



PACE E BENE

TAU FRATERNITY

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

<https://tauofs.org/>

October 2020

MINISTER'S MESSAGE

Peace and all good!

As we know, October is a remarkable month for Franciscans. On October 3, we enter into the Transitus, meditating on the passing of St. Francis into eternal life. And October 4, we celebrate his leave taking, with St. Francis' feast day.

These two events are something like different sides of the same coin.

There is death — an ending, but also a transition. (It is worth noting that in Ecclesiastical Latin, "Transitus" means "crossing".)

St. Bonaventure tells us that as St. Francis was dying, "he asked to be borne unto Saint Mary of the Little Portion, that he might yield up the breath of life there, where he had received the breath of grace. When he had been brought thither...he lay thus on the ground, his habit of haircloth laid aside, he lifted his face, as was his wont, toward heaven, and, wholly absorbed in that glory, covered with his left hand the wound in his right side, that it might not be seen, and said unto the Brethren: 'I have done what was mine to do, may Christ teach you what is yours.'" (*The Life of St. Francis of Assisi*, Chapter XIV, No. 3)

But there are also signs of new life, and new beginnings: "One of his Brethren and disciples saw that blessed soul, under the likeness of a star exceeding bright, borne on a dazzling cloudlet over many waters, mounting in a straight course unto heaven, as though it were radiant with the dazzling whiteness of his exalted sanctity, and filled with the riches of divine wisdom and grace alike, by the which the holy man was found worthy to enter the abode of light and peace, where with Christ he resteth for evermore." (*The Life of St. Francis of Assisi*, Chapter 14, No. 6)

We see this truth of our temporal existence — this cycle of transformation and regeneration — reflected in our own fraternity.

On August 21, our sister Catherine Williams left us to start her eternal life. We said goodbye with a Franciscan Wake Service, and a beautiful Funeral Mass.

And soon, we will profess Beena, and elevate Stanley, Sharon, Lisa, and Barbara to the status of Candidates.

And so it has been — for the over 800 years since Francis was asked by those who would become the first Franciscan tertiaries (Seculars), "How can we live like you?"

Brothers and sisters will come. Some will stay, some will go. Some will be with us for a long time; some for only a short while.

We cannot know the number of days we will have with them.

So, what we can do — what we must do — is cherish one another as we move through this life; as we share our Franciscan charism and joy with one another, our families, our friends, our Church, and our communities.

May you have a blessed Transitus and Feast Day!

Holding you all in prayer,

Kimberley

RECAP OF LAST GATHERING

OPENING PRAYER

Offered by Joe Boyle:

Lord, in the silence of this new day, I ask You for peace, wisdom and strength.

Thank you for all your many Blessings, seen and unseen, for everything is a gift from You.

I want to look at the world with loving eyes.

I want to be patient, understanding, humble and forgiving.

May I see others as you see them.

Close my ears to idle words and keep my tongue from slander.

May all who approach me feel Your presence, and see in me a reflection of You.

Amen.

(Author unknown)

PRESENTATION

Walter Gawlak, OFS presented a program on profession. Father Felice Cangelosi OFM Cap states “Profession in the Secular Franciscan Order, as a promise to live the gospel in the manner of St. Francis, aims to put before us the radical light-filled and joyful style in which Francis listens to the gospel and commits himself or herself to live it.” Some of the highlights from the presentation are:

- Profession is a grace given by the Holy Spirit.
- The ceremony is a special act in time for which we prepare over years and which was prepared by Franciscans.
- Profession is a dialogue between the candidate and God.
- Profession takes place amidst the Franciscan community of brothers and sisters.
- The community ratifies the promise that is made.
- Profession is a celebration and a sacrifice.

Following Walter’s presentation, Bob Calderon, OFS gave a short presentation about a Spiritual Direction program. Prior to the presentation, Bob announced that Father Noel, formerly from St. Anthony Shrine, had COVID and was seriously ill; he is now home in the rectory and doing much better. Bob began his presentation on the Audire program. Audire is Latin for Listen. This program is contemplative and ecumenical. It is run by the Episcopal church and endorsed by the Diocese of St. Petersburg and Bob’s parish St. Mark. Bob said that spiritual direction is initiated by the directee, the person who needs spiritual direction from a spiritual director. The program, which is based in Florida, is three years. Bob starts the program next week. He said he feels it is a grace to enhance his Secular Franciscan life.

