

## Reflection Week 18 St Clare 2023

**Saint Clare** was born (1193/4) in Assisi. Under the influence of Francis of Assisi, she left home aged 18 and began a community that grew to become the order of the Poor Clares (she was later joined by her sister and her widowed mother). In its radical attachment to poverty the Rule was much more severe than any other order of nuns. In 1215 Clare obtained from the Pope the privilege of owning nothing, so that the nuns of the order were to be sustained by alms and nothing else. Like the Franciscan rule it was a challenge to established structures and a risk to those who followed it. Successive Popes tried to modify it. In 1247 Pope Innocent IV promulgated a new Rule that allowed the ownership of communal property: Clare rewrote it. A later attempt at mitigation in 1263 partly succeeded because Clare had died. Some communities followed the old, strict rule and some followed the new. Clare was a noted contemplative and a caring mother to her nuns. She died in Assisi in 1253.

### Quotes:

*"We are to become vessels of God's compassionate love for others."*

*"Love that does not know of suffering is not worthy of the name."*

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

*"Do not be disturbed by the clamour of the world, which passes like a shadow."*

*"Love Him totally, who gave Himself totally for your love."*

*"What you hold may you always hold. What you do, may you always do and never abandon."*

*"Let the love you have in your hearts be shown outwardly in your deeds."*

*"Love God, serve God; everything is in that."*

*"Blessed be you, my God, for having created me."*

A pair of cows were talking in the field. One says, *"Have you heard about the mad cow disease that's going around?"* "Yeah," the other cow says. *"Makes me glad I'm a penguin."*

The members of a Sunday-school class were asked to set down their favourite biblical truths. One youngster laboriously printed: *"Do one to others as others do one to you."*