



# 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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**June 2019**

### **MINISTER'S MESSAGE**

Dear Sisters and Brothers,

I hope that all of the mothers and grandmothers had a wonderful Mother's Day. As I write this, the annual retreat has not yet happened. I pray that those of you who are able to attend have a wonderful retreat. I am sure that Father Pat will be a wonderful retreat leader. Thank you to everyone who brought their own mess kits to the last meeting. This is a wonderful way for each of us to minimize additional trash items and to support efforts for environmentally friendly actions. Please remember to bring your mess kit to all future meetings. Thank you again to Veronica for bringing this idea to the fraternity! I hope you all have a blessed rest of May!

Peace and blessings,

Pam

### **RECAP OF LAST MEETING**

#### **OPENING PRAYER**

Joe M. read the opening prayer:

Because May is the month that the Church dedicates to Mary, we read a prayer that St. Francis wrote about Mary.

St. Francis was among the greatest Marian devotees in the history of the Church and, according to the *Second Vita* of Thomas of Celano, had a love for her that was beyond words. "Inexpressible," he writes of Francis' love for the Blessed Virgin, "for it was she who made the Lord of majesty our brother." St. Francis chose her as the patroness and Queen of the Friars Minor and exhorted his friars to always possess a true and living devotion to the Mother of God. This loving devotion is imbued in his famous Salutation to the Blessed Virgin Mary:

*Hail, O Lady,  
Mary, holy Mother of God:*

*you are the Virgin made Church  
and the one chosen by the  
most holy Father in heaven  
whom He consecrated  
with His most holy beloved Son  
and with the Holy Spirit the Paraclete,  
in whom there was and is the fullness of grace and every good.*

*Hail His Palace!  
Hail His Tabernacle!  
Hail His Home!  
Hail His Robe!  
Hail His Servant!  
Hail His Mother!*



*And hail all you holy virtues which through the grace and light of the Holy Spirit and poured into the hearts of the faithful so that from their faithless state you may make them faithful to God.*

AMEN

## ONGOING FORMATION

Walter Gawlak, OFS began ongoing formation with a recap of Chapter 4 “A Good Lamp” and an overview of Chapter 5 “Accountability IS Sustainability” from Breathing Underwater: Spirituality and the Twelve Steps, by Richard Rohr. He mentioned that we tend to hurt people, and a self-inventory should help us to understand ourselves better. Step 5 of the 12-step program is to admit to self and others the things we did wrong. Similarly, the chapter is about the nature of our wrongs. After the brief summary, we broke into small groups to discuss the following questions:

- What did you get out of Chapter 5? Did it raise your consciousness?
- Does penance mean something different for converts?
- Do we need to recognize communal guilt before moving on?

## PRESENTATION

Denis Dunn gave a presentation on contemplative prayer, specifically mysticism. Denis mentioned that he was a student of Richard Rohr at his Living School - Center for Action and Contemplation. There he met students of different faiths, focusing on mysticism. Rohr’s philosophy is that to be effective, prayer requires a revolution of the heart; social action will take care of itself. At the living school, mystics would guest lecture.

The German theologian Meister Eckhart, a Dominican, was highly intellectual and at the same time gave sermons that touched people emotionally. He was seen as the mystic’s mystic. He was noted for non-dual consciousness. For a more in-depth view, Denis recommends the book *The Way of Paradox: Spiritual Life as Taught by Meister Eckhart*. Eckhart said that there are two ways to go up a mountain: 1) follow the winding path, the sacraments, and 2) a life of detachment, contemplative prayer.

Christian asceticism deals with the false self. To know your true self, you must rid yourself of the false self. To be open to God, you must allow the birth of God in your soul. Before transformation, we pray to God; after transformation, we pray through God.

Matthew Foy, a mystic and biographer of Eckhart, said regarding the Holy Trinity that laughter and birthing go on all of the time:

The Father laughs with the Son.  
The Son laughs with the Father.  
The Father likes the Son.  
The Son likes the Father.  
The Father delights in the Son.  
The Son delights in the Father.  
The Father loves the Son.  
The Son loves the Father.  
This is the Holy Spirit: laughing, liking, delighting, loving.

## 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; Kay Flynn; and Ed Geiger. 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 8<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

Mother of Mercy Free Clinic – The Clinic Director of Mother of Mercy Free Clinic is asking for prayers. Recently the clinic was informed that the hospital the clinic used no longer wants to provide free services to the clinic's patients. She asks that you pray that God will open the hearts of the hospital, their leadership and their legal

team to continue to provide their services. She also asks that you pray that God to touch the heart of a millionaire donor that would help the clinic overcome the challenges the clinic faces.

Cards for Military and Veterans - Last year over 1500 Christmas cards and 300 birthday and get-well cards were sent to deployed troops, veterans and military families. The donation of cards came from different sources, but most came from members of Tau Fraternity. This year almost 2000 Christmas cards are signed and ready to go to deployed troops next November. Sally White OFS is still collecting cards so while downsizing or cleaning look for unused holiday cards. Cards donated after October will be sent the following year. You can bring the cards to the Tau monthly gathering and give them to Vera Stewart OFS who will take them to Sally White, 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

## **PIVOTAL PLAYERS**

Submitted by Josh Goldberg, OFS

At the May Tau Gathering, Joe M., OFS mentioned a free online series during the month of May on Bishop Barron's Word on Fire website. Below is a summary of the first three episodes.

