



OF SPECIAL
INTEREST:

- **Tau ESL Apostolate**
Page 8-9
- **Gil Gives a Report**
from "The Q"
Page 10-12
- **Franciscan Month**
Page 13

INSIDE THIS
ISSUE:

Spirituality Zoom 2-3
Discussion

Gathering Recap 4-5

Apostolates & 6-9
Apostolate News

Committees 14

Prayer 15
Intentions

Reflections 16-
18

Events & 19
Calendar

Next Gathering 20

Minister's Message

Brothers and Sisters,

Peace and all good!

In the coming months, I'm trying something different in my Minister's Messages. I'm going to share chapters of a short story tentatively titled *Traveling Lightly*. Here's the first installment.

Chapter 1 — Shoes

On the morning he turned fifty-two, Rowan Hale donated to shoe recycling a pair of running shoes that still had another hundred miles in them.

His son saw him, and knew his usual habit of getting each and every mile out of his shoes.

"They're not worn out."

Rowan smiled.

"They've already taken me where they were supposed to."

His son laughed in a way that made him think he was trying too hard to be profound.

After the garage door closed, Rowan held the shoes one last time.

They had carried him through his final marathon. Through the week his father died. Through lonely mornings before dawn, when running was easier than thinking.

He finally set them back down. Not because they were useless.

Because they had finished their work.

When he was younger, he believed everything worthwhile had to last forever. Age taught him another possibility.

Sometimes the purpose of a thing is simply to carry you to the next season.

Josh



Organization

Tau Fraternity
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

PAC&
&E&O
BEN&

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 — Cynthia Filan-Kim, OFS
- Formation Director — Gil Donahue, OFS
- Secretary — William Richey, OFS
- Treasurer — Joe Boyle, OFS
- Councilor-At-Large — Kimberley Heatherington, OFS



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



**The Tau Contemplative Prayer
& Franciscan Spirituality
discussion group will take place
Monday, August 10
from 7:00 - 8:00 p.m.**

**The theme will be:
The Gospel of Mark - Ch. 1-8**

**Contact Gil to receive a Zoom link
(see the next page)**

STUDY THE GOSPEL OF MARK!

TAU FRATERNITY OPTIONAL GOSPEL OF MARK ZOOM SESSIONS

During August and September, Formation Director Gil Donahue will host one-hour Zoom sessions to read and reflect on the Gospel of Mark.

These sessions, which are totally optional, will take place at 7:00 p.m. on the following Mondays: August 10, August 24, September 14, and September 21.

Those who have indicated an interest in these sessions will receive some study materials by email in early August. Participants may choose any Bible translation; the best are the Revised Standard Version Catholic Edition or the American Standard Bible (the one used in Catholic Church pews).

Gil suggests reading the Gospel slowly to reflect on the content of each chapter. There is much food for thought. The Zoom sessions will provide an opportunity to discuss the context of each section of the Gospel.

Although we are already familiar with the Gospel from Sunday Mass readings, it is a different experience reading from start to finish. Much of the Gospel is actually not included in the liturgy. Reading the entire Gospel helps give us a fuller sense of the message.

If you are interested, but have not yet signed up, please contact Gil by email: baitang@gmail.com.



RECAP OF JULY 5 GATHERING

PRESENTATION

Inquirer Barbara Saladino described a two-year Spiritual Direction program that she finished in May at the Open Door Spiritual Direction Institute, which was founded in 1989 by Monsignor Chester Michael of the Diocese of Richmond. The following is a very brief summary of her presentation: “Companions on the Journey, Open Door: A Spiritual Direction Program” (Please see attachments of handouts in July 6 email to our group from tau-herndon@groups.io on behalf of Josh.)

Barbara said the program began with each participant writing a 10–15-page Spiritual Autobiography, followed by 5 hours a week of prayer and 5 hours a week of study, enhanced by group discussions, in multiple retreats, and culminating in the composition of a Personal Worldview, a 1-page statement of faith and belief.

She told us that the focus of the program is a personal relationship with God, which includes love of God, and the love of other human beings, self, nature, enemies, and the poor; Jungian concepts adapted with a spiritual focus; individual uniqueness based on preferences delineated by the Myers-Briggs type indicator (MBTI) and the Enneagram; specific topics such as grief, dying, and addictions; and the reading of Wisdom literature, including Teilhard de Chardin, Saint Francis, Thomas Merton, Richard Rohr, Henri Nouwen, Thomas Keating, and Pope Francis.

