



# PACE E BENE

## TAU FRATERNITY

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

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**January 2019**

### **MINISTER'S MESSAGE**

Dear Sisters and Brothers:

Merry Christmas and Happy New Year! I wish each of you and your families many blessings. This is a time of year when a lot of people reflect on the previous year and resolve to make changes in the new year. I have never been one for New Year's Resolutions. My approach is to try to make changes when a problem is identified - there is no sense waiting until the new year. I have also learned as I have gotten older that there are many things that frustrate me over which I have no control and therefore cannot change. Life is a lot less frustrating when it is lived one day at a time. Planning for the future is necessary - but not at the expense of forgetting to live in the moment today. Peace and blessings, Pam

### **RECAP OF LAST MEETING**

#### **OPENING PRAYER**

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

-JOHN 1:14

Let us begin this Advent journey with a glimpse of the ending. Let me begin with a quote from twentieth-century writer G.K. Chesterton: "When a person has found something which he prefers to life itself, he [sic] for the first time has begun to live." Jesus in his proclamation of the kingdom told us what we could prefer to life itself and it would work! The Bible ends by telling us we are called to be a people who could say, "Come, Lord Jesus" (Revelation 22:20), who could welcome something more than business as usual and live in God's Big Picture. We all have to ask for the grace to prefer something to our small life itself because we have been offered the shared Life, the One Life, the Eternal Life, God's Life that became visible in this world in Jesus. We do not get there by being correct. We get there by allowing the connection. It is like a free wireless connection! The kingdom is finally to be identified as the Lord Jesus himself. When we say "Come, Lord Jesus" on this Christmas Day, we are preferring his Lordship to any other loyalty system or any other final frame of reference.

If Jesus is Lord, then Caesar is not! If Jesus is Lord, then the economy and stock market are not! If Jesus is Lord, then my house and possessions, family and job are not! If Jesus is Lord, then I am not! That multileveled implication was obvious to first century members of the Roman Empire because the phrase

Or as we Franciscans love to say, "Incarnation is already Redemption." The problem is solved. Now go and utterly enjoy all remaining days. Not only is it "Always Advent," but every day can now be Christmas because the one we thought we were just waiting for has come *once and for all*.

## REFLECT

Today just "taste and see the goodness of the Lord" (Psalm 34:8)

"Caesar is Lord" was the empire's loyalty test and political bumper sticker. They, and others, knew they had changed "parties" when they welcomed Jesus as Lord instead of the Roman emperor as their savior.

What we are all searching for is Someone to surrender to, something we can prefer to life itself. Well here is the wonderful surprise: God is the only one we can surrender to without losing ourselves. The irony is that we find ourselves, and now in a whole new field of meaning. This happens on a lesser level in every great love in our lifetime, but it is always a leap of faith ahead of time. We are never sure it will be true beforehand. It is surely counter-intuitive, but it is the promise that came into the world on this Christmas Day, "full of grace and of truth." Jesus is the gift totally given, free for the taking, once and for all, to everybody and all of creation. This Cosmic Risen Christ really is *free wireless*, and all we have to do is connect.

Henceforth humanity has the right to know that it is *good to be human, good to live on this earth, good to have a body*, because God in Jesus chose and said "yes" to our humanity.

## ONGOING FORMATION

Walter Gawlak, OFS began the discussion with a brief recap of Chapter 4 "Signs of Holiness" from Pope Francis' apostolic exhortation on the Call to Holiness "Gaudete et Exsultate." He divided the members into small groups to discuss experience with the following aspects that were discussed last month:

- Perseverance, patience, and weakness;
- Joy and sense of humor;
- Boldness and passion or evangelization;
- Community.

After the discussion, Walter began discussion on Chapter 5 "Spiritual Combat." He noted that we have three opponents: (1) worldly ways, (2) human weakness, and (3) the devil. He said that a person may reason that he is a good person because he hasn't killed anyone. Some people no longer believe in hell or the devil and therefore believe that they can do what they want. Walter cautioned that we must be alert and watch out for the devil; he wants your soul. He asked the following questions:

- Do you ever detect the devil working in your life?
- Can you identify the characteristics of the devil working in your life?

