

Reflections on Pilgrimage

Walking in the footsteps of St. Francis, and our foundress Mother M. Anselma, was for me very beneficial, moving, and enriching. Having been a religious now for over twenty years, I have heard and read about the various important places in the lives of St. Francis and Mother M. Anselma. Seeing these places allowed me to put an image to a name, which for me is very important as I am a visual learner. Also being able to pray in the various churches and crypts was for me spiritually enriching. One can really feel the presence of St. Francis, at his tomb, below the Basilica. My favorite place in Assisi was the Portziuncola. I could have spent hours, reflecting on St. Francis, and marveling in the beautiful simplicity of this little church. I also enjoyed spending time praying before the Blessed Sacrament, in our Adoration Chapel in Thuine, and walking around the grounds at the Motherhouse. The grounds are so beautiful! Meeting the sisters at the Motherhouse, and getting to participate in some of their daily tasks, was for me a bonding experience, allowing me to experience in a deeper way our German heritage.

There is so much to take in and process when participating in this pilgrimage that one needs to take things slow. The world is at such a fast pace these days due to technology, that we forget how to stop, relax, and just be. So here is some advice for sisters planning to participate in this pilgrimage down the road. Read up on St. Francis, St. Clare, and Mother M. Anselma. Above all enjoy your time. Learn some German, and Italian. Explore, learn, journal, take the time to just be in the Lord's presence, and allow Him to speak to you.