

TAU FRATERNITY
OF THE SECULAR
FRANCISCAN ORDER
ST. MARGARET OF
CORTONA REGION



PACE E BENE

TAU FRATERNITY

<https://tauofs.org/>

FEBRUARY 2026

OF SPECIAL INTEREST:

- **Franciscan Sisters' Lenten Retreat**
Page 12
- **Tau Fraternity 2026 Theme**
Page 6
- **Black History Month Event**
Page 11
- **Pope Leo's 2026 Prayer Intentions**
Page 13

INSIDE THIS ISSUE:

- Spirituality Zoom 2 Discussion**
- Gathering Recap 3-4**
- Apostolates & Apostolate News 5**
- Committees 7**
- Prayer Intentions 8**
- Reflections 9-10**
- Events & Calendar 11-14**
- Next Gathering 15**

Minister's Message

Brothers and Sisters,

Peace and all good!

There is a quiet danger in becoming too busy — or too accustomed to the noise of everyday life — to truly notice what is happening around us.

When our days are filled with urgency and distraction, we can slowly become desensitized to the needs of others and to the subtle movements of God in our midst.

Franciscan life calls us to a different posture.

It's one of attentiveness.

Justice begins when we see the suffering of our neighbor. Peace takes root when we slow down enough to listen. Care for creation grows when we notice its beauty and its fragility.

These are not abstract ideals but rather daily practices of presence.

Now is the time more than ever to pay attention. Notice where injustice hides in plain sight, where peace is possible, and where creation is calling out for care.

In doing so, we live more fully our Franciscan commitment to Justice, Peace, and the Integrity of Creation.

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

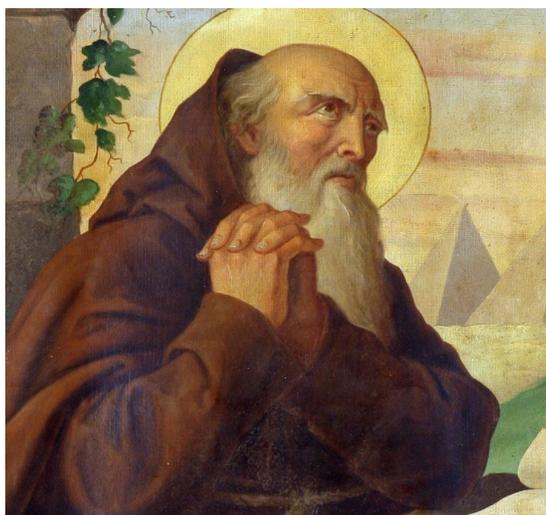
The Tau Fraternity of the Secular Franciscan Order was canonically established on June 21, 1992. The fraternity is affiliated with the Third Order Regular of St. Francis, Province of the Most Sacred Heart of Jesus. Tau Fraternity is in the St. Margaret of Cortona Region of the Secular Franciscan Order.

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, February 9
from 7:00 - 8:00 p.m.

The theme will be
“Good News in the Bible”

Contact Gil to receive a Zoom link
(no need to e-mail if you're already on his list)

RECAP OF JANUARY 4 GATHERING

PRESENTATION

Prayer Shawls

With respect to the knitted prayer shawl ministry, Sharon Goldberg, OFS, and Frank Bowen, OFS, demonstrated how the prayer shawl is to be placed on the person's lap, and then the recipient is shown the pocket where there is a card that offers prayer and a rosary made by Jim Haynes, OFS. In this way, the connection between the parish and the person's prayer life is reinforced.

Civil Discourse

Fr. Kevin Smith, TOR, then spoke about how to conduct civil discourse during these polarized times. Beginning with Scripture in Matthew 7:12-14 and Matthew 18:15-17, Fr. Smith advised us according to the following key points when we discuss difficult topics with others:

What makes an action good in Catholic teaching?

- Right object: What is the action itself?
- Right end (or intention): What is the action oriented towards?
- Right circumstances: What are the circumstances surrounding the action?

