

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



# PACE E BENE

## TAU FRATERNITY

<https://tauofs.org/>

MARCH 2026

### OF SPECIAL INTEREST:

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the Stations of  
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## Minister's Message

Brothers and Sisters,

Peace and all good!

This year, I am not wishing you a “happy Lent.” I am not wishing you a smooth or peaceful season of reflection.

Instead, I pray that you struggle.

I pray that something unsettles you. That something exposes you. That something brings you face to face with the parts of yourself you would rather keep hidden.

Adam and Eve did not leave the garden unchanged. In realizing they were naked, they tasted shame for the first time. That awakening was painful but it was also the beginning of self-awareness.

John the Baptist did not prepare the way in comfort. Eating locusts and wild honey in the wilderness was hardly a life of ease. His austerity sharpened his clarity.

And Jesus — before He began His public ministry — spent forty days in the desert, tempted by the devil. The trial was not an interruption of the mission. It was preparation. The desert was necessary.

Lent is our desert.

If we move through it comfortably, if we emerge unchanged, then perhaps we have missed it. Lent is meant to strip away illusions, attachments, and false securities. It is meant to expose where we rely on ourselves more than on God.

So this year, I wish you a turbulent Lent. One that shakes you. One that confronts your ego. One that invites a true reset, with God unmistakably at the center.

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

**PAC&**  
**ES&O**  
**BEN&**

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, March 16**  
from 7:00 - 8:00 p.m.

The theme will be  
**“Penance: What Is It?”**

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

# RECAP OF FEBRUARY 1 GATHERING

## PRESENTATION

Jim Haynes, OFS, began with a focus on six of the seventeen preliminary guidelines that led to the 1978 Rule. He also included three Articles from the final version of the 1978 Rule.

Among the preliminary guidelines, Jim focused on the following: To be converted continually; To live as a brother and sister to all people and of all creation; To be instruments of peace; To have a life of prayer that is personal, communal and liturgical; To have a spirituality of a secular character; To be pilgrims on the way to the Father.

Among the Articles in the final version of the 1978 Rule, Jim focused on Article 7 concerning the need for daily radical interior change; Article 18 concerning the Franciscan concept of universal kinship; and on Article 19 concerning our being bearers of peace and messengers of perfect joy.

A lively discussion ensued concerning conversion as a daily process, the importance of recognizing the good that we do, seeing our lives as pilgrimages as we listen to the Holy Spirit about the changing circumstances we face, that our universal kinship includes gratitude and compassion toward those who pick up garbage and shovel snow, that we are to put ourselves in the shoes of those who suffer, that the universal call to holiness goes beyond former rigid distinctions between “religious” and laity, that we are all called to holiness as we serve Christ, and that we are all called to respond to the opportunities for corporal and spiritual works of mercy that surround us, even if we make mistakes.

## ONGOING FORMATION

Justice Peace and Integrity of Creation (JPIC) issues: Our Formation Director Gil Donahue, OFS, thanked Sally White, OFS, for volunteering to be Tau’s JPIC Coordinator. He noted that Sally has invited a speaker for our March 1 gathering, and that regional JPIC Coordinator Pat Boye is organizing a JPIC-related retreat in June. Concerning the JPIC-related activities of Tau, Gil pointed to our cross-cultural ESL ministry with First Baptist in Herndon, our support for the Franciscan Action Network, and our advocacy for social justice legislation in Richmond.

Further JPIC activities include Bill Richey, OFS, and Sally’s helping an individual who is ready to self-deport in order to be with his sick mother, and a February 2 regional Zoom on immigration issues.

# RECAP OF FEBRUARY 1 GATHERING

## ONGOING FORMATION (CONTINUED)

Francis' Admonition on The Body of Christ: Gil handed out hard copies of Francis' Admonition (see Gil's January 29 e-mail "Tau Fraternity: Ongoing Formation Readings Attached,") and asked us to break into small groups and respond to the Admonition reading and these questions: "What part does receiving the Eucharist play in your spiritual life? What difference does it make to you?"

Returning from lively small group discussions back to an equally lively whole group discussion, members emphasized the vital role of the Eucharist in strengthening us, that we are to receive it with the greatest of humility, gratitude and right intentions, and that the Eucharist is a spiritual blessing that transforms us spiritually and physically such that we are all connected and will never be abandoned or alone.



