

Monastery of St. Clare

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September 2026

Dear Friends,

I am with you always to the end of the age. (Mt. 28:20)

September feels like the beginning of a new year in a way, doesn't it? Perhaps this is because summer vacations are over, the school year begins, and family life gets back to "normal" (whatever normal is!).

With all that is going on in our world (wildfires, hurricanes, wars, mass shootings, political unrest, and more), it is easy to feel anxious, confused, and even hopeless and helpless: how can I make a difference?

At times like this, it's important to remember the promise Jesus made: He is always with us. This is a promise we can 100% count on!

One way God shows us provident care is through your generosity, your presence in our lives, and your faithful support. We don't take your friendship and support for granted. With your help, we are all in this together!

We pray that you may experience the inner peace that only God can give. When you feel anxious, take a moment to reflect and remember three things that you are grateful for today; then repeat the Scripture verse above to yourself. This practice will change your emotional focus and bring peace.

With gratitude and prayers,

Sr. Nancy

Sr. Nancy and all your Poor Clare Sisters

May almighty God bless you. May God look upon you with mercy and give you peace.

— Blessing of St. Clare