



# 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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**September 2019**

### **MINISTER'S MESSAGE**

Peace and all good!

Your new Tau Council has met, and we hope to soon share with you the vision for our servanthood. I'll provide you with an update of our recent deliberations during the Business part of our next fraternity gathering. Remember, we are here to serve you — so you can always approach us with your thoughts, ideas, and concerns (or even praise, 'tho it's a bit early for that yet).

Speaking of the change of Councils reminds me that the approaching fall season is typically a season of changes, too. Temperatures will (hopefully) cool, leaves will turn, children and young people will return to school and college to encounter different surroundings, subjects, and faces. I can still recall the thrill of a new school year: new clothes; new supplies; etc. With it came a mix of both excitement and trepidation — but the feeling that, this year, anything might be possible (except good grades in Algebra).

But do we always have to wait for the calendar, or the seasons, or some other kind of shift, to think about or make a positive change in our lives? Sometimes, this is indeed easier, because it provides a kind of structure we may crave. Sometimes, our own doubts, or habits, or fears — or all of these — may hold us back. But a quote frequently attributed to St. Francis gives us another perspective: “Start by doing what's necessary; then do what's possible; and suddenly, you are doing the impossible.” The lesson? Change doesn't have to happen all at once — it can be gradual. The most important thing is, once you identify a change you want to make, just take a step — even a small one. Soon, you'll be doing what you might have thought was impossible!

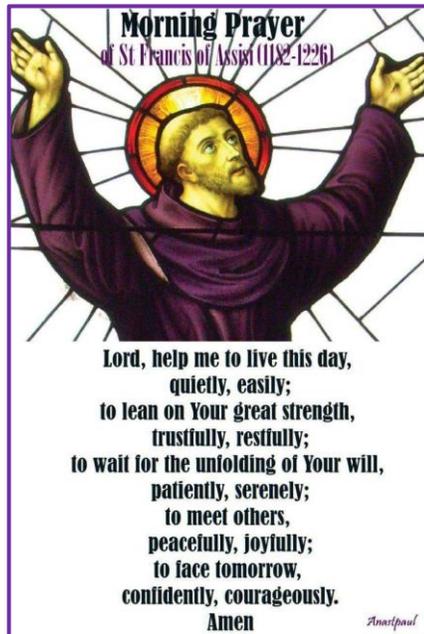
Holding all of you in prayer,

Kimberley

## RECAP OF LAST GATHERING

### OPENING PRAYER

Read by Gail Dowling, OFS:



### COUNCIL ELECTION



At the Tau Gathering on August 4, 2019, the Tau Fraternity elected its new council. The members as pictured are Josh Goldberg, OFS, Vice Minister; Kimberley Heatherington, OFS, Minister; Vera Stewart, OFS, Secretary; Cynthia Filan-Kim, OFS, Treasurer, and Walter Gawlak, OFS, Formation Director. Thank you to everyone who participated in the election, including Friar Witness, Brother Harry; Presider, Regional Councilor Peter Farago, OFS; Elections Secretary Vicki Shanholtz, OFS; Tellers Nellie Aston and Joseph Boyle; and voting members.

## 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; 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 HOSPICE APOSTOLATE

Please consider volunteering at the Fraternity's next visit to the Gift of Peace House hospice run by the Missionaries of Charity Sisters in Washington, DC. Mark your calendars for Saturday, October 12. We will meet at the St Joseph Church parking lot (where we park for Fraternity gatherings) at 7 am. We usually return by 1 pm.

In August, the group cooked a meal for 60 patients, and also was able to visit the Convent chapel when we finished. Check the October newsletter for more information.

If you plan to participate or have any questions, please contact Pat or Joe.

