



PACE E BENE

TAU FRATERNITY

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

<https://tauofs.org/>

August 2021

MINISTER'S MESSAGE

Peace and all good!

August 11 marks the Feast Day of St. Clare of Assisi, who passed into eternal life 768 years ago. That puts quite a distance between us — the modern followers of her mentor, St. Francis — and the foundress of the Poor Ladies.

Medieval outlooks and sensibilities were very different from our own. But as we are probably learning from our Ongoing Formation reading of *Clare of Assisi: A Heart Full of Love*, Clare's spiritual vision is surprisingly modern.

Consider this passage in Clare's writing:

“We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing. Imitation is not a literal mimicking of Christ, rather it means becoming the image of the beloved, an image disclosed through transformation. This means we are to become vessels of God's compassionate love for others.”

If we love Christ — indeed, if we are *in love* with Christ, which is perhaps a more intense devotional proposition — it is a consuming thing. Based in, as Clare says, “transformation”. Jesus becomes not just a reference point or an occasional touchstone, but the grace-giving ruler of all — all — our daily actions.

But why should the Son of God care about my everyday routine? About the disagreement with a family member, or the patience shown to a harried supermarket cashier? About the person who cut me off in traffic, or the e-mail that shouldn't have been taken the wrong way?

Why? Because not only does He love us, He wants us to be love.

You've probably heard it said that we are Christ's hands and feet on earth — i.e., the “vessels of God's compassionate love for others” that Clare refers to.

As a part of speech, “compassion” is classified as a noun — but in Christ-like practice, it's a verb. The Latin root word for compassion is “pati”, which means to suffer; added to the prefix “com” — “with” — we have “compati”, or “compassion”. Literally, “to suffer with”. To draw a simple illustration, it's the difference between saying, “I'm sorry your house burned down; that's really awful” — that's empathy — and “I'm

sorry your house burned down; that's really awful... let me help you rebuild it." That's compassion — an immersive identification with another, and a willingness to help them in their misfortune.

Without descending into the abstract theological mechanics of how or why God acts in the present, we can say this: God calls us to be agents of His love. Not just as Franciscans — but especially as Franciscans — but also as believing Christians. We are to give witness to His love in the here and now.

Is this an almost impossible task — to be constantly attuned to ways we can demonstrate Christ's love?

Indeed, it may feel that way; the idea that our existence is somehow made easier once Jesus is invited to take up spiritual residence is, as we know, misplaced. We may experience a new-found peace, but life may also seem more challenging — because we are now keenly aware of the incompleteness of things; of the need for a love that robustly answers the hollowness of the superficial messages pushed at us on a daily basis by advertisers, the media, and society: Buy more; get more. Live in a state of perpetual outrage; or take frequent offense. Keep up with the latest this; or be sure to know all about that.

Christ disrupts this status quo. He asks us to be agents of radical love, and He promises to equip us for the task (John 14:26). It is in this way that we — using Clare's terms — "imitate" Him, and become an "image" of Him.

Clare warns that "if we love things, we become a thing. If we love nothing, we become nothing". Loving things or loving nothing, then, is a kind of self-negation; we must love one another to be fully human. Because it is in loving one another that we reflect the humanity of Christ — fully divine, but remember, also fully human. It is in loving one another that we "shape" ourselves into disciples of Jesus. And it is in loving one another that we are able to find the reservoirs of strength that allow us, as Clare urged, to "love God, serve God; everything is in that."

Holding you all in prayer,

Kimberley

RECAP OF LAST GATHERING

OPENING PRAYER

Father Joseph Marie Krilich, TOR offered an opening prayer from *A Letter to the Entire Order*:

Almighty, eternal, just and merciful God,
give us miserable ones
the grace to do for You alone
what we know you want us to do
and always to desire what pleases You.
Inwardly cleansed,
interiorly enlightened
and inflamed by the fire of the Holy Spirit
may we be able to follow
in the footprints of Your beloved Son,
our Lord Jesus Christ,
and, by Your grace alone,
may we make our way to You,
Most High,
Who live and rule
in perfect Trinity and simple Unity,
and are glorified
God almighty,
forever and ever.
Amen.



