

Autumn News from the Monastery Pews:

'Those who have ears to listen will listen and those who don't-wont!'

Dear Friend

In the words of our dear Interfaith Franciscan Brother, Rev. David Grey, his Motto says more to my heart than all of the Dogma that has been given by the senior clerics in Christendom. It reads: **"Every Saint has a Past and Every Sinner has a Future."**

The Members of the Tau Interfaith Franciscan Community were given a clear vision by Saint Francis, 'To restore God's dysfunctional and divided family now.' The vision invites those who have ears to hear, 'tom come and embrace a non hierarchical spiritual community whereby each person is seen as a child of God, regardless of their 'religion, ethnicity, sexual orientation, disability, ageism, colour prejudice, gender inequality or political correctness. An important part of our interfaith commitment is to eradicate religious intolerance on all levels by demonstrating the simple teachings of the Poor Christ who came not to exploit the poor, the marginalised or dispossessed. As followers of Franciscan Spirituality, we embrace 'Universal citizenship and Compassion through the Natural World- the Franciscan Soul. Within this simple vision, there is no 'all inclusiveness or exclusiveness because we are all are equal before God and where discrimination for whatever reason is totally against what we uphold as part of our core values, in service to **'ALL THAT IS.'**

Religious separation stems from an inner intolerance of other faiths based solely upon ignorance of God's absolute Truth. As a Catholic Christian, I was fed on a diet of religious intolerance from a very young age and taught by our Church that 'Catholicism' was the only way to find God! For many years, I struggled with such a discriminatory belief challenging my prayer life to adopt prayers, not for Christian unity, but more for an interreligious unity where all faiths would one day unite in love. Could these earnest prayers spanning some fifty years now be answered through the vision of the Tau Interfaith Franciscans? Through a personal reawakening of my soul several years ago when, in the words of St. Theresa of Avila, I too had to be broken in my mind, body and spirit in order to become spiritually alive and whole. I was to learn how to become 'childlike' as opposed to childish in my search for spiritual wholeness and truth. This reawakening within my soul introduced me to a new way of falling in love again with my First Love- that of my beloved Spiritual Bridegroom; a man known as the Barefoot Galilean- the man we now call Jesus. In surrendering my heart to Source, I was gradually rebuilt in my soul's DNA reclaiming complete wholeness which brought a new sense or purpose of living the 'Franciscan way of simplicity,' as a covenanted interfaith Franciscan monk. In my heart, I knew on a purely intuitive level that my former way of living to the pandering of the ego with its many temptations to seek 'self' before heart had to become less so that God's presence could become greater in my heart as well as in my daily life.

Today, many still see the name St Francis as representing a 'poverty mind set' that allegedly engenders a lack of spiritual and material abundance from God! How sad is that! I strongly believe that the name St Francis is representative of the complete liberation from self and ego. Despite having a negative influence, by being a member of the Tau Interfaith Monastic Community of St. Francis, I have been set free of selfishness in preference for selflessness- a life of love instead of hate towards myself and others; a new way of learning to accept and love the Divine that is already within my being. Being a member of the Franciscan Interfaith Family, my whole life has been completely turned inside out and around where the ordinary is extraordinary; where the ugly is transformed into absolute beauty. There is a sense, too that by embracing Franciscan poverty, my heart has been set completely free of materialism and enslavement to debt. In truth, my heart has undergone a metamorphic series of change to accommodate the new surge of energies now flooding the universe preparing the soul for 2012.

