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Minister's Message

Brothers and Sisters,

Peace and all good!

This month, I've been reflecting on the difference between attachment and belonging.

It's easy to identify ourselves by the groups to which we belong: our profession, our political party, our parish, even our favorite sports team. These identities can become so intertwined with our sense of self that their victories become our victories, and their failures become our failures. We can forget that our deepest identity is neither what we do nor the groups we belong to, but that we are beloved children of God. As an aside, in this spirit, I once tried to only wear blank t-shirts without any emblems or logos. This didn't last long but it was instructive. Of course, this doesn't mean we should avoid these communities altogether.

Like many of you, I've found myself caught up in the excitement of recent sporting events. Yes, the World Cup and especially for me the improbable championship run of the Knicks. There is something profoundly human about watching people unite behind a common hope, witnessing extraordinary teamwork, perseverance, sacrifice, and the belief that something seemingly impossible can happen. Sports remind us that we were created for community. They invite us to celebrate excellence, to encourage one another, and to believe that we are capable of more than we imagined. These are not distractions from God's plan; they can be glimpses of it.

The danger comes when admiration becomes attachment, when belonging becomes identity. If our joy depends entirely on our team winning, or our sense of self depends on membership in any particular group, even a religious one, we risk placing something finite where only God belongs.

St. Francis understood this freedom well. He belonged completely to Christ, which allowed him to love everything else without possessing it. He could delight in Brother Sun and Sister Moon without needing to own them. He could embrace others without making them extensions of himself.

Perhaps that is our invitation this month: enjoy the game, celebrate the victory, cheer with your neighbors, and marvel at what people can accomplish together. But hold it all lightly. Let these moments point beyond themselves to the God who created us for joy, for fellowship, and ultimately for communion with Him. Our truest identity is not found in the name on the front of a jersey or even in the title we carry. It is found in the One who calls each of us by name.

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
&E2
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, July 13
from 7:00 - 8:00 p.m.**

**The theme will be
“What Is Our Contemplative Space?”**

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

RECAP OF JUNE 7 GATHERING

PRESENTATION

Stan Hoover, OFS, presented a reflection entitled “Enriching Our Secular Franciscan Daily Activities.”

A brief summary with excerpts follows.

As Secular Franciscans we are active in family, work, and society. We preach the Gospel through our actions because daily life is sacred ground. Our daily prayer includes a reflection at day's end. We live Gospel values at home through forgiveness and reconciliation. We see Christ in others as part of our Franciscan spirit in work and service.

Our commitment to peace and justice leads us to care for the poor and marginalized. We are filled with gratitude for God's gifts in our care for Creation.

A spirit of fraternity and ongoing conversion leads to mutual support and encouragement.

Reflecting on our Franciscan identity, we ask how the Gospel shapes our daily choices. With respect to daily life, we ask what ordinary tasks we can offer to God. Concerning prayer, we ask how it can be more present in our day. About home and family, we ask how we practice patience and forgiveness. With respect to work and service, we ask about seeing Christ in everyone. About peace and justice, we ask how we respond to injustice with charity.

And as for elements of a Franciscan examen for our daily life, we ask where we felt gratitude, asked for clarity, struggled to live the Gospel, sought forgiveness, and asked for grace for the next day.

Stan, who is chair of Tau's Vocations Committee, concluded his presentation with a brief report on his speaking about Tau after four Masses at St. Veronica's on Sunday May 17, and the upcoming plans for a table with information at SJC after the Saturday and Sunday Masses June 27-28. Various Tau members have volunteered to staff this table for the SJC outreach.

ONGOING FORMATION

Our formation director Gil Donahue, OFS, returned from the June 6-7 Franciscan Charism/JPIC retreat at Priest Field just in time for our gathering! Sally White, OFS, was not able to attend the retreat, so Gil had given Sally's report on our ecumenical ESL work with First Baptist in Herndon. The report was very well received.

RECAP OF JUNE 7 GATHERING

ONGOING FORMATION (CONTINUED)

Gil began his presentation by noting that 20 years ago our national OFS had three commissions — women, labor, and the environment — that were consolidated into Justice, Peace and Integrity of Creation (JPIC) to save money. This new name generated some controversy, with some arguing for the name “Brotherhood and Stewardship” instead, but JPIC prevailed.

Gil’s presentation primarily focused his handout, “Study Guide: The Secular Franciscan Rule and JPIC.” (For the complete document see Gil’s email of June 5 with subject line “Tau Fraternity: Ongoing Formation for Sunday, June 7 Meeting.”)

What follows is a very brief summary with excerpts from Gil’s comparison of the Secular Franciscan Rule to JPIC principles.