Photo:

<http://salesianity.blogspot.com/2013/10/saint-of-day-francis-of-assisi.html>

PRESENTATION

Valerye Milleson gave a presentation on perfect joy. In her job as a clinical ethicist, Valerye's role is to bring peaceful understanding to those in conflict. Perfect joy may be found in the *Rule of the Secular Franciscan Order*, 19, which states, "Messengers of perfect joy in every circumstance, they should strive to bring joy and hope to others." Also, in *Little Flowers of Saint Francis*, Ch. 8 "Perfect Joy," St. Francis teaches Brother Leo that perfect joy is found in accepting suffering "with patience, without being ruffled and without murmuring. . . ." St. Clare expressed similar thoughts in her *Letter to Ermentrude of Bruges*. This theme is discussed again in *St. Francis, Admonitions*, XXVII, "How Virtue Drives Out Vice."

Finding perfect joy during COVID-19 has been a challenge. The pandemic has impacted health care workers, resulting in a rise in anxiety, depression, and insomnia. Many patients are dying and close to death; hospitals had to turn sick people away; the situation has been difficult to handle.

Valerye then discussed trauma. She noted that people are traumatized when their ability to respond to a threat is in some way overwhelmed and that a series of minor events can have as serious a traumatic effect as a single catastrophic event. She described three types of trauma: moral trauma, secondary trauma, and collective trauma.

Valerye presented some "Perfect Joy" practices for when we experience stress or trauma:

1. Mindful pausing
2. Soft belly breathing
3. Self-compassion break
4. Gratitude practice
5. Shake & dance

ONGOING FORMATION

Walter Gawlak, OFS talked about Chapter Four of *Clare of Assisi: A Heart Full of Love*. Some highlights from Walter's talk are:

- This chapter, "Image and Identity" is a continuation from the previous chapter on looking into the mirror of the cross; it focuses on our identity.
- We are called to be images of God.
- The false self is an illusory person, "a collection of aggregates of the expectations society assigns to us."

After the discussion, members were divided into small groups. Each group discussed the following questions from page 52 of the book:

1. How do you relate to the cross of Jesus Christ? Do you view it as a place of guilt and judgment or conversion and freedom?
2. What are some ways the cross can become your daily mirror? How can it help you find your true identity?
3. Do you relate to others as mirrors of Christ? Do relationships help you reflect on your own life?
4. Do you see yourself as a mirror of Christ for others to follow?

PRAYER SUBMISSIONS

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

For physical and spiritual healing Valerye Milleson; Bill Brewster and his son Richard Lee; Cynthia Filan-Kim's sister; Sally White and her husband Gary; Richard & Carole Clarke and their grandsons Liam and Rory; Helen Broxmeyer and her daughter Susan; and Irene Naveau. 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 country of Myanmar and its citizens. 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 send prayer requests to Kimberley Heatherington, OFS.

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

Thanks to our Brothers and Sisters who support the apostolate at the Missionaries of Charity Gift of Peace House. Please contact Pat B., OFS or Joe M., OFS if you are interested in making a dish for the meal to be delivered in August or helping the hospice patients in any other way.

We have not yet confirmed a date for the August meal delivery. Watch the group site for an update over the coming days.

Pace e bene!

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 – Sharon Goldberg
Recruitment Committee – Vacant
Technology Committee – John Ata, OFS

INTERFAITH/ECUMENICAL COMMITTEE



Registration Now Open for the 2021 Interfaith Council of Metropolitan Washington Unity Walk!

The annual IFC Unity Walk brings together hundreds of people from all faiths and backgrounds in a public display of solidarity and hope.

Join us on **Sunday, September 12th, 2021** as we support one another and begin to heal our communities and our region at IFC's annual Unity Walk.

The event will start at 1:00 pm at Washington Hebrew Congregation with tours of the synagogue and an opening ceremony, and will continue along Massachusetts Ave., NW, with a closing ceremony at 5:30 pm.

This year, IFC has decided to charge a small fee to register for the walk. This fee will go towards supporting the walk and IFC programming year round. If you feel unable to pay this fee, please reach out to Symi Rom-Rymer at: symirr@ifcmw.org.

