

Chapter 1 : Prayer Life - St. Frances X. Cabrini Fraternity

Prayer is the very heart of our way of life. Through personal and liturgical prayer, recitation of the Divine Office, daily Eucharistic adoration, and the rosary recited in common, all our offerings and work aim for an intimate union with God.

Bless us, O Lord, and these your gifts, which we are about to receive from your goodness through Christ our Lord. Father, as we prepare to celebrate the birth of your Son, prepare our hearts to receive him today and every day of our lives. You have blessed us with many wonderful things. As you nourish us with these gifts of the earth, nourish us further so that we may be effective witnesses of gospel life. We ask this through Christ our Lord. As we give you thanks for the fruit of the earth, make us aware of the cries of those who are poor and in need. Father, through this season of penance grant that we may be true pilgrims and strangers in this world. As we give thanks for the gifts of creation, strengthen us through our sharing in this meal, that we may be nourished on our journey of repentance and conversion. Blessed are you, Lord our God. Father, the gift of the Holy Spirit fills the Church with joy. It is this same Spirit that gathers us together to praise your name in Jesus, our Lord. As we share this meal, we ask that the Holy Spirit consume our lives in the fire of your love. May you be blessed and praised, now and for ever. Father, as we gather to enjoy these gifts, fill us with the spirit of thanksgiving so that we may offer you praise and thanks in sharing this meal. May you be blessed now and forever. Father, all good things are of your making. As we share these gifts of creation, make us aware of your constant presence in our lives. Father, as you call us together at this table and provide nourishment for us. May this food give us strength in mind and body so that we may do your work more effectively. What you do, may you always do and never abandon. But with swift pace, light step, and unswerving feet, so that even your steps stir up no dust, go forward on the path of prudent happiness, believing nothing which would dissuade you from this resolution or which would place a stumbling block for you on the way, so that you may offer your vows to the Most High in the pursuit of that perfection to which the Spirit of the Lord has called you.

Chapter 2 : Franciscan women religious community prayer life, Holy Hour, Mass

Spirit of Prayer and Devotion St. Francis urged his followers to foster a "spirit of prayer and devotion" as a top priority in the Gospel life he proposed. Our prayer life as Franciscans is witnessed communally, individually, and in the creative balance between the "contemplative" and "active" life.

The practice originated among the Franciscans in 15th-century Italy. The themes resemble the 12th-century *Gaudes*, Latin praises that ask Mary to rejoice because God has favored her in various ways. Among the Friars Minor, the promotion of this devotion is attributed to St. Cherubin of Spoleto, St. Bernadine of Siena to mention a few. Bernadine is also said to have had a vision of the Virgin Mary when he was meditating on the seven joys of Mary. Through her powerful intercession, grant us the favors we ask in this Novena, above all the grace to live and die as she did in your most holy love. Pray for us, St. Clare That we may be made worthy of the promises of Christ. We pray You, Lord, grant us your servants who celebrate the Feast of St. Clare, your Virgin, by her intercession, to be partakers of the joys of heaven and the coheirs with your only begotten Son, who being God, lives and reigns forever and ever. God has given you the power of working miracles continually, and the favor of answering prayer of those who invoke your assistance in misfortune, anxiety and distress; we beseech you, to obtain for us from Jesus, through Mary, His Blessed Mother, what we beg of you so fervently and hopefully, if it be for the greater honor of God and for the good of our souls. In the name of the Father and the Son and the Holy Spirit. Day 1 O Seraphic St. Clare, first disciple of the Poor Man of Assisi, who last abandoned all riches and honors for a life of sacrifice and highest poverty, obtain from God for us the grace we may ask of always submitting to the Divine Will and of living confidently in the providence of our Heavenly Father. Day 2 O Seraphic St. Clare, who has not forgotten the poor and afflicted, but has become a mother to them, sacrificing for them your riches and working for them innumerable miracles; obtain from God for us the grace we implore, Christian charity towards others in all their spiritual and temporal needs. Day 3 O Seraphic St. Clare, light of your country, who has delivered Italy from barbarous invaders; obtain from God for us the grace we implore of overcoming all against faith and morals, thus preserving in our families true Christian peace with a holy fear of God and a devotion to the Blessed Sacrament. Day 4 Blessed St. Clare, whose very name means light, illumine the darkness of our minds and hearts so that we may see what God wishes us to do, and perform it with a willing and joyful heart. Before your birth, a Heavenly voice foretold that you would be a light illuminating the world. Be a light to us in the sorrows and anxieties of this earthly life, and lead us into the eternal light of our home in heaven. Day 5 Seraphic St. Clare, whose virginal heart was great enough to love the whole world, take our petitions into your pure hands and present them to God. Pray for us that we may one day enter joyously before the throne of God. Let the light of your perfect purity consume the shadows of sin and corruption that darken the world. Intercede by your innocence for our youth. Safeguard the peace of our homes and the unity of our family. Plead with your chaste love for all in peril. Day 6 Generous St. Clare, who left wealth and pleasure and all earthly goods to become the first spiritual daughter of St. Francis and to serve God in the cloister, help us to commit our lives to God without limit or measure, so that He may live in us and shine forth from us to all those whose lives touch ours. You who loved souls so much as to make your life a continual sacrifice for them, obtain for us the graces we now implore and win for us the strength to praise God in suffering as well as in joy. Day 7 Faithful St. Clare, loyal daughter of the Church, friend and confidante of popes, intercede for the holy Church, look graciously from heaven on our Holy Father the Pope. Enlighten us to remove from our souls all that hinders the progress of the Church on Earth. Grant that we may share your great love for the Church of God and spread His kingdom on earth by a holy life. You who worked miracles in the presence of the pope on earth, obtain for us the graces we need now that you stand in the presence of the most High God in heaven. Day 8 Valiant St. Clare, who fearlessly stood alone against the barbarous Saracens, trusting in the Blessed Sacrament as your only protection, enkindle in us a tender love for Jesus Christ; help us lead Eucharistic lives. You who saved your city of Assisi from plunder and ruin, protect our city and archdiocese, plead for our loved country and the suffering world. A voice from the Sacred Heart rewarded your trust with a promise: Clare,

