



# History of St. Francis of Assisi and St. Clare of Assisi

## Introductory module

Goal: This module invites you  
to become familiar with Saints Francis and Clare of Assisi  
through the DVD:

## FRANCIS AND CLARE OF ASSISI

(Distributed by Vision Video cat # 500815D)  
Available at MSF Franciscan Library  
30 minutes in length

**Languages: English, Italian and Spanish**

**Gather** as a group for an hour or for an hour and a half.

**Opening prayer:** Cantic of the Sun by Francis of Assisi

**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 to 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.**

*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, and who produces various fruits with colored flowers and herbs.**

*Praised be You, my Lord, through those who give pardon for Your love, and bear infirmity and tribulations.*

**Blessed are those who endure in peace for by You, most High shall they be crowned.**

*Praised be 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.**

**Amen**

### **Introduction to the DVD:**

This DVD is an air-brush of Francis and Clare's life.

Francis and Clare of Assisi are two figures of the middle Ages who were against all conventions of the time and whose ways of life is still a challenge. With both, beautifully suggestive photography takes you to the places frequented by Clare and Francis.

**View the 30 minute DVD**

### **Discussion starters:**

What touched your heart?

What are the events that were part of Francis' conversion to his life style?

Describe Clare's conversion story.

Share your thoughts about the manner of opening Scriptures three times and state that is was their Rule/Guideline for their way of life.

Mt. 19:21; LK 9:3; Mt 16:24 (Early Documents: Francis the Prophet p.568)

Why are Francis and Clare still relevant for today?

**Closing prayer:** This prayer is also on the WHAT YOU HOLD CD by CathyTisel Nelson

Together: What you hold, may you always hold.

What you do, may you always do and never abandon.

But with swift pace, light step, unswerving feet,  
so that even your steps stir up no dust.

May you go forward securely, joyfully and swiftly  
on the path of prudent happiness, not believing anything,  
not agree with anything that would dissuade you  
from this resolution or that 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.  
(Clare of Assisi "The Second Letter to Agnes of Prague")

Chapters of the DVD in case you'd like to review a certain section.

Start

The Conversion

Poverty

Clare

Clare's Community

The Stigmata

Canticle of the Creatures

Francis Death

Clare's strengths