<https://ifcmw.org/programs/unity-walk/>

<https://givebutter.com/UNITYWALK2021>



COMING UP IN AUGUST

August is the Month of the Immaculate Heart of Mary*

Aug 1 – Tau Gathering
Aug 2 – Our Lady of the Angels Portiuncula, Plenary Indulgence
Aug 4 – Feast of St. Dominic, Priest, Cord bearer
Aug 6 – Transfiguration of Our Lord Jesus Christ
Aug 8 – Memorial of St. Jean-Marie Vianney, Third Order Secular
Aug 10 – Lisa Jaeger's Birthday
Aug 11 – Feast of Blessed Innocent XI, Pope, Third Order Secular
Aug 12 – Feast of St. Clare of Assisi, Foundress of the Poor Clares
Aug 14 – Memorial of St. Maximilien-Marie Kolbe, Priest, Conventual Religious, Martyr
Missionaries of Charity Hospice Apostolate food drop off
Aug 15 – Feast of the Assumption of Our Lady
Aug 20 – Heber Garcia's and Beena Job's Birthday
Aug 22 – Feast of the Immaculate Heart of Mary
Aug 23 – Pam Brooks' Birthday
Aug 24 – Feast of St. Bartholomew the Apostle
Aug 27 – Memorial of St. Monica
Aug 28 – Feast of St. Junipero Serra, Priest, Religious of the Franciscan 1st Order
Aug 29 – Memorial of the Passion of St. John the Baptist

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

LITANY OF THE IMMACULATE HEART OF MARY

For private Devotion, from [Litany of the Immaculate Heart of Mary - Welcome His Heart - Sacred Heart Enthronement](#)

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us. *Christ, graciously hear us.*

God the Father of Heaven, *Have mercy on us.*

God the Son, Redeemer of the world, *Have mercy on us.*

God the Holy Ghost, *Have mercy on us.*

Holy Trinity, One God, *Have mercy on us.*

Heart of Mary, *Pray for us.*

Heart of Mary, like unto the Heart of God, *Pray for us.*

Heart of Mary, united to the Heart of Jesus, *Pray for us.*

Heart of Mary, instrument of the Holy Ghost, *Pray for us.*

Heart of Mary, sanctuary of the Divine Trinity, *Pray for us.*

Heart of Mary, tabernacle of God Incarnate, *Pray for us.*

Heart of Mary, immaculate from thy creation, *Pray for us.*

Heart of Mary, full of grace, *Pray for us.*

Heart of Mary, blessed among all hearts, *Pray for us.*

Heart of Mary, throne of glory, *Pray for us.*

Heart of Mary, most humble, *Pray for us.*

Heart of Mary, holocaust of Divine Love, *Pray for us.*

Heart of Mary, fastened to the Cross with Jesus Crucified, *Pray for us.*

Heart of Mary, comfort of the afflicted, *Pray for us.*

Heart of Mary, refuge of sinners, *Pray for us.*

Heart of Mary, hope of the agonizing, *Pray for us.*

Heart of Mary, seat of mercy, *Pray for us.*



Lamb of God, Who takest away the sins of the world,
Spare us, O Lord.

Lamb of God, Who takest away the sins of the world,
Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world,
Have mercy on us.

V. Immaculate Mary, meek and humble of heart,
R. *Make our hearts like unto the Heart of Jesus.*

Let Us Pray:

O most merciful God, Who, for the salvation of sinners and the refuge of the miserable, wast pleased that the Most Pure Heart of Mary should be most like in charity and pity to the Divine Heart of Thy Son, Jesus Christ, grant that we, who commemorate this sweet and loving Heart, by the merits and intercession of the same Blessed Virgin, may merit to be found like unto the Heart of Jesus, through the same Christ Our Lord.

R. *Amen.*

This litany was composed by John Henry (Cardinal) Newman shortly after he converted to Catholicism in 1845. Let us pray this with reverence and recall the many blessings that have flowed through Mary from Jesus to us.

