



OF SPECIAL  
INTEREST:

- **ESL Apostolate  
Graduation**  
Page 6
- **Tau Annual Retreat  
Group Photo**  
Page 7
- **Sally Hosts a May  
Marian Crowning**  
Page 8

INSIDE THIS  
ISSUE:

- Spirituality Zoom 2  
Discussion**
- Gathering Recap** 3-4
- Apostolates &  
Apostolate News** 5-6
- Committees** 9-  
10
- Prayer  
Intentions** 11
- Reflections** 12-  
13
- Events &  
Calendar** 14-  
18
- Next Gathering** 19

## Minister's Message

Brothers and Sisters,

Peace and all good!

Recently, I've been reflecting on a simple but profound idea: *Being a good person matters*. At my new role in New York City, one of my key stakeholders often complains that people don't get this simple point. It's a quiet standard, but a powerful one.

I've long appreciated the work of David Brooks, especially his book *The Road to Character* and his essay on the power of altruism.

In his essay, he asserts that when we reward good behavior externally, we risk diminishing its deeper meaning. If we are paid or praised for doing good, we may begin to believe that is the reason we do it. But when we act out of love, generosity, or compassion — with no expectation of return — we find a deeper, longer lasting satisfaction of doing good.

This resonates deeply with our Franciscan calling. We are not asked to perform goodness, but to live simply, love generously, and serve without counting the cost. True charity does not seek recognition; it flows naturally from a heart aligned with Christ.

My invitation to you this month is simple: Do something good that no one sees. Offer kindness without acknowledgment. Serve without recognition. And notice what happens within you.

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&**  
**ε&ε**  
**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, May 11  
from 7:00 - 8:00 p.m.

The theme will be  
“A Place for Everyone”

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

# RECAP OF MAY 3 GATHERING

## PRESENTATION

Jen Raimo, OFS, offered a reflection on Franciscan mysticism. She handed out the text of a talk on this subject given by Fr Richard Rohr, OFM, in Assisi in May of 2012. (For text, see Jen's May 3 e-mail with the subject line: "Franciscan Mysticism Article"). In this article Fr. Rohr writes, "Mysticism is when God's presence becomes experiential and undoubted for a person ... A mystic doesn't say 'I believe.' A mystic says 'I know.' A true mystic ironically speaks with an almost arrogant self-confidence and, at the same time, with a kind of humility. When you see this combination ... you can trust you are in the presence of a person who has had an actual "encounter" with God or the Holy."

Jen said Franciscan mysticism is grounded in the personal experience of knowing God, "I know God." In this experience we are united with all of creation and we are called to speak with one voice. Jen said there are echoes of this experiential knowledge in the Catholic Charismatic Renewal movement and the New Evangelization, and it seems to be happening now with an unusual surge of baptisms in North America and Europe (although Kimberley Heatherington, OFS, noted that the phenomenon probably needs to continue a few more years to distinguish it clearly from the post-Covid boom).

Jen's presentation elicited another wide-ranging, lively and fruitful discussion within our gathering. Members spoke about how "knowing God" has evolved and matured in their personal lives; how this experience has shaped their approach to teaching our faith to children and to dialogue with people from other religious and cultural traditions; how this knowledge has deepened their prayer life; and how they see clear signs of this experiential knowledge of God in the lives of the Saints.

## ONGOING FORMATION

Our Formation Director Gil Donahue, OFS, presented a reflection on the connection between the Beatitudes and the OFS Rule. (For the full text of this presentation see Gil's e-mail of April 25 with subject line: "Tau Fraternity: Ongoing Formation for May 3 meeting").

A very brief summary follows: The Beatitudes provide us with principles and values for Christian life; the OFS Rule gives us their application. While both stress compassion and respect for others, the Rule expands this into broader social responsibility for justice, peace and human dignity.

# RECAP OF MAY 3 GATHERING

## ONGOING FORMATION (CONTINUED)

The Beatitudes focus on detachment from the world; the Rule guides engagement with the world in a Gospel way. The Rule provides a structured path to live out the Beatitudes day by day.

The Beatitudes focus on the mindset of the individual; the Rule focuses on a community-based lifestyle. The Beatitudes and the SFO Rule are two sides of the same call — one names the vision and the other shows the way.

Gil's presentation elicited a wide-ranging, lively and fruitful discussion on various aspects of how members see the vision of Christian life in the Beatitudes and how members apply this vision as they live the SFO Rule.