from your high place in heaven, take care of us now in our earthly needs and guide us by your light to heaven. Day 9 Gracious St. Clare, who fulfilled your womanhood by a life of love in prayer and penance, help us to fulfill our destiny that we may one day greet you in heaven. You who were consoled at your death by a vision of Christ and His Mother, obtain for us the grace that we may die under the special protection of God and enter into the light and bliss you now enjoy. Have pity on us who struggle, on us who mourn, and win for us the favors of God, so that after this life, we may come home to Him who lives and reigns forever and ever. The Miraculous Responsory in Honor of St. Anthony composed by St. Bonaventure If you ask for miracles, Death, error, all calamities, The leprosy and demons fly, And health succeeds infirmities. The sea obeys and fetters break, And lifeless limbs you do restore; While treasures lost are found again, When young and old your aid implore. All dangers vanish at your prayer, And direst needs do quickly flee, Let those who know your power proclaimâ€” Let Paduans sayâ€”these are of you. Lord, King of heaven and earth, You created every spiritual and corporeal being. Lord, you willed that Jesus redeem us by the blood of his suffering and death. Lord, your Son will come again. Pray for us, blessed Anthony, â€” That we may be made worthy of the promises of Christ. Father, â€” you are glorified in your servant, St. His glory is the crowning of your gifts. In his life on earth you give us an example. In our communion with him you give us his friendship. In his prayer for the Church you give us strength and protection. We praise and thank you, Lord. Through Jesus Christ, your Son. In our prayer to St. Anthony we turn to him for the following petitions. You manifest your presence, person and power in your saints, O Lord. Lord Jesus, you are present among those who gather in your name. Anthony you have manifested your love and kindness towards all. Lord Jesus, you always had a special affection for the disadvantaged. Include your personal petitions. Let us pray as Jesus taught us. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Father, You gave St. Anthony the wisdom and grace to live and preach the Gospel of Christ. Help us to live the Gospel life as he did. Fill our hearts with your love, that we may pursue unselfishly a sincere love of God and neighbor. May we be sensitive to your call and faithful to our baptismal promises. May we imitate the life and work of St. Anthony, and create a new world where the love of Jesus will be the rule and not the exception. We make our prayer through Christ our Lord. In the name of the Father and of the Son and of the Holy Spirit. On the fifth and sixth days of creation, you called forth fish in the sea, birds in the air and animals on the land. Francis to call all animals his brothers and sisters. We ask you to bless these animals gathered about us. By the power of your love, enable these creaturesâ€”our sisters and brothersâ€”to live according to your plan. May we always praise you for your beauty in creation. Blessed are you, Lord our God, in all your creatures! Francis of Assisi but it embodies his spirit and teachings. Peace Prayer of St. Francis Lord, make me an instrument of your peace; Where there is hatred, Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy; Grant that I may not so much seek to be consoled as to console; To be understood, as to understand, To be loved as to love; For it is in giving that we receive, It is in pardoning that we are pardoned, And it is in dying that we are born to eternal life. The Prayer before the Crucifix at 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 Canticle of Creatures Most High, all-powerful, good Lord, Yours are the praises, the glory, and the honour 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 splendour; 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 Your creatures. Praised be You, my Lord, through Sister water, who is very useful and humble and precious and chaste.

