

I hold you to be the co-worker of God Himself, a helper in lifting up the drooping members of His ineffable body.

This is why our Mother Saint Clare embraced enclosure as a fourth vow. Going apart to pray in secret opens a Poor Clare's heart to hold the whole world. The sacrifice of space and even of relationships unites her most intimately to her Divine Spouse who brought about the world's salvation in the small space of the Cross.

Those who come to us desiring to embrace this life.

Applicants between the ages of eighteen and thirty-five may be received to enter the monastery and begin a nine-year period of formation. A vocation is a response to a call – the call of God to be His own in the footsteps of Saint Clare. Any woman of good physical, mental, and emotional health can live the Rule of Saint Clare. No dowry is required save that of a willing heart, a teachable mind, and a pliable character. A high school education and freedom from debt are necessary requirements.

Spouse of the King of All Ages

"Receive me, O Lord!" sings the young Poor Clare about to make her solemn vows. A garlanded candle stands as the symbol of her joyous giving. She becomes irrevocably Christ's. She will have a wedding ring on her finger because she will be wedded to Christ, an intense expression of the Church's brideship. She will have a crown of thorns on her head because hers is a crucified lover.

She has been invited by the Lord to take nothing for the journey and to find within the small space of the cloister the freedom to give herself completely to the Lord and all His people. This is that complete human fulfillment which is found only in the total self-emptying of Christ.

Silence, the perpetual Lenten fast, rising at midnight to hold the world to her heart in prayer and bare feet are all penances she willingly embraces. A cross-form full length brown habit with a knotted white cord, a simple white head cover and the black veil of her consecration to Christ are her garments of the lowly.

Loving one another with the love of Christ

A Poor Clare is called to contemplation in community.

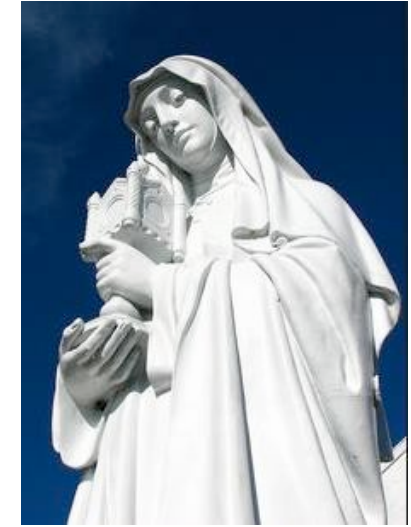
...if a mother loves and nurtures her physical daughter, how much more lovingly ought a Sister love and nurture her spiritual Sister!

Poverty and Fraternity are the pillars of the Orders founded by Saint Francis and Saint Clare.

Is God calling you to follow in the footprints of Clare?

For more information, please contact:

Poor Clare Monastery
of the Immaculate Heart of Mary
28210 Natoma Road
Los Altos Hills, CA 94022-3220
(650) 948-2947
www.PoorClaresLosAltos.org



"Love Him totally Who gave Himself totally for love of you"

Vocations
Information
Poor Clare Colettines
of Los Altos, CA

28210 Natoma Road
Los Altos Hills, CA 94022-3220
(650) 948-2947
www.PoorClaresLosAltos.org

On Palm Sunday, 1212, Clare of Assisi left her family home in the middle of the night dressed in her finest gown. It was her wedding day with Christ, her spouse. Accompanied by a friend, she went to the little chapel of the Porziuncula, St Mary of the Angels, just outside the walls of Assisi, where Saint Francis and his friars awaited them. There Francis gave the habit to Saint Clare and the Order of the Poor Ladies, later called the Poor Clares, began. Saint Clare's deep faith and love of God transformed her from a young woman whose noble family offered her a lifetime of comfort and riches to a poor virgin embracing the Poor Christ. As she wrote in her Testament,

The Son of God became for us the Way

Monastery of the Immaculate Heart of Mary



Our ideal is simply to live the Gospel as our Mother Saint Clare wrote in her Rule, the first Rule written by a woman.

The Form of life of the Order of the Poor Sisters is this: to observe the holy Gospel of our Lord Jesus Christ, by living in obedience, without anything of one's own, and in chastity.



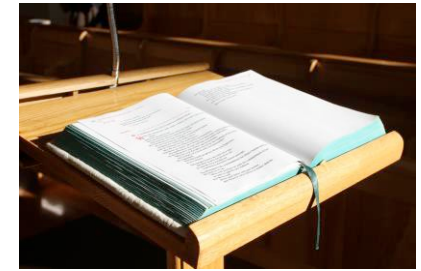
Living without anything of our own is absolute dependence on Divine Providence.

- † Through obedience, we give our wills to God.
- † Through chastity, we give our hearts to God.
- † Through poverty, we hold onto nothing but God.
- † Through enclosure, we embrace the poverty even of space and relationships.



A Poor Clare strives to give witness to Christ praying on the mountain and to embrace in the most universal way the hopes, hardships and miseries of all people.

Never let the thought of Him leave your mind.



The life of a Poor Clare revolves around the liturgy. Prayer is her apostolate. With Holy Mass as the focal point of each day and the Divine Office calling her back to choir six times a day and once in the middle of the night, the liturgy of the Church permeates every aspect of her life.



Even the manual work we undertake is chosen so as

not to extinguish the spirit of holy prayer and dedication whose purpose all other temporal things ought to serve.

Gardening, sewing, cleaning, cooking and even repair and maintenance of the monastery are a part of a Poor Clare's day. But the main ingredient is the joy which comes from a life given solely for the praise of God who has promised to always take care of us. This is a promise He has kept faithfully for over eight centuries.