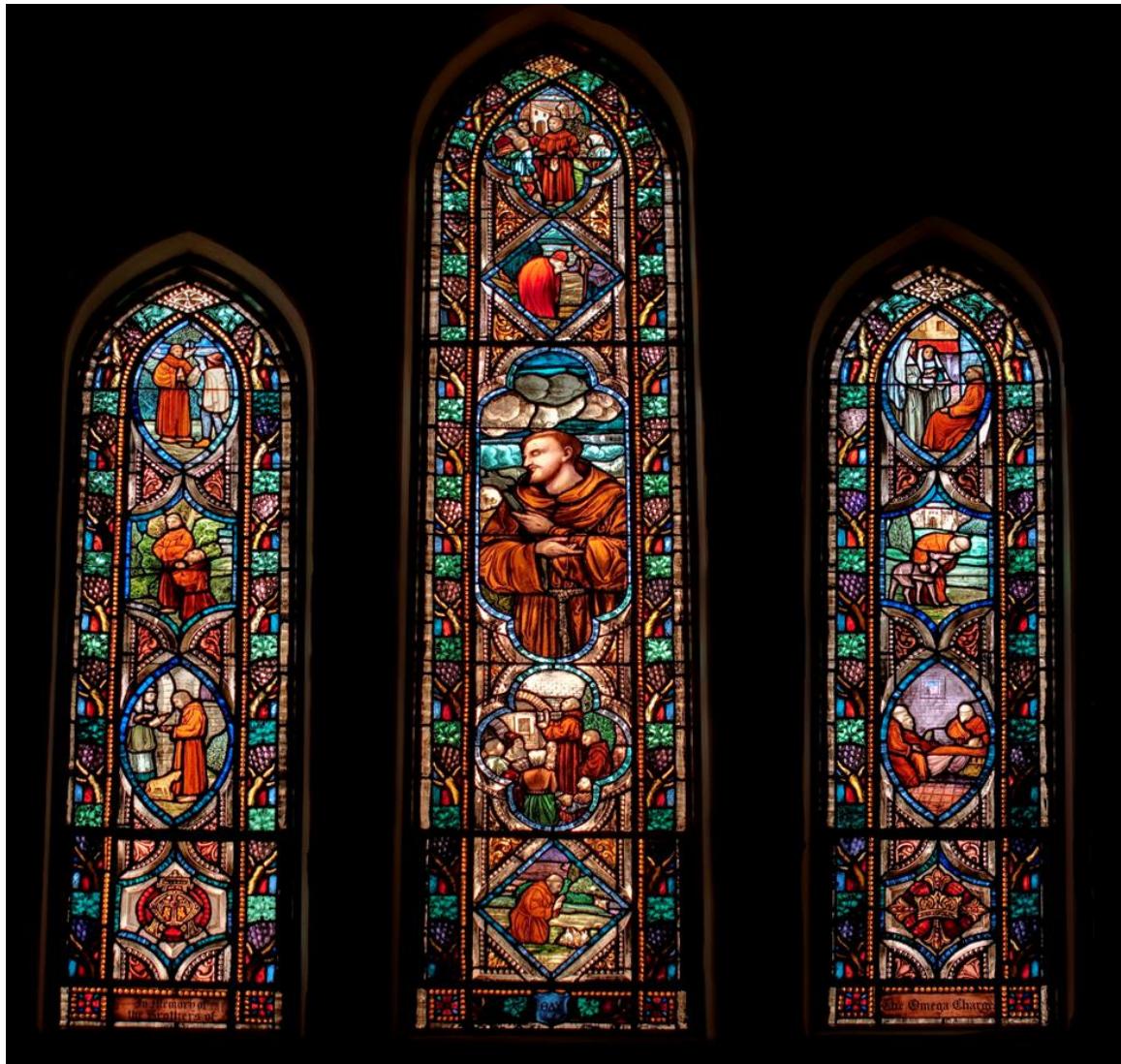


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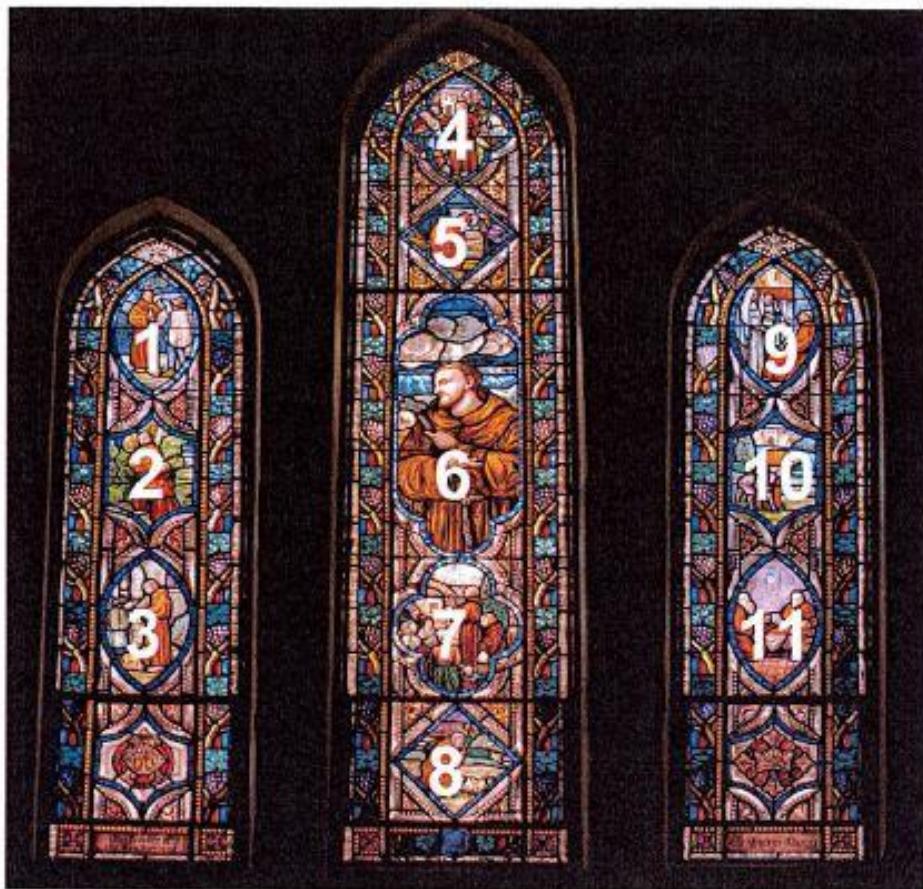
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Appendix 1: The Life of St. Francis Windows



Appendix 2: Simple Guide to the St. Francis Windows

The Life of St. Francis



1. Francis convinces a young man to set free the turtle-doves he has planned to sell at market.
2. Francis and Brother Masseo pray.
3. Francis receives food from a peasant woman.
4. Francis distributes gold among the poor.
5. Francis kisses a leper.
6. Francis receives the Stigmata (the five wounds of the Crucified Christ).
7. Francis preaches to the crowds.
8. Francis preaches to the birds.
9. Near the end of his life, Francis is waited upon by Sisters Clare and Agnes.
10. Francis tames the wolf at Gubbio.
11. Francis dies in faith and peace among his Lesser Brothers.

