

Francis was born in Italy in 1182, in a place called Assisi.

His family were very wealthy and Francis spent his money on expensive clothes and food, and lived a carefree life with his friends. He dreamt of becoming a knight and fighting battles. Things didn't go as he had planned and he was captured and spent time in prison.

It gave him a chance to think about how to be good. One day, while he was at Mass, he heard God tell him to leave everything behind and travel around doing good for others and telling everyone about God's love for them.

# St Francis

Feast: October 4th



**Reflection:** “Make me a channel of your peace. Where there is hatred let me bring your love”. How can you show your love for others today?

Francis' love and kindness attracted others to join him in his prayers and his work. They all lived very simply in wooden huts, with no chairs or tables and slept on the ground. They shared everything they had.

Francis knew it was important to spend some time with God on his own so he spent some time living in the woods. While he was there he made friends with the birds and animals that lived there and thought of them all as his sisters and brothers because they were part of God's loving work of creation. Francis knew that everything God made is very good.