The Secular Franciscan Rule is a guide for living the Gospel based on the example of Francis of Assisi. Its main focus is on personal conversion, prayer, and contemplation, living simply, and loving others as brothers and sisters. The key idea is “Go from Gospel to life and life to Gospel.” The core values are simplicity (detachment from material goods), humility, fraternity (community), peace, and respect for all creation.

JPIC is a mission that promotes justice, peace and the integrity of Creation. Its main focus is living faith through action, transforming society, and responding to real-world problems. The key idea is that faith must lead to action, not just belief.

The Secular Franciscan Rule is how Franciscans live. JPIC is how Franciscans act in the world. JPIC is essentially “the Rule in action.”

The Rule tells us to live simply and stand with the poor. JPIC principles tell us to work to fix injustice, to help the poor by changing systems. The Rule tells us to respect nature as God’s creation. JPIC tells us to protect the environment and promote sustainability.

A lively discussion followed concerning the complementarity of action and contemplation as we alternate between mountaintop and valley. It was pointed out that Fr. Richard Rohr’s organization in New Mexico is called the Center for Action and Contemplation. Notable was the observation by one member that the Rule can be lived out in an individual apostolate, whereas JPIC principles lend themselves to group apostolates.

APOSTOLATES

MISSIONARIES OF CHARITY HOSPICE

Thanks to our brothers and sisters who support the apostolate at the Missionaries of Charity Gift of Peace House.

To learn what supplies the sisters need or to help with the next 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

JPIC APOSTOLATE

RECYCLING TEXTILES

REMEMBER TO BRING YOUR BAGS TO THE SEPTEMBER TAU GATHERING. FRANK BOWEN, OFS, WILL TRANSPORT THEM TO THE COLLECTION BINS.

Textile waste is one of the fastest-growing waste streams in the United States, though 95% of discarded textiles can be reused or recycled. Recycling textiles helps reduce waste, save resources, and support sustainable practices in our community. So all those textiles that cannot be donated to charitable stores end up clogging up the landfills.

Fairfax County has a new program to recycle those old towels, torn clothing, etc. New collection bins are located throughout the county.

Reusable items: Sold to thrift partners in North America and around the world or donated to community partners.

Non-reusable items: Repurposed into new materials, such as insulation, industrial wiper rags, or other products.

You can donate a variety of items, even if they are stained, worn, or have broken zippers. All items must be **clean, dry, odorless**, and placed in a securely closed plastic bag.

What Can Be Donated?

- Tops, Sweaters, Sweatshirts
- Dresses / Outerwear / Bottoms (pants, slacks, jeans, sweatpants, skirts, shorts, leggings, etc.)
- Suits / Pajamas
- Socks, tights, stockings, nylons, hosiery, pantyhose
- Intimates (bras, underwear, socks) / Bathrobes
- Baby clothes
- Heels / Boots / Sneakers / Cleats/spikes / Slippers
- Hats
- Bags (handbags, backpacks, duffle bags, totes, cloth shopping bags) / Suitcases & luggage
- Gloves
- Ties, scarves
- Jewelry (including watches and sunglasses)
- Sheets / pillowcases / Blankets/quilts / Comforters
- Curtains & Drapes
- Aprons
- Dish cloths / cloth napkins / Table linens
- Stuffed animals
- Sports jerseys / uniforms



TAU VOCATIONS OUTREACH

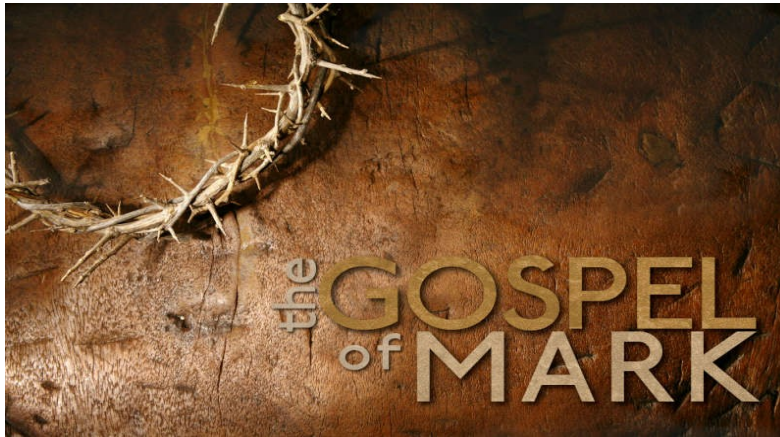
On the weekend of June 27-28, Stanley Hoover, OFS — Tau Vocations Committee chair — led a vocations recruitment effort at St. Joseph's weekend Masses. Information was available about our way of life, there were giveaways such as medals and holy cards, and we displayed our new fraternity banner!

A big thanks to Br. Stan and all who helped — especially Cyndy, Joe, and Gil!



STUDY THE GOSPEL OF MARK!

