



PACE E BENE

TAU FRATERNITY

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

<https://tauofs.org/>

November 2019

MINISTER'S MESSAGE

Peace and all Good!

In the month of November, we mark both All Saints Day and All Souls Day.

As Catholic Online tells us: “All Saints Day is a solemn holy day of the Catholic Church celebrated annually on November 1. The day is dedicated to the saints of the Church, that is, all those who have attained heaven. It should not be confused with All Souls Day, which is observed on November 2, and is dedicated to those who have died and not yet reached heaven.”

But here's an arcane bit of liturgical trivia: All Saints Day is celebrated in honor of **all** saints, both known and unknown. Imagine that—unknown saints! Who might they be? Where did they live, and how did they die? Whose lives did they change? Only God knows, it would seem. And yet, I am also firmly convinced that there are saints in our very midst, right now—those whose lives are so conformed to Christ that, even if they are never formally canonized, surely rise to the level of transcendent spirituality that we popularly recognize as holy.

So on this All Saints Day, give a thought and a prayer to those “anonymous saints” you might know... and to all of our departed brothers and sisters in the Secular Franciscan way of life.

Holding you all in prayer,

Kimberley

RECAP OF LAST GATHERING

OPENING PRAYER

The Prayer Inspired by the Our Father, led by Kimberley Heatherington, OFS

O OUR most holy FATHER,
Our Creator, Redeemer, Consoler and Savior

WHO ARE IN HEAVEN:

In the angels and in the saints,
Enlightening them to love, because You, Lord, are light,
Inflaming them to love, because You, Lord, are love,
Dwelling (in them) and filling them with happiness,
Because You, Lord are the Supreme Good,
The Eternal Good from Whom comes all good,
Without Whom there is no good;

HALLOWED BE YOUR NAME:

May our knowledge of You become ever clearer,
That we may know the breadth of Your blessings,
The length of Your promises,
The height of Your majesty,
The depth of Your judgments.

YOUR KINGDOM COME:

So that You may rule in us through Your grace,
And enable us to come to Your kingdom
Where there is an unclouded vision of You,
A perfect love of You,
A blessed companionship with You,
An eternal enjoyment of you;

YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN:

That we may love You
With our whole heart by always thinking of you,
With our whole soul by always desiring You,
With our whole mind by directing all our
Intentions to You
And by seeking Your glory in everything.
And with our whole strength
By spending all our energies and affections
Of soul and body
In the service of Your love
And of nothing else.
And may we love our neighbors as ourselves
By drawing them all with our whole strength to Your love,
By rejoicing in the good fortunes of others
As well as our own,
And by sympathizing with the misfortunes of others,
And by giving offense to no one.

GIVE US THIS DAY:

In memory and understanding and reverence
Of the love which (our Lord Jesus Christ) had for us,
And of those things which He said and did and suffered for us;

OUR DAILY BREAD:

Your own Beloved Son, our Lord Jesus Christ;

AND FORGIVE US OUR TRESPASSES:

Through Your ineffable mercy,
Through the power of the Passion of Your Beloved Son,
Together with the merits and intercession
Of the Blessed Virgin Mary
And all Your chosen ones;

AS WE FORGIVE THOSE WHO TRESPASS AGAINST US:

And whatever we do not forgive perfectly,
Do you, Lord, enable us to forgive to the full,
So that we may truly love (our) enemies
And fervently intercede for them before You,
Returning no one evil for evil
And striving to help everyone in You.

AND LEAD US NOT INTO TEMPTATION,

Hidden or obvious,
Sudden or persistent,

BUT DELIVER US FROM EVIL,

Past, present and to come.

Glory to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now and will be forever, Amen.

OPEN HOUSE

The Tau Fraternity welcomed a fellow Secular Franciscan from the St. Bonaventure Fraternity (St. Paul Chung Catholic Church) and seven other guests. Kimberley began the program by highlighting the life and spiritual conversion of St. Francis of Assisi. She explained that we as Secular Franciscans try to follow the gospel of Jesus Christ by imitating St. Francis, who walked in the footsteps of Christ. She also explained that St. Francis founded three orders, to include two religious and the third order, which includes religious and laity.