As a devotee of St Francis, each day has become a source of absolute joy even in the absence of good news! The essence of Franciscan Spirituality is an ecology that truly liberates the heart from having to process everything that my head dictated to my heart for best part of fifty nine years! Embracing the simplicity of our inner truth, we actually liberate the heart and soul to breathe in God's message- a message of hope where there seems to be no hope in our modern chaotic world. The heart becomes a real person whereby it actually inspires you to 'acknowledge, honour and release' everything that is of a negative or wounding mind-set, with love to Mother Earth, Wow!. Franciscan spirituality is an eco sustainable spiritual way of life that captivates the soul to want to be one with Nature and the Elements. The soul thirsts for God in a new way of seeing life and by engaging with Mother Nature, we suddenly sense that we are free in God Cathedral- the landscape, to enjoy the choristers of God, reawaken the Divine within to sing along muttering tunes that we have never heard before but sounds that actually resonate at soul level which leaves us feeling absolutely free from religious indoctrination, religious oppressive theologies where fear of God created a seed bed for the Anti Christ to take control of our soul's purpose. Here we are given a brief glimpse of what 2012 will be like for the soul who is living in 6th dimensional energy of Christ Consciousness.

I pray a simple prayer from my heart to those of you reading this personal reflection still hold the belief that members of the Tau Community of Interfaith Franciscans are still preoccupied with pushing 'religion,' then all I can say to your heart today is that you are in denial for whatever reason be it a past life or present day painful memory! Or could it be that the Anti Christ who is alive and kicking within all of us, is actually preventing your heart from being set free?

Regarding the anti Christ, it is my belief that he already lives within each person's mindset. His presence becomes a reality when we engage in violence, hatred or abusive acts to self or another. When we surrender our will to such a negative destructive force, then he becomes the Master of our destiny, not God! So, we have a duty to remove him from destroying our life by not asking him to leave but use the power of the Archangels to eradicate him from your life totally today" What I have discovered in my faith journey as a person pleaser- the selfish rescuer whose inner child was abandoned to years of denial and self hate, a life where I never did sense unconditional love but would accept anything from anyone even if it meant using me as a door mat for their baggage! Yes, that was me and today, I can see why the anti Christ is more bothered about challenging others like myself who are determined not to follow his deceit or lies for a comfy hedonistic materialistic self indulgent lifestyle> Our presence upsets his style because he wants us to believe that we are not OK and that we would be best serving him by living a lie or more to the point, by deceiving ourselves that we are egotistical power crazy demented fools. Yes, we who live in accordance with the simple rule of St Francis, a rule of live that has the unconditional Love of God as its central core.

To live a life that is contrary to that of the anti Christ most definitely leaves no stones unturned! He and his legion of followers will try anything, everything, anyone and everyone who are committed to his devilish ways. Yes, they will try to discredit us to the point of total surrender to his cunning plans of deception. Many do fall prey and end up regretting this! There again, there are many who have literally 'sold tier souls to darkness' by the way they live. For those of us who relinquish all associations with the anti Christ, trust me, he never, ever gives up as he will wait for us to take a back turn or slip up and then, POW! He enters boosting our ego to not bother engaging with a simple life based on the values of prayer, silence, self discipline; a life of denial from materialism and hedonism. Oh, yes, he will do all in his power to create an easy way out from serving a God of Love by teasing, coercing even setting the penultimate trap for our downfall. He knows our Achilles heel and by every cunning plan known only to God alone, the anti Christ will use it to get us into his clutches. We have no reason to fear the anti Christ because his power is limited like the hairs on our head! We are in truth more powerful than him because we who live by God's truth, live in the power of God. The only way to eradicate his corrosive influence from attacking our lives is to be on guard 24-7. During an attack, we can call on the Powers of Heaven when suddenly the Archangels and Angels will come and rescue us.

When we remain in God's love, we have the ultimate weapon to name the evil one and shame him into God's subjection! Let there be no fear here because Jesus assured us that 'we, too, can perform the same miracles that He did.' FACT!

