



OF SPECIAL  
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## Minister's Message

Brothers and Sisters,

Peace and good!

In this contemplative season, we turn our thoughts to the Holy Family, a subject that elicits varied emotions when we consider our own families.

The term "family" can evoke feelings of closeness and comfort, akin to the intimacy we share with God the Father. Yet, it also often brings to mind lingering disputes and unproductive family dynamics.

Recalling my childhood, I would gaze at Norman Rockwell's paintings portraying the idealized American family with a certain disdain. It seemed far from my reality. Interestingly, what I perceived as disdain held an underlying wisdom but was, in part, misplaced.

Attempting to emulate another family is futile, just as harboring bitterness toward a family striving for warmth and closeness serves no purpose. The potential for familial intimacy lies within our reach, and it is our responsibility to make it a reality.

Similarly, our connection with God the Father parallels this concept.

Is there any value in placing someone else's prayer life on a pedestal or harboring bitterness because others appear to have fewer struggles with prayer? Certainly not. Infused with the Holy Spirit, each of us possesses the capacity to cultivate closeness with God. Importantly, God does not wait for an idealized time and place; He is ready to meet us wherever we are on our spiritual journey.

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**  
**& BENEFIT**

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, February 12 at 7:00 PM.**

**E-mail Gil to receive a Zoom link:**

**[baitang@gmail.com](mailto:baitang@gmail.com)**

Buy this sticker at: [www.redbubble.com/i/sticker/St-Francis-of-Assisi-Contemplation-and-Meditation-by-stickercircle/144775557.EJUG5](https://www.redbubble.com/i/sticker/St-Francis-of-Assisi-Contemplation-and-Meditation-by-stickercircle/144775557.EJUG5)

# KELLY'S PROFESSION! FRIDAY, JAN. 26





# RECAP OF JANUARY 7 GATHERING

## PRESENTATION

Beena Job, OFS, offered a presentation on *Miracles Through Pranic Healing*, by Master Choa Kok Sui:

- Everyone has the ability to heal themselves, starting in the womb
- People become healthier with more time spent in and with nature
- We bless ourselves and the world by being silent/present

Beena led us through an exercise/body movements to clear our chakras. We then prayed as we visualized individuals and the world filled with understanding, harmony, and peace.

## ONGOING FORMATION

Bill Richey, OFS led a discussion on the article, "Celebrating the Gift of the Stigmata 1224-2024."

Contemplative life must include acts of mercy. The group discussion focused on silence. Frank Bowen, OFS, described recent travel around the country and experiencing a breathtaking sunrise which slowed him down in appreciation and gratitude.

Stanley Hoover, OFS, and Cecilia Thieman spoke of their early morning prayer time; Walter Gawlak, OFS, his prayer group; and Sharon Goldberg, OFS, the centering prayer she's done twice daily for 24 years.

Vera Stewart, OFS, shared a recent experience during her nighttime Adoration Chapel observance where she prayed for the person resting in a sleeping bag next to the Nativity display. Bill Richey, OFS, is working on staying in his morning intercessory prayer a little longer. Josh Goldberg, OFS, believes heaven is going to be like Mass. As he explained, divine moments are already here, we just need to take time to experience them.

Lisa Jaeger, OFS, loves her time in Adoration Chapel. John Ata, OFS, explained his prayer life focuses on his conversation with God, Liturgy of the Hours, and liturgical prayer. He offers anything he does throughout the day as a prayer to God. Kimberley Heatherington, OFS, shared that we can find God in the pots and pans in the kitchen, and anywhere else. Clari Claus, OFS, reminded us that Tony Del Popolo, OFS, always said if you have a minute, don't waste it; use it in prayer.

Jen Raimo, Candidate, enjoys charismatic prayer and worship. She explained she was hospitalized for two weeks and was grateful to receive Communion every day, including Christmas Eve and Christmas Day. Tau brothers and sisters continue to pray for Jen's full recovery.

Bill Richey, OFS, asked that we revisit the article section titled, "Our being brothers and sisters" on our own and be aware of blocks of time throughout the day for silence (walking from the door of your home to your car, etc.).

# 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, February 10**. The menu is chicken dishes; veggies; bread and butter; cookies; and soda. If you would like to help or have questions, please contact Veronica O'Donnell, OFS or Joe Boyle, 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 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](#)

## 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.

## 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!



**James 2:17**

# APOSTOLATE NEWS

## ECUMENICAL APOSTOLATE — ESL CLASSES

Sally White, OFS, reports that Registration for the English classes at the First Baptist Church in Herndon got underway in January — during a snow storm! Even with the unexpected weather, Tau volunteers helped First Baptist members register new students in all three levels of classes — Beginner, Intermediate, and Advanced. Thirty-five students total were registered.