Barbara concluded her presentation with a comparison of key concepts of Franciscan spirituality, such as simplicity, charity, contemplation, peace, and daily conversion, with corresponding concepts in the approach of the Spiritual Direction Institute.

ONGOING FORMATION

Our formation director Gil Donahue, OFS, began ongoing formation with a request that we read an article on p. 13 of the June 25 edition of The Arlington Catholic Herald newspaper, “Planning your Estate as a Catholic Steward.” He reminded us that we have the option of a Franciscan wake service, and that it is good to plan for such in advance.

Gil offered many thanks to the vocations outreach team led by Stan Hoover, OFS, on June 28-29 at SJC.

Gil said that both Kabahita and Barbara are flying solo in their respective formation classes and they would welcome someone to accompany them.

RECAP OF JULY 5 GATHERING

ONGOING FORMATION (CONTINUED)

Gil noted that the Contemplative Prayer Zoom sessions continue and anyone who wants to join should let him know. Gil said that he will offer a 4-session Zoom program on the Gospel of Mark in August and September and he asked members to sign up and indicate their preferred time/day.

Gil continued ongoing formation with a presentation on “Welcoming Prayer,” which his handout describes as “a spiritual practice designed to help you let go of everyday stressors, difficult emotions, and the need for control, while opening yourself up to God’s presence. Rooted in Christian contemplative tradition, it helps you actively consent to the present moment. It is a method of consenting to God’s presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting to the ordinary activities of our day.”

Gil said the practice involves noticing fully what we are feeling, welcoming it, and releasing our desire for power and control as we embrace this moment as it is. He said that this approach was taught by the Trappist Fr Thomas Keating, and that it resonates with the OFS Rule, Chapter 2, Article 11: “Let the Secular Franciscans seek a proper spirit of detachment from temporal goods by simplifying their own material needs.” (Please see attachment of the handout in Gil’s email of July 6, subject line “Tau Fraternity: Materials for July 5 meeting.”)



APOSTOLATES

MISSIONARIES OF CHARITY HOSPICE

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

To learn what supplies the sisters need or to help with the next delivery, contact Joe and Veronica.



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/>

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=...)

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](http://www.franciscanmission.org)

PRAYER SHAWL APOSTOLATE

Tau Fraternity provides handmade prayer shawls to individuals in the Diocese of Arlington. Shawls are provided to pregnant women participating in the Gabriel Project.

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.



James 2:17

JPIC APOSTOLATE

RECYCLING TEXTILES

REMEMBER TO BRING YOUR BAGS TO THE SEPTEMBER TAU GATHERING. FRANK BOWEN, OFS, WILL TRANSPORT THEM TO THE COLLECTION BINS.

Textile waste is one of the fastest-growing waste streams in the United States, though 95% of discarded textiles can be reused or recycled. Recycling textiles helps reduce waste, save resources, and support sustainable practices in our community. So all those textiles that cannot be donated to charitable stores end up clogging up the landfills.

Fairfax County has a new program to recycle those old towels, torn clothing, etc. New collection bins are located throughout the county.

Reusable items: Sold to thrift partners in North America and around the world or donated to community partners.

Non-reusable items: Repurposed into new materials, such as insulation, industrial wiper rags, or other products.

You can donate a variety of items, even if they are stained, worn, or have broken zippers. All items must be **clean, dry, odorless**, and placed in a securely closed plastic bag.

What Can Be Donated?

- Tops, Sweaters, Sweatshirts
- Dresses / Outerwear / Bottoms (pants, slacks, jeans, sweatpants, skirts, shorts, leggings, etc.)
- Suits / Pajamas
- Socks, tights, stockings, nylons, hosiery, pantyhose
- Intimates (bras, underwear, socks) / Bathrobes
- Baby clothes
- Heels / Boots / Sneakers / Cleats/spikes / Slippers
- Hats
- Bags (handbags, backpacks, duffle bags, totes, cloth shopping bags) / Suitcases & luggage
- Gloves
- Ties, scarves
- Jewelry (including watches and sunglasses)
- Sheets / pillowcases / Blankets/quilts / Comforters
- Curtains & Drapes
- Aprons
- Dish cloths / cloth napkins / Table linens
- Stuffed animals
- Sports jerseys / uniforms



TAU ESL APOSTOLATE

Sally White, OFS, has an update concerning the Tau ESL Apostolate:

The Tau fraternity apostolate with the First Baptist Church of Herndon teaching English to immigrants continues to grow.

