



PACE E BENE

TAU FRATERNITY

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

May 2019

MINISTER'S MESSAGE

Dear Sisters and Brothers:

He is Risen! He is Risen, Indeed! Happy Easter to each of you! What a wonderful time of year this is, when we get to celebrate the Resurrection of our Lord while we also experience the newness of spring. Spring is such a special time of year when everything is green and new and fresh. Spring is such a great reminder that what was dormant over the long cold winter is still alive and is budding and growing again. When you think about it, that is similar to how we humans are sometimes. We all go through phases in our lives - sometimes we are active, engaged, happy and healthy while other times we need to/are forced to slow down and be still (dormant) for a while (both physically and spiritually). Yet out of those times of dormancy, we, as Franciscans, still yearn for our Lord and what He is calling us to do in service for Him. I pray that each of you experience more springs and summers in your relationship with God and fewer autumns and winters. However, I pray that during your autumns and winters, you get what you need, that you experience that yearning for our Lord which will bring you closer to God, and that you bud and grow again when you reenter the next spring in your spiritual life.

Peace and blessings,

Pam

RECAP OF LAST MEETING

OPENING PRAYER

Pat B., OFS read an excerpt from:

4th Sorrowful Mystery, Carrying of the Cross

with a reflection from the Global Catholic Climate Movement's
Rosary Reflections for Care 4 Creation Month

A large crowd of people followed Jesus, including many women who mourned and lamented Him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and your children." Luke 23: 27-28

Mary, your Son instructed us even as He carried His cross. The despair of those who watched His suffering was only for the man they saw, not for the fallen race and the broken world that He would redeem with His death and that He will, at the end of time, return to judge. Mary, Jesus did all this for us. We are contrite for our contributions to the sword of sorrow that pierced your heart.

Help us, Mary. Pray that your Son grants us the grace to see the cost to all creation and all souls whenever we encounter those affected by a changed climate or by poisoned waters, land, and air. Mother Mary, help us to see the damage being done to ourselves and future generations whenever we watch from a distance the anguish of others.

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

CEREMONY OF INTRODUCTION AND WELCOMING

Immediately following the opening prayer, we welcomed Joe Boyle and Valerye Milleson, who were elevated from Aspirants to Inquirers.

ONGOING FORMATION

Walter Gawlak, OFS began ongoing formation with an overview of Chapter 4 “A Good Lamp” from *Breathing Underwater: Spirituality and the Twelve Steps*, by Richard Rohr. Highlights from the discussion are as follows:

- Inventory of self – When we reflect on the sins or failures that we continually battle; we should remember that it is not even possible to avoid all sin. A moral inventory should lead us to God; if done correctly, we will not be judgmental toward others.
- Need to surrender – In order to do this step successfully, we need to do the previous step – surrender.

Shadow boxing – We should search for our faults (in our shadow self) and try to make it easier for others to love us.

PRESENTATION

Gil Donahue, OFS gave a presentation on the Liturgy of the Hours and the Book of Psalms. He said that the Liturgy of the Hours was developed for people in monasteries. As Franciscans, we are encouraged to participate in the Liturgy of the Hours twice a day – the morning prayer and the evening prayer. The Liturgy of the Hours morning and evening prayers progress through the Psalms. The Book of Psalms is like a summary of the bible, a history of the Jewish people. To learn more about the Psalms, Gil recommends John Bergsma’s book *Psalms Basics for Catholics*. He explained that the Book of Psalms may be divided into five books or themes:

1. Weeping and moaning: David’s ascent to the throne (PS 1 – 41)
2. Triumph and rejoicing: Kingdom handed over to Solomon (PS 42 – 72)
3. Descending into grief: Israel lost its king (PS 73 – 89)
4. Waiting in exile: What does Israel do without a king? (PS 90 – 106)
5. Exile over, waiting for the Messiah: Temple rebuilt, but no king; God is king (PS 107 – 150)

Some Psalms are recommended for specific circumstances. For example, Psalm 88 is known as the bleakest psalm. Some people reflect upon it during Lent. Gil said that modern scholars believe that Psalm 119 was originally the end of the Psalms. The others were added later.