# 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 delivery — kitchen supplies only — will be on **Saturday, April 18.**

To learn what supplies the sisters need or to help with 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://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 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.

## 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.



**James 2:17**

# STATIONS OF THE CROSS

On Friday, February 27, Tau brothers and sisters helped with the Stations of the Cross at St. Joseph — thanks to all for representing our fraternity!



DO YOU KNOW ALL 14

## STATIONS OF THE CROSS?

catholicmatch  
INSTITUTE

<https://catholicmasstimes.com/stations-of-the-cross-by-saint-alphonsus-maria-de-liguori>

# MOFC DAY OF REFLECTION

## MISSIONARIES OF CHARITY DAY OF REFLECTION

Joe Boyle, OFS, shared with the fraternity in an e-mail on February 28:

“Sister Cyndy and I attended the MofC's Day of Reflection. It was an uplifting, morning filled with Mass, two presentations (Fr. Blake Britton — great homilist), Confession, Eucharistic Adoration and praying the Rosary, followed by a luncheon and a special presentation by Sister Patrice where she discussed the charism of the MofC Order. We were able to meet other volunteers, who help the Sisters and the hospice residents. I am sure that Tau will be invited to attend future Days of Reflection. All the Sisters are truly appreciative of Tau's support and prayers. I would highly recommend participating in the future.”



# TAU ANNUAL RETREAT

## **Tau Fraternity 2026 Annual Retreat\*** **Priest Field Pastoral Center, WV** **May 15 - 17, 2026**

- Retreat Master:** Father Pat Whittle, TOR
- Topic for the Retreat:** Go in Peace, Glorifying the Lord by Your Life: A Franciscan Integration of the Liturgy and Our Life
- Pricing:** Single: \$309.00 Double: \$558.00
- Payments:\*\*** Checks made out to: Tau Fraternity; memo line = "Retreat 2026"

\*We shall be joined by our brothers and sisters from Portiuncula Fraternity.

\*\* Request checks be received no later than Sunday May 3rd; delivery options: (1) Monthly Tau Gatherings or (2) mail: Tau Fraternity, 750 Peachtree St., Herndon, VA 20170. (FYI - Checks will not be cashed until after the retreat.)

### **LEARN MORE ABOUT OUR RETREAT MASTER!**

**Alma Maters:** Franciscan University '06  
Catholic University of America, Ph.D., '22

**Year Ordained:** 2013

**Inspirational Bible Verse:** "Rejoice always, pray without ceasing, in all circumstances give thanks, for this is the will of God for you in Christ Jesus." (1 Thessalonians 5:16-18)



**Faith Journey:** I grew up Catholic. I was an altar server in my parish, which first nurtured my love for the sacred liturgy and encountering the Lord through the Eucharist. When I came to Franciscan University as a student, I deepened my faith, served on the university's liturgy committee, and got to know the Franciscan Third Order Regular, inspired by the charism of on-going conversion. I entered the T.O.R.s in 2006 and was ordained in 2013. Since my ordination, I have served at Franciscan University, formation ministry in Washington, D.C., and obtained a doctorate in liturgical theology. It is a blessing to return to Franciscan University to the serve the university.

# 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



# INTERFAITH & ECUMEICAL



## Nights at the Seder Table

Thursday, March 26 ❖ 6:30 pm - 8:30 pm

**The Capital Jewish Museum**  
575 3rd St. NW - Washington, D.C. 20001



Join the Capital Jewish Museum at the third annual untraditional Passover seder!

Read from a community Haggadah, clink glasses over stories old and new, connect over charoset and horseradish, and find inspiration around the table. Dinner is pescatarian and kosher style. Kosher meals are available upon advance request. [Ages 21+]

**Tickets: \$57.85 - \$76.76**

*If the ticket price is a barrier to entry, reach out to Lisa Delsesto at [ldelsesto@capitaljewishmuseum.org](mailto:ldelsesto@capitaljewishmuseum.org)*

[www.simpletix.com/e/nights-at-the-seder-table-tickets-250567](http://www.simpletix.com/e/nights-at-the-seder-table-tickets-250567)

# PRAYER INTENTIONS

## HEAR US, LORD!

***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 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***



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## MARCH: MONTH OF ST. JOSEPH

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POETRY, DEVOTIONS & PRAYER

# WAYS TO GROW CLOSER TO *Saint Joseph*



Entrust **every** intention to his intercession.

