



# PACE E BENE

## TAU FRATERNITY

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

<https://tauofs.org/>

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**October 2019**

### **MINISTER'S MESSAGE**

Peace, all!

October is the Month of the Holy Rosary. You might have wondered if St. Francis ever prayed the Rosary. The answer is, we can't really be sure. The Rosary is said to date from 1214, when the Blessed Mother appeared to St. Dominic, presenting him with this spiritual treasure. St. Francis didn't die until 1226, so there is certainly the possibility that he encountered it.

As the St. Francis of Assisi National Shrine notes on their website, "The Rosary as we know it today evolved from the custom of monks who, not having learned to read, and therefore having been unable to recite the one hundred and fifty psalms of the Daily Office, recited, in place of the Office, one hundred and fifty Our Fathers each day."

The Franciscan Crown Rosary was developed in 1422, well after Francis' death. And the Rosary in the modern form did not obtain that name — "Rosary" — until 1597.

But what we do know is that St. Francis had a deep devotion to Mary, as St. Bonaventure tells us: "He loved with an unspeakable affection the Mother of the Lord Jesus Christ, forasmuch as that She had made the Lord of glory our Brother, and that through Her we have obtained mercy." (*Leg. Mai.* IX,3)

So, if it's been awhile since you prayed the Rosary, maybe pick it up again during this Month!

Remember that we will celebrate as a community the Transitus of St. Francis, at 7:00 p.m. on Thursday, October 3, in the sanctuary of St. Joseph, with Fr. Alberto presiding. This ceremony is a deeply moving remembrance of our Seraphic Father, so be sure to mark your calendars.

As you know, the annual Fraternity Open House will be at our regular meeting on October 6. A grateful thanks to all those who helped to distribute brochures — more than 250! — and place announcements in parish bulletins. We hope to welcome some new faces — and if you know anyone you think may have a vocation to our Franciscan way of life, be sure to invite them!

Holding you all in prayer,

Kimberley

## RECAP OF LAST MEETING

### OPENING PRAYER

“A Prayer for Our Earth” from Pope Francis's encyclical, *Laudato Si'*, read by Gail Dowling:

All-powerful god you are present in the whole universe  
And in the smallest of your creatures.  
You embrace with your tenderness all that exists.  
Pour out upon us the power of your love,  
That we may protect life and beauty.  
Fill us with peace, that we may live  
As brothers and sisters, harming no one.  
O God of the poor,  
Help us to rescue the abandoned and forgotten of this earth,  
So precious in your eyes.  
Bring healing to our lives,  
That we may protect the world and not prey on it,  
That we may sow beauty, not pollution and destruction.  
Touch the hearts  
Of those who look only for gain  
At the expense of the poor and the earth.  
Teach us to discover the worth of each thing,  
To be filled with awe and contemplation,  
To recognize that we are profoundly united  
With every creature  
As we journey towards your infinite light.  
We thank you for being with us each day.  
Encourage us, we pray, in our struggle  
For justice, love and peace. Amen!

### ONGOING FORMATION

Walter Gawlak, OFS began ongoing formation with a refresher on *Breathing Underwater: Spirituality and the Twelve Steps*, by Richard Rohr. He said that we are in the process of escaping our addiction to control that which gets in our way of spiritual progress. In summary, the steps we have read are:

1. Powerlessness
2. Faith
3. Surrender
- 4-7 Humility
- 8-10 Forgiveness (We are on Step 8)

After the refresher, Walter remarked that there is a connection between humility and forgiveness. For Step 8, “Payback Time,” we were to make a list and become willing to make amends. Based on this chapter, Walter guided the Fraternity through rhetorical group exercises. He asked us to mentally do the following;

- Make a list of everyone who has hurt, failed, or mistreated you since our last meeting in July.
- Expand the list to anyone who has hurt, failed, or mistreated you ever – or just think of someone who did, and how it made you feel.
- Think of someone you hurt, failed or mistreated since July.
- Expand the list to include anyone you ever hurt, failed or mistreated.

- Question: Which list was easier? Why are we challenged to go through the list of those we have hurt, failed, or mistreated and ask for forgiveness?

