



PACE E BENE

TAU FRATERNITY

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

<https://tauofs.org/>

March 2020

MINISTER'S MESSAGE

Peace and all good!

It's almost Lent! How should we prepare our hearts and minds, so we might have the "holy Lent" to which we often hear referred?

We have an example from St. Francis, as recorded in Chapter 7 of *The Little Flowers*:

And he remained there the whole of Lent, without eating or drinking, except the half of one of those little loaves, as was witnessed by his disciple when he returned to him on Holy Thursday, who found, of the two loaves, one entire, and the half of the other. It is believed that St. Francis so refrained from eating out of reverence for the fasting of the blessed Christ, who fasted forty days and forty nights without taking any material food; and thus with that half loaf he kept from himself the poison of vainglory, and after the example of Christ he fasted forty days and forty nights.

...but this is a bit extreme for most of us! And probably not very healthy; at the end of his life, St. Francis is supposed to have apologized to his own body for the harshness of the ascetic practices he inflicted upon himself.

So what might be more practical?

We are in the habit of thinking we must "give up something for Lent". But must we? Can we not flip this penitential equation, and **do** something for Lent, instead of **giving up** something?

I think the answer is yes.

One year, I made a resolution to say a daily Rosary, as my way of "doing something" for Lent. Unfortunately, this was an epic fail. In order to not disappoint and frustrate ourselves in our Lenten practices, we should be realistic. What is suited to our life, and our schedule? To our personal circumstances? To our spiritual charism? Thoughtful reflection on these questions can help us to discern a positive — and do-able — plan for Lent.

One perfect way to prepare for Lent is to attend the Tau Lenten Retreat on Saturday, February 29! The retreat will take place from 9:00 AM - 12:00 PM at St. Joseph, in our usual meeting room. Fr. Alberto will be sharing with us the story of the Franciscan Family — that is, the history of the Orders, including us. If you have not yet RSVP'd, please do!

Holding you all in prayer,
Kimberley

RECAP OF LAST GATHERING

OPENING PRAYER

Prayer to the Holy Family

Read by Cynthia Filan-Kim, OFS

Jesus, Mary and Joseph, in you we contemplate
the splendor of true love, to you we turn with trust.

Holy Family of Nazareth, grant that our families too
may be places of communion and prayer, authentic schools of the Gospel
and small domestic Churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division: may all who
have been hurt or scandalized find ready comfort and healing.

Holy Family of Nazareth, make us once more mindful of the sacredness and inviolability of the family, and its
beauty in God's plan.

***Jesus, Mary and Joseph,
graciously hear our prayer.***

Amen.

ONGOING FORMATION

Walter Gawlak, OFS provided a short recap of the session held last month. At that time, we took time to think about what else we might do. The Rule and our call for daily conversion cause us to ask what we should be doing.

The group discussed the possibility of fundraising and collaborating with St. Joseph school on projects to meet special needs. The fraternity also discussed spontaneous individual efforts to meet unmet needs. Pat B., OFS suggested that if anyone has a spare blanket, she will give it to the homeless in Reston.

Walter introduced the next topic, Care for Creation. The *Rule of the Secular Franciscan Order*, Chapter 2, Number 18 states, "Moreover they should respect all creatures, animate and inanimate, which 'bear the imprint of the Most High,' and they should strive to move from the temptation of exploiting creation to the Franciscan concept of universal kinship." Walter pointed out that there are two parts to the rule – 1) do not harm, and 2) kinship with the universe.

The group divided into small groups to discuss the following questions:

- What have you done recently to improve the corner of the earth where you live?
- What is enough for you in terms of money?
- How do you understand universal kinship as important to your life?

Walter shared a handout "Applications to Daily Life," which includes the following suggestions:

- Find out where your community's trash and garbage are discarded and visit the site. How can you reduce how much you contribute to this accumulation by reducing what you purchase, by reusing when possible, and by recycling whatever materials you can?
- Walk in a park or peaceful, natural setting while reminding yourself, "this is Holy Ground." Share your thoughts about this walk with a friend.
- What one thing can you begin to do differently today to preserve or restore a bit of creation?