Habits to Avoid:

- Shutting off listening (What makes me stop listening? Why?)
- Broad generalizations
- Tribalism ("No enemies to the left/right")

Habits to Cultivate:

- Praying for people we agree and disagree with: How long have I spent arguing with this person (physically, or in my head)? How long have I spent praying for him or her?
- "Where is this person coming from?" What is this person's goal? Do we have common ground somewhere? What is my goal? Do I want to win an argument or win this person's soul? "Snark doesn't save souls."
- Insisting on charity even when the other side is not showing it: Not being afraid to change the subject, look for other things in common — "How is your family doing?"

RECAP OF JANUARY 4 GATHERING

PRESENTATION (CONTINUED)

Important Thoughts:

- What situations/topics get my blood pressure rising? Are there some topics that I can't hear an opposing side on? Why?
- Be aware of false outrage/martyrdom: Is my side the only one that is compassionate?
- What are my fears in approaching challenging conversations? What fears does this person's side unlock for me?
- What if I am wrong in this issue? What are the implications of me being incorrect in this issue? What will happen if I am right and the person realizes it?
- Remember what makes an action good — work with the goodness in the other person's perspective.

Some How-To:

- Properly define terms
- Find common ground
- Acknowledge lack of information
- Speak to your experience while taking other person's perspective into account
- Know when and how to finish the conversation

ONGOING FORMATION

Our Formation Director Gil Donahue, OFS, then continued the theme of respectful listening during these polarized times.

His meeting handouts included "Developing Franciscan Engaging Listening," and "Are You Listening?" These can be accessed in his email attachments of January 2, 2026.

Lively small-group discussion ensued as members discussed the need for humility, patience, respect, the guidance of the Holy Spirit, openness, the search for common ground, the need to feel safe, the need for a sense of humor, the avoidance of cathartic venting, knowing when to disengage, and the importance of knowing each other better through more frequent contact.

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 on **Saturday, February 14.**

If you have not previously participated, please consider doing so. Also, if you want to come along to the Missionaries of Charity Hospice in DC to help with delivery of food and supplies, let Joe and Veronica know.

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 Bill Bouffard.

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 Service](http://www.franciscanmission.org)

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

2026 FRATERNITY THEME

TAU FRATERNITY THEME FOR 2026: “WE ARE FAMILY”

We
ARE
Family

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

Hospitality Committee — Cyndy Filan-Kim, OFS

Interfaith/Ecumenical Committee — Kimberley Heatherington, OFS

Infirmarian Committee — Sharon Goldberg, OFS

JPIC (Justice, Peace & Integrity of Creation) — Sally White

Recruitment Committee — Vacant

Technology Committee — John Ata, OFS



PRAYER INTENTIONS

HEAR US, LORD!

Please keep the following intentions in your prayers:

For Pope Leo XIV.

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 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 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



FEBRUARY: MONTH OF THE HOLY FAMILY

POETRY, DEVOTIONS & PRAYER



FEBRUARY: MONTH OF THE HOLY FAMILY

POETRY, DEVOTIONS & PRAYER

LITANY OF THE HOLY FAMILY

A CRY FOR MERCY & DIVINE PRESENCE

+++ LORD, HAVE MERCY ON US. +++
 ✝ CHRIST, HAVE MERCY ON US. ✝
 +++ LORD, HAVE MERCY ON US. +++

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.

VENERATION OF JESUS, MARY, AND JOSEPH



JESUS, MARY, AND JOSEPH, PRAY FOR US.
 JESUS, MARY, AND JOSEPH, MOST WORTHY OF OUR VENERATION, PRAY FOR US.
 JESUS, MARY, AND JOSEPH, CALLED "THE HOLY FAMILY" FROM ALL TIME, PRAY FOR US.
 JESUS, MARY, AND JOSEPH, SON, MOTHER, AND HEAD OF THE HOLY FAMILY, PRAY FOR US.
 JESUS, MARY, AND JOSEPH, DIVINE CHILD, PURE SPOUSE, AND CHASTE SPOUSE, PRAY FOR US.
 JESUS, MARY, AND JOSEPH, RESTORERS OF FALLEN FAMILIES, PRAY FOR US.
 JESUS, MARY, AND JOSEPH, IMAGE OF THE BLESSED TRINITY HERE ON EARTH, PRAY FOR US.



