



OF SPECIAL
INTEREST:

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Minister's Message

Brothers and Sisters,
Peace and all good!

I continue the multi-part series called *Travel Lightly* where I share our Franciscan message in the form of a continued short story.

Chapter 2 — The Red Light

It finally happened. He got promoted to Managing Director. This is the moment he had waited for much of his career. It took longer than he had anticipated but it was finally here. In an expensive restaurant outside the big city, there was special recognition in the form of speeches, smiles, handshakes and plans for the future.

Driving home, Rowan waited for the feeling he had imagined for years.

Instead, he found himself stopped at a red light watching rain slide down the windshield.

He wasn't disappointed.

He wasn't happy either.

He was simply... unchanged.

The light turned green.

The cars moved forward.

The next morning the alarm still rang at five.

Coffee still needed to be brewed.

The dog still wanted to be walked.

For the first time he wondered whether success wasn't a destination at all, but a place people imagined existed somewhere beyond the next accomplishment.

He never spoke that thought aloud.

It simply stayed with him.

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

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 — 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, September 14
from 7:00 - 8:00 p.m.**

**The theme will be:
The Gospel of Mark, Ch. 11-13**

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

STUDY THE GOSPEL OF MARK!

TAU FRATERNITY OPTIONAL GOSPEL OF MARK ZOOM SESSIONS

Continuing during 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 Monday, September 14 and Monday, 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 AUGUST 2 GATHERING

PRESENTATION

As part of our ecumenical outreach, Catharine Tunis and her husband Harry Tunis from the Herndon Friends Meeting gave us a concise overview of Quaker history, beliefs and practice. (Catharine and Veronica O'Donnell, OFS, were colleagues in the county library system and remained friends after retirement.).

The following quote is from Catharine and Harry's handout:

Quakerism grew out of the Christian tradition in England in the mid-1600s.

We believe that the spirit of God, also called the Inner Light, the Inner Christ, or Spirit, is within each person. This core belief drives our commitment to equality, simplicity, peace, integrity, community, and stewardship.

Our weekly service (the Meeting for Worship) consists of gathering in silent worship in the presence of God, with a sense of prayerful expectation.

The Bible is one source of inspiration, but new insights and understandings can come to each of us, without an intermediary such as a paid minister.

We are all ministers in that we have the obligation to speak the Truth that we know. Sometimes we are led to share these new understandings out of the silence in the Meeting for Worship.

Notable was Catharine's observation that Quakers and Catholics are similar in their approach to silence, with the Quakers sitting quietly in their worship service awaiting a message "out of the silence," and Catholics sitting quietly in devotion during the Exposition of the Blessed Sacrament.

ONGOING FORMATION

Vice Minister Cyndy Filan-Kim, OFS, gave a presentation that our Formation Director Gil Donahue, OFS, had prepared as an overview of our official liturgical book, *The Ritual of the Secular Franciscan Order*, which governs the ceremonies, prayers, and celebrations of the SFO.

RECAP OF AUGUST 2 GATHERING

ONGOING FORMATION (CONTINUED)

Notable was Gil's conclusion.

He wrote that "throughout the Ritual, several themes recur: The Gospel is the supreme rule of life.

Profession renews Baptism, rather than creating a new form of consecration.

Fraternity is essential; no Franciscan vocation is lived in isolation.

Secularity is preserved; members remain fully engaged in family, work, and society.

Mission is central: members are called to rebuild the Church and transform the world through witness, charity, justice, and peace.

The Eucharist and Scripture nourish the Franciscan vocation.

The spirituality of St. Francis permeates every rite, prayer, and blessing."

"Overall, the Ritual is both a *liturgical manual* and a *theological expression* of the Secular Franciscan vocation, emphasizing that *profession is a lifelong public commitment to live the Gospel in the spirit of St. Francis while remaining fully engaged in ordinary secular life.*"



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



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



UNITY WALK 2026



REIMAGINE THE FUTURE



SUNDAY 25 OCTOBER 2026 | 1PM-6PM



WALK TOGETHER

10 houses of worship.
One community.



CREATE JOY

Experience interfaith
connection.



MAKE AN IMPACT

Service, understanding,
and action for good.