FORMATION

Walter Gawlak led a discussion of Chapters 12 through 14 of *St. Francis and Clare: A True Story* by Jon Sweeney. He asked the following questions:

Chapter 12, “The Sepulcher of St. Francis” – What was Francis’ message in the sermon of ashes and selection of the Hill of Hell for his resting place? What do you feel when you imagine that you were there for Francis’ death? What do you pray? How do you think Francis would feel about the adulation after his death?

Chapter 13, “Burning Books” – Was Francis for or against learning? Francis gave up everything. Do you think Francis understood the consequences? What do you think about giving up control?

Chapter 14, “The Rise and Fall of the Spirituals” – What did you think about the spirituals and conventuals? Did you identify with either? What does “preaching voluntary poverty was subversive to [the Church’s] ends” say about how we should follow this in our vocation today? Would a consistent, disciplined commitment to the Rule have prevented some of the Order’s leadership disruptions and served as a stronger bulwark against divisive guidance from authorities? Do we have proper balance between structure and spontaneity?

DURING THIS TIME OF EXTRAORDINARY CIRCUMSTANCES, ALL OF US HAVE FELT THE INFLUENCE OF THE CORONAVIRUS PANDEMIC. IT HAS IMPACTED HEALTH, EMPLOYMENT, INCOME, AND PEACE OF MIND. YOUR TAU COUNCIL WANTS YOU TO KNOW THAT, IF YOU ARE IN NEED OF ASSISTANCE DURING THIS TIME, PLEASE REACH OUT TO ANY OF US TO SEE HOW THE FRATERNITY MAY BE ABLE TO HELP.

PRAYER SUBMISSIONS

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

For the repose of the souls of Catherine Williams and Christopher Stine. For physical and spiritual healing of Cynthia Filan-Kim’s sister; Sally White; Richard & Carole Clarke and their grandsons Liam and Rory; Helen Broxmeyer and her daughter Susan; William Brewster; Irene Naveau; and Kay Flynn. For the patients and Sisters at the Missionaries of Charity Gift of Peace House. For the people affected by Coronavirus and their caregivers. 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. Cyndy Filan-Kim, OFS volunteered to shop and deliver food to the St. Vincent de Paul Society chapter at her parish. Money from the Tau General Fund will be used to purchase needed food items. If you wish to contribute, please send a check to Cyndy.

Thank you!

MISSIONARIES OF CHARITY HOSPICE APOSTOLATE

Volunteers are needed to help prepare the next meal to be delivered to the hospice patients at the Missionaries of Charity Gift of Peace House in Washington, DC, on Saturday, October 10.

Throughout the pandemic, for the safety of the patients, we will continue to do “curbside drop off” of meals, cooked by volunteers at home instead of in the Sisters’ kitchen, and delivered to the hospice.

Please contact Pat B., OFS or Joe M., OFS if you are interested in preparing a dish.

Thanks also to some Fraternity members who are supporting the effort in other ways, such as Vicki’s generous gift of a laundry detergent subscription. And often we are asked to pass on to the Sisters the fact that the Sisters and patients are included in prayer. All is appreciated by the Sisters.

Alleluia! Alleluia! Alleluia!

INDIVIDUAL APOSTOLATE

Veterans Day is next month. Vera Stewart, OFS will be offering prayers of thanksgiving for all Tau Veterans. If you are a veteran, please let Vera know and please specify the branch of service. If you are retired military, please provide your full rank, name, and branch of service to Vera. If you have an immediate family member who is a veteran and would like to add him or her to the prayer list, please provide the same information. If anyone would like to join the apostolate, Vera will gladly do a spiritual bouquet for the prayer recipients. Thank you!!

WELCOME TO OUR NEW SPIRITUAL ASSISTANT!



On September 15, 2020, the Province of the Most Sacred Heart of Jesus appointed Brother Joseph Marie Krilich, TOR to be the Tau Fraternity Spiritual Assistant! Brother Joseph currently resides at the St. Louis Friary in Washington, DC. He will be ordained a Deacon on September 26, 2020 and will be in residence at St. Joseph by mid-October. In the role of Spiritual Assistant, he will provide pastoral and formative guidance and leadership to our Fraternity. You can read about Brother Joseph at <http://www.troubonline.com/tag/brother-joseph-marie-krilich/>.

