



PACE E BENE

TAU FRATERNITY

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

<https://tauofs.org/>

January 2023

MINISTER'S MESSAGE

Peace and good!

As we contemplate our spiritual focus for 2023, it can be sometimes useful to look back at our early beginnings of faith formation. I recently reviewed an old notebook where I had written notes that inspired me. This was before I had discovered the Franciscans and the Secular Franciscan Order. I found a page with quotes that I used to refer to frequently. There are several about humility: Matthew 23:12 and Luke 14:10. There are others that are about detachment: Mark 4:25 and Luke 6:38. There is another by Frederick Nietzsche who philosophizes on happiness. I include the quote here: *For happiness, how little suffices for happiness! The least thing precisely, the gentlest thing, the lightest thing, a lizard's rustling, a breath, a wink, an eye glance – little maketh up the best happiness. Be still.* And at the bottom of the page of that notebook, there is the Prayer of St. Francis, which I saw in the St. Joseph weekly bulletin before I even knew that the Friars were Third Order Regular.

Most certainly, I am in a different place in my life than when I assembled that notebook. There are different inspirations and spiritual practices that keep me grounded. Yet, the notes from an early stage of my faith formation are still very relevant.

As each of you think about rejuvenating your faith practices in 2023, pay attention to what energizes you these days. Keep it simple. If it appears to work for you today, stick with it. However, if some of your practices seem stale, you may want to reflect on your earlier motivations.

Look forward to another year of growth in our journey together as Secular Franciscans in 2023!

RECAP OF LAST GATHERING

OPENING PRAYER

Be Our Light for the New Year

Come, Holy Spirit,

Spirit of the Risen Christ, be with us

today and always.

Be our Light, our Guide, and our

Comforter.

Be our Strength, our Courage, and our

Sanctifier.

May this new year be a time of deep

spiritual growth for us,

A time of welcoming your graces and

gifts,

A time for forgiving freely and

unconditionally,

A time for growing in virtue and

goodness.

Come, Holy Spirit,

Be with us today and always.

- Author Unknown

CHRISTMAS PARTY

We were joined in celebration by Denis, Alonzo, Lucio, and Jennifer from YouFra as well as guests Amanda, Conor, and Jen. We are excited to have received Tau applications from Amanda & Jen! We look forward to having the YouFra group visit us again to offer a presentation as to how they started their ministry. Thank you to all who provided food, beverages, games, & good cheer for the day!

ONGOING FORMATION

Bill Richey offered a short presentation on "In Love with Christ, The Secret of Saint Francis of Assisi" by Father Raniero Cantalamessa, OFM, Cap. Zenit Books, Rome, 2014. We were encouraged to revisit our books from Initial Formation and read along with Kelly and Gio on their current journeys.

FORMATION PREPARATION

INITIAL FORMATION

Candidates: Chapter 23 in The Franciscan Journey
Inquirers: Chapter 7 in The Franciscan Journey
Orientation: Chapter 1 in The Franciscan Journey

ONGOING FORMATION

Based on Chapter 9 and the Appendix Contentment Check in the book "Habits for Holiness," Gil's Advent Exercise sent out Dec. 2, and your own reflections during Advent and Christmas, bring 1-3 New Year's Franciscan Resolutions to be discussed with others.

PRAYER

The Epiphany of the Lord:

After graciously offering to be our Spiritual Assistant, Fr. Tom will now be offering the daytime prayer: [https://www.ebreviary.com/ebreviary/usa2/ebusassfprayer4c.nsf/576f0c20d0d4344d852573f2000b9ba2/51ec1376328a7378852587f5004fdbd8/\\$FILE/0108_Day_Sun.pdf](https://www.ebreviary.com/ebreviary/usa2/ebusassfprayer4c.nsf/576f0c20d0d4344d852573f2000b9ba2/51ec1376328a7378852587f5004fdbd8/$FILE/0108_Day_Sun.pdf)

Hymn:

January: p. 81. All 2023 hymns are in the book of Christian Prayer

APOSTOLATES

SHAWL MINISTRY

The Diocese of Arlington has requested Sharon oversee a prayer shawl ministry for the regional Gabriel Project! Sharon and Kelly presented a beautiful swaddling blanket to Barb for her newborn grandson.

ECUMENICAL APOSTOLATE WITH THE FIRST BAPTIST CHURCH OF HERNDON:

Josh asked for volunteer(s) to teach starting in January.

MISCELLANEOUS

Please continue to discern about a monthly donation to the Tau Common Fund and Food Pantry. Joe delivered coats to Cornerstones for their Winter Coat Closet on December 17th. A long line of families was waiting to make their choices. Thank you to all who donated!

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

NEXT TAU FRATERNITY GENERAL MEETING

Date: January 8, 2023

Location: In-person or online

Schedule: 1:30p-4:00p