



OF SPECIAL  
INTEREST:

- Vera & Joe go to TOR  
Ordinations at Loretto!  
Page 3-4
- Save the Date: IFC Unity  
Walk 2024 (Sept. 8)  
Page 12
- 2024 Chapter of Mats  
Page 14

INSIDE THIS  
ISSUE:

Gathering Recap	5
Apostolates & Apostolate News	6- 10
Committees	11- 12
Prayer Intentions	13
Reflections	15- 17
Calendar & Events	18
Next Gathering	19

## Minister's Message

Brothers and Sisters,

Peace and all good!

Fraternities like ours are led by an apostolic mission that guides and energizes us. We are also made up of individual people with all the messiness that life has to offer.

We have our frailties, difficult life decisions, and ups and downs as we strive toward personal aspirations. I appreciate the uniqueness of each and every fraternity member. We share a love for one another that cannot be explained and should not be forgotten.

I'd like to highlight one of our fraternity members who quietly takes on issues of social justice. Kimberley has won two awards for her journalism on social justice. I encourage you all to follow her writing. In particular, I want to highlight one award-winning article: "Catholics Concerned about US Child Labor Violations." The U.S. Department of Labor has seen a 69 percent increase in children being employed illegally by companies. Employers rationalize the exploitation of children, unaware of their rights, due to labor shortages.

It is heartening to see the Catholic Church speaking out and taking action. Click link to read more: [Catholics Concerned about US Child Labor Violations](#).

Franciscans fight the good fight just like the broader Catholic Church does. As we toil to make an outward impact, let us remember to provide comfort to one another.

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**  
**& BENÉ**

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

<https://tauofs.org>

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



**The Tau Contemplative Prayer  
& Franciscan Spirituality discussion  
group will take a break for July.**

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)

# ORDINATIONS AT LORETTO!

**Ordination to the Priesthood — Third Order Regular Franciscans**  
Province of the Most Sacred Heart of Jesus  
Immaculate Conception Chapel at Saint Francis University  
Loretto, PA — June 8, 2024



*With thanks to photographers Joe Boyle, OFS and Vera Stewart, OFS.*

# ORDINATIONS AT LORETTO!



# RECAP OF JUNE 2 GATHERING

## PRESENTATION

Sharon Goldberg, OFS, and Heber Garcia, OFS, offered a presentation based on the book, *The Grace in Aging: Awaken as You Grow Older* by Kathleen Dowling Singh (available in our Tau library collection). Some highlights:

- Development of a spirituality of wisdom requires a deliberate and intentional effort.
- It's crucial to have a contemplative practice to allow the God-given Divinity to rise from the unconscious, which supports becoming a true elder rather than only getting older.
- Singh invites readers to look at their habitual self/ego-oriented programs.
- Our primitive, reptilian brain dominates our reception of information. It houses our survival instinct (fight, flight, or freeze response).
- Many studies have confirmed that humanity carries a negativity bias; our first instinct is to be safe. This was also noted by Fr. Bernie Tickerhoof, TOR, at the annual retreat last month.
- The Enneagram is one tool available to help us understand the motivations, core beliefs, and unconscious patterns that drive our behavior. Many books are available on this subject, including from Fr. Bernie as well as Fr. Richard Rohr, OFM.
- Bloom where you're planted to nurture your spirituality.
- The book, *The Gift of Years: Growing Old Gracefully* by Joan Chittister, OSB, was referenced.
- Our life path is our choice. Practice presence; withdraw from ego using silence and talking to our Lord in solitude. Ask Him for guidance.
- Group discussion followed the presentation.

## ONGOING FORMATION

Bill Richey, OFS, led a group discussion on reflections from the Tau Annual Retreat at Priest Field last month.

- Bill thanked Joe Boyle, OFS, for all his work in planning the retreat, and Kimberley Heatherington, OFS, for taking notes she made available to all brothers and sisters.
- General reflection themes from the group included finding Fr. Bernie's discussion on prayer most valuable, along with the concept of presence and the history included in his presentations.

