

# *The Franciscan Journey*

*(A Discernment guide for those beginning the journey in the Franciscan way of life)*





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# *Sandals*

*Following in the Footprints of Jesus*



## Sandals: Following in the Footprints of Jesus

### FRANCISCAN VALUES:

JOURNEY

WALKING IN THE FOOTPRINTS OF JESUS

FOLLOWING YOUR HEART'S DESIRE

### SACRED SCRIPTURE: Mark 10: 46-52

They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. When he heard that it was Jesus of Nazareth, he began to shout out and say, "Jesus, Son of David, have mercy on me!"

Many sternly ordered him to be quiet, but he cried out even more loudly, "Son of David, have mercy on me!" Jesus stood still and said, "Call him here." And they called the blind man saying to him, "Take heart; get up, he is calling you." So throwing off his cloak, he sprang up and came to Jesus. Then Jesus said to him, "What do you want me to do for you?" The blind man said to him, "My teacher, let me see again." Jesus said to him, "Go, your faith has made you well." Immediately he regained his sight and followed him on the way.

### OPTIONAL SACRED SCRIPTURE:

Hosea 11: 1-9      I loved Israel as a child

Isaiah 43: 1-5      I have called you by name

Psalms 139      The ever present God

### LEGEND OF ST. FRANCIS: 2 Celano 196

Perhaps it would be useful and worthwhile to touch briefly on the special devotions of St. Francis. Although this man was devout in all things, since he enjoyed the anointing of the Spirit, there were special things that moved him with special affection. Among other expressions used in common speech, he could not hear "the love of God" without a change in himself. As soon as he heard "the love of God" he was excited, moved, and on fire, as if these words from the outside were a pick strumming the strings of his heart on the inside.

WRITINGS OF ST. FRANCIS: Letter to Brother Leo

Brother Leo, health and peace from Brother Francis! I am speaking, my son, in this way--as a mother would--because I am putting everything we said on the road in this brief message and advice. If afterwards, you need to come to me for counsel, I advise you thus: In whatever way it seems better to you to please the Lord God and to follow His footprint and poverty, do it with the blessing of the Lord God and my obedience. And if you need and want to come to me for the sake of your soul, or for some consolation, Leo, come!

WRITINGS OF ST. CLARE: Third Letter to St. Agnes 24-25

Therefore, as the glorious Virgin of virgins carried Christ materially in her body, you, too, by following in His footprints, especially those of poverty and humility, can, without any doubt, always carry Him spiritually...

TOR RULE AND LIFE: Article 25

Following the example of our Lord Jesus Christ who made his own will one with the Father's, the sisters and brothers are to remember that, for God, they should give up their own wills. Therefore, in every kind of chapter they have let them seek first the kingdom of God and his justice (Mt 6: 33), and exhort one another to observe with greater dedication the rule they have professed and to follow faithfully in the footprints of our Lord Jesus Christ.

THE JOURNEY AND THE DREAM

The Dream p. 4

Of Love p. 72

Mountain Jonquil p. 92

REFLECTION QUESTIONS:

1. What type of commitment are you willing to give to this journey? Describe where you see yourself on this journey...



2. Commitment is made one day at a time. Can you make a "Yes" for today?

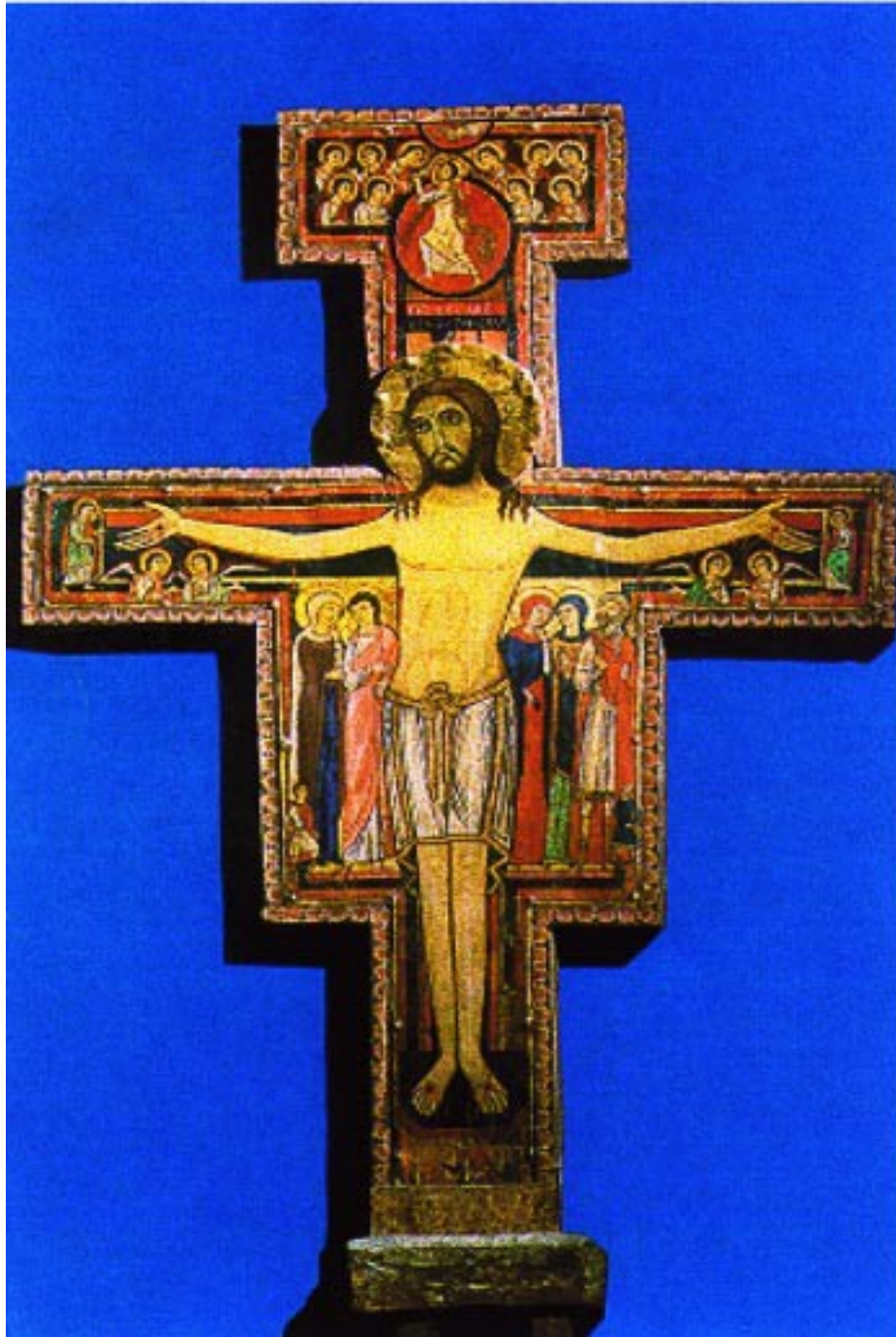
ACTIVITY:

1. What do you know about journaling? If you have been journaling already, for how long?

- 
2. Name the significant events in your life, which have led you up to today, asking to be in discernment for religious life.



*San Damiano Cross*  
*Francis' Call to Conversion*



## San Damiano Cross: Francis' Call to Conversion

### FRANCISCAN VALUES:

PERSONAL RELATIONSHIP WITH GOD  
CALL TO SERVICE/REBUILD THE CHURCH

### SACRED SCRIPTURE: Jeremiah 18: 1-6

The word that came to Jeremiah from the Lord: "Come, go down to the potter's house, and there I will let you hear my words." So I went down to the potter's house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him. Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as this potter has done? says the Lord. Just like the clay in the potter's hand, so you are in my hand.

### OPTIONAL SACRED SCRIPTURE:

1 Samuel 3: 1-10 Call of Samuel  
Isaiah 43: 1-5 I have called you by name  
Matthew 4: 18-22 Call of Disciples

### LEGEND OF ST. FRANCIS: 2 Celano 6: 10

Francis was walking one day by the Church of San Damiano, which was abandoned by everyone and almost in ruins. Led by the Spirit he went in to pray and knelt down devoutly before the crucifix. He was shaken by unusual experiences and discovered that he was different from when he had entered. As soon as he had this feeling, there occurred something unheard of in previous ages: with the lips of the painting, the image of Christ crucified spoke to him. "Francis," it said, calling him by name, go, rebuild my house; as you see, it is all being destroyed." Francis was more than a little stunned, trembling, and stuttering like a man out of his senses. He prepared himself to obey and pulled himself together to carry out the command.

WRITINGS OF ST. FRANCIS: Prayer Before the Crucifix



Most High,  
glorious God,  
enlighten the darkness of my heart  
and give me  
true faith,  
certain hope,  
and perfect charity,  
sense and knowledge,  
Lord,  
that I may carry out  
Your holy and true command.

WRITINGS OF ST. CLARE: First Witness of Thomas of Celano 18

The first work that Blessed Francis undertook, after he had gained his freedom from the hand of his carnally minded father, was to build a house of God. He did not try to build a new one, but he repaired an old one, restored an ancient one. He did not tear out the foundation, but he built upon it, always reserving to Christ his prerogative, although he was unaware of it, for no one can lay another foundation, but that which has been laid, which is Jesus Christ. When he had returned to the place where, as has been said, the church of San Damiano had been built in ancient times, he repaired it zealously within a short time with the help of the grace of the Most High. This is the blessed and holy place where the glorious religion and most excellent Order of Poor Ladies and poor virgins had its joyful origin, about six years after the conversion of the blessed Francis and through that same blessed man. The Lady Clare, a native of the city of Assisi, the most precious and the strongest stone of the whole structure, was its foundation. For, after the beginning of the order of brothers, when the said lady was converted to God through the counsel of the holy man, she lived for the advantage of many and as an example to countless others. She was of noble lineage, but she was more noble by grace; she was a virgin in body, most chaste in mind; a youth in age, but mature in spirit. She was steadfast in purpose and most eager in her desire for divine love; endowed with wisdom and excelling in humility; bright by name, brilliant by life, most brilliant by character

### TOR RULE AND LIFE: Article 2

With all in the holy Catholic and apostolic Church who wish to serve the Lord, the brothers and sisters of this order are to persevere in true faith and penance.

