



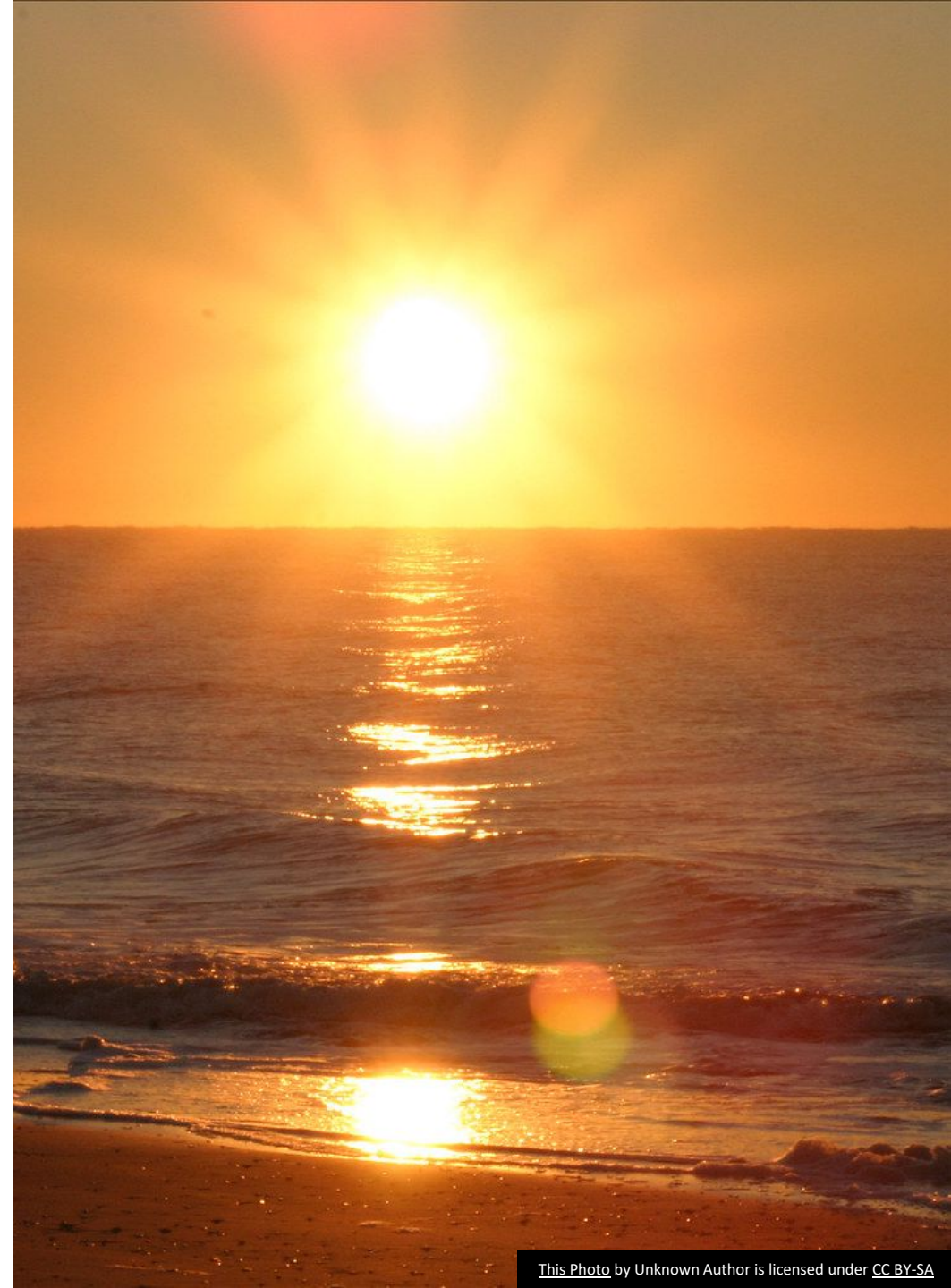
Canticle of Creation

St. Francis of Assisi

A close-up photograph of a hand reaching upwards, palm facing up, towards a bright, hazy sun. A faint rainbow is visible in the background, arching over the hand. The lighting is warm and golden, creating a sense of hope and aspiration.

Most High, all powerful,
good, Lord,
All praise is yours, the
glory, and the honor and
all blessing.
To you alone, Most High,
do they belong, and no
human is worthy to
pronounce Your name.