# 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 August 10; the menu will be hot dogs, potato salad, cole slaw, and cookies (provided by Bill Richey, OFS).

If you would like to help or have questions, please contact Veronica O'Donnell, OFS.

## 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=...)

## 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!

## 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/>

## 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.



**James 2:17**

# APOSTOLATE NEWS

## ST. VINCENT DE PAUL FOOD PANTRY APOSTOLATE

Joe Boyle, OFS, shares, "I wanted to follow up our June 2nd gathering and let you know the wonderful impact your contributions had on the St. Vincent de Paul Food Pantry at St. Timothy's Church. Thank you for your very generous donations of 'food stuffs', as well as cash/checks; these contributions filled 90%+ of the SVdP bins at St. Timothy's Church. Please see pictures below. Your kindness has had a positive impact on the people being served by the SVdP Food Pantry. Well done!"



# APOSTOLATE NEWS

## ESL (ENGLISH AS A SECOND LANGUAGE) APOSTOLATE

Sally White, OFS, reports, "There is great news about the Baptist and Tau teaching apostolate this month! The students held a celebration ceremony for the 24 students receiving certificates of completion for the Spring session. Now they can move forward to more advanced classes. To celebrate, the students and volunteers brought food representing their cultures. Over the summer some will meet for a reading session with Bill Bouffard, OFS, who will lead them in reading *Treasure Island*."

Sally continued, "The joint apostolate received a generous grant of \$4,500.00 from the Herndon Moose Lodge to purchase classroom furniture for the three classes, as well as providing other facility improvements. The Fall semester begins in September, and we will be needing Tau volunteers to help with registration. Even though you may not be able to commit to teaching, please consider at least visiting a class to show your support to the students."



# APOSTOLATE NEWS

## ECUMENICAL ACTIVITIES WITH FIRST BAPTIST CHURCH OF HERNDON

Sally White, OFS, shares, "Tau fraternity has expanded our fellowship with the members of the First Baptist Church of Herndon beyond teaching English classes. We have participated in craft fairs at St. Joseph's Church, joined in the Tau Christmas party, and lately, in a luncheon for seniors at the Baptist church. At the senior luncheon, Tau brothers and sisters met a very special lady who will be 105 years old this fall. She is a Cradle Baptist, and wrote what her church meant to her when she turned 102 years old. Here is her poem she wishes to share with us."

### MY CHURCH AND ME

By Mariana James, 2021

A century ago, this church had a Cradle Roll  
My name was placed upon it when I was four  
days old

UNKNOWNLY,

My Church and Me

When I went to Sunday School,  
I learned I had a Savior  
And I learned the Golden Rule.  
When my faith was strong, I wanted to belong.  
The baptistry this church had then was very  
big,  
And I was very small.  
I floated in the water, my feet not touching at  
all.

But

OFFICIALLY,

My Church and Me

When boys and girls in Youth Group  
began to congregate,  
What better place, than church, to find a mate.  
I did.

And

MATRIMONIALY,

A Husband, My Church, and Me

After that, the babies came, one and two and three.  
And then I had the children to bring to church with me.

MATERNALLY,

My Kids, My Church and Me



# APOSTOLATE NEWS

## ECUMENICAL ACTIVITIES WITH FIRST BAPTIST CHURCH OF HERNDON - CONT'D.

### MY CHURCH AND ME (CONTINUED FROM THE PREVIOUS PAGE)

Through the years  
to various jobs we were recruited,  
For many I felt unsuited.

But

ACTIVELY

My Family, My Church, and Me

And now I want to thank all of you  
For your kindness and care and giving  
As I keep on living  
Though there is much I cannot hear  
And some things I can't see.

But

AFTER ALL

I'm hundred and two  
and

THANKFULLY

It's our church and you.



