindness to someone for whom we have no natural attraction. By such small steps we might work toward this steep ideal of loving everyone.

TAU FAMILY FOTOS



Frank Bowen, OFS shared: Ron Kauffman, OFS happily received birthday cards and balloons.



Gil Donahue, OFS shared: Josh Goldberg, OFS and his family, celebrating his profession



Sally White, OFS shared: Kimberley Heatherington, OFS and Vera Stewart, OFS helping Sally fill bags for Mothers of Mercy Clinic



Pat B., OFS shared: Blessing of the Animals 2018 was nice! Nine Franciscans – 6 from Tau Fraternity Plus 3 Friars! As you can see, a new friend (yes, a tortoise!) also received a blessing. Kudos to Irene Naveau, OFS for her work in this apostolate!



COMING UP IN NOVEMBER

November is the Month of the Holy Souls in Purgatory *

Nov 1 – Feast of All Saints – Holy Day of Obligation
Nov 2 – All Souls Day
Nov 4 – Memorial of St. Charles Borromeo, Bishop & Secular Franciscan
Tau Fraternity Meeting
Nov 8 – Feast of Blessed John Duns Scotus
Nov 10 – Kay Flynn's birthday
Nov 12 – Joe M's birthday
Nov 19 – Feast of St. Elizabeth of Hungary
Nov 21 – Feast of the Presentation of the Holy Virgin Mary
Nov 22 – Memorial of St. Cecilia
Nov 23 – Erik Larin's birthday
Nov 29 – Feast of the Saints of the Seraphic Order
Nov 30 – Feast of St. Andrew the Apostle

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

TAU FRATERNITY NECROLOGY

Please take a moment to pray for our dear departed Tau Family Members. Remember the following who have embraced Sister Death:

12/07/97	James Sheehan
1998	Bill Obernauer
03/16/05	Margorie O'Connor
05/02/05	Tony Del Popolo
11/28/06	Marie Fitzgerald
06/14/08	Isabel Bartlett
08/16/10	Martha Ureke
03/03/12	Edna Henke
05/12/16	Mary McCarthy
07/03/18	Frank Mullin
	Diana Caputo
	Karen Sawtell
	Anna Seymore

Also, please pray for our departed members who have been inadvertently omitted from this list.



GREENLIGHT A VET

Veterans Day is November 11. If you can, take a moment to thank a veteran! You can also show your support for our nation's brave men and women by participating in the Greenlight a Vet campaign. It's as simple as changing one lightbulb in your yard, house, or office to a green one. To learn about the campaign see:

http://www.usar.army.mil/Portals/98/Documents/For_Commands/108th%20PDF%20DOCS/Greenlightavet.pdf
and <http://www.greenlightavet.com/>.

God our Father,
Your power brings us to birth,
Your providence guides our lives,
and by Your command we return to dust.

Lord, those who die still live in Your
presence,
their lives change but do not end.
I pray in hope for my family,
relatives and friends,
and for all the dead known to You alone.

In company with Christ,
Who died and now lives,
may they rejoice in Your kingdom,
where all our tears are wiped away.
Unite us together again in one family,
to sing Your praise forever and ever.

Amen.

<https://www.catholic.org/prayers/prayer.php?p=805>

UPCOMING EVENTS



FRIAR
ALESSANDRO
VOICE FROM ASSISI

St Camillus Catholic Church
1600 St Camillus Dr. Silver Spring, MD 20903
Inf. (301) 434-8400

Thursday, November 8th
7:30 PM

Minimal Donation \$15
Supporting our emergency fund

• • •

Sponsored by St Camillus JPIC's Ministry

National Geographic Museum Exhibit

Theme: Tomb of Christ

When: Now through January 2, 2019

See

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

NEXT TAU FRATERNITY GENERAL MEETING

Date: Sunday, November 4, 2018
Location: St. Joseph Catholic Church
Schedule: 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 – **Gil Donahue, OFS**
3:30 - 4:00 The Angelus, Liturgy of Hours, business meeting, and closing prayer

* BYOB - Please bring your own beverages to the meetings. Please bring finger foods to share. If your last name begins with A-H bring sweets; if your last name begins with I-Z bring savories.

INITIAL FORMATION:

Candidates: Chapter 21 in The Franciscan Journey
Inquirers: Chapter 11 in the Franciscan Journey

All are welcome to join the Initial Formation groups.

ON-GOING FORMATION:

We will continue with our exploration of Pope Francis's Call to Holiness in Today's World with Chapter 4, Signs of Holiness in Today's World, and Chapter 5, Spiritual Combat, Vigilance and Discernment. Please also read the Word of Reflection in the Tau Newsletter.

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:

Thirty First Sunday in Ordinary Time:

Hymn: #45 – Let All Things Now Living): pg. 1554

Gospel Canticle and Prayer: Evening Prayer II: pgs. 638/637

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

Reader: **Veronica O'Donnell, 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. If you call and do not get an answer, please leave a voicemail message.