Within the Tau Community of Interfaith Franciscans, we have adopted a simple 'Way of life' which is rooted in the Little Way of St Therese of Lizeux – a young French girl who trusted in God to grant her a personal dream that would come true for her. Instead of having to wait until she was 18 years old, the Church finally relented by allowing her permission to enter an enclosed Carmelite Monastery. Her sole purpose was to leave us a lasting spiritual treasure known as her 'Little Way,' a path that allows the soul reclaim the lost innocence of the child within, to embrace God as a loving, not vengeful Father. It is akin to that simple life of St Francis who opted not for the glitz of High Society but was most comfortable in the surroundings of God's landscape - the Cathedral of Life! Our brothers and sisters who have honoured their heart to embrace that life of simplicity have found support, strength and unconditional love when the going gets really challenging for them. The family of Oblates consist not of senior clerics but more your down to earth sort of person who says what he/she feels within without having to embellish the facts that 'life has been one roller coaster of emotions and losses! Here we are among like minded soul mates whom we have already worked with before in many previous lifetimes. It is my unequivocal belief which I discovered for myself back in 2006 when I was guided by Magdalene to rest by the shores of the Red Sea near Mount Sinai to await her channelling of the manuscript, 'Let Your Light Shine for 2012.' I was assured most vehemently that I was trained by Jesus and herself in the ancient art of Essenic Energy Medicine and those whom she guided into my life as student therapists, clients and members of the Tau Community all agreed at soul level that they too would return to 'Hold the Christ Light' to prepare many to embrace Christ Consciousness in their spiritual preparation of meeting their new Avatar, the Second Christ who is already here waiting to reveal Himself to those ready to receive!

Today, many of you are already aware that there have been many sightings and messages from two of the most gracious Ascended Master ever to reincarnate; Lord Kutumi and Lady Magdalene. They are bombarding ordinary souls to leave their 'comfort zones and embrace a life of simplicity, based on God's truth. They are equally challenging the most hardened of hearts to return back to their higher self by living in their heart- their vortex of the Sacred Masculine and Feminine energies. Their message is a direct challenge to those whose hearts are open, not closed, to return to their ancient roots that will reawaken our soul to embrace simplicity within the Natural World- the Franciscan soul! But as Jesus so often said to His disciples, 'Those who have ears to hear, will hear and those who refuse to hear will perish.' It is a reflection of the times we are now living in to see many enlightened souls turn away from embracing God's truth in their heart. Why? Could it be that they are afraid to leave their comfort zone or more bothered about what others might think about them? Besides, we are each given the gift of 'Free Will' to choose which spiritual pathway that resonates with one's beliefs, etc. However, in saying that, I truly believe that there is no excuse to pretend otherwise. The fact is that Mother Earth, the animal kingdom and mankind are now caught up in the process of their Ascension into a higher state of renewed spiritual consciousness and the message for those who refuse to acknowledge this truth will undoubtedly be unable to contain the 6th dimensional energies and will have to return not to earth but to a place similar to our earth plane. Forget the movie 2012 due to be released. That is pure scaremongering at its worst! Though parts of the film resonate and its up to each one of us to claim what is right for us and not be fooled into any false illusions that triggers pure fear. Guess who is behind the fear campaign? Yes, you guessed right!

As members within the Interfaith Franciscans Spiritual family, we have chosen to embrace living a simple life as requested of our hearts by Lord Kutumi (Saint Francis) and Magdalene. Whether we be Friends, volunteers, Oblates or covenanted monastics, what really matters is that we have made a firm commitment to change how we see and do things that affects our spiritual life- a life of personal intimacy with one's God. That is not religion! Rather, it is more about being

clearly focused within one's heart where a positive choice is a selfless decision that desperately seeks spiritual clarity which unites the heart with that of the Divine. Do you accept that 'Time stands still for no man?' If so, then why waste valuable time and energy chasing the wind of change?

Do you believe that it is not a mere coincidence that we know each other? Do you also not recognise the great miracles that we are witnessing today when intuitively we are embracing brothers and sisters whom we have already embraced some 2000 years ago by the same shores of the Red Sea when we were all Essenes? And is it not a 'God incident' that we are now holding Lord Kutumi's simple vision that will eradicate spiritual impoverishment by empowering the disillusioned and dysfunctional within our society to change their old ways? Is it also a strange synchronicity that of the lie minded friends and others that we are now meeting in our daily life are not strangers? Don't we sense in our heart that there is an intuitive awareness that we have already met up before? Isn't it also true that when we do meet up with our brothers and sisters with the Tau Interfaith Franciscan Community a real sense of spiritual togetherness and fraternal love? Why is that? Or, is it normal practise for complete strangers to break down their 'self imposed blocks' by immediately dropping their pretence and instantly becoming bosom buddies without any adequate safeguards in place?