Walter mentioned Pope Francis's announcement of a Season of Creation from Earth Day (April 22, 2020) to the fifth anniversary of the publication of *Laudato Si'* (May 24, 2020). Additionally, *Laudato Si'* addresses environmental degradation and the impact it has on the poor and marginalized. For next month, pick a chapter from the *Study Guide for Laudato Si'*, which is located on the St. Margaret of Cortona Region website. Be prepared to discuss it. In two months, we will discuss Peace and Justice. See the links in the Ongoing Formation Section of this newsletter.

PRESENTATION

In lieu of a program, the Fraternity prayed a Franciscan Crown Rosary for Irene Naveau, OFS.

PRAYER

A Prayer for America, 2020

By Helen Broxmeyer, OFS

"Your word is a lamp to my feet and a light to my path." Ps 119:105

+ O Lord, you have been our guide from the beginning. We find ourselves now in a time of darkness, wandering through an unfamiliar land. Give us enough light for today, Lord – a small circle of light to guide us through the darkness, one step at a time. Give us hearts and minds filled with forbearance, charity, and acceptance of others as they are. Bless us with ears to hear the sounds of Your own wisdom, so we may honor You as best we can at this moment in our history. -- Amen.

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

Help to feed the hungry. Food donations for the St. Vincent de Paul food pantry will be collected during each monthly gathering. Thank you to Terry Rinker, OFS who has graciously delivered food to the food pantry at St. Leo the Great. Terry is moving out of the area. This month, Cyndy Filan-Kim, OFS volunteered to deliver food to the St. Vincent de Paul Society chapter at her parish.

Thank you!

MISSIONARIES OF CHARITY HOSPICE APOSTOLATE



Thanks to the volunteers who cooked a meal for hospice patients on February 8, at the Gift of Peace House, a hospice run by the Missionaries of Charity Sisters in Washington, DC. And thanks to St. John Neumann Parish in Reston for donating the funds to cover the cost of the ingredients. The crew made pork tenderloin, mashed potatoes, a vegetable medley, and rosemary biscuits. And in the spirit of St. Valentine's Day later that week, we handcrafted more than 60 chocolate covered strawberries to be enjoyed by hospice patients! To learn more about this apostolate and how to volunteer, please contact Pat B., OFS or Joe M., OFS. All are welcome!

INDIVIDUAL APOSTOLATES

Lamb Center

Bill Richey, OFS belongs to a group at St. John Neumann that occasionally provides breakfast at the Lamb Center, a daytime drop-in homeless shelter in Fairfax, VA. The shelter has a list of urgently needed supplies and clothing. The most urgent needs are:

- Sturdy paper bowls
- Jumbo roll bath tissue
- C-fold towels (from Sam's Club)
- Laundry Detergent
- Liquid Bleach
- Men's & Women's thermal underwear, all sizes
- Men's & Women's gloves, all sizes
- Hand & toe warmers.

For a list of other needs, see <https://www.thelambcenter.org/get-involved/donate-supplies-clothing/>. Bill Richey will collect donations at the March 1 gathering.

Blankets for the Homeless

If you have a used/unused blanket to donate to the homeless, please bring it with you to the March 1 Fraternity gathering.

There are many unmet needs in the Reston/Herndon area among homeless persons who are afraid to seek shelter at local overnight facilities because of the physical violence they claim to have encountered at these sites. Some of our Fraternity members minister directly to these individuals.

At the February 2 gathering, we discussed the fact that in some circumstances, we may best serve in our community not through formal programs but through ad hoc, one-on-one efforts, ministering directly to all kinds of needs being unmet by formal organizations. One Fraternity member discussed informal efforts to get home furniture to those who may need it. Pat said that because of the violence they have encountered, many homeless individuals feel forced to sleep on the street even in the winter months. For these homeless persons, every small gesture helps. When Pat mentioned that some Fraternity members take blankets at night to these homeless persons, and to please keep that in mind if anyone ever has an extra blanket, Tau Fraternity Minister Kimberley suggested that Fraternity members with an extra blanket to donate to the homeless bring it to the next meeting. Pat agreed to be certain that blankets would be distributed to the homeless persons who need them.