TRIALS & TRIUMPHS OF THE HOLY FAMILY



HOLY FAMILY, TESTED BY THE GREATEST OF DIFFICULTIES, WITH MUCH SUFFERING ON THE JOURNEY TO BETHLEHEM,

PRAY FOR US



HIDDEN AND UNKNOWN IN NAZARETH,

PRAY FOR US



WITHOUT A WELCOME IN BETHLEHEM,

PRAY FOR US



FAITHFUL IN THE OBSERVANCE OF DIVINE LAWS,

PRAY FOR US



VISITED BY THE POOR SHEPHERDS,

PRAY FOR US



PERFECT MODEL OF THE CHRISTIAN FAMILY,

PRAY FOR US



OBLIGED TO LIVE IN A STABLE,

PRAY FOR US



CENTER OF PEACE AND CONCORD,

PRAY FOR US



PRaised BY THE ANGELS,

PRAY FOR US



WHOSE PROTECTOR IS A MODEL OF PATERNAL CARE,

PRAY FOR US



VENERATED BY THE WISE MEN FROM THE EAST,

PRAY FOR US



WHOSE MOTHER IS A MODEL OF MATERNAL DILIGENCE,

PRAY FOR US



GREETED BY THE PIOUS SIMEON IN THE TEMPLE,

PRAY FOR US



WHOSE DIVINE CHILD IS A MODEL OF FILIAL OBEDIENCE,

PRAY FOR US



PERSECUTED AND EXILED TO A FOREIGN COUNTRY,

PRAY FOR US



WHO IS NOTHING IN THE EYES OF MEN, BUT SO GREAT IN HEAVEN,

PRAY FOR US



HIDDEN AND UNKNOWN IN NAZARETH,

PRAY FOR US



OUR SUPPORT IN LIFE AND OUR HOPE IN DEATH,

PRAY FOR US



PATRON AND PROTECTOR OF THE CHURCH,

PRAY FOR US

CLOSING PRAYERS



LAMB OF GOD, WHO TAKES AWAY THE SINS OF THE WORLD, SPARE US, O LORD.
 LAMB OF GOD, WHO TAKES AWAY THE SINS OF THE WORLD, HEAR US, O LORD.
 LAMB OF GOD, WHO TAKES AWAY THE SINS OF THE WORLD, HAVE MERCY ON US.



CHRIST, HEAR US. CHRIST, GRACIOUSLY HEAR US.

LET US PRAY.

O God of infinite goodness and kindness, who has deigned to call us to this Family, give us the grace to venerate Jesus, Mary, and Joseph, so that, imitating them in this life, we may enjoy with them the life to come. We ask this through Christ our Lord. Amen.

BLESSED ASSURANCE

This is Our Story: Celebrate Black History Month



Blessed Assurance: This is Our Story

February 9 | 6:00 p.m.

Come celebrate Black History Month as we discuss **the importance of telling the empowering story of Black Catholics and how their presence in the Church has impacted the Catholic faith and beyond.** There will be a special screening of the new Black Catholic documentary, ***Trailblazers of Faith: The Legacy of African American Catholics***. We will also discuss the upcoming documentary series, and premier the trailer for, ***"Black Catholics: Footsteps to Sainthood"*** which will air on Catholic TV in Spring 2026. This conversation will focus on why it is important to remember, and learn from, the past as we move into the present and future realities of the Church and society.

The panel will be moderated by Dr. Ansel Augustine, Assistant Director of African American Affairs for the USCCB, with the participation of:

- Ms. Cynthia Morris, from the Knights of Peter Claver Ladies Auxiliary,
- Rev. Henry Sands, Executive Director of the Black and Indian Mission Office,
- Rev. Pat Smith, the Pastor of the historic Saint Augustine Catholic Church in Northwest Washington., DC, and
- Mr. James Conway, Conway Ministry Consulting.

There will be a light reception following the event.

REGISTER HERE: www.jp2shrine.org/events



FRANCISCAN SISTERS, T.O.R.
of Penance of the Sorrowful Mother



LENTEN RETREAT

At the foot of the Cross

*We would love to have you join us for our
Lenten Retreat!*

SATURDAY, MARCH 14

The Franciscan Sisters, TOR invite you to our Lenten Retreat on Saturday, March 14 at our Motherhouse in Toronto OH, beginning at 8:30 am (registration starts at 8:00). Dr. John Bergsma, Vice President for Biblical Theology and Mission Effectiveness at the St. Paul Center for Biblical Theology and Professor of Theology at the Franciscan University of Steubenville will lead the morning's talk reflection. The day will include Mass celebrated with Fr. David Dodd, T.O.R., refreshments, adoration with guided meditation, and an option for prayer ministry.

