



SPECIAL
POINTS OF
INTEREST:

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Minister's Message

Peace and all good!

August is the month the Church dedicates to the Immaculate Heart of Mary.

What do we know about Mary's heart?

We know Mary's heart is a heart that said yes.

At the Annunciation, the Angel Gabriel declares, "Hail, O favored one! The Lord is with you!" (Lk. 1:28, NRSV). Scripture records that Mary "was greatly troubled at the saying." And once Gabriel has explained the nature of his mission, Mary is further perplexed: "How shall this be...?" (Lk. 1:34). But then: "Behold, I am the handmaid of the Lord" (Lk. 1:38).

There's the "yes." As I've remarked before, this isn't a "yes" of passive docility. It's a bold "yes" of faithfulness to God; of courage in the midst of what could have — were it not for another angelic intervention, in Joseph's dreams (Mt. 1:20-25) — quickly spiraled into a life-imploding disaster. Mary said "yes" for herself; and ultimately, for humanity.

We know Mary's heart is a heart that embraced mystery.

How could it be otherwise? Just imagine: Mary is told she will give birth to the Son of God — and once she does, she of course must be a parent to him. How, precisely, does one raise a deity? There's no child-rearing advice or experience that would seem to apply.

While the Scriptures are voiceless about Jesus' life from the age of 12-29 — a period referred to by Biblical scholars as the "silent", "unknown", "missing" or "lost" years — we know that after Jesus was found by Mary and Joseph in the Temple, he "went down with them and came to Nazareth, and was obedient to them" (Lk. 2:51). Mary's reaction to this unnerving episode — surely among the greatest fears of any parent is the loss of a child — tells us something about her style of parenting: "His mother treasured all these things in her heart" (Lk. 2:51). She loved Jesus, and she was proud of him. Just like any mom.

We know Mary's heart is a heart that suffered.

The Immaculate heart of Mary is represented as pierced by a sword.

Not only is this an echo of Simeon's prophecy in the Temple — "...a sword will pierce your own soul, too" (Lk. 2:35) — it is a graphic representation of the sorrows she will suffer, which are traditionally numbered as seven. In addition to Simeon's prophecy, there is the flight into Egypt (Mt. 2:13-21); the loss of Jesus for three days (Lk. 2:41-50); the carrying of the cross (Jn.



Organization

Tau Fraternity
P.O. Box 51
150 S. Sterling Blvd.
Sterling, VA 20167

Meetings every 1st Sunday at:
St. Joseph Catholic Church
750 Peachtree St., Room 205
Herndon, VA 20170

Pace e Bene

The Tau Fraternity of the Secular Franciscan Order was canonically established on June 21, 1992. The Fraternity is affiliated with the Third Order Regular of St. Francis, Province of the Most Sacred Heart of Jesus. Tau Fraternity is in the St. Margaret of Cortona Region of the Secular Franciscan Order.

The Tau Fraternity Council currently includes the following officers:

- **Minister—Kimberley Heatherington, OFS**
- **Vice Minister—Josh Goldberg, OFS**
- **Formation Director—Walter Gawlak, OFS**
- **Secretary—Vera Stewart, OFS**
- **Treasurer—Cynthia Filan-Kim, OFS**



Minister's Message Cont'd

19:17); the Crucifixion (Jn. 19:18-30); Jesus taken down from the cross (Jn. 19:39-40); and Jesus laid in the tomb (Jn. 19:39-42).

Our Lady's Seven Sorrows remind us that Mary was a refugee, a panicked parent, and a mother forced to witness the brutalization and tortured death of her son — accompanied by public jeers, insults, and mockery — before finally laying his battered and lifeless body in a cold tomb. (Mt. 27:38-44). The eventual triumph of the Resurrection in no way diminishes the profound pain Mary would have felt at each step of Christ's Passion.

Most of all, we know Mary's heart is a heart that loves, with the love of a mother.

