



OF SPECIAL
INTEREST:

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Minister's Message

Brothers and Sisters,

Peace and good!

Lent holds such profound significance within the liturgical calendar that I feel daunted when tasked with articulating its significance. However, I'll try to keep it concise and straightforward.

At its core, Lent symbolizes transformation.

But for this transformation to manifest, several prerequisites must be met.

Firstly, there's the necessity of vulnerability, which renders us open to change.

Secondly, we must cultivate trust and commit ourselves to the arduous process of combating the inertia of deeply ingrained habits, many of which stem from our own weaknesses and concupiscence.

Finally, we require guidance — a spiritual mentor, advisor, or accountability partners — to assist us when our efforts at change falter.

Thankfully, our Tau fraternity, with its ongoing formation, lays a solid groundwork for this journey.

Moreover, the love we share for our brothers and sisters serves as a sustaining force throughout this transformative path.

Josh





Organization

Tau Fraternity
c/o St. Joseph Catholic Church
750 Peachtree St.
Herndon, VA 20170

Meetings every 1st Sunday
of the month at:
St. Joseph Catholic Church
750 Peachtree St., Room 205

PACE
&&&
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 — Josh Goldberg, OFS
- Vice Minister — Liz Wellborn, OFS
- Formation Director — Bill Richey, OFS
- Secretary — Barbara Slivers, OFS
- Treasurer — Joe Boyle, OFS
- Councilor — Kimberley Heatherington, OFS



Monthly Tau Contemplative Prayer & Franciscan Spirituality Zoom Discussion led by Gil Donahue, OFS



Join your fellow Franciscans in a lively, hour-long discussion of contemplative prayer and Franciscan spirituality each month, led by Brother Gil!

The next meeting will be on Monday, March 11 at 7:00 PM.

E-mail Gil to receive a Zoom link:

baitang@gmail.com

Buy this sticker at: www.redbubble.com/l/sticker/St-Francis-of-Assisi-Contemplation-and-Meditation-by-stickercircle/144775557.EJUG5

STATIONS OF THE CROSS

**Volunteers are needed for the Stations of the Cross
at
St. Joseph Catholic Church
on
Friday, March 22 at 7:00 PM**

See or contact Josh to sign up!



RECAP OF FEBRUARY 4 GATHERING

PRESENTATION

Gil Donahue, OFS, spoke on the handout he provided, “Franciscans: Stewards of Life Unto Death: Preparing for a Good Franciscan Death”:

Key Franciscan spirituality themes:

- Kinship of all creation
- Stewardship of the earth/Integrity of Creation
- Living a simple life; emphasizing spiritual, not material, values
- Gospel to Life, Life to Gospel
- Righting wrongs; uplifting others/preferential option for the poor

Honesty for ourselves and prudent planning for the future:

- Conceit we will live forever
- Failure to be honest with ourselves
- Denial of death
- Failure to prepare and plan
- Importance of a Will or Living Trust, Power of Attorney, other preparations
- Express final wishes to the parish & fraternity
- Virginia Advance Medical Directive form (Inova has its own version)

The book, *Through Death to Life: Preparing to Celebrate the Funeral Mass* by Joseph M. Champlin is used by St. Joseph Catholic Church. There is a copy available in the Tau library collection.

Pam Brooks, OFS, discussed end-of-life legal issues that became a national topic of focus with the 1975 case of Karen Ann Quinlan. Other highlights included:

- Durable Power of Attorney valid after the person is incompetent/unable to make decisions
- Prepare a Living Trust to avoid probate costs and a Will
- Holographic (handwritten) Wills are valid in Virginia
- Funeral Home pre-pay makes the arrangements binding

Gil encouraged us to talk with our families and leave instructions for our survivors — including social media, as it’s considered intellectual property. Gil also provided printed copies of the Wake and Burial Wishes form to be completed and given to family, if interested. It memorializes your wishes regarding a Secular Franciscan burial. Please send a copy to Josh Goldberg, OFS, as well, should you decide to use the form.

Veronica O’Donnell, OFS, shared that the Cool Spring Natural Cemetery at Holy Cross Abbey in Berryville offers burial plots.

ONGOING FORMATION

We watched two videos, *A Prayer for Ukraine* and *When We Don’t Know How to Pray* (the latter made available soon after the start of the 2023 war between Israel & Hamas).

