



MOST High, glorious God,
enlighten the darkness of my heart
and give me true faith, certain hope, and
perfect charity,
sense and knowledge, Lord,
that I may carry out Your holy and
true command. Amen.

—St. Francis

FRANCISCAN DAILY COMPANION

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING AN INSPIRATIONAL QUOTE
FROM A FRANCISCAN SAINT OR BLESSED,
A REFLECTION, AND A PRAYER

By
Rev. Jude Winkler, OFM Conv.



CATHOLIC BOOK PUBLISHING CORP.
New Jersey

INTRODUCTION

THE origin of Franciscan Spirituality can be traced back to the founders of the Franciscan Movement: St. Francis and St. Clare. A number of the values that one can see in their lives are those that we identify as Franciscan: poverty, simplicity, obedience to the Will of God, chastity, love of the Eucharistic Lord, compassion, and many more.

But the Movement was not so fixed by its founders that it became unchangeable. Rather, toward the end of his life, St. Francis said to his followers, “I have done my part, now it is time for you to do yours.”

Thus, in this meditation book on Franciscan Spirituality, we see the contributions of Franciscans of all Three Orders—from the foundation of the Movement to the present day.

Certain choices have been made in the organization of the material. Sayings have been taken from the writings and teachings of only Saints and Blessed.

Occasionally, some of the Saints and Blessed might not be readily recognized as Franciscan. This is true because they belonged to the Order of Secular Franciscans (e.g., Pope St. John XXIII, Bl. Veronica Antal, St. Francis de Sales, and St. John Vianney, among others).

Sayings have at times been slightly abridged in order that they might fit the space allotted. Care has been taken so that these adjustments do not change the sense of what the author intended.

The sayings have been arranged in such a way that they might reflect the tenor of the various liturgical feasts celebrated throughout the year.

May this short meditation book assist those using it to embrace the rich and profound spirituality of the Franciscan Movement.

Fr. Jude Winkler, OFM Conv.





ESUS Christ feeds us thus every day with Gospel teachings and the Sacraments of the Church.

—St. Anthony of Padua

JUNE
13

Word and Sacrament

REFLECTION. When we attend Mass, we encounter Jesus in both Word and Sacrament. The readings proclaimed are truly the Word of God. The Eucharist that we receive is truly the Body of Christ.

It is not that one is holier than the other. They both make Christ present to us as they raise us up to the Lord.

PRAYER. *St. Anthony of Padua, pray for us.*



HERE is never a pilgrim who returns home without one less prejudice and one new idea.

—St. Thomas More

JUNE
14

On Pilgrimage

REFLECTION. When we travel to lands that have a different culture, we are challenged to see that the way we do things at home is not the only way to do them.

We see how the Holy Spirit blows where It wills, expressing the grace of God in so many varied ways. We are given an opportunity to celebrate the goodness of God's image seen in people who seem very different from us.

PRAYER. *May my every journey fill me with wonder, O Lord.*



HAVE nothing to hide; if they come, we are going to give witness to the truth. **AUG.**

—Bl. Zbigniew Strzałkowski **10**

St. Lawrence, the Martyr

REFLECTION. When St. Lawrence was called before a Roman official and ordered to deny his faith, he refused. He had to be a faithful witness to who he was and what he believed—no matter what it cost him.

We, each day, are asked to give witness to who we are and what we believe. We have to be willing to pay the price.

PRAYER. *Give me the courage, O Lord, to give faithful witness to You.*



AZE upon the Lord; Gaze upon His face; Gaze upon the One Who holds you in His embrace. Gaze upon His life. Gaze upon His love.

AUG.
11

—St. Clare of Assisi

Keeping Christ before Our Eyes

REFLECTION. St. Clare recognized that the eyes are the doors to our souls. If we gaze upon the one whom we love, our love for that person will grow.

One need only think of two young lovers on a park bench, unable to take their eyes off of each other. Would that this would be true of us and Christ!

PRAYER. *Lord, may I see Your face today, and every day of my life.*



BE AS blind to the faults of your neighbor as possible, trying at least to attribute a good intention to their actions.

—Bl. Solanus Casey

OCT.
3

Not Judging Others' Actions

REFLECTION. While it is perfectly acceptable to judge the conduct of others, it is not a good thing to judge their motivations. We often do not know what has prompted their actions. We also may be unaware of their strengths and weaknesses.

Rather than being a harsh judge of their actions, we should try to offer the most positive explanation possible for their behavior.

PRAYER. *May I be as compassionate a judge of others' actions as I pray that You will be of mine.*



LET us begin, brothers, to serve the Lord God, for up to now we have made little or no progress.

—St. Francis of Assisi

OCT.
4

A Constant Conversion

REFLECTION. For as much as St. Francis gave an incredible example of love and devotion, he always felt that he and his brothers were called to give more and more.

Each day is a day for a deeper conversion of our hearts. We do the best we can today, and tomorrow we try to do just a bit more.

PRAYER. *My Lord and my God, my God and my All.*