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 COMMITTEE

Catholic Standard

Unity Walk goes virtual in 2020 to bring different faiths together during pandemic

SEPT 18, 2020 FAITH

BY LYNNEA MUMOLA

Undaunted by strict restrictions on physical gathering due to the global coronavirus pandemic, participants of the annual Unity Walk on Sept. 13, 2020 instead logged on to the Internet to not only cross the divisions of faith but also distance. The annual gathering is organized by the Interfaith Council of Metropolitan Washington.

“Although separated by social distancing, the Unity Walk gives us a chance to be joined with our neighbors – both old and new neighbors,” said Washington Archbishop Wilton Gregory in a pre-recorded message. “This Unity Walk is the collective testimonial of our resolve to do our part to work toward peace and justice in our communities.”

During a broadcast of the welcoming message over Zoom, Archbishop Gregory urged participants to continue dialogue of unity and shared experiences especially during the current climate in the country. “Your presence today is the sign of hope for a better future,” Archbishop Gregory added. The prelate also said he was thankful for the youth involvement in the walk because they teach by example. “Our youth connect us in this tangible expression of solidarity of our shared goal to be living witnesses against the division and hostility that is seen every day in our society.”

The annual Unity Walk grew from the desire to bring people of different faiths from the District, Maryland and Virginia together following the 9/11 terrorist attacks in 2001. Over the past 15 years, participants met at the Washington Hebrew Congregation and spent the afternoon visiting neighboring houses of worship and sharing traditions in a festival atmosphere. Even though this year’s theme focused on the local neighborhoods, “Build a Loving and Just DMV,” the walk moved from Massachusetts Avenue to YouTube allowing people from across the country to participate.

“People of good will anywhere and everywhere can give a powerful witness to the value of interfaith collaboration and cooperation to benefit all in our area and our nation,” Archbishop Gregory said.

During the opening ceremony, more than 180 participants signed on to the Zoom call including Rev. Dr. Carol Flett, retired ecumenical and interreligious officer for the Episcopal diocese of Washington. “Although I have moved to Lewes, Delaware, I can still participate in the IFC’s Unity Walk. I miss all of you, but am glad we can all be together in unity of spirit,” she wrote in the chat box.

Later Rev. Platt told the *Catholic Standard*, “It has been personally inspiring and rewarding for me to participate in the Unity Walk for many years, and as an Episcopal priest, I represented the Episcopal diocese of Washington on the Board of the IFC for many years. The IFC is a beacon of hope in realizing the unity of all faiths in seeking equity and social justice.”

The kick-off message included two performances by Mosaic Harmony, an interfaith community choir and messages from local civic leaders as well. D.C. Mayor Muriel Bowser provided a greeting on behalf of 706,000 Washingtonians. “I applaud the IFC for going virtual with this year’s walk while still making it a priority to bring people together,” the mayor said. She thanked everyone for spending time at the Unity Walk as a way to connect and support one another with compassion and love. “Thank you for representing and living our DC values of unity, acceptance and faith,” Mayor Bowser said. “Together we walk on in unity and strength.”

Eileen Filler-Corn, Speaker of the Virginia House of Delegates said she hoped the day’s events helped foster fun, learning and community. “As the first Jewish Speaker of the House in Virginia’s 400-plus year history, I also know just how long it takes to create understanding and trust among faith groups,” Del. Filler-Corn said. “Events like this truly help bring that understanding and trust.”

Once organizers of the Unity Walk realized the event would have to be virtual in order to keep people safe, Symi Rom-Ryner, outreach director of the Interfaith Council of Metropolitan Washington, began planning ways to make the day meaningful online. “The Unity Walk is really an opportunity for people to get to know different faith traditions in a way that is accessible,” Rom-Ryner said.

She said the main goals of helping others engage in learning about different faiths while feeling comfortable remained the same even though the day looked different. In fact participants could virtually tour 20 places of worship, visit the resource fair by clicking on different tabs, and attend live workshops all the while increasing their knowledge of the 11 faith traditions represented in the IFC. IFC organizers also encouraged everyone to complete an act of service and submit a photo of themselves reaching out and helping a neighbor.