All praise be yours, my Lord, with
all your creatures,
especially Brother Sun,
who brings the day; and through
whom You give us light.
How beautiful and radiant
with great splendor; and bears
a likeness of You, Most High
One.

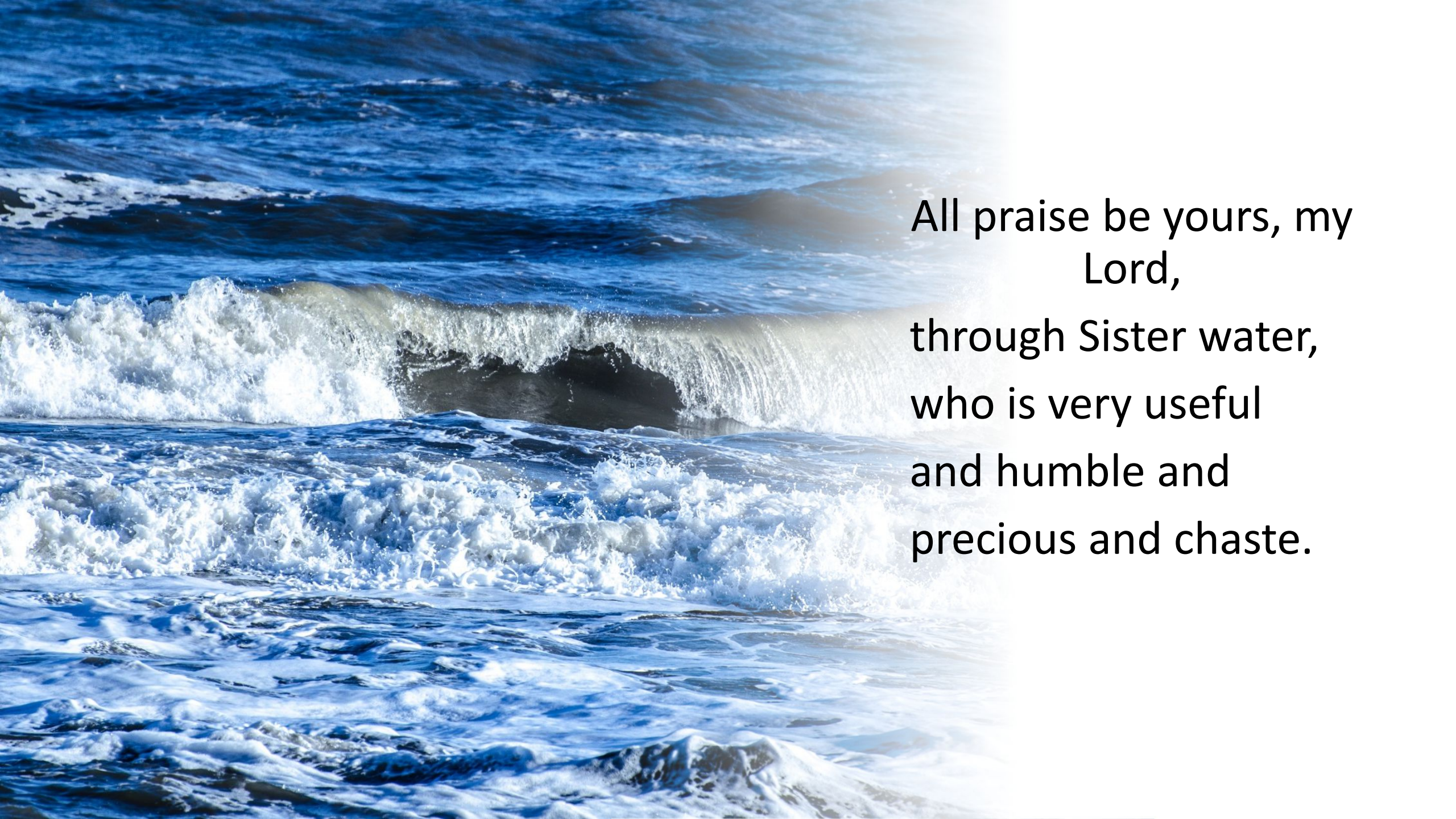




All praise be yours,
my Lord,
through Sister moon
and the stars; in the
heavens You formed
them bright and precious
and beautiful.

All praise be yours,
my Lord,
through Brother wind
and through the air,
cloudy and serene, and
every kind of weather,
through whom You give
sustenance to Your
creatures.