Walter said that to combat the devil, we need discernment. The devil is like a military general. He does surveillance for the weakest spot. He looks at our virtues. Walter asked:

- Do you know what those links are? Are they weaknesses?
- How do we find our weaknesses, and what do we do about them?
- When was the last time you prayed for discernment? What Happened? How do you know when you get an answer from God?

## CHRISTMAS PARTY



Immediately following Ongoing Formation, we celebrated with our annual Christmas party! We enjoyed good food, a little wine, and fellowship.

## 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; and Ed Geiger. For the repose of the soul of Jun Medina. 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 February 9<sup>th</sup>. 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

Sally White, OFS 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. Please bring new or gently used clean queen size linens to the January meeting or deliver them to Sally.

## **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

## **MISSIONARIES OF CHARITY PROFESSION**

Submitted by Pat B., OFS

### **Seven Missionaries of Charity Sisters Profess Final Vows**



Congratulations to the Washington, DC-based Missionaries of Charity and the seven newly professed Sisters at the Gift of Peace House, where the nuns run a hospice and convent. The Sisters made their final vows on Saturday, December 8, with a mass and profession service held in the Crypt of the nearby Basilica of the National Shrine of the Immaculate Conception.

Because of the Tau Fraternity's long-term relationship with the Sisters, the entire Fraternity was invited to attend the mass and ceremony. Pat and Joe did so and were warmly greeted by the Sisters at the Basilica. Several of the Sisters with whom the Fraternity's volunteers have worked over the last few years, including one of the newly professed, expressed their joy at having Secular Franciscans at the event. But not as much joy as we experienced in being there! The profession ceremony was quite moving, with a choir comprised of the Sister's next class to be professed, and the Sisters' families in attendance, some from other countries . . . and other volunteers, Sisters

attending from other parts of the country, and those hospice patients well enough to be there, all sharing in a truly joyous day.

After the formal profession ceremony, some of the Sisters invited us to come back with them to the convent. It was amazing. The last to arrive was the van full of the newly professed Sisters. They exited the van at the bottom of the long winding driveway that leads to the Otis Street hospice, where many of the already professed Sisters were waiting for them, including some from other Missionaries of Charity convents. The already professed nuns walked up the long driveway first, singing beautifully, and performing movements to the words of the song that looked like a liturgical dance. The newly professed Sisters walked behind them. It was near dusk as they reached the top of the hill, and the newly professed Sisters stood together watching the others welcome them with what we were told is a tradition going back to professions with Mother Teresa herself.

While the Sisters welcomed the newly professed, other nuns and hospice patients could be seen standing on the second floor porch and looking out of the windows of the hospice. Inside, we had a buffet dinner and cake and traditional Mexican music performed by one of the Sisters' family members. Joy and more joy!

In one of the hymn's at the Basilica, the Sisters sang:

"Here I am Lord, with great joy. I accept all to the end of my life, and I'll smile at your hidden Face as I surrender myself to you."

Because the Sisters are private about how photographs are used, and because the Tau Fraternity newsletter is public (on the internet), only one photo is included here, but Pat will post more photos at the Tau Fraternity's private Yahoo group site.