Photo © 2010 Ron Ross

Appendix 3: Adult Forum Initial Questionnaire

Ten Questions on All Souls & St. Francis (09/23/12)

1. The Life of St. Francis windows at All Souls are located in
 - a. the choir
 - b. the Mary Chapel
 - c. the back of the church over the baptismal font
 - d. within the Benedictine window over the main altar
2. St. Francis was likely chosen as a topic for windows at All Souls
 - a. for his love of animals
 - b. because a relative of the founding rector was named Francis
 - c. because the brown colors worked well with the wood in the church
 - d. because Franciscan friars represented a strong ideal of brotherhood
3. The St. Francis windows were installed
 - a. as a part of the original church, the “St. Francis Chapel”
 - b. in 1975 as a gift celebrating animals
 - c. in 1915-1916
 - d. when they were bought from another church that was closing
4. Francis was from
 - a. Spain
 - b. The British Isles
 - c. Gaul
 - d. Perugia
5. At one point, Francis was put into prison because
 - a. He was a prisoner of war
 - b. He was a heretic
 - c. He stole from his father and was arrested
 - d. He was falsely accused of robbing a bank
6. Clare was
 - a. the mother of Francis
 - b. the blood sister of Francis
 - c. a woman who wanted to follow Francis and his friends
 - d. fictitious
7. Francis lived primarily in
 - a. the late 1300s to early 1400s
 - b. the late 1100s to early 1200s
 - c. the early 4th century among the Desert Fathers
 - d. just a generation after Jesus

8. The Life of Francis windows at All Souls consist of
 - a. 11 panels showing Francis
 - b. 25 small panels of Francis
 - c. one large picture of Francis
 - d. 5 windows throughout the church
9. At a place called Gubbio
 - a. Francis met Clare
 - b. Francis tamed a wild horse
 - c. Francis tamed a wolf
 - d. Francis preached a famous sermon about fish
10. When Francis heard a voice
 - a. Jesus said, "Leave my church and preach in the valleys, lanes, and byways."
 - b. Jesus said, "Rebuild my church."
 - c. he was so overcome that he passed out and lost hearing for one week
 - d. He first did not understand what it was saying and had to consult Leo and Masseo.

Appendix 4: Adult Forum Final Questionnaire

Twelve Questions on All Souls & St. Francis (11/11/12)

1. I have attended the Adult Forum on St. Francis
 - a. This is my first day
 - b. Several times
 - c. Most or all weeks
 - d. I have not attended the adult forum but have picked up information on Francis from being around All Souls

2. The Life of St. Francis windows at All Souls are located in
 - a. the choir
 - b. the Mary Chapel
 - c. the back of the church over the baptismal font
 - d. within the Benedictine window over the main altar

3. St. Francis was likely chosen as a topic for windows at All Souls
 - a. for his love of animals
 - b. because a relative of the founding rector was named Francis
 - c. because the brown colors worked well with the wood in the church
 - d. because Franciscan friars represented a strong ideal of brotherhood

4. The St. Francis windows were installed
 - a. as a part of the original church, the “St. Francis Chapel”
 - b. in 1975 as a gift celebrating animals
 - c. in 1915-1916
 - d. when they were bought from another church that was closing

5. Francis was from
 - a. Spain
 - b. The British Isles
 - c. Gaul
 - d. Perugia

6. At one point, Francis was put into prison because
 - a. He was a prisoner of war
 - b. He was a heretic
 - c. He stole from his father and was arrested
 - d. He was falsely accused of robbing a bank

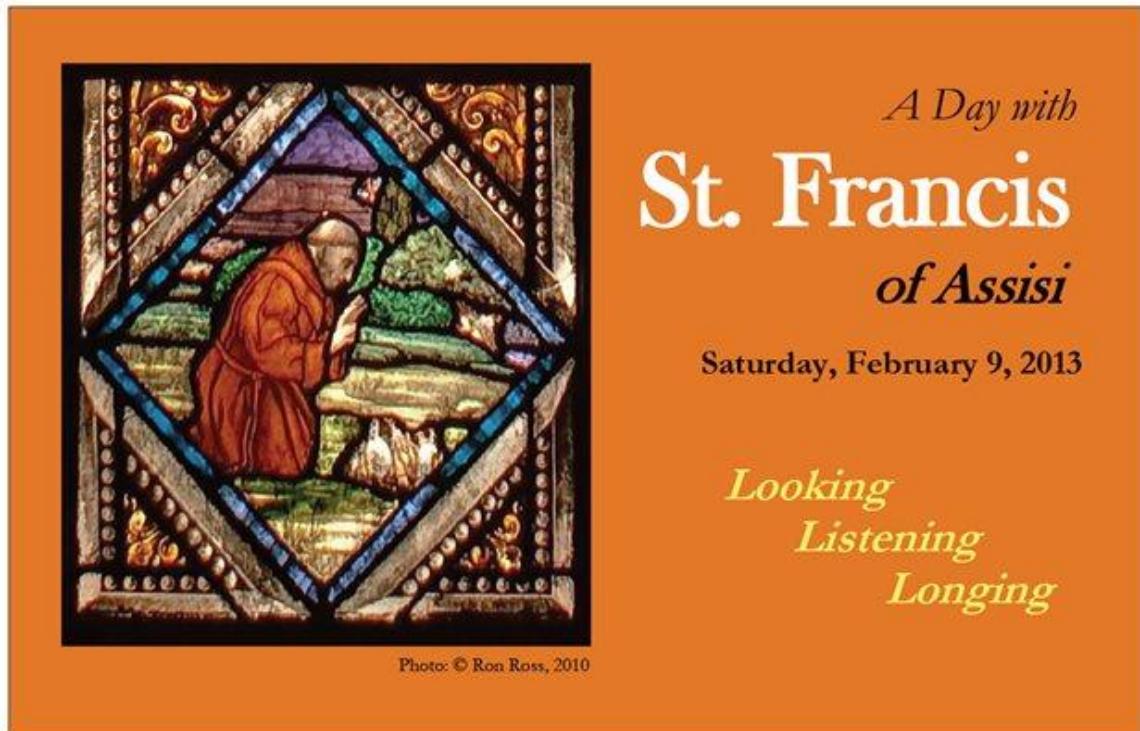
7. Clare was
 - a. the mother of Francis
 - b. the blood sister of Francis
 - c. a woman who wanted to follow Francis and his friends
 - d. fictitious

8. Francis lived primarily in
- the late 1300s to early 1400s
 - the late 1100s to early 1200s
 - the early 4th century among the Desert Fathers
 - just a generation after Jesus
9. The Life of Francis windows at All Souls consist of
- 11 panels showing Francis
 - 25 small panels of Francis
 - one large picture of Francis
 - 5 windows throughout the church
10. At a place called Gubbio
- Francis met Clare
 - Francis tamed a wild horse
 - Francis tamed a wolf
 - Francis preached a famous sermon about fish
11. When Francis heard a voice
- Jesus said, "Leave my church and preach in the valleys, lanes, and byways."
 - Jesus said, "Rebuild my church."
 - he was so overcome that he passed out and lost hearing for one week
 - He first did not understand what it was saying and had to consult Leo and Masseo.
12. **One thing I learned:** _____
-
-
-
-
-
-