They wish to live this evangelical conversion of life in a spirit of prayer, of poverty, and of humility. Therefore, let them abstain from all evil and persevere to the end in doing good because God the Son himself will come again in glory and will say to all who acknowledge, adore, and serve him in sincere repentance: Come, blessed of my Father, take possession of the kingdom prepared for you from the beginning of the world (Mt 25: 34).

### THE JOURNEY AND THE DREAM

Crucifix speaks p. 15

The Fool p. 21

Trinity of Towns p. 46



## REFLECTION QUESTIONS

1. The San Damiano Cross is an icon that has many people significant to the life of the Christ included within the painting. Who are the significant people in your life story (who might be painted with you)?

2. In what ways do you provide service to others? To the Church? To the poor?

3. Do you feel a call to rebuild the Church? In what ways?

## ACTIVITIES

1. Recall a time/place/event when you recognized God was real and present in your life. Describe the experience.

2. Journal about a figure or symbol represented in the San Damiano cross that touched you.

3. Draw or create your own cross in the style of the San Damiano cross, portraying the important people and events in your life.

*Stripping Before the Bishop and Assisi*  
*Francis' Call to Abandonment*



## Stripping: Francis' Call to Abandonment

### FRANCISCAN VALUES

EMPTYING OF SELF/LETTING GO

RECONCILIATION

### SACRED SCRIPTURE: Jeremiah 29: 11-14

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

### OPTIONAL SACRED SCRIPTURE

2 Corinthians 12: 1-10    When powerless, I am strong

Romans 7: 13-25        I do not do what I want to do

Matthew 18: 21-35        Forgive seven times seventy

### LEGEND OF ST. FRANCIS: Legend of the Three Companions 19-20

The [Francis'] father hurried to the palace of the commune complaining to the city magistrates about his son and asking them to make him return the money he had taken from the house. When the magistrates saw how distraught he was, they sent a messenger to summon Francis to appear before them. He told the messenger that he had been made free by God's grace and, since he was a servant of almighty God alone, was no longer bound by the magistrates. The magistrates, unwilling to force the issue, told his father: "Because he is in the service of God, he no longer falls within our power. Realizing that he could accomplish nothing with the magistrates, he made the same complaint before the Bishop of the city. The Bishop, a discerning and understanding man, duly called him to appear in order to respond to his father's complaint. Francis answered the messenger, "I will appear before the Lord Bishop because he is the father and lord of souls."

He then came before the Bishop and was received by him with great joy. "Your father", the bishop said to him, "is infuriated and extremely scandalized. If you wish to serve God, return to him the money you have, because God does not want



you to spend money unjustly acquired on the work of the church. Your father's anger will abate when he gets the money back. My son, have confidence in the Lord and act courageously. Do not be afraid, for he will be your help and will abundantly provide you with whatever is necessary for the work of the church."

Then the man of God got up, joyful and comforted by the Bishop's words, and, as he brought the money to him, he said, "My Lord, I will gladly give back not only the money acquired from his things, but even all my clothes." And going into one of the Bishop's rooms, he took off all his clothes, and, putting the money on top of them, came out naked before the Bishop, his father, and all the bystanders, and said: "Listen to me, all of you, and understand. Until now I have called Peter Bernadone my father. But because I have proposed to serve God, I return to him the money on account of which he was so upset, and also all the clothing which is his, wanting to say from now on: 'Our Father who are in heaven' and not 'My father Peter Bernadone'." At that moment, the man of God was found to be wearing under his colored clothes a hair shirt next to his skin.

#### WRITINGS OF ST. FRANCIS: Salutation of the Virtues

Hail, Queen Wisdom, may the Lord protect you with your sister, holy pure Simplicity.

Lady, holy Poverty, may the Lord protect you with your sister, holy Humility.

Lady, holy Charity, may the Lord protect you with your sister, holy Obedience.

Most holy Virtues, may the Lord protect all of you, from Whom you come and proceed.

There is surely no one in the whole world who can possess any one of you without dying first.

Whoever possesses one and does not offend the others, possesses all.

Whoever offends one does not possess any and offends all.

And each one confounds vice and sin.

Holy Wisdom confounds Satan and all his cunning.

Pure holy Simplicity confounds all the wisdom of this world and the wisdom of the body.

Holy Poverty confounds the desire for riches, greed and the cares of this world.

Holy Humility confounds pride, all people who are in the world and all that is in the world.

Holy Charity confounds every diabolical and carnal temptation and every carnal fear.

Holy Obedience confounds every corporal and carnal wish, binds its mortified body to obedience of the Spirit and obedience to one's brother [and sister].

So that it is subject and submissive to everyone in the world, not only to people but to every beast and wild animals as well, that they may do whatever they want with it insofar as it has been given to them from above by the Lord.

#### WRITINGS OF ST. CLARE: Legend of St. Clare 7b-8

The Solemnity of the Day of Palms was at hand when the young girl went with a fervent heart to the man of God, asking him about her conversion and how it should be carried out. The father Francis told her that on the day of the feast, she should go, dressed and adorned, together with the crowd of people, to receive a palm, and, on the following night, leaving the camp she should turn her worldly joy into mourning the Lord's passion. Therefore, when Sunday came, the young girl, thoroughly radiant with festive splendor among the crowd of women, entered the Church with the others. Then something occurred that was a fitting omen: as the others were going to receive the palms, while Clare remained immobile in her place out of shyness, the Bishop, coming down the steps, came to her and placed a palm in her hands. On that night, preparing to obey the command of the saint, she embarked upon her long-desired flight with a virtuous companion. Since she was not content to leave by way of the usual door, marveling at her strength, she broke open—with her own hands—that other door that is customarily blocked by wood and stone. And so she ran to St. Mary of the Portiuncula, leaving behind her home, city, and relatives. There, the brothers, who were observing sacred vigils before the little altar of God, received the virgin Clare with torches. There, immediately after rejecting the filth of Babylon, she gave the world a bill of divorce. There, her hair shorn by the hands of the brothers, she put aside every kind of fine dress.

#### The First Letter to St. Agnes 30

What a great and praiseworthy exchange:

to leave the things of time for those of eternity,  
to choose the things of heaven for the goods of earth,  
to receive the hundred-fold in place of one,  
to possess a blessed eternal life!

### TOR RULE AND LIFE: Article 22

The truly poor in spirit, following the example of the Lord, live in this world as pilgrims and strangers. They neither appropriate nor defend anything as their own. So excellent is this most high poverty that it makes us materially poor, but rich in virtue. Let this poverty alone be our portion because it leads to the land of the living. Clinging completely to it let us, for the sake of our Lord Jesus Christ, never want anything else under heaven.

### THE JOURNEY AND THE DREAM

New Birth p. 7

Losing a Father p. 17

Bishop Guido p. 86

## REFLECTION QUESTIONS

1. What do you need to let go of in your life? How do you know this?

2. In what way are you naked before God? Explain.

## ACTIVITIES

1. Look into the mirror and name 10 positive and realistic qualities about yourself (not about what you do).

2. As you look at your life, what things are not important in the overall picture? Make a list of those things. Go over the list and star those things you can "let go of". Then begin that process.

3. Are there things in your closet that you do not need? Are you willing to let go of them? Start a box of these things and give it to St. Vincent de Paul, Hospice, Goodwill or another donation organization in your area.



# Embracing the Leper

*Francis' Conversion Deepens*



## Embracing the Leper: Francis' Conversion Deepens

### FRANCISCAN VALUES

CONVERSION

EMBRACING OUR FEARS

MINORES

### SACRED SCRIPTURE: Luke 7: 36-50

One of the Pharisees asked Jesus to eat with him, and he went into the Pharisee's house and took his place at the table. And a woman in the city, who was a sinner, having learned that he was eating in the Pharisee's house, brought an alabaster jar of ointment. She stood behind him at his feet, weeping, and began to bathe his feet with her tears and to dry them with her hair. Then she continued kissing his feet and anointing them with the ointment. Now when the Pharisee who had invited him saw it, he said to himself, "If this man were a prophet, he would have known who and what kind of woman this is who is touching him—that she is a sinner." Jesus spoke up and said to him, "Simon, I have something to say to you." "Teacher," he replied, "Speak." "A certain creditor had two debtors; one owed five hundred denarii, and the other fifty. When they could not pay, he canceled the debts of both of them. Now which of them will love him more?" Simon answered, "I suppose the one for whom he canceled the greater debt." And Jesus said to him, "You have judged rightly." Then turning toward the woman, he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair. You gave me no kiss, but from the time I came in she has not stopped kissing my feet. You did not anoint my head with oil, but she has anointed my feet with ointment. Therefore I tell you, her sins, which were many, have been forgiven; hence she has shown great love. But the one to whom little is forgiven, loves little." Then he said to her, "Your sins are forgiven." But those who were at the table with him began to say among themselves, "Who is this who even forgives sins?" And he said to the woman, "Your faith has saved you; go in peace."