In a 2012 homily, Pope Benedict XVI shared a vision of Mary's maternal love and intercession: "How does Mary exercise this queenship of service and love? By watching over us, her children: the children who turn to her in prayer, to thank her or to ask her for her motherly protection and her heavenly help, perhaps after having lost our way, or when we are oppressed by suffering or anguish because of the sorrowful and harrowing vicissitudes of life. In serenity or in life's darkness let us address Mary, entrusting ourselves to her continuous intercession so that she may obtain for us from the Son every grace and mercy we need for our pilgrimage on the highways of the world."

We fly to Thy protection, O Holy Mother of God!

Holding you all in prayer,

Kimberley

Elections News

Important Dates from Nominations

Chair John Ata, OFS

August 1—Send out the Tau Nomination Package

September 11—Elections

For information on the responsibilities of the Tau Council, see Articles 49 through 52 of the *General Constitutions of the Secular Franciscan Order*.

[2020 Dec-updated-Translation OFS-
General-Constitutions-s1469.pdf](#)

Thank you to those who have accepted nominations for the upcoming elections. We will need to take nominations from the floor, and we ask that you prayerfully consider accepting a nomination or nominating yourself.

We need one volunteer for the Elections Committee:

⇒ **Secretary of Elections**

If you are not running for a Council position, please consider volunteering for this role.

NOTICE

Nominees must be professed members. Please check with someone before nominating that person. Nominees should prayerfully consider the request before accepting a nomination. You are welcome to nominate yourself.

**Must be
professed and
in person to
vote!**



Recap of Last Gathering

July 3, 2022

OPENING PRAYER:

Offered by Walter Gawlak, OFS



SUMMARY OF SURVEY RESULTS:

Results were mostly agree or strongly agree. Questions are below, and areas of disagreement or comment are annotated.

1. I'm happy with the fraternity. *One person disagrees.*
2. The people I Tau fraternity treat each other with respect.
3. My opinions are taken into consideration in fraternity meetings.
4. The fraternity reinforces my Catholic faith and the teachings of the Church.
5. I look forward to attending monthly meetings. *One person disagrees.*
6. I'm glad to be part of this fraternity. *One person disagrees.*
7. I feel that I am growing in my faith by being a member of this fraternity. *One person disagrees.*
8. The duration of and frequency of fraternity meetings are appropriate. *Two people disagree; comments indicate the meetings are too long.*
9. I feel that the fraternity helps me to integrate Franciscan spirituality into my everyday life.
10. The fraternity helps me to feel connected to the activity of other Secular Franciscans at the regional, national, and international levels. *Four people disagree; comments indicate that we are not connected to what is happening around the world.*
11. Generally, the group activities outside of meetings received favorable ratings. The activities with the highest ranking are the annual retreat, days of spirituality, and Transitus.

SURVEY DISCUSSION:

Following the presentation of the survey results, members had the following comments:

- There are six Catholic churches in Uzbekistan, four of which are operated by Franciscans. We can explore the possibility of working with them
- Make Tau a priority. We meet once a month. Some of the information we discuss is meaty and warrants discussion. Why should we cut it short? The SFO is a way of life.
- If anyone has a legitimate reason to leave a meeting early, they should ask the Minister to excuse them.
- Tau should respect that if someone needs to leave early, the reason for doing so is legitimate.
- The Council should consider the timing and time allotted and assess the schedule based on comments.
- Elderly members may have issues driving in the dark. Perhaps we can begin the meetings 30 minutes earlier.
- Meetings are long because we are a large fraternity with a lot of participation.
- Another option is to move initial formation to another day in order to begin meetings earlier.
- We should consider meeting on Saturday, early in the day.
- We have to reserve the rooms eight months in advance, and we are locked in. However, we can request a change.
- Tau did fieldtrips before COVID; we could try doing more of these with a spiritual component and fellowship.
- We could attend Mass at each other's parishes.
- We should share information about our individual apostolates.
- Per the Region, we must meet in person. Virtual attendance is allowed only for excused persons. The link should be sent only to those who are excused.
- Virtual meetings are helpful to those who have to work during the meeting times.