Additional comments: _____

Appendix 5a: A Day with St. Francis Post Card

Front



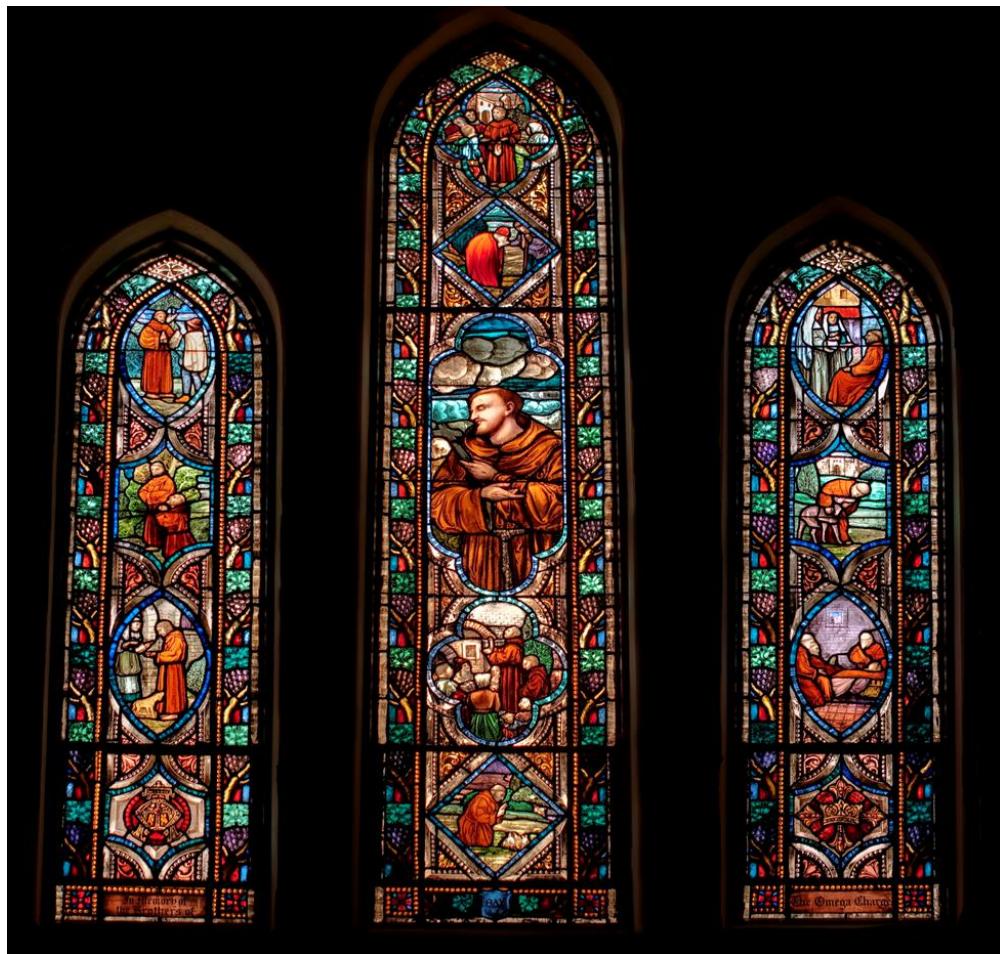
Back

<p>A Day with St. Francis of Assisi All Souls Memorial Episcopal Church Saturday, February 9, 2013 9:30 a.m. to 3:30 p.m.</p> <p>A day of music, poetry, and prayer as we explore the St. Francis windows of All Souls</p> <p>Coordinated by Dr. Kathleen Staudt, poet & adjunct professor at Virginia Theological Seminary, Dr. Benjamin Hutchens, director of music at All Souls, and Father John Beddingfield, rector. Coffee and refreshments begin at 9 a.m. and the program concludes with Evening Prayer by 3:30 p.m. A light lunch will be offered.</p> <p>There is no charge for this event but an RSVP to office@allsoulscdc.org or 202-232-4244 is appreciated so we may plan adequately.</p> <p>More information at www.all soulscdc.org</p>	<p>All Souls Memorial Episcopal Church 2300 Cathedral Ave., NW Washington, DC 20008 Woodley Park Metro</p>
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Appendix 5b: A Day with St. Francis Guide to the Windows

The St. Francis Windows

All Souls Memorial Episcopal Church



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.

St. Francis, *Canticle of the Creatures*, 1225



1 Francis and the Turtle Doves

Francis meets a young man who has caught several turtle doves and who plans to sell them at the market. Francis instead convinces the young man to let Francis have the doves.

How do you view other creatures?

How do you interact with those who treat creation differently?



2 Francis and Brother Masseo

Francis seemed to make friends easily and people were attracted to his transparency and the simplicity of his following the way of Jesus. Francis found joy in friends, but he also challenged them to be faithful. Francis prayed with his friends and for his friends.

Do you pray for others?

Do you ever pray *with* others?

In what simple ways might you share your faith with friends?



3 Francis begs for food among the poor

Until he decided to dedicate himself completely to what he understood as Lady Poverty, Francis never had a hungry day. He ate well and enjoyed comforts that very few in the world would have enjoyed. Warfare and imprisonment gave him a taste of hunger and allowed him to recognize hunger in others. By going without food and depending on others, Francis learned a new understanding of humility and created new space for God in his life.

Have you ever been hungry?

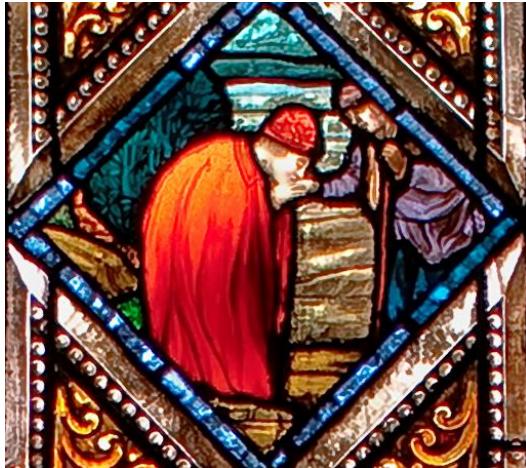
Are there ways for you to live on less so that others might have more?



4 Francis distributes money to the poor

In the early stages of Francis's deeper conversion to Christ, he gave away things belonging to his family (his expensive coat of armor, gold from his father's supply, and cloth from the family shop). But eventually, Francis gave of himself and became poor physically, spiritually, and materially.

What is your experience of poverty?
Have you ever been "poor before God"?



5 Francis kisses the leper

One day, while visiting a leper colony, he got off his horse, went to a leper, and embraced him.

What are your fears concerning sickness, disease, aging, and death?

Could God be working through people who currently disgust or scare you in order to turn you more deeply towards God?



6 Francis receives the Stigmata

Stigmata is the plural of the Greek word meaning mark or tattoo and usually refers to the spiritual experience of receiving the five wounds of Christ in his crucifixion. In 1224 while Francis was praying, he identified so fully with Christ that he felt the wounds of Christ crucified. Whatever happened that day, Francis felt the love of God in a new way and his friends saw the difference in him.

Do you ever use silence in order to listen for God?

Are your senses open to God, or do you numb them?

How might you more closely identify with Christ in your work, play, family, or relationships?



7. Francis preaches

Though there is little direct evidence of his saying it, Francis is often attributed the saying, "Preach always and when necessary, use words." He used everything to try to convey the joy and love of Christ. Francis used songs, tricks, laughter, tears, drama, stories, poetry, and elements of creation.

Have you ever "preached" to someone without knowing it until much later?

If your life is a sermon, what is it saying to others about God?



8 Francis preaches to the birds

There are numerous stories about Francis interacting with animals. But Francis also understood all of creation as one family. He spoke of Brother Sun, Sister Moon, Brother Fire, and even Sister Death.

What does it mean for us to regard creatures as "brother" or "sister?"

Our culture often deals with creation by either sentimentalizing or brutalizing.

How might Francis guide us to deal with creation in a balanced way?

