



FAMILY GUIDE

For the Jubilee Year
of St. Francis



SAINT HENRY
Parish

I have vivid memories of learning about St. Francis from my early elementary years. He was always shown with birds flying around his shoulders and various other animals clamoring about his feet. He quite often is seen in statues as a bird bath. He is a favorite among students and frequently the first one they mention.

In the midst of this sentiment toward the saint, it can be easy to overlook the fervent, radical, and even rebellious love St. Francis had for Christ and His Church. During this Jubilee Year of St. Francis, we seek to imitate the authentic example St. Francis demonstrated of how to follow Christ. The Church even offers us special graces as we mark 800 years since his passing.

This guide provides suggestions of how to love Jesus as St. Francis did. Additionally, there is a Passport Journey with St. Francis included as a special challenge for our families to complete an activity from eight different characteristics of St. Francis' life. If they so desire, students can come to the CCD Center throughout the summer to get their passport stamped upon completing each section. Students who complete the passport will be entered in a drawing for a prize on the Feast Day Celebration for St. Francis.

May we follow St. Francis' example in radically turning from the things of this world to follow Christ who will give us eternal joy and peace. St. Francis of Assisi, pray for us!

Sincerely,
Rachel Hess

Students can learn to follow Jesus through a journey with St. Francis.

Instructions: Print the following Passport pages. (Print two-sided, flipping on the long edge.) Cut out the pages along the black dotted line and staple them in the center on the gray dotted line. When each section is completed, students can stop by the CCD Center to get their Passport stamped. Students who complete the entire journey will be entered for a prize.



The image shows a two-page passport cover. The left page is dark blue and features a circular stamp that says "TIME TO TRAVEL" with an airplane icon in the center. At the bottom left of the left page is the logo for "SAINT HENRY Parish", which includes a shield with a crown on top and various symbols. The right page is also dark blue and features the word "PASSPORT" in large, white, serif capital letters at the top. Below the title is a central illustration of St. Francis, a man with a beard and brown habit, holding a staff and having two birds perched on his hands. Behind him is a faint, light-colored world map. At the bottom of the right page, the text "JOURNEY WITH ST. FRANCIS" is written in white, serif capital letters. A vertical gray dotted line runs down the center, and a black dotted line forms the outer border of the passport pages.

Find where St. Francis lived and draw a sun.



Find where you live and draw a star.



Journey to... **JESUS**

- Join the Corpus Christi procession
- Go to Adoration to pray with Jesus
- Pray in front of the tabernacle
- Go to Reconciliation before Mass
- Display an image of the Sacred Heart in your home
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:



Travel with... ST. FRANCIS

- Color a picture of St. Francis
- Visit St. Francis Church
- Venerate a relic of St. Francis
- Watch a biography of St. Francis
- Read a book about St. Francis
- Pray Visio Divina with a painting of St. Francis
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:



Learn the language of... PRAYER

- Pray St. Francis' Peace Prayer
- Pray the Morning Offering every morning for a week
- Learn a new prayer
- Pray with St. Francis' Canticle of the Sun
- Pray the Pope's Prayer for the Jubilee Year of St. Francis
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:





St. Henry Parish

Appreciate... **CREATION**

- Plant a tree
- Plant a prayer garden
- Give your pet or animals some extra attention with a bath or play time
- Make a bird feeder
- Watch a sunrise or sunset
- Thank God for the animals for nourishment and make a meal for your family
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:



Remember other... **TRAVELERS**

- Make a meal for someone in need
- Visit a cemetery and pray for the deceased
- Work in a soup kitchen
- Bring a bouquet of flowers to someone
- Write a note to someone to let them know you are praying for them
- Color a picture of St. Clare of Assisi
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:





Invite...
MARY

St. Henry Parish

- Make a flower crown for your Mary Statue
- Pray the Rosary with your family
- Pray the Angelus at noon
- Read the Nativity story in the Bible
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:



Explore...
OUTSIDE

- Pray the Stations of the Cross outside
- Take a pilgrimage to the Maria Stein Shrine and pray in the outdoor spaces
- Pray in a grotto
- Your own idea: _____

