



A Newsletter from the Missions Office/Pontifical Mission Societies in the United States  
Catholic Diocese of Columbus, Ohio

## St. Clare of Assisi

**To monthly mission donors:  
Thank you for your support!**

On behalf of His Excellency Robert J. Brennan, the Bishop of Columbus, and Very Rev. Father Andrew Small, OMI, the National Director of the Pontifical Mission Societies in the United States, I would like to thank you for your prayers, sacrifices and financial support for the missions.

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August 11<sup>th</sup> is the feast day of St. Clare of Assisi who was the first woman to practice the life of entire poverty as taught by St. Francis. She and her sisters have known as the Order of Poor Clares. Their Rule included austerities life and they lived in barefoot, slept on the ground, kept abstinence and made poverty the basis of their lives.

St. Clare died on August 11, 1253, and was canonized two years after her death. St. Clare and the nuns were veiled from the world in the enclosure of the monastery, where they sustained the work of the Franciscans through their hidden life of poverty and prayer.

In 1224, an army of soldiers on errand from Frederick II arrived to attack Assisi. St. Clare lived in Assisi with the sisters of her newly formed religious order at the time. In response to the coming invasion, St. Clare—while very ill—went out to meet the soldiers with the Blessed Sacrament in her hands.

She placed the Blessed Sacrament on the wall where the invaders



could see it. She then fell to her knees and begged God to save her sisters. The attackers were then filled with fear and fled from the town as fast as they could without hurting anyone in the process.

Jesus said, "I am the living bread that came down from heaven; if anyone eats of this bread, he will live forever; he who eats my flesh and drinks my blood has eternal life and ...abides in me, and I in him" (Jn 6:51, 54, 56). St. Clare of Assisi firmly believed and trusted on this spiritual truth. She is model for all religious who are consecrated their life to God, to follow Christ closely. Let us meditate upon her quotes which will help us to deep into her intimate love for Jesus. It will help us to know how to love Him deeply and intimately.

- "Love Him totally, who gave Himself totally for your love."
- "We become what we love and who we love shapes what we become."
- "Love that cannot suffer is not worthy of that name."

St. Clare shared her insights about the spiritual life with her own sister Agnes, who followed her path as a member of Poor Clares: "When you have loved Him, you shall be chaste; when you have touched Him, you shall become pure; when you have accepted Him, you shall be a virgin. Whose power is stronger, whose generosity is more abundant, Whose appearance more beautiful, Whose love more tender, Whose courtesy more gracious". These interior gems of her very significant in our lives, as we are the followers of Christ whom we are loved and cherished.

## Prayer of St. Clare of Assisi

I come, O Lord, unto Thy sanctuary to see the life and food of my soul. As I hope in Thee, O Lord, inspire me with that confidence which brings me to Thy holy mountain. Permit me, Divine Jesus, to come closer to Thee, that my whole soul may do homage to the greatness of Thy majesty; that my heart, with its tenderest affections, may acknowledge Thine infinite love; that my memory may dwell on the admirable mysteries here renewed every day, and that the sacrifice of my whole being may accompany Thine.

## Christ is in you!

St. Paul, who is the greatest and earliest missionary of Jesus Christ who encountered Christ while persecuting the Church of Christ. According to Vatican Decree on Missionary Activity of the Church: "The whole Church is missionary and each individual; member is missionary with a duty of carrying on the work of evangelization and planting the Church (Ad Gentes, 35).

As we read in the Bible: "Saul who became Paul, went to Jerusalem to consult with Peter (Galatians 1: 18). After his first missionary journeys, Paul was called by Jesus to proclaim the Gospel to the Gentiles. "to whom God chose to make known the riches of the glory of this mystery among the Gentiles; it is Christ in you, the hope for glory" Colossians:1:27).

## Prayer for Missionary Vocations

O God, who would have all His children to be saved and to come to the knowledge of the truth, send

forth, we beseech you, laborers into your harvest and grant them with all confidence to preach the Word; that everywhere your Gospel may be heard and glorified, and that all nations may know you, the one True God, and Him whom you have sent, Jesus Christ, your Son, our Lord. Amen.

Queen of the Apostles, and all you angels and saints of God, pray the Lord of the harvest to send laborers into the harvest and to spare His people, that we may all rejoice with Him and the Father and the Holy Spirit forever and ever. Amen



## Pope Francis' Prayer Intention:

### August:

Let us pray for the Church, that She may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

### September:

We pray that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.



## The advises of St. Mother Teresa

- *Speak as little as possible about oneself*
- *Take care of one's personal matters*
- *Avoid curiosity*
- *Do not interfere in the affairs of others*
- *Do not focus on the faults of others*
- *Be courteous and sensitive*
- *Accept insults and think of Passion of Christ*
- *Do not try to be admired and loved*
- *Always choose what is more difficult*

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*Sr. Zephрина Mary Gracykuty,  
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