Tau volunteers continue to help teach the classes, although more volunteers are needed for teachers' assistants on class nights.

The English teaching apostolate received donations for teachers and classroom supplies from The Closet, a local nonprofit organization, and the local Moose Lodge. Plans to provide for an additional large white board for a new classroom and more teaching materials are underway.

If you would like to volunteer for this Ecumenical Apostolate with the Baptists, please contact Sally White, OFS.



*English classes are held at the First Baptist Church of Herndon, which was built in 1900.*



# APOSTOLATE NEWS

## PRAYER SHAWL APOSTOLATE



Sharon Goldberg, OFS, recently made and delivered prayer shawls for Fr. Tom and Fr. Matt!

The colors in their shawls reflect the many colors of all the shawls Sharon made for the members of Tau Fraternity.

Sharon reports, "They loved them!"





# INTERFAITH & ECUMENICAL COMMITTEE



## HARNESSING OUR COLLECTIVE STRENGTH THROUGH INTERRELIGIOUS LITERACY

THURSDAY, FEBRUARY 29, 2024

VIRGINIA THEOLOGICAL SEMINARY; ALEXANDRIA, VA

5:30 PM RECEPTION/6:15-9:00 PM PROGRAM  
FREE AND OPEN TO THE PUBLIC/REGISTRATION  
REQUIRED

### KEYNOTE BY:



SHAUN CASEY  
SENIOR FELLOW WITH THE LUCE  
PROJECT ON RELIGION AND ITS  
PUBLICS AT THE UNIVERSITY OF  
VIRGINIA

### PANELISTS:



LITTLE SISTER LAURALEE  
SEUBERT  
CATHOLIC CHAPLAIN



REV. WILLIAM H. LAMAR  
PASTOR  
METROPOLITAN AME



KATE SOULES  
FOUNDER/EXECUTIVE DIRECTOR  
RELIGION EDUCATION  
COLLABORATIVE



LIEUTENANT LIVIO  
RODRIGUEZ  
DC POLICE DEPT

### SPONSORED BY:



REGISTER HERE: <https://ifcmw.org/event/harnessing-our-collective-strength-through-interreligious-literacy/>



# 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; and Helen Broxmeyer and her daughter Susan.

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.

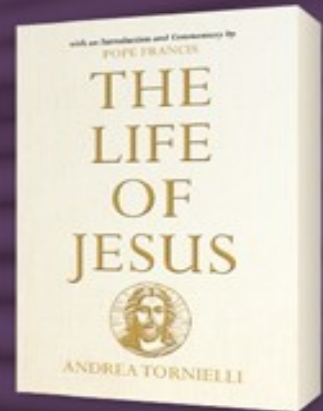
*Do not be anxious about anything,  
but in everything, by prayer and  
petition, with thanksgiving, present  
your request to God.*

*Philippians 4:6-7*



# SUGGESTED LENTEN READING

## The Life of Jesus LENTEN READ-ALONG



### WITH AN INTRODUCTION AND COMMENTARY BY POPE FRANCIS

Rediscover the profound mysteries of Christ's life in Andrea Tornielli's unprecedented biographical masterpiece. *The Life of Jesus* delivers a spiritually immersive narrative that masterfully interlaces the Gospels, the author's impactful and imaginative reflections, and the inspiring insights of Pope Francis.

Tornielli meticulously chronicles Jesus' journey, from the miraculous infancy narrative to the dawn of his ministry, his trials in the wilderness, the awe-inspiring miracles, the timeless parables, the harrowing crucifixion, and the transformative resurrection.

The narrative, rich with Pope Francis's wisdom, grounds Christ's eternal message firmly in the context of our contemporary world.

*The Life of Jesus* is more than a biography: it is a pilgrimage of faith, a testament to divine love, a source of enlightenment, and a guiding beacon for every spiritual sojourner. Embark on an inspiring and soul-stirring journey that offers refreshing perspectives on the indelible significance of Christ in our lives.