Activity:

Date Completed:

Parent Verification:

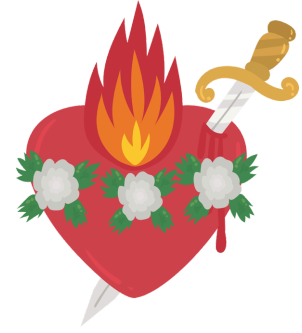




June 7
Corpus Christi



June 12
Sacred Heart of Jesus



June 13
Immaculate Heart of Mary



August 11
Feast of St. Clare



August 15
Assumption of Mary



October 4
Feast of St. Francis



Travel with...

ST. FRANCIS

This year marks 800 years since the death of St. Francis of Assisi. He was not a king, or a general; he didn't make millions of dollars or win the championship. He was poor friar who gave everything he had to follow Jesus and serve those around him. Men and women, called Franciscans, still follow his example of simple living united with God today. In this Jubilee year how might we become "Franciscans" in deepening our friendship with the Lord?

HOW TO CELEBRATE:

1. **COLOR A PICTURE** of St. Francis.
2. **VISIT** [St. Francis Church](#). You can obtain a plenary Indulgence during your visit through these steps: 1. Confession within 8 days 2. Receive Holy Communion 3. Pray for Intentions of the Pope 4. Interior detachment from sin 5. Offer a prayer to St. Francis
3. **VENERATE A RELIC** of St. Francis. We honor the saints' love for Jesus through this practice. Learn more on the veneration of a relic [here](#).
4. **WATCH A BIOGRAPHY** of St. Francis. Learn more about St. Francis in this [video](#).
5. **READ A BOOK** about St. Francis.
6. **PRAY VISIO DIVINA** with a painting of St. Francis. This is a form of prayer where our imagination can aid us in reflecting upon God. Find more on how to pray Visio Divina [here](#).





Explore... **OUTSIDE**

St. Francis is remembered for a life in harmony with nature and the outdoors. He loved creation so much so that he called the sun “brother sun” and the moon “sister moon.” St. Francis knew that we encounter God through experiencing the gift of nature. By exploring outside, we can also contemplate God’s order, goodness, and love.

HOW TO CELEBRATE:

1. **PRAY THE STATIONS OF THE CROSS** outside. Pray with the stations outside Mary Help of Christians in Ft. Recovery.
2. **TAKE A PILGRIMAGE** to the [Maria Stein Shrine](#) and pray in the outdoor spaces. Find the St. Francis statue and ask for his prayers and intercession.
3. **PRAY IN A GROTTA**. The grotto at St. Wendelin is a great place to go for a quiet moment of prayer.



Activity...

PRAYER SCAVENGER HUNT

Turn an outside stroll into a scavenger hunt and prayer journey. Spot each item and say the prayer of thanksgiving.

Something Blue



Thank you,
Mary, for your
"Yes" to God!

A Red Flower



Thank you,
Jesus, for the
blood you shed!



A Bee
Thank you,
God, for all the
sweet things in my life!

Four
Kinds of Birds



Holy Spirit, Thank
you for always
teaching me!

Two Kinds of Animals



St. Francis,
thank you for
teaching us to love
all of God's creation!

A Leaf



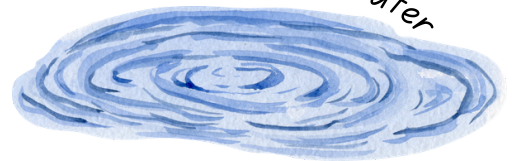
Thank you, Jesus, for
new life in Heaven!

Something Yellow



Jesus, thank
you for always
being the light in my life!

Water



Jesus, Thank you for washing
away my sins in Baptism!

A Cloud



Thank you, God the Father, for
always being present in my life!

St. Joseph, thank you for helping
me build a home for Jesus
in my heart!



A Stick



Appreciate...