The classes have expanded to two Beginner classes, two Intermediate classes, and two Advanced classes.

Because of grants from the Herndon Moose Lodge, the classrooms have been remodeled with new furniture and teaching equipment.

Security measures have also been installed because classes are held at night.

Registration for the Fall Semester is on August 25 and 26.

The first day of adult English classes is Tuesday, September 1. Beginner, Intermediate and Advanced classes will be held every Tuesday from 6:00 p.m. – 8:00 p.m.

Tau brothers and sisters can sign up to help with registration, and as classroom visitors to cheer on our students.



ENGLISH AS A SECOND LANGUAGE

TAU ESL APOSTOLATE - CONT.

Did you know our ESL Apostolate partners at First Baptist Church of Herndon are also knitters? Here they are in their church portico, knitting away...!

 **FBC Herndon**



The ESL classes are now advertised with a sign outside First Baptist!
A big thanks to Bill Bouffard.



A REPORT FROM “THE Q”!

SAINT FRANCIS IS THE FIRE; LET US REKINDLE THE FLAME MY EXPERIENCE ATTENDING THE SECULAR FRANCISCAN 21st QUINQUENNIAL

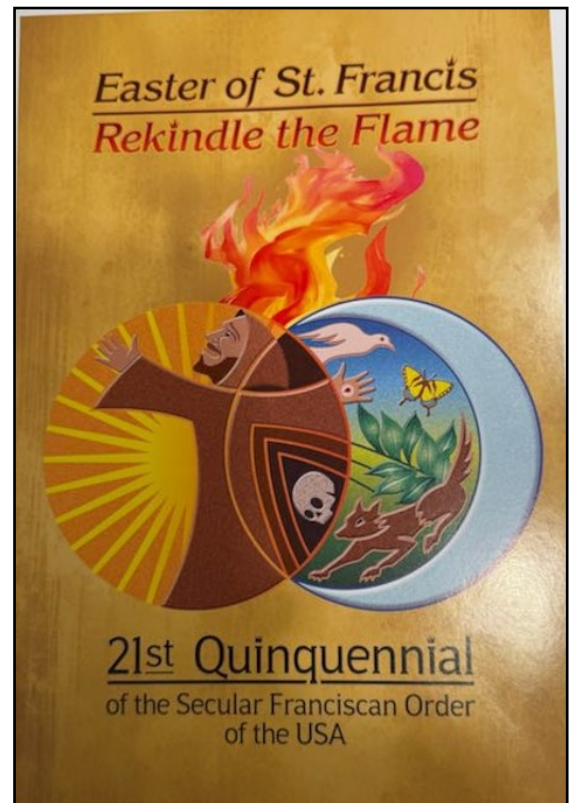
By Gil Donahue, OFS

About 500 Secular Franciscans attended this year's national meeting in Lexington, Kentucky from July 29 to August 1.

This was a particularly appropriate year to hold a meeting of fellow Franciscans to celebrate together the “Easter of St. Francis.” That is, the last few months of his life, which ended with his Transitus 800 years ago on October 3, 2026.

The three keynote speakers offered thoughtful reflections on St. Francis' stigmata and preparations to leave the world, the importance of care-giving, and suggestions on how we might carry St. Francis' vision into our individual missions in life.

Br. Bill Short, OFM discussed the stigmata, based on early Franciscan documents and artwork through the ages. Dr. Darleen Pryds used the relationship between St. Francis and “Brother” Jacoba as an example of devoted care-giving. Fr. Wayne Hellmann, OFM Conventual, highlighted Pope Leo's proclamation of the Jubilee Year of St. Francis and the prayer he composed for it, which includes references to the saint's writings, Vatican II documents, and the Pope's own teachings.



Br. Bill Short, OFM



Dr. Darleen Pryds



Fr. William Hellmann, OFM Conv. & Gil

A REPORT FROM “THE Q”! - CONT.



Above Left: Minister General Tibor Kauser, OFS, with Gil
Above Right: Papal Nuncio Archbishop Gabriele Giordano Caccia



Above: Attendees from the St. Margaret of Cortona Region

A REPORT FROM “THE Q”! - CONT.

I participated in a meeting of the National Council of Spiritual Assistants for the Secular Franciscans serving as spiritual assistants. We raised the need for the First Order and the TOR to provide spiritual assistants to the local fraternities. Many fraternities either are doing without a spiritual assistant, or else rely on a Secular Franciscan to perform that function.

