



PACE E BENE

TAU FRATERNITY

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

<https://tauofs.org/>

February 2020

MINISTER'S MESSAGE

Peace and all good!

How are those New Year's resolutions going? Did you make any?

Each year, we feel the pressure to pursue a "fresh start" in the new year, and to join in the time-honored ritual of declaring at least one New Year's resolution.

Even Pope Francis does it; in 2015 — when meeting with Vatican employees —he offered this list of resolutions to consider:

- "Take care of your spiritual life, your relationship with God, because this is the backbone of everything we do and everything we are."
- "Take care of your family life, giving your children and loved ones not just money, but most of all your time, attention and love."
- "Take care of your relationships with others, transforming your faith into life and your words into good works, especially on behalf of the needy."
- "Be careful how you speak, purify your tongue of offensive words, vulgarity and worldly decadence."
- "Heal wounds of the heart with the oil of forgiveness, forgiving those who have hurt us and medicating the wounds we have caused others."
- "Look after your work, doing it with enthusiasm, humility, competence, passion and with a spirit that knows how to thank the Lord."
- "Be careful of envy, lust, hatred and negative feelings that devour our interior peace and transform us into destroyed and destructive people."
- "Watch out for anger that can lead to vengeance; for laziness that leads to existential euthanasia; for pointing the finger at others, which leads to pride; and for complaining continually, which leads to desperation."

- “Take care of brothers and sisters who are weaker ... the elderly, the sick, the hungry, the homeless and strangers, because we will be judged on this.”

Now that’s a solid — and challenging! — list.

If you’re thinking, “But I didn’t make any New Year’s resolutions, and now it’s too late!”... well, it’s not. As Franciscans, we often speak of “continuous conversion”. It’s both a requirement of our spiritual life, and an opportunity — it means we can change and grow at any time, any day, any hour, any minute.

So if you’re perhaps discouraged that you didn’t make or weren’t able to keep any New Year’s resolutions — spiritual or otherwise — just remember: For Franciscans, there is no such thing as “it’s too late”!

Holding you all in prayer,

Kimberley

RECAP OF LAST GATHERING

OPENING PRAYER

Prayer During Difficult Times

(Read by Vicki Shanholtz, OFS)

God of love and mercy, assist me in this time of trouble and anxiety. Ease my burdens. Strengthen my faith. Increase my trust and confidence in Your compassionate care.

Give me the courage I need, dear Lord, to face the difficulties before me, knowing that with Your help, miracles happen and lives are restored.

I pray for a share in Your healing graces, and ask that You surround me with Your comforting goodness, for health in mind and body, and for a heart filled with hope and peace. Amen.



ONGOING FORMATION

Walter Gawlak provided a short recap of the last two chapters of the formation book we recently completed, *Breathing Underwater* by Richard Rohr. Step 11 of the 12 steps in the book was about improving conscious contact with God – praying for his will for us and for willpower to carry it out. It was about spiritual awakening. Continuing the theme of spiritual awakening, the 12th step was about trying to carry the message and to carry it out. It was about transformation and the obligation to share. These steps serve as a good segue for our next few sessions.

Walter then said that in the next 2 or 3 sessions, we will discuss who we are helping; what are we doing. He said that the Rule requires daily conversion, which is a summary of the book that we read. St. Francis is our model; after praying in solitude, he would return to request alms and to work with the lepers. Walter suggested that we think about what we are currently doing individually and in groups and to ponder what else might be done. Next month we will have small group discussions. A couple of local places that could use help are the Embry Rucker Shelter and the Lamb Center in Fairfax. We should consider who are the lepers in our society today. How should we love Christ in others? The book *Live Like Francis* has good questions for reflection. After the sessions to discuss possible actions, we may start reading a book on St. Clare. Walter suggested everyone go to the EPA website to do a personal carbon footprint. After the sessions to discuss possible individual or multi-person actions, we will return to spiritual reading with a book on St. Clare followed by one on Francis. Before moving on to the Program, Erik Larin, OFS shared a story about the Transportation strike and how he and his fellow strikers prayed and put their trust in God, who brought justice.

PRESENTATION

Kimberley Heatherington gave a presentation on *Nostra Aetate*. She mentioned that Fraternities have received a regional call for ecumenical and interfaith discussion. *Nostra Aetate* is a fundamental document; the Latin title means "In Our Time." The declaration was issued through Vatican II on October 28, 1965. At that time it was a radical document. Kimberley provided a copy of the declaration and copies of two infographics – one entitled "How to Respect Other Religions" and the other entitled "The Golden Rule." Kimberley emphasized that *Nostra Aetate* calls us to consider what men have in common. Common to all religions as noted in "The Golden Rule" is that all regard the "do unto others" rule of thumb, requiring the faithful to respect others and treat them the way that they want to be treated. Kimberley pointed out that even if others believe in something different than us, they still have a relationship with God. Religious expression takes on many different forms. But all have a common restlessness. While Christians formerly held the belief that Christianity is the only true faith, there are reflections of truth in other religions. Today, spiritual isolationism is not an option. In our evangelism, we are not to be confrontational. We should respect others by educating ourselves about them, asking questions and listening, and treating them as we want to be treated.

