

LITURGY BYTES

August Saint



August 11th is the feast day of St. Clare, one of my personal favorites. She is known for her powerful devotion to the Eucharist. Her name came from something her mother heard before she gave birth — that she would bring forth a light which would illumine the world more clearly. The baby was named Chiara, which in Italian means “brightness” and is translated in English as Clare. Clare was soon to become the holy Clare, born of noble birth, and yet ready to give it all up once she was strongly influenced by the example of St. Francis of Assisi. She refused to marry and then made vows received by St. Francis. Eventually, she became head of the second religious order established by Francis, known today as the Poor Clares. They lived in a convent at San Damiano. Later on, Clare was joined by her own mother and sister.

Here are three famous quotes of Clare’s that are rich in wisdom for each of us to reflect on:

“Love that does not know of suffering is not worthy of the name” – accepting hardship with a good and patient attitude, offering it to God is her suggestion. Daily praying the Morning Offering is something we can all do.

“Do not be disturbed by the clamor of the world, which passes like a shadow” – it is easy for us to be distracted by the burdens of life, the hostilities and unrest in the world today, etc. etc. – just watch the news! Clare reminds us that everything passes except for God. Always try to bring ourselves back to God who is always there for us. We need to trust and realize the protective strength of God.

“Blessed be you, My God, for having created me” – Clare recommends repeating this verse daily to enable us to have a spirit of gratitude. Isn’t it a wonderful thing to remember that God planned each and everyone of us. When some days get us down and life weighs heavily upon us, the one thing that never changes is GOD!! Our God is an awesome God!

Have a joyful, healthy, blessed, and awesome week ahead! ~ *Michele Hall*