PAM'S VISIT WITH SISTER KAREN!

On December 29, Pam Brooks, OFS, had lunch with our very own Sister Karen, O.S.C.! Pam said, "She was down visiting her kids for a quick visit, and I was blessed with a couple hours of her time." Sister Karen was a member of Tau Fraternity before she became a Poor Clare nun at their monastery in Chesterfield, NJ; she's pictured second row, far left in the nuns' group photo below.



APOSTOLATES

MISSIONARIES OF CHARITY HOSPICE

Thanks to our Brothers and Sisters who support the apostolate at the Missionaries of Charity Gift of Peace House.

The next food delivery will be **Saturday, April 13**; the menu will be shepherd's pie, salad, and cookies.

If you would like to help or have questions, please contact Veronica O'Donnell, OFS or Joe Boyle, OFS.

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://www.poorclaresnewjersey.com)

Watch their YouTube video [A Quiet Joy: New Jersey's Monastery of Saint Clare](https://www.youtube.com/watch?v=...)

ECUMENICAL APOSTOLATE

Tau Fraternity partners with the First Baptist Church of Herndon to provide English lessons to students. Tau members volunteer time and talent to teach at Introductory, Intermediate, and Advanced levels. For more information or to volunteer, please contact Sally White, OFS.

Many thanks!

ST. VINCENT DE PAUL

Help to feed the hungry. Joe Boyle, OFS, volunteered to shop and deliver food to the St. Vincent de Paul 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. You can also provide a monetary donation to Joe, who is Tau Treasurer. Thank you!

For more information, 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](#)

PRAYER SHAWL APOSTOLATE

Tau Fraternity provides handmade prayer shawls to individuals in the Diocese of Arlington. Currently, shawls are being provided to pregnant women participating in the Gabriel Project. For more information, please contact Sharon Goldberg, OFS.



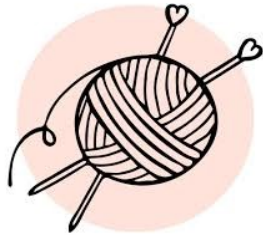
James 2:17

APOSTOLATE NEWS

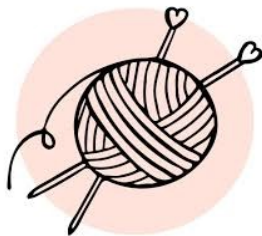
PRAYER SHAWL APOSTOLATE

Sharon Goldberg, OFS, has been busy knitting shawls for our fellow Franciscans in far away Alaska! She says:

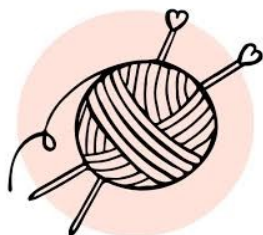
“Four are for the ones who will be professed.”



“Six will be for the candidates for 2025.”



“Two are for Sheli — who invited me to Alaska — and her husband, Johnny.”



TAU COMMITTEES

If you are interested in participating actively in a Tau Committee, take a moment to chat with the chair:

Cultural Diversity Committee — Sally White, OFS

Hospitality Committee — Cyndy Filan-Kim, OFS

Interfaith/Ecumenical Committee — Kimberley Heatherington, OFS

Infirmarian Committee — Sharon Goldberg, OFS

Recruitment Committee — Vacant

Technology Committee — John Ata, OFS



PRAYER INTENTIONS

HEAR US, LORD!

Please keep the following intentions in your prayers:

For the physical and spiritual healing of Sylvia Capurso; Cynthia Filan-Kim's sister; Sally White and her husband Gary; Richard and Carole Clarke and their grandsons Liam and Rory.

For peace in the Middle East.

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 Russians opposing the war in Ukraine.

For all those who are in need of our prayers who have been inadvertently omitted from this list.

Please send prayer requests to Josh Goldberg, OFS.