To conclude the discussion on forgiveness, Walter read a quote from Maya Angelou, who was Catholic:

“I’ve learned that people will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

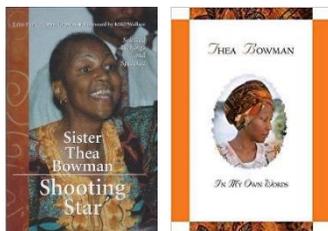
Before ending Ongoing Formation, Walter began a short discussion on the recent reporting about the Franciscan Order settling claims of sexual abuse against poor, Black Mississippi Delta residents; the scandal involved offers to settle the matter with the victims at \$15,000 and the inappropriate use of non-disclosure agreements in order to keep the scandal secret. The Fraternity then prayed the “Prayer for Healing Victims of Abuse” from the U.S. Conference of Catholic Bishops.

## PRESENTATION

Vera Stewart, OFS gave a presentation on Thea Bowman, Servant of God. Thea Bowman is one of the first African American people on the path to sainthood. Some highlights from the presentation are:

- Bertha Bowman was born in 1937 in Yazoo City, Mississippi.
- After 5 years of public school, she went to Catholic school. The black public schools were disadvantaged and understaffed; when she began Catholic school, she could not read or write. It is in Catholic school that she became enthralled by the Franciscan Sisters of Perpetual Adoration.
- Eventually, she entered the Franciscan Sisters of Perpetual Adoration Community, and there she took the name Thea, which means “of God.”
- She taught English and music at Holy Child of Jesus Catholic High School in Mississippi.
- She attained a doctorate degree in English in 1972.
- Sister Thea helped found the Institute of Black Catholic Studies at Xavier University in Louisiana.
- She died in 1990
- During her lifetime, Sister Thea Bowman engaged in a ministry of public speaking and performing:
  - Although she was diagnosed with cancer in 1984, she traveled world-wide to speak at conferences and meetings and to conduct workshops on racism.
  - She received numerous honorary doctorate degrees and awards. These recognized her work in:
    - Furthering the cause of women
    - Promoting peace and justice
    - Fostering black Catholic education.

After this brief bio, Vera read some quotes from Servant of God, Thea Bowman. She handed out holy cards which contain a quote from Sister Bowman’s speech to the U.S. Conference of Catholic Bishops in 1989, before her death.



### Sources:

Celestine Cephess, FSPA, ed., *Sister Thea Bowman, Shooting Star: Selected Writings and Speeches* (Winona, Minnesota: St. Mary’s Press, 1993)

Maurice J. Nutt, CSR, ed., *Thea Bowman: In My Own Words* (Ligouri, Missouri: Ligouri Publications, 2009)

## 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. VINCENT DE PAUL

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.

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

### INDIVIDUAL APOSTOLATES

**Prayer of Saint Gertrude**

Saint Gertrude the Great is invoked for Souls in Purgatory and for living sinners. Our Lord told Saint Gertrude that the following prayer would release 1000 souls from Purgatory each time it is said. The prayer was extended to include living sinners as well.

"Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen."

*"A partial indulgence is granted to the faithful who ... raise their mind with humble confidence to God."*

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### Save 1 Million Souls

From Joe Boyle:

I would like to invite my Fraternity brothers and sisters to participate in a project that the "Purgatorial Prayer Society of St. Joseph's" has initiated.

Our members will use the prayer card of Saint Gertrude the Great (see left).

If you are moved to participate, I would ask that you email me ([gunnykt@mac.com](mailto:gunnykt@mac.com)) your "number of souls saved" by the first Friday of the month; I will then present these numbers to our group.

The Purgatorial Prayer Society of St. Joseph meets every second Thursday of the month at 7:00 PM in the Parish center, room 214. You are most welcome to join our gathering (7:00 - 8:00 pm).

Thank you for your support.

Winter hats & scarves - Vera Stewart will be selling her crafts at the St. Joseph Craft Fair on October 26, 2019. All money will go to a local charity such as the Loudoun Abused Women's Shelter. The craft fair is from 9am to 3pm. If you're free, come by and say hi to Vera! Also, if you are aware of anyone needing winter hats and scarves, please let Vera know. She's donating items that are unsold.

### ANOTHER OPPORTUNITY TO HELP

1,000 Ways to Share: Los Tres Companeros Region – Texas invites you to join them in a JPIC Service project to assist immigrants that are legally crossing the border, awaiting a court hearing and traveling to their US destination.