### OPTIONAL SACRED SCRIPTURE

Luke 15: 11-32	The Prodigal Son
Luke 19: 1-10	The story of Zacchaeus
John 21: 15-19	Peter professes love three times

#### LEGEND OF ST. FRANCIS: Legend of the Three Companions 4: 11

One day, while Francis was praying enthusiastically to the Lord, he received this response: "Francis, everything you loved carnally and desired to have, you must hate, if you wish to know my will. Because once you begin doing this, what before seemed delightful and sweet will unbearable and bitter; and what before made you shudder will offer you great sweetness and enormous delight." He was overjoyed at this and comforted by the Lord. Then one day, as he was riding his horse near Assisi, he met a leper. And even though he usually shuddered at lepers, he made himself dismount, and gave him a coin, kissing his hand as he did so. After he accepted the kiss of peace from him, Francis remounted and continued on his way. He then began to consider himself less and less, until, by God's grace, he came to complete victory over himself.

#### WRITINGS OF ST. FRANCIS: Francis' Testament 1-3

The Lord gave me, Brother Francis, thus to begin doing penance in this way: while I was in sin, it seemed too bitter to me to see lepers. And the Lord Himself led me among them and I showed mercy to them. And when I left them, what had seemed bitter to me was turned into sweetness of soul and body. And afterwards, I delayed a little and left the world.

#### WRITINGS OF ST. CLARE: Acts of the Process of Canonization, 6<sup>th</sup> witness, 2

Clare was certainly diligent about encouraging and protecting the sisters, showing compassion toward the sick sisters. She was solicitous about serving them, humbly submitting herself to even the least of the serving sisters, always looking down upon herself.

#### TOR RULE AND LIFE: Article 21

Let all the sisters and brothers zealously follow the poverty and humility of our Lord Jesus Christ. Though rich beyond measure, He emptied himself for our sake and with the most blessed Virgin, his mother, he chose poverty in this world. Let them be mindful that they should have only those goods of this world which, as the Apostle says, "having something to eat and something to wear, with these we are content." Let them be happy to live among the outcast and despised, among the poor, the weak, the sick, the lepers, and those who beg on the street.

THE JOURNEY AND THE DREAM

Meeting the Leper p. 12

This New Day p. 14

## REFLECTION QUESTIONS

1. What fears do you have regarding a commitment to following the journey of a Franciscan life choice?

2. Name and describe an experience of conversion in your life.

## ACTIVITIES

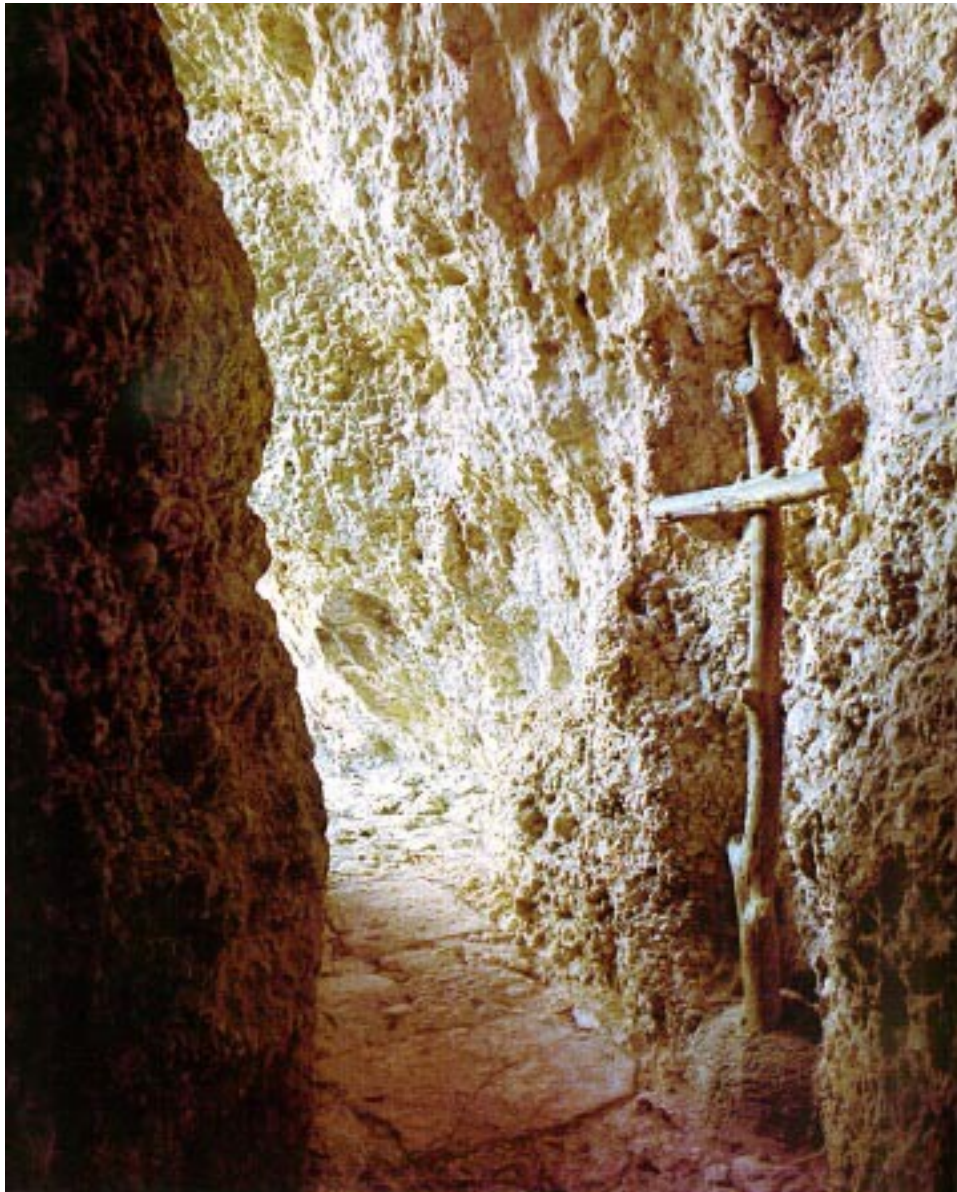
1. How might you embrace your fears? What insights have you learned?

- 
2. Name and reflect upon a time you have reached out to a "leper" in your life.



## *The Cave*

*Francis' Call to Contemplation*



## The Cave: Francis' Call to Contemplation

### FRANCISCAN VALUES

PRAYER/CONTEMPLATION

HUMILITY

LISTENING HEART

### SACRED SCRIPTURE: John 4: 4-42

Jesus had to go through Samaria. So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." His disciples had gone to the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" Jews do not share things in common with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is saying to you, 'Give me a drink', you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never thirst. The water that I will give will become in them a spring of water gushing up to eternal life..."

### OPTIONAL SACRED SCRIPTURE

Luke 9: 28-36      The Transfiguration

Luke 1: 46-55      Mary's Magnificat

Psalm 42            My soul longs for God

### LEGEND OF ST. FRANCIS: 1 Celano 6

Changed in mind but not in body, [Francis] now refused to go to Apulia and was anxious to direct his will to God's. Thus he retired for a short time from the tumult and business of the world and was anxious to keep Jesus Christ in his inmost self. Like an experienced merchant, he concealed the pearl he had found from the eyes of mockers, and, selling all he had, he tried to buy it secretly. Now there was in the city of Assisi a man he loved more than all the rest. They were of the same age and the constant intimacy of their mutual love made him bold to share his secrets with him. [Francis] often brought him to remote places suitable for

talking, asserting that he had found a great and valuable treasure. This man was overjoyed, and since he was so excited about what he heard, he gladly went with Francis whenever he was summoned. There was a cave near the city where they often went and talked together about the treasure. The man of God, who was already holy because of his holy intention, was accustomed to enter the cave, while his companion waited outside, and inspired by a new and extraordinary spirit he would pray to his Father in secret. He acted in such a way that no one would know what was happening within. Wisely taking the occasion of the good to wisely conceal the better, he consulted God alone about his holy purpose. He prayed with all his heart that the eternal and true God guide his way and teach him to do his will. He endured great suffering in his soul, and was not able to rest until he accomplished in action what he had conceived in his heart. Different thoughts followed one after another, and their relentlessness severely disturbed him. He was burning inwardly with a divine fire, and he was unable to conceal outwardly the flame kindled in his soul. He repented that he had sinned so grievously and that he had offended the eyes of majesty. While his past and present transgressions no longer delighted him, he was yet fully confident of refraining from future ones. Therefore, when he came back out to his companion, he was so exhausted from his struggle that one person seemed to have entered, and another to have come out.

#### WRITINGS OF ST. FRANCIS: Paraphrase of the Our Father

*Our Father:* Most holy, our Creator, Redeemer, Consoler, and Savior.

*Who are in heaven:* In the angels and the saints, enlightening them to know, for you, Lord, are light; inflaming them to love, for you, Lord, are love; dwelling in them and filling them with happiness, for you, Lord, are Supreme Good, the Eternal Good, from Whom all good comes without Whom there is no good.

*Holy be your name:* May knowledge of you become clearer in us, that we may know the breadth of your blessings, the length of your promises, the height of your majesty, the depth of your judgements.

*Your kingdom come:* That you may rule in us through your grace and enable us to come to your kingdom, where there is clear vision of you, perfect love of you, blessed companionship with you, eternal enjoyment of you.

*Your will be done on earth as it is in heaven:* That we may love you with our whole heart by always thinking of you; with our whole soul by always desiring you, with our whole mind by always directing all our intentions to you, and by seeking your glory in everything, with all our strength by exerting all our energies and affections of body and soul in the service of your love and of nothing else; and we may love our neighbor as ourselves by drawing them all

to your love with our whole strength, by rejoicing in the good of others as in our own, by suffering with others at their misfortunes, and by giving offense to no one.