PRAYER SUBMISSIONS

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

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, OFS 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

Mark your calendars for Saturday, February 8, for our next visit to the Gift of Peace House, a hospice run by the Missionaries of Charity Sisters in Washington, DC. Join us to cook a meal for the hospice patients. We will meet at the St Joseph Church parking lot (where we park for Fraternity meetings) at 7am, and we anticipate returning by 1pm.

To learn more about this apostolate and how to volunteer, please contact Pat B., OFS or Joe M., OFS. All are welcome!

INDIVIDUAL APOSTOLATES

We are not always called to do grand things even though we may want to do so. St. Therese of Lisieux relied on small daily sacrifices instead of great deeds because of her health. Her life reminds us that it is the little things that keep God's kingdom growing. So your individual apostolate can be as simple as a campaign to encourage others in your life if that is all you can do at this time. If you have an apostolate, no matter how small, share it with Tau in the newsletter, ask for help if you need or want it, and allow your Tau brothers and sisters to pray for your apostolate's success. If you can contribute to apostolates of others by prayer, encouragement and participation.

Society of Gilbert Keith Chesterton

Gilbert Keith Chesterton, philosopher and author, wrote a biography of St Francis in 1923, his first real book after he converted to Catholicism. The Society of Gilbert Keith Chesterton has a local society that meets regularly in Northern Virginia. William Brewster, OFS gave two presentations on St. Francis at the society's meetings. In December he gave a presentation on St. Francis and the Nativity at Greccio, Italy. He was invited back to speak in January on the life and spirituality of St. Francis. These meetings are a wonderful way to share our Franciscan spirituality with others. If you are interested, talk to William Brewster, OFS at our next Tau gathering.

Mother of Mercy Free Clinic

The Director of the clinic is asking that we continue to pray for a mother, Isabel, and her infant, Randy. Randy has a heart condition and may need surgery in the future. Please continue to save rosaries, prayer cards, prayer booklets and other religious items you may receive in the mail. The patients at the clinic appreciate having them. Bring them to the Tau gathering and give to Vera Stewart, OFS, if Sally White OFS is not present.

Warm Feet Sock Drive



The race was close for the brother or sister who donated the most socks for the homeless! Joe Boyle won the race and the prize of a certificate from The Paschal Lamb for donating 22 pairs of socks! Tau brothers and sisters donated a total of 76 pairs of socks. The socks were delivered to the Embry Rucker Community Shelter, Reston, Virginia where they will be delivered to the homeless.

Cards for Deployed Troops and Military Families of the Fallen

Please continue to save unused cards of this apostolate. Christmas cards are on sale now at many locations. Cards for all seasons, birthday cards, get well cards and even blank envelopes are needed. Please bring your cards to the Tau gathering and give to Vera Stewart, OFS, if Sally White is not present.



Knitting for Women's Shelters and the Needy



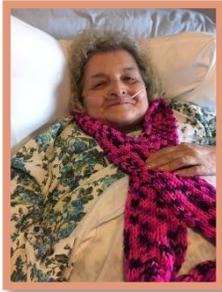
Vera is knitting whenever she has spare time in order to build up an inventory of items for her knitting apostolate. Items are sold at craft fairs, and the money is donated to the Loudoun Abused Women's Shelter. Unsold items are donated to the needy through coat drives. If you are aware of other women's shelters or would like to have some items for coat drives, please let Vera know.

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

INFIRMARIAN COMMITTEE



The committee is working on some short guidelines for visiting the sick. If you are interested in helping by visiting our professed excused or in other ways, please let Sally White OFS know. Irene Naveau, OFS; Cynthia Filan-Kim, OFS; Catherine Williams, OFS; and Beena Job have volunteered to help with the committee.

Because of the growing number of isolated adults in Secular Franciscan Order and in our country, there is a great need to serve in this area. Ways to help include home visits, phone calls, personal encouragement with phone calls being the helpful. The 2018 report on isolated adults, has a summary of ways to help including how technology can help. You can find the report on the following link.

<https://www.greatcall.com/docs/default-source/newsroom-files/fighting-social-isolation-among-older-adults.pdf?sfns=mo>

INTERFAITH/ECUMENICAL COMMITTEE

World Interfaith Harmony Week DMV*

February 1– 16, 2020 *

In support of the U.N. resolution aimed at spreading “the message of interfaith harmony and goodwill . . . based on Love of God and Love of Neighbor”, the Interfaith Council of Metropolitan Washington presents a week of programs to coincide with an annual worldwide observance the first week of February.