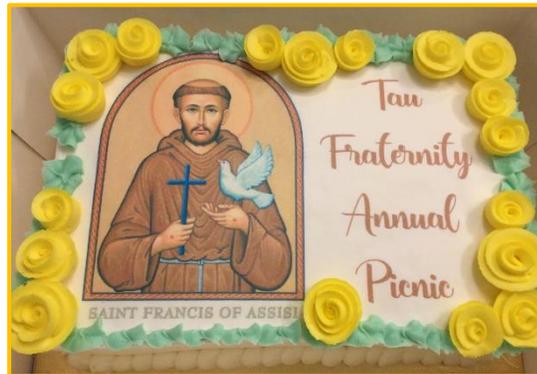
There are two distinct needs they're working to address:

1. Toiletries and personal items for immigrants as they travel to their US destination
2. Bulk items for Catholic Charities that provides respite meals and services

Toiletries & Personal Items - They have set up an Amazon Wish list with items that you can purchase. The delivery address has been added to the Wish list so that these items can be delivered to me in Corpus Christi.

<https://www.amazon.com/hz/wishlist/ls/1PHN3E1X0WJ7Y?>

## **2019 TAU FRATERNITY PICNIC**



Thank you to Liz Welborn, OFS and Jim Haynes, OFS for planning our 2019 Tau Fraternity Picnic! Thanks also to our talented Grill Master Erik Larin, OFS! Thank you to Kimberley Heatherington for the beautiful and tasty cake from Heidelberg Pastry Shop! Thank you to everyone for the delicious food, great conversation, and fun!

## **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
- Interfaith/Ecumenical Committee – Kimberley Heatherington, OFS
- Infirmarian Committee – Sally White, OFS
- Recruitment Committee – Vacant
- Technology Committee – John Ata, OFS

## INTERFAITH/ECUMENICAL HAPPENINGS

Submitted by Kimberley Heatherington, OFS

### CATHOLIC STANDARD:

#### **Annual Unity Walk reminds people ‘we are intended to live in harmony,’ Archbishop Gregory says**

SEP 9, 2019 - BY [LYNNEA MUMOLA](#)

Begun more than a decade ago to bring people of various faiths together and to commemorate the anniversary of the 9/11 terrorist attacks, a local tradition continued Sunday, Sept. 8 as participants looked to the future—to a time when people of all faiths would live as neighbors.

“The history is a proud one,” Archbishop Wilton Gregory said referring to the 14th annual Unity Walk sponsored by the Interfaith Council of Metropolitan Washington and held each year on the Sunday closest to Sept. 11.

Attending the walk for the first time since being installed in May as archbishop of Washington, the prelate said he understood that “the walk began in response to violence. However, it is no longer a response to violence—it is the hope for tomorrow.” Following a performance by Kol Sasson, a Jewish a cappella group from the University of Maryland, Archbishop Gregory noted the benefits of sharing the journey with one another.

“There are so many forces in American society, in human society actually, that simply tell us we were not intended to live together in peace or in harmony,” Archbishop Gregory said. “This celebration is the antivenom to that thinking—not only were we intended to walk together, we are intended to live together in harmony. We were intended to walk together into the future.”

Speaking during the opening ceremony at the Washington Hebrew Congregation, Archbishop Gregory described the many college, high school and younger student participants in the group of about 500 as “energizing. It signifies the future is a bright one indeed. The future is hopeful. It is bright. It belongs to God,” he added.

The Rev. Cornell Brooks, a minister in the African Methodist Episcopal Church and professor at Harvard University’s Kennedy School of Government, spoke of the need to come together as a community to show others who promote hatred that “the beloved community exists. We are dedicated in bringing our communities together. We will not give in, and we will not give up.”

Ward 3 D.C. Councilmember Mary Cheh urged participants to rebuke the negativity and hatred in society. Cheh said the Unity Walk reminded participants “we are walking every day. If you want to be generous, then act generously; if you want to be kind then show kindness.” She urged the walkers to “keep walking every day and realize the values that we cherish every day.”

Before heading out into the neighborhood to walk together, Ervad Kurush Dastur—a mobed, or cleric, from the Zoroastrian community—prayed and demonstrated a handshake used to show two people united in strength of goodness. “Once we start loving God ... seeing God in creation, it will be very difficult to hate anyone,” Dastur said. “God Himself is love.”