CREATION

When no wanted to hear St. Francis preach the Good News, Francis would preach to birds who would gather around and listen to him. In these little birds who St Francis loved, we are reminded, "Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father. But the very hairs of your head are all numbered. So do not fear; you are more valuable than many sparrows. (NASRE Mt.10:29-31). All of creation should matter to us, birds, fish, tress, flowers, unborn, and elderly. God loves all that He creates and when we care for creatures, we honor God in His works.

HOW TO CELEBRATE:

1. **PLANT A TREE.**
2. **PLANT A PRAYER GARDEN.**
3. **GIVE YOUR PET OR ANIMAL EXTRA ATTENTION** with a bath or play time.
4. **MAKE A BIRD FEEDER.** Check out the fun activity on the next page.
5. **WATCH A SUNRISE OR SUNSET.**
6. **THANK GOD FOR THE ANIMALS** for nourishment and make a meal for your family. Here are a few suggestions for [meals to honor this saint.](#)

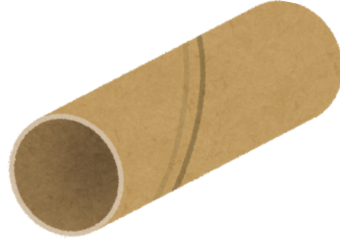


Activity...

ST. FRANCIS BIRD FEEDER CRAFT

Supplies Needed:

- Empty toilet paper tube
- Black marker
- Sharp knife
- Wide popsicle stick
- Peanut butter
- Butter knife
- Bird seed

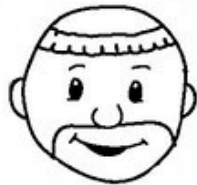


OPTIONAL: Hole punch and string

STEPS:

1. Using the knife, carefully cut two slits in the toilet paper tube for the arms. These slits should be a little less than halfway down the tube. For safety purposes, have an adult do this or prepare this step ahead of time.

2. Slide the popsicle stick through both slits to look like outstretched arms.



3. Use the marker to draw a face for St. Francis.

4. Take a butter knife and spread the peanut butter all over St. Francis' body and arms. Sprinkle bird seed all over the peanut butter.



5. Set the feeder over a branch for birds to enjoy. If you want the feeder to hang, punch two holes in the top and tie a string through them. Now, St. Francis' outstretched arms are waiting for his friends, the birds, to come visit.



Remember other...

TRAVELERS

St. Francis encountered many people and saw Christ in each of them, especially those poor in money and in spiritual gifts. He too was a traveler and went to the Holy Land during one of the Crusades. While there, he met the Sultan, who St. Francis treated with love and respect. Because of that, Francis and his followers were able to preach to the people and visit the holy sites. His kindness and generosity have allowed Franciscans to have a presence in that area since the very beginning of the Franciscan Order. How might we adopt St. Francis's model in our interactions with those around us?

HOW TO CELEBRATE:

1. **MAKE A MEAL** for someone in need. Would you like more of an Italian flare? [Check these recipes out!](#)
2. **VISIT A CEMETERY AND PRAY** for the deceased.
Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.
Amen.
3. **WORK IN A SOUP KITCHEN.**
4. **BRING A BOUQUET** of flowers to someone
5. **WRITE A NOTE** to someone to let them know you are praying for them.
6. **COLOR A PICTURE OF ST. CLARE OF ASSISI.** [Learn more about her and other Franciscan saints here.](#)



I'm
praying
for you!



Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Philippians 4:6



ST. CLARE OF ASSISI



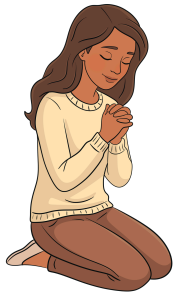


Invite... **MARY**

St. Francis had a deep love for the Mother of God. One way he tried to teach people her role in our salvation was through the nativity. In 1220 he gathered real people and animals together to create the scene as it was that night in Bethlehem. Observers saw the simplicity and tenderness with which Mary welcomed her Son. It is that same tenderness that she shows all the children of God, and Francis encouraged his followers and us to respond with love to the gracious affection of Mary towards us.