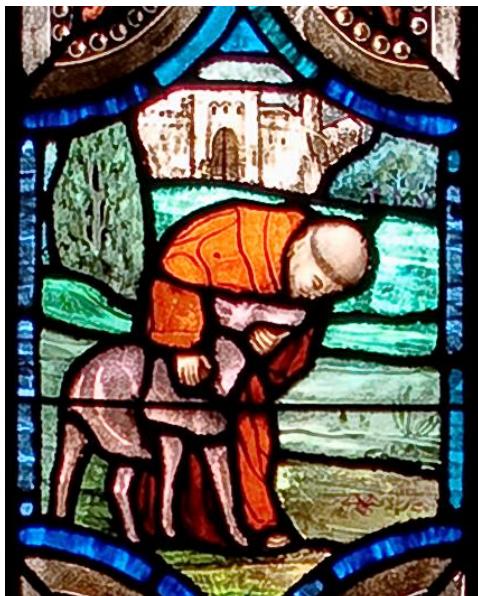


9 Clare and Agnes help Francis when he is sick

Clare seems to have been many things for Francis. She was a spiritual friend, sister in Christ, prayer partner, intercessor, and in some ways a bridge to the Eternal Feminine of God.

Whether you identify yourself as masculine or feminine, do you allow God to strengthen and bring to life your gender complement?

Can Francis lead you toward a more complete integration in God?



10 Francis tames the wolf at Gubbio

The people of Gubbio were terrorized by a wolf. Francis interceded, made peace with the animal, and worked out a deal whereby the wolf was able to continue to live in the village. Some commentators say this story explains how Francis dealt with robbers in town. Others see in this story a fable that recounts Francis's visit to the Muslim Sultan of Egypt (who was characterized and feared as a "beast" by some).

Have you ever viewed someone as "the wolf" without really knowing the person?

Is there someone or some group of people with whom God is calling you to "make a truce" and establish peace?



11 Francis dies among his brothers

Suffering from poor health, Francis spent his final days striving to be as close to Christ as possible. Near death, he composed the Canticle of the Creatures (also called the Canticle of Creation). In this song, he envisions death as a Sister.

What does a “good death” look like to you?

In what ways can you begin a “friendship with death” in this life?

The St. Francis Windows at All Souls

All Souls Parish was founded in 1911 by the Reverend James MacBride Sterrett. In 1915, Dr. Sterrett challenged his college fraternity, Theta Delta Chi, to dedicate a memorial window in All Souls. In spring of 1916, the St. Francis windows were installed, probably fashioned by the Rudy Glass Company of York, Pennsylvania.

In 1912 Maurice Francis Egan, a Catholic journalist, diplomat and sometime professor at Catholic University, published *Everybody's Saint Francis*. The book contained illustrations by Louis-Maurice Boutet de Monvel, a noted French illustrator of children’s books. With the exception of the central panel showing St. Francis receiving the Stigmata (the Five Wounds of Christ), the panels are directly copied from the drawings of Boutet de Monvel.

Appendix 5c: A Day with St. Francis Evaluation

A Day with St. Francis
Evaluation

My gender (<i>please circle one</i>)	Male	Female					
My age	Under 20	21-30	31-40	41-50	51-60	61-70	71-80 Over 80
My experience of Christianity (<i>please circle one</i>)	My whole life	Most of my life		I'm pretty new at this			Not sure I'm a Christian
<i>Please circle the phrase that most fits you</i>							
I have been to a Quiet Day or one-day spiritual retreat		My first time	Once or twice before			A lot	
I have been to All Souls		My first time	Once or twice before			A lot	
I have looked closely at the St. Francis windows at All Souls		My first time	Once or twice before			A lot	
I pray with images (pictures, icons, nature)		My first time	Once or twice before			A lot	
I participate in Sung Prayer (such as Evensong)		My first time	Once or twice before			A lot	
I have read/heard/studied at Francis of Assisi		My first time	Once or twice before			A lot	

Did you learn anything new about Francis?	Yes	No
If so, what is one thing you learned?	<hr/>	
Did today's experience change your mind about anything?	Yes	No
If so, what changed?	<hr/>	
Did you learn anything new about yourself today?	Yes	No
If so, do you mind saying a word or two about what you learned?	<hr/>	
My favorite panel of the St. Francis windows is _____	<hr/>	
I like it because _____	<hr/>	
After today, I think I'm going to be influenced by Francis's way of following Christ in my attitude or beliefs about	<hr/>	
the poor	not really influenced	maybe
the environment	not really influenced	maybe
my enemies	not really influenced	maybe
other religions	not really influenced	maybe
Other comments:	<hr/>	

Appendix 5d: A Day with St. Francis Meditations & Music

Meditations with Music on the life of St. Francis
For Quiet Day, February 9, 2013

Introduction

Most of the delightful stories of St. Francis come out of the early years of his brotherhood when he and his companions go about the countryside preaching and healing, working in the fields, and begging alms. The charm of these stories is that they are love stories, a curious combination of tales of courtly love and the Acts of the Apostles told by a court fool in the manner of parables or medieval allegories. Always there is chivalry and derring-do and courtesy acted out against the background of building the Kingdom by the foolishness of the cross.¹¹⁹

Music: “Allegro” from *Sonata I for Violin*, Op. V, Rom. 1700
Arcangelo Corelli (1653-1713)

Panel 1: Francis and the Turtle Doves

A boy of Siena caught some turtle doves and was taking them alive to the town market. “But St. Francis, who was always very kind and wonderfully compassionate, especially toward the gentle animals and little birds, was stirred by love and pity on seeing the doves.” Francis talked the boy into letting him take them. The boy was inspired to let Francis have them. “Sister Doves,” Francis said, “why did you let yourselves be caught? I want to rescue you from death and make nests for you where you can lay your eggs and fulfill the Creator’s commandment to multiply.” Francis took them, the doves prospered among the friars.¹²⁰

Music: “Gavotte I” from *Suite La Triomphante*
Jean Philippe Rameau (1683-1764)

Panel 2: Francis and Brother Masseo at Prayer

One day, as St. Francis was travelling with Brother Masseo, who was walking in front,

¹¹⁹ Murray Bodo, *The Way of St. Francis: The Challenge of Franciscan Spirituality for Everyone* (Cincinnati: St. Anthony’s Messenger Press, 1995), xvi.

¹²⁰ Ugolino di Monte Santa Maria, *The Little Flowers of St. Francis. Fioretti*, trans. Raphael Brown, in *The Little Flowers of St. Francis: An Entirely New Version with Twenty Additional Chapters; also, the Considerations on the Holy Stigmata ; the Life and Sayings of Brother Giles ; the Life of Brother Juniper ; a Modern English Translation from the Latin and the Italian with Introduction, Notes and Biographical Sketches*. (New York: Image Books, 1958) 11:63-66.

they arrived at a spot where three roads met, one leading to Florence, one to Siena, and one to Arezzo, and Brother Masseo asked of St. Francis which road they should take. “The one which God wills,” answered St. Francis. But Masseo asked, “And how does one know the will of God?” “I will show you,” Francis said. And he then told Brother Masseo, to spin around, spin round and round like a child at play, and don’t stop until I say.” And so, Brother Masseo began spinning, turning round and round, and round and round, until his head became dizzy, and he fell down. Francis said nothing, so Masseo began again to spin, continuing the game. Finally, Francis said: “Stand still, and don’t move; but tell me towards which of the three roads are you now turned?” “Towards the one that leads to Siena,” answered Brother Masseo. “That is the road,” said St. Francis, “That is the road that pleases God we should take.”¹²¹

Music: “Gigue” from *Suite I in G Major for Violoncello*, BWV 1007
Johann Sebastian Bach (1685-1750)

