



## Franciscan Contemplative Practices – resources for schools

The FSA approach is simple – everything FSA recommends will “fit into a person’s busy day” so that it becomes a practice, not an add on. Gentle daily reminders to pray and to read short articles are doable for staff in their busy day. Over time this becomes a contemplative practice.

1. FSA highly recommends [Franciscan Media](#) as a starting point. It is a sponsored ministry of the Franciscan friars of Cincinnati, US. All resources are shared for God’s love in the spirit of St. Francis.



2. Franciscan Media provide online prayer resources that schools and staff may like to receive in their in box every day. As many individuals ask about contemplative practices then [Minute Meditations](#) may be just their cup of tea.

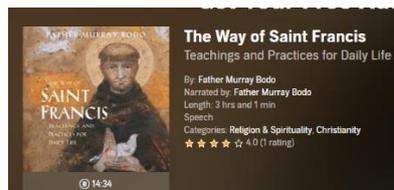
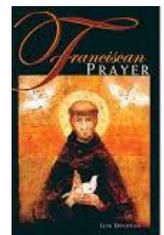


3. [Pause + Pray](#), is for individuals who are looking for a simple way to pray. Simply click on the title for an easy structure to create a daily routine of [Image | Read | Reflect | Pray | Act](#)

4.  If anyone is a blogger, then [Franciscan Spirit Blog](#) offers informed short readings from eminent writers. (about 1-2 pages and an inspiring image to accompany the blog)

There are numerous videos produced by [Franciscan Media](#) on the dedicated YouTube channel. All videos are about 2-5 mins in length.

5. [Spiritual benefits of Meditation](#) (Franciscan Media video on YouTube)
6. From Brisbane Catholic Education see [Franciscan Contemplative Prayer](#)  
<https://catholicidentity.bne.catholic.edu.au/prayer/SitePages/Franciscan-Contemplative-Prayer.aspx>
7. The Franciscan Action website has prayers and other resources  
- <https://franciscanaction.org/prayers/>
8. Franciscan friar Richard Rohr article on Franciscan spirituality regarding creation - [https://www.huffpost.com/entry/creation-as-the-body-of-g\\_b\\_829257](https://www.huffpost.com/entry/creation-as-the-body-of-g_b_829257)
9. The book on Franciscan prayer by Ilia Delio, OSF is easy to read and has reflective questions to ponder at the end of each chapter. [about AUD \$33- from Book Depository]  
**Information has been sent about the 2022 FSA Short course using this book.**
10. Also, a great article by Ilia Delio - <https://www.franciscanmedia.org/franciscan-spirit-blog/saint-francis-style-of-prayer>
11. Book by Murray Bodo OFM is also available as an audio book.



12. For further study about Franciscan spirituality then there is a certificate course that is run, through the Franciscan Colleges in the US. Costs a US \$1000 per certificate course (4 units over a year) | each unit can be studied separately and costs US\$250 per section. See more <https://www.stfrancis.edu/certificate-in-franciscan-studies>
13. <https://find-study-now.com/franciscan-online-classes/> - this site has lists of online Franciscan study.

**FSA** will publish up to date information in ENewsletters and mail outs.