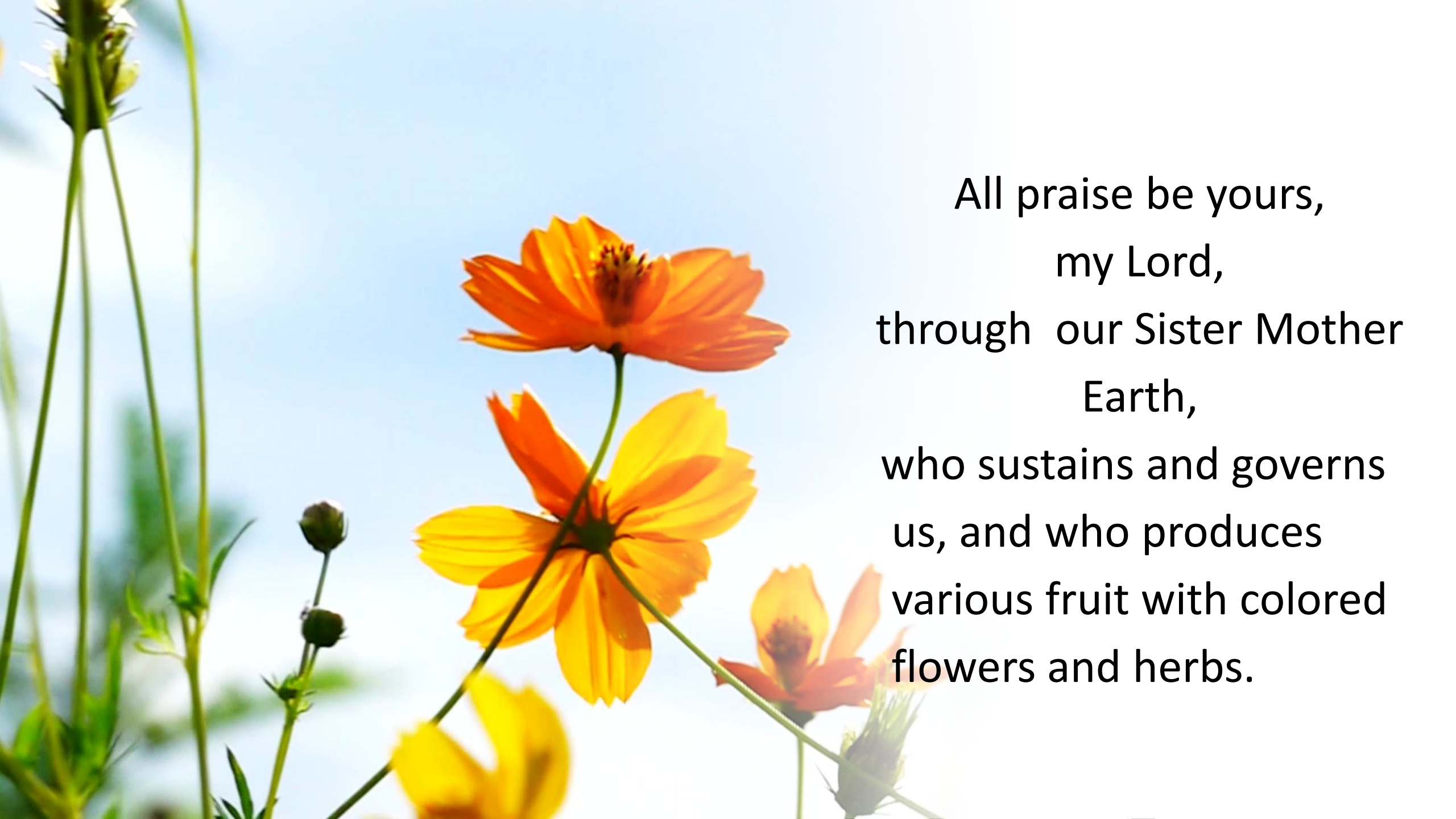


All praise be yours, my
Lord,
through Sister water,
who is very useful
and humble and
precious and chaste.