After Kimberley's introduction, Josh Goldberg, OFS played excerpts from the documentary "Pope Francis: A Man of His Word." Then Walter Gawlak, OFS talked about the initial formation process for discerning the call and learning about the Secular Franciscan Order. He explained that the initial formation begins in January and then moves through two additional stages of inquiry and candidacy.

Beena Job talked about her experience as a candidate. She explained how she was drawn to the fraternity and how it has helped her internally and reminds her to convert her heart and live the gospel. Vicki Shanholtz, OFS told her conversion story from the Lutheran Church to Catholicism to the Secular Franciscan Order and how it has helped her to find joy in all things.

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 since January, we have been going through 12 steps, which mirror the Alcoholics Anonymous program. We're currently on Chapters 9 and 10, which are about forgiveness. Last month we made a mental list of persons we have harmed and became willing to make amends. For Step 9, we made direct amends to such people wherever possible, except when to do so would injure them or others. Amends should be specific, personal, and concrete. But we do not want to make things worse, so we use common sense wisdom. Acting to make amends calls for humility; not making amends calls for ego. We discussed the following questions in small groups.

- How easy is this step?
- Have you tried it? How did it go?
- Should we expect others to reciprocate?
- Is praying enough?
- Does forgiving ourselves have anything to do with this chapter?

We then discussed Step 10.

- What do you make of an examination of conscience?
- Was detachment involved in forgiveness?
- Is there peace without forgiveness?

Walter shared a letter from an Orthodox Jew during Rosh Hashana. Next month we will discuss Chapters 11 and 12.

PRAYER SUBMISSIONS

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

For the repose of the souls of Ed Geiger and of Cyndy Filan-Kim's mother. For physical and spiritual healing of Sally White; Richard & Carole Clarke and their grandsons Liam and Rory; Helen Broxmeyer; William Brewster; Irene Naveau; and Kay Flynn. For the patients and Sisters at the Missionaries of Charity Gift of Peace House. For the Mother of Mercy Free Medical Clinic and its patients. For all peoples who suffer persecution. For the victims of natural disasters. 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.

TAU FRATERNITY NECROLOGY

Please take a moment to pray for our dear departed Tau Family Members. Remember the following who have embraced Sister Death:

12/07/97	James Sheehan
1998	Bill Obernauer
03/16/05	Margorie O'Connor
05/02/05	Tony Del Popolo
11/28/06	Marie Fitzgerald
06/14/08	Isabel Bartlett
08/16/10	Martha Ureke
03/03/12	Edna Henke
05/12/16	Mary McCarthy
07/03/18	Frank Mullin
10/17/19	Ed Geiger

Diana Caputo
Karen Sawtell
Anna Seymore

Also, please pray for our departed members who have been inadvertently omitted from this list.

In your hands, O Lord,
we humbly entrust our brothers and sisters.
In this life you embraced them with your
tender love;
deliver them now from every evil
and bid them eternal rest.

The old order has passed away:
welcome them into paradise,
where there will be no sorrow, no weeping or
pain,
but fullness of peace and joy
with your Son and the Holy Spirit
forever and ever.

Amen.

<http://www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm>

APOSTOLATES

What good is it, my brothers and sisters, if you say you have faith but do not have works?

(Jm. 2:14)

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

There is lots of news to share about the Gift of Peace House hospice run by the Missionaries of Charity Sisters in Washington, DC. Fraternity volunteers just cooked a meal for the hospice patients in October, and will return again on Saturday, December 14. We meet at the St Joseph Church parking lot (where we park for Fraternity gatherings) at 7 am, and usually return by 1 pm. All are welcome. If you plan to participate or have any questions, please contact Pat or Joe.

Also, mark your calendars for Monday, December 9. The Missionaries of Charity will profess seven Sisters that day, as they take their final vows at the Basilica of the National Shrine of the Immaculate Conception in Washington, DC. All Tau Fraternity members are invited to attend. More details will follow.

Finally, if you have not already heard. . . The Sisters are taking some bold steps to be more energy efficient. The grounds behind the hospice site in NE Washington will be home to more than 5,000 solar panels. Generating more than 2.7 million kilowatt hours per year, which is nearly 100 percent of the electricity consumption of all Catholic Charities owned land across the city, the 2 megawatt system is the District's largest solar site to-date. The project will offset nearly 3,400 tons of CO2 emissions annually.