Chapter 3 : Prayer Life – Franciscan Friars of the Renewal

The Liturgy of the Hours, which is the public and common prayer of the Church, is the prayer of Christ with his body, the Church. Through the Liturgy of the Hours the mystery of Christ, which we celebrate in the Eucharist, sanctifies and transforms the whole of each day.

We, therefore ordain, that the Friars, united in one spirit under the same standard and called to the same end, shall faithfully observe and adhere to all liturgical laws and rubrics in all that regards the Missal, Breviary and the Roman-Franciscan Calendar Norms III: There in devotion, composure, mortification, recollection and silence, they shall remember that they are in the presence of God, about to engage in the Angelic function of singing the Divine Praises. The Divine Office should be said with all due devotion, attention, gravity, uniformity of voice and harmony of mind, neither protracted nor disjointed and the voice pitched neither too high or too low, but moderately. Although the Holy Church permits the praying of only five Hours of the Office, we choose to celebrate, communally, all seven Hours as prescribed by the Rule and in accordance with the tradition of our Order. Matins is retained as a vigil so that rising in the middle of the night we may raise out voices in supplication and in anticipation of His return. Both of these communal hours shall be before the exposed Blessed Sacrament; the first after Lauds and the second prior to Vespers, which shall conclude with Benediction Norms III: Even when outside the Friary the Friars are to do their utmost to keep these hours of prayer. Of all the devotions of our Seraphic Father Francis, his devotion to the Eucharist was surpassed by none other. In all his Rules, letters and admonitions he continuously spoke about the love and reverence that we should have for this Most August Sacrament. Therefore, let the Friars, after the manner of Saint Francis, have the greatest devotion to our Lord in the Holy Eucharist. Let them do all that they can to promote Eucharistic devotion to all with whom they come in contact. This Most August and Divine Sacrament, wherein our dearest Savior so lovingly condescends to abide with us always, shall be reserved in all our Chapels in a place of great honor and shall be regarded by all with the greatest reverence. Let the Friars remain before Him and pray as if they were already in their heavenly country with the holy angels. Each morning, where and when possible, in our Friaries is a morning of prayer, during which the Most Blessed Sacrament shall be exposed until Midday meal. Norms Prayer, our first priority, is sanctified when placed in the hands of Our Lady. From her place in Heaven she continually makes intercession for us cf. Particularly we pray the following devotions: Daily communal Rosary is prayed after Compline. On Saturday we pray the Franciscan Crown. Friars are to complete the rest of the 20 mysteries in private. Twice daily we renew our Marian Consecration. The Litany of Loreto is said after the evening Rosary. First Saturday devotions are done when possible.

Chapter 4 : Prayer Life – Sisters of St. Francis of Mary Immaculate

In prayer, therefore, we discover what we already have – the potential for the fullness of life, and this life is the life of Christ. The Monastic Approach According to the Rule of Saint Benedict, the most influential of medieval monastic Rules, a monk must flee the world to seek God because the world poses obstacles in the search for God.