In one tour video, Seminarian Louis McHale, who is on assignment at Annunciation Parish in Washington, led a camera through the church beginning outside in the newly built Mary garden and opening the doors of the building while explaining aspects of the Catholic faith such as the sacraments of Confession and Baptism.

“He was so thrilled, -- his excitement just came through the screen,” noted Rev. Dr. David B. Lindsey, executive director of the Interfaith Council. Rev. Lindsey said many of the videos showed the faith leaders -- both from more traditional practices to the more diverse ones -- enthusiastically shared in this new format. But among his favorite parts of the day were participating in the live cooking demonstrations. “I found it really touching,” Rev. Lindsey said describing when the presenters shared their love of cooking while telling stories about their faith.

Capuchin Franciscan Brother Andrew Corriente, a winner in the Great American Baking Show, started the afternoon presentations with a demonstration of his recipe for Almond Cookies.

“It is said St. Francis of Assisi loved almond cookies,” Brother Andrew said. The baking friar added that he was especially glad to share a gluten-free treat with viewers. He explained to participants that he used three almond slices on top of the cookies for presentation and as a reminder of the Holy Trinity.

Brother Andrew described cooking as “a beautiful moment for me. My day is so busy, some days I can’t catch my breath,” but he added, cooking allows time to live in the moment, to enjoy the smell of baking and sharing the food once it is prepared. “I bake a lot of cookies – I live with about 20 men,” he noted.

Other guest chefs shared special recipes from their home kitchens prompting one participant to comment that it felt like a friend inviting another friend to spend time with and watch them cook. Another participant could not wait to try the recipe out for Yom Kippur and another commenter wanted to make the gluten-free cookies for his wife. Rom-Ryner said that because of the dietary restrictions of some faith traditions, a cooking demonstration would be logistically difficult to plan for an in-person Unity Walk but perfectly fit the virtual model.

Later the workshops moved from shared meals to shared experiences, as a group of young adults gathered for “Interfaith Dialogue: Hearing from the Next Generations of Leaders on Living Faithfully in a Racialized Society.” Ann Delorey, program director at the IFC helped organize the discussion and Amber Khan, host of WAMU’s Interfaith Voices moderated a recorded video to prepare for the dialogue. Delorey said over the summer she saw, “young people were motivated to act and speak out against racial injustice” and wanted to keep the conversation going as they became leaders in their communities. In one segment, a young woman from Suitland, Maryland shared experiences growing up African American and Muslim. The organizer described the video and ensuing dialogue as “fruitful” and said she hoped the conversation would help young people’s “voices be lifted up and heard.”

Although Rev. Lindsey, in his first year as executive director, said the IFC sincerely hopes the Unity Walk can be held in person next year, he expects there will continue to be a virtual component to the event. “This actually exceeded my expectations for what could happen,” Rev. Lindsey said. “And the website didn’t crash.” The director also said the videos from last Sunday’s Unity Walk will remain on the IFC’s website for the rest of the week and that the board is going to explore how to make many of the resources available in the future as there can be several uses such as to welcome new residents to the area or in classrooms.

Rabbi Bruce Lustig, senior rabbi at the Washington Hebrew Congregation, participated in the opening ceremonies and can be seen in a video tour of the synagogue. “My prayer for each of you on this Unity Walk is that your family is safe, that we will come through this pandemic stronger than we were before as a community, and that we will be hand to hand and heart to heart, and that you will come join us at Washington Hebrew where we celebrate the human family.”

<https://ifcmw.org>



INTERFAITH
LEADERSHIP
FORUM

**FROM INTERFAITH ENCOUNTER
TO ENGAGEMENT
A VIRTUAL EVENT**

**SUNDAY, OCT 25
3:00-5:45 PM**

RSVP by Oct 22

Topics include:

- tackling prejudices
- engaging with social issues
- learning from our differences
- exploring the life cycle of dialogue

Sponsored by the DC Mayor's Office of Religious Affairs, the Interfaith Council of Metropolitan Washington, the Rumi Forum and the Washington Theological Consortium

The inaugural event of the new Interfaith Leadership Forum (ILF), of which IFC is a collaborator, will explore how to deepen interfaith work in religious communities, professional life, and our culture. Leaders and those who want to become leaders— from all segments of society—are invited to join in for this Virtual Event.

