

## The Total Gift of Oneself!

The Little Sister cannot devote herself to exterior works formerly undertaken by the Congregation in her early years, but instead, joins to the apostolate of prayer and sacrifice, **works of religion and charity:**

- Care of the **elderly**
- Lodging of **guests**
- Hosting of the **Franciscan Third Order** and organising activities for the children during these reunions
- **Spiritual Retreats**
- **Catechism classes**



To this end, **the entire day** is divided between:

- **Prayer** : Holy Mass, the Divine Office, Meditation, Rosary, Spiritual Reading, Adoration of the Blessed Sacrament.



- **Manual labor...**

...in the diverse employments of the convent, sewing, artistic repairs, gardening, tending for animals, cooking, cleaning and laundry, all in Franciscan simplicity.

- **Community life:**

recreation and fraternal service.



## As One Family!



The Little Sister finds within the Community a family spirit which characterises the Congregation and which is expressed in its motto:

**"Cor Unum et Anima Una"**  
One Heart and One Soul

## Formation

Begins with a postulancy of nine to 12 months. Followed by 2 years of **novitiate** preparing the Little Sister to engage herself in the service of God and of souls by the **simple vows of Poverty, Chastity and Obedience**. These vows are renewed during a period of 5 years before the perpetual profession.



During this time, courses are given in order to assure a solid religious formation. This includes Franciscan spirituality, study of the Holy Rule and the Vows, dogma, liturgy and gregorian chant, etc.

*The Community welcomes all young ladies who desire to discern their vocation. It is helpful to know some French before visiting.*



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# The Congregation of the Little Sisters of Saint Francis of Assisi

semi-contemplative,  
and of exact observance  
FRANCE

# Onwards for the conquest of souls, in the paths of Franciscan joy...

Seized by the appeal of the Crucified: "Go, Francis, repair my Church which you see is falling into ruin", and understanding that it refers to the spiritual edifice of souls tepid in their love for God, the Little Poor Man of Assisi proclaimed across mountains and valleys:

"Love is not loved! ...

LOVE  
IS NOT  
LOVED!..."

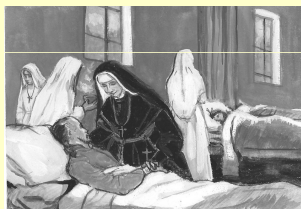


...This powerful cry will echo across the centuries...

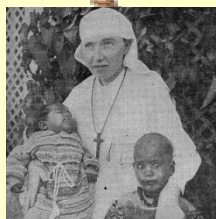


...It was in response to this Divine appeal and to gain souls to Christ that the Reverend Mother Josephine founded the Congregation of the Little Sisters of Saint Francis of Assisi in 1873.

In caring for the sick either in their homes or in clinics, in France or in the missions, the Little Sisters...



...offer a rich spiritual harvest to the Church, sacrificing themselves even at the risk of their own lives.



"My daughters, do not forget that you are simply the Little Sisters of Saint Francis, very little sisters, the least of all; made to SERVE and not to be served." Mother Josephine

... It was to preserve this seraphic flame within the structure of an authentic religious life after the conciliar revolution that Mother Thérèse-Marie (deceased in 2021) re-founded the Congregation in 1973 at Flavigny-sur-Ozerain (current seminary of the SSPX) under a more contemplative form. She was encouraged in her efforts by her brother Father Louis Coache and by Father Eugene, a Capuchin.



In 1986, the Community moved to Le Trévoux and established there the Mother-House and Novitiate, in a former convent. In 1989, His



Excellency Archbishop Marcel Lefebvre blessed the new addition to their church. The masses and other spiritual needs of the community are assured by the priests of the SSPX.



The Spirit of Saint Francis which animates the Little Sister is one of a passionate love for Jesus poor and crucified. To the voice of the Divine Spouse she responds unceasingly:



"Here I am Oh Lord, what wouldst thou have me do?"

In order to conquer souls and to grow in Franciscan joy, she arms herself with self-renouncement, simplicity and humility, which are the fruits of evangelical POVERTY.



she will progress in these virtues by the loving contemplation of the three states of abasement of the Incarnate Word:

The Crib



The Cross  
(The Sisters often pray the Stations of the Cross)



The Eucharist