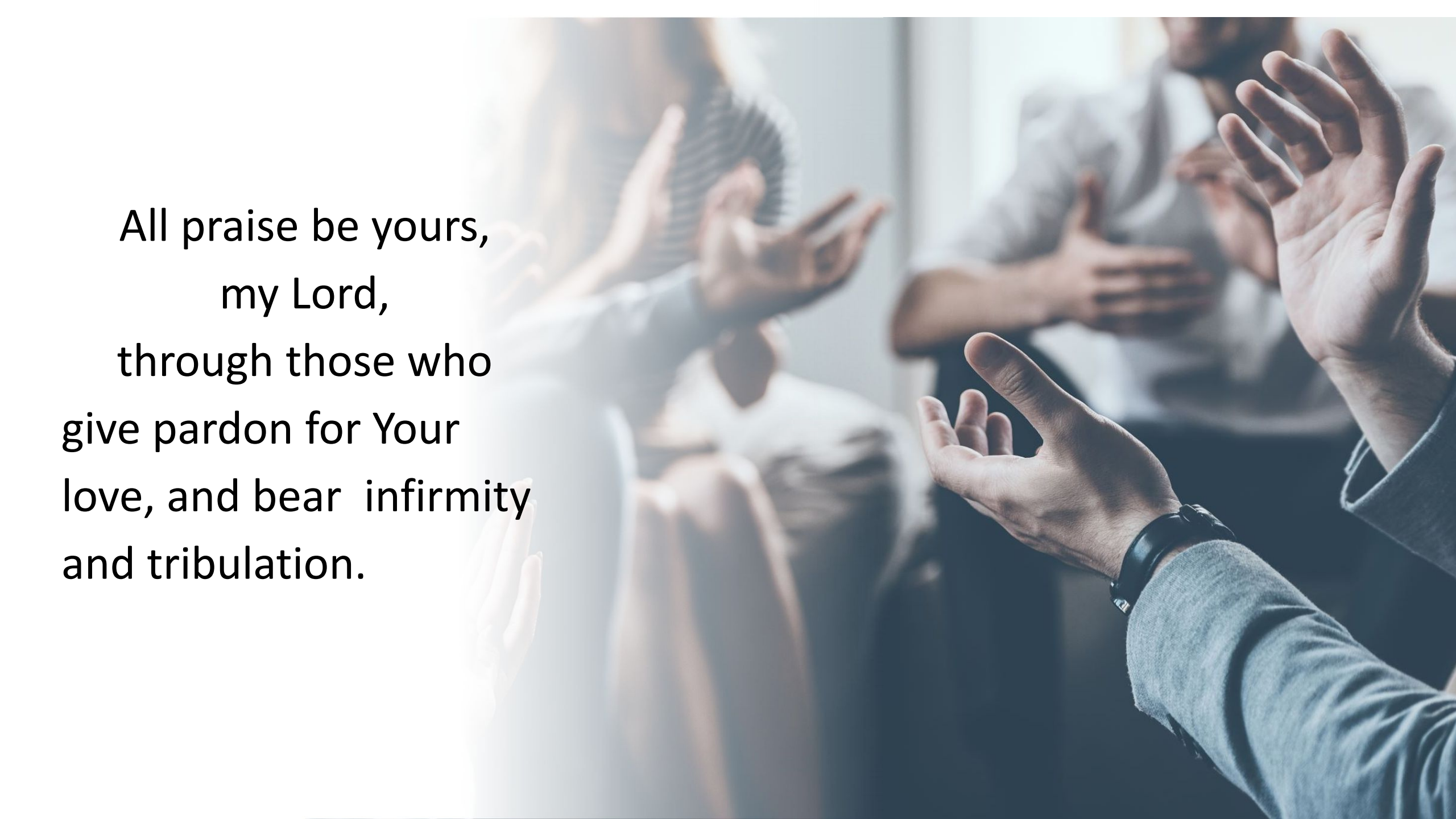
All praise be yours
my Lord,
through Brother fire,
through whom you
light the night, and he
is beautiful and
playful and robust and
strong.



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All praise be yours,
my Lord,
through our Sister Mother
Earth,
who sustains and governs
us, and who produces
various fruit with colored
flowers and herbs.



All praise be yours,
my Lord,
through those who
give pardon for Your
love, and bear infirmity
and tribulation.



Blessed are those who endure
in peace
for by You, Most High,
shall they be crowned.



All praise be yours,
my Lord,
through our Sister bodily
death, from whom no one
living can escape, for the
second death can do them
no harm.