Panel 3: Francis begs for food among the poor

Francis pursued poverty. Like a Knight in pursuit of a holy quest to please his Lady, Francis set out to honor who he called “Lady Poverty.” He wanted to imitate the poverty of Christ. He heard the Gospel—that Jesus had nowhere to lay his head, and Francis said to himself and to others, “Whatever Christ did, I want to do.” Poverty, in the sense of non-possession, is neither good nor bad—it is simply a fact. What makes gospel poverty valuable is its purpose: the imitation of Christ for the purpose of Christ. St. Paul writes of Christ “emptying himself,” foregoing the glory to which he had a right to, and entering into human nature with all of its limitation, weakness, and suffering. … Francis had an intuition of the beauty (and power) of Christ’s poverty. Francis wrote no profound philosophical analysis of this. He simply imitated it.”¹²²

Music: “Courante” from *Suite I in G Major for Violoncello*, BWV 1007
Johann Sebastian Bach (1685-1750)

Panel 4: Francis distributes money to the poor

One Franciscan scholar says that he does not think Francis was a social reformer who saw what money could do to the fabric of society. Instead, Francis was the quintessential Christian who saw what money would do to the spirit. Christ alone is the fullness of life, and the compulsive pursuit of money, more than anything else, distracts the individual from what really brings life. The history of the Franciscan Order has shown that the original vision of Francis—fully to embrace poverty—is unlivable except for at the

¹²¹Ugolino di Monte Santa Maria, 11:63-66.

¹²² Leonard Foley, *To Live as Francis Lived: A Guide for Secular Franciscans* (Cincinnati: Franciscan Media, 2000) 59.

beginning of Francis's movement, and with a small number of followers. And yet, the followers of Francis—even today, try not to measure their worth by how much money they receive for work, or for serving others. The measure of the Franciscan life is joy.¹²³

Music: “Gavotte II” from *Suite La Triomphante*
Jean Philippe Rameau (1683-1764)

Panel 5: Francis kisses the leper

All his life, Francis had panicked when he met a person with leprosy. And then one day on the road below Assisi, he did one of those surprising things that only the power of Jesus's Spirit could explain. He reached out and touched such a one, the very sight of whom nauseated him. He felt his knees playing tricks on him, and he was afraid he would not make it to the leper standing before him. The odor of rotting flesh attacked all his senses as if he were smelling with his eyes and ears as well. Tears began to slide down his cheeks because he thought he wouldn't be able to do it; and as he began to lose his composure, he had to literally leap at the man before him. Trembling, he threw his arms around the leper's neck and kissed his cheek.¹²⁴

Music: “Courante” from *Concerto Grosso 9*, Op. VI, Amsterdam 1714
Arcangelo Corelli (1653-1713)

Panel 6: Francis receives the stigmata

About 2 years before his death, Francis spent 40 days in seclusion and prayer on Mount Alverna. On or about the Feast of the Holy Cross, September 14, he meditated on the Passion of Christ, and he saw in a vision an angel who imprinted on Francis's own flesh the stigmata—the five wounds of the Passion..... Francis bore these wounds for the rest of his life, keeping them covered and hidden from others as best he could. ... The thought of those wounds—the wounds of Christ—can reduce a person to deep inner silence. But the significance of the wounds isn't just that they draw us to sorrow; they also bring us life, especially when we approach them with our own wounds. Jesus said that it was by eating his flesh and drinking his blood that we would have life within us—the flesh broken open, the blood spilling from his wounds are the source of the life that sustains us.¹²⁵

Still falls the Blood from the Starved Man's wounded Side:
He bears in His Heart all wounds,---those of the light that died,
The last faint spark

¹²³ Bodo, *Way of St. Francis*, 10.

¹²⁴ Bodo, *Way of St. Francis*, 12.

¹²⁵ Susan Pitchford, *Following Francis: The Franciscan Way for Everyone* (Harrisburg, PA: Morehouse Publishing, 2006) 45-56.

In the self-murdered heart, the wounds of the sad uncomprehending dark,
 The wounds of the baited bear---
 The blind and weeping bear whom the keepers beat
 On his helpless flesh... the tears of the hunted hare.
 Still falls the Rain--- ["Still Falls the Rain," Edith Sitwell]

Music: "Gavotte I" from *Suite III in C Major for Violoncello*, BWV 1009
 Jean Becker (1833-1884)

Panel 7: Francis preaches

Francis wrestled with whether his calling was to pray in quiet or to go out preaching, talking about his faith. "In prayer our interior affections are purified and we are united with the one, 'true and highest good' as well as strengthened in virtue; in preaching, we get dust on our spiritual feet, distraction over many things and relaxation of discipline....[and yet] "the only begotten Son of God... came down... for the sake of souls in order to instruct the world with his example and to speak the word of salvation to people."¹²⁶

Music: "Gavotte en Rondeau" from *Suite in G Minor for Klavier*, BWV 822
 Johann Sebastian Bach (1685-1750)

Panel 8: Francis preaches to the birds

Francis came to a spot where a large flock of birds of various kinds had come together. When he saw them, he quickly ran to the spot and greeted them as if they were endowed with reason. They all became alert and turned toward him, and those perched in the trees bent their heads as he approached them and in an uncommon way directed their attention to him. He went right up to them and solicitously urged them to listen to the word of God, saying: "Oh birds, my brothers, you have a great obligation to praise your Creator, who clothed you in feathers and gave you wings to fly with, provided you with the pure air and cares for you without any worry on your part." While he was saying this and similar things to them, the birds showed their joy in a remarkable fashion: They began to stretch their necks, extend their wings, open their beaks and gaze at him attentively. He went through their midst with amazing fervor of spirit, brushing against them with his tunic. Yet none of them moved from the spot until the man of God made the sign of the cross and gave them his blessing and permission to leave; then they all flew away together.¹²⁷

¹²⁶ Bonaventure, *The Soul's Journey into God, The Tree of Life, The Life of St. Francis*, Translated and edited by Ewert Cousins, The Classics of Western Spirituality (New York: Paulist Press, 1978) 12:1.

¹²⁷ Ibid. 12:3.

Music: “Gavotte” from *Sei sonate a due violini e basso*, op. 1
François Joseph Gossec (1734-1829)

Panel 9: Clare and Agnes help Francis when he's sick

In 1210, Clare hears Francis preach in the streets and she's captivated. Her conversion takes about 2 years, and by 1212, she publicly proclaims her withdrawal from the world. After hearing St. Francis preach in the streets one day, she confided to him her own desire to live her life for God.

Kazantzakis and Zeffirelli imagine that Frances and Clare were romantically involved, or at least that Clare's love for Francis was unrequited, and thus, even more tragic. But a closer look reveals that their relationship might have initially contained some romance, but then it shifted into a larger realm, the love of God. Antoine de Saint-Exupéry wrote that "being in love does not mean looking at each other, but looking together in the same direction." Clare and Francis really didn't spend their whole lives gazing at each other and feeling good together. They exchanged the fewest of words, probably only those reported in the sources. There was a tremendous reserve between them, so much so that at times the saint was affectionately chided by his brothers for being too harsh with Clare. And yet they were sister and brother in Christ.

