



PACE E BENE

TAU FRATERNITY

<https://tauofs.org>

October 2026

TAU FRATERNITY OF
THE SECULAR
FRANCISCAN ORDER

ST. MARGARET OF
CORTONA REGION

OF SPECIAL
INTEREST:

Study the Life of
St. Francis!
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Minister's Message

Brothers and Sisters,

Peace and all good!

We are quickly approaching an important month for Franciscans. Please see page 8 for announcements on the Feast Day of St. Francis and related activities.

Continuing the *Travel Lightly* series, here is the next chapter.

Chapter 3 – Music

His daughter had left for college.

The house felt strangely louder because it was quieter.

Out in the front yard, he noticed the handprints his children had pressed into the wet cement years ago. Beneath them, in uneven letters, they had written: I love you, Dad.

His daughter's car was still in the driveway. It needed some work, but Rowan often found it convenient for quick errands. And every time he got in, the same album seemed to be playing.

He knew the album well. He had used music as a way to strike up conversations with his teenage children, asking what they liked about a song or why they thought a particular lyric mattered. Sometimes, though, he wondered what must have been going on in their lives that made certain songs connect so deeply.

As he saw his daughter's car in the driveway, he felt like she was still there. He remembered a song by Ella Fitzgerald and Louis Armstrong. His daughter had learned it for a music class.

Years earlier, when Rowan had lost his job, he would sometimes hear her sweet voice singing it quietly from the other room.

She would probably never know how much those moments had helped him through that time.

He smiled. Then, unexpectedly, he cried.

For most of his life, during the sad moments, he had been convinced that things would get better. Now he understood something different.

The sad moments weren't merely something to get through. They were often the most precious moments.

Josh

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

<https://tauofs.org>
taufranciscans (at) gmail.com

Meetings every 1st Sunday
of the month at:

St. Joseph Catholic Church
750 Peachtree St. - Room 205
Herndon, VA 20170



The Tau Fraternity of the Secular Franciscan Order was canonically established on June 21, 1992.

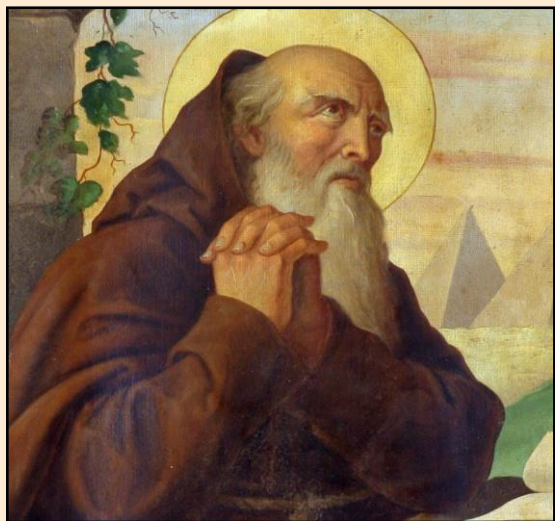
The fraternity is affiliated with the Third Order Regular of St. Francis, Province of the Most Sacred Heart of Jesus.

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, October 5
from 7:00 - 8:00 p.m.**

The theme will be:

"The Life of St. Francis"
(please see the next page)

AN OPPORTUNITY TO DISCUSS THE LIFE OF ST. FRANCIS!

During the months of October and November, Formation Director Gil Donahue will lead Zoom sessions on the life of St. Francis of Assisi. It has been several years since the fraternity members have read a biography of our founder as a group. Some more recent books shed additional light on the well-known incidents in the saint's life. These books invite us to reflect on similar incidents in our own lives.

Gil will base the Zoom sessions on *God's Fool: The Life and Times of Francis of Assisi* by Julien Green. However, participants may read their own preferred biography. All biographies touch on the main features of Francis' life. Participants are invited to share their thoughts and reactions to the situations with which Francis was faced, in particular, his conversion experiences. Participants will also discuss the relevance of St. Francis' example and our lives as Secular Franciscans.

The Zoom sessions will take place at **7:00 PM** on the following dates:

- **MONDAY, OCTOBER 5:** PART I - IDLE YOUTH (1181-1205)
- **MONDAY, OCTOBER 19:** PART II - GOD'S FOOL (1206-1209)
- **MONDAY, NOVEMBER 2:** PART III - FACING THE WORLD (1210-1221)
- **MONDAY, NOVEMBER 16:** PART IV - GOD ALONE (1222-1226)

The Zoom sessions are entirely optional. If you are interested, please send Gil an email prior to October 5 to receive the Zoom invitation.



RECAP OF SEPTEMBER 6 GATHERING

PRESENTATION

Sally White, OFS, asked us to divide into five small groups, say the Lord's Prayer, and then discuss how we can better manage the grief, fear, anger, sadness, or anxiety that we feel as a result of the current world situation. Sally said that Fr. Kevin Smith, TOR, was very helpful to her in developing this presentation.