Register here:

https://washtheocon.org/wtc_events/interfaith-leadership-forum-october-25/

ANNOUNCEMENTS

RITE OF ADMISSION

Tau Fraternity will hold a Rite of Admission for our four Inquirers

When: Saturday, October 3, 2020 at 6:00pm

Where: St. Joseph Church Parking Lot

TRANSITUS

When: Saturday, October 3, 2020 at 6:30pm

Where: St. Joseph Church

PROFESSION

Tau Fraternity will hold a Profession for Beena Job!

When: TBD

Where: St. Joseph Church



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 – Rite of Admission 6:00pm at St. Joseph Church parking lot
Transitus of St. Francis, 6:30pm at St. Joseph Church
- Oct 4 – Solemnity of our Seraphic Father St. Francis, plenary indulgence for tertiaries and cordbearers
Tau Monthly Gathering
- Oct 5 – Gail Dowling's Profession Anniversary
- Oct 6 – Pam Brooks', Helen Broxmeyer's, & Sally White's Profession Anniversary
- Oct 7 – Memorial of Our Lady of the Rosary
Carole Clarke's Profession Anniversary
- 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>

TRANSITUS OF ST. FRANCIS

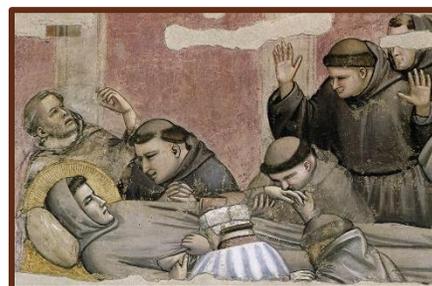
Excerpt from "Transitus: the little-known celebration of St. Francis Assisi's death" by J.D. Long-García

<https://www.americamagazine.org/faith/2018/10/03/transitus-little-known-celebration-st-francis-assis-death>

. . . Transitus, which means "passage" in Latin, is an annual Oct. 3 evening service in which Franciscans mark the passing of the founder of their order.

"It's a reminder that our goal is to be united one day with God in heaven," said Nader Ata, O.F.M.Conv., the associate pastor of Assumption Church and director of the Franciscan Place in Syracuse, N.Y. "People think of death as something scary, and it can be. But we as Christians believe there is life after death."

St. Francis was canonized just two years after his death in 1226, and Franciscan friars have celebrated the Transitus since the 13th century. The service varies from one community to the next, but it often includes a reenactment or recitation of the story of the saint's death; a reading of John 13:1-17, the Washing of the Disciples' Feet, which St. Francis requested read on his deathbed; and the singing of the "Canticle of the Sun," the song that Francis is believed to have completed in his final days.



Giotto di Bondone, Scenes from the Life of Saint Francis, 4. Death and Ascension of St. Francis (Wikimedia Commons)

DID YOU KNOW?



Contrary to common belief, Halloween is not a pagan holiday; it is rooted in Catholic tradition. All Hallows Eve is the day before All Souls Day. The current day celebration can be attributed to an intermingling of Irish and French customs. If you want to learn about the origin of Halloween, see <https://ucatholic.com/blog/the-catholic-origins-of-halloween/>.

THE FRANCISCAN STORY

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

Have you ever heard of the **Seven Crosses of St. Francis**? They appear in the *Major Legend of St. Francis* by St. Bonaventure. You can find some interesting talks on this topic on YouTube https://www.youtube.com/results?search_query=seven+crosses+of+St.+Francis

Meanwhile, here is a summary. Thank you to Chris Leone, OFS, Our Lady of the Angels Regional Fraternity.