*Give us this day:* In remembrance, understanding, and reverence of that love which [our Lord Jesus Christ] had for us and of those things that He said and did and suffered for us.

*Our daily bread:* Your own beloved Son, our Lord Jesus Christ.

*Forgive us our trespasses:* Through your ineffable mercy, through the power of the passion of Your Beloved Son, and through the merits and intercession of the ever Blessed Virgin and all your elect.

*As we forgive those who trespass against us:* And what we do not completely forgive, make us Lord, forgive completely, that we may truly love our enemies because of you, and we may fervently intercede for them before you, returning no one evil for evil and we may strive to help everyone in you.

*And lead us not into temptation:* Hidden or obvious, sudden or persistent.

*But deliver us from evil:* Past, present, and to come.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever. Amen.

#### WRITINGS OF ST. CLARE: Second Letter to Agnes of Prague 20b

Gaze upon Christ, consider Christ, contemplate Christ, as you desire to imitate Christ...

#### Third Letter to Agnes of Prague 12-13

Place your mind before the mirror of eternity! Place your soul in the brilliance of glory! Place your heart in the figure of the divine substance! And transform your entire being into the image of the Godhead Itself through contemplation.

#### TOR RULE AND LIFE: Article 9

Everywhere and in each place, and in every season and each day the brothers and sisters are to have a true and humble faith. From the depths of their inner life let them love, honor, adore, serve, praise, bless, and glorify our most high and eternal God who is Father, Son, and Holy Spirit. With all that they are let them adore him because we should pray always and not lose heart (Lk 18:1); this is what the Father desires. In this same spirit let them also celebrate the Liturgy of the Hours in union with the whole Church. The sisters and brothers whom the Lord has called to the life of contemplation (Mk 6: 31), with a daily renewed joy, should manifest

their special dedication to *God* and celebrate the Father's love for the world. It was he who created and redeemed us, and by his mercy alone shall save us.

THE JOURNEY AND THE DREAM

The Cave p. 8

Of Mountain Hideaways p. 80

Mountain Man p. 94

## REFLECTION QUESTIONS

1. What is your image of God? What role does God play in your life?

2. How much time each day do you spend in prayer? Describe a typical prayer time. Do you have a favorite time or place of prayer? Or method? How do you balance prayer with ministry?

## ACTIVITIES

1. Now that you have described one of your prayer times, would you like to experience other prayer styles? Would you like some resources?



2. Journal on your insights on your experience of aloneness and quiet with *God*.

3. Reread the *Paraphrase of the Our Father*; take either the entire prayer or a section and rewrite your own.

# *Taming the Wolf*

*Francis' Call to Peace Making and Justice*



## Taming the Wolf: Francis' Call to Peace Making and Justice

### FRANCISCAN VALUES

NONVIOLENCE

JUSTICE/PEACEMAKING

### SACRED SCRIPTURE: Isaiah 11: 3b-4a, 6-9

He shall not judge by what his eyes see or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth. The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea.

### OPTIONAL SACRED SCRIPTURE

2 Corinthians 12: 5-10      When I am weak, I am strong

John 10: 1-18              The Good Shepherd

Luke 9: 23-26              Take up your cross daily

### LEGEND OF ST. FRANCIS: The Little Flowers of St. Francis 21

At a time when St. Francis was staying in the town of Gubbio, something wonderful and worthy of lasting fame happened. For there appeared in the territory of that city a fearfully large and fierce wolf, which was so rabid with hunger, that it devoured not only animals but even human beings. All the people in the town considered it such a great scourge and terror—because it often came near the town—that they took weapons with them when they went into the country, as if they were going to war. But even with their weapons they were not able to escape the sharp teeth and raging hunger of the wolf when they were so unfortunate as to meet it. Consequently, everyone in the town was so terrified that hardly anyone dared go outside the city gate.

But God wished to bring the holiness of St. Francis to the attention of those people. For while the Saint was there at that time, he had pity on the people and decided to go out and meet the wolf. But on hearing this the citizens said to him, "Look out, Brother Francis. Don't go outside the gate, because the wolf which has already devoured many people will certainly attack you and kill you!"

But St. Francis placed his hope in the Lord Jesus Christ who is master of all creatures. Protected not by a shield or a helmet, but arming himself with the sign of the cross, he bravely went out of the town with his companion, putting all his faith in the Lord who makes those who believe in Him walk without any injury on an asp and a basilisk and trample not merely on a wolf but even on a lion and a dragon. So with his very great faith St. Francis bravely went out to meet the wolf.

Some peasants accompanied him a little way, but soon they said to him, "We don't want to go any further because that wolf is very fierce and we might get hurt." When he heard them say this, St. Francis answered, "Just stay here. But I am going on to where the wolf lives." Then in the sight of many people who had come out and climbed onto places to see this wonderful event, the fierce wolf came running with its mouth open toward St. Francis and his companion. The Saint made the sign of the cross toward it. And the power of God, proceeding as much from himself as from his companion, checked the wolf and made it slow down and close its cruel mouth. It is marvelous to relate that as soon as he had made the sign of the cross, the wolf closed its terrible jaws and stopped running, and as soon as he gave it that order, it lowered its head and lay down at the Saint's feet, as though it had become a lamb.

And St. Francis said to it as it lay in front of him, "Brother Wolf, you have done great harm in this region, and you have committed horrible crimes by destroying God's creatures without any mercy. You have been destroying not only irrational animals, but you even have the more detestable brazenness to kill and devour human beings made in the image of God. You therefore deserve to be put to death just like the worst robber and murderer. Consequently, everyone is right in crying out against you and complaining, and this whole town is your enemy. But Brother Wolf, I want to make peace between you and them, so that they will not be harmed by you anymore, and after they have forgiven you all your past crimes, neither men nor dogs will pursue you anymore." The wolf showed by moving its body and tail and ears and by nodding its head that it willingly accepted what the Saint had said and would observe it.

So St. Francis spoke again, "Brother Wolf, since you are willing to make and keep this peace pact, I promise you that I will have the people of this town give you food everyday as long as you live, so that you will never again suffer from hunger, for I know that whatever evil you have been doing was done because of the urge of hunger. But, my Brother Wolf, since I am obtaining such a favor for you, I want you to promise me that you will never hurt any animal or human. Will you

promise me that?" The wolf gave a clear sign, by nodding its head, that it promised to do what the Saint had asked.

And St. Francis said, "Brother Wolf, I want you to give me a pledge so that I can confidently believe what you promise." And as St. Francis held out his hand to receive the pledge, the wolf also raised its front paw and meekly and gently put it in St. Francis' hand as a sign that it was giving its pledge.

Then St. Francis said, "Brother Wolf, I order you, in the name of the Lord Jesus Christ, to come with me now, without fear, into the town to make this peace pact in the name of the Lord." And the wolf immediately began to walk along beside St. Francis, just like a very gentle lamb. When the people saw this, they were greatly amazed, and the news spread quickly throughout the whole town...

#### WRITINGS OF ST. FRANCIS: Admonitions XI

Nothing should displease a servant of God except sin. And no matter how another person may sin, if a servant of God becomes disturbed and angry because of this, and not because of charity, he is storing up guilt for himself. That servant of God who does not become angry or disturbed at anyone lives correctly and without anything of his own. Blessed is the one for whom nothing remains except for him to return to Caesar what is Caesar's and to God what is God's.

#### WRITINGS OF ST. CLARE: Legend of St. Clare 60-61

The savage frenzy of cruel wolves frequently disturbed the countryside; they would attack the people in those [areas] and would frequently feed on human flesh.

Therefore, a certain woman, Bona di Monte Galliano, in the diocese of Assisi, had two sons, one of whom the wolves dragged away. She had barely stopped crying when, behold, they pursued to the second boy with the same ferocity. For while the mother was in the house doing some of her domestic chores, a wolf fixed his teeth into the boy who was walking outside, dragged him off by his neck, and made for the woods as quickly as possible with its prey.

Some men who were in the vineyards, however, heard the cries of the boy [and] shouted to his mother, "See if you have your son, because we have just heard some unusual shouts!" The mother, learning that her son had been seized by the wolf, shouted to heaven, filled the air with her cries, and called upon the virgin Clare, "O holy and glorious Clare, return my poor son to me! Return," she said, "return my poor boy to his mother, because, if you don't, I will drown myself."

The neighbors ran after the wolf [and] found the boy who had been brought into the woods by the wolf and next to him a dog that was licking his wounds. The

ferocious beast had first thrust his fangs into the [boy's] neck; then, in order to carry off its prey more easily, it had filled its jaws with the boy's loins. But it had not left in either place any sign of its sudden attack.

After obtaining the answer of her prayers, the woman ran off with her neighbors to her helper and poured out abundant thanks to God and the holy Clare, showing everyone who wished to see the boy's various wounds.

A certain young girl from the village of Cannara was sitting in a field on a certain clear day and another woman had placed her head in her lap. Behold, a man-eating wolf suddenly made quick, furtive steps toward its prey. The young girl saw him, in fact, but she was not afraid since she thought it was a dog. While the woman directed her attention to inspecting the [other's] hair, which she had just been doing, the savage beast jumped on her, enclosed her face in his massive jaws, and carried off its prey to the woods. The dumbfounded woman got up immediately, and, recalling Saint Clare, cried out, "'Help, Saint Clare, help! I now entrust that young girl to you!" At that moment—it's wonderful to state—that girl who had been carried off in the teeth of the wolf was reprimanding it and was saying, "Will you take me further, you thief, after I have been entrusted to such a virgin?" Confused by this reproof, it immediately placed the girl gently on the ground and, as though it were a thief caught off guard, quickly departed.