HOW TO CELEBRATE:

1. **MAKE A FLOWER CROWN FOR YOUR MARY STATUE.** [Here is a guide to May Crowning for your family.](#)
2. **PRAY THE ROSARY WITH YOUR FAMILY.** Invite others to join you in the Rosary. [Here is an idea for a Tea Party with your Rosary.](#)
3. **PRAY THE ANGELUS** at noon.
4. **READ THE NATIVITY STORY** in [the Bible](#).



Learn the language of...

PRAYER

In order to ground his deep relationship with God, St Francis was a master in prayer. Prayer is the way we communicate with God and then He responds to us. One of the prayers that survived from his time is the "Canticle of the Sun." In it we see Francis lifting up creation in praise and thanksgiving for all that God has given him. St. Francis knew that God was to be loved and adored before all and sought to connect with Him to fulfill his deepest desires in life.

HOW TO CELEBRATE:

1. **PRAY ST. FRANCIS' PEACE PRAYER**
2. **PRAY THE MORNING OFFERING** every morning for a week. [Here is a link to it.](#)
3. **LEARN A NEW PRAYER**
4. **PRAY WITH ST. FRANCIS' CANTICLE OF THE SUN**
5. **PRAY THE POPE'S PRAYER** for the Jubilee Year of St. Francis



PRAYER OF ST. FRANCIS

Lord, make me a channel of thy peace,
that where there is hatred, I may bring love;
that where there is wrong,
I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to
comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.

Amen.

Canticle
of the
SUN
by St. Francis

Be praised
my Lord,
through
all your
creatures

Brother
SUN



Sister
MOON
and stars



Brother
Wind



Sister
Water



Brother
Fire



Sister
Mother
EARTH



People
who
forgive



People
who
endure
in peace



Sister
Death



People
who
seek
your
will



A Prayer for the Jubilee Year of St. Francis



Saint Francis, our brother, you who eight hundred years ago went to meet Sister Death as a man at peace, intercede for us with the Lord.

In the Crucifix of San Damiano you recognized true peace, teach us to seek in Him the source of all reconciliation that breaks down every wall.

You who, unarmed, crossed the lines of war and misunderstanding, give us the courage to build bridges where the world erects borders.

In this time plagued by conflict and division, intercede so that we may become peacemakers: unarmed and disarming witnesses of the peace that comes from Christ.

Amen.



Pack...
LIGHTLY

St. Francis didn't just want to help those who were poor, we wanted himself and his followers to become poor. By emptying themselves of worldly cares they could focus on God and the needs around them. They had to trust in God in a big way, and they saw that God's generosity not only provided for them, but for those St Francis and his followers served. How can we empty ourselves and better serve others through the gifts God gives us?

HOW TO CELEBRATE:

1. **GIVE UP TECHNOLOGY** for the week. Take the extra time to spend in prayer.
2. **DONATE** to a pregnancy center.
3. **DE-CLUTTER YOUR CLOSET.**
4. **GO WITHOUT DESSERT.**
5. **DONATE EXTRA TO REBUILD THE CHURCH.**



Journey to... **JESUS**

Not long after St. Francis heard the call in his heart to give up his comfortable lifestyle and live as beggar, he encountered Christ from the cross. This cross was in a ruined church and spoke to St. Francis. "Francis, rebuild my Church!" At first, he started small, with just the ruined church, but this call led him to many places and all the way to the halls of the Vatican. We too are called to listen to where Jesus is calling us, learning from, and building up the Church as we journey to Him.

HOW TO CELEBRATE:

1. **JOIN THE CORPUS CHRISTI PROCESSION.**
2. **GO TO ADORATION** at St. Wendelin to a pray with Jesus. Here are some tips to help you get started.
3. **PRAY IN FROM OF THE TABERNACLE.** Jesus is fully present in every Catholic Church. Spend time with Him.
4. **GO TO RECONCILIATION** before Sunday Mass to prepare your heart to receive Christ in the Eucharist. St. Francis is known for peace and reconciliation. Here are the [Steps to the Sacrament of Reconciliation](#) and an [Examination of Conscience](#).
5. **DISPLAY AN IMAGE OF THE SACRED HEART** in your home. Here are some [great ideas](#) for your home.