Sally said that among her ways to cope are to reflect on what Jesus felt in Gethsemane, to watch episodes of "The Chosen," and to ponder that throughout the world in every Holy Mass, Heaven meets Earth.

The following are very brief summaries of a few key points from each of the five groups:

- Spend time in nature, walk, run or exercise, say the Rosary while walking, turn off the TV, stop trying to stay informed, stay positive, rise above it, beautiful things may happen, trust in God's will, remember the Serenity Prayer, make a spiritual communion, recognize the pain of others, meet them in their pain, see what you can do, regard fear and anxiety as wasted time, love this life, ride the wave.
- Process the event, understand how the emotions are affecting you, recognize what is not in your control, wait for answers after asking why, ask what God would want you to do, ask who God sending to you, pray the contemplative welcoming prayer to let go and consent to God's presence.
- Be open to God's will, in prayer invite Jesus into the situation in Nepal or among people in danger in the news, read Fulton Sheen, Saint Teresa Benedicta of the Cross, daily quotes from St. Francis, attend Mass on YouTube if you are homebound, listen to Christian praise and worship music, contrast secular news with religious news.
- Brisk 20-minute walk around your neighborhood, think of 3 people you can help, listen to local news, think how can you help in your local community, pray for crises in Africa over which we have no control, pray for victims of earthquakes in Venezuela and Colombia, pray for dialogue and cooperation between polarized political groups.
- Say prayers that ground you, the rosary, the Our Father, LOH, attend TV Mass, EWTN, do something good, step away from news and social media, take practical action like doing the dishes or cleaning, say a prayer and think of others when you hear an ambulance, relate to positive people, set boundaries to protect yourself from negative people.

RECAP OF SEPTEMBER 6 GATHERING, CONT.

ONGOING FORMATION

To set the stage, Clari Claus, OFS, recited the Cantic in the Umbrian dialect of Italian.

Our Formation Director Gil Donahue, OFS, then asked us to discuss the following questions in small groups:

- Which part of the Cantic speaks most strongly to you?
- Which part is the most challenging?
- What additional praises would you add?

Additional praises were suggested for silence; our five senses; hummingbirds; sunflowers and geraniums; artists; scientists and musicians; the sufferings that bring us closer to God; the wood of the cross; the confluence of wind, water, and sky as seen from a sailboat; Mother Mary; and all indigenous languages. Most challenging was serving others with humility because of our sinfulness.



The Cantic of the Creatures by St. Francis of Assisi

Most High, all-powerful, good Lord, Yours are the praises, the glory, and the honor, and all blessing. To You alone, Most High, do they belong, and no human is worthy to mention Your name.

Praised be You, my Lord, with all Your creatures, especially Sir Brother Sun, Who is the day and through whom You give us light. And he is beautiful and radiant with great splendor; and bears a likeness of You, Most High One.

Praised be You, my Lord, through Sister Moon and the stars, in Heaven You formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind, and through the air, cloudy and serene, and every kind of weather, through whom You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water, who is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire, through whom You light the night, and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our Sister Mother Earth, who sustains and governs us, and who produces various fruit with colored flowers and herbs.

Praised be You, my Lord, through those who give pardon for Your love, and bear infirmity and tribulation. Blessed are those who endure in peace for by You, Most High, shall they be crowned.

Praised be You, my Lord, through our Sister Bodily Death, from whom no one living can escape. Woe to those who die in mortal sin. Blessed are those whom death will find in Your most holy will, for the second death shall do them no harm.

Praise and bless my Lord and give Him thanks and serve Him with great humility.

TAU FRATERNITY 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://poorclaresnewjersey.com)

Watch their YouTube video [A Quiet Joy: New Jersey's Monastery of Saint Clare](https://www.youtube.com/watch?v=1Q8t8t8t8t8)

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

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.

*Faith without
works is dead*

(James 2:17)

TAU PRAYER SHAWL APOSTOLATE

Sister Sharon Goldberg, OFS, sent this e-mail September 23:

“Please note the picture below, where we presented the last batch of shawls that went out in August.

“Yes, we are back in business. Our next baby shower will be November 17, and we are expecting around 20 moms.

“And so if you’re a crochet or knitter — and you want to join in the celebration of our dozen a couple dozen moms to be — please have your shows ready by November 10, so that I can have time to package them. There is no pattern. Just a loving shawl that wraps around a mom, and allows her to feed her baby quietly. Hope you enjoy the picture.”



CELEBRATE THE TRANSITUS!

2026 Transitus Activities

Saturday, October 3 @ 12:00 p.m.