#### TOR RULE AND LIFE: Article 20

Let the brothers and sisters be gentle, peaceful and unassuming, mild and humble, speaking respectfully to all in accord with their vocation. Wherever they are, or wherever they go throughout the world they should not be quarrelsome, contentious, or judgmental towards others. Rather, it should be obvious that they are joyful, good-humored, and happy in the Lord as they ought to be. And in greeting others, let them say, "God, give you peace."

#### THE JOURNEY AND THE DREAM

Herald of a King p. 20

Wolf of Gubbio p. 51

Francis Before the Sultan p.62

## REFLECTION QUESTIONS

1. Who/what are the wolves in your life?



2. What needs to be tamed within you?

3. How have you been an instrument in healing or the taming of the wolf of another? Describe the experience.

## ACTIVITIES

1. Learn about the resources for justice and peace in your community. Are you involved in any? Which one and why?

- 
2. Visit one of the places you mentioned that you are unfamiliar with. Describe the experience and what you have learned.

# *Portiuncula*

*Francis' Call to Fraternity/Communion*



## Portiuncula: Francis' Call to Fraternity/Communion

### FRANCISCAN VALUES

FRATERNITY/COMMUNITY

HOSPITALITY

OBEDIENCE BASED IN LOVE

### SACRED SCRIPTURE: Luke 9: 3-4

Take nothing for your journey: no staff, nor bag, nor bread, nor money—not even an extra tunic. Whatever house you enter, stay there; and leave from there.

### OPTIONAL SACRED SCRIPTURE

Luke 10: 38-42      Jesus' friends in Bethany

2 Samuel 7: 11      House for the Lord to dwell

1 Peter 2: 4-5, 9      Living stones

### LEGEND OF ST. FRANCIS: 2 Celano 18

Francis, the servant of God, was small in stature, humble in attitude, a lesser by profession. While living in the world he chose a little portion of the world for himself and his followers, since he could not serve Christ unless he had something of this world. Since ancient times, prophetically, this place was called the Little Portion, since it was the lot ceded to those who wished to hold nothing of this world. In this place there was a church built for the Virgin Mother, who by her unique humility deserved, after her son, to be the head of all the saints. In is here the Order of Lesser Ones had its beginning. As their numbers increased, there "a noble structure arose upon their solid foundation." The saint loved this place more than any other. He commanded his brothers to venerate with special reverence. He wanted it, like a mirror of the Order, always preserved in humility and highest poverty, and therefore kept its ownership in the hands of others, keeping for himself and his brothers only the use of it.

### WRITINGS OF ST. FRANCIS: Rule for Hermitages

Let those who wish to stay in hermitages in a religious way be three brothers or, at the most, four; let two of these be the "mothers" and have two "sons" or at least one. Let the two who are "mothers" keep the life of Martha, and the two "sons" the life of Mary and let one have one enclosure in which each one may have his cell in which he may pray and sleep. And let them always recite Compline of the day immediately after sunset; and strive to maintain silence, recite their Hours, rise

for Matins and seek first the kingdom of God and His justice. And let them recite Prime at the proper hour, and, after Terce, they may end their silence, speak with and go to their mothers. And, when it pleases them, they can beg alms from them as poor little ones, out of love of God. And afterwards let them recite Sext, None and, at the proper hour, Vespers. And they may not permit anyone to enter or eat in the enclosure where they dwell. Let those brothers who are the "mothers" strive to stay far from everyone; and because of obedience to their minister, protect their "sons" from everyone, so that no one can speak with them. And those sons may not talk with anyone except their "mothers" and with the minister and his custodian when it pleases them to visit with the Lord's blessing. The "sons", however, may periodically assume the role of the "mothers", taking turns for a time as they have mutually decided. Let them strive to observe conscientiously and eagerly everything mentioned above.

#### WRITINGS OF ST. CLARE: Form of Life 11-18

Let her console those who are afflicted. Let her also be the last refuge for those who are troubled...Let her preserve common life in everything...Let her consult with all her sisters regarding whatever concerns the welfare and integrity of the monastery, for the Lord frequently reveals what is best to the least among us.

#### TOR RULE AND LIFE: Article 7-8

When their initial formation is completed, they are to be received into obedience promising to observe this life and rule always. Let them put aside all attachment as well as every care and worry. Let them only be concerned to serve, love, adore, and honor the Lord God, as best they can, with singleheartedness and purity of intention. Within themselves let them always make a dwelling place and home for the Lord God Almighty, Father, Son, and Holy Spirit, so that, with undivided hearts, they may increase in universal love by continually turning to God and to neighbor.

#### THE JOURNEY AND THE DREAM

A Radical Man p. 39

Of Brotherly Love p. 41

Hot Porridge and Holiness p. 42

## REFLECTION QUESTIONS

1. Who creates community for you now?



2. Reflect on and describe your ideal community.

3. What type of friend are you? Describe...

## ACTIVITIES

1. What do you see yourself doing in 5 years? In 10 years? What are some of your dreams for yourself?

2. If a Franciscan way of life is a part of your dream, how do you envision the Franciscan family in 5 years? In 10 or more years? Dream...(there are no wrong answers)

# *The Crib*

*Francis' Response to the Incarnation*



## The Crib: Francis Responds to the Incarnation

### FRANCISCAN VALUES

INCARNATION

RELATIONALITY

POVERTY

### SACRED SCRIPTURE: Luke 2: 1-7

In those days a decree went out from Emperor Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

### OPTIONAL SACRED SCRIPTURE

Luke 1: 1-16	The Annunciation
Luke 2: 41-52	Finding in the Temple
John 1: 1-18	The Word became Flesh

### LEGEND OF ST. FRANCIS: 1 Celano 84-85

Francis' highest aim, foremost desire, and greatest intention was to pay heed to the holy Gospel in all things and through all things, to follow the teachings of our Lord Jesus Christ and to retrace his footsteps completely with all vigilance and all zeal, all the desire of his soul and all the fervor of his heart. Francis used to recall with regular meditation the words of Christ and recollect his deeds with most attentive perception. Indeed, so thoroughly did the humility of the Incarnation and the charity of the Passion occupy his memory that he scarcely wanted to think of anything else. We should note then, as matter worthy of memory and something to be recalled with reverence, what he did, three years prior to his death, at the town of Greccio, on the birthday of our Lord Jesus Christ. There was a certain man in that area named John who had a good reputation but an even better manner of life. Blessed Francis loved him with special affection, since, despite being a noble in the land and very honored in society, he had trampled the nobility of the

flesh under his feet and pursued instead the nobility of the spirit. As usual, Blessed Francis had

John summoned to him some fifteen days prior to the birthday of the Lord. "If you desire to celebrate the coming feast of the Lord together at Greccio," he said to him, "hurry before me and carefully make ready the things I tell you. For I wish to enact the memory of that Babe who was born in Bethlehem: to see as much as is possible with my own bodily eyes the discomfort of his infant needs, how he lay in a manger, and how, with an ox and an ass standing by, he rested on hay." Once the good and faithful man had heard Francis' words, he ran quickly and prepared in that place all the things that the holy man had requested. Finally, the day of joy has drawn near, the time of exultation has come. From many different places the brethren have been called. As they could, the men and women of that land with exultant hearts prepare candles and torches to light up that night whose shining star has enlightened every day and year. Finally, the holy man of God comes and, finding all things prepared, he saw them and was glad. Indeed, the manger is prepared, the hay is carried in, and the ox and the ass are led to the spot. There simplicity is given a place of honor, poverty is exalted, humility is commended, and out of Greccio is made a new Bethlehem.

#### WRITINGS OF ST. FRANCIS: First Version Letter to the Faithful

All those who love the Lord with their whole heart, with their whole soul and mind, with their whole strength and love their neighbors as themselves, who hate their bodies with their vices and sins, who receive the Body and Blood of our Lord Jesus Christ, and who produce worthy fruits of penance. Oh, how happy and blessed are these men and women while they do such things and persevere in doing them, because the Spirit of the Lord will rest upon them and make Its home and dwelling place among them, and they are children of the heavenly [God] whose works they do, and they are spouses, brothers, [sisters] and mothers of our Lord Jesus Christ.

We are spouses when the faithful soul is joined by the Holy Spirit to the Lord Jesus Christ. We are brother [sister] to Him when we do the will of the [One] Who is in heaven. We are mothers, when we carry [Christ] in our heart and body through a divine love and a pure and sincere conscience and give birth to [Christ] through a holy activity, which must shine as an example before others.

### WRITINGS OF ST. CLARE: First Letter to St. Agnes of Prague 19-25

If so great and good a Lord, then, on coming into the Virgin's womb, chose to appear despised, needy, and poor in this world so that people who were in utter poverty, want and absolute need of heavenly nourishment might become rich in Him by possessing the kingdom of heaven, be very joyful and glad! Be filled with a remarkable happiness and a spiritual joy! Because, since contempt of the world has pleased you more than honors, poverty more than earthly riches, and you have sought to store up greater treasures in heaven rather than on earth, where rust does not consume, nor moth destroy, nor thieves break in and steal. Your reward is very rich in heaven! And you have truly merited to be called a sister, spouse and mother of the Son of the Most High Father and of the glorious Virgin. You know, I believe that the kingdom of heaven is promised and given by the Lord only to the poor for she who loves temporal things loses the fruit of love.