## DONATIONS TO MOTHER OF MERCY FREE CLINICS

Sally White, OFS, says, "Sister Alessandra of the Mother of Mercy Free Clinic thanks all of the Tau brothers and sisters who donated over two large boxes of rosaries, religious medals, prayer books, prayer cards, and other precious items for the poor who visit the two clinics.



"We now have free clinics in our diocese that help the uninsured and underinsured poor in our community.

"Patients do not receive free religious items in the mail as do some of us who contribute to various religious orders. So a free medal or rosary at a time of their pregnancy or illness is a blessing to them.

"Your acts of kindness are going a long way to help the patients."

# 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



# TAU COMMITTEES: INTERFAITH/ECUMENICAL



## SAVE THE DATE

### IFC UNITY WALK 2024

SUNDAY, SEPTEMBER 8, 2024

12:30-1:30 RESOURCE FAIR

1:30-5:30 UNITY WALK PROGRAM

Join us in a public demonstration of love and support for  
all who live in our region!



FOR MORE INFORMATION, VISIT: [IFCMW.ORG](http://IFCMW.ORG)

# 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.

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*



# 2024 CHAPTER OF MATS

SEPTEMBER 6-8

The Chapter of Mats is a very ancient tradition that dates back to the beginnings of the Franciscan Order, and to St. Francis himself. In 1221, the friars gathered in Assisi for the Pentecost General Chapter. However, due to a lack of space, they slept on straw mats — hence the name. In our era, the Chapter of Mats is a gathering of Secular Franciscans from all over the St. Margaret of Cortona Region, to which Tau Fraternity belongs. The 2024 gathering theme is “The Next 800 Years.”

