



How can we adopt some of St Francis attitudes?

It's very easy in our busy lives to be drawn into the hustle and bustle and become distracted from God's presence. Perhaps we might benefit from trying to inject some simplicity back into our lives?

We and our families could commemorate Francis by trying some of the things he would appreciate:

Create a wildlife area in your garden.

Plant a tree or make a bug hotel with your children or grandchildren

Get 'greener' in our daily lives, use less, recycle repair and repurpose more.

Take a prayer walk in nature to celebrate all of creation

Be Joyful!

Read the gospel daily and consider how to put what the Gospel says to you into practice

Carry out a small act of kindness every day

Reflect on the St Francis prayer and try to follow it in our lives.