### TOR RULE AND LIFE: Article 32

Let the sisters and brothers always be mindful that they should desire one thing alone, namely, the Spirit of God at work within them. Always be obedient to the Church and firmly established in the Catholic faith let them live according to the poverty, the humility, and the holy Gospel of our Lord Jesus Christ which they have solemnly promised to observe.

### THE JOURNEY AND THE DREAM

Of Lady Poverty p. 10

Christmas at Greccio p. 68



## REFLECTION QUESTIONS

1. How are you aware of the presence of Christ in your life?

2. Can you prepare a dwelling place for Christ? How is Christ born into your life?

## ACTIVITIES

1. Can you envision the scene that was created by Francis? Describe it in your own words. Is there anything that surprised you? Or disappointed you?

2. Take some time praying with the nativity scene. Put yourself in the scene as one of the characters or animals. What do you see from your vantage point? What do you hear? What do you think? What are you saying?

# *The Eucharist*

*Francis' Relationship with the Body of Christ*



## Eucharist: Francis' Relationship with the Body of Christ

### FRANCISCAN VALUES

AWE OF GOD

FIDELITY TO CHRIST/CHURCH

CELEBRATION

### SACRED SCRIPTURE: Matthew 26: 26-29

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, "Take, eat; this is my body." Then he took a cup, and after giving thanks he gave it to them, saying, "Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."

### OPTIONAL SACRED SCRIPTURE

John 13: 1-30      Washing of the Feet

Mark 6: 30-44      Feeding Five Thousand

Luke 24: 13-35      Road to Emmaus

### LEGEND OF ST. FRANCIS: 2 Celano 201

Toward the sacrament of the Lord's body Francis burned with fervor to his very marrow, and with unbounded wonder of that loving condescension and condescending love. He considered it disrespectful not to hear, if time allowed, at least one Mass a day. He received Communion frequently, and so devoutly that he made others devout. Following that which is so venerable with all reverence he offered the sacrifice of all his members, and receiving the Lamb that was slain, he slew his own spirit in the fire which always burned upon the altar of his heart. Because of this he loved France as a friend of the Body of the Lord, and even wished to die there, because of its reverence for sacred things. He once wanted to send brothers throughout the world with precious pyxes, so that wherever they should find the price of our redemption in an unsuitable place they might put it away in the very best place. He wanted great reverence shown to the hands of priests, since they have the divinely granted authority to bring about this mystery. He often used to say: "If I should happen at the same time to come upon any saint coming from heaven and some little poor priest, I would first show honor to the priest and hurry more quickly to kiss his hands. For I would say to the saint: "Hey,

St. Lawrence, wait! His hands may handle the Word of Life, and possess something more than human!"

WRITINGS OF ST. FRANCIS: Letter to the Entire Order 26-29

Let everyone be struck with fear,  
let the whole world tremble,  
and let the heavens exult  
When Christ, the Son of the Living God,  
is present on the altar  
in the hands of a priest!  
O wonderful loftiness and stupendous dignity!  
O sublime humility!  
O humble sublimity!  
The Lord of the universe,  
God and the Son of God,  
so humbles Himself  
that for our salvation  
He hides Himself under an ordinary piece of bread!  
Look at the humility of God  
and pour out your hearts before Him!  
Humble yourselves,  
that you may be exalted by Him.  
Hold back nothing of yourselves for yourselves,  
that He Who gives Himself totally to you  
may receive you totally!

WRITINGS OF ST. CLARE: Legend of St. Clare 28

How great was Saint Clare's affection and devotion to the Sacrament of the Altar is shown by their effect. In that serious illness that confined her to bed, she would sit upright and would be propped up and, sitting up [in this way], she made the most delicate cloth. From these she made over fifty sets of corporals enclosed them in silk or purple covers and sent them to various churches throughout the plains and mountains of Assisi. When receiving the Body of the Lord, she first shed burning tears and, approaching with trembling, she feared [Him who was] hidden in the Sacrament no less than [Him who was] ruling heaven and earth.

### TOR RULE AND LIFE: Article 12

Let them participate in the sacrifice of our Lord Jesus Christ and receive his Body and Blood with great humility and reverence remembering the words of the Lord: "Those who eat my flesh and drink my blood have eternal life". Moreover, they are to show the greatest possible reverence and honor for the most sacred name, written words and most holy Body and Blood of our Lord Jesus Christ, through whom all things in heaven and on earth have been brought to peace and reconciliation with Almighty God.

### THE JOURNEY AND THE DREAM

The Pope and the Beggar p. 36

Eucharist p. 79



## REFLECTION QUESTIONS

1. Describe CHURCH and its meaning to you.

2. What is your relationship to the Catholic Church? Describe your parish involvement.

3. In what ways are YOU sacrament?

## ACTIVITIES

1. Describe your ideal experience/image of Church.

2. Take some time praying with a moving experience you have had during liturgy. Describe the experience and why it touched you.



# *Mary, Mother of God*

*Francis' Call to Inclusivity*



## Mary, Mother of God: Francis' Call to Inclusivity

### FRANCISCAN VALUES

INCLUSIVITY

FEMININITY

### SACRED SCRIPTURE: John 2: 1-11

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him: "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they did and took it. When the steward tasted the water that had become wine and did not know where it had come from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

### OPTIONAL SACRED SCRIPTURE

Luke 1: 16-38      The Annunciation  
Luke 2: 41-52      Finding in the Temple  
John 19: 25-27      At the Foot of the Cross

### LEGEND OF ST. FRANCIS: 2 Celano 198

Francis embraced the Mother of Jesus. Francis did so with inexpressible love, since she made the Lord of Majesty a brother to us. He honored her with his own Praises, poured out prayers to her, and offered her his love in a way that no human can express. But what gives us greatest joy is that he appointed her the advocate of the Order and placed under her wings the sons to be left behind, that she might protect and cherish them to the end.



WRITINGS OF ST. FRANCIS: Salutation of the Blessed Virgin Mary

Hail, O Lady,  
    holy Queen.  
    Mary, holy mother of God:  
    who are the virgin made Church,  
    chosen by the most holy Father in heaven,  
whom He consecrated  
    with His most holy beloved Son  
    and with the Holy Spirit the Paraclete,  
in whom there was and is  
    all fullness of grace and every good.  
Hail His Palace!  
Hail His Tabernacle!  
Hail His Dwelling!  
Hail His Robe!  
Hail His Servant!  
Hail His Mother!

WRITINGS OF ST. CLARE: Third Letter to St. Agnes 18-19

May you cling to His most sweet Mother who gave birth to a Son whom the heavens could not contain. And yet she carried Him in the little enclosure of her holy womb and held him in her virginal lap...

TOR RULE AND LIFE: Article 17

Let the brothers and sisters keep the example of the most Blessed Virgin Mary, the Mother of God and our Lord Jesus Christ, ever before their eyes. Let them do this according to the exhortation of Blessed Francis who held Holy Mary, Lady and Queen, in highest veneration, since she is "the Virgin made church". Let them also remember that the Immaculate Virgin Mary whose example they are to follow called herself "the handmaid of the Lord".

THE JOURNEY AND THE DREAM

Mystical Marriage p. 25

## REFLECTION QUESTIONS

1. Who has been mother to you? What are the qualities of a mother?

2. How have you been a mother to others?

## ACTIVITIES

1. Describe how you relate to Mary. Does she have a role in your life?

2. Describe in detail women that you admire or respect in your life. What is it that draws your admiration and respect? (If you wish, make a collage of these women)



# The Tau Cross

Francis' Call to Reconciliation



## The Tau Cross: Francis' Call to Reconciliation

### FRANCISCAN VALUES

METANOIA/CONVERSION

RECONCILIATION AND HEALING

### SACRED SCRIPTURE: Ezekiel 9: 4

Go through the city of Jerusalem and put a Tau on the foreheads of those who grieve and lament over all the detestable things that are done in it.

### OPTIONAL SACRED SCRIPTURE

Matthew 9: 2-8      Healing and Forgiveness of Sins

John 8: 1-11        Reconciliation

John 9: 1-41        Deepening Faith in Jesus

### LEGEND OF ST. FRANCIS: 2 Celano 49

While the saint was secluded in a cell on Mount LaVerna, one of his companions was yearning with great desire to have something encouraging from the words of the Lord, commented on briefly by St. Francis and written in his own hand. He believed that by this means he would be set free from, or at least could bear more easily, a serious temptation which oppressed him, not in the flesh but in the spirit. Though growing weary with this desire, he feared to express it to the most holy father. But what the man did not tell Francis, the Spirit revealed. One day Saint Francis called this brother and said: "Bring me paper and ink, because I want to write down the words of the Lord and his praises upon which I have meditated in my heart." What he had asked for was quickly brought to him. He then wrote down with his own hand the Praises of God and the words he wanted and, at the end, a blessing for that brother, saying: "Take this paper for yourself and keep it carefully till your dying day." The whole temptation disappeared immediately. The letter was preserved; and later it worked wonders.



WRITINGS OF ST. FRANCIS: The Parchment given to Brother Leo

SIDE ONE: THE PRAISES OF GOD

You are holy, Lord, God who does wonderful things.  
You are strong, You are great, You are the most high, You are the almighty King.  
You, Holy Father, King of heaven and earth.  
You are Three and One, the Lord God of gods;  
You are the good, all good, the highest good,  
Lord God, living and true.  
You are love, charity.  
You are wisdom; You are humility; You are patience;  
You are beauty; You are meekness; You are security;  
You are rest; You are gladness and joy; You are our hope,  
You are justice, You are moderation, You are all our riches to sufficiency.  
You are beauty, You are meekness;  
You are the protector,  
You are our custodian and defender;  
You are strength; You are refreshment.  
You are our hope, You are our faith, You are our charity,  
You are all our sweetness,  
You are our eternal life:  
Great and wonderful Lord,  
Almighty God, Merciful Savior.