See more details here: <https://saintmargaretofcortona.org/upcoming-events>

**2024 Chapter of Mats—September 6 - 8, 2024**

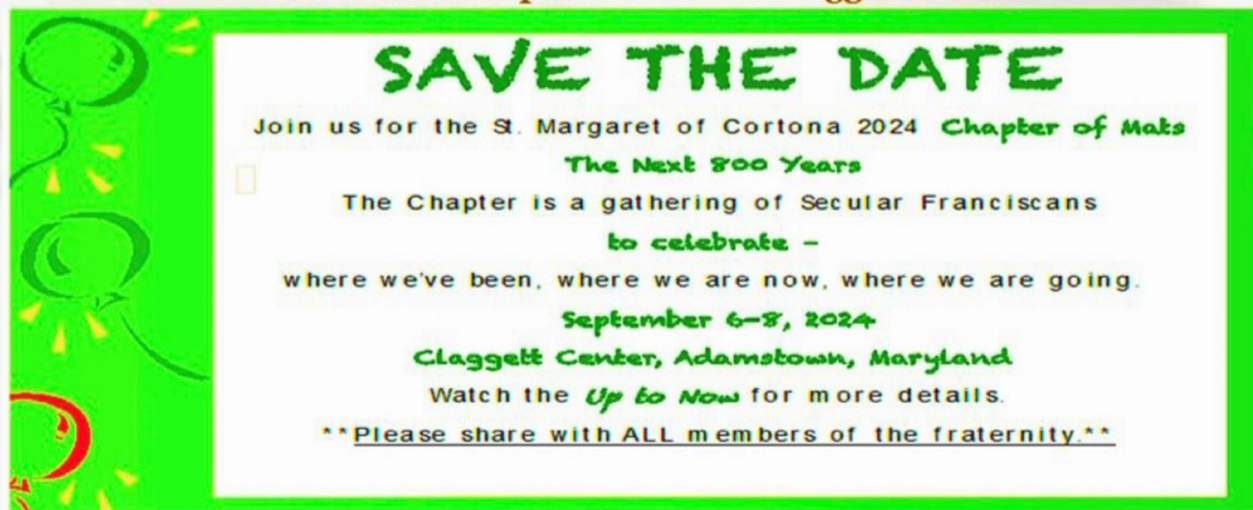


**3035 Buckeystown Pike—Adamstown, MD 21710**

**Claggett Center Website — <https://www.claggettcenter.org/>**



**Scroll down for pictures at the Claggett Center**



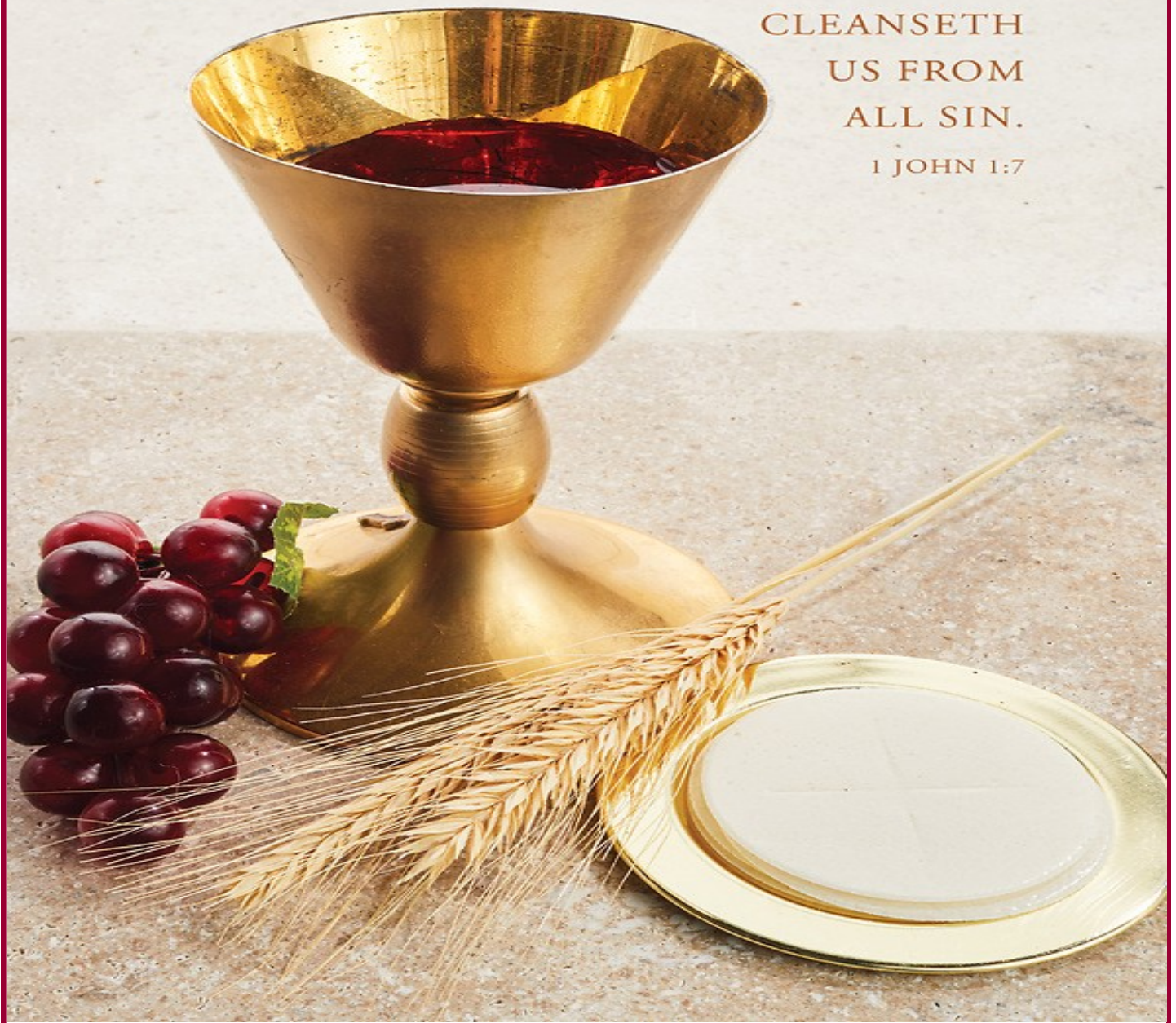
# JULY: PRECIOUS BLOOD OF OUR LORD

POETRY, DEVOTIONS & PRAYER

## THE BLOOD OF JESUS CHRIST...

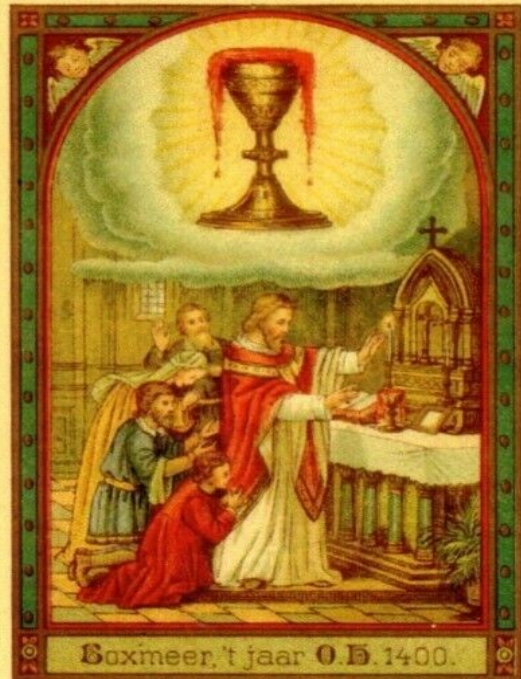
CLEANSETH  
US FROM  
ALL SIN.

1 JOHN 1:7



# LITANY OF THE MOST PRECIOUS BLOOD *of Jesus*

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
Christ, hear us.  
Christ, graciously hear us.



God, the Father of Heaven, *have mercy on us.*  
God the Son, Redeemer of the world, *have mercy on us.*  
God, the Holy Spirit, *have mercy on us.*  
Holy Trinity, One God, *have mercy on us.*  
Blood of Christ, only-begotten Son of the Eternal Father, *save us.*  
Blood of Christ, Incarnate Word of God, *save us.*  
Blood of Christ, of the New and Eternal Testament, *save us.*  
Blood of Christ, falling upon the earth in Agony, *save us.*  
Blood of Christ, shed profusely in the Scourging, *save us.*  
Blood of Christ, flowing forth in the Crowning with Thorns, *save us.*  
Blood of Christ, poured out on the Cross, *save us.*  
Blood of Christ, price of our salvation, *save us.*  
Blood of Christ, without which there is no forgiveness, *save us.*  
Blood of Christ, Eucharistic drink and refreshment of souls, *save us.*  
Blood of Christ, stream of mercy, *save us.*  
Blood of Christ, victor over demons, *save us.*  
Blood of Christ, courage of Martyrs, *save us.*

# JULY: PRECIOUS BLOOD OF OUR LORD

## POETRY, DEVOTIONS & PRAYER

He does not come down  
from Heaven each day to  
stay in the gold chalice.  
He comes down to find  
another Heaven He  
cherishes infinitely more  
than the first, the Heaven  
of our souls, made in His  
image, living temples of  
the Most Blessed Trinity!

