

Saint Clare of Assisi Poem

What you hold, may you always hold.
What you do, may you do and never abandon.
But with swift pace, light step,
unswerving feet,
so that even your steps stir no dust,
go forward
securely, joyfully, and swiftly,
on the path of prudent happiness,
believing nothing
agreeing with nothing
which would dissuade you from this resolution
or which would place a stumbling block for you on the way,
so that you may offer your vows to the Most High
in the pursuit of that perfection
to which the Spirit of the Lord has called you.

Companion Prayer to reflection video

*English version by
Regis J. Armstrong, OFM CAP & Ignatius C. Brady, OFM
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