

Faith in Action #1 All Grades

Due Sunday, October 15th & Wednesday, October 18th

Welcome Back!

For our first Faith in Action of the year we focus on St. Francis of Assisi, lover of nature and all of God's creatures. St. Francis teaches us that we should give thanks for the good things God has given us, using them and enjoying them for what they are, all the while keeping our heart free to love and serve God before anything else.

Your At-Home family assignment is to get a piece of paper and a pencil and take a walk to find a quiet place in nature. Free yourselves of cell phones and any modern distractions and truly be present in all the glory of God's creation. Then read the Canticle of Brother Sun and Sister Moon of St. Francis of Assisi mindfully together (printed on the back). Pause and reflect upon the way St. Francis praises God and all God has made for us to enjoy and recognize it as a way of being close to God. Explain to your children that prayer can happen anywhere and that God is always there, always listening, and always near to us. We need merely to look around for a reminder. Then, as a family, sit quietly and give thanks to God for all of your blessings. Ask everyone to take in their surrounding and notice what they see, hear, smell, and feel. Then compose a prayer in the space below, inspired by St. Francis, giving thanks for the things in nature that help you feel close to God. You should list at least six things, and why you are grateful for each. Enjoy the beautiful fall season.

CANTICLE OF BROTHER SUN AND SISTER MOON OF ST. FRANCIS OF ASSISI

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honor and all blessings.

To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures, especially Sir Brother Sun, Who is the day through whom You give us light. And he is beautiful and radiant with great splendor, 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 Brothers Wind and Air, And fair and stormy, all weather's moods, by which You cherish all that You have made.

Praised be You my Lord through Sister Water, So useful, humble, precious and pure.

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 colored 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.