Recap Cont'd

ONGOING FORMATION:

Walter Gawlak, OFS began Ongoing Formation discussion of Chapter Six, "Priests by Baptism: 'Christian, Remember Your Dignity'" from *Habits for Holiness: Small Steps for Making Big Spiritual Progress* by Fr. Mark Mary Ames, CFR. He said that the science of Physics may answer many things, but it does not answer questions such as does life have meaning. But the metaphysical forces of love, grace, and prayer are instrumental in answering those questions. Love is a primal force that acts for good except when it is misguided. Prayer united with sacrifice is powerful. Saints Francis and Clare did this, which led to a revival of Christian Faith in the 13th Century. Walter quoted from Section 7 of the *Rule of the Secular Franciscan Order*, ". . . let them conform their thoughts and deeds to those of Christ." He suggested change "thoughts" to prayer. He asked if anyone has mapped their prayer life to create a web of prayer? (Map who you pray for and who prays for you.)

Walter asked the Fraternity to consider the following questions:

- Do you agree that the most powerful force is prayer united with sacrifice?
- Do you bring intentionality to prayer?
- If you have someone in need of prayer, can you unite prayer with sacrifice for the person's intentions?
- Have you thought about making small and large sacrifices?
- Did you remember to offer up sacrifices during the sacrifice of the Mass? Was it meaningful?
- Has your prayer life changed as a result of becoming Franciscan?

Walter stated that he provided questions for small group discussions via email. The Fraternity split into small groups to discuss the questions:

1. Are there ways I am already making regular sacrifices out of fidelity to Christ? Focus on what you have prayerfully realized after

having read this chapter.

2. Is there a way to pay attention to the sacrifices I'm making so that I can intentionally unite them with the suffering of Christ?
3. If I don't already have the practice, can I begin interceding for those I meet throughout the day? Let's make it simple, think of one such person you've met this past week and pray retroactively.
4. Is there an intention particularly close to my heart that I just don't know what to do with? Would offering nine days of prayer and sacrifice for this person or result be something I feel motivated to do? This sacrifice should be above and beyond the small sacrifices you already make in union with prayer. Have you tried one day of special sacrifice, e.g., fasting or early rising?
5. Despite all I do, how do I feel if my prayers do not appear to be answered?

Dear All Tau Fraternity members -

Peace!

Thank you so much for your generous donations to us. we are grateful for your prayers for us and we remember you and the world in ours. May God continue to bless you all.

May St. Clare intercede for you

Sr. Barbara & sisters



APOSTOLATES

MISSIONARIES OF CHARITY HOSPICE COOKING APOSTOLATE

Thanks to our Brothers and Sisters who support the apostolate at the Missionaries of Charity Gift of Peace House. The remaining food drop offs for the year will be:

- August 13,
- October 8,
- December 10.

The menu for June includes pasta. If you would like to help or have questions, please contact Veronica O'Donnell, OFS or Joe Boyle, OFS.

Pace e bene!

ST. VINCENT DE PAUL

Help to feed the hungry. Cyndy Filan-Kim, OFS volunteered to shop and deliver food to the St. Vincent DePaul Society chapter at St. Timothy Catholic Church. Food donations may be dropped off prior to the Tau Gathering in the stairwell on the right at St. Joseph School. If you wish to make a monetary donation for the food pantry, please provide it to Cyndy.

Thank you!

For more, info, see <https://sttimothyparish.org/outreach-and-ministries/st-vincent-de-paul/>

Franciscan Mission Service

Tau Fraternity provides a biannual monetary donation to Franciscan Mission Service. The organization prepares and supports lay Catholics for mission service opportunities around the globe.

For more information, see [Home | Franciscan Mission Service](#)

POOR Clares of New Jersey

Tau Fraternity supports the Monastery of St. Clare in Chesterfield, NJ with a biannual monetary donation. The monastery is home to Sister, Karen Stapleton, OSC, who began her Franciscan journey with Tau Fraternity. The main work of the Poor Clares of NJ is to provide altar bread to parishes in the diocese of Trenton.

For more information, or to submit a prayer intention to the Poor Clares, see [The Poor Clares of New Jersey — Joyfully Embracing the Gospel Way of Life . \(poorclaresnewjersey.com\)](http://The Poor Clares of New Jersey — Joyfully Embracing the Gospel Way of Life . (poorclaresnewjersey.com))

Refugee Assistance

The First Baptist Church is planning a new project for providing English as a Second Language classes to refugees. See the next page for more info.