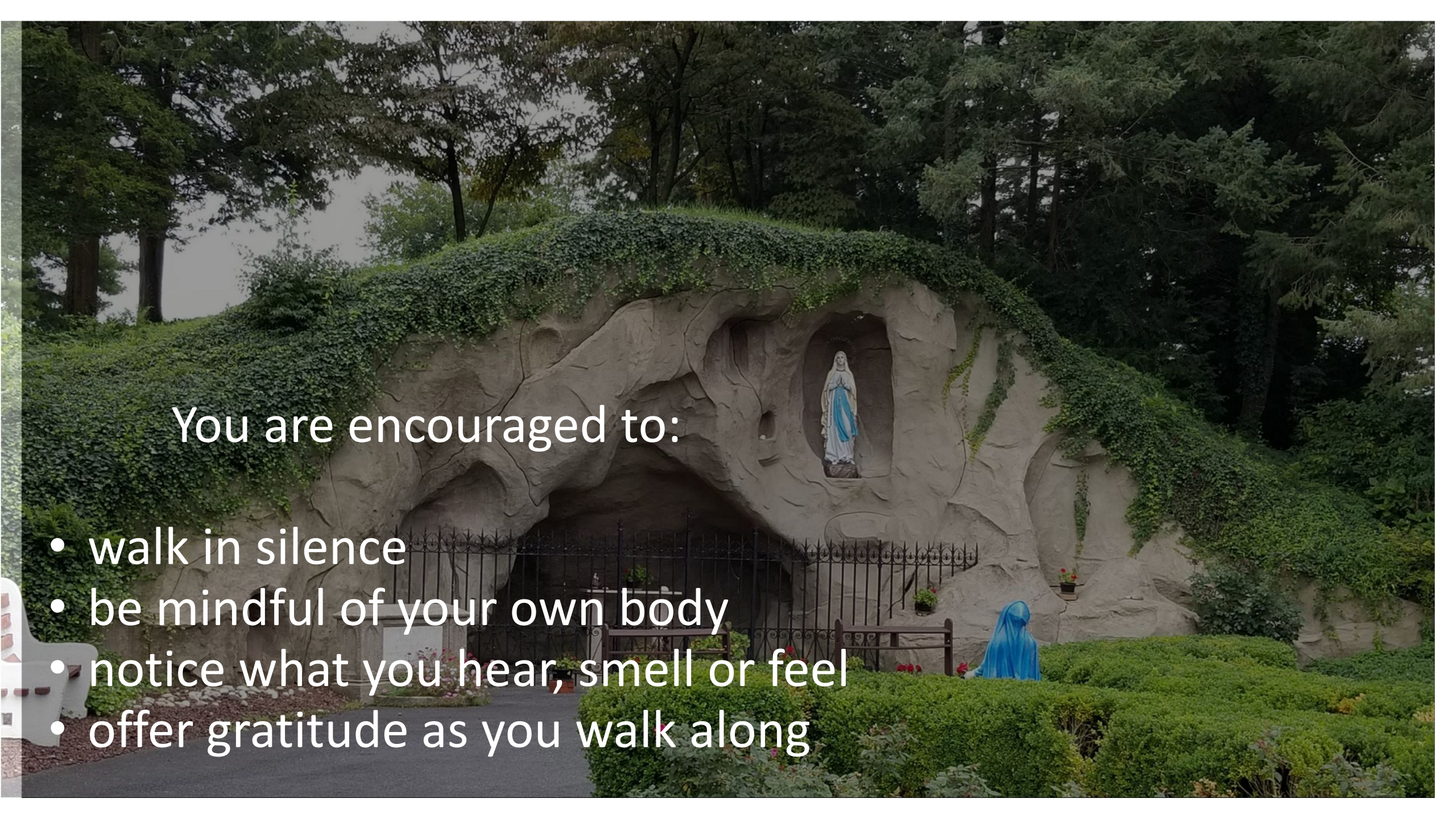
Praise and bless my Lord,
and give Him thanks,
and serve him with great
humility.



A Nature Walk With St. Francis

Be mindful of the
sounds
sights
smells

Whatever you encounter,
praise God for his creation and
for this moment with him.



You are encouraged to:

- walk in silence
- be mindful of your own body
- notice what you hear, smell or feel
- offer gratitude as you walk along

Ways to Walk

- engage the walk continually and pray your words of gratitude into your steps
- walk at a slower pace, a stop and go, a more contemplative practice



Set an intention for your walk

I am thankful for ...
I have gratitude for ...
I am grateful for ...