*Saint Therese of Lisieux*



# CALENDAR: ACTIVITIES & EVENTS

## July is the Month of the Precious Blood of Our Lord, Jesus Christ\*

- July 1     Feast of the Precious Blood of Our Lord Jesus Christ
- July 3     Feast of St. Thomas the Apostle
- July 5     Feast of St. Elizabeth of Portugal, Patron of the Franciscan Third Order
- July 6     Feast of St. Maria Goretti
- July 7     Tau Fraternity Monthly Gathering
- July 9     Feast of the Martyrs of China
- July 10    Sally White's birthday
- July 14    Kimberley Heatherington's birthday
- July 15    Feast of St. Bonaventure
- July 18    Feast of St. Camillus de Lellis
- July 24    Feast of Blessed Louise of Savoy  
Feast of St. Sharbel Makhluf
- July 25    Feast of St. James the Apostle
- July 26    Memorial of Sts. Joachim and Anne, Parents of the Blessed Virgin Mary
- July 31    Memorial of St. Ignatius of Loyola

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

## July 2024

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			

## August 2024

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

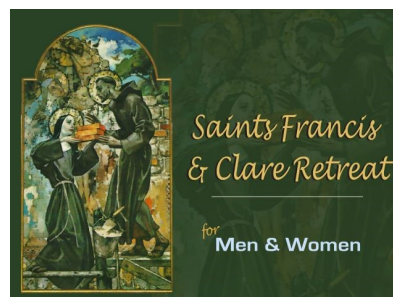


NATIONAL  
**Eucharistic  
 Congress**

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

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

**"Finding Jesus with Saints Francis & Clare"**  
**July 19-21 at San Damiano Retreat Center**



See Page 20 for more details

# NEXT TAU GATHERING

JULY 7, 2024 @ CHRIST THE REDEEMER (CTR) - STERLING

## SCHEDULE

- 1:30 PM** Opening Prayer: Kelly Passero, OFS  
Social Time
- 2:00 PM** Bill Richey, OFS: Ongoing Formation
- 2:45 PM** Break
- 3:00 PM** Vera Stewart, OFS: Presentation on  
Community
- 3:30 PM** Angelus & Liturgy of the Hours
- 3:45 PM** Business Meeting
- 4:00 pm** Closing Prayer

CTR  
Rooms 1 & 2

## INITIAL FORMATION

**Candidate:** Ch. 19 in *The Franciscan Journey*

## ONGOING FORMATION

Please read the seven short Franciscan bios in this link. Which touch your heart and mind? Please be sure to read the entire text and listen to the audio.

[www.franciscanmedia.org/seven-followers-of-st-francis/](http://www.franciscanmedia.org/seven-followers-of-st-francis/)

During Ordinary Time, we will precede 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

### 14TH SUNDAY IN ORDINARY TIME

**Midday Prayer** - See [here](https://divineoffice.org/ord-w14-sun-dp2-current/?date=20240707) or:  
<https://divineoffice.org/ord-w14-sun-dp2-current/?date=20240707>

**Evening Prayer:**  
Gospel Cantic and Prayer:  
Evening Prayer II: pgs. 619, 618

**Everything else:** Sunday, Week II  
Evening Prayer II: pg. 786  
Hymn: No. 33, "O Christ, You are the  
Light and Day"

**Scripture & Responsory Reader:**

Contact  
Liz Welborn, OFS,  
to volunteer for July  
Scripture Reading  
and Responsory.

Finding Jesus with

# Saints Francis & Clare

July 19-21, 2024

a Silent Retreat for

**Men & Women**

Friday through Sunday  
San Damiano Retreat Center  
White Post, Virginia



**St.** Francis of Assisi and the beautiful Lady Clare have fascinated the world for centuries. How can active men and women in the world draw nearer to Our Lord by learning from their Wisdom, imitating their Charity, and finding little ways to embrace their Poverty?



Join Fr. John Riley and a small band of brothers & sisters as we gather in a silent retreat at the feet of Jesus. We will consider how to follow Francis and Clare to Christ; from His Crib, to His Cross...and beyond.



Retreat cost is \$285. Financial assistance may be available.

For more information or to register, please email Deacon Mark Maines:  
[mark.maines@arlingtondiocese.org](mailto:mark.maines@arlingtondiocese.org) or visit our website at [ArlingtonDiocese.org/Retreat](http://ArlingtonDiocese.org/Retreat)