If you wish to continue helping the refugees in the meantime, Catholic Charities has a wish list for those who have been resettled. See Amazon.com.

**FAITH without
WORKS is dead**

James 2:17

Ecumenical Apostolate

Information about Volunteer Needs

Thank you to everyone who has volunteered to help with this apostolate! We have teachers and substitute teachers, but we still need volunteers for many supporting activities such as mentors to help in the classrooms, members on the refreshment committee and communication committee.

There are many ways to serve and to put action to our words of helping the poor. This project gives each of us an opportunity to help whether it be teaching in a classroom, welcoming students with a smile, developing teaching materials, setting up a Google site, or putting up posters at various businesses.

Mentors are especially needed: You need not speak a foreign language to be a mentor or have any special experience or skills other than a willingness to sit in the classroom, observe the students and make them feel welcome with a smile. Mentors give feedback to

the teachers if they see that a student is struggling. If you are willing to help be a mentor, you need not attend each class. Of course it is best if you are there often, but it is not necessary.

Here are important dates coming up:

- **August 27**—Teacher training will be via Zoom from 10:30am – 12:30pm.
- **September 13**—Help is needed for Registration. The volunteers will help register and assess needs. Volunteers need to be at First Baptist Church for a pre-meeting at 5pm. Registration and assessment will occur from 6 – 8pm.
- **September 15**—First day of class. Baptists and Franciscans will co-teach. Bill Bouffard, OFS and Stanley Hoover, OFS have volunteered to teach. Josh Goldberg, OFS; Barbara Slivers, OFS; and Giovanni Taglesi have volunteered to substitute.

INDIVIDUAL APOSTOLATES

Did you know that Beena Job, OFS has a Master's Degree in Agricultural Economics? Accordingly, one of her apostolates is mindful gardening, which reduces waste and helps the environment. Here are simple tips from Beena!

- * Put the waste of fruits and vegetables into a pot. Put soil and leaves on it and add seeds like mustard, green gram (mung beans), wheat. Give it a little water and harvest your microgreens.
- * When you eat fresh fruits and veggies, put the waste back to soil. If you are in a hurry put the waste in the backyard and

put some soil or leaves on it. In a few days the soil can be used as nutrition for your plants.

- * Grow the seeds of the fruits and veggies that you eat (tomatoes, musk melon, etc.). Dig a small hole and cover it with soil so the birds don't eat it. When you see small plants growing transplant them.



Sharon Goldberg, OFS is collecting and donating used batteries (certain types). She will be collecting until October. If you're interested in helping, check with her about details.

EXPAND YOUR INDIVIDUAL APOSTOLATE!

If you are contributing to a collection drive or helping your parish or community, consider inviting your Franciscan brothers and sisters. Make an announcement about the event or activity at the Tau Gatherings.

Giving Opportunities

More ways to help

FRANCISCAN MISSIONS

Help missions around the world through:

- * A Gift of St. Anthony's Bread
- * Keep Hope Alive in Ukraine
- * Typhoon Relief in the Philippines
- * Syria Relief
- * Hope and Mercy in India
- * Our Lady of Angels Clinic in Lima, Peru

Learn more and donate at [Donate to the Franciscans - Franciscan Missions](#)

ASSISTANCE FOR UKRAINE

For direct giving that provides assistance in a timely manner, go to these sites:

Catholic Relief Services: [Catholic Relief Services \(crs.org\)](#)

Caritas International: [Caritas - Ending poverty, promoting justice and restoring dignity](#) (caritas.org)

Catholic News Service: [UPDATE: Where to give to help Ukraine - Catholic News Service](#)

CATHOLIC CHARITIES GIVING NEEDS

Hungry Children—St. Lucy Food Project needs shelf stable milk, individual fruit cups, microwavable Chef Boyardee meals, and Macaroni & Cheese.

Personal Hygiene—Help Catholic Charities support needy families within the Diocese by donating standard size bottles of shampoo, deodorant, dish soap, or laundry detergent.