The Steps of Reconciliation

1. Say hello to Father.
2. Make the Sign of the Cross with Father.
3. Say to Father: "Forgive me, Father,
for I have sinned. It has been (say how long)
since my last confession".
4. Tell your sins to Father, ending with "For these,
and all my sins, I am truly sorry."
5. Listen to the priest carefully and listen for your
penance.
6. The priest will ask you to say the Act of Contrition:



O my God, I am heartily sorry for having offended Thee,
and I detest all my sins because of thy just punishments,
but most of all, because they offend, Thee, my God,
Who art all good and deserving of all my love.
I firmly resolve, with the help of Thy grace, to sin no more
and to avoid the near occasions of sin. Amen.

7. Listen to the words of forgiveness and receive absolution.
8. Thank Father and leave the confessional.
9. Go back to your seat in the pew and say your penance.

EXAMINATION OF CONSCIENCE

(Based on the Ten Commandments)

1. I am the Lord your God. You shall not have strange gods before me.
 - a. Have I wanted more, making things or money more important than God?
 - b. Do I like sports or entertainment figures better than God?
 - c. Do I ask God for help and rely on His help in all that I do?
 - d. Do I want to please God in everything I do?
2. You shall not take the name of the Lord your God in vain.
 1. Do I use God's name carelessly or when I am angry?
3. Remember to keep holy the Lord's Day.
 1. Did I attend Mass on Sunday and Holy Days?
 2. Have I remembered to pray daily?
 3. Have I worked on homework on Sunday when I could have done it Friday or Saturday?
4. Honor your father and your mother.
 1. Do I obey my parents and do my chores without complaining?
 2. Was I disrespectful to teachers, coaches, bus drivers, the Church or others in authority?
5. You shall not kill.
 1. Do I keep my patience, or do I lose my temper?
 2. Have I said mean things about another person?
 3. Have I treated others kindly, even those who are different than I am?
6. You shall not commit adultery.
 1. Do I show respect for my body and the bodies of others?
 2. Do I avoid harmful things like eating too much candy, or things I shouldn't eat/drink?
7. You shall not steal.
 1. Have I taken something that belongs to someone else?
 2. Have I used money responsibly and given to the poor?
 3. Have I polluted or not recycled things that I could have recycled?
8. You shall not bear false witness against your neighbor.
 1. Do I play fairly, or do I cheat at school or in games?
 2. Have I been honest, or have I lied?
 3. Have I gotten in fights or hurt someone by what I have said or done?
 4. Have I teased others or called someone names?
9. You shall not covet your neighbor's wife.
 1. Have I been jealous of the friends that someone else has?
10. You shall not covet your neighbor's goods.
 1. Have I been jealous of the things that others have?
 2. Have I shared my things when others needed them?

Adapted from Seven Frequently Asked Questions About Children and the Sacrament of Reconciliation, written for the Archdiocese of Milwaukee by Kathleen D. Beuscher, 2010

Celebrate

THE SACRED HEART



Join us on **Hallow** for our next Prayer challenge—*Heart of Jesus*. Sign-up today! Scan the code or click [here](#). Begins June 1.

Sign-Up Here



Join the U.S. Church from June 3-11 in praying this Novena to the Sacred Heart, which will conclude with the consecration of the United States to the Sacred Heart of Jesus. Scan here or click [here](#).

Novena



As a family, enthrone the Most Sacred Heart in your home; inviting Christ to reign at the center of your home. Scan for the guide. Scan the code or click [here](#).

