ST. FRANCIS OF ASSISI

1. The name of the crucifix that spoke to St. Francis: San Damiano cross

2. Contrary to popular belief, Francis was NOT just a lover of animals and nature. He was a real, tough man (like Jesus!).

3. St. Francis…
   
   a. Was probably cold on a regular basis because all he wore was a simple robe
   b. Climbed up a small, forest-covered mountain to pray on a regular basis
   c. Fasted for 40 straight days on numerous occasions
   d. Was in constant pain from receiving the stigmata
   e. Allowed a “doctor” to try and fix his eyes with a red-hot iron
   f. Jumped and rolled in a big pile of snow in order to clear his mind from impure and tempting thoughts

ST. CLARE OF ASSISI

1. Clare was about 12 years younger than Francis and grew up in a family that had even more money than Francis’ family. She was very beautiful and had all kinds of guys “knocking on her door”. In her late teens her parents wanted her to marry a great and powerful king but she kept saying “No” because she believed her heart belonged solely to Jesus.

2. One day, with nothing to do and looking for a form of entertainment, Clare’s aunt took her to the town square to watch the poor, crazy man Francis, preach. Instead of laughing at Francis, Clare was deeply moved by him. God spoke to her through Francis and from that day forward she snuck out of her house to meet with him and figure out how she should follow Christ in her life.
Eventually, late on Palm Sunday night, Clare snuck out of her house through the little “Door of the Dead” (the side door in many homes which was opened only to carry out the dead) and headed to Francis’ friary wearing a wedding dress. Upon arrival, Francis cut off her long, beautiful hair and dressed Clare in a beggar’s robe just like his. Clare then took her vows of poverty, chastity, and obedience and was declared married to Jesus that night.

Similar to what Francis did with the Franciscans (originally known as the “Little Friars”), Clare started her own order of sisters called “The Poor Ladies”, which would later become known as The Poor Clares.

These sisters wore no shoes on their feet, slept on the floor, abstained from meat, and spoke only when absolutely necessary or to share the love of Christ with someone. They owned no possessions or property and lived entirely on daily contributions. Eventually, both Clare’s sister and mother joined her order.

Clare is typically pictured holding Jesus in a monstrance This is because in 1244, when a Muslim army attacked Assisi, Clare, even though ill, carried the Blessed Sacrament outside to face at the army. When Clare (and Jesus) arrived at the scene of the impending battle, the Muslims immediately fled.

Clare is the patron saint of television. This is because one time, when she was so sick that she couldn’t get out of bed and go to Mass, she received a miraculous vision of Mass taking place on the brick wall of her room.