# 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, June 13**.

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. Shawls are provided to pregnant women participating in the Gabriel Project.

## 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**

# APOSTOLATE NEWS: ESL GRADS

Joe Boyle, OFS, reports that the ESL Graduation Ceremony on May 19 was “wonderful. The Mayor’s letter was read in both English and Spanish. There were so many smiles, as the students received both their certificates and also a lanyard with a recognition as a graduate.”



# TAU ANNUAL RETREAT

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



# A MARIAN CROWNING!

On Tuesday, May 19, Sally White, OFS, hosted a May Marian Crowning ... Participants brought a rose for the Blessed Mother, and shared lunch and cake!



# 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, OFS

Hospitality Committee — Cyndy Filan-Kim, OFS

Interfaith/Ecumenical Committee — Kimberley Heatherington, OFS

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

Recruitment Committee — Vacant

Technology Committee — John Ata, OFS

Vocations Committee — Stanley Hoover II, OFS



# INTERFAITH & ECUMEICAL



## INTERFAITH ENVIRONMENT CAMP

*Growing together in Faith, Unity and Nature*  
Discover how different faith traditions care for the Earth.

Great Opportunity for 5yrs to 14yrs (elementary and middle school students) to learn about the environment around them.

- Interactive games
- Mindful Meditation
- Fun hands-on educational activities and much more!

Registration: \$220 – snacks, lunch & supplies provided.  
Open to students of all faiths and backgrounds.

Monday, August 3 –  
Thursday, August 6, 2026  
9AM – 4:30PM

**Interfaith**  
COUNCIL OF METROPOLITAN WASHINGTON



WE DO SEVA  
SERVING OUR COMMUNITY



DEPARTMENT OF ENVIRONMENTAL PROTECTION  
MONTGOMERY COUNTY - MARYLAND



INTERFAITH  
**Power & Light**  
Our religious response to climate change.



<https://shorturl.at/awbRw>



SCAN ME

For more info, contact:

- Aman Shergill at 609-751-8729
- Bhikku Sagaranda at 845-541-9852
- Dr. Hema Sidhu - 443-851-6395

Camp will be held at the Amata Meditation Center  
15511 Barnesville Rd, Boyds, MD 20841



# 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 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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# MAY: MONTH OF THE HOLY VIRGIN MARY

