

St Clare

St. Clare was born in a little town called Assisi, in Italy. She was a beautiful girl who lived at the time of St. Francis of Assisi. Before she was born, when her mother was praying one day for the baby that was soon to be born, she heard a voice saying "Woman, do not worry, you shall have a daughter and by her life, she will bring God's light to the world."

Clare had so much pity for the poor, that quite often she would secretly give her food to them and go hungry herself.

She spent time praying faithfully to Jesus everyday. If she did anything wrong when she was with her friends she would immediately do penance so that Jesus would be happy with her again.

Under the guidance of St. Francis, Clare started an order of nuns called the "Poor Clares." St. Clare and her nuns wore no shoes. They never ate meat. They lived in a poor house and kept silent most of the time. Yet they were very happy because they felt that Jesus was close to them.



Feast Day – August 11th