The retreat will be live streamed. Registration for the retreat is encouraged beforehand (though not mandatory) by clicking the buttons below, *and be sure to register by March 11*. There is no fee to register, but a freewill offering is appreciated if you are able. For more information, contact Dena Serrano at 740-544-5542 x115.

SCHEDULE FOR OUR MORNING TOGETHER:

8:00 am EST: Registration

8:30 EST: Welcome

8:40: Mass with Fr. David Dodd, T.O.R.

Break: refreshments available

10:20 am: Talk with Dr. John Bergsma

11:10: Adoration, guided meditation, music

12:15 pm EST: Depart or option prayer ministry

FOR MORE INFO & TO REGISTER: www.franciscansisterstor.org/events/lenten-retreat-2026

**From the
Faith**



POPE LEO XIV PRAYER INTENTIONS FOR 2026



January For prayer with the Word of God .	February For children with incurable diseases .	March For disarmament and peace .	April For priests in crisis .
May For food for all .	June For the values of sport .	July For respect for human life .	August For evangelization in the city .
September For the care of water .	October For pastoral care of mental health .	November For the good use of wealth .	December For single- parent families .

CALENDAR: ACTIVITIES & EVENTS

February is the Month of the Holy Family*

- Feb. 1 Tau-OFS Gathering
Cecilia Thieman's birthday
- Feb. 2 World Day of Prayer for Consecrated Life
- Feb. 3 Feast of St. Blasé
- Feb. 4 International Day of Human Fraternity
- Feb. 6 Feast of the Martyrs of Japan
- Feb. 11 Apparition of Our Lady of Lourdes (1858)
- Feb. 14 Missionaries of Charity Hospice Apostolate
Food Drop-off
- Feb. 17 Liz Welborn's birthday
- Feb. 21 Feast of St. Margaret of Cortona
(Some sources indicate that her feast day
is Feb. 22, and some May 16)
- Feb. 22 Feast of the Chair of St. Peter

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

February 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

March 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				

Cathedral of St. Thomas More



Cathedral Concerts

In Celebration of Music

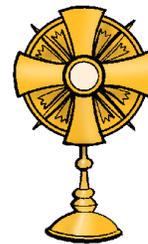
A concert honoring Saint Cecilia, patron of music,
featuring the Cathedral Choir Section Leaders

Thursday, February 5
8:00pm **RESCHEDULED!**



Scan Me

First Friday Mass & Nocturnal Adoration



Friday, February 6 @ 7:30 p.m.
 St. Joseph Catholic Church

NEXT TAU GATHERING

FEBRUARY 1, 2026

SCHEDULE

- 1:30 PM** Opening Prayer
Social Time
- 2:00 PM** Presentation: "Elements of Franciscan Spirituality" — Jim Haynes, OFS
- 2:45 PM** Break
- 3:00 PM** Ongoing Formation: "OFS: What Sets Us Apart" — Gil Donahue, OFS
- 3:30 PM** Angelus & Liturgy of the Hours
- 3:45 PM** Business Meeting
- 4:00 pm** Closing Prayer

St. Joseph
Room 205

INITIAL FORMATION

Inquirers
Ch. 2 in *The Franciscan Journey*

Candidates:
Ch. 14 in *The Franciscan Journey*

ONGOING FORMATION

"OFS: What Sets Us Apart" — See St. Francis' *Admonitions*, No. 1-4, 6, & 9

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.



LITURGY OF THE HOURS 4th Sunday in Ordinary Time

Midday Prayer: See [here](#) or

<https://divineoffice.org/ord-w04-sun-dp2-current/?date=20260201>

Evening Prayer

Gospel Cantic and Prayer:

Evening Prayer II: pg. 248

Everything else: Sunday, Week IV

Evening Prayer II: pg. 931

Hymn: TBD

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