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POETRY, DEVOTIONS & PRAYER



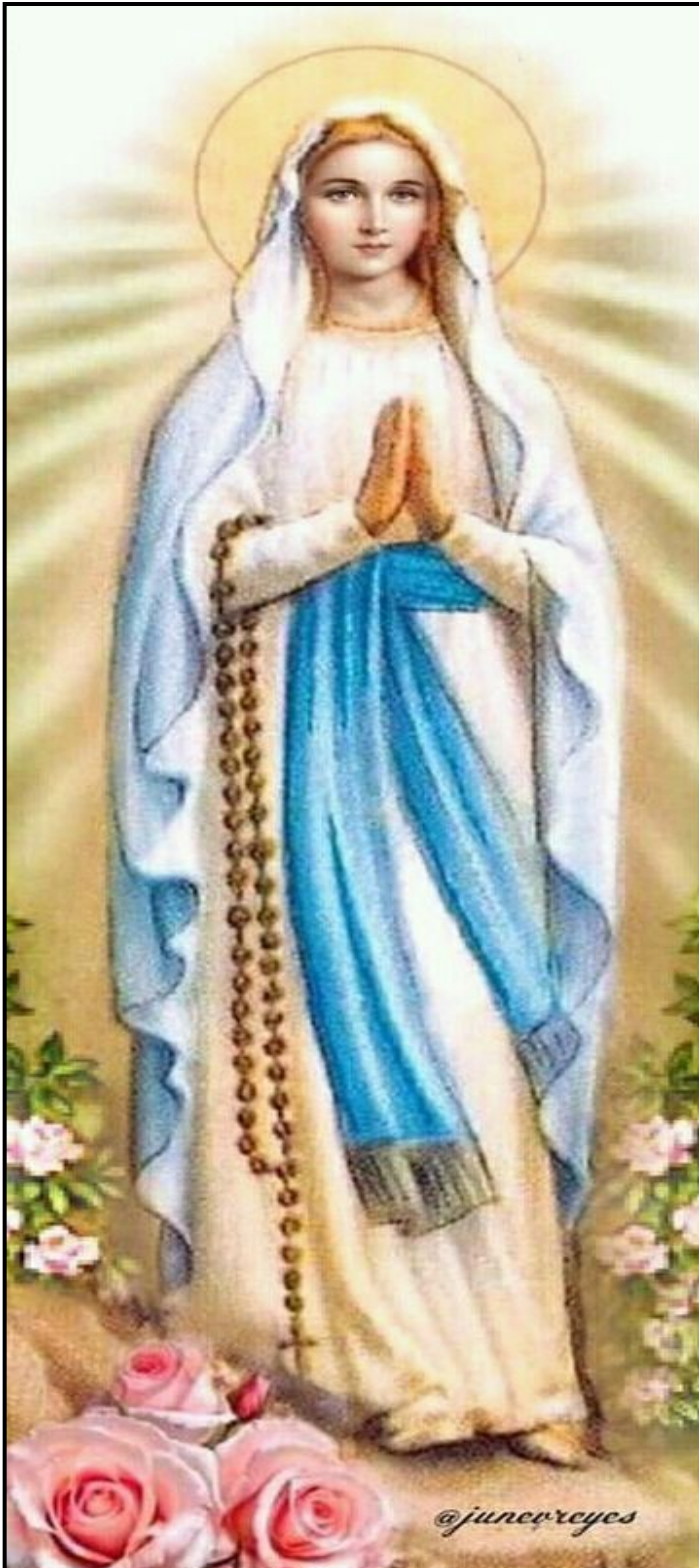
# MAY: MONTH OF THE HOLY VIRGIN MARY

## POETRY, DEVOTIONS & PRAYER

### THE HEALING ROSARY

#### *Scriptural Mysteries*

- 1. THE ROMAN CENTURION'S SERVANT**  
Matthew 8:1-11 **FRUIT OF THE MYSTERY:**  
*Trust in God's mercy*  
He said to him, "I will come and cure him." The centurion said in reply, "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed."
- 2. THE MADMAN IN THE SYNAGOGUE AT CAPERNAUM**  
Mark 1:21-28 **FRUIT OF THE MYSTERY:**  
*Healing Mind and Spirit*  
Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him.
- 3. THE PARALYZED MAN**  
Mark 2:1-12 **FRUIT OF THE MYSTERY:**  
*Support of friends and family*  
Unable to get near Jesus because of the crowd, they opened up the roof above him. After they had broken through, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to the paralytic, "Child, your sins are forgiven."
- 4. THE MAN BORN BLIND**  
John 9:1-7; 35-41 **FRUIT OF THE MYSTERY:**  
*Seeing with the eyes of faith*  
"While I am in the world, I am the light of the world." When he had said this, he spat on the ground and made clay with the saliva on his eyes, and said to him, "Go wash in the Pool of Siloam" (which means Sent). So he went and washed, and came back able to see.
- 5. LAZARUS RAISED FROM THE DEAD**  
John 11:17-45 **FRUIT OF THE MYSTERY:**  
*God's power over death*  
Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?"



**LIVING OUR FRANCISCAN CHARISM**  
**St. Margaret of Cortona Regional Retreat**  
**June 5 -7, 2026**  
**Priest Field Pastoral Center, Kearneysville, WV**



Our St. Margaret of Cortona Annual Retreat celebrates the Region's 2026 "Justice, Peace, and Integrity of Creation" theme in a Spiritual Retreat focused on making JPIC-driven choices in our daily lives.

Reflect upon the themes of "justice, peacemaking, and respect for all created things and people," as we bring "Life to Gospel and Gospel to Life" in our Fraternities, families, workplace, and local and global communities. Come prepared to share, listen, and engage.

**WHO SHOULD ATTEND**

Everyone, but especially:

- All those with a desire to reignite our Franciscan charism
- Fraternity JPIC Animators and Formation Directors
- Fraternity and Regional Leadership
- Newly Professed, Candidates, and Inquirers
- Fraternities who do not have their own annual retreat
- All those who feel called to discern what is "ours to do"

**WHAT TO EXPECT**

Rev. Stan Fortuna, CFR is our retreat master. A founding member of the Franciscan Friars of the Renewal, Fr. Stan is beloved by many Secular Franciscans and has led other retreats for Fraternities in the region. He is also an accomplished professional musician, composer, and poet. Founded in 1987, the CFRs work with the poorest of the poor in the Bronx and around the world.

