

Companions IN PRAYER



Sisters of St. Clare
Saginaw, MI

Facing Changes in our lives

There is one constant in all our lives: change.

Often the changes in our lives can bring us joy. We complete a project, or read a good book. We celebrate the joys of family or friends. We have surprising and unexpected delightful experiences.

However, we also find that change can be very upsetting. We grow anxious and feel helpless. We must face not only personal changes and tragedies, but we must share the world's tragedies as we are bombarded by the constant news on TV and radio talk shows. Those of us who use computers and iPhones find that we are faced with non-stop twittering and texting.

Our patron, St. Clare, offers us advice on how we might cope with change. Her life in the 12th century was shaped by both sad changes and joyful ones. She lost loved ones and battled illness and disappointment. On the other hand, she had the joy of sister companions in community who prayed and supported her and each other. She is quoted as saying before her death, "Go without anxiety my soul for you have a good guide for your journey." This elegant prayer tells us that she knew a "good guide" to calm her anxiety and must have used this guide often.

*Go without
anxiety,
my soul,
for you
have a good
guide
for your
journey.*

† ST. CLARE of ASSISI

We, her sisters in Saginaw, believe that St. Clare's "good guide" was her faith in God and God's word through scripture. We long for that same "good guide" in our daily joys in community as well as our daily troubles.

Scripture gives us words and ideas that people have found helpful both in times of need and times of joy. The prophet Isaiah in chapter 43 reminds us:

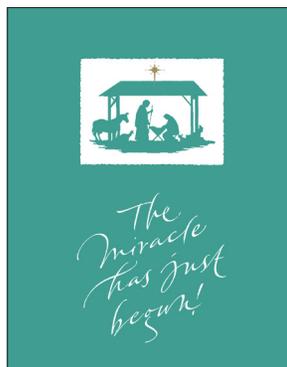
"Thus says the Lord... Do not remember the former things nor consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it?"

Isaiah tells us that God is doing new things in our lives, and those new things will move us in new and positive directions.

When we pray, we may begin to recognize the changes in our lives as signs that God is creating something new for us. When that happens, we become less anxious and more open to our unknown future.

Anyone can follow the prayer practice of St. Clare. Find your favorite scripture and trust it to be your "good guide." Remember that scripture is the word of God, and the "good guide" is the spirit of God with you.

Coming Soon!



Soon you will receive our fall brochure that highlights our **Christmas cards**. Please keep our cards in mind when you are ordering your greeting cards this season. In addition to our popular cards from previous years, we have designed four new cards for the holiday season: *Madonna and Child*, *The Miracle has just begun!*, *Word Made Flesh*, and *It's the most wonderful time of the year*. (To see the cards visit our website listed below). As with all

our cards, we seek to express the wonder and awe of the season with original designs, elegant calligraphy, and deeply spiritual messages.

Our fall brochure also features our popular **Fragrant Blessing Oil**, as well as our **Sympathy**, **Thank you**, new **Pet Sympathy**, and **Special Occasion** cards that offer support and prayers for those you care about.

We appreciate your donations and your orders for our cards and gifts. They help support our mission as *Companions in Prayer*.

To order our cards see:

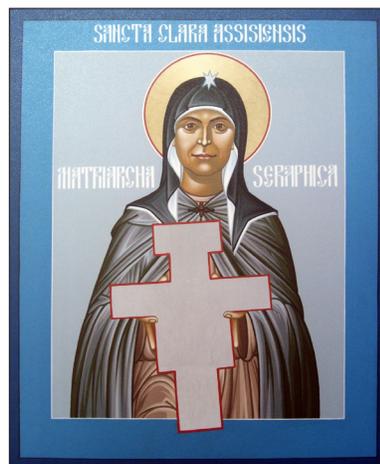
<http://srsclare.com/order-form>

You may also pay by credit card through Pay Pal.

The Poor Clares celebrate their 800th anniversary

This past June, 90 Poor Clare sisters and Franciscan brother friars met at St. Bonaventure University in New York to close our celebration of 800 years since the founding of the Poor Clares. We retold the history of our order and then looked to the present as we shared how St. Clare's spirit is creative and alive. Our speakers encouraged us to catch the light of St. Clare's legacy and let this light be our "good guide" in helping us see where God is working in our midst today. We were especially attentive to ways that St. Clare holds a light for us in our prayer, community, and simple living.

As a keepsake of this anniversary, the Franciscan friars at St. Bonaventure's had an original painted icon of St. Clare commissioned and gave a copy of the icon to each Poor Clare community. In the icon St. Clare is wearing a penitent garb and she holds out to us a mirror of the cross, encouraging us to judge how well our lives conform to the life of Christ. This icon will remind us to watch for the light from our "good guide".



Sisters of St. Clare

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Please remember us in your charitable giving.

You are not alone
WE ARE PRAYING WITH AND FOR YOU.