Blessing of the Animals on the Plaza in front of St. Joseph Catholic Church

Saturday, October 3 @ 5:00 p.m.

Vigil Mass featuring Sister Pam and Brother Stan, lectors; Brother Josh, Sister Sharon, and Barbara Saladino as gift bearers

Sunday, October 4 @ 7:00 a.m.; 9:00 a.m.; 11:00 a.m.; 1:00 p.m.; 3:00 p.m. (Spanish/Español); 5:00 p.m.

Masses at St. Joseph throughout the day will celebrate the Feast of St. Francis

Sunday, October 4 @ 1:30 p.m.

Tau Fraternity Open House



TAU PET PARADE!



LEFT TO RIGHT: Sylvia Capurso's dog Cassidy; Pam Brooks' dogs Cole, Oscar, and Lady.

BELOW: Sally White's cats Ned and VooDoo; Sally's cat Snuggles; Sally's cat Marmee watches Holy Mass.



*"Blessed are you,
Lord God, in all
your creatures..."*

TAU PET PARADE!

LOVE



TOP - LEFT TO RIGHT: Carole and Dick Clarke's new kitten, Lucy; Josh Goldberg's dogs Goldie (dec.) and Lulu; Josh's new dog Gigi.

BOTTOM - LEFT TO RIGHT: Vera Stewart's cats Rocket and Arrow; Joe Boyle's granddog Espresso (a.k.a. "Essie"); Cyndy Filan-Kim's parakeet Tweeter.



TAU FRATERNITY 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**

TAU PRAYER INTENTIONS

Please keep the following intentions in your prayers:

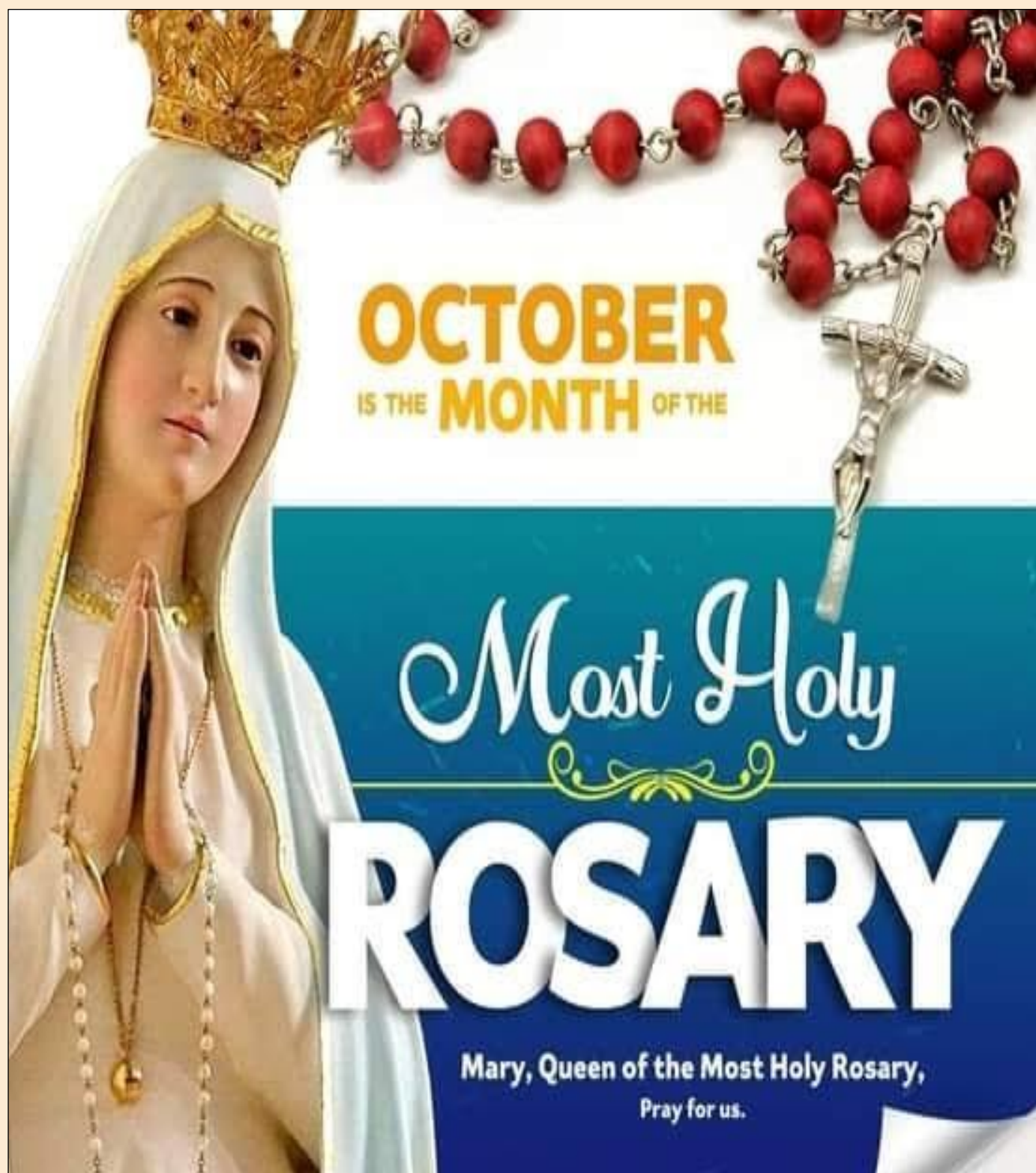
- For Pope Leo XIV.
- For peace in the Middle East.
- For the physical and spiritual healing of Sylvia Capurso; Cynthia Filan-Kim's sister; Sally White; Sally's husband Gary; Richard & Carole Clarke; their grandsons Liam & Rory.
- For the patients and Sisters at the Missionaries of Charity Gift of Peace 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.***