Located on five acres of the hospice's 14 acre site, the solar panels will not obstruct the front side of the Otis Street home. And to the delight of environmentalists, land adjoining the panels will become a pollinator meadow, supporting populations of bees and butterflies, with 650,000 pollinator and nectar-bearing flowering plants at the base of the solar panels.

Because the hospice land is owned by Catholic Charities and not the Missionaries of Charity directly, multiple charitable organizations across the city will benefit from the project. The Sisters will lose some of the hospice grounds, but for a good cause, including savings on the hospice's own energy costs, and in the spirit of Laudato Si'.

The solar panel project is a collaboration between the Sisters, Catholic Charities of Washington, DC, IGS Solar, and Catholic Energies. Catholic Energies is a program of the Catholic Climate Covenant, which provides program development and other services at no charge to Catholic organizations across the nation that are interested in installing solar or other energy efficient equipment, all in support of Pope Francis's call to action to be a better protector of Mother Earth.

INDIVIDUAL APOSTOLATES

Cards for Military and Veterans Still Needed

Thank you for all the cards! We have seven boxes ready to be mailed to deployed troops many in the

Sandbox! Many military men and women who are deployed do not have family. The donation of 1800 cards came from different sources but most came from you, Brothers and Sisters of Tau Fraternity.

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. She saves cards year round.

SOCKS CHALLENGE TO WARM FEET

Socks are the most requested item from the homeless. You are challenged to a sock collection. Whoever donates the largest number of socks gets a prize. This challenge is good through December. All socks will be donated to the homeless in January.



Deliver your socks to Sally or Vera at the monthly gathering. Or you can order and ship from Amazon or your favorite online store to Sally.

Remember if you donate only one pair that means one homeless person will have warm feet. Let's warm some feet!

ANOTHER OPPORTUNITY TO HELP

Submitted by Sally White, OFS



Have a purse at home you no longer use? Fill it with snacks, sanitary & hygiene products. Next time you see a homeless woman, give it to her.

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 NEWS

Submitted by Kimberley Heatherington, OFS

Franciscan Call for Peace

On October 4 at 2:00 PM, you may have heard the bells of St. Joseph ringing—and wondered why. October 4 is the Feast of St. Francis, which is certainly reason enough to celebrate. But this year, there was an extra cause for joy: a special, worldwide project known as the Franciscan Call for Peace. Led by the Franciscan family in Belgium, Franciscan Call for Peace was an effort to ring bells on October 4 at the hour of Friday Prayer for Muslims, in commemoration of the 800th anniversary of the inspiring meeting of St. Francis of Assisi and Sultan Al-Kamil of Egypt. During the violence of the Crusades, St. Francis brought a message of peace across the battle lines to the Sultan, who received him with hospitality and respect. Their example of mutual dialogue lives for us today. Franciscan Call for Peace also included gatherings of Muslims and Christians joining in worldwide solidarity. More than 170 actions in 13 different countries were registered. You can learn more at franciscancall4peace.org

800th Anniversary of St. Francis' Meeting with Sultan Al-Kamil

If you would like to learn more about the meeting of St. Francis and the Sultan, Franciscan Media has published an eBooklet, *St. Francis and the Sultan, 1219-2019 — A Commemorative Booklet*. You can access it here: <https://issuu.com/franciscanmedia/docs/francis-003>



Interfaith Concert: November 14

FEATURING PERFORMANCES BY

MUVVA KUCHIPUDI DANCE SCHOOL
(UNITED HINDU-JAIN TEMPLES)

SHRINE OF THE SACRED HEART CHOIR
(ROMAN CATHOLIC)

HERITAGE SIGNATURE CHORALE (PROTESTANT)

SOULFIRE
(CHRISTIAN PRAISE BAND)

KOLOT HALEV (JEWISH)

SIKH KIRTANI JATHA OF GURU GOBIND SINGH FOUNDATION (SIKH)