Known for his stirring homilies, Fr. Stan's talks will include themes such as Love for the Poor, Life to Gospel and Gospel to Life, Discerning What is "Ours to Do," and the special significance of the 800th Anniversary of the Passing of Our Seraphic Father. Mass will be celebrated on Saturday and Sunday mornings. And of course, there will be Adoration and the Liturgy of the Hours. Time for Confession may be limited, as Fr. Stan is the only priest attending.

In addition, the JPIC team planning the retreat will host at least two panels, comprised of our own Brothers and Sisters, including discussion of:

Fraternity Apostolates Across the Region, including examples of charitable and advocacy work with those who are homeless, immigrants, and the environment.

JPIC's broader mission across Fraternities, our families, the workplace, and in our local and global communities.

How JPIC intersects with the region's formation, multicultural, and interfaith initiatives; and how we are guided by our OFS Rule.

Finally, there will be some time in the evening or over meals, to relax and interact with our Sisters and Brothers. For those so inclined, there is an exercise room and a walking trail in the woods. A member of our planning team recently said that the only thing Secular Franciscans like better than getting together to eat is getting together to sing. Given that Fr. Stan is a musician, it is likely that singing and music will also be a part of what to expect on the weekend.

Goals for the Retreat include:

**CARE FOR CREATION** - Registrants will receive more information closer to the retreat on how we plan to recycle, reuse, carpool, and take other measures to care for creation.





## **"Be the Light!"**

### **2026 Regional Formation Retreat**

**June 26-28, 2026**

**Mark your calendar for June 26-28  
for the Regional Formation Retreat!**

At this year's retreat we will continue our Franciscan growth about living the gospel and being of service to all around us in our fraternities, parishes, and communities. St. Francis founded our order because as Secular Franciscans we are the bridge from our communities to the church.

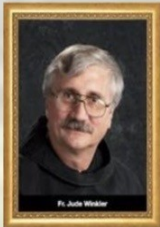
As Franciscans we bring life to the Gospel and share the love of Jesus by our presence and actions -- and when necessary use words. Together - let's discover ways that we are doing that now, and how we can increase in "being the light" of the gospel wherever we are!

#### **1 Peter 2:9**

*"But you are a chosen people... that you may declare the praises of him who called you out of darkness into his wonderful light".*

#### **Matthew 5:16**

*"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*



Fr. Jude Winkler, OFM-Conv. will preside over this retreat. He is a warm and inspiring Friar and speaker. You may remember him from last year's retreat.

**Formation Directors, Ministers are especially encouraged to attend.  
All OFS members are welcomed!**

- **Date:** June 26-28, 2026
- **Where:** Priest Field Retreat Center, 4030 Middleway Pike, Kearneysville, WV
- **Cost:** **Private Room** - \$325.00 **Shared Room** - \$295.00 **Daytripper** (Saturday only) - \$100.00

*Please note that a freewill offering will be collected at the retreat for Fr. Jude Winkler.*

#### **Registration Deadline is June 13th.**

**Register at this site:** <https://www.signupgenius.com/go/409094DAAA72EAAF94-62604722-2026#/>

Electronic payments can be made in full or the \$100 deposit. To confirm your reservation a \$100 non-refundable deposit must be paid by the deadline.

If you are unable to make an electronic payment, mark "Pay Later" on your registration and send your check:

Payable to: **St. Margaret of Cortona OFS Region**

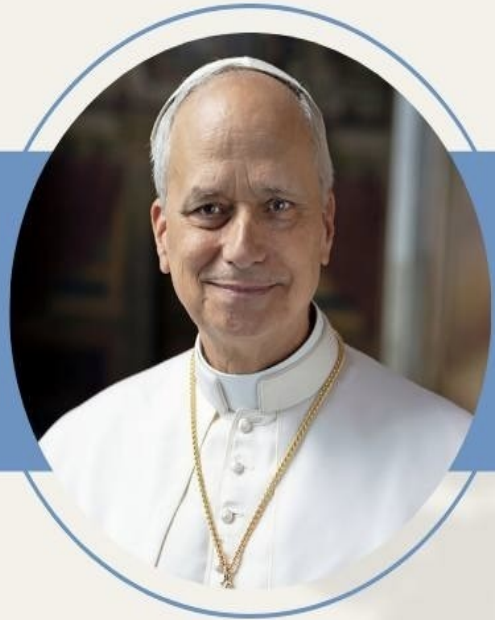
Mail to: **Randy Bender, OFS, Regional Treasurer**