SIDE TWO: A BLESSING GIVEN TO BROTHER LEO

May the Lord bless you and keep you;  
May He show His face to you and be merciful to you.  
May He turn His countenance to you and give you peace.  
May the Lord bless you, Brother Leo.

WRITINGS OF ST. CLARE: Letter to Ermentrude 13-17

Pray and always be vigilant. The work you have begun well, complete immediately and the ministry you have assumed, fulfill in holy poverty and sincere humility. Do not be afraid, daughter. God, who is faithful in all His words and holy in all His deeds, will pour His blessings upon you and your sisters; and He will be your helper and the best consoler; He is our redeemer and our eternal reward. Let us pray to God for one another, for by carrying each other's burden of charity in this way we will easily fulfill the law of Christ. Amen.

### TOR RULE AND LIFE: Article 11

Since the sisters and brothers are to be totally conformed to the Gospel, they should reflect upon and keep in their hearts the words of our Lord Jesus Christ who is the word of God, as well as the words of the Holy Spirit which are 'spirit and life'.

### THE JOURNEY AND THE DREAM

Apologia for Penance p. 74

Little Lamb p. 110

### TURNED TO THE LORD by Thaddeus Horgan

Like Francis we are turned to God in Christ by the Spirit's power. And we continue to turn to God because God's life of love seeks response. Ongoing response results in God's life in us being intensified and made more complete. Responding totally to God, as Francis came to know, means being filled with greater joy. The Tau cross which Francis used as his signature represents this. Francis adopted this redemptive symbol after the fourth Lateran Council. Pope Innocent III spoke of it as a form of the Cross and a symbol for all who live in Christ. The Tau is the last letter of the Hebrew alphabet and represents the end of time when Christ will be all in all. As such it is a sign of the totality of Christ. For Francis it specifically was a symbol of the reconciliation of humanity with God. Therefore, the Tau for Franciscans represents the victory of God's pursuit of humankind and God's definitive reign over the hearts of men and women—a reign of peace, of justice and joy.

## REFLECTION QUESTIONS

1. What have been the crosses in your life?

2. Describe experiences of suffering in your life. Describe experiences of resurrection.

## ACTIVITIES

1. Reflect on experiences of forgiveness and reconciliation you have given and have received.

Trace your hands on this page. Inside your hands write the names of persons to whom you are close. Outside your hands, write the names of those you need to reach out to in reconciliation. Can you do this now?

2. Take a picnic with Francis. Where would you go? What would you do? What might be said? What might you want to share with others?

# *Creation*

## *Francis' Call to Interdependence*



## Creation: Francis' Call to Interdependence

### FRANCISCAN VALUES

RESPECT FOR LIFE

INTERCONNECTEDNESS

CELEBRATION OF DIVERSITY

### SACRED SCRIPTURE: Genesis 1: 1-13

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, "Let there be light"; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. And God said, "Let there be a dome in the midst of the waters, and let it separate the waters from the waters." So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And so it was. God called the dome Sky. And there was evening and there was morning, the second day. And God said, "Let the waters under the sky be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Sea. And God saw that it was good. Then God said, "Let the earth put forth vegetation: plants, yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good...

### OPTIONAL SACRED SCRIPTURE

Ephesians 2: 1-10 We are God's work of art

Matthew 6: 25-34 Lily of the Valley

Romans 8: 18-27 All Creation groans

### LEGEND OF ST. FRANCIS: 1 Celano 81

How great do you think was the delight the beauty of flowers brought to his soul whenever he saw their lovely form and noticed their sweet fragrance? He would immediately turn his gaze to the beauty of that flower, brilliant in springtime, sprouting from the root of Jesse. By its fragrance it raised up countless thousands from the dead. Whenever he found an abundance of flowers, he used to preach to them and invite them to praise the Lord, just as if they were endowed



with reason. Fields and vineyards, rocks and woods, and all the beauties of the field, flowing springs and blooming gardens, earth and fire, air and wind: all these he urged to love of God and to willing service. Finally, Francis called all creatures by the name of "brother" and "sister" and in a wonderful way, unknown to others, he could discern the secrets of the heart of creatures like someone who has already passed into the freedom of the glory of the children of God. O good Jesus, with the angels in heaven he now praises you as wonderful, who, when placed on earth, preached you as lovable to all creatures.

### WRITINGS OF ST. FRANCIS: Cantic of the Creatures

Most High, all-powerful, good Lord,  
Yours are the praises, the glory, and the honor, and all blessing.  
To you alone, Most High, do they belong,  
And no human is worthy to mention your name.

Praised be you, my Lord, with all your creatures,  
Especially Sir Brother Sun,  
Who is the day and through whom you give us light.  
And he is beautiful and radiant with great splendor;  
And bears a likeness of you, Most High One.

Praised be you, my Lord, through Sister Moon and the stars,  
In heaven you formed them clear and precious and beautiful.

Praised be you, my Lord, through Brother Wind,  
And through the air, cloudy and serene, and every kind of weather  
Through whom you give sustenance to you creatures.

Praised be you, my Lord, through Sister Water,  
Which is very useful and humble and precious and chaste.

Praised be you, my Lord, through Brother Fire,  
Through whom you light the night  
And he is beautiful and playful and robust and strong.

Praised be you, my Lord, through Sister Mother Earth,  
Who sustains and governs us,  
And who produces varied fruit with colored flowers and herbs.

Praised be you, my Lord, through those who give pardon for your love,  
And bear infirmity and tribulation.  
Blessed are those who endure in peace  
For by you, Most High, shall they be crowned.

Praised by you, my Lord, through our Sister Bodily Death,  
From whom no one living can escape.  
Woe to those whom death will find in your most holy will,  
For the second death shall do them no harm.  
Praise and bless my Lord and give Him thanks  
And serve him with great humility.

#### WRITINGS OF ST. CLARE: Bull of Canonization

This woman was undoubtedly an eminent and most celebrated tree with far reaching branches that brought forth the sweet fruit of a religious way of life in the field of the Church. So many students of the faith ran and still run from everywhere to its refreshing shade and, in its delight, taste its fruit. This clear spring of the Spoleto Valley furnished a new fountain of living water for the refreshment and comfort of souls, which, already coming together in many streams in the territory of the Church, has irrigated the nursery gardens of the regions. This was a lofty candelabra of sanctity, strongly burning in the tabernacle of the Lord, to whose remarkable splendor many have and are still hastening, lighting their lamps by its light. Truly in a field of faith, this woman [Clare] planted and cultivated a vineyard of poverty, from which abundant and rich fruits of salvation have been gathered. This woman set up a garden of humility in the domain of the Church, bound by immense needs. Here she produced a great abundance in the area of religion, where a wide refreshment of spiritual nourishment was served.

#### TOR RULE AND LIFE: Article 10

With all creatures the brothers and sisters should praise the Ruler of heaven and earth, and give thanks because, by the holy will and through the only Son with the Holy Spirit, God created all things spiritual and material, and created us in the divine image and likeness.

#### THE JOURNEY AND THE DREAM

A Wind in your Face p. 22

Of Larks and Sparrows p. 45

A Prayer for Every Weather p. 106

## REFLECTION QUESTIONS

1. Where and how do you find *God's* presence in creation?

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2. All of creation is interdependent. Francis realized this. How do you recognize the interdependence of all of creation? What specific actions do you take in caring for the earth?

## ACTIVITIES

1. Name concrete ways you witness respect for life.

2. Reread the Canticle of Creation, reflecting on it. Create your own...

# *The Stigmata*

*Francis Embraces the Passion of Christ*



## The Stigmata: Francis Embraces the Passion of Christ

### FRANCISCAN VALUES

PASSION

COMPASSION FOR THE SUFFERING

SURRENDER

### SACRED SCRIPTURE: Matthew 16: 24-28

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

### OPTIONAL SACRED SCRIPTURE

John 18-19                  Jesus' passion

Philippians 3: 7-14 I have forfeited everything

Job 27-42                  Compassion in suffering

### LEGEND OF ST. FRANCIS: Major Life of Bonaventure 13: 3-5

With the seraphic ardor of desires, therefore, Francis was being borne aloft into God; and by compassionate sweetness he was being transformed into Him who chose to be crucified out of the excess of his love. On a certain morning about the Feast of the Exultation of the Cross, while Francis was praying on the mountainside, he saw a seraph having six wings, fiery as well as brilliant, descend from the grandeur of heaven. And when in swift flight, it had arrived at a spot in the air near the man of God, there appeared between the wings the likeness of a man crucified, with his hands and feet extended in the form of a cross and fastened to a cross. Two of the wings were raised above his head, two were extended for flight, and two covered his whole body. Seeing this, he was overwhelmed and his heart was flooded with a mixture of joy and sorrow. He rejoiced at the gracious way Christ looked upon him under the appearance of the Seraph, but the fact that he was fastened to a cross pierced his soul with a sword of compassionate sorrow.



He marveled exceedingly at the sight of so unfathomable a vision, knowing that the weakness of Christ's passion was in no way compatible with the immortality of the seraphic spirit. Eventually he understood from this, through the Lord revealing it, that Divine Providence had shown him a vision of this sort so that the friend of Christ's might learn in advance that he was to be totally transformed into the likeness of Christ crucified, not by the martyrdom of his flesh, but by the enkindling of his soul. As the vision was disappearing, it left in his heart a marvelous fire and imprinted in his flesh a likeness of signs no less marvelous. For immediately the marks of nails began to appear in his hands and feet just as he had seen a little before in the figure of the man crucified. His hands and feet seemed to be pierced through the center by nails, with the heads of the nails appearing on the inner side of the hands and the upper side of the feet and their points on opposite sides. The heads of the nails in his hands and his feet were black and round; their points were oblong and bent as if driven back with a hammer, and they emerged from the flesh and stuck out beyond it. Also his right side, as if pierced with a lance, was marked with a red wound from which his sacred blood often flowed, moistening his tunic and underwear.