What is Franciscan Prayer? We know that neither Clare nor Francis offered a complicated prayer method. They call their followers to prayer with a decidedly contemplative dimension – to be present to God who is present to all creatures is prayer. Our prayer is always addressed to God in the Son by the power of the Spirit. Our prayer is to be Incarnational. The purpose of all Franciscan prayer, then, is to give God ceaseless praise and thanksgiving for all God has done and does in creation and in our re-creation in Christ. Prayer is a way of life for us – all the time and everywhere. We should be so filled with God that adoration flows from the depth of our inner life – with joy and thanksgiving. Our every day should thus be sanctified. We received our new prayer book – Franciscan Morning and Evening Prayer. The project actually began back in under the auspices of the Franciscan Federation. A core group represented primarily by members of Third Order Regular Franciscan congregations met in Chicago to begin planning. I was thrilled to be one of those sisters representing our congregation. We divided into committees, some working on the four-week psalter those days that are of specific feast days. Others worked on the feast days of specific saints, especially Franciscan saints. A third group worked on music and a fourth on art. I was part of the second group working on feast days. The four-week psalter uses a thematic approach based on four themes close to all Franciscan hearts: Another aspect that makes this prayer book so special to us is its use of Franciscan sources, particularly in the antiphons and the closing blessings. The readings are also an added source of Franciscan sources. Each morning and evening prayer provides two readings, one from scripture and one from Franciscan sources. While the latter uses both traditional and currently popular hymns, many are hymns written by members of various Franciscan congregations. Similarly, the art work that appears throughout the book is done by members of our various congregations. There was indeed pain and groaning and labor – but our Franciscan Morning and Evening Prayer, once birthed, has brought joy to many a Franciscan heart! Franciscan Blessing May the Lord bless and keep us, May his face shine upon us and be gracious to us, May the Lord look upon us with kindness and give us his peace and may the Lord bless us, in the name of the Father and of the Son and of the Holy Spirit – Amen

The San Damiano Crucifix Toward the end of the year as Saint Francis was praying before the painted crucifix in the Church of San Damiano he heard these words: As we actually look upon a picture of the San Damiano crucifix we see more of a glorified Christ than we do of a suffering Christ. We also notice many other persons included in the picture. On the lower left side of the painting, we see Longinus the soldier who pierced the side of Jesus and on the lower right side of the painting we see Stephen the guard of the temple, who offered Jesus the sponge soaked in vinegar. Four angels, two on each side beneath the outstretched arms of Christ, seem to be discussing the significance of the mysteries depicted and are being purified by the Blood of Christ as is John and the other persons in the painting. Two other angels, one on the right and the other on the left may be attesting to the empty tomb. Some speculate that these two figures represent the women who arrived at the tomb on Easter morning. Below the feet of Christ there seem to be six figures. The two on the right seem to be Saints Peter observe the rooster and Paul.

Chapter 5 : Prayer Life | School Sisters of St. Francis | Panhandle, TX

Our prayer life, both personal and communal, is what strengthens and energizes us for life in community and ministry. As Religious Brothers, we recognize that our relationship with God is what gives meaning to our lives.

You are our guardian and defender. You are our courage. You are our haven and our hope. You are our faith, our great consolation. The Blessing of St. May He show His face to you and have mercy. May He turn His countenance to you and give you peace. The Lord bless you! Francis of Assisi Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings. To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name. And he is beautiful and radiant with great splendour, Of You Most High, he bears the likeness. Praised be You, my Lord, through Sister Moon and the stars, In the heavens you have made them bright, precious and fair. 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 our Sister, Mother Earth who sustains and governs us, producing varied fruits with coloured flowers and herbs. Praise be You my Lord through those who grant pardon for love of You and bear sickness and trial. Blessed are those who endure in peace, By You Most High, they will be crowned. Praised be You, my Lord through Sister Death, from whom no-one living can escape. Woe to those who die in mortal sin! Blessed are they She finds doing Your Will. No second death can do them harm. Praise and bless my Lord and give Him thanks, And serve Him with great humility. On you descended and still remains all the fullness of grace and every good.

Chapter 6 : Franciscan Prayers - Holy Name Province

Prayer Life. Community and Prayer are two things that are essential in our lives. As Franciscan women, we pray "always and everywhere." While the Eucharist remains central to our lives, prayer enriches us in a variety of forms, both communally and individually.

Chapter 7 : Franciscan and Other Common Prayers

Saint Anthony's Prayer to the Holy Spirit Holy Spirit, fire of love, come rest over each of us, make our tongue ready to confess our sins, that in revealing everything and concealing nothing, we may attain heavenly life to sing eternal praise with the angels.

Chapter 8 : Saint Francis's™ Style of Prayer – Franciscan Media

Our Life of Prayer Our Seraphic Father, thoroughly Catholic, Apostolic and enlightened by the Holy Spirit, always held the Roman Church in special veneration, as the judge and Mother of all Churches. Hence, he laid down in the Rule that the Friars should say the Divine Office according to the Holy Roman Church (cf. R.B 11)., and in his.

Chapter 9 : Franciscan Prayers

Franciscan Prayers St. Francis is known as the man who was most like Christ, "the first after the only one", the universal brother, a man of peace and reconciliation, the Poverello, the lover of the poor, the troubadour of creation.