### OPPORTUNITY TO HELP IN EL PASO

#### #ElPasoStrong

Teachers in El Paso are requesting post cards or note cards to help students know there is plenty of good in our world. You can send greetings to:

E. Flores  
Hillside Elementary  
4500 Clifton Ave.  
El Paso, TX 79903

Teresa Garrett  
Tom Lea Elementary  
4851 Marcus Uribe Dr.  
El Paso, TX 79934

### INDIVIDUAL APOSTOLATES

#### Pam's Softball Apostolate

Did you know that Pam Brooks, OFS helps children through her Softball apostolate? She is an umpire, and this year, she was named Umpire of the Year! What a great honor! Congratulations, Pam!

#### Cards for Military and Veterans Needed

Many military men and women who are deployed do not have family support. Many veterans in nursing homes do not have visitors. Christmas isn't always a happy time for them. Last year over 200 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 you, Brothers and Sisters of Tau Fraternity. This year almost 1800 Christmas cards are signed and ready to go to deployed troops this November. Sally White OFS is still collecting cards so while downsizing or cleaning look for unused holiday cards. Save all those cards you receive in the mail that you won't use. You can bring the cards to the Tau monthly gathering and give them to Vera Stewart OFS who will take them to Sally. Or you can set up a time for some Italian coffee with Sally at her home.

## **Mother of Mercy Free Clinic News**

Every other month donations of medical supplies, office supplies, rosaries, prayer cards and other religious items are taken to the Mother of Mercy Free Clinic by Tau volunteers. So, if you have any hospital or medical items that you can donate or those rosaries and medals you get in the mail the clinic can use them. Also, if you are receiving calendars in the mail that you won't use, the clinic's patients will use them. In August donations included rosaries and medals, office supplies, diapers, walker, bedside toilet, baby wipes and other disposable items. Please bring donations to the Tau monthly gatherings. If you need a special pickup for larger items, please contact Sally White OFS.

Besides the donations, the clinic director 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.

## **Individual Apostolates teaching at county jail**

Recently Bill Richey, OFS stepped down from the Tau Council after many years of serving in various positions. Some of you know that Bill had an apostolate helping inmates in Fairfax County jail. What you may not know is how significant this apostolate was.

Seldom does someone retire and immediately go back to college to get a Master's Degree in Spanish so that he could help Hispanic young men in jail obtain their General Equivalency Diploma ,GED, before deportation to their home countries in Central America. Bill did just that and on his own dime. He enrolled in Graduate School, George Mason University, Virginia, and obtained his master's degree in Spanish. He then volunteered several days a week in Fairfax County Jail for thirteen Years helping approximately 75 inmates obtain their GED prior to deportation.

Most of these young inmates were fleeing their country because of crime and economic reasons. Most were from rural communities but because of poverty could not attend the equivalent of our high school and obtain an education. In Central American countries high school is not free and most people cannot afford the tuition, books and uniforms. In addition, if from a rural community, young people must help with the crops and are unable to attend school. As a result, these young people are trapped in a poverty cycle with only the more affluent families sending their children to high schools.

By helping the inmates obtain a GED when the student returns to his native country in Central American, professional opportunities are available for these young men comparable in some cases to an undergraduate degree in the United States. Not only can they lift themselves and their families out of poverty, but they can lift up others as well.

They are able to contribute to their countries in the areas of peace, justice and the environment which would not be possible without knowledge obtained in studying for the GED. Understanding democratic principles and the path to peaceful resolution is one part of the GED studies. In addition, the students who already had a rudimentary understanding of the importance of science with respect to farming, learn the application of scientific theory, the skills to apply math and interpret graphs. With this knowledge, the student has a better understanding of environmental issues in their own countries.

In addition to the students who eventually earned a GED, other inmates participated in the classes and improved their reading and writing skills. Brother Richey maintained a library of Spanish books, magazines and newspapers for their use in addition to the Spanish textbooks provided by the County.

Bill has recently stepped down from this apostolate. He serves as a good example to all of us how using one's education and former job experience can be used to help others. Thank you, Bill.