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
Infirmary Committee – Sally White, OFS
Recruitment Committee – Vacant
Technology Committee – John Ata, OFS

INTERFAITH/ECUMENICAL COMMITTEE

Faith Matters: Living in a Racialized Society
Presented by the Interfaith Council of Metropolitan Washington
Co-sponsored by Challenging Racism (Arlington, VA)
Hosted by McLean Islamic Center
Sunday, February 16, 2020



Khairul Alam (Youth Director - McLean Islamic Center)
and Ann Delorey (Program Director - Interfaith Council of
Metropolitan Washington DC)

"Oh, humanity! Indeed, We created you from a male and a female, and made you into peoples and tribes so that you may get to know one another. Surely the most noble of you in the sight of God is the most righteous among you. God is truly All-Knowing, All-Aware." (The Quran, 49:13)

As people of faith, we have a special — usually positive — role to play in race relations. Race persists as a social construct, despite change. Racism creates fear, division, and inequality. Religious institutions should not perpetuate this; we must live our neighbors as ourselves. There is virtually no genetic difference between humans — ideas of race are a social and cultural construct.

Leah Henry
Senior Research Associate — Urban Institute
"What Does Racial/Ethnic Inequality Look Like in the DMV?"

People of color make up 59% of the DMV's 5.1 million residents, and their distribution varies by jurisdiction (anywhere from 10-50% of the population)

Based upon research, there is a generally positive view of race relations in the DMV; the region fares better than some others in the U.S. Nonetheless, one in four people in a DMV survey felt they had been discriminated against during the past year. It is not necessarily a regular occurrence, but it still persists — and race/ethnicity was the most common (82%) form of discrimination cited by survey respondents. Others included gender; age; economic status; religion; language; disability; etc.

Home ownership in the DMV also evidences inequality. Among ethnic groups, it breaks out thus: Asian (68%); Black (49%); Hispanic (48%); Caucasian (70%). These differences are not attributable to level of education. If equity were achieved, there would be an additional 150,000 home owners in the DMV area. Home ownership is a source of both wealth and economic security.

In the DMV area, the Caucasian household net worth is 81 times that of Black households, and 21 times that of Hispanic/Latino households.

This inequity is the result of deliberate policies and practices, including racially restrictive covenants; red-lining and limiting of loans; urban renewal that demolished communities; housing choices limited by zoning; subprime loans targeting people of color; etc. While many such practices were outlawed decades ago, they had a lasting impact. We must be intentional in developing new policies and practices that address this.

<https://www.urban.org/data-viz>

The Rev. Dr. Carol Flett
Co-Chair — Montgomery County's Faith Community Working Group
"Montgomery County's Faith Leaders Advisory Council on Anti-Racism & Anti-Bias"

The things everyone should know about race: Race is a modern idea. Race has no genetic basis. Human subspecies don't exist. Skin color is really only skin deep. Most variation is within, not between, "races". Slavery predates race. Race and freedom were born together. Race justified social inequities as natural. Race isn't biological, but racism is still real. Color blindness will not end racism.

From the Discussion Guide for "Race - The Power of an Illusion"
https://www.pbs.org/race/000_About/002_04-discussion.htm

The word "race" is only found in the Bible when referring to a foot race, or chariot race. Race is a human construct used to separate people, and to teach a hierarchy of superiority-inferiority that justifies practices of inequity.

There is only one race: the human race!

We are not to make judgments based upon race. The Bible tells us this:

28 There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. (Gal. 3:28 - NRSV)

34 Then Peter began to speak to them: "I truly understand that God shows no partiality, 35 but in every nation anyone who fears him and does what is right is acceptable to him."
(Acts 10:34-35)

9 After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. 10 They cried out in a loud voice, saying, "Salvation belongs to our God who is seated on the throne, and to the Lamb!"
(Rev. 7: 9-10)

These verses speak to a united humanity!