Programs include:

- **Home-based Dinner Dialogue Resources** available on the topic of Racism – available all month.
- **Living Harmoniously in an Interfaith World, a Muslim Contribution** sponsored by Rumi Forum, Tuesday, February 4, 5:30 pm; GWU – Gelman Library, The National Churchill Library and Center; First Level, 2130 H St NW, Washington, DC 20052; **RSVP:** info@rumiforum.org
- **[Washington Theological Consortium Figel Event on Ecumenism](#)**, Wednesday, February 5, 6-9 pm, WTC, DC
- **[5th Annual Mosaic Harmony Concert](#)**, Saturday, February 8, 7 pm, Silver Spring United Methodist Church, Silver Spring, MD
- **[“Parenting for Pluralism, an interfaith conversation”](#)**, Sunday, February 9, 2-4 pm, New York Ave. Presbyterian Church, DC
- **[Congregational-based Interfaith Dialogue on Racism](#)**, Sunday, February 16, 2-4:30 pm, hosted by McLean Islamic Center.



WORLD INTERFAITH HARMONY WEEK

<https://ifcmw.org/dc-area-interfaith-harmony-week/>

* World Interfaith Harmony Week DMV is a collaboration of the IFC, Mosaic Harmony, Rumi Forum and Washington Theological Consortium.

COMING UP IN FEBRUARY

February is the Month of the Holy Family *

- Feb 2 – Feast of the Presentation of the Lord
Purification of the Blessed Virgin Mary
Tau Monthly Gathering
- Feb 3 – Feast of the Martyrs of Japan
Feast of St. Blasé
- Feb 7 – Terry Rinker's birthday
- Feb 8 – Profession of Vicki Shanholtz and Bill Brewster
Missionaries of Charity Hospice Apostolate Trip
- Feb 10 – Bill Bouffard's birthday
- Feb 11 – Apparition of Our Lady of Lourdes, 1858
- Feb 17 – Liz Welborn's birthday
- Feb 18 – Feast of St. Bernadette of Soubirous
- Feb 21 – Feast of St. Margaret of Cortona (Some sources indicate that her feast day is Feb. 22, and some May 16)
- Feb 26 – Ash Wednesday



Coloring & Activity Pages by: [HonkingDonkey.com](http://www.HonkingDonkey.com)

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

UPCOMING EVENTS

Lenten Day of Spirituality

When: March 7, 2020
Where: St. Joseph Catholic Church

Annual Tau Retreat

When: May 15 – 17, 2020
Where: Priestfield Pastoral Center
4030 Middleway Pike
Kearneysville, WV
Fee: Single room \$231.50,
Double \$211.50

SAVE THE DATE

A Franciscan Lenten Journey of Hope

When: March 28, 2020
Where: Archbishop Curley High School
3701 Sinclair Lane
Baltimore, MD

SAVE THE DATE

Day of Reflection

Who: Inquirers, Candidates, & Newly Professed
When: April 4, 2020
Where: Shrine of St. Anthony
12290 Folly Quarter Rd.
Ellicott City, MD

THE RULE OF THE SECULAR FRANCISCAN ORDER

Chapter 2, "The Way of Life," #13

As the Father sees in every person the features of his Son, the first-born of many brothers and sisters, so the Secular Franciscans with a gentle and courteous spirit accept all people as a gift of the Lord and an image of Christ.

A sense of community will make them joyful and ready to place themselves on an equal basis with all people, especially with the lowly for whom they shall strive to create conditions of life worthy of people redeemed by Christ.

NEXT TAU FRATERNITY GENERAL MEETING

Date: Sunday, February 2, 2020
Location: St. Joseph Catholic Church
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, “Another Viewpoint of Sin”**
3:30 - 4:00 The Angelus, Liturgy of Hours, business meeting, and closing prayer

* BYOB - Please bring your own beverage, plate, cup, and utensils 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 26 in The Franciscan Journey

Candidates: Chapter 14 in The Franciscan Journey

Aspirants: Chapter 2 in The Franciscan Journey

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

ON-GOING FORMATION:

We will discuss what we as Franciscans might be doing in the new year to care for Creation. This topic is discussed in Chapter 41 of either To Live as Francis Lived or Live Like Francis. Consider evaluating your carbon footprint on the Environmental Protection Agency website or any of the other tools available.

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:

Presentation of the Lord:

Hymn: #13 – All Creatures of Our God and King: pg. 1522

Everything else: Presentation of the Lord, Evening Prayer II: pg. 1082

Reader: **TBD**

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.