**BE PART OF A LENTEN READ-ALONG WITH THE PUBLISHER, LOYOLA PRESS, STARTING ON FEBRUARY 14! SCHEDULE ON THE NEXT PAGE; MORE DETAILS HERE:**

**[www.loyolapress.com/catholic-resources/liturgical-year/lent/perspectives-on-lent/articles/leden-read-along](http://www.loyolapress.com/catholic-resources/liturgical-year/lent/perspectives-on-lent/articles/leden-read-along)**

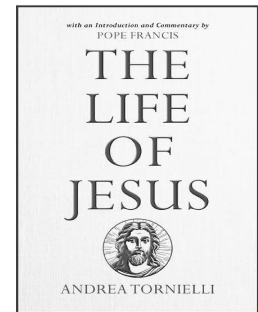


# SUGGESTED LENTEN READING

## The Life of Jesus

### 2024 LENTEN READ-ALONG

Savor your reading of *The Life of Jesus* by Andrea Torielli, following the schedule below. The Loyola Press read-along begins on Ash Wednesday and runs through Holy Week. Post your thoughts, favorite quotes, or reactions with #lentreadalong on social media.



### Schedule

#### Week of Ash Wednesday

February 14 through February 17

- ☐ Chapter 1
- ☐ Chapter 2
- ☐ Chapter 3

pages 1–24

#### First Week of Lent

February 18 through February 24

- ☐ Chapter 4
- ☐ Chapter 5
- ☐ Chapter 6
- ☐ Chapter 7

pages 25–68

#### Second Week of Lent

February 25 through March 2

- ☐ Chapter 8
- ☐ Chapter 9
- ☐ Chapter 10
- ☐ Chapter 11

pages 69–112

#### Third Week of Lent

March 3 through March 9

- ☐ Chapter 12
- ☐ Chapter 13
- ☐ Chapter 14

pages 113–154

#### Fourth Week of Lent

March 10 through March 16

- ☐ Chapter 15
- ☐ Chapter 16
- ☐ Chapter 17
- ☐ Chapter 18

pages 155–196

#### Fifth Week of Lent

March 17 through March 23

- ☐ Chapter 19
- ☐ Chapter 20
- ☐ Chapter 21

pages 197–238

#### Holy Week

March 24 through March 30

- ☐ Chapter 22
- ☐ Chapter 23
- ☐ Chapter 24
- ☐ Chapter 25
- ☐ Chapter 26

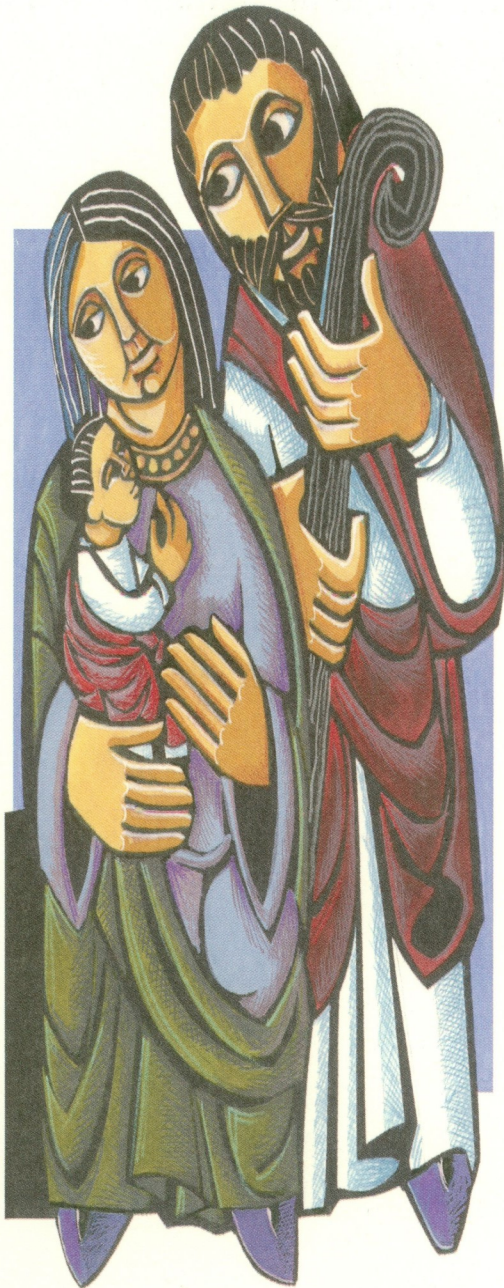
pages 239–279

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A JESUIT MINISTRY

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# FEBRUARY: MONTH OF THE HOLY FAMILY

## POETRY, DEVOTIONS & PRAYER



### Pope Francis's Prayer to the Holy Family

Jesus, Mary, and Joseph,  
in you we contemplate  
the splendor of true love,  
to you we turn with trust.