Gil said that the Book of Psalms points the way to our Lord. Therefore, Christians read into it Jesus' message. Jesus quoted the Psalms.

Gil explained the relationship between the Psalms and the rosary. Initially, in the monastic world, the religious wanted to pray 50 Psalms a day. Each bead of the rosary equates to a Psalm. Therefore, praying the rosary is equivalent to reading Psalms.

Gil said that the Liturgy of the Hours leaves out the Imprecatory or calling down curses because they are dark and not fitting for the prayer.

PRAYER SUBMISSIONS

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

For physical and spiritual healing of Cyndy Filan-Kim's mother; Sally White and her sister; Richard & Carole Clarke and their grandsons Liam and Rory; Helen Broxmeyer; William Brewster; Irene Naveau; Pat Kauffman; Kay Flynn; and Ed Geiger. For the repose of the soul of Ron Kauffman. 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 June 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.

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
Ecumenical/Interfaith Committee – Kimberley Heatherington, OFS
Infirmarian Committee – Irene Naveau, OFS
Recruitment Committee – Bill Bouffard, OFS
Technology Committee – John Ata, OFS

COMING UP IN MAY

May is the Month of the Holy Virgin Mary *

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

May 5 – Tau Monthly Meeting

May 14 – Feast of St. Matthias, Apostle

May 17-19 – Tau Retreat at Priestfield

May 25 – Dedication of the Basilica in Assisi

May 26 – Feast of St. Philippe Neri

May 27 – Solemnity of the Most Holy Trinity

May 30 – Ascension of Jesus

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>

UPCOMING EVENTS

Elections for Tau Council

Where: St. Joseph Parish

When: August 4, 2019

NOMINATIONS GUIDELINES AND TIMELINE

- Anyone may nominate a professed member. Professed may nominate themselves. If you are going to nominate someone, please contact them first.
- John Ata, OFS will contact the nominee ask him/her to submit a bio.
- A person may be nominated for more than one position.
- The order of offices for nominations is:
 - Minister
 - Vice Minister
 - Formation Director
 - Treasurer
 - Secretary
- If a person who is nominated for more than one office wins for the first office, the nominee will be dropped from the other office(s).
- The nominations will be kept confidential; John will not publicize who nominated anyone.
- Nominees must submit a bio form for each position for which he/she is running.
- Only professed can vote and run.

- **May 1, 2019** – First call for nominations. John Ata, OFS will send an email; a bio form will be attached to the email.
- **June 1, 2019** – Second call for nominations.
- **June 13, 2019** – Bios due to John Ata.
- **July 1, 2019** - John will assemble the bios into a package and send them to the Fraternity.
- **August 4, 2019** - Election.

MOTHER'S DAY MESSAGES

Submitted by Cyndy Filan-Kim, OFS

The Most Important Person

The Most Important Person On Earth

From the Holy Bible:

“When one finds a worthy wife her value
is far beyond pearls.” Prov. 31:10

“Favor is deceitful, and beauty is vain.
The woman that feareth the Lord, she
shall be praised.” Prov. 31:30

“THE most important person on earth is a mother. She cannot claim the honor of having built Notre Dame Cathedral. She need not. She has built something more magnificent than any cathedral – a dwelling for an immortal soul, the tiny perfection of her baby’s body.

“The angels have not been blessed with such a grace. They cannot share in God’s creative miracle to bring new saints to Heaven. Only a human mother can. Mothers are closer to God the Creator than all other creatures. God joins forces with mothers in performing this act of creation...

“What on God’s good earth is more glorious than this: to be a mother?”

– Joseph Cardinal Mindszenty

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2/13

Litany of Humility

Composed by Cardinal Marry Del Val,
the saintly Secretary of State to Pope St. Pius X

O JESUS! Meek and humble of heart, Hear me.

From the desire of being esteemed,
DELIVER ME DEAR JESUS.

From the desire of being loved . . .

From the desire of being extolled . . .

From the desire of being honored . . .

From the desire of being praised . . .

From the desire of being preferred . . .

From the desire of being consulted . . .

From the desire of being approved . . .

From the fear of being humiliated . . .

From the fear of being despised . . .