Learn more and register at: **IFCMW.org**

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.***

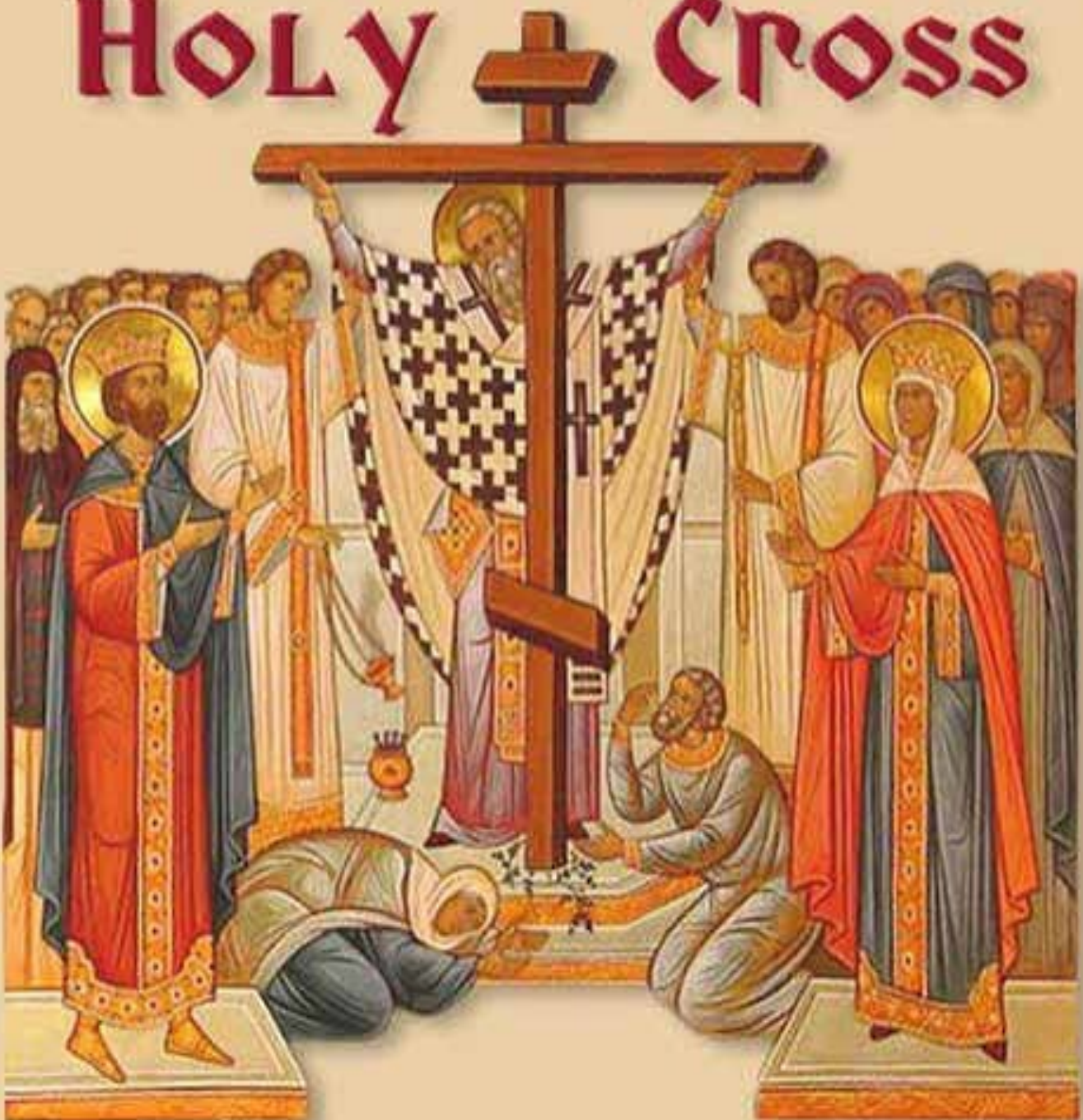
Philippians 4:6-7



SEPTEMBER: MONTH OF THE HOLY CROSS

POETRY, DEVOTIONS & PRAYER

Exaltation of the Holy Cross

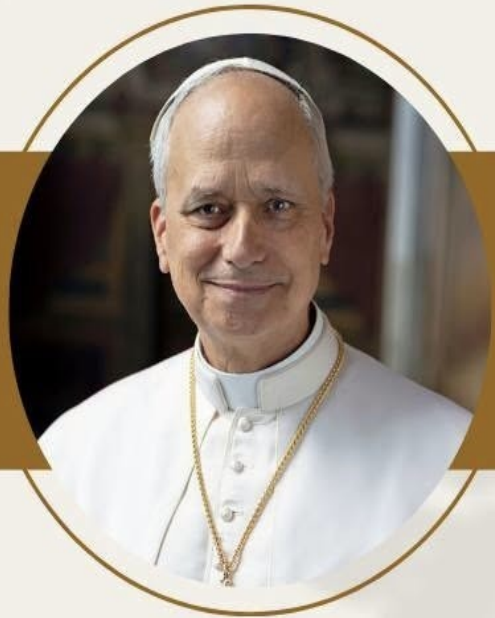


Exaltation of the Holy Cross

- 1** Saint Helena, in the 4th century, found the Holy Cross in Jerusalem.
- 2** In the year 614, the Persians took it as a war trophy.
- 3** Emperor Heraclius recovered it and brought it back to Jerusalem on September 14, 628.
- 4** The wood was divided into parts, sending fragments to Rome, Constantinople, and Jerusalem.
- 5** Splinters were distributed to churches all over the world, known as the "relics of the True Cross."