## COMING UP IN JANUARY

January is the Month of the Holy Name of Jesus and His Holy Childhood \*

- Jan 1 – Feast of the Circumcision of Our Lord – Holy Day of Obligation  
Solemnity of Mary, Mother of God
- Jan 2 – Feast of the Holy Name of Jesus  
Vicki Shanholtz' Birthday
- Jan 4 – Feast of Blessed Angela of Foligno  
Feast of St. Elizabeth Ann Seton  
Veronica O'Donnell's Profession
- Jan 5 – Feast of St. John Neumann
- Jan 6 – Tau Fraternity Meeting
- Jan 7 – Epiphany of the Lord
- Jan 8 – Baptism of the Lord
- Jan 11 – Robert Calderon's and Kimberley Heatherington's Profession
- Jan 12 – Gail Dowling's and Walter Gawlak's Birthday
- Jan 23 – Feast of the Marriage of the Blessed Virgin Mary
- Jan 24 – Feast of St. Francis de Sales  
Paola Larin's, Terry Rinker's, and Vera Stewart's Profession
- Jan 25 – Carol Clarke's Birthday
- Jan 27 – Irene Naveau's Birthday
- Jan 29 – Feast of St. Francis de Sales  
Gil Donahue's Profession
- Jan 31 – Feast of St. John Bosco  
Richard Clarke's Birthday

**Jesus**  
**Emanuel**  
**Lamb of God**  
**Redeemer**  
*Bridegroom*  
**Messiah**  
**The Way**  
**The Truth**  
**The Life**  
*King of Kings*  
**Savior**  
**BREAD OF LIFE**  
**The Good Shepherd**  
**I Am**  
*Alpha*  
*and*  
*Omega*  
**Light of the World**  
**The Christ**

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

## DID YOU KNOW?

The Epiphany is the twelfth day of Christmas!

The wise men from the East recognized the newborn Messiah; thus the Epiphany is the day that the Messiah was revealed to the world! Read about the meaning of the Epiphany at <https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=442>



## UPCOMING EVENTS

### National Geographic Museum Exhibit

**Theme:** Tomb of Christ

**When:** Now through January 2, 2019

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

## AN INSPIRATIONAL WORD

Submitted by Walter Gawlak

This excerpt is from a letter written by the Franciscan priest Fra Giovanni on Christmas Eve 1513 to his friend the Countess Allagia degli Aldobrandeschi in Florence:

Within Our Reach: Joy!

I salute you. I am your friend, and my love for you goes deep. There is nothing I can give you which you have not. But there is much, very much, that, while I cannot give it, you can take. No heaven can come to us unless our hearts find rest in it today. Take heaven! No peace lies in the future which is not hidden in this present little instant.

Take peace! The gloom of the world is but a shadow. Behind it, yet within our reach, is joy. There is radiance and glory in darkness, could we but see. And to see, we have only to look. I beseech you to look!

Life is so generous a giver. But we, judging its gifts by their covering, cast them away as ugly or heavy or hard. Remove the covering, and you will find beneath it a living splendor, woven of love by wisdom, with power. Welcome it, grasp it, and you touch the angel's hand that brings it to you.

Everything we call a trial, a sorrow or a duty, believe me, that angel's hand is there. The gift is there and the wonder of an overshadowing presence. Your joys, too, be not content with them as joys. They, too, conceal diviner gifts.

Life is so full of meaning and purpose, so full of beauty beneath its covering, that you will find earth but cloaks your heaven. Courage then to claim it; that is all! But courage you have, and the knowledge that we are pilgrims together, wending through unknown country home.

## NEXT TAU FRATERNITY GENERAL MEETING

Date: Sunday, January 6, 2019

Location: St. Joseph Catholic Church

Schedule: 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, 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 savorys.

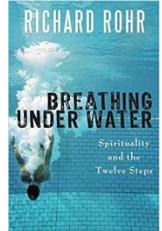
### INITIAL FORMATION:

Senior Candidates: Chapter 23 in The Franciscan Journey  
Inquirers/Candidates: Chapter 13 in The Franciscan Journey  
Aspirants: Chapter 1 in The Franciscan Journey

All are welcome to join the Initial Formation groups.

### ON-GOING FORMATION:

Introduction and Chapter 1 in Breathing Underwater: Spirituality and the Twelve Steps, by Richard Rohr



If you have not purchased the book, look for ISBN 978 1636 1570.

### 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:

Epiphany of the Lord:

Hymn: #74 – What Child Is This: pg. 1589 (Verses 1 and 3)

Everything: Epiphany, Evening Prayer II: pg. 214

Reader: **Kimberley Heatherington, 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.