



SPECIAL  
POINTS OF  
INTEREST:

- Prayer  
Shawl Apostolate p. 5
- The Plastic  
Problem p. 5
- Immaculate  
Heart of  
Mary p. 7

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## Minister's Message

Peace and good!

Jesus tells us to deny thyself, to pick up our cross and follow Him. He is The Way, The Truth, and The Life. Deny thyself! What does this mean and what are its practical implications? While "deny thyself" could imply fasting or abstinence, this is just a means to an end. We are trying to purify ourselves from a mental trap, which goes as follows. We have many demands for the world: fulfill me, make me happy, make me feel safe, tell me who I am. The world was never able to provide these demands and never will so we are trapped in our own self suffering. Now, we are getting at the heart of what it means to deny thyself. This was Jesus's rally call to freedom from self suffering. Fasting and abstinence create the space to realize that we are already whole and break the cycle of wanting and thwarted wanting which leads only to emptiness. While we usually talk about fasting during Lent, one can see that some form of this practice is needed to adjust whenever we get stuck.

It also does not mean stripping ourselves of our unique personality. In fact, our uniqueness as God's creation is more evident when we get unstuck. The beauty of each of our Franciscan Brothers and Sisters shines even more brightly when we take a moment to provide self care in the form of self denial.

Josh



## Organization

Tau Fraternity  
P.O. Box 711152  
Oak Hill, VA 20171

Meetings every 1st Sunday at:  
St. Joseph Catholic Church  
750 Peachtree St., Room 205  
Herndon, VA 20170

**Pace e 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 Welborn, OFS
- Formation Director—Bill Richey, OFS
- Secretary—Barbara Slivers, OFS
- Treasurer—Joe Boyle, OFS
- Councilor—Kimberley Heatherington, OFS



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## COMMITTEES

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If you are interested in participating actively in one of our Committees, take a moment to chat with the chair:

Hospitality Committee—Cyndy Filan-Kim, OFS  
Interfaith/Ecumenical Committee—Kimberley Heatherington, OFS  
Infirmarian Committee—Sharon Goldberg, OFS  
Multicultural Committee—Sally White, OFS  
Recruitment Committee—Vacant  
Technology Committee—John Ata, OFS



# Recap of Last Gathering

*July 2, 2023*

## **OPENING PRAYER:**

Joe Boyle, OFS offered a Prayer for Systemic Change.

We praise and thank you, Oh God, Creator of the Universe.

You have made all things good and given us the earth to cultivate. Grant that we may always use created things gratefully, and share them generously with those in need.

Give us creativity in helping the poor meet their basic human needs. Open our minds and hearts so that we might stand at their side and assist them to change whatever unjust structures keep them poor.

Enable us to be brothers and sisters to them, and friends who walk with them in their struggle for fundamental human rights.

We ask this through Christ our Lord.

Amen

## **PRESENTATION:**

Vera Stewart, OFS presented, "Eucharistic Adoration: A Franciscan Devotion." The presentation focused on the real presence of Christ in the Eucharist. It touched on Catholic doctrine and St. Francis' faith in the real presence. Vera noted that Article 8 in the Rule of the Secular Franciscan Order focuses on the sacramental life of the Church, especially the Eucharist. She also discussed Franciscans devoted to the Eucharist: St. Francis, St. Clare, St. Anthony of Padua, St. Padre Pio, & Mother Antonia Herb, Franciscan Sisters of Perpetual Adoration. It was an interactive presentation with rap music on "Real Presence" and prizes provided to the first who answered the trivia questions!

## **ONGOING FORMATION:**

Four Tau members reflected on their pilgrimage to Rome and Assisi from April 18-27, 2023. Fr. Matt Russick, TOR, a parochial vicar at St. Joseph Catholic Church (SJC), served as chaplain for this trip.

Barb Slivers, OFS shared that the daily Masses, especially Fr. Matt's homilies, were profound. The architecture and history were entrancing. The camaraderie among the pilgrims, chaplain, tour escorts, & bus driver was most appreciated. She requested a Rome waitress be kept in the prayers of Tau members. Helena emigrated from Ukraine with her mother, Tatiana. However, her brother Alexander & niece, Paulina remain in war-torn Ukraine.

Joe Boyle, OFS expressed gratefulness for the itinerary planned by Fr. Matt, the daily Masses, and Fr. Matt's "straight to the heart homilies." Fr. Matt carried an envelope containing the prayer requests of Tau members and others and placed it at the altar of each Mass. Joe felt a bond between the Tau members & Fr. Matt starting early in Assisi. He enjoyed the beautiful weather throughout the trip. Some favorite stops were the Basilica of St. Mary of the Angels in Assisi, the Chapel of the Stigmata in La Verna, & the general audience with Pope Francis in St. Peter's

Square. Janna Brewster, daughter of our departed brother Bill Brewster, OFS captured a special picture of Fr. Matt in the basilica. Joe also marveled at the distance St. Francis & his brothers traveled 800 years ago.