JUSTICE PEACE AND INTEGRITY OF CREATION

Make the Change Permanent

By Bill Bouffard, OFS

<p>Representative Jennifer Wexton 1217 Longworth HOB Washington, DC 20515 Phone: (202) 225-5136 https://wexton.house.gov/contact/</p>	<p>I briefly mentioned the Child and Family security bill in Congress a couple of months ago. An article in the Washington Post from Tuesday, July 13, spells out the issue. This week the support checks will start going out as included in the last stimulus package. This program will provide families with \$300 per child per month under the age of six and \$250 for children from six to 17 years of age. One of the best features, one does not have to jump through many hoops to qualify and most will be automatically enrolled. The program comes with a "dignity" approach requiring no humiliating interviews, listing assets, or reporting work hours. Under the law, the money will not be considered as income for Medicaid or other or other safety net programs.</p> <p>Many couples under the current programs were forced to live separately to qualify for higher benefits. Because of the \$700 per month threshold for reduced benefits, many would only accept jobs that paid accordingly. Medicaid has similar thresholds as well, earn too much and loose the insurance. Think about having to make the decision to earn less money in order to obtain your medication through Medicaid. Unfortunately, the current safety net has a few holes in it and many do fall through.</p>
<p>Note: must go to website to email. If Wexton is not your representative go to: https://www.house.gov/representatives/find-your-representative</p>	
<p>Senator Tim Kaine 231 Russell Senate Office Building Washington, D.C. 20510 Phone: (202) 224-4024 https://www.kaine.senate.gov/contact/share-your-opinion</p>	
<p>Senator Mark Warner 703 Hart Senate Office Building Washington, DC 20510 Phone: 202-224-2023 https://www.warner.senate.gov/public/index.cfm?p=ContactPage</p>	

I know some will take advantage of this program but as Franciscans we should consider all those it will help. Although a bit optimistic, it is estimated child poverty will be cut in half. Even if it is somewhat less I would consider it worthwhile. I would even say, this is a Franciscan program. Please remember, this new program will expire in July 2022 if Congress does not pass the permanent bill. This poverty will not go away in 12 months, we will need to provide this support for some time to come. Since I live in Loudoun County, I

contacted Representative Wexton and Senators Kaine and Warner. I would ask you to do the same. If you do not have email, write them a letter or call them. I would encourage you to remind them periodically as we get closer to next July.

NEXT TAU FRATERNITY GATHERING

Date:	Sunday, August 1, 2021	
Location:	TELECONFERENCE VIA MICROSOFT TEAMS – Call-in information will be sent via email.	
Schedule:	1:30 pm – 1:35 pm	Opening Prayer & Member Prayer Offering: TBD
	1:35 pm – 2:15 pm	Presentation: Kimberley Heatherington, OFS - <i>Surrounded by Love: Seven Teachings from Saint Francis</i> by Murray Bodo, OFM
	2:15 pm – 2:25 pm	Break
	2:25 pm – 3:05 pm	Ongoing Formation & Discussion
	3:05 pm – 3:15 pm	Break
	3:15 pm – 3:25 pm	Angelus & Liturgy of the Hours
	3:25 pm – 3:35 pm	Business Meeting
	3:35 pm	Closing Prayer

Attendance Reminder: While attendance policies were relaxed during the Coronavirus pandemic, we have returned to normal attendance policies.

Please remember to let a member of the Council know in advance if you must be absent for a meeting or other scheduled event.

INITIAL FORMATION:

Senior Candidates: Chapter 31 in *The Franciscan Journey*

Candidates: Chapter 20 in *The Franciscan Journey*

Inquirers: Chapter 8 in *The Franciscan Journey*

ON-GOING FORMATION:

We will read Chapter 5 in *Clare of Assisi: A Heart Full of Love*. The chapter is about contemplation, but let us discuss all the methods we use to come into the presence of God. If you practice contemplation, Lectio Divina, sitting before the Eucharist, whatever helps you to "behold and be held," share it with us.

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:

Eighteenth Sunday in Ordinary Time

Hymn: #9 – Sing with All the Sons of Glory: pg. 1516 or O Trinity of blessed light from the Divine Office podcast

Canticle of Mary Antiphon and Prayer: Eighteenth Sunday in Ordinary Time: Evening Prayer II: pg. 623

Everything else: Sunday, Week II Evening Prayer II: pg. 786

Readers: **TBD****

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

- **Opening Prayer**
- **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.