

## Who are Francis and Clare of Assisi?

Francis and Clare were young adults raised in wealth and privilege in Assisi, Italy in the 13th Century. They came to reject excessive materialism, glorified warfare, selfishness, shallow social relations, harming Creation, and meaningless religious practices. Instead, they embraced a life of faith, prayer, simplicity, voluntary poverty, service to the needy, intimacy with nature, nonviolence, and acceptance of everyone—and every creature—as brothers and sisters. They formed communities rooted in love, peace, forgiveness, equality, acceptance, creativity, and passion. This life—following the Gospel life of Jesus and the early apostles—brought them immense meaning, satisfaction, and joy. They were transformed, and those who joined them were also transformed. They pass on this “little way” to us today, and the Franciscan spirit can be found burning in the hearts of each new generation of young people.



## How do I get involved with the Franciscan Youth & Young Adults?

For more information about times and locations, contact:

### **Rob Breen, SFO Youth & Young Adult Commission**

Blessed Kateri Tekakwitha Region  
of Upstate New York

Secular Franciscan Order

PO Box 3125

Albany, NY 12208

[RobBreenSFO@kateriregion.org](mailto:RobBreenSFO@kateriregion.org)

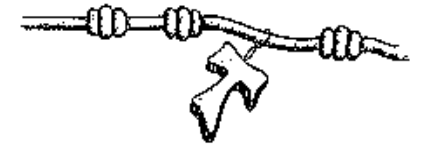
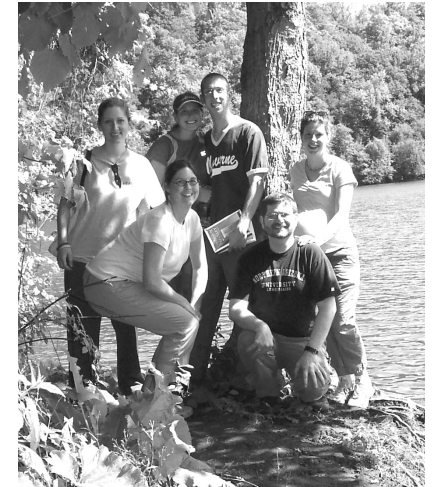


*“All praise be yours, my Lord, through Sister Earth, our mother, who feeds us in her sovereignty and produces various fruits with colored flowers and herbs.*

*Praised be you, 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, they shall be crowned.”*

- St. Francis of Assisi  
Canticle of Creation



# FRANCISCAN YOUTH & YOUNG ADULTS

NEW YORK  
CAPITAL DISTRICT AREA

## Who are the Franciscan Youth and Young Adults ?

Franciscan Youth & Young Adults is an international community for young men and women who are inspired by St. Francis and St. Clare of Assisi. Throughout the world we are known simply as "Franciscan Youth," or "YouFra." We integrate faith and action to serve our brothers and sisters, work for social justice, protect Creation, and grow spiritually. Franciscan Youth chapters are made up of young adults ages 18-30 (there are also teen groups). We form a small Christian community and follow the Gospel life of Jesus and the early apostles in the "little way" of Francis and Clare. We pray together, sing together, learn together, and serve together, and we mature and are transformed as we impact the world around us.



Franciscan Youth apply Franciscan Catholic approaches to address human and environmental needs in their community. Franciscan Youth receive support and guidance from members of the Secular Franciscan Order, adult Franciscans lay men and women who make a lifelong commitment to Francis' and Clare's Gospel life of prayer and service.



## What are the benefits of getting involved in the Franciscan Youth?

- Learn more about your faith, spirituality, Scripture and Franciscan life
- Be part of a small faith community of young adults with similar values, and develop lifelong friendships
- Participate in meaningful social justice and environmental service projects and activities
- Receive training in servant leadership skills, peacemaking skills, environmental protection skills, and prayer skills
- Learn about yourself, your Call in life, and find some directions for your future and your life
- Begin making a difference in your community and having a meaningful impact in the world right now
- Develop a more mature spirituality and an adult faith and lifestyle to handle the challenges of a 21st Century world



## What types of activities can the Franciscan Youth do?

- Learn about the life and lifestyle of Clare and Francis of Assisi
- Participate in camping retreats
- Serve meals to homeless people
- Learn about Scripture and social justice
- Teach drama and art to at-risk youth
- Restore wildlife habitats
- Pray and sing during night prayer
- Develop and apply leadership skills
- Repair inner-city homes for the elderly
- Apply peacemaking & conflict resolution
- Advocate on behalf of victims of violence
- Host a community health fair
- Teach English to migrant farm workers
- Work with indigenous people in the developing world