Josh Goldberg, OFS shared that he processed much information regarding what's going on in his life during the pilgrimage. He too enjoyed daily Mass, especially at the Basilica of St. Francis in Assisi. During individual meditation time in La Verna, Josh felt like he was walking with St. Francis & the brothers, as if he teleported through time. Favorite stops included the Basilica of St. Paul Outside the Walls and the Basilica of St. Peter, along with St. Peter's burial site. He felt many indulgences & blessings and came home with the thought, 'so when you get back, don't blow it.'

Sharon Goldberg, OFS said the pilgrimage changed her life. She felt she was with St. Francis, and she fell in love with him. Sharon attended a silent retreat after returning home, where the retreat master stated St. Francis fell in love with Jesus. She wants to get closer to Jesus and shared that John 'Gio' Tagnesi helped her with this. During the retreat, Sharon meditated on a picture of Mother Mary holding Jesus. She realized Mary loves her and she loves Mary. She now includes Mary in her meditations.

# 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 is **Saturday, August 12th**, please contact Veronica O'Donnell, OFS or Joe Boyle, OFS.

Pace e bene!

## 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](#)

## 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 the introductory, intermediate, and advanced levels. For more information or to volunteer, please contact Sally White, OFS.

Many thanks!

## PRAYER SHAWL APOSTOLATE

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

## 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 You can also provide a monetary donation to the Treasurer, Joe Boyle, OFS.

Thank you!

For more, info, 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 . \(poorclaresnewjersey.com\)](#)

Watch their YouTube video [A Quiet Joy: New Jersey's Monastery of Saint Clare](#)



**James 2:17**

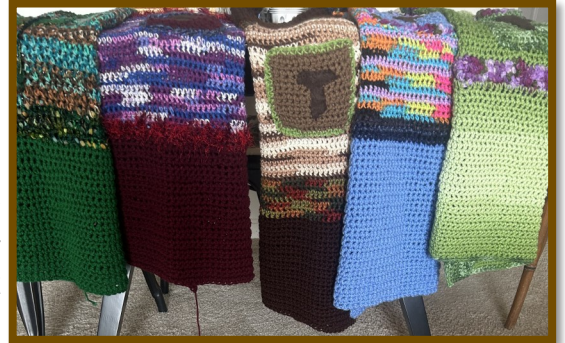
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# PRAYER SHAWL APOSTOLATE

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Sharon Goldberg, OFS

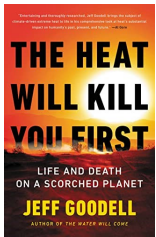
The Prayer Shawl Apostolate has added a lap blanket ministry! In partnership with the Ministries of Charity Hospice Apostolate, Tau Fraternity is providing lap blankets to the sisters. So far, Sharon Goldberg, OFS has created five lap blankets, and Kelly Passero is working on five more. The blankets include pockets that will hold rosaries made by Jim Haynes, OFS. Veronica O'Donnell, OFS will deliver the items to the sisters when he drops off food on August 12th.



## Plastic Problem Apostolate

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Bill Bouffard, OFS



Tau Fraternity has developed a plan and is working on identifying concepts for action in addressing the plastic problem. In discussing the concepts, Bill Bouffard, OFS mentioned a book entitled *The Heat Will Kill You First: Life and Death on a Scorched Planet* by Jeff Goodell who also appeared on “The Washington Post Live.” If you want to learn about or take action to mitigate the effects of plastics on our environment, including the devastating impacts of climate change, join this apostolate!

Read more about environmental issues in National Catholic Reporter’s Earthbeat article “Despite new EPA rule to reduce pollution, Catholic activist says fight to protect communities far from over” by Kimberley Heatherington, OFS:

<https://www.ncronline.org/earthbeat/justice/despite-new-epa-rule-reduce-pollution-catholic-activist-says-fight-protect>

## The Conqueror Challenge

**Care for the Planet and Your Body  
Simultaneously**

The virtual challenges are distance based, and you can set your own timeframe. Choose a virtual challenge to walk, run, bike (or do any other distance based exercise—indoor or outdoor) and select one of two causes. Your donation can help plant trees or clean plastics out of the ocean. Challenges include the 39 mile Jesus Trail, 312 St. Francis Way, 480 Camino de Santiago, and more!

[The Conqueror - Virtual Challenges & Medals | Virtual Challenges](#)

# PRAYER INTENTIONS

HEAR US, LORD!

