

A Lenten Journey with Francis and Clare

Led by Teresa Hixson

Part of the St. James by-the-Sea Adult Educational Forum

Week 1-Francis and Clare: Conversion and Journey Handouts for Week 1

Welcome to our Lenten journey together.

I'll provide a selection of weekly handouts that may be comprised of some of the prayers or writings that we discuss as well as the ending reflections and a list of the references I used in compiling the week's talk.

Feel free to email me with any follow-up questions, comments or additional thoughts at tmhixson2@yahoo.com

Pace e Bene



Prayer at the Cross of San Damiano

*“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.”*



- The traditional greeting of Franciscans...
"Pax et Bonum"
"Pace e Bene"
"Paz y Bien"
In every language...."Peace and Good"
Peace and All Good... Peace and Goodness
- From Francis' *Praises of God*
"You are good, all good, the highest good."

It is more than a greeting,
it describes being OF God and WITH God
The Infinite Generosity of God's Goodness

Reflecting on Francis & Clare

Humility and Poverty of Spirit

- How did Francis and Clare see humility linked to poverty of spirit?
- How did that inspire Francis and Clare in their lives?
- How can that inspire us, living as a disciple in today's world?
- What types of things tend to "own us" or do we "cling to"?
- How might Lent offer time to reflect on letting go of what we cling to, or what "owns us"... how might we empty ourselves to be filled with God?



References for March 1 - Lenten Program

- *Poverty and Joy, The Franciscan Tradition* by William Short, OFM
- *Francis and Clare of Assisi and the Cross with Open Eyes*, Lecture given by Fr. Mike Blastic on 9/22/22
- *A Franciscan View of Creation*, by Ilio Delio, OSF, Franciscan Heritage Series, Vol 2.
- *The Franciscan View of the Human Person*, by Dawn M. Nothwehr, OSF, Franciscan Heritage Series, Vol 3.
- *The Franciscan Intellectual Tradition: Contemporary Concerns* by Ilio Delio, OSF
- *Entering the Passion of Jesus*, by Amy-Jill Levine
- *The Writings of Francis of Assisi*, by Michael Blastic, Jay Hammond, and Wayne Hellman
- *"The Salutation of Virtues,"* by Francis of Assisi; *Francis of Assisi: Early Documents*, eds. Armstrong, Hellman, Short, 2001.