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# FORMATION COMMISSION

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## TEA FOR YOUR FRANCISCAN SOUL<sup>1</sup> A MOMENT OF MEDITATION AND CONTEMPLATION

by Mary Anne Lenzi, OFS

*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.

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



**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

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