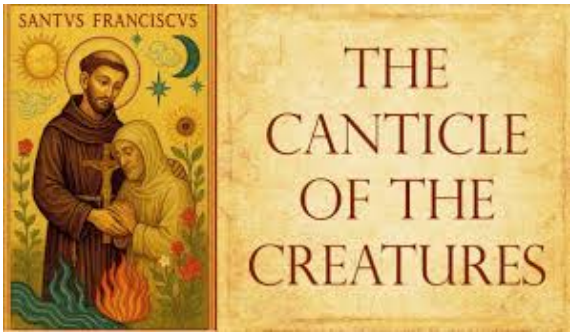
The Canticle of the Creatures



Most High, all powerful, good Lord, to you be praise, glory, honour and all blessing.

Only to you, Most High, do they belong. And no one is worthy to call upon your name.

May you be praised, My Lord, with all your creatures, especially **brother sun**, through whom you lighten the day for us. He is beautiful and radiant with great splendour. He signifies you, O Most High.

Be praised, my Lord, for **sister moon** and the stars, clear and precious and lovely they are formed in heaven.

Be praised, my Lord, for **brother wind** and by air and clouds, clear skies and all weathers, by which you give sustenance to your creatures.

Be praised, my Lord, for **sister water**, who is very useful and humble and precious and pure.

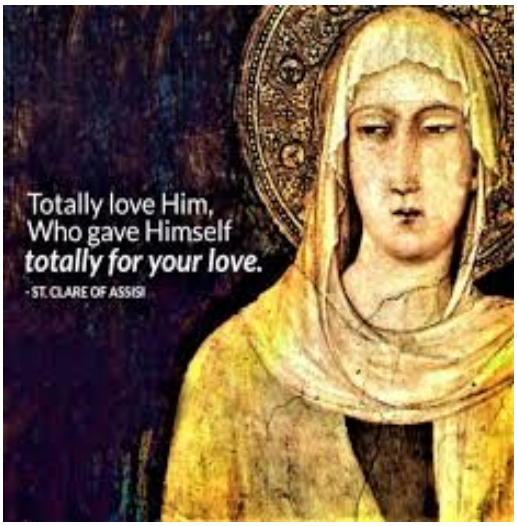
Be praised, my Lord, for **brother fire**, by whom the night is illumined for us, he is beautiful and cheerful, full of power and strength.

Be praised my Lord for **sister, our mother earth**, who sustains and governs us and produces diverse fruits and coloured flowers and grass.

Be praised, my Lord, by **all who forgive for love of you** and who bear weakness and tribulation. Blessed are those who bear them in peace; for by you most high they will be crowned

Be praised, my Lord, for **our sister, the death of the body**, from which 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.



Gaze Consider Contemplate Imitate.

We become what we love and who
we love shapes what we become.

Place your mind before the mirror of eternity!

Place your soul in the brilliance of glory!

Place your heart in the figure of the divine substance!

And transform your entire being into the image of the Godhead Itself through contemplation.

So that you too may feel what His friends feel as they taste the hidden sweetness that God Himself has reserved from the beginning for those who love Him”

From St Clare’s Letter to Agnes of Prague

Eager to Love (2015) by Richard Rohr (and many other great books by him)
A Saint for all Seasons (2026) by John Francis Friendship from SpiritofFrancis.com
Female Franciscan Saints by Nick Hahn https://www.youtube.com/watch?v=Bi3bAb0I3NQ