Dastur told participants to share their strengths and find their commonalities. “The goal of all religion is to lead people to the same supreme being,” he added. “All human beings stand equal in God’s sight.”

The cleric advised the audience to begin loving family and friends and expanding their love to larger and larger groups until it encompasses the world. “We have to start learning to love in concentric circles,” Dastur added.

Walking out to a drum performance by Batala Washington—an all-female Afro-Brazilian percussion band—and accompanied by large colorful puppets from the One Journey Festival, walk participants set out into the street and processed from the Washington Hebrew Congregation. Cell phones came out to capture the festive nature of the walk as participants begin their visits to 10 sacred spaces—places of worship along Massachusetts Avenue, N.W.

This year, as part of the “Embracing the Stranger” theme of the event, organizers provided the walkers with posters featuring quotes of welcoming taken from the sacred scriptures of the faiths represented by

the interfaith council. This year's event was scheduled to end at the Mahatma Gandhi Statue on Q Street in honor of the 150th anniversary of Gandhi's birth.

About 60 students and four teachers from Our Lady of Good Counsel High School in Olney, Maryland, attended the walk this year as part of their class on world religions. Junior Brendan Dunn said he learned a lot about different religions for a class project that included going to a sacred worship space different from his own tradition. His classmate, Tristan Johnson agreed adding, "If everyone is together, it makes the world better."

Lynnly Tydings, a teacher at Good Counsel, said the Unity Walk helps make the lessons from class "present to the students." She said she hopes the students recognize people of other faiths "are our neighbors, and we are called to be welcoming to all faiths."

Visiting the area from Jamaica, Ashley Livingston attended the Unity Walk to "experience different religious beliefs and learn about different cultures."

Jennifer Castro came to the walk from Alexandria, Virginia, after seeing the event advertised on Facebook. "I really wanted to see other churches," Castro said. "It's nice to spend the whole day around people who want to be unified."

Castro and her friend Gina Mortensen were participating in their first Unity Walk and on their way to see Annunciation Church, the second stop on the map. "I love learning about other religions," said Mortensen, a member of the Church of Latter Day Saints. "I wanted to be here to support unity and learn," she said adding, "there's so much I don't know."

Tony Quainton, a parishioner at Annunciation for more than 50 years, agreed that most "people are ignorant of one another." Quainton, who has participated in many walks over the years, described the event as "the beginning of introducing people to places of worship of others—it's really a great idea."

He added there was enough common ground in all religions. "People want peace. They want mutual understanding," Quainton said. The Annunciation parishioner warmly greeted Jim Tate, a bishop and friend from the Church of Latter Day Saints. "There is only one way to whip the devil—and the only way is love," Tate said.

Up half a block from Annunciation Church, Sikh Gurdwara DC opened its doors and their kitchen providing free food for all participants. One volunteer at the worship space remarked, "It's free food for everybody—for the love of humanity."

Across the street outside of Embassy Church, staff members from Interfaith Power and Light invited participants to water two newly planted trees on the church's property. Joelle Novey, director of the program that was supported by the Interfaith Council, said the walk helps them connect various faiths with stewardship of the earth.

Novey said she wanted to remind the faithful "how their faith calls them to address climate change." The program works closely with parishes and congregations in helping find ways to care for the planet. Novey said in recent years Catholic parishes have been looking for ways to respond to Pope Francis's encyclical *Laudato Si'* and its call for ecological conservation. She noted this year the organization would focus on better transportation solutions for the environment and would be reaching out to parishes soon.

Back at Annunciation, Msgr. Mike Mellone, pastor, said the annual walk "is a great day. We get to see other houses of worship expressing their faith." The pastor took some time to greet all the visitors to the church and answer questions.

Rabbi Gerald Serotta, executive director of the Interfaith Council, greeted Msgr. Mellone and said the unity walk has transformed from looking back to "now looking forward to the world we imagine it could be."

He said the unity walk allows participants a foretaste of the prophet Isaiah's vision of God on his throne. Through the walk, Rabbi Serotta said, "we learn a little bit of what all the other rooms of the temple will look like besides our own."