Observing body language was a skill that I was trained to observe as a young student nurse back in my training days in 1971. Over the years, one develops an intuitive or 'gut response' regarding people, places, situations and events. In one's spiritual life, the soul is trained to nurture several gifts to support the soul in transit. One such gift is that of spiritual discernment when in the company of another person whose life appears to be ruled by the head where the heart is suffocated by ego, chaos or even victimhood. During periods of prayer, I very often ask God to touch that person and restore their inner confidence and that God's peace will prevail regardless! Then the unexpected occurs when I am prompted to either share a message or just to pick up the telephone and phone this or that person for no obvious reason. In the clear light of day, it soon becomes clear that one is an active participant in God's divine timing when the recipient becomes aware of God's message to their heart. So many times, I have found myself acting in that manner without knowing fully the real reason but my heart is guiding me to do what I know is a definite request and what is asked of me is that I honour what I am given by following out God's clear instructions without processing why!

I believe that God has a perfect plan for each one of us and those who are hesitant or who are in need of a 'kick start' from God are never ignored. Help is always there if the heart would just switch off the head, close the mouth and shut the ears to nonsense. Once we have actively called upon God to help us understand what we are to do in a given situation, take joining the Interfaith Franciscans as an example, the head needs to process why and before too long, we have lost out on our spiritual abundance yet again because we dallied and failed to honour what our hearts were guiding us to do! We should never underestimate the power of ego, or head! Why? It cannot comprehend the gift of simple faith or living to a life that is free of chaos! The ego and head centre thrives on fear and despite always needing a satisfactory solution to every question, it fails to understand that if God, or one of His Messengers, be it an Archangel or a Saint, just like St. Therese of Lizieux or even St. Francis himself, there is a deep mistrust within one's mindset to action such a heavenly request! Processing God's truth by rational thinking is anathema when it comes to walking the spiritual path in faith! You either trust God to honour what is asked of your heart or you bin it and become guilty of 'spiritual arrogance.' The mind was perceived by the Essenes as the enemy of the soul because it was like a forest fire out of control. For it to be controlled, it required the severest of disciplines, namely, to reprogramme the soul's DNA using their ancient 8000 reprogramming tool called 'Positive Affirmations.' You can rest assured that such souls who engage in the processing God's simple truths for their heart through their mind, ego or head centre, will struggle ever to engage with simplicity or enter the essence of the 'Little Way of either Saint Francis or St. Therese of Lizieux. Why? Because, they will estrange God's simple truth from ever seeing the light of day!

Being an Oblate within our community of interfaith Franciscans is not joining a religion but is more about welcoming souls of all faiths and none as equals regardless of gender, ability, culture, sexuality or any other factor of being so long as they:

1 Recognise a common source of life that some may call God.

2 Accept moderation, including that chastity which regards other as beloved and not as mere instrument of personal gratification and embrace a spirit of poverty that is willing to share personal resources and giftedness in ways that empower others and enhance the quality of life in their local community.