### **Episode #1: St. Francis of Assisi**

St. Francis provides a wakeup call that the gospel can be lived out. He essentially opts out of the whole system where we seek ego satisfaction. Instead, he discovers that by ruthlessly denying oneself of all that we want, we experience the perfect joy of closeness of God.

### **Episode #2: St. Thomas Aquinas**

St. Thomas makes theological breakthroughs by incorporating reason rather than asking the faithful to suspend disbelief. Faith is not below reason. If God is truth, science and math flow from God. By constantly asking "What is God?", the saint asserts that God is not a supreme being but rather the essence of being itself. St. Thomas conception largely defines God by what He is not. God is infinite, immaterial and immutable. Things exist because God knowed them into existence. This is God of Psalm 139, the Old Testament God of the burning bush. God is the answer to why there is something rather than nothing.

### **Episode #3: St. Catherine of Sienna**

The mystic at age 7 saw an image of Christ on a throne dressed like the Pope. She lived an aesthetic and celibate life. She had regular conversations with the saints, Virgin Mary and Jesus. Famous work was formulated as a conversation with God. She derived an unusual sense of power where she got an appointment with the Pope and convinced him to move back to Rome. She conceived sin as a raging river and Jesus as the bridge from heaven to Earth. She elaborates on three stairs on the bridge. Stair 1 represents beginners of spiritual life fearing God; Stair 2 represents those that love God but based on

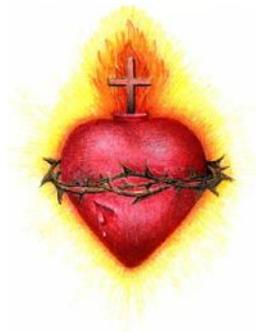
spiritual benefits and Stair 3 is a filial love of God where the purest sign is the acceptance of suffering. Participation in crucified Christ means death to the Ego. Participation is dynamic either moving forward or backward.

For more inspirational resources from Bishop Barron, visit the Word on Fire website at <https://www.wordonfire.org/>.

## **COMING UP IN JUNE**

June is the Month of the Sacred Heart of Jesus \*

Jun 2 – Tau Fraternity Meeting  
Ascension of the Lord  
Jun 6 – Anniversary of John Ata's & Bill Richey's profession  
Jun 8 – Cooking Hospice Apostolate  
Jun 9 – Pentecost  
Jun 10 - Memorial of the Blessed Virgin Mary  
Jun 11 – Memorial of St. Barnabas, Apostle  
Fr. Alberto's birthday  
Jun 13 – Feast of St. Anthony of Padua  
Jun 15 – Anniversary of Fr. Alberto's profession  
Jun 21 – Tau Fraternity Anniversary  
Jim Haynes' birthday  
Jun 22 – Feast of St. Thomas More  
Jun 23 – Solemnity of the Most Holy Body and Blood of Christ  
Jun 24 – Nativity of St. John the Baptist;  
Jun 29 – Solemnity of Saints Peter and Paul



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

## **PRAYER TO THE SACRED HEART** ♥

O most holy Heart of Jesus, fountain of every blessing,  
I adore you, I love you and will a lively sorrow for my sins.  
I offer you this poor heart of mine.  
Make me humble, patient, pure, and wholly obedient to your will.  
Grant, good Jesus, that I may live in you and for you.  
Protect me in the midst of danger; comfort me in my afflictions;  
give me health of body, assistance in my temporal needs,  
your blessings on all that I do, and the grace of a holy death.  
Within your heart I place my every care.  
In every need let me come to you with humble trust saying,  
Heart of Jesus, help me.  
Amen.

From: <https://www.franciscanmedia.org/prayers-to-the-sacred-heart/>

## UPCOMING EVENTS

Elections for Tau Council

Where: St. Joseph Parish

When: August 4, 2019

## FRANCISCAN SERVANT LEADERSHIP

From: Handbook for Franciscan Servant Leadership, Rev 2010

The call to servant leadership in the Secular Franciscan Order is a call to us all. Each and every one of us is called to live a prayerful and active life in the secular world. One without the other is incomplete. Francis preferred the quiet contemplative life but realized the need to serve the Church in the world in addition to being a prayerful person. As members of the Secular Order he founded, we follow his example.

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

## NEXT TAU FRATERNITY GATHERING

Date: Sunday, June 2, 2019

Location: St. Joseph Catholic Church **Note: Meeting room changed to room 210**

Schedule: 12:30 - 1:30 Inquirer/Candidate Formation  
1:30 - Opening Prayer – **Cyndy Filan-Kim, 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 – **Bill Bouffard, OFS**  
3:30 - 4:00 The Angelus, Liturgy of Hours, business meeting, and closing prayer

\* BYOBB & B - Please bring your own begging bowl and beverages to the meetings. Also, 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.

Don't forget your mess kit!



### INITIAL FORMATION:

Senior Candidates: Chapter 28 in The Franciscan Journey

Candidates: Chapter 18 in The Franciscan Journey

Inquirers: Chapter 6 in The Franciscan Journey

All are welcome to join the Initial Formation groups.

### ON-GOING FORMATION:

Read Chapter 6 in Breathing Underwater, The Chicken or the Egg: Which Comes First?

### 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:

The Ascension of the Lord:

Hymn: #118 – Jesus Christ is Ris'n Today: pg. 1634

Everything Else: Ascension, Evening Prayer II: pg. 565

Reader: **Veronica O'Donnell, 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.