Music: “Bourrée” from *Sonata in F Major for Oboe*, HHA IV/18, No. 8
George Frideric Handel (1685-1759)

Panel 10: Francis tames the wolf at Gubbio

Francis saw the wolf, who was frothing at the mouth and growling. The crowd stood motionless and silent. Francis stared at the wolf. Anger flashed in the wolf's eyes and he was working his jaws, slobbering onto the ground. Francis dared not move, but he said in a simple, low, quiet voice, “Brother Wolf.” The wolf quieted down in an apparent response. “Brother Wolf,” Francis continued, “in the name of Jesus, our brother, I have come for you. We need you in the city. These people here have come with me to ask you, great ferocious one, to be the guardian and protector of Gubbio. In return we offer you respect and shelter for as long as you live. In pledge of this I offer you my hand.” Francis stretched out his hand. The wolf seemed calm., but remained immobile, scanning the crowd. Then slowly he walked to Francis and lifted his paw into his warm, steady hand. The two remained in that position for a long time and what they said to one another Francis never told a living soul.¹²⁸

Music: *Humoresque*, Op. 101, No. 7 for Piano
Antonín Dvorák (1841-1904)

¹²⁸ Murray Bodo, *Francis: the Journey and the Dream* (Cincinnati: St. Anthony's Messenger Press, 1988), 53.

Panel 11: Francis dies among his brothers

As he felt himself dying, coming in and out of consciousness, Francis asked one of his brothers to strip him of his habit, so that he might be naked body against the naked earth. Totally poor. Brother Elias did as he was told, but then put another habit on Francis, since he wanted to keep him warm. Brother Elias told Francis that since the brothers owned the habit, Brother Francis had no right to give it away, so he would have to borrow another. Francis understood that Lady Poverty had sent Brother Elias to him to show him – at the very end—that poverty was not only the having or not having of an item of clothing, but that poverty of will meant allowing another to have his way. Elias prevailed.¹²⁹

Be praised, my Lord, for our sister, the death of the body, from whom no one living is able to flee; woe to those who are dying in mortal sin. Blessed are those who are found doing your most holy will, for the second death will do them no harm. Praise and bless my Lord and give him thanks and serve him with great humility.¹³⁰

Music: “Grave” from *Sonata in G Minor*, Op. 1, No. 11
Henry Eccles (1670-1742)

Conclusion:

The man who went into the cave was not the man who came out again; in that sense he was almost as different as if he were dead, as if he were a ghost or a blessed spirit. And the effects of this on his attitude towards the actual world were really as extravagant as any parallel can make them. He looked at the world as differently from other men as if he had come out of that dark hole walking on his hands.¹³¹

On his deathbed, St. Francis said, “I have done what is mine to do; may Christ teach you what is yours to do.”

Music: “Allegro” from *Sonata I for Violin*, Op. V, Rom. 1700
Arcangelo Corelli (1653-1713)

¹²⁹ Ibid. 117-118.

¹³⁰ Francis of Assisi, “The Canticle of the Creatures,” 13 in *FA:ED* I, 114.

¹³¹ G. K. Chesterton, *Saint Francis of Assisi*, Paraclete Heritage Edition (Brewster, MA: Paraclete Press, 1923; 2010), 82-83.

Appendix 6: Children's Curriculum

St. Francis for Young Souls



Looking through the All Souls Windows and Learning to Follow Francis

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Francis convinces a boy not to
sell doves at the market

1. Francis convinces a boy not to sell doves at the market

A boy of Siena caught some turtle doves and was taking them alive to the town market, to sell them. Francis met the boy on the road and felt sorry for the birds and talked the boy into letting him take them. The boy was inspired to let Francis have them. "Sister Doves," Francis said, "why did you let yourselves be caught? I want to rescue you from death and make nests for you where you can lay your eggs and fulfill the Creator's commandment to multiply." Francis took them and the doves lived a long life among Francis and his brothers. In this story Francis saw an animal that was being mistreated and did what he could to help the animal.

Jesus

Jesus taught that God works not only through the strong and the powerful, but also through the weak. Jesus was born to a poor, young woman. Jesus liked to have children around him and spoke harshly to his followers when they tried to keep children away from him. Francis must have thought of Jesus whenever he saw one of God's creatures being mistreated.

Us

Even though we don't know the whole story, Francis saw something wrong with the situation about the turtle doves. Francis had the courage to say something to the boy who was mistreating the birds. When we see someone doing something that is wrong, we have a decision to make. Do we say something, or remain quiet and go along with the wrongdoing? When might it be best for us NOT to say something? When might it be the right thing, and the thing that would please God, for us to say something?

A Prayer

God, whenever we see someone doing something that seems to be wrong, help us to ask you and someone else for help in deciding whether we should say something or not. Help us to look out for things that are smaller than ourselves, and never to be a bully toward another person or an animal. In Jesus's name, Amen.



Francis and Brother Masseo pray.

2. Francis and Brother Masseo pray

In his early life, Francis seemed to be the life of the party. He had many friends and was often looked to as the source of fun and mischief. When Francis began to undergo a deeper conversion to Christ, some of his behavior changed, and he began to enjoy spending more time alone, praying and walking around quiet churches. Eventually, Francis seems to have found a balance between his old personality of joy, fun, and exuberance, and his deeper personality that wanted to spend more time in prayer. As Francis attracted followers, he formed a brotherhood that was officially called the Order of Friars Minor (*Ordo Fratrum Minorum*) in 1209. Masseo was one of the early followers of Francis.

At one point, Francis wondered about God's will for him. He sent Brother Masseo to see Sister Clare and others and to ask them all to pray that Francis would understand God's will for him. After a while, Masseo returned and through the prayers of others, Francis came to understand God's will.

Jesus

Jesus sometimes needed time away from the crowds, so he would go to what the Bible calls “a lonely place,” or “a place alone” where he could be quiet, catch his breath, and listen for God’s will. Sometimes Jesus would ask his friends and disciples to go with him or to pray with him. Perhaps the most famous of these times was on the night of Jesus’s arrest, as he prayed in the Garden of Gethsemane. He asked his friends to watch and wait with him. Even though they fell asleep, Jesus drew strength from sharing his hopes and his worries with his friends and adding their prayers to his own.

Us

Sometimes we think we need to solve all of our problems by ourselves, but that’s usually not the way the most difficult questions are answered. When we ask for help, we actually grow stronger because we learn other’s approaches, ideas, and solutions. When we’re confused about something, what we should do or which direction we should go, we can ask others to pray with us and to pray for us. Our combined prayers will help us hear God’s answer.

A Prayer

God, help me to ask others to pray with me and to pray for me. And help me to remember others in my prayers, through Jesus our brother, Amen.



Francis receives food from a poor woman.

3. Francis receives food from a poor woman

Francis grew up in a family that was wealthy compared to most people. He had plenty to eat and he always had nice clothes to wear. In fact, his father's business involved buying and selling cloth, so Francis probably had his pick of nice clothing. But as he began to experience a deeper conversion to the life of Christ--which Francis understood as a life of poverty—he gave away his possessions in order to let nothing come between him and God. This meant that Francis, who used to have so much he gave to the poor, now had to beg like the other poor people of his day. In begging, he learned about humility, about trusting God, and about trusting upon the goodness of other people.

Jesus

Jesus urged his disciples to travel with very little and to depend on others. Once when Jesus was preaching, the people got hungry. Jesus was able to accept the gift of a very little from a boy—just a few loaves of bread and a few fish—and multiply it to feed the many who had gathered.

Us

Most of us are taught that we should be strong and self-sufficient in all that we do. While it is true that we should always do our part, we also sometimes need to allow others to help us. This can teach us humility. Sometimes when someone wants to give us something, we should not immediately try to think of how to return the favor and even the score. Instead, we should be grateful and thank the person and thank God. Sometimes all we need to do is to live in thankfulness.

Have you ever been completely surprised by the generosity of other people? Have there been times when you needed to rely upon others? Have you ever had to really trust in God for food or money?

A Prayer

Generous God, thank you for those who care for us, provide for us, and show us kindness. Help us to be grateful and to understand that all good gifts originally come from you. Filled with gratitude, help us to be generous with others. Through Jesus Christ who gave all he had, Amen.