*Do not be anxious about anything,
but in everything, by prayer and
petition, with thanksgiving, present
your request to God.*

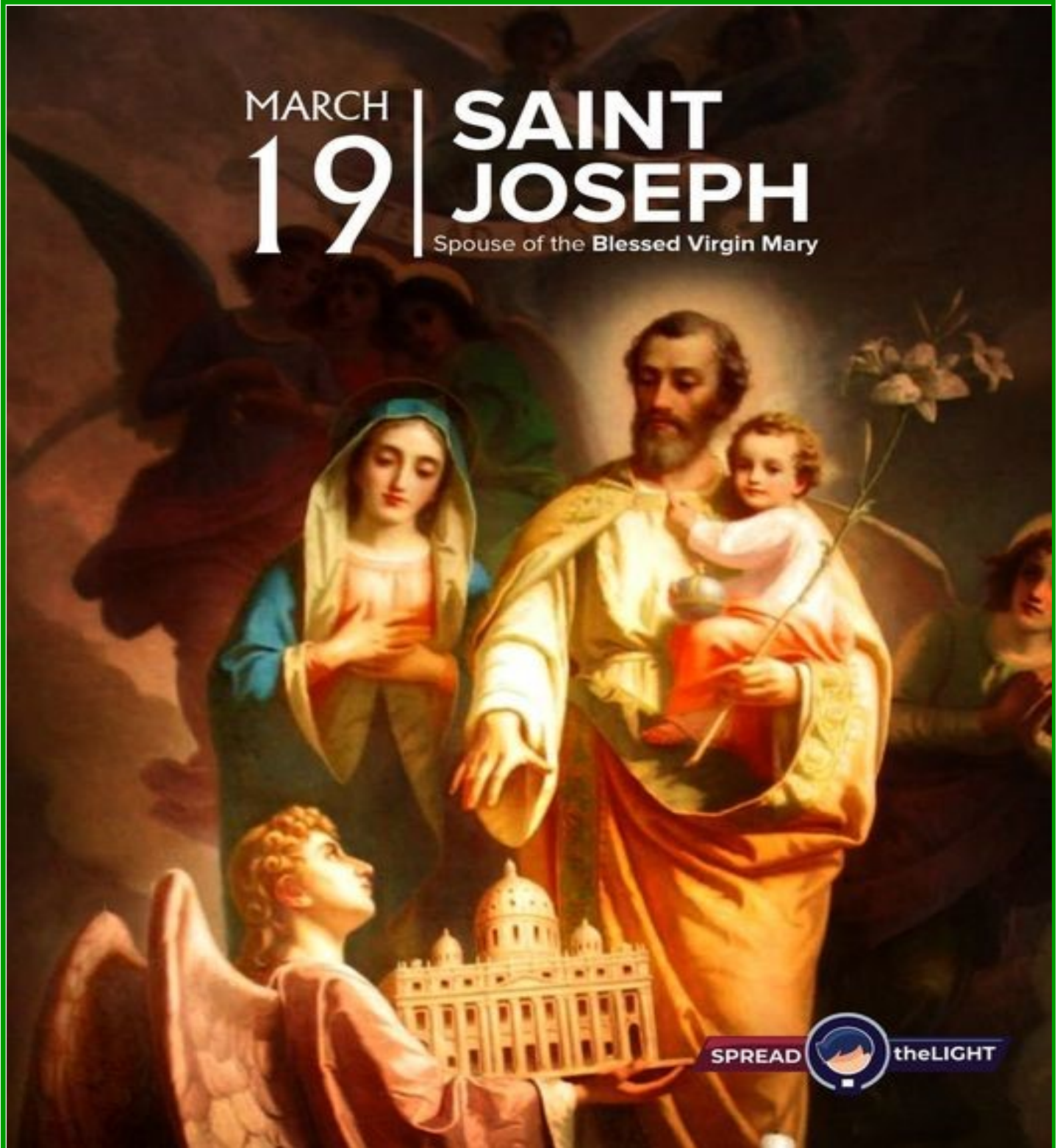
Philippians 4:6-7



MARCH: MONTH OF ST. JOSEPH

POETRY, DEVOTIONS & PRAYER

MARCH | **SAINT JOSEPH**
Spouse of the Blessed Virgin Mary






www.CatholicArtAndJewelry.com

MARCH: MONTH OF ST. JOSEPH

POETRY, DEVOTIONS & PRAYER




**A Prayer to
SAINT JOSEPH**

from Pope Francis' Apostolic Letter,
"Patris Corde"

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil.

Amen.



