



FORMATION COMMISSION

TEA FOR YOUR FRANCISCAN SOUL¹

A MOMENT OF MEDITATION AND CONTEMPLATION

by Mary Anne Lenzi, OFS

Activity
Audacity
Authenticity
Catholicity
Charity
Chastity
Circularity
Clarity
Community
Creativity
Curiosity
Dependability
Dignity
Diversity
Flexibility
Formability
Generosity
Gratuity
Hilarity
Hospitality
Humanity
Humility
Identity
Integrity
Interiority
Minority
Mutuality
Poverty
Receptivity
Sanctity
Serenity
Simplicity
Spirituality
Spontaneity
Trinity
Unity

Like tea, we need to be steeped—steeped in God’s abundant love! This is slow work, as we see in a mirror dimly (1 Cor.12:13), and are often slow to understand. But it is when we KNOW of God’s unfailing, unconditional love that we are able to open ourselves to grow, to be transformed.

In September, I was invited to join a local **fraternity** in their day of retreat. The theme was “*Tea for Your Franciscan Soul.*” I could not imagine what to expect from the title, yet I was receptive and reassured by the **hospitality** of this **community**. I was so inspired by the outcome of this tea party that I invited the National Fraternity to savor a cup of Franciscan tea during our formation presentation at the annual chapter. Together we lingered over a subtle blend of identity—inhaling and ingesting the essence; the fusion of **poverty, humility, simplicity, charity**—each sip bringing us closer to the ultimate **unity** and reality of the **Trinity**.

If you wish, select one or two “Teas” from the left hand-column. Breathe in, relax and drink your tea slowly. Use these questions as a meditation guide.



What attracted me to this “tea”?

How does this “tea” manifest itself in my life?

What are my challenges in regard to this tea?

What areas of conversion might God be inviting me to in regard to this tea?

At the end of this meditation, give thanks to God for any insights you have received... and enjoy and savor your special “tea”! God’s gift!

For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of the one Spirit. (1 Cor 12:13)

Only the Spirit can awaken diversity, plurality, and multiplicity while at the same time building unity.
Pope Francis

¹ Inspiration of Sister Rita Commack, OSF, Sisters of St. Francis of Penance and Christian Charity; adapted and used with permission.