The OFM National Spiritual Assistant Br. Cidouane “Cid” Joseph gave a Mass homily in which he called on us to ask St. Francis to “give us the fire” and to help us to “rekindle the flame.”

POPE LEO XIV PRAYER FOR JUBILEE YEAR OF ST. FRANCIS OF ASSISI

Saint Francis, our brother, you who eight hundred years ago
went to meet Sister Death as a man at peace,
intercede for us before the Lord.

You recognized true peace in the Crucifix of San Damiano,
teach us to seek in Him the source of all reconciliation
that breaks down every wall.

You who, unarmed, crossed the lines of war and misunderstanding,
give us the courage to build bridges where the world raises up boundaries.

In this time afflicted by conflict and division
Interceded for us so that we may become peacemakers
unarmed and disarming witnesses of the peace that comes from Christ.
Amen.



**Only known painting of St. Francis completed prior to his death
*Monastery of St. Benedict at Subiaco - Il Sacro Speco***

MAKE OCTOBER FRANCISCAN MONTH!

We have Black History Month, Autism Awareness Month, and many others. Let's promote October as Franciscan Month. Franciscan Month was conceived in 2023 and launched at St. Francis College in Brooklyn, NY, by Brother Gregory Cellini, OSF, a Franciscan Brother of Brooklyn. In 2024, our reach broadened to the Archdiocese of Newark and the Dioceses of Metuchen and Paterson in New Jersey, as well as the Archdiocese of New York and Dioceses of Brooklyn and Rockville Centre in New York.

In 2025, we expanded nationwide with the support of all the Orders of the Franciscan Family. The mission of Franciscan Month is to celebrate the 800-year charism of the Franciscan way of life, to build awareness about this way of life, and to invite and inspire people of all faiths to live it. Our intention for 2026 is to promote the Franciscan values of simplicity, care for creation, peacemaking, the dignity and integrity of each person and service to the poor, marginalized and forgotten — especially during this Jubilee Year of St. Francis. We will accomplish this with a focus on engaging Franciscan colleges, universities and high schools; Franciscan and diocesan parishes; and selected U.S. retreat centers. The friars will speak at the Masses in their parishes.

We are asking Secular Franciscans to promote Franciscan Month in the diocesan parishes where they are parishioners by asking their pastors for permission to speak at the Masses on the weekend of September 26-27, and to include a bulletin announcement that weekend. A script and bulletin announcement will be provided. Once you receive permission from your pastor, reach out to me for the script at this e-mail address: Cleoneofs@gmail.com.



The Franciscan Month team is preparing a series of coordinated events and a large-scale digital campaign for October. Recognizing the reach and impact of digital media, our primary emphasis will be on spreading awareness of Franciscan spirituality and its values through online platforms. This includes weekly themed blogs, videos, and social media content, alongside in-person events developed in collaboration with our target communities. Our ultimate goal is an official Vatican designation of October as Franciscan Month. Please visit our website: www.franciscanmonth.org.

Chris Leone, OFS
National Councilor - National Executive Council

TAU COMMITTEES

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

Cultural Diversity Committee (ESL) — Sally White, OFS

Hospitality Committee — Cyndy Filan-Kim, OFS

Infirmarian Committee — Vacant

Interfaith/Ecumenical Committee — Kimberley Heatherington, OFS

JPIC (Justice, Peace & Integrity of Creation) — Sally White, OFS

Technology Committee — John Ata, OFS

Vocations Committee — Stanley Hoover II, OFS



PRAYER INTENTIONS

HEAR US, LORD!

Please keep the following intentions in your prayers:

For Pope Leo XIV.

For peace in the Middle East.

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

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 and terror attacks.

For refugees and migrant workers.

For Russians opposing the war in Ukraine.

For all those who have lost their jobs, and are in need of employment.

For all those who have received shawls from the Tau Prayer Shawl Ministry.

For an end to political violence, and for unity in our country.

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



AUGUST: IMMACULATE HEART OF MARY

POETRY, DEVOTIONS & PRAYER

August

is dedicated to
*Immaculate Heart
of Mary*





Daily Prayer for August for the Intercession of the Immaculate Heart of Mary

O Most Blessed Mother,
heart of love, heart of mercy,
ever listening, caring, consoling,
hear our prayer.

As your children,
we implore your intercession,
with Jesus your Son.