**135 Poe Hill Rd, Front Royal, VA 22630-7650**

For assistance or more information contact: **Tom White, OFS, Regional Formation Director**

[thomaswhyteofs@gmail.com](mailto:thomaswhyteofs@gmail.com)

## POPE'S INTENTION: MAY



## THAT EVERYONE MIGHT HAVE FOOD

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

**On Monday, May 25, Pope Leo XIV will release his first encyclical!**

**Read it on the Vatican's website:**

[www.vatican.va/content/vatican/en.html](http://www.vatican.va/content/vatican/en.html)

# MAGNIFICA HUMANITAS

On the  
protection  
of the human  
**person**  
in the age of  
artificial  
intelligence



# CALENDAR: ACTIVITIES & EVENTS

## May is the Month of the Holy Virgin Mary\*

- May 3      Feast of Sts. Philip and James, Apostles  
Tau Fraternity Gathering
- May 14     The Ascension of the Lord  
Feast of St. Matthias, Apostle
- May 20     Feast of St. Bernardine of Siena
- May 22     National Day of Prayer and Remem-  
brance for Mariners and People of  
the Sea
- May 24     Dedication of the Basilica in Assisi
- May 25     Pope Leo XIV to release first encyclical,  
*Magnifica Humanitas*
- May 30     Feast day of St. Joan of Arc
- May 31     Feast of the Visitation of the Blessed  
Virgin Mary

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

## May 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						

## June 2026

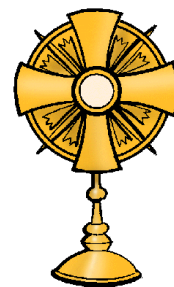
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30				

## “Pentecost: Transformation Day” Sat., May 23 from 9 AM - 4 PM



**Saint John Paul II National Shrine**  
[www.jp2shrine.org/events](http://www.jp2shrine.org/events)

## Eucharistic Adoration



**Wed., May 27 @ 7:00 p.m.**  
**St. Joseph Catholic Church**

# NEXT TAU GATHERING

MAY 3, 2026

## SCHEDULE

- 1:30 PM** Opening Prayer & Social Time  
**2:00 PM** Presentation: Sally White, OFS  
**2:45 PM** Break  
**3:00 PM** Ongoing Formation:  
"OFS Rule: Gospel to Life"  
**3:30 PM** Regina Caeli & Liturgy of the Hours  
**3:45 PM** Business Meeting  
**4:00 pm** Closing Prayer

St. Joseph  
Room 205

## INITIAL FORMATION

### Inquirers:

Ch. 5 in *The Franciscan Journey*

### Candidates:

Ch. 17 in *The Franciscan Journey*

## ONGOING FORMATION

"OFS Rule: Gospel to Life"

During the Easter Season, we precede the Liturgy of the Hours with the Regina Caeli



### **Regina Caeli Laetari Queen of Heaven**

*O Queen of Heaven, rejoice,  
Alleluia.*

*For He Whom thou didst  
merit to bear, Alleluia.  
Hath risen as He said,  
Alleluia.*

*Pray for us to God, Alleluia.*

*V. Rejoice and be glad,  
O Virgin Mary! Alleluia.*

*R. For the Lord  
is truly risen, Alleluia.*

#### **Let us Pray:**

*O God, Who by the  
Resurrection of Thy Son,  
Our Lord Jesus Christ,  
hast vouchsafed  
to make glad  
the whole world, grant,  
we beseech Thee,  
that, through the  
intercession  
His Holy Mother,  
the Blessed Virgin Mary,  
we may attain the joys  
of eternal life.  
Through the same Christ  
our Lord.  
Amen*

## LITURGY OF THE HOURS 5th Sunday of Easter or

Midday Prayer: See [here](#) or

<https://divineoffice.org/easter-w05-sun-dp2-current/?date=20260503>

Evening Prayer:

**Psalms with Antiphons: Sunday,  
Week I Evening Prayer II: pg. 712  
Everything else: Fifth Sunday of  
Easter, Evening Prayer II: pg. 523  
Hymn: TBD**

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