

**WRITINGS OF ST. FRANCIS OF ASSISI<sup>1</sup>**

**GREETING THE BLESSED VIRGIN MARY**

Hail, Lady, Holy Queen, Holy Mother of God,  
Mary, who is virgin, **made Church**,  
and elected by the Most Holy Celestial **Father**,  
who has consecrated you together with his most holy beloved **Son**  
and with the **Holy Spirit** Paraclete;  
you in whom there was and is every fullness of grace and every good.

Hail, his palace, hail, his tabernacle,  
Hail, his home. Hail, his vestments,  
hail, his handmaid, hail, his mother.

**EPISTLE TO BROTHER LEO OF ST. FRANCIS (EpLeo)**

Brother Leo, your brother Francis (wishes you) health (salvation) and peace.

I speak to you, my son, like a mother (**sicut mater**): that all the words we said to each other along the way, I summarize briefly in this single sentence and counsel. Even if later, you should need to come to me for advice therefore I advise you: in whatever way it seems better for you to please the Lord God and to follow in his footsteps and his poverty, do it with the blessing of the Lord God and with my obedience. And if it is necessary for the good of your soul, to have further consolation, and you want to come to me, Leo, come!

**ADMONITION ONE (ADM 1.16-19; 1.9)**

Behold, every day He (Jesus) humbles Himself, as when from the royal throne He descended into **the womb (uterus) of the Virgin**; every day He Himself comes to us in humble appearance; every day He descends from the bosom of the Father on the altar into the **hands of the priest**.

And just as he showed himself to the holy apostles in the true flesh, so too now he shows himself to us in the consecrated bread (and wine).

• **FRANCIS'S APPROVED RULE OF 1223**

And, wherever the brothers are and find themselves, let them show each other that they belong to the same household. And without fear let them manifest their needs to each other for if a mother **nourishes and delights** in her child in the flesh, how much more should he **delight in and nourish his own spiritual brother**? And if one of them becomes sick, the other brothers must serve him, as they would wish to be served. (RB 6.7-9)

**SECOND EPISTLE TO ALL FAITHFUL: (2 EpFid 48-56)**

The Spirit of the Lord will rest on those men and those women (*omnes illi et illae*) who do these things and persevere in this way (of life) until to the end and will make them his dwelling and mansion.

And they will be **children of the heavenly Father**, whose works they do,  
and they are bridegrooms (and brides), **brothers (and sisters) and mothers of our Lord Jesus Christ**. (Matthew 12:49-50, 23:9; Mark 3:33-35))

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<sup>1</sup> This translation of Francis and Clare was done by Gilberto Cavazos-González from the Latin texts in consultation with Spanish and Italian translations.

## Opsucula of Sts. Clare and Francis of Assisi

We are **bridegrooms**, when the **Holy Spirit** conjoins the faithful soul to Jesus Christ. (2 Corinthians 11:2; Ephesians 5:27; Revelation 19:7)

And we are **brothers and sisters**, when we do the will of his Father, who is in heaven.

We are **mothers**, when we carry him in our heart and in our body (living) with love and a pure and sincere consciousness, and we birth him through holy conduct, which must shine as an example for others.

### WRITINGS OF ST. CLARE OF ASSISI

#### SECOND EPISTLE OF ST. CLARE TO AGNES (2 EpAgn 18-22)

...but rather as a poor virgin, embrace (hold onto) the poor Christ. See that He has made himself the object of contempt for you, and follow (his example) by making yourself contemptible in this world for his sake.

O noble queen, **Regard** your Bridegroom, the most beautiful of the sons of men, who became for your salvation the most vile of men, despised, beaten and repeatedly scourged in His whole body, and even dying amidst the most agonizing pains on the cross.

**Gaze, ponder, contemplate and yearn to imitate Him.**

If you suffer with Him, you will reign with Him; if you commiserate with him, you will rejoice with Him; if you die with Him on the cross of tribulation, with Him you will possess heavenly mansions in the splendor of the saints, and your name will be written in the Book of Life and will be celebrated among men and women.

#### FOURTH EPISTLE OF ST. CLARE TO AGNES (4 EpAgn 15-23)

Look into this mirror every day, O Queen, fiancée of Jesus Christ, and continually examine your face in it; so that internally and externally you may adorn yourself arrayed with a variety of things, wearing the flowers and vestments of all the virtues as befits the daughter and fiancée of the most high King.

In this mirror, then, blessed poverty, holy humility and ineffable charity shine forth; and this you will be able to contemplate, with the grace of God, spread over the entire surface of the mirror.

Pay attention **to the beginning** of this mirror (look at) the poverty of the One who was laid in the crib wrapped in diapers. O admirable humility and extraordinary poverty! The King of angels, the Lord of heaven and earth, reclines in a manger!

In the **middle** of the mirror, consider the humility, or at least his blessed poverty, the countless hardships, and the punishments that he endured for the redemption of humankind.

Finally, in the **depths** of the same mirror, contemplate the ineffable love with which Christ wished to suffer and die on the tree of the cross the most shameful kind of death.

Iconic Hagiography: What is the symbol of your holiness (middle) and the 4 important scenes of your conversion and your 4 miracles?

**SELF-DOSSAL**