In the Episcopal Church, the Baptismal promises include a promise to seek and serve Christ in all persons, to love one's neighbor as oneself, and to strive for justice among people. The response is, "I will, with God's help."

Which commandment is the greatest? Remember what Jesus said; live God, and live your neighbor as yourself. But "who is my neighbor"? You must know your neighbor in order to love them. How? Dialogue is one way. Your "neighbor" is everyone — not just your neighborhood.

Justice is fairness; equal opportunity for housing, pay, jobs, etc. Obstacles must be reversed.

The Montgomery County Faith Community Working Group was formed six years ago. They meet three times per year. They also address Islamophobia; anti-Semitism; etc. They have both a film series and book series with discussions.

Recommended Books:

The Warmth of Other Suns: The Epic Story of America's Great Migration (Isabel Wilkerson); *Stamped from the Beginning: A Definitive History of Racist Ideas in America* (Ibram Kendi); *The Narrative of the Life of Frederick Douglass* (Frederick Douglass); *The Souls of Black Folks* (W.E.B. DuBois); *Uncle Tom's Cabin* (Harriett Beecher Stowe); *The Fire Next Time* (James Baldwin); *Go Tell It On the Mountain* (James Baldwin); *Homegoing* (Yaa Gyasi); *The Underground Railroad* (Colson Whitehead); *Yet With a Steady Beat: The African-American Struggle for Recognition in the Episcopal Church* (Harold T. Lewis); *Tears We Cannot Stop: A Sermon to White America* (Michael Eric Dyson); *Stand Your Ground: Black Bodies and the Justice of God* (Kelly Brown)

Douglas); *Waking Up White* (Debbie Irving); *So You Want to Talk About Race* (Ijeoma Oluo); *How to be an Antiracist* (Ibram Kendi).

Recommended Movies:

The 13th; *Selma*; *12 Years a Slave*; *Moonlight*; *Fences*; *Hidden Figures*; *Blindspotting*; *BlackKkklansman*; *Green Book*; *If Beale Street Could Talk*; *Harriett*.

Monique Brown

Board Member — Challenging Racism

“Arlington County Challenging Racism Faith-Based Initiative

Monique decided to do this work because she wants to see a different world for her children. In her family, the impending birth of a child to an interracial couple — her brother and his partner — was greeted in a painful way.

Challenging Racism has small discussion groups in which participants challenge ideas and assumptions about race that are often ingrained as truth. Really understanding where people are coming from can be a challenge, and is sometimes uncomfortable.

Rock Spring United Church of Christ in Arlington moved from talking to action, hosting workshops that examined micro-aggressions and red-lining. They will also have a Lenten series about white supremacy and the church; it will feature their pastor and a professor from American University.

<https://www.challengingracism.org>

COMING UP IN MARCH

March is the Month of St. Joseph*

Mar 1 – Tau Monthly Meeting
Mar 2 – Feast of St. Agnes of Prague
Mar 7 – Helen Broxmeyer’s birthday
Mar 14 – Veronica O’Donnell’s birthday
Mar 17 – Feast of St. Patrick
Mar 19 – Solemnity of St. Joseph
 Josh Golberg’s birthday
Mar 25 – Annunciation of the Lord
Mar 29 – Feast of St. John Capistrano



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

"We become what we love. Who we love shapes what we become."