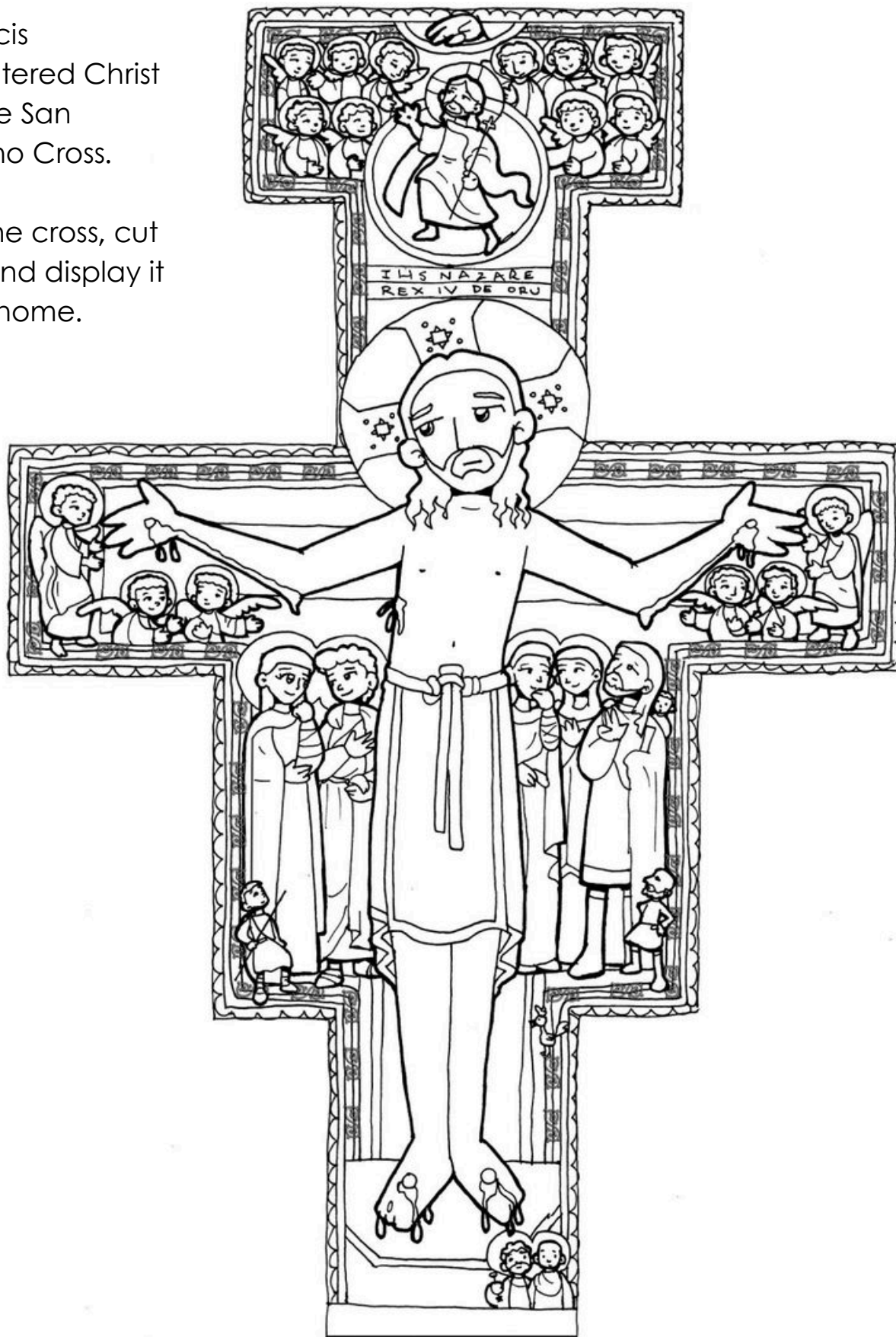
Guide



**Look for additional Sacred Heart resources throughout the month of June—which is dedicated to The Sacred Heart of Jesus. Resources can be found in the bulletin and in church.*

St. Francis
encountered Christ
from the San
Damiano Cross.

Color the cross, cut
it out, and display
it in your home.



More Resources:

Learn more about the Jubilee Year

<https://www.vaticannews.va/en/vatican-city/news/2026-01/year-saint-francis-indulgence-assisi.html>

Enjoy a St. Francis of Assisi Playlist

<https://open.spotify.com/playlist/4K7kWcbh6IJTkez5M8atAY>

Check our Mass and Confession times

<https://www.sthenrycluster.com/>

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