3 Are willing to work, in their professional life and as volunteers, within wider networks of good practice to promote **Health, Equality, Artistic expression, Recreation and Training**, which are at the heart of national and global welfare and of all communities. If so, then today, we present to your hearts several choices to assist you find that simple way of living out your soul-life's purpose by supporting the vision given by Saint Francis to the Interfaith Franciscans Community. Here are three practical ways that you can join us:

- **The League of Friends of the Interfaith Franciscans Community:** Their existence is because our Monastics have covenanted their hearts and lives to God through the sevenfold vows of their consecration, are prohibited by their Governing Document/Constitution, from applying for funds to support their livelihood and the project. As a volunteer, you can support the Trustees by sharing your skills and time in raising the profile for our 'eco sustainable project.' The Project is innovative as it will incorporate the Abbey of St Francis of Peace and Compassion; an animal rescue and healing centre; an organic market garden; 12 aeries; a woodland pet cemetery; various workshop buildings; an interfaith hexagonal dome shaped glass centre for sacred worship; 6 wooden hermitages for retreatants; visitor's accommodation; a conference and training centre; a visitor's tea room; the Abbey shop which will hopefully generate sufficient income from the sale of the fresh garden produce, homemade chutneys, preserves, bread, cakes, fresh honey, an assortment of Artistic goods made by the community. Finally, it is hoped that the Abbey will be able to produce its own publications from the Abbey press. The League of Friends whose sole purpose is to raise the required capitol from fundraising and applying for Lottery or and Government funding.
- **The Society of Friends of the Interfaith Franciscans:** made up of volunteers who will volunteer their services and skills in supporting the Abbey of Saint Francis of Peace and Compassion. The Friends will meet up regularly for spiritual support and retreats thus nurturing regular contact within the Tau Interfaith Franciscans Community.
- **The Members of the Abbey of Saint Francis. They consist of the following members:**
 - 1. The Oblates-** members who choose to live the spiritual life of a Franciscan Oblate from their own home. The Oblates belong to a specialist group who receive regular training and support from the Director of Oblates.
 - 2. The Postulants and Novices-** are individuals who have chosen to live at the Abbey as trainee monastics.
 - 3. The Monastics** – are the Professed members who have covenanted their hearts to God as Professed/Ordained Members.

Francis, who came from a privileged background and who initially considered it his duty to become a Christian knight of chivalry and to wage war on those who believed differently than himself, underwent a profound conversion that opened his heart to the open heart of Jesus. Thence forth, following the example of Jesus, Francis met with Pope and Sultan to build bridges between Christendom and Islam; embraced the lepers of his day; showed deep concern for

human society and the natural environment and taught his followers to practice inclusive love. By calling the Sun his Brother, the Moon and Death sisters and Poverty his Lady, Francis showed that the inclusive heart of love was not absent in the Pagan community. In doing this, he revealed the Divine and Human nature of Jesus and the connectedness of all souls as a Divine and Human family not confined to a single room of human understanding.

Please read here what some of our Oblates have to say about what being an Oblate is all about.

Dear Br Sean, 'What does an oblate mean to me': You know me Sean, brief and to the point. It means to me becoming the best I can be. Living my life without fear or judging myself. Being able to stand alone but knowing that I am not lonely. Being able to come from a place of love and trust and realising that whatever happens in my life has been sent as a lesson in growth no matter how I feel about that. Being able to accept those lessons and then leave them behind for further challenges. Knowing that I deserve much more than I am willing to accept and being able to accept gracefully. Releasing some of my masculine energies and indeed accepting and connecting with the beautiful feminine energies which are inside me, but which I no longer have access to or remember about. Being whole and knowing I am protected at all times. Love and light Sr. Julie

In keeping with the above reflection based more on returning to your heart, wherein is one's absolute truth, please can we recommend that you make time to watch the recommended 10 live recording of Brother Sean's live interview on 2102. Please click on the following weblink: http://www.youtube.com/watch?v=PJIS_idUT8g

May the Peace of all understanding be in your hearts this and every day of your life as you struggle to see the face of God in the marginalised and downtrodden who seek your love.

Yours in Franciscan Brotherly Love and Service

Brother Sean TIFCOSF.

USEFUL CONTACTS FOR FURTHER INFORMATION:

For General Enquiries about Interfaith Franciscans; joining the League of Friends; 3. Becoming a Friend or Volunteer; Being a Postulant, or Novice; or Being an Oblate, then please direct all your enquiries to
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