## SOME THOUGHTS ON JUSTICE, PEACE AND INTEGRITY OF CREATION (JPIC)

Gil Donahue, OFS, JPIC Animator for the St. Margaret of Cortona Region

Inspired by Judith Tyrrell, JPIC Animator, St. Conrad Fraternity, Annapolis, MD

### MIGRANTS AND REFUGEES

At the national conference for JPIC animators held in August, it became clear that many of our fraternities are on the front lines of dealing with the refugee and migrant crisis on the southern border of the United States. Representatives from Texas, New Mexico and California gave detailed descriptions of the kinds of assistance they have been providing to the mostly Central American migrants who arrived on their doorsteps. Although the issue of immigration has become politically charged, it is important to keep in mind the basic dignity of the migrants, and the necessity to meet their essential human needs.

Pope Francis' Message for the 105th World Day of Migrants and Refugees, September 29, 2019 (<https://www.vaticannews.va/en/pope/news/2019-05/pope-francis-message-world-day-migrants-refugees-full-text.html>) notes, "It's not just about migrants, it's about our fears. Those fears can deprive us of the desire and the ability to encounter the other, the person different from myself; it deprives me of an opportunity to encounter the Lord." It's also about charity. Through works of charity we demonstrate our faith. The highest form of charity is that shown to those who can't reciprocate... it's also about the value of each human life. It's not just about migrants: it's about our humanity. Jesus himself teaches us being compassionate like the Good Samaritan means recognizing the suffering of the other and taking immediate action to soothe, heal and save. Pope Francis also says that it is not just about migrants; it is a question of seeing that no one is excluded.

Today's world is increasingly becoming more elitist and crueler towards the excluded. The Church which 'goes forth' can move forward, boldly take the initiative, go out to others, seek those who have fallen away, stand at the crossroads and welcome the outcast. He also says, It's not just about migrants; it is about putting the last in first place. Jesus asks us not to yield to the logic of the world which justifies injustice to others for my own gain or that of the group, "Me first then the others." The true motto of the Christian is "the last shall be first". An individualistic spirit is fertile soil for the growth of that kind of indifference towards our neighbors which leads to viewing them in purely economic terms, to a lack of concern for their humanity... The migrants, among the least of our society, with their burdens of hardship and suffering seeking daily, often in desperation, a place to live in peace and dignity: are they not the ones we should serve? It is not just about the migrants; it is about the whole person, about all people. In Jesus' words, we encounter the very heart of his mission; to see that all receive the gift of life in its fullness, according to the will of the Father. And finally, it is not just about migrants; it is about building the city of God and man. We need to see that migrants and refugees do not only represent a problem to be solved but are our brothers and sisters to be welcomed, respected and loved. (quotes and paraphrase from above document)

The Pope calls us to rise to these challenges of migration by welcoming, protecting, promoting and integrating all living on the peripheries to help build the city of God. As Rule 14 states: *Secular Franciscans, together with people of good will, are called to build a more fraternal and evangelical world so that the kingdom of God may be brought about more effectively. Mindful that anyone who follows Christ, the perfect man, becomes more of a man himself, let them exercise their responsibilities competently in the Christian spirit of service.*

### COMING UP IN OCTOBER

October is the Month of the Holy Rosary and the Holy Angels \*

Oct 2 – Memorial of the Guardian Angels

Oct 3 – Transitus of St. Francis, 7:00pm at St. Joseph

Oct 4 – Solemnity of our Seraphic Father St. Francis, plenary indulgence for tertiaries and cordbearers  
Oct 5 – Clari Claus' & Gail Dowling's Profession Anniversary  
Oct 6 – Pam Brooks', Helen Broxmeyer's, & Sally White's Profession Anniversary  
    Tau Monthly Gathering  
Oct 7 – Memorial of Our Lady of the Rosary  
Oct 9 – Cyndy Filan-Kim's birthday  
Oct 12 – Missionaries of Charity Hospice Apostolate  
Oct 14 – Pat B's birthday  
Oct 17 – Memorial of St. Ignatius of Antioch  
Oct 18 – Feast of St. Luke  
Oct 24 – Al Carroll's & Vera Stewart's birthday  
Oct 28 – Feast of Sts. Simon and Jude  
Oct 29 – Bill Brewster's birthday  
Oct 31 – Bill Richey's birthday

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

## **ANNOUNCEMENTS**

Please note the following changes to the Tau Fraternity Calendar:

Lenten Day of Spirituality – March 7, 2020

April Tau Gathering - March 29, 2020

## **BUILDING TAU COMMUNITY**

Submitted by Sally White, OFS

Building our Tau Community between monthly gatherings is difficult because we are spread out geographically. Also, our work and family schedules make getting together difficult.