CONSECRATION TO ST. JOSEPH *Have you consecrated yourself to St. Joseph?*

What does it mean for a person to be consecrated to St. Joseph? Well, it basically means that you acknowledge that he is your spiritual father, and you want to be like him. To show it, you entrust yourself entirely into his paternal care so that he can help you acquire his virtues and become holy. Total consecration to St. Joseph means you make a formal act of filial entrustment to your spiritual father so that he can take care of your spiritual well-being and lead you to God. The person who consecrates himself to St. Joseph wants to be as close to their spiritual father as possible, to the point of resembling him in virtue and holiness. Saint Joseph, in turn, will give those consecrated to him his undivided attention, protection, and guidance.

If not, learn all about it here:
<https://consecrationtostjoseph.org/>

CALENDAR: ACTIVITIES & EVENTS

March is the Month of St. Joseph*

- Mar. 2 Feast of St. Agnes of Prague
Traci Verducco's birthday
- Mar. 3 Tau Monthly Meeting
- Mar. 10 Daylight Saving Time
- Mar. 14 Veronica O'Donnell's birthday
- Mar. 17 Feast of St. Patrick
- Mar. 19 Solemnity of St. Joseph
Josh Goldberg's birthday
- Mar. 24 Palm Sunday
- Mar. 28 Jennifer Raimo's birthday
- Mar. 29 Feast of St. John Capistrano

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

March 2024

Sun	Mo	Tue	We	Thu	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
31						

April 2024

Sun	Mo	Tue	We	Thu	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				



NATIONAL
**Eucharistic
 Congress**

July 17-21
Indianapolis, Indiana

www.eucharisticcongress.org



Sunday, March 10
7:00 - 9:00 PM
Featuring Eucharistic Adoration
& worship music
St. Joseph Catholic Church

LENT

A SEASON OF
REFLECTION, RENEWAL,
AND PREPARATION

ST. FRANCIS OF ASSISI AND THE EUCHARIST

Father Michael Higgins, TOR

Wednesday, March 6, 2024

7:00pm - 9:00pm

St. Joseph Catholic Church

Join Us

Lenten Evening of Prayer

Eucharistic Adoration

Reflection

Confession

Private Prayer

Night Prayer

Benediction

ST. JOSEPH
CATHOLIC CHURCH

NEXT TAU GATHERING

MARCH 3, 2024

SCHEDULE

- 1:30 pm-1:32 pm** Opening Prayer:
Cyndy Filan-Kim, OFS
- 1:32 pm-2:12 pm** Presentation - Bill Bouffard, OFS
"Cosmic Triangle of Love"
- 2:12 pm-2:22 pm** Break
- 2:22 pm-3:02 pm** Bill Richey: Ongoing Formation
- 3:02 pm-3:12 pm** Break
- 3:12 pm-3:22 pm** Angelus & Way of the Cross
- 3:22 pm-3:32 pm** Business Meeting
- 3:32 pm** Closing Prayer

St. Joseph Church
Room 205

INITIAL FORMATION

Aspirants: Chapter 3 in *Franciscan Journey*
Candidate: Chapter 14 in *Franciscan Journey*

PRESENTATION/ONGOING FORMATION

Please read and prepare to discuss the Message of His Holiness Pope Francis for Lent 2024

<https://www.vatican.va/content/francesco/en/messages/lent/documents/20231203-messaggio->

During Lent, we will precede the Liturgy of the Hours with the Angelus:

The Angelus

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.
---- Pray The HAIL MARY ----

V. Behold the handmaid of the Lord,
R. Be it done unto me according to your Word.
---- Pray The HAIL MARY ----

V. And the Word was made flesh,
R. And dwelt among us.
---- Pray The HAIL MARY ----

V. Pray for us, O holy Mother of God,
R. That we may be made worthy of the promises of Christ.

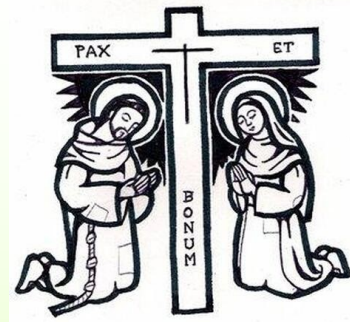
--- LET US PRAY ---

Pour forth, we beseech You, O Lord, Your grace into our hearts: that we, to whom the Incarnation of Christ Your 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.



3RD SUNDAY OF LENT

Instead of the Liturgy of the Hours, we will recite the Franciscan Way of the Cross.



Contact
Liz Welborn, OFS,
to volunteer for
Scripture Reading
and Responsory.