Receive with understanding
and compassion,
the petitions we
place before you today,
especially those
so deep in our heart.

We are comforted in knowing
your heart is ever open
to those who ask for your prayer.

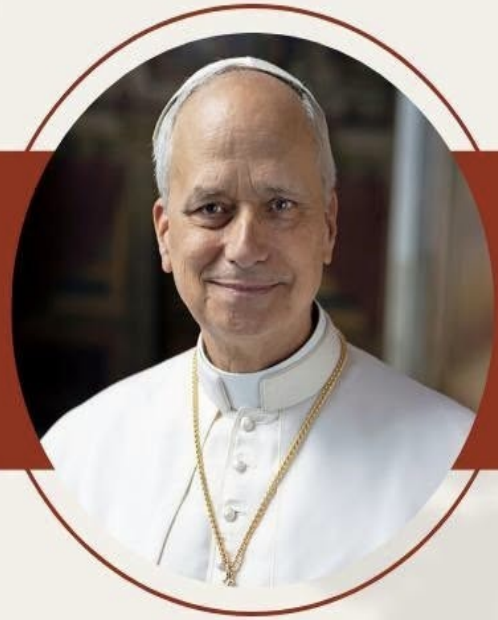
We trust to your gentle care
and intercession,
those whom we love
and who are sick
or lonely or hurting.

Help all of us, Holy Mother,
to bear our burdens in this life,
until we may share
eternal life and peace
with God, our Father forever.

Amen

Anastpaul/18

POPE'S INTENTION: AUGUST



FOR EVANGELISATION IN THE CITY

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

CALENDAR: ACTIVITIES & EVENTS

August is the Month of the Immaculate Heart

- Aug. 1 Our Lady of the Angels Portiuncula
(Plenary Indulgence: Aug. 1-2)
- Aug. 2 Tau Gathering
- Aug. 6 Transfiguration of Our Lord Jesus Christ
- Aug. 10 Lisa Jaeger's Birthday
- Aug. 11 Feast of St. Clare of Assisi, Foundress of the Poor Clares
- Aug. 14 Memorial of St. Maximilian-Marie Kolbe
Priest, Conventual Religious, Martyr
- Aug. 15 Feast of the Assumption of Our Lady
- Aug. 19 Clari Claus' Birthday
- Aug. 20 Heber Garcia's and Beena Job's Birthday
- Aug. 22 Feast of the Queenship of the Blessed Virgin Mary
- Aug. 23 Pam Brooks' Birthday
- Aug. 24 Feast of St. Bartholomew the Apostle
- Aug. 27 Memorial of St. Monica
- Aug. 29 Memorial of the Passion of St. John the Baptist

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

August 2026

Su	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					

September 2026

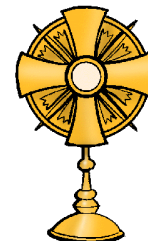
Su	Mo	Tue	We	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Mass for Multicultural Communities & Fair 2026



Sun., Aug. 30 @ 3:00 - 8:00 p.m.
Our Lady of Hope - Sterling

Eucharistic Adoration



Wed., Aug. 12, 19, & 26 @ 7:00 p.m.
St. Joseph Catholic Church

NEXT TAU GATHERING

AUGUST 2, 2026

SCHEDULE

- 1:30 PM** Opening Prayer & Social Time
2:00 PM Presentation
2:45 PM Break
3:00 PM Ongoing Formation:
Franciscan Prayer
3:30 PM The Angelus & Liturgy of the Hours
3:45 PM Business Meeting
4:00 pm Closing Prayer

Christ the Redeemer
Room 1 & 2

INITIAL FORMATION

Inquirers:

Ch. 8 in *The Franciscan Journey*

Candidates:

Ch. 20 in *The Franciscan Journey*



During Ordinary Time, we 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.



Pray The HOLY ROSARY Daily / facebook.com

LITURGY OF THE HOURS Sunday in the 18th Week of Ordinary Time

Midday Prayer: See [here](#) or

<https://divineoffice.org/ord-w18-sun-dp2-current/?date=20260802>

Evening Prayer:

Canticle of Mary Antiphon and Prayer:
Eighteenth Sunday in Ordinary Time:

Evening Prayer II: pg. 623

Everything else: Sunday, Week II

Evening Prayer II: pg. 786

Hymn: TBD

Contact
Cyndy Filan-Kim, OFS,
to volunteer for
Scripture Reading &
Responsory, Opening Prayer,
& Presentations