Donate these items to:

Christ House
131 S. West St.
Alexandria, VA 22314
or
113 Executive Dr.
Building #2, Suite 110
Sterling, VA 20166

Loaves & Fishes
613 N. Royal Ave.
Front Royal, VA 22630

St. Lucy Warehouse
8426 Kao Circle
Manassas, VA 20110

Virtual donations: [Home Page \(ccda.net\)](#)
or email Lori.Sikra@ccda.net for questions or drop off hours

COMMITTEE NEWS

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

September 11, 2022

INTERFAITH & ECUMENICAL

Unity Walk



**RESOURCE
FAIR &
REGISTRATION
12:30-1:30PM**



JOIN US!

IFC's annual Unity Walk is a public demonstration of love and support for all who live in our region. Walk with participants of all ages to visit 11 different houses of worship and spiritual centers in upper Northwest DC to learn about and experience diverse faith traditions. There will be new opportunities to engage through moderated mini-dialogues, hands-on family activities, comedy, music, and sharing of tasty cultural treats. Come by yourself or bring friends to celebrate the wonderful diversity that exists in our region! This year's walk will take place on Sunday, September 11th from 12:30-6pm. Join us!



**WALK!
1:30-
6 PM**



FOR MORE INFORMATION: www.ifcmw.org  unitywalk@ifcmw.org

PRAYERS & DEVOTIONS

Immaculate Heart of Mary

Immaculate Heart of Mary,
full of love for God and mankind,
and of compassion for sinners,
I consecrate myself to you.
I entrust to you the salvation of my soul.

May my heart be ever united with yours,
so that I may hate sin,
love God and my neighbor,
and reach eternal life with those whom I love.

May I experience the kindness of your motherly heart
and the power of your intercession with Jesus
during my life and at the hour of my death.
Amen.

Submitted by Joe Boyle, OFS

— AUGUST IS THE MONTH OF THE —

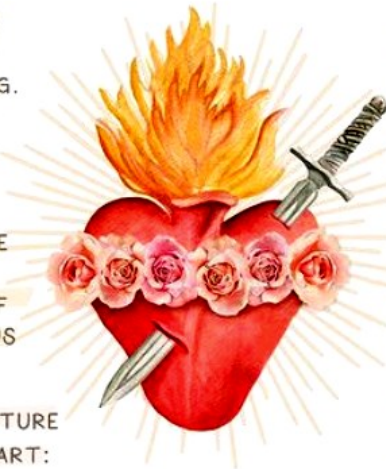
Immaculate Heart

— OF MARY —

THE CATECHISM (CCC#368) STATES THE HEART IS "THE DEPTHS OF ONES BEING. WHERE THE PERSON DECIDES FOR OR AGAINST GOD."
- BECAUSE OF THIS MARY'S HEART CAN BE THOUGHT OF AS A SYMBOL OF PURE SELF GIVING LOVE FOR JESUS AND FOR GOD.

TWO PLACES IN SCRIPTURE REFER TO MARY'S HEART:
LUKE 2:19 AND LUKE 2:51

IN THE APPARITIONS OF OUR LADY IN FATIMA SHE REVEALED GOD WISHED TO ESTABLISH DEVOTION TO HER IMMACULATE HEART THROUGHOUT THE WORLD.



IDEAS TO INCREASE YOUR DEVOTION:

CHANGE YOUR PHONE WALLPAPER TO AN IMAGE OF THE IMMACULATE HEART

PRAY THE "LITANY OF THE BLESSED VIRGIN MARY" OR "THE LITANY OF THE IMMACULATE HEART"

CONTEMPLATE / MEDITATE ON WHAT MARY PONDERED IN HER HEART

GO TO MASS ON THE FIRST SATURDAY OF THE MONTH

PRAY THE PRAYER TO THE IMMACULATE HEART

GO TO CONFESSION AND HAVE GOD MAKE YOUR HEART CLEAN AGAIN!

SING / LISTEN TO / PRAY THE SALVE REGINA IN FRONT OF A STATUE OR IMAGE OF THE BLESSED MOTHER

PRAYER INTENTIONS

HEAR US, LORD!