OPPORTUNITY FOR OPTIONAL READING AND DISCUSSION OF GOSPEL OF MARK



During the past year, Formation Director Gil Donahue has led an optional monthly Zoom session on various topics relating to Franciscan Spirituality and Contemplation. Aimed at encouraging participants to engage in contemplative or centering prayer, they discussed many historical and current themes of Franciscanism and their application in our lives.

Gil is suggesting a change in this pattern for the months of August through November. As our Rule calls for us to live “Gospel to life and life to Gospel,” it is important for us to be conscious of the Gospel and its message. To that end, Gil will lead Zoom discussions in August and September on the Gospel of Mark. These one-hour sessions are totally optional. They will provide an opportunity to have discussions that require more time than our monthly meetings allow.

Gil chose Mark because it is likely the earliest of the four Gospels to have been written, it is short, and it has a sense of immediacy. Gil has found a useful way to divide the book into four parts that will lend themselves to worthwhile discussions. This approach will allow participants to read the portions of the Gospel of Mark in preparation for the next Zoom discussion.

Participants can use any translation/version of the Bible they prefer. Many Catholic scholars recommend the Revised Standard Version Catholic Edition. The U.S. Catholic Church uses the New American Bible for liturgical readings.

At the Tau July meeting, Gil will have a sign-up sheet for those who are interested. He will host the Zoom sessions during one day on each of the following weeks: August 10 and 24, and September 7 and 21. The sign-up sheet gives those interested an opportunity to select their preferred day of the week and time of day (i.e., Monday-Friday, 4 or 7 pm). Gil will try to accommodate the day and time that receives the most preferences. If you cannot attend the July meeting and are interested in these Zoom sessions, please send Gil an email with your preference of Monday-Friday and 4 or 7 p.m.

MAKE OCTOBER FRANCISCAN MONTH!

We have Black History Month, Autism Awareness Month, and many others. Let's promote October as Franciscan Month. Franciscan Month was conceived in 2023 and launched at St. Francis College in Brooklyn, NY, by Brother Gregory Cellini, OSF, a Franciscan Brother of Brooklyn. In 2024, our reach broadened to the Archdiocese of Newark and the Dioceses of Metuchen and Paterson in New Jersey, as well as the Archdiocese of New York and Dioceses of Brooklyn and Rockville Centre in New York.

In 2025, we expanded nationwide with the support of all the Orders of the Franciscan Family. The mission of Franciscan Month is to celebrate the 800-year charism of the Franciscan way of life, to build awareness about this way of life, and to invite and inspire people of all faiths to live it. Our intention for 2026 is to promote the Franciscan values of simplicity, care for creation, peacemaking, the dignity and integrity of each person and service to the poor, marginalized and forgotten — especially during this Jubilee Year of St. Francis. We will accomplish this with a focus on engaging Franciscan colleges, universities and high schools; Franciscan and diocesan parishes; and selected U.S. retreat centers. The friars will speak at the Masses in their parishes.

We are asking Secular Franciscans to promote Franciscan Month in the diocesan parishes where they are parishioners by asking their pastors for permission to speak at the Masses on the weekend of September 26-27, and to include a bulletin announcement that weekend. A script and bulletin announcement will be provided. Once you receive permission from your pastor, reach out to me for the script at this e-mail address: Cleoneofs@gmail.com.



The Franciscan Month team is preparing a series of coordinated events and a large-scale digital campaign for October. Recognizing the reach and impact of digital media, our primary emphasis will be on spreading awareness of Franciscan spirituality and its values through online platforms. This includes weekly themed blogs, videos, and social media content, alongside in-person events developed in collaboration with our target communities. Our ultimate goal is an official Vatican designation of October as Franciscan Month. Please visit our website: www.franciscanmonth.org.

Chris Leone, OFS
National Councilor - National Executive Council

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



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.

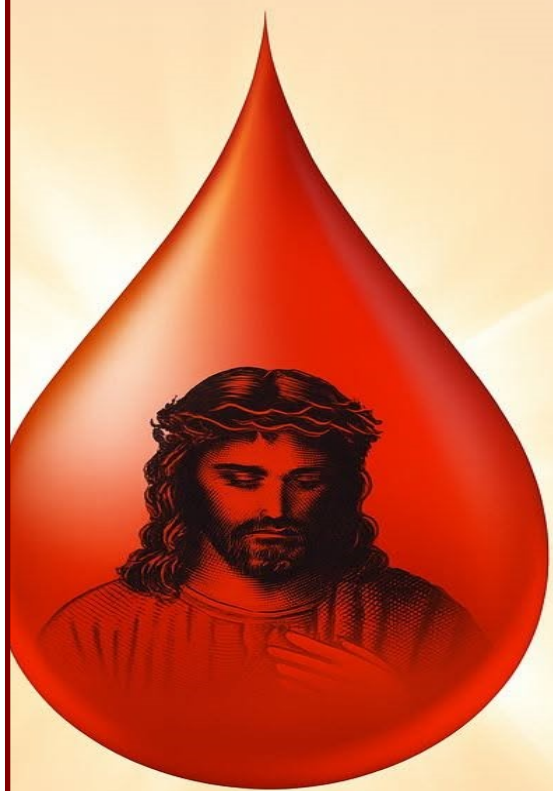
***Do not be anxious about anything,
but in everything, by prayer and
petition, with thanksgiving, present
your request to God.***