## TAU COMMITTEES

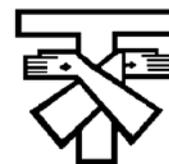
If you are interested in participating actively in one of our Committees, take a moment to chat with the chair:

Hospitality Committee – Veronica O'Donnell, OFS  
Ecumenical/Interfaith Committee – Kimberley Heatherington, OFS  
Infirmarian Committee – Sally White, OFS  
Recruitment Committee – Vacant  
Technology Committee – John Ata, OFS

## COMING UP IN SEPTEMBER

September is the Month of the Holy Cross \*

Sep 1 – Tau Monthly Meeting,  
Sep 3 – Doug Fehrer's birthday  
Sep 7 – John Ata's birthday  
Sep 8 – Nativity of the Blessed Virgin Mary  
Sep 10 – Blessed Martyrs of Japan  
    Profession Anniversary for Kay Flynn & Irene Naveau  
    Tech Committee Meeting  
Sep 11 – Feast of Blessed Bonaventure  
Sep 12 – Feast of the Name of Holy Mary  
Sep 14 – Exaltation of the Holy Cross  
Sep 15 – Feast of Our Lady of the Seven Sorrows  
    Tau Fraternity Picnic  
Sep 17 – Feast of the Stigmatization of St. Francis of Assisi  
Sep 18 – Feast of St. Joseph Cupertino  
Sep 21 – Feast of St. Matthew the Apostle  
    Profession anniversary for Pat B., Cyndy Filan-Kim, Josh Goldberg, Joe M.  
Sep 23 – Feast of St. Pio of Pietrelcina  
Sep 27 – Memorial of St. Vincent de Paul  
Sep 29 – Feast of St. Michael the Archangel\* See the Franciscan Calendar for more dates:



<http://www.roman-catholic-saints.com/traditional-franciscan-calendar.html>

## UPCOMING EVENTS

### **Tau Fraternity Picnic**

**When:** September 15, 11am – 4pm

**Where:** Trailside Park, Herndon

### **Tau Fraternity Open House**

**When:** October 6, 2019

**Where:** St. Joseph Church

## WORDS OF REFLECTION

### More on “The Cloud of Unknowing”

7/13/2019

Dear Brothers and Sisters,

One of my Catholic friends outside the Fraternity asked me for an explanation of “The Cloud of Unknowing,” which is the central image of my poem, “Pentecost 2019.” Since the poem was in the last month’s Tau newsletter, a little of what I told her might be of interest to you.

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The treatise was translated from Middle English, and the anonymous 14<sup>th</sup> Century author lived at about the same time as Geoffrey Chaucer, author of “The Canterbury Tales.” The treatise’s introduction says that a number of scholars have noticed a marked resemblance to the themes of St. John of the Cross’ “Dark Night of the Soul” and “The Ascent of Mt. Carmel” (16<sup>th</sup> Century). Being in the Spanish literary and artistic tradition, St. John of the Cross’ description of this often painful and difficult process is fairly dramatic in its language and imagery. The author of “The Cloud,” however, being British, goes over the same material in a more restrained way, which I’m finding easier to take. (Early in July, I bought a copy of “The Cloud,” and my second try at it is going much better.)

While writing to my friend, I thought of two examples that capture some of the feeling of the Cloud/Dark Night experience:

1. The Advent hymn, “My soul in Stillness Waits;” and
2. The journey of the Prophet Elijah to Mt. Horeb (Sinai). (I Kings 19: 3-13)