Please keep the following intentions in your prayers:

For the repose of the soul of Bill Brewster. For physical and spiritual healing of Brian Prendergast; Walter Gawlak's daughter-in-law; Sylvia Capurso; Melissa, Ben, and Baby Levi; Valerye Milleson; 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 refugees and migrant workers. 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.

Diocese of Arlington - St. Thérèse Vocations Society

Pray for vocations

ARLINGTON DIOCESE VOCATIONS PRAYER

Heavenly Father, Lord of the harvest, call forth vocations to the priesthood and consecrated life from our diocese and our families.

Inspire men to imitate Christ the Eternal High Priest in sacrificial service to Your Church.

Move the hearts of men and women to offer themselves wholly to You in poverty, chastity, and obedience. Send them as laborers for Your harvest.

Inspire the faithful to support them with prayer and sacrifice. Raise up holy families who foster openness to Your call.

Today we pray especially for _____, that you grant them clarity in their discernment and continued growth in holiness.

We ask this through Christ, Our Lord. Amen.



CALENDAR

Upcoming Activities and Events

August is the Month of the Immaculate Heart of Mary *

- 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 7—Tau Gathering
- 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 13—Missionaries of Charity Hospice Apostolate food drop off
- Aug 14—Memorial of St. Maximilien-Marie Kolbe, Priest, Conventual Religious, Martyr
- 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

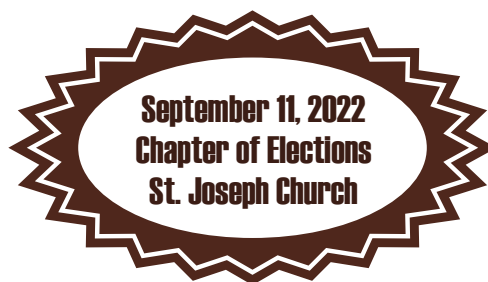
* See the Franciscan Calendar for more dates: <http://www.roman-catholic-saints.com/traditional-franciscan-calendar.html>

AUGUST 2022

Su	Mo	Tu	We	Th	Fri	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022

Su	Mo	Tu	We	Th	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



QUINQUENNIAL CONGRESS

When: August 3—7, 2022

Where: Sheraton Phoenix Downtown, Phoenix, AZ

Registration info:

[1 - General Information.pdf - Google Drive](#)



NEXT TAU GATHERING

August 7, 2022

SCHEDULE

1:30 pm – 1:32 pm Opening Prayer—**TBD**
1:32 pm – 2:12 pm Presentation—**Sita Chakrawarti, OFS**
2:12 pm – 2:22 pm Break
2:22 pm – 3:02 pm Ongoing Formation
3:02 pm – 3:12 pm Break
3:12 pm – 3:22 pm Angelus & Liturgy of the Hours
3:22 pm – 3:32 pm Business Meeting
3:32 pm Closing Prayer

We will welcome Fraternal and Pastoral Visitors from the Region!

St. Veronica Church

ANNOUNCEMENT

The August 7, 2022 Tau Gathering will be hybrid. See email for link . Contact Kimberley Heatherington, OFS to volunteer for:

- ◆ Opening Prayer
- ◆ Liturgy of the Hours Readings

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

FORMATION:

Initial Formation

Candidates: Chapter 19 in *The Franciscan Journey*

Aspirants: Chapter 3 in *The Franciscan Journey*

Ongoing Formation

Read Chapter 7 in *Habits for Holiness, Prophets by Baptism: Living a Provocative Life*. Not only read the chapter, but read it now, focusing on the reflections, and begin living a provocative life of evangelization. If you don't, it will be difficult to fake during our small group discussions. If you need more encouragement, I will be sending a separate Formation Friday entitled *Secular Franciscans are Stealth Evangelizers*, which will explain how, by living our Rule authentically, we are evangelizing

LITURGY OF THE HOURS

Nineteenth Sunday in Ordinary Time:

Hymn: #33 – O Christ, You Are the Light and Day: pg. 1541 (or "O Blest Creator of the Light" from the Divine Office podcast)

Gospel Cantic and Prayer: Evening Prayer II: pgs. 624

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

Readers: **TBD**