Philippians 4:6-7



JULY: MONTH OF THE PRECIOUS BLOOD

POETRY, DEVOTIONS & PRAYER



July
is dedicated
to the Most
Precious Blood
of Our Lord
Jesus!



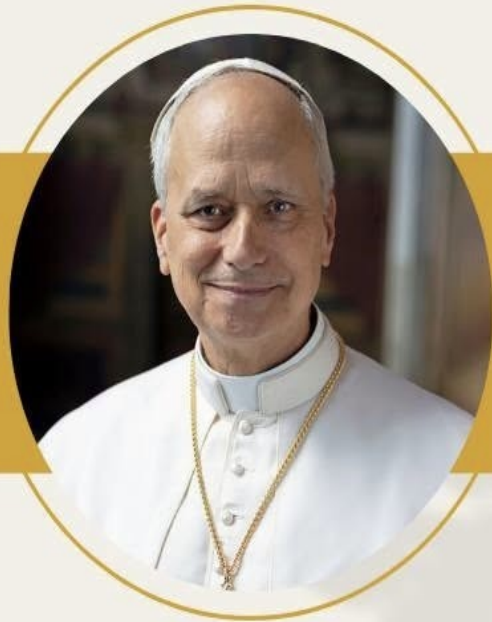
Constant Prayer to the Precious Blood of Jesus

*By St Catherine of Siena
(1347-1380)*

Doctor of the Church

**Precious Blood,
Ocean of
Divine Mercy,
Flow upon us!
Precious Blood,
most pure
Offering,
Procure us
every grace!
Precious Blood,
Hope and Refuge
of sinners,
Atone for us!
Precious Blood,
Delight of
holy souls,
Draw us!
Amen**

POPE'S INTENTION: JULY



FOR RESPECT FOR HUMAN LIFE

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.

BROTHER, SISTER, ROBOT: BEING FRANCISCAN IN AN AGE OF AI

IS AI A THREAT TO HUMAN DIGNITY
OR CAN IT PROMOTE HUMAN
COMMUNITY AND PLANETARY LIFE?

Register at
[bit.ly/
FrancisWeb2](https://bit.ly/FrancisWeb2)



THURSDAY, JULY 9 AT 7PM ET
WITH SR. ILIA DELIO



FRANCISCAN
ACTION NETWORK



Franciscan
Federation



INTERFAITH
PUBLIC HEALTH



Catholic Climate Movement
Together for our Common Good

REGISTER HERE:

https://us02web.zoom.us/webinar/register/WN_ARNkXhvfRVKRwKN8_mSGLq#/registration

CALENDAR: ACTIVITIES & EVENTS

July is the Month of the Precious Blood of Christ

- July 1 St. Junipero Serra, Franciscan Friar
- July 3 Feast of St. Thomas the Apostle
- July 5 Tau Fraternity Monthly Gathering
- July 9 Murutamanga Kabahita's birthday
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:
www.roman-catholic-saints.com/traditional-franciscan-calendar.html

July 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	

August 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					

Pilgrimage of Grace Mass for Interior Peace of Those in Need



Wed., July 29 @ 6:30 p.m.
Holy Family - Woodbridge

A Hymn in Stone: Sacred Music from the Basilica of the National Shrine of the Immaculate Conception



Tues., July 21 @ 7:00 p.m.
Great Upper Church

NEXT TAU GATHERING

JULY 5, 2026

SCHEDULE

- 1:30 PM** Opening Prayer & Social Time
2:00 PM Presentation
2:45 PM Break
3:00 PM Ongoing Formation:
Franciscan Prayer
3:30 PM The Angelus & Liturgy of the Hours
3:45 PM Business Meeting
4:00 pm Closing Prayer

Christ the Redeemer
Room 1 & 2

INITIAL FORMATION

Inquirers:

Ch. 7 in *The Franciscan Journey*

Candidates:

Ch. 19 in *The Franciscan Journey*



During Ordinary Time, we 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 Sunday in the 14th Week of Ordinary Time

Midday Prayer: See [here](#)

Evening Prayer: See [here](#)

Evening Prayer in *Christian Prayer*:
Evening Prayer II: pg. 694
Proper of Seasons: pg. 619
Psalter: Sunday - Week II - pg. 786
Hymn: TBD

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