Holy Family of Nazareth,  
grant that our families too  
may be places of communion and prayer,  
authentic schools of the Gospel,  
and small domestic Churches.

Holy Family of Nazareth,  
may families never again  
experience violence, rejection, and division:  
may all who have been hurt or scandalized  
find ready comfort and healing.

Holy Family of Nazareth,  
may the approaching Synod of Bishops  
make us once more mindful  
of the sacredness and inviolability of the family,  
and its beauty in God's plan.

Jesus, Mary, and Joseph,  
graciously hear our prayer. Amen.

Prayer © 2013 Libreria Editrice Vaticana. *Holy Family* by Martin Erspamer, OSB, a monk of Saint Meinrad Archabbey, Indiana. Used with permission. © 2014 Order of Saint Benedict, Collegeville, MN. Published by Liturgical Press. ISBN 978-0-8146-4901-5.





*Icon for the 2015 World Meeting of Families by Neilson Carlin — [www.neilsoncarlin.com](http://www.neilsoncarlin.com)*



# CALENDAR: ACTIVITIES & EVENTS

## February is the Month of the Holy Family\*

- Feb. 2 World Day of Prayer for Consecrated Life
- Feb. 3 Feast of the Martyrs of Japan  
Feast of St. Blasé
- Feb. 4 Tau-OFS Gathering  
International Day of Human Fraternity
- Feb. 8 Profession of Vicki Shanholtz and Sandra Cannon
- Feb. 10 Missionaries of Charity Hospice Apostolate  
Food Drop-off  
Bill Bouffard's birthday
- Feb. 11 Apparition of Our Lady of Lourdes, 1858
- Feb. 17 Liz Welborn's birthday
- Feb. 18 Feast of St. Bernadette of Soubirous
- Feb. 21 Feast of St. Margaret of Cortona  
(Some sources indicate that her feast day is Feb. 22, and some May 16)

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

## February 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		

## 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						



NATIONAL  
**Eucharistic  
 Congress**

**July 17-21**  
**Indianapolis, Indiana**

**[www.eucharisticcongress.org](http://www.eucharisticcongress.org)**



**Sunday, February 18**  
**7:00 - 9:00 PM**  
**Featuring Eucharistic Adoration**  
**& worship music**  
**St. Joseph Catholic Church**

# NEXT TAU GATHERING

FEBRUARY 4, 2024

## SCHEDULE

1:30 pm-1:32 pm	Opening Prayer: Beena Job
1:32 pm-2:12 pm	Gil Donahue: End-of-Life Planning for Franciscans
2:12 pm-2:22 pm	Break
2:22 pm-3:02 pm	Bill Richey: Guided Meditation for Ukraine and Israel/Gaza
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 Meeting
3:32 pm	Closing Prayer

St. Joseph Church  
Room 205

## INITIAL FORMATION

Aspirants: Chapter 2 in *Franciscan Journey*  
Candidate: Chapter 13 in *Franciscan Journey*

## PRESENTATION/ONGOING FORMATION

Gil Donahue will present a reflection on how, why, and when to prepare our loved ones for our eventual demise — and how to use this opportunity to instruct them on our faith. Bill Richey will present guided meditation/prayer for Ukraine and Gaza/Israel.

During Ordinary Time, 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.



Pray The HOLY ROSARY Daily / facebook.com

## LITURGY OF THE HOURS 5th Sunday in Ordinary Time

Readers: **PLEASE VOLUNTEER - TBD\*\***

Midday Prayer: See [here](https://divineoffice.org/ord-w05-sun-dp2-current/?date=20240204) or  
<https://divineoffice.org/ord-w05-sun-dp2-current/?date=20240204>

Evening Prayer:

Hymn: #182 – “O God, Our Help in Ages Past”: pg. 1704 or “O Blest Creator of the Light” from the Divine Office podcast  
Canticle of Mary Antiphon and Prayer:  
Evening Prayer II: pg. 249  
Everything else: Sunday, Week I,  
Evening Prayer II: pg. 712

\*\* Contact Joe Boyle, OFS, to volunteer for:

- ♦ Liturgy of the Hours Psalm 1
- ♦ Liturgy of the Hours Psalm 2
- ♦ Liturgy of the Hours Psalm 3
- ♦ Scripture Reading and Responsory.