Francis gives money away to the poor.

4. Francis gives money away to the poor.

Even though Francis grew up having plenty of clothes to wear and plenty of food to eat, he noticed that some people had very little. As he wondered about this, he often prayed for these people, asking God to take care of them. One day when Francis was in church, he heard the scripture read in a way that felt like it was addressed just to him. It was the scripture in which Jesus sends his disciples out to preach and teach about God's love. Jesus tells them that they should keep things simple, "that they should not keep gold or silver or money in their belts, nor have a wallet for their journey, nor two tunics, nor shoes, nor staff [Mt. 10:9]. When Francis heard this, it seemed to grab him, so he memorized the words. He prayed about them, and asked God why those words seemed to affect him so much. He soon realized that these words were directed to him. He was suddenly very happy. "This is what I want;" he said. "This is what I long for with all my heart." He immediately took off his shoes from his feet, put aside his walking stick, get rid of his wallet and money, and was content with one tunic. He swapped his leather belt for a piece of rope.

Jesus

Francis knew the stories about Jesus, who didn't spend all his time trying to accumulate more possessions. Instead, Jesus moved from place to place, teaching people about God's love and sharing with the poor. Jesus had rich friends and poor friends, but Jesus also said, "Blessed are the poor, for they shall inherit the earth," suggesting that there is something to learn from a poor person.

Us

Do you know anyone who is poor? Where do the poor live in our neighborhood or city? Have you, or has your family, ever helped someone who is poor? If so, how did you feel about that? What do you think Jesus wants us to learn from poor people? Do you have anything you could share with someone who is poor?

A Prayer

God, thank you for giving us enough to eat and for giving us clothes to wear. Even though we don't have gold to give away like St. Francis, show us how to help the poor who are in our world. Through Jesus's name, Amen.



St. Francis kisses a Leper

5. Francis kisses a leper

Francis lived in a violent time. Battles would flare up between towns and between countries. When he was still very young, Francis went to fight a battle. He hated it, especially when he was captured and taken as a prisoner. Because his father was a successful cloth merchant, and the captors could probably tell that Francis came from a wealthy family, Francis was put in prison while his soldiers tried to obtain a ransom from his father. After some time, Francis was let go, and he returned to Assisi.

When Francis came home, he was sad. He had seen things in battle that disturbed him. He had bad dreams when he slept, but he also had some good dreams. He dreamed that he might become a great knight who stood for an important cause. Gradually, he realized that a part of his cause involved the poor.

On the outskirts of Assisi there were leper colonies, groups of people who suffered the same skin disease. There was great fear about leprosy, and it was believed that if someone touched a leper, one might get the disease.

One day, Francis saw a leper and was overcome with compassion. Francis got off his horse, went to the leper, hugged him, and kissed him. Francis did not know the person, but in his embrace, brought the love of God to the leper, who had been ignored and disliked by other people. This was a big day for Francis and was a key point to his conversion, his growing more and more deeply in love with God.

Jesus

Francis knew that God loved lepers because Francis knew the stories about Jesus being kind to lepers. Jesus spoke to people with leprosy, healed them, and helped them. Jesus was able to help the lepers get better, so that they could join their friends and live with their families again.

Us

Do you know someone who gets ignored by others? Do you know anyone who is left out of things because of illness or sickness? Can you think of someone who others make fun of? What do you think God might say to this person? Is there anyone you think you could be nice to, in order to be like Jesus and like Francis, and show the love of God to someone else?

A Prayer

God, whenever I feel alone or left out, please remind me that you love me. Help me to see other people who are left out or ignored, and show me what I can do to help them, and to love you. Thank you, God, for your love that never ends. In Jesus's name, Amen.



Francis bears the Wounds of Christ

6. Francis bears the wounds of Christ

Francis used to go away from his friends to find a quiet place, to gather his thoughts, to pray, and simply to be alone with God. At one point, he spent forty days on Mt. Alverna in prayer and fasting. He had a vision of light and fire and also of Jesus on the Cross. After the vision, Francis felt a sharp stinging in his hands, his feet, and in his side. He felt like he was bearing the wounds of Jesus, the same wounds Jesus endured in his death on the cross. Through his prayer and his life, Francis resembled so much of the life of Jesus, that he actually bore similar wounds on his body. He tried to hide the wounds, but his friends sometimes saw them. These wounds are called by a Greek word, “stigmata,” which means mark, or tattoo.

For Jesus

When Jesus was put to death on the cross, he was killed in a way that was typical for the Romans to put criminals to death. Even though Jesus was innocent and had done nothing wrong, the Romans, along with the religious leaders of the day, felt like Jesus was causing too much trouble, so they had him convicted. He was killed by crucifixion, which means that his hands and feet were nailed on a cross and he was left there to die. The soldiers also stabbed Jesus in his side with a spear, giving Jesus five wounds in all. For this reason most church altars have five crosses marked on the top of the altar, in remembrance of the sacrifice of Jesus. Such altars have one cross in each corner and one in the very center.

For Us

Even though we are human and make mistakes, are there ways that we can be more like Jesus? He was willing to be hurt so that others might be well—can we imagine ever sacrificing for someone else’s benefit? One way of “bearing Christ’s wounds” is simply to have compassion for others, to notice when others are hurting, to be nice to them, offer them help, and pray for them. Who could use your help today? Who could use your prayers today?

A Prayer

Jesus our Friend, thank you for loving us, for giving yourself, and for showing us that love conquers hate, and life overcomes death. Help us to offer friendship, care, and compassion to people who suffer, and when it is right, help us to put ourselves second to others. In the name of your love, Amen.



Francis preaches to the crowds.

7. Francis preaches to the crowds

People have quoted St. Francis as saying, “Preach the gospel at all times, and, if necessary, use words.” In fact, no one really knows for sure if he said this, or not, but it does sound like the way Francis tried to live his life. He often did use words when he preached, but he didn’t have a lot of formal education and didn’t try to impress people with fancy words or complicated ideas. Instead, Francis kept it simple. He used whatever he could to illustrate his sermons.

One Christmas, Francis got a new idea for preaching about the birth of Jesus. He built a manger, a sort of wooden trough that would normally be used for animals’ food. Then he filled the manger with hay, just like the biblical story. Then Francis found an ox and a donkey, and tied them near the manger. And then, Francis began to pray and preach. This was the very first Christmas crèche, or nativity scene. At that first Christmas crèche there was a knight who came to hear Francis preach. As Francis led the crowd in prayers and hymns, this knight had a vision of the Baby Jesus sleeping on the hay.

Jesus

When Jesus told people about God, he used stories and sometimes used simple objects as examples. He said the kingdom of God was like a mustard seed (small to begin with, but growing into something huge), or that the way of God was like finding a pearl and holding onto it for dear life. Jesus often talked about the importance of being honest—not pretending to act better or holier than one really was, and Jesus even pointed to a child as the symbol of how one should be in order to reach God’s kingdom.

Us

A sermon, or homily, is something that thinks about God and relates God to a person’s own life. Hopefully, the sermon will then mean something for another person. Some sermons are spoken—they use words to tell stories, connect experiences, or help organize our thoughts about something. But at other times, sermons can be prayers, people, actions, songs, or objects. If you were asked to give a sermon about God in your life, how would you do it? Is there an object you would use? A story? A song? A dance? An action of some kind? How would you preach?

A Prayer

God of Silence and Song, help us to live out our faith in you by using words and by not using words. Thank you for your Son Jesus, who lived out his life as a sermon to your love. Thank you for Francis, who also preached in creative and new ways. Amen.