One way to build community is to participate in another brother's or sister's apostolate. Look at the amazing way our brothers and sisters have supported many other brothers' and sisters' individual apostolates. When we help each other's apostolates, especially when we are unable to do one on our own, look at the fruit we bear for our Lord. Here is just a **partial** list of small ways we helped others last year:

- 1500 deployed military members received Christmas cards.
- 400 cards of support were sent to families who lost their child or spouse in combat or suicide this year.
- 50 birthday cards and get-well cards were sent to members of the military or their family members.
- Many hats and scarves were distributed to children in need in Herndon, VA.
- Blankets, sheets and towels were collected for homeless veterans in Northern Virginia.
- Children in the West Bank received funds homemade scarves and hats.
- A local food bank received needed food.
- Mother of Mercy of Free Clinic received Spanish Christmas cards and warm scarves for patients.
- Mother of Mercy of Clinic was covered in prayer by Prayer Warriors and received rosaries, medals and prayer cards for their patients.
- Tasty meals were served to the patients of Missionaries of Charity in Washington, DC.
- Valentines and Christmas cards were given to the patients of the Missionaries of Charity in Washington, DC.
- The gardens of the Missionaries of Charity were cleaned in preparation of the next year's planting.
- Prisoners of the Fairfax jail received Spanish Christmas cards and access to Spanish reading materials.

Another way we have been building community is through the many ways brothers and sisters have stepped up to help those who need transportation to medical appointments, visiting our sick in the hospital and in their

homes, transporting those to Mass who need assistance, and bringing the Eucharist to our homebound. All of these Acts of Mercy make our Tau Community closer and stronger.

## **Recommended Reading**

Submitted by Kimberley Heatherington

You might enjoy a new devotional from Pauline Books, *Jesus Speaking: Heart to Heart with the King*:

<https://store.pauline.org/english/forthcoming-titles/jesus-speaking-heart-to-heart-with-the-king#gsc.tab=0>



## **NEXT TAU FRATERNITY GATHERING**

Date: Sunday, October 6, 2019  
Location: St. Joseph Catholic Church  
Schedule: 12:30 - 1:30 Inquirer/Candidate Formation  
1:30 - Opening Prayer – **Kimberley Heatherington**  
1:35 – 2:10 Open House and Social time with meal \*  
2:10 - 3:20 On-going formation  
3:20 – 3:30 Break  
3:30 - 4:00 The Angelus, Liturgy of Hours, business meeting, and closing prayer

\* BYOBB - Please bring your own beverages and bowls 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 32 in The Franciscan Journey

Candidates: Chapter 22 in The Franciscan Journey

Inquirers: Chapter 10 in The Franciscan Journey

All are welcome to join the Initial Formation groups.

### **ON-GOING FORMATION:**

Read Chapters 9 and 10 in Breathing Underwater

#### Breathing Lesson

Make a list of people who have hurt you in the past. With each one, feel the hurt that may still linger in your heart. Then hold each person in prayer. Place the person and hurt you feel in God's hands. Slowly tear the list into small pieces as a sign that you're willing to let go of the hurt.

Instead of making lists of who hurt me, I now make a list of people I have perhaps hurt, failed, or mistreated, and then do something about it. It might be a note, a call, a visit, a meaningful gift, an invitation, an outright apology. God will show you the best way, the best place, the best time, and the best words. Wait and pray for them all.

### **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-Seventh Sunday in Ordinary Time:

Hymn: #182 – O God, Our Help in Ages Past (Verses 1 and 2): pg. 1704

Gospel Canticle and Prayer: Evening Prayer II: pgs. 633

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

Reader: **Kimberley Heatherington**

For the next newsletter, please send your prayer requests and submissions to Vera Stewart at [1](#) or call or text (703) 459-6958. If you call and do not get an answer, please leave a voicemail message.