***Please keep the following intentions in your prayers:***

For physical and spiritual healing of Maria Garcia- Gamiz, mother to Hugo Lember; Gail Dowling; Sylvia Capurso; Cynthia Filan-Kim's sister; Sally White and her husband Gary; Richard & Carole Clarke and their grandsons Liam and Rory; and Helen Broxmeyer and her daughter Susan. 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 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***





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# REFLECTIONS

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## Poetry, Devotion, and Prayer



### PRAYER TO THE IMMACULATE HEART OF MARY

Immaculate Heart of Mary,  
full of love for God and mankind,  
and of compassion for sinners,  
I consecrate myself to you.  
I entrust to you the salvation of my soul.

May my heart be ever united with yours,  
so that I may hate sin,  
love God and my neighbor,  
and reach eternal life with those whom I love.

May I experience the kindness of your motherly heart  
and the power of your intercession with Jesus  
during my life and at the hour of my death.

*Amen.*



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O Immaculate Heart of Mary,  
refuge of sinners,  
I beg of you by the infinite merits of the Sacred Heart of  
Jesus,  
and by the graces God has granted to you since your  
Immaculate Conception,  
the grace of never going astray again.  
Mother, keep me, a sinner,  
constantly bathed in the light of your Immaculate Heart.  
Amen.

[5 Powerful Prayers to the Immaculate Heart of Mary -  
Catholic Gallery](#)



# CALENDAR

## Upcoming Activities and Events

### August is the Month of the Immaculate Heart of Mary \*

- Aug 2—Our Lady of the Angels Portiuncula, Plenary Indulgence
- Aug 4—Feast of St. Dominic, Priest, Cord bearer
- Aug 6—Transfiguration of Our Lord Jesus Christ  
Tau Gathering
- Aug 8—Memorial of St. Jean-Marie Vianney, Third Order Secular
- Aug 10—Lisa Jaeger's Birthday
- Aug 11—Feast of Blessed Innocent XI, Pope, Third Order Secular
- Aug 12—Feast of St. Clare of Assisi, Foundress of the Poor Clares  
Missionaries of Charity Hospice Apostolate food drop off
- Aug 14—Memorial of St. Maximilien-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 Immaculate Heart of Mary
- Aug 23—Pam Brooks' Birthday
- Aug 24—Feast of St. Bartholomew the Apostle
- Aug 27—Memorial of St. Monica
- Aug 28—Feast of St. Junipero Serra, Priest, Religious of the Franciscan 1st Order
- Aug 29—Memorial of the Passion of St. John the Baptist

\* See the Franciscan Calendar for more dates: [Traditional Franciscan Calendar \(roman-catholic-saints.com\)](http://Traditional Franciscan Calendar (roman-catholic-saints.com))

### AUGUST 2023

Su	Mo	Tu	We	Th	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 2023

Su	Mo	Tu	We	Th	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



**The August Tau Gathering will be at Christ the Redeemer Catholic Church in Sterling, VA. We will meet in rooms 1 and 2.**





# NEXT TAU GATHERING

August 6, 2023

## SCHEDULE

1:30 pm – 1:32 pm Opening Prayer—**Bill Bouffard, OFS**  
1:32 pm – 2:12 pm Presentation—**Veronica O'Donnell, OFS**  
2:12 pm – 2:22 pm Break  
2:22 pm – 3:02 pm Ongoing Formation  
3:02 pm – 3:12 pm Break  
3:12 pm – 3:22 pm Angelus & Liturgy of the Hours  
3:22 pm – 3:32 pm Business

Christ the Redeemer  
Rooms 1 & 2

## INITIAL FORMATION:

**Candidate:** Chapter 29 in *The Franciscan Journey*,

**Candidate:** Chapter 14 in *The Franciscan Journey*

**Inquirer:** Chapter 8 in *The Franciscan Journey*

All members are welcome to join any of the classes. Please email Bill Richey if interested!

## ONGOING FORMATION:

Gil Donahue will discuss National Secular Franciscan Theme: Listen, Discern and Go Forth,

## THE ANGELUS

During Ordinary Time, we will precede the Liturgy of the Hours with the Angelus

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

**Hail Mary...**

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.

**Hail Mary...**

V. And the Word was made flesh.  
R. And dwelt among us.

**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 thee, O Lord,  
thy grace into our hearts,  
that we, to whom the Incarnation  
of Christ, thy 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.

Learn more at [TheAngelusPrayer.com](http://TheAngelusPrayer.com) or get the book *Praying the Angelus* by Jared Dees.

## LITURGY OF THE HOURS The Transfiguration of the Lord

### Midday Prayer:

See [here](#) or

<https://divineoffice.org/0806-dp2/?date=20230806>

### Evening Prayer:

Hymn: #40 – Love Divine All Love Excelling: pg. 1548

Everything else: Transfiguration, Evening Prayer II: pg. 1215

Reader: **TBD**