POPE'S INTENTION: SEPTEMBER



FOR THE CARE OF WATER

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

SPIRITUAL PREPARATION FOR THE JUBILEE YEAR OF ST. FRANCIS

Recently, a friend gave me a copy of the Novena to St. Francis prepared by *The Magnificat*. It is a very attractive booklet, containing both the prayers of the Novena as well as additional material on the life and significance of St. Francis. I do not know how widely this Novena has been distributed, nor how well it is known generally among Catholics. For us Secular Franciscans, the Novena is of special interest this Jubilee Year of St. Francis. It is particularly valuable for us to pray the Novena starting on September 25 and ending on October 3, the eve of the 800th anniversary of the Transitus of St. Francis.

September was a special month for St. Francis. During the Middle Ages, a portion of September was considered a "Little Lent." This was a pre-Advent penitential season. St. Francis often sought refuge in a hermitage or cave for a lengthy period of prayer. It was during such a time in 1224, two years prior to his death, that St. Francis prayed at La Verna. Thereafter, he obtained the stigmata, which he bore for the remainder of his life.

This is St. Francis' prayer at La Verna:

Lord, I ask you for two graces before I die: to experience in myself, as much as possible, the sufferings of your cruel Passion, and to feel for you the same love that drove you to sacrifice yourself for us.

My Lord Jesus Christ, I beg thee to grant me two graces before my death: first, that for the rest of my life I may experience in my soul and in my body, as much as possible, the same pain that you suffered, O sweet Jesus, during the time of thy most cruel Passion; and second, that I may feel in my heart, as much as possible, the same love which inflamed thee, the Son of God, and led thee to suffer thy passion gladly for us sinners.

For those who feel moved to do so, there is a separate Novena of the Stigmata, starting on September 17. However, this year, it may be more fitting to pray a general Novena of St. Francis, which sums up his life experience, and the Order he founded to continue his works to the end of time.

I especially like the Novena form contained on the Arlington Diocese website: [arlingtondiocese.org-novena st. francis.pdf](http://arlingtondiocese.org-novena%20st.%20francis.pdf). This novena form originated with the Catholic Agency for Overseas Development and each day parallels the saint's Canticle of the Creatures: sun, night sky, wind and air, water, fire, earth, those who suffer, peace, and creation. May we all have a thoughtful reflection period in anticipation of the special celebration this year of our Founder's Transitus.

Gil Donahue, OFS - Formation Director, Tau Fraternity - August 15, 2026

CELEBRATE THE SEASON OF CREATION FROM SEPT. 1 - OCT. 4!

Download the guide here:

https://drive.google.com/file/d/1WeWEjt_WxyS6Ed5qD8tnRIahSMJ5SUmI/view



**SEASON OF
CREATION**

CELEBRATION GUIDE 2026

LIVING WATER

Immersion in Living Water
Ezekiel 47:9, 12



CALENDAR: ACTIVITIES & EVENTS

September is the Month of the Holy Cross*

- Sept. 1 World Day of Prayer for the Care of Creation
Season of Creation begins (Sept. 1 - Oct. 4)
- Sept. 3 Doug Fehrer's birthday
- Sept. 7 John Ata's birthday
- Sept. 8 Nativity of the Blessed Virgin Mary
- Sept. 11 25th Anniversary of 9/11 Attack on the U.S.
Tau Profession Anniversary for Pat Riggles
- Sept. 12 Feast of the Name of Holy Mary
- Sept. 14 Exaltation of the Holy Cross
- Sept. 17 Feast of Stigmatization of St. Francis of Assisi
Tau Profession Anniversary for Joe Boyle
- Sept. 18 Feast of St. Joseph Cupertino
- Sept. 21 Feast of St. Matthew the Apostle
Tau Profession Anniversary for Cyndy Filan-Kim and Josh Goldberg
- Sept. 23 Feast of St. Pio of Pietrelcina
- Sept. 29 Feast of St. Michael the Archangel

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

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			

October 2026

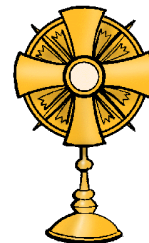
Su	Mo	Tue	We	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Transitus & Blessing of the Animals



More Details to Come!

Eucharistic Adoration



Sept. 9, 16, 23 & 30 @ 7:00 p.m.
St. Joseph Catholic Church

NEXT TAU GATHERING

SEPTEMBER 6, 2026

SCHEDULE

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

St. Joseph
Church
Room 205

INITIAL FORMATION

Inquirers:

Ch. 9 in *The Franciscan Journey*

Candidates:

Ch. 21 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 23rd Week of Ordinary Time

Midday Prayer: See [here](#) or

<https://divineoffice.org/ord-w23-sun-dp2-current/?date=20260906>

Evening Prayer:

Gospel Canticle and Prayer: Evening Prayer II:
pgs. 629,628

Everything else: Sunday, Week III

Evening Prayer II: pg. 861

Hymn: TBD

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