OCTOBER PRAYERS & DEVOTIONS



October is devoted to the Holy Rosary

October 17th
St. Ignatius of Loyola

October 18th
St. Luke

October 15th
St. Teresa of Jesus

October 20th
St. Paul of the Cross

October 7th
Our Lady of the Rosary

October 22nd
St. John Paul II

October 4th
St. Francis of Assisi

October 23rd
St. John Capistrano

October 2nd
The Holy Guardian Angels

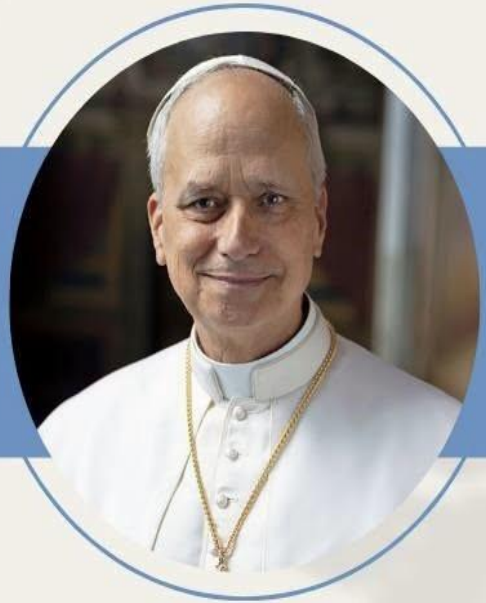
October 24th
St. Anthony Mary Claret

October 1st
St. Thérèse of the Child Jesus

October 28th
Sts. Simon and Jude



POPE'S INTENTION: OCTOBER



FOR MENTAL HEALTH MINISTRY

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

CALENDAR: ACTIVITIES & EVENTS

October is the Month of the Holy Rosary and the Holy Angels*

- Oct. 2 Memorial of the Guardian Angels
- Oct. 3 12:00 p.m. - Blessing of the Animals
5:00 p.m. - Transitus of St. Francis
Both at St. Joseph Church
- Oct. 3 Jen Raimo's Profession Anniversary
- Oct. 4 Solemnity of Our Seraphic Father
St. Francis
Tau Gathering & Annual Open House
- Oct. 5 Clari Claus' Profession Anniversary
- Oct. 6 Pam Brooks', Helen Broxmeyer's,
& Sally White's Profession Anniversary
- Oct. 7 Memorial of Our Lady of the Rosary
Carole Clarke's Profession Anniversary
- Oct. 9 Cyndy Filan-Kim's birthday
- Oct. 17 Memorial of St. Ignatius of Antioch
- Oct. 18 Feast of St. Luke
- Oct. 28 Feast of Sts. Simon and Jude
- Oct. 31 Bill Richey's birthday
Beena Job's Profession Anniversary

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

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27 Black Friday	28
29	30					

20th Annual St. Joseph



Saturday, October 24
10:00 a.m. - 4:00 p.m.

<https://sjcraftfair.wixsite.com/craftfair>

Eucharistic Adoration



Wednesday, October 7, 14, 21, 28
@ 7:00 PM - St. Joseph Church

NEXT TAU GATHERING: OCTOBER 4

SCHEDULE

- 1:30 PM** Opening Prayer & Social Time
2:00 PM Annual Tau Open House
2:45 PM Break
3:00 PM Ongoing Formation
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

Twenty-Seventh Sunday in
Ordinary Time:

Midday Prayer: See [here](#)
or

[https://divineoffice.org/ord-
w27-sun-dp2-
current/?date=20261004](https://divineoffice.org/ord-w27-sun-dp2-current/?date=20261004)

Evening Prayer

Gospel Canticle and Prayer:

Evening Prayer II - pg. 633

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**