Francis preaches to the birds.

8. Francis preaches to the birds

St. Francis is probably most famous for his relationship with animals and his sermon to the birds. He seemed to be so gentle that he didn't scare animals. Because he understood himself to be a child of God, Francis understood other animals as brothers and sisters, all made by God. He liked to talk and sing to "Sister Bird" and "Brother Squirrel." All of creation was one, large family for Francis and so he did his best to protect and befriend God's creatures.

For Jesus

When Jesus talked about trusting God and believing that God would always take care of us, he said, "Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?" (Mt. 6:26-27) Jesus often liked to use small things to illustrate the great love of God for all—Jesus talked about God's care for the little flowers of the field, the birds in the air, and especially God's love of children. In fact, Jesus told his friends that unless they could become more like children, they would never get very close to God.

For Us

Many of us have a special animal or maybe several animals who are pets and become like friends. Sometimes they almost feel like family.

How would you feel if your family were all of creation—every bird, cat, dog, horse, whale, bat or bumble bee? Have you ever known anyone who was mean to animals? How did you respond when you saw or heard about that? How can you live as a brother or sister to other animals?

A Prayer

God of Creation, thank you for making the beautiful, the not-so-beautiful, and even the funny-looking things in nature. Help us to be good brothers and sisters to all of creation and help us to trust that you will always love us and take care of us. In Jesus's name. Amen.



Francis is helped by Sister Clare and Sister Agnes when he is sick.

9. Francis is helped by Sister Clare and Sister Agnes when he is sick.

Clare was a teenaged girl from the same town as Francis when she first heard him preach in the streets. She was impressed and wanted to join the group she saw forming around Francis. But the times and the culture would not allow a young woman to run around with a group of young men. Francis arranged for Clare to begin her own group, related to his. Clare's group also would try to be as loving and joyful as Jesus and especially to serve the poor. Her sister Agnes soon joined her, along with some other women and they became known as the Poor Clares. Like Francis, they refused to accumulate a lot of things. They wanted to remain as poor as possible so that nothing would get in the way of their love of Christ and their ability to share that love with other people, especially poor people and people in any kind of need. Even though Francis did not see Clare very much, they were always good friends. Near the end of his life, Francis's eyesight was failing and Clare and Agnes took care of him and helped him.

For Jesus

Jesus also had friends who were women—especially Mary Magdalene, and the sisters of Lazarus, Mary and Martha of Bethany. Even though the social customs of the day did not allow as many opportunities for girls and women, Jesus always treated women with courtesy, kindness, and respect. Early followers of Jesus were known for their special care of widows, women whose husbands had died. One of the most important followers of Jesus, St. Paul, later wrote, “In Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. (Gal. 3:26-38)

For us

Sometimes there are good reasons for girls and boys to do things separately from one another, but other times, it's important to work together, be friends, and learn from each other. Even though people sometimes make fun of us or we are not always understood, it's a good thing if we have friends of all different kinds. In some ways Francis was “girlish” while Clare was “boyish.” In other ways, Francis was “boyish” and Clare was “girlish.” Have you ever had a friend who is different from you and who you have learned something from? Have you ever had a friendship that others made fun of? Have you ever been afraid to befriend a person for fear of what others would say?

A Prayer

O God of Friendship thank you for showing us the friendships of Jesus and Mary Magdalene, and of Clare and Francis. Help us to understand friendship as a gift from you, a gift to be shared, and a gift to be protected. We pray for those who have no friends and ask that you might help us always to be good friends to one another. In the name of Jesus, who always wants to be our friend, Amen.



Francis tames the wolf at Gubbio.

10. Francis tames the wolf at Gubbio

A wild wolf was causing problems in the town of Gubbio and as Francis was preaching nearby, the people asked him if he could help. Though it's not exactly clear how he did it, Francis was able to tame the wolf. The story that is handed down by tradition says that Francis spoke to the wolf very gently and reasoned with him. Francis worked out a deal whereby the wolf agreed not to bother the people, and the people, in turn, agreed to help feed the wolf.

For Jesus

Jesus said that we should pray for our enemies, not hate them, but pray for them, forgive them, and try to love them. Jesus knew that this is never something we can do by ourselves and so we ask God for help. Jesus had the full power of God and was able to calm storms, win over enemies, and even get rid of evil demons. Followers of Jesus ever since have called on his power and love in order to deal with problems and difficulties.

For Us

Though we would not be very smart to try to tame a wolf, people can sometimes seem a little like wolves. We can assume that someone is out to get us and only wishes us harm when actually, that person might just be afraid and be acting the only way he or she knows to act. We can always pray that God would help the person. We can also ask an adult or a friend if they think it is wise for us to try to talk to the person and befriend the person. It's not always wise to befriend a wolf. But sometimes, a wolf can become a friend. Have you ever known someone who seemed mean at first, but turned out to be very nice? What kinds of people are truly dangerous and should be avoided? How do you know who to trust and who not to trust? How can God help you decide who you should try to befriend?

A Prayer

God of Love, thank you for giving us stories of people whose love for others has overcome hatred and violence. Especially when we are weak, please protect us with your strength and love, and give us wise adults and friends who can help us learn when to reach out in friendship to others. Guide us with the love of Jesus Christ. Amen.



Francis dies among his "Little Brothers."

11. Francis dies among his “Little Brothers.”

After a group began to follow Francis, he asked the church officials to recognize his group as the Order of Friars Minor (*Ordo Fratrum Minorum*), the order of “lesser brothers,” or “little brothers.” Unlike monks who would usually stay in one place, friars (brothers) move around, going from place to place, preaching and trying to help people. Francis and his brothers were like a family and St. Clare and her sisters were like another part of the same family. His “little brothers” tried to get Francis to eat right, to rest, and to take good care of himself, but Francis eventually got very sick. Among his problems, Francis developed some kind of eye disorder and treatments did not help. Near the end of his life, his friends took care of him and were with him when he finally died. Just before he died, Francis wrote the Canticle of the Creatures in which he gave thanks to God for all of creation, not only for his brothers and sisters who followed him in trying to be more like Jesus, but also for his brothers and sisters in creation: for Brother Wind, and Sister Water, for Brother Fire, and even for Sister Death. Through the love of God, Francis was at peace with himself, his friends, and all of creation.

For Jesus

Jesus faced his own death with his friends. In the Garden of Gethsemane, Jesus seems to have sensed that he was about to be arrested and that he might be put to death, so he asked his friends to go to the garden and pray with him. Even while he was dying, Jesus looked down from the cross and asked his friend John to take care of his mother Mary. Jesus accepted the criminal who died near him and promised that he, too, would be in paradise. Though Jesus was sad to leave his friends, his family, and this world, he also had faith in God that God would carry him in love into eternal life. Jesus said, “Do not let your hearts be troubled. Believe in God, believe also in me . . . I am the way, and the truth, and the life.” (John 14: 1,6)

For Us

Death is scary and it hurts when people we love die. But Jesus promises us that we will be together again in heaven, that somehow, the resurrection to eternal life brings us all back into the love and light of God. In heaven we are healthy, happy, and reunited with all that we have loved and with those who have loved us. This gives us hope that when the time comes, we can die in peace and trust that we will always be taken care of.

A Prayer

Lord Jesus, you rose from the dead to show us the power of love and life over death. Be especially close to us when we are sad that someone is sick or that someone has died. Help us to know that those who have died are with you and all the saints, that they are happy, and that we will be with them one day again. In the name of your love, Amen.



Now it's our turn to join Francis,
following Jesus into the world.