

Year of St Francis mini-pilgrimage guide

St Francis was "a pilgrim who lived in simplicity and in wonderful harmony with God, with others, with nature and with himself." (Laudato Si #10)

1. Planning

Choose a destination and decide how you will be travelling.

Check the site will be open on the day you intend to travel.

Make sure you have essentials such as suitable footwear/ clothing and water/snacks

2. Setting off

Spend some time reflecting together on the life of St Francis - his simple life and love for those in need, his care for creation and his work for peace.

Discuss if there is a particular person, situation or other intention you want to pray for on the way?

You may like to pray together one of the prayers by or inspired by St Francis:

<https://cafod.org.uk/pray/year-of-st-francis>

3. On the journey

As you travel you may like to discuss some of the following questions:

What is your favourite thing about being out in nature? Perhaps take a moment to praise God for it like St Francis. How can we care for the earth?

St Francis lived a simple and generous life. How can we share our gifts with others?

Like Jesus, St Francis was a person of peace. How can we be peacemakers?



5. Post pilgrimage

Thank God for all the blessings of the pilgrimage.

Invite each person to share something they are grateful for.

Pray together:
*Loving God,
we thank you for St Francis.
May we follow his example
by loving our world,
helping others,
making peace
and always putting you
first.
Amen.*

St Francis, pray for us.



4. When you arrive

Take some time to explore and pray in the special place you have travelled to.

Ask St Francis to pray for your family and your intentions.