Elijah’s journey from Beer-Sheba, on the northern edge of the Negev Desert in modern Israel, to Mt. Sinai would be 180 – 190 miles “as the crow flies,” but to do it on foot must have been considerably longer and very arduous. That explains why the messenger/angel insisted that Elijah “Get up and eat, or the journey will be too much for you!” (I Kings 19:7) (I’d never understood that, until I looked at a detailed map in an atlas.) The process of going alone into the desert (“the wilderness”), under penitential conditions, in order to seek spiritual clarity and/or union with God, is seen in both the Old and the New Testaments and is not unique to the Judeo-Christian tradition. Like the Cloud/Dark Night, the desert is a place that is devoid of all that is familiar and consoling, and of all external reference points that provide an orientation to the physical world and give life a feeling of security and continuity. The Cloud/Dark Night mirrors the desert landscape and makes the spiritual pilgrim wide-open to the entering-in of God’s grace (which in Elijah’s case included instructions for what to do next.) Many events in a person’s life can function as a “desert” experience, with its transformative effect. My favorite example is Fr. Robert Spitzer’s description of what happened as he found himself going blind. In Father’s words, God looked at him and thought, “Spitzer has a huge hole in his heart; now’s the time to drive a Mack Truck through it!” (Video set, “Suffering and the God of Love.”)

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For those who want to read the treatise, I found it at the “Paschal Lamb” store in Fairfax. Information is also available, including purchase of the treatise as an e-book at: [ImageCatholicBooks.com](http://ImageCatholicBooks.com) (part of Random House LLC)

Pax et Bonum,  
Helen

P.S. Although the poem and this essay address the Church’s sexual abuse crisis, the basic principles also seem to apply to the political and social upheavals our society has been experiencing.

## BOOK RECOMMENDATION

Submitted by Kimberley Heatherington

*Jesus Speaking: Heart to Heart with the King*

By Gabrielle Bossis

Pauline Books - \$24.95

September 14, 2019 release date

Order at [www.pauline.org/store](http://www.pauline.org/store) or (800) 876-4463



From the publisher:

“Jesus began speaking to French mystic Gabrielle Bossis when she was in her sixties. The conversations continued to the end of her life, and became the beautiful spiritual classic *He and I*. Now, Pauline Books & Media is pleased to announce the release of *Jesus Speaking*, a beautiful devotional taken from the original book. A carefully chosen Scripture passage complements every excerpt from the book, along with a meditation on that day's reading. Bossis' intimate conversations with Christ are instructive as well as inspirational. An invaluable guide for anyone looking for grow in the spiritual life, *Jesus Speaking* encourages readers to cultivate a daily habit of prayer and a personal relationship with Christ through the Church.”

Gabrielle Bossis (1874-1950) was a Third Order (Secular) Franciscan. As the *Jesus Speaking* Foreword by Julia Mary Darren Kamp, FSP, says, “Each one of us is special to Jesus. He wants a personal, close relationship with you and me. The short daily text in *Jesus Speaking* is meant to be savored and carried in your heart. It is a collection of word gems that will open your heart to feeling loved and cherished by the Lord. And everyone longs for that because we were all made for Him.”

Here is a sample daily entry:

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Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me (Jn. 15:4).

Fix it firmly in your mind that this presence of Me in you is not an allegory or a fantasy or a metaphor. It's not a story you listen to or something that might have happened to someone else. It has to do with you and Me. It has to do with a reality to be lived.

*What would it be like for you to truly believe in His presence in you?*

## NEXT TAU FRATERNITY GATHERING

Date: Sunday, September 1, 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 – **Vera Stewart, 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 savorys; if your last name begins with I-Z bring sweets.

### INITIAL FORMATION:

Senior Candidates: Chapter 31 in The Franciscan Journey

Candidates: Chapter 21 in The Franciscan Journey

Inquirers: Chapter 9 in The Franciscan Journey

All are welcome to join the Initial Formation groups.

### ON-GOING FORMATION:

Read Chapter 8 in Breathing Underwater, “Payback Time”

Be sure to start compiling your list and not just in your mind.

### 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:

Twenty-Second Sunday in Ordinary Time

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

Canticle of Mary Antiphon and Prayer:

Twenty-Second Sunday in Ordinary Time: Evening Prayer II: pg. 628 and 627

Everything else: Sunday, Week II Evening Prayer II: pg. 786

Reader: **Heber Garcia, 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.