As Christ's servant realized that he could not conceal from his intimate companions the stigmata that had been so visibly imprinted on his flesh, he feared to make public the Lord's sacrament and was thrown into an agony of doubt whether to tell what he had seen or to be silent about it. After the true love of Christ transformed the lover into his image, when the forty days were over that he spent in solitude as he had desired, and the feast of St. Michael the Archangel had also arrived, the angelic man Francis came down from the mountain, bearing with him the likeness of the crucified, depicted not on tablets of stone or on panels of wood carved by hand, but engraved on parts of his flesh by the finger of the living God. And because it is good to keep hidden the sacrament of the King, the man aware of the royal secret would then hide from men those sacred signs. Since it is for God to reveal what He does for his own great glory, the Lord himself, who had secretly imprinted those marks, openly revealed some miracles through them so that the hidden and marvelous power of the stigmata would display a brilliance of signs.

WRITINGS OF ST. FRANCIS: Office of the Passion 1-4

Holy Virgin Mary,  
among the women,  
born into the world there is no one like you;  
daughter and servant of the most high and supreme King  
and of the Father in heaven,  
mother of our most holy Lord Jesus Christ,  
spouse of the Holy Spirit.  
Pray for us  
with Saint Michael the Archangel  
all the powers of the heavens  
and all the saints,  
at the side of your most holy Beloved Son,  
our Lord and Teacher.  
Glory to the Father...As it was in the beginning...  
Let us bless the Lord God, living and true; let us always render Him praise,  
glory, honor, blessing, and every good. Amen. Amen. So be it. So be it.

WRITINGS OF ST. CLARE: The Versified Legend of the Virgin Clare 855-885

A bitter compassion for Christ's cross pierced [Clare's] mind, the sacred wounds forced tears from her eyes. That cross stirred different emotions within her soul: at times it elicits tears, at others it gives birth to consolation. The compassionate virgin cries over the suffering One. While she recalls salvation in the cross, praise and joy arise. This crying tempers because the world's restoration flows from the cross, because a sweet tear cleanses bitter weeping, pain wipes away guilt, a bruise washes away misfortune, a wound drives away envy. Hence her tears become sweet, compassion sweetens her mind, the cross becomes light, suffering beloved. He, to whom a strong love has bound her and to whom she clings in her heart's depth, did not withdraw from her spirit; rather she kept Him as if an extraordinary treasure in the ark of her mind, remembering Him continually and returning to Him frequently. Therefore she admonishes the ladies to weep over Christ, and teaches them by her example. When she would more frequently warn them, an abundance of tears would anticipate the goal of her word. While she marks the time and hour of Christ's cross, a greater sorrow takes hold of her mind: at the sixth and ninth hours, the nail of sorrow stands fixed. Once, while she was

praying at the ninth hour, that spirit of evil struck the Virgin's cheek, and so covered it with a bruise and the pupil of her eye with blood. This woman learns the Office of the Cross, as its lover Francis taught, and even recites it in a similar way. She ponders those words of the prayers which recount the five wounds. These songs are jubilant, delightful to her.

#### TOR RULE AND LIFE: Article 30

As they announce peace with their lips, let them be careful to have it even more within their own hearts. No one should be roused to wrath or insult on their account; rather, all should be moved to peace, goodwill and mercy because of their gentleness. The sisters and brothers are called to heal the wounded, to bind up those who are bruised, and reclaim the erring. Wherever they are, they should recall that they have given themselves up completely and handed themselves over totally to our Lord Jesus Christ. Therefore, they should be prepared to expose themselves to every enemy, visible and invisible, for love of the Lord because he says: "Blessed are they who suffer persecution for the sake of justice, theirs is the kingdom of heaven."

#### THE JOURNEY AND THE DREAM

LaVerna p. 97

Hymn to LaVerna p. 100

## REFLECTION QUESTIONS

1. How is Christ present to you in times of suffering?

2. How do you experience your own limitedness? How can you embrace this?

## ACTIVITIES

1. Name ways in which you embrace *God's* loving presence in your life.

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2. Name those things you might need to let go of to enter religious life. What might you gain? Are you ready to make this decision?

1. What do you think will be the most difficult thing for you to embrace in a Franciscan way of life?



# *The Transitus*

## *Francis' Death*



## The Transitus: Francis' Death

### FRANCISCAN VALUES

TRUE/PERFECT JOY

FIDELITY

### SACRED SCRIPTURE: Luke 24: 13-35

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus Himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." Then he said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "The Lord is risen indeed, and he has appeared to Simon!" Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

### OPTIONAL SACRED SCRIPTURE

John 21                                      Appearance at Lake Tiberias  
Ephesians 1: 15-23                      We are united in Risen Christ  
1 Corinthians 15: 50-58      O death, where is your sting?

### LEGEND OF ST. FRANCIS: Major Life of Bonaventure 14: 5-6

When the hour of his passing was approaching, he had all the brothers staying in the place called to him and comforting them about his death with words of consolation, he exhorted them to divine love with fatherly affection. He spoke at length about preserving poverty and patience and the faith of the holy Roman Church, placing the holy Gospel ahead of other observances. As all the brothers sat around him, he stretched his hand over them, crossing his arms in the form of a cross, for he always loved this sign. And he blessed all the brothers, both present and absent, in the name and power of the Crucified. Then he added: "Good bye, all my sons, in the fear of the Lord! Remain in him always! Because a trial and tribulation is coming in the future, happy are they who will persevere in those things they have begun. I am hurrying to God, to his grace I entrust all of you." When he had finished this gentle admonition, the man most beloved of God ordered the Book of the Gospels brought to him and asked that the Gospel according to John be read to him from the place that begins: Before the feast of Passover. He, as best he could, broke out in this psalm: With my voice I cried to the Lord; with my voice I beseeched the Lord; and he finished it to the end. The just, he said, will await me until you have rewarded me. At last, when all of the mysteries were fulfilled in him, and that most holy soul was released from the flesh and absorbed into the abyss of the divine light, the blessed man fell asleep in the Lord.

### WRITINGS OF ST. FRANCIS: Song to Sister Death (Canticle of Creatures)

Praise be to you, my Lord, through our Sister Bodily Death,  
    from whom no one living can escape.  
Woe to those who die in mortal sin.  
Blessed are those whom death will find in your most holy will,  
    for the second death shall do them no harm.  
Praise and bless my Lord and give him thanks  
    and serve him with great humility.

### WRITINGS OF ST. CLARE: Legend of St. Clare 44-46

It was finally seen that she was laboring for many days in her last agony during which the faith of the neighboring regions and the devotion of the peoples increased. She was honored daily as a real saint by the frequent visits of prelates and even cardinals. What is truly remarkable to hear is that when she was not able to take food for seventeen days, she was so invigorated by the strength of the Lord that she strengthened everyone who came to her in the service of Christ. In fact, when a kind man, Brother Raynaldo, encouraged her to be patient in the long martyrdom of so many illnesses, she responded with a very unrestrained voice, "After I once came to know the grace of my Lord Jesus Christ through his servant Francis, no pain has been bothersome, no penance too severe, no weakness, dearly beloved brother, has been hard. But since the Lord was very near and, as it were, already standing at the door, she wished the priests and her spiritual brothers to stand by and read the Passion of the Lord and holy words. When Brother Juniper appeared among them, that excellent jester of the Lord who uttered the Lord's words which were often warming, she was filled with a new joy and asked him if he had had anything new from the Lord. When he opened his mouth, he burst forth with words that were like burning sparks coming from the furnace of his fervent heart. The virgin of the Lord took great comfort in his parables. Finally she turned to her weeping daughters to whom she recalled in a praising way the divine blessings while entrusting them with the poverty of the Lord. She blessed her devoted brothers and sisters and called down the fullest graces upon the Ladies of the poor monasteries, those in the present and those in the future...On the day after the feast of St. Lawrence, that most holy soul departed to be crowned with an eternal reward; since the temple of the flesh was dissolved, the spirit passed happily to heaven. Blessed is that passing from the valley of misery that became for her the entrance to a blessed life.

### TOR RULE AND LIFE: Article 31

In that love, which is God, all the brothers and sisters, whether they are engaged in prayer, or in announcing the word of God, or in serving, or in doing manual labor should strive to be humble in everything. They should not seek glory, or be self-satisfied, or interiorly proud because of a good work or word God does or speaks in or through them. Rather in every place and circumstance let them acknowledge that all good belongs to the Most High Lord and Ruler of all things. Let them always give thanks to him from whom we receive all good.

THE JOURNEY AND THE DREAM

A Journey of Dreams p. 3

Perfect Joy p. 47

Sister Death p. 117

## REFLECTION QUESTIONS

1. Francis stated, "I have done what is mine to do, may Christ teach you what you are to do" (2 Celano 214). What is it that you have come to believe you are being called to do with your life?

2. After these months of reflection on Franciscan values, do any in particular resonate with you? How so?

## ACTIVITIES

1. At the end of your life, what values do you hope to be remembered by?



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2. As you think of Francis' life, list all the words that come to your mind. Now see if you can take some of those words and create a poem or collage.

3. What do you need next??