COMBINED CHOIR
DIRECTOR:
CANTOR RAMÓN TASAT

NOVEMBER 14, 2019
7:30 – 9:00 PM

Washington Hebrew Congregation
3935 Macomb St, NW, Washington DC

Honoring Dr. Siva Subramanian
Hindu Faith Leader

Tickets
\$40 Premium Seating
\$20 General Admission
\$10 Senior/Student with ID

IFCMW.ORG/PROGRAMS/CONCERT/

Interfaith
COUNCIL OF METROPOLITAN WASHINGTON
#AllFaithsOneFamily

The Interfaith Council of Metropolitan Washington (IFCMW) will hold its annual Interfaith Concert on November 14 at 7:30 p.m. at the Washington Hebrew Congregation! Performers from a variety of faith traditions—including Hindus, Catholics, Protestants, non-denominational Christians, Jews, and Sikhs—will share their musical heritage in this night of ecumenical and interfaith sharing. Proceeds support the year-round work of the IFCMW. For more information and tickets, visit <https://ifcmw.org/programs/concert/> or <https://www.eventbrite.com/e/40th-annual-interfaith-concert-tickets-73903181405>

TRANSITUS OF ST. FRANCIS OF ASSISI

On October 3, 2019, we celebrated the Transitus of St. Francis at St. Joseph Catholic Church. Thank you to Father Alberto, Father David, and all of the readers who participated!



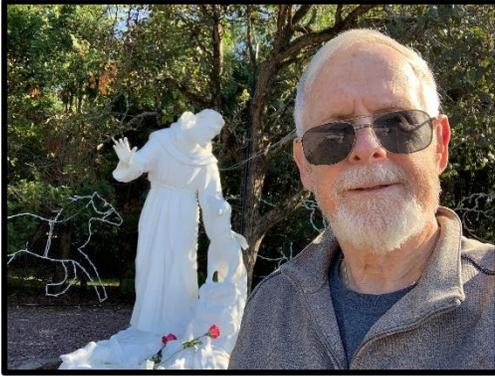
JPIC SURVEY

Gil Donahue, OFS, the JPIC Animator, distributed surveys at the October Gathering. He included an addressed and stamped envelope for your convenience. Please return your completed survey by **November 9th**. You may also scan and email it to baitang@gmail.com. The results will be tabulated and presented at the Chapter of Ministers on November 23rd. Thank you for your cooperation.

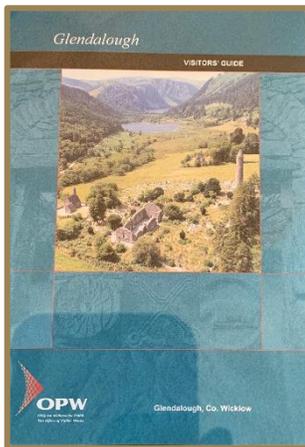
VACATION!

From Joe Boyle

Before flying to Ireland with my brother-in-law, Norm Swain, I drove to his home in Braintree, MA. While driving to Braintree, I stopped at The National Shrine of Our Lady of La Salette (Attleboro, MA). Each year, from Thanksgiving through The Epiphany, the shrine decorates 10 acres with Christmas lights; this Festival of Lights draws large crowds of children and adults. While touring the shrine, I discovered that there is a grotto dedicated to Saint Francis of Assisi. The surrounding hedges of the grotto are decorated using lights with many animals.



In Ireland, my tour group visited Glendalough (the valley of two lakes) located outside Dublin. It is renowned for the early medieval, monastic settlement founded by Saint Kevin in the 6th century.



ST KEVIN OF GLENDALOUGH

St Kevin was the founder of the ecclesiastical settlement at Glendalough. He was born in the sixth century and died in about 620. Five devotional accounts of his life survive – three in Irish and two in Latin.

According to one account, St Kevin was descended from the tribe of the Dál Messin Corb, a noble family group that ruled parts of Leinster. His name in Irish, Cómgen, translates as 'fair-begotten'. The young Kevin was educated by three distinguished churchmen, and then withdrew to live as a hermit in Glendalough. His reputation as a holy man grew following a series of miracles. He was ordained as a priest by Bishop Lugaid, and was sent with a group of companions to found a church at Cluain Duach.

Longing to resume his life as a hermit, Kevin returned to Glendalough to live alone on the shores of the Upper Lake. Followers soon joined him, and over time churches were built and an ecclesiastical community evolved.