- St. Clare of Assisi

UPCOMING EVENTS

David Haas in Concert

When: March 13, 2020, 7pm

Where: Franciscan Monastery of the Holy Land, Washington, DC

Fee: \$20

For more information:

<https://saintmargaretofcortona.org/news/events/david-haas/>

A Franciscan Lenten Journey of Hope

When: March 28, 2020, 8:30am

Where: Archbishop Curley High School
3701 Sinclair Lane
Baltimore, MD

Fee: Early bird by March 7 - \$25,
after \$30

Payable to Little Flowers
Fraternity. Send to:
Lisa Gough, OFS
121 Warwick Dr.
Lutherville, MD 21093

The Seder Meal

When: April 2, 2020, 6pm – 8:30pm

Where: Shrine of St. Anthony
12290 Folly Quarter Rd.
Ellicott City, MD

Fee: \$35 per person

RSVP by March 25 at 401-531-2800

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

Begin Anew!

OFS Gathering & Retreat

Who: All are welcome, including spouses and friends

When: April 25, 2020, 9am – 4pm

Where: St. Benedict Monastery, Bristow, VA

Fee: \$45 per person, due by April 15

Send to Holy Family Fraternity, c/o Rita Colleran
OFS, 12534 Chippenham Ct., Bristow, VA 20136

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 2020 Regional Retreat

When: May 29 – 31, 2020

Where: Priestfield Pastoral Center
4030 Middleway Pike
Kearneysville, WV

Fee: TBD

FRANCISCAN SERVANT LEADERSHIP

Posted by Diane F. Menditto, OFS
Chair, National Formation Commission
Minister, Our Lady of the Angels Region

Secular Franciscan Servant Leaders

- Are willing to serve, when asked, for the good of the fraternity but do not seek positions of power.
- Seek to understand the vision and collaborate with others to bring it to fruition--no matter who gets the credit.
- See challenges as opportunities for creative solutions. They do not blame others when the outcome is unexpected. The Holy Spirit may have other ideas!
- Are gentle in leading others—true servant leaders are humble and communicate well with the entire group.
- Work for the good of the entire fraternity and Order.
- Begin, on the day they are elected or appointed, the search for and mentoring of those who will replace them.
- Understand the needs of the group and make use of the talents of the entire group to move the fraternity forward through collaboration.
- Pray for the guidance of the Holy Spirit and use that inspiration to reach out in a concrete way to the world in which they live.

- Consider leadership an opportunity to invest the talents they have been given in the service of others.

Inspired by: Page 117 Handbook for Secular Franciscan Leadership.

NEXT TAU FRATERNITY GENERAL MEETING

Date: Sunday, March 1, 2020
 Location: St. Joseph Catholic Church
 Schedule: 12:30 - 1:30 Inquirer/Candidate Formation
 1:30 Opening Prayer – **Pat B., 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 27 in The Franciscan Journey

Candidates: Chapter 15 in The Franciscan Journey

Aspirants: Chapter 3 in The Franciscan Journey

ON-GOING FORMATION:

We will continue to explore Care for Creation as discussed in Reflection 41 in To Live as Francis Lived which is in turn based on Rule 18. Bring your responses to the questions posed at the end of the February gathering:

- Find out where your community's trash and garbage are discarded and visit the site. How can you reduce how much you contribute by reducing what you purchase, reusing when possible and by recycling whatever materials you can?
- Walk in a park or peaceful natural setting while reminding yourself, "this is Holy Ground." Share your thoughts with a friend.
- What one thing can you begin to do differently today to preserve or restore a bit of creation?

The March gathering will build on these personal reflections to address the social justice issues raised in Pope Francis' encyclical, Laudato Si'. Select a Chapter from Laudato Si' that speaks to you for consideration in small group format. The Study Guide for Laudato Si' might help you find your chapter (Google will pull this up) without having to access the document itself and will provide questions for reflection. Other resources via Goggle are Laudato Si': On Care for Our Common Home, Discussion Guide (USCCB) and Laudato Si' On Care for Our Common Home, A Study Guide on the Encyclical by Pope Francis (Archdiocese of Washington).

THE ANGELUS

During Lent 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:

First Sunday of Lent:

Hymn: #94 – Lord Who Throughout These Forty Days: pg. 1609

Psalms and Canticle: Sunday, Week I Evening Prayer II: pg. 712

Everything Else: Evening Prayer II: pg. 270

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.