From the fear of suffering rebukes . . .

From the fear of being calumniated . . .

From the fear of being forgotten . . .

From the fear of being ridiculed . . .

From the fear of being wronged . . .

From the fear of being suspected . . .

That others may be loved more than I,
JESUS grant me the grace to desire it.

That others may be esteemed more than I,
JESUS grant me the grace to desire it.

That in the opinion of the world, others may
increase and I may decrease,
JESUS grant me the grace to desire it.

That others may be chosen and I set aside,
JESUS grant me the grace to desire it.

That others may be praised and I unnoticed,
JESUS grant me the grace to desire it.

That others may be preferred to me in everything,
JESUS grant me the grace to desire it.

That others become holier than I, provided that
I may become as holy as I should,
JESUS grant me the grace to desire it.

The Mothers of Priests

"A vocation comes from the heart of God, but goes through the heart of the mother."
-----St. Pope Pius X

POETIC REFLECTION

Dancing With St. Francis

By Helen Broxmeyer, 4/12/19

Competition is like a sword-fight: two wills
Contesting the ultimate outcome, then winners and losers
Going their separate ways. But cooperation
Is a dance choreographed by God, and Francis knew
The steps and the tune by heart. Working and praying
Together, he and the Brothers, according to the Plan,
Listened for the angel choirs and moved to their harmonies.

FRANCISCAN SERVANT LEADERSHIP

From: Handbook for Franciscan Servant Leadership, Rev 2010

Our style of leadership is not about greatness and lording it over others but about serving one another (cf. Luke 22:24-27). A Franciscan leader is not autonomous, but shares the action of leadership with the fraternity, and most of all is dependent upon the Holy Spirit as the primary guide. Instead of one or a few people trying to take care of all fraternal needs, we, like the twelve apostles, share the leadership role with others (cf. Acts 6:1-6), but also in humble service.

A copy of the handbook is available in the Tau Fraternity library.

NEXT TAU FRATERNITY GATHERING

Date: Sunday, May 5, 2019

Location: St. Joseph Catholic Church

Schedule: 12:30 - 1:30 Inquirer/Candidate Formation
1:30 - Opening Prayer – **Joe M., 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 – **Denis Dunn**
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 savorys; if your last name begins with I-Z bring sweets.

INITIAL FORMATION:

Sr. Candidates: Chapter 27 in The Franciscan Journey

Candidates: Chapter 17 in The Franciscan Journey

Inquirers: Chapter 5 in The Franciscan Journey

All are welcome to join the Initial Formation groups.

ON-GOING FORMATION:

Chapter 5 “Accountability IS Sustainability” in Breathing Underwater

Consider the following questions from the Breathing Underwater Companion Journal for help with your shadow boxing:

- Yes, the truth will set you free, but first it tends to make you miserable. What part of you do you not want to see? What do you fear will happen if you are honest with yourself?
- When have you used a weakness or failure as an excuse not to move forward? How might clinging to this surface flaw keep you from looking at the ways you need to change?
- Other people can probably see our faults better than we can. Take a step back from your defensive reaction and look for the truth that may lie at the heart of that criticism.
- Write about time when your unwillingness to acknowledge an inner failure or weakness led you to hurt someone else. How might you have handled the situation differently?

If you feel inspired, offer to discuss any insights you might receive through this exercise at the start of our May formation

THE REGINA COELI

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

V Queen of heaven, rejoice. Alleluia.

R For He whom thou didst deserve to bear, Alleluia

V Hath risen as He said, Alleluia.

R Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin Mary, Alleluia.

R. Because Our Lord is truly risen, Alleluia.

LET US PRAY

O God, who by the resurrection of Thy Son, Our Lord Jesus Christ, hast vouchsafed to make glad the whole world, great, we beseech Thee, that, through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ Our Lord. AMEN

LITURGY OF THE HOURS:

Third Sunday of Easter:

Hymn: #112 – Alleluia! The Strife is O'er : pg. 1627

Psalms and Canticle: Sunday Week III: Evening Prayer II: pg. 861

Everything Else: Third Sunday of Easter: Evening Prayer II: pg. 478

Reader: **Josh Goldberg, 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.