Honor the **fathers** in your life.

Pray the Saint Joseph **novena**.

Offer up your **work** to Saint Joseph the Worker.

Dedicate every **Wednesday** to his chaste heart

**Consecrate** yourself (or your family!) to him.



churchpop.com



## **Memorare to St Joseph**

**Remember, most pure spouse of Mary, ever Virgin,  
my loving protector, Saint Joseph,  
that no one ever had recourse to your protection  
or asked for your aid without obtaining relief.**

**Confiding, therefore, in your goodness,  
I come before you and humbly implore you.**

**Despise not my petitions,  
foster-father of the Redeemer  
but graciously receive them.**

**Amen**

*Anastpaul/18*



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](http://www.franciscansisterstor.org/events/lenten-retreat-2026)

# ST. JOSEPH'S 100TH ANNIVERSARY

The Franciscan Friars of  
St. Joseph Catholic Church

request the honor of your presence at the  
celebration of the

**SOLEMNITY OF ST. JOSEPH  
AND THE HOLY FAMILY**

and the

**ONE HUNDREDTH ANNIVERSARY  
OF  
ST. JOSEPH CATHOLIC CHURCH**

with the celebration of Holy Mass

Most Reverend Michael F. Burbidge  
Bishop of the Diocese of Arlington  
*Presider & Homilist*

Very Reverend Joseph J. Lehman, TOR  
Minister Provincial - Franciscan Friars, TOR  
Province of the Most Sacred Heart of Jesus  
*Major Concelebrant*

Thursday, March 19, 2026  
6:30pm

St. Joseph Catholic Church  
A reception will follow the Mass  
in Parish Hall B and C.

A reception will follow in Parish Hall B and C. To assist us in our planning, we kindly ask that you RSVP by using the QR code provided.

We look forward to celebrating this special occasion together as a parish community.



**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

## March is the Month of Saint Joseph\*

- Mar. 1 Tau Monthly Gathering
- Mar. 2 Feast of St. Agnes of Prague
- Mar. 7 Helen Broxmeyer's birthday
- Mar. 8 Daylight Saving Time
- Mar. 13 Mark Pearson's birthday
- Mar. 14 Veronica O'Donnell's birthday
- Mar. 17 Feast of St. Patrick
- Mar. 19 Solemnity of St. Joseph  
Josh Goldberg's birthday
- Mar. 25 The Annunciation of the Lord
- Mar. 28 Jennifer Raimo's birthday

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

## 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  |    |     |     |     |

## April 2026

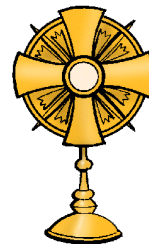
| Su | Mo | Tue | We | Thu | Fri | Sat |
|----|----|-----|----|-----|-----|-----|
|    |    |     | 1  | 2   | 3   | 4   |
| 5  | 6  | 7   | 8  | 9   | 10  | 11  |
| 12 | 13 | 14  | 15 | 16  | 17  | 18  |
| 19 | 20 | 21  | 22 | 23  | 24  | 25  |
| 26 | 27 | 28  | 29 | 30  |     |     |

### The Stations of the Cross



Friday, March 6, 13, 20, 27  
 @ 7:30 p.m.  
 St. Joseph Catholic Church

### First Friday Mass & Nocturnal Adoration



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

# NEXT TAU GATHERING

MARCH 1, 2026

## SCHEDULE

- 1:30 PM** Opening Prayer & Social Time  
**2:00 PM** Presentation:  
"The American Colony in Jerusalem"  
**2:45 PM** Break  
**3:00 PM** Ongoing Formation:  
"OFS Rule - Preamble"  
**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. 3 in *The Franciscan Journey*

### Candidates:

Ch. 15 in *The Franciscan Journey*

## ONGOING FORMATION

"OFS Rule: Preamble"

During Lent, 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 2nd Sunday of Lent

Midday Prayer: See [here](#) or

<https://divineoffice.org/lent-w02-sun-dp2-current/?date=20260301>

### Evening Prayer:

**Psalms and Canticle: Sunday,  
Week II Evening Prayer II: pg. 787  
Everything else: Second Sunday  
of Lent: Evening Prayer II: pg. 294  
Hymn: TBD**

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