The First Cross

Francis has a dream in which he sees a room filled with armor. He hears the question, "Who is it better to follow, the master or the servant?" (Chapter 1, par 3)

The Second Cross

St. Francis sees a vision of Christ crucified which pierces the depth of his soul. (Chapter 1, Par 5)

The Third Cross

Francis hears a voice from the cross in the chapel of San Damiano "Francis, go and repair my house which, as you see, is all being destroyed." (Chapter 2, par 1)

The Fourth Cross

Sylvester, a man of an upright way of life, has a vision of St. Francis with a golden cross issuing from his mouth. (Chapter 3, par 5)

The Fifth Cross

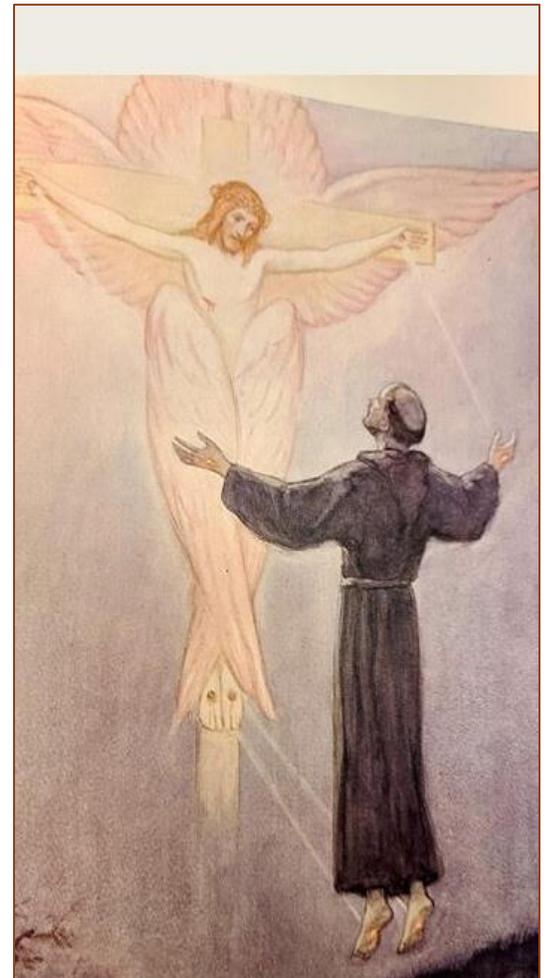
A troubadour sees an image of St. Francis with two crossed swords going from his head to his feet and from hand to hand. (Chapter 4, par 9)

The Sixth Cross

Brother Monaldo, a man of virtue, has a vision of St. Francis on the cross while St. Anthony is preaching. (Chapter 4, par 10)

The Seventh Cross

St. Francis sees the image of the crucified in the wings of the seraph on Mount La Verna and receives the stigmata. (Chapter 13, par 3)



Questions to ponder, discuss or answer in my journal. Think about St. Francis's life as you answer.

- How does St. Francis's discernment process help you to discern your vocation?
- St. Francis often meditated on the Cross of Christ and finally received the stigmata. How is meditating on the Cross important to your prayer life? How could it help you deepen your prayer?

NEXT TAU FRATERNITY GATHERING

- Date: Sunday, **October 4, 2020**
- Location: TELECONFERENCE VIA MICROSOFT TEAMS– Call-in information will be sent via email.
- Schedule: 1:30 – 3:30 pm
- Opening Prayer: **Pat B., OFS**
 - Open House Presentations
 - Ongoing Formation: General discussion of assigned material in *Francis & Clare: A True Story*
 - Liturgy of the Hours
 - Business Meeting
 - Closing Prayer

INITIAL FORMATION:

Candidates: Chapter 34 in *The Franciscan Journey*

Inquirers: Chapter 10 in *The Franciscan Journey*

ON-GOING FORMATION:

We will discuss the final two chapters of *Francis & Clare -- A Love Story*. Let's wrap up this lovely book with a sharing of our take-aways. We will be having this discussion during our annual Open House. Perhaps, it will be an opportunity to display our Franciscan spirit to our visitors.

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

LITURGY OF THE HOURS:

Led by John Ata, OFS

Twenty-Seventh Sunday in Ordinary Time:

Hymn: #33: O Christ, You Are the Light and Day (Verses 1 and 2): pg. 1541

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

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

Readers: **TBD****

****Please contact Kimberley Heatherington, OFS if you would like to volunteer to do the following:**

- **Liturgy of the Hours Psalm 1**
- **Liturgy of the Hours Psalm 2**
- **Liturgy of the Hours Psalm 3**
- **Liturgy of the Hours Scripture Reading and Responsory.**

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.