As Abbot of Glendalough, St Kevin remained at the centre of the community until his death. His feast day is celebrated on the 3rd of June.

COMING UP IN NOVEMBER

November is the Month of the Holy Souls in Purgatory *

Nov 1 – Feast of All Saints – Holy Day of Obligation
Nov 2 – All Souls Day
Nov 4 – Memorial of St. Charles Borromeo, Bishop & Secular Franciscan
Tau Fraternity Meeting
Nov 8 – Feast of Blessed John Duns Scotus
Nov 9 – JPIC survey due
Nov 10 – Kay Flynn’s birthday
Nov 12 – Joe M’s birthday
Nov 19 – Feast of St. Elizabeth of Hungary
Nov 21 – Feast of the Presentation of the Holy Virgin Mary
Nov 22 – Memorial of St. Cecilia
Nov 23 – Erik Larin’s birthday
Nov 29 – Feast of the Saints of the Seraphic Order
Nov 30 – Feast of St. Andrew the Apostle

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

UPCOMING EVENTS

Tau Fraternity Vision Discussions

What: The Council will schedule focus group sessions to discuss your ideas.

When: One weekend and one week night session, dates to be announced later

Where: St. Joseph Catholic Church

Lenten Day of Spirituality

When: March 7, 2020

Where: St. Joseph Catholic Church

Annual Tau Retreat

When: May 15 – 17, 2020

Where: Priestfield Retreat Center

Fee: Single room \$231.50, Double \$211.50

POETIC REFLECTION

Elegy Written During the Hong Kong Rebellion

They come and go, the many charmed peoples,
Living for a while in the generous light of Providence,
Then wandering Of in turn to a fall from grace.
These nations roll in like waves onto the shore,
Each leaving unique fragments of its greatness
For new arrivals to find and ponder over.

We’ve long perceived ourselves as a favored nation;
But now we stand at the brink of that fateful moment
When, like Oedipus, we’ll see our own reality –
More than we ever wanted to know – indeed,
Are already knowing, though we can’t yet bear the revelations.

O God, come to our assistance –
Lord, make haste to help us –
For without You, we’ll go down like all the others.
Give us Your mind and Your heart, and let us be hands
And feet for You, to rebuild according to Your will –
Lest enemies within and without fill us with confusion,
And we wander inadvertently into oblivion.

Notes:

(1) Verse 2, line 5 refers to John 16:12.
(2) Verse 3, lines 1 and 2 are adapted from Psalm 40:13.

By Helen Broxmeyer
8/14 – 10/7/2019

NEXT TAU FRATERNITY GENERAL MEETING

Date: Sunday, November 3, 2019
Location: St. Joseph Catholic Church
Schedule: 12:30 - 1:30 Inquirer/Candidate Formation
1:30 - Opening Prayer – **Kimberley Heatherington**
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** – Franciscan Death and Wake Service
3:30 - 4:00 Franciscan Crown Rosary, the Angelus, Liturgy of Hours, business meeting, and closing prayer

* BYOB&B - Please bring your own beverages and bowls to the meetings. Please bring foods to share. If your last name begins with A-H bring sweets; if your last name begins with I-Z bring savorys.

We will say the Franciscan Crown Rosary in commemoration of our departed. If you do not have one, there will be Crown Rosaries for all, as well as an interesting historical article reprint from *Catholic Digest*.

INITIAL FORMATION:

Senior Candidates: Chapter 33 in The Franciscan Journey
Candidates: Chapter 23 in The Franciscan Journey
Inquirers: Chapter 11 in The Franciscan Journey

All are welcome to attend Initial Formation groups. No preparation is necessary. Only your Franciscan spirit.

ON-GOING FORMATION:

Read final Chapters 11 and 12 and the postscript in Breathing Underwater

Be prepared to discuss the value of this book to your spiritual growth or lack thereof. We will be beginning a new program in January. If you have an idea for a program that we should consider, please bring it forward.

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:

Thirty First Sunday in Ordinary Time:

Hymn: #45 – Let All Things Now Living): pg. 1554

Gospel Canticle and Prayer: Evening Prayer II: pgs. 638/637

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 thevastewarts@gmail.com or call or text (703) 459-6958. If you call and do not get an answer, please leave a voicemail message.