



Saint Francis of Assisi Pilgrimage *Pilgrim Prayers*

2nd - 3rd October 2026

St Mary's Bairnsdale - Francis of Assisi Catholic Church, Benambra

This selection of reflections and prayers offers the pilgrim a focus and an opportunity to prayerfully prepare for the journey during which we honour the life of Saint Francis and our own life's journey.



Attributed to Saint Francis of Assisi

“I am as I am in the eyes of God. Nothing more, nothing less.”

“Let your way of life among the people be such that whoever sees or hears you will glorify and praise our Heavenly Father.”

“Remember, when you leave this earth, you can take nothing with you, which you have received, only that, which you have given.”

“I have been all things unholy. If God can work through me, He can work through anyone.”

“Lord, grant that I might not so much seek to be loved as to love.”

What has urged you to be on this journey to Benambra?

What are your expectations?

Are you open to surprise?

The following litany can be recited prayerfully alone or in a group.



Litany of St. Francis of Assisi

Lord, have mercy. Lord, have mercy.

Christ, have mercy. Christ, have mercy.

Lord, have mercy. Lord, have mercy.

God, the Father of heaven, have mercy on us.

God, the Son, redeemer of the world, have mercy on us.

God, the Holy Spirit, flame of love, have mercy on us.

Holy Trinity, one God, have mercy on us.

St. Francis, Seraphic Father; Pray for us

St. Francis, lover of the Poor; R/.

St. Francis, mirror of the Gospel; R/.

St. Francis, little poor man of Assisi; R/.

St. Francis, messenger of peace; R/.

St. Francis, mighty lover of souls; R/.

St. Francis, spouse of Lady Poverty; R/.

St. Francis, model of dedicated chastity; R/.

St. Francis, eyes fixed upon heaven; R/.

St. Francis, marked with the wounds of Jesus; R/.

St. Francis, lover of the Babe of Bethlehem; R/.

St. Francis, lover of the Blessed Sacrament; R/.

St. Francis, lover of the Holy Scriptures; R/.

St. Francis, lover of all God's creation; R/.

St. Francis, patron of care for our common home; R/.

St. Francis, radiant as brother sun; R/.

St. Francis, aglow in the purity of sister moon; R/.

St. Francis, brother to the lepers and the outcast; R/.

St. Francis, our advocate and guide; R/.

Lamb of God, who takes away the sins of the world, spare us, O Lord.

Lamb of God, who takes away the sins of the world, graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world, have mercy on us.

And we pray: God of Our Hearts, grant that by walking in Francis' footsteps we may follow your Son and, through joyful charity, come to be united with you.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

by Deacon Dave & Thérèse Ream, O.F.S., Revised August 2022... adapted by Mike Hansen, 2026

Which praise to St Francis in the litany draws your attention?

Think about why your heart is attracted to or moved by this.

What might this particular praise of St Francis say about what you value most?

Look intentionally at this icon of St Francis

Translated from the Latin, Visio Divina means 'divine seeing'. It is the practice of praying with a sacred image or piece of art. Visio Divina invites us to bring our sense of sight as well as our imagination into our relationship with the Divine.



Saint Francis of Assisi, written by Annette Bristow-Stagg, St Michael's Icon Group, Traralgon, 2026

Here he stands, the Poor Man of Assisi, humbly clad in his brown robes, with such a sense of detachment.

What is my own relationship with things and possessions?

His stigmata and the crucifix in the background announce how deeply Francis has entered into the pattern of the Lord's death.

What are the outward signs of my own attempt to enter into the pattern of Jesus' death and resurrection?

Notice the little bird clinging delightfully to Francis' robe. He is the patron saint of ecology.

What is my own relationship to the natural world? Do I approach God's creation with such delight and simplicity?

Francis' eyes are fixed on heaven, his hands raised in prayer.

When I glance toward The Holy One, what is in my heart and mind that I openly reveal to the God of My Heart?

The Canticle of the Sun



Saint Francis composed this song of praise in 1225, and it is considered the first poem in vernacular Italian. Pope Francis' 2015 encyclical "Laudato Si" takes its name and inspiration from Saint Francis' work. The title means "Praise Be to You" in medieval Italian, a phrase that is repeated throughout the Canticle.

Most High, all-powerful, good Lord,
Yours are the praises, the glory, the honour, and all blessings.
To You alone, Most High, do they belong,
and no man is worthy to mention Your name.
Praised be You, my Lord, with all your creatures;
especially Brother Sun, who is the day, and through whom You give
us light.
And he is beautiful and radiant with great splendour,
and bears a likeness to You, Most High One.
Praised be You, my Lord, through Sister Moon and the stars;
in heaven You formed them clear and precious and beautiful.
Praised be You, my Lord, through Brother Wind,
and through the air, cloudy and serene,
and every kind of weather through which You give sustenance to
Your creatures.
Praised be You, my Lord, through Sister Water,
which is very useful and humble and precious and chaste.
Praised be You, my Lord, through Brother Fire,
through whom You light the night;
and he is beautiful and playful and robust and strong.
Praised be You, my Lord, through Sister Mother Earth,
who sustains us and governs us and who produces



varied fruits with coloured 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.
Praised be You, my Lord,
through our Sister Bodily Death,
from whom no living man can escape.
Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will,
for the second death shall do them no harm.
Praise and bless my Lord,
and give Him thanks,
and serve Him with great humility. Amen

Recall a time when you became aware of
the sacredness of nature... close your eyes
and remember that moment when you
were aware of The Divine presence...
become present in that moment again...
remain in the beauty of that experience for
as long as you can... say to the Holy One:
Praise to You, my Lord!

Make Me a Channel of Your Peace



We all know this beautiful hymn... sing along with each other or let your heart sing along in silence

Make me a channel of your peace.
Where there is hatred let me bring your love.
Where there is injury, your pardon, Lord
And where there's doubt, true faith in you.

Make me a channel of your peace
Where there's despair in life, let me bring hope
Where there is darkness, only light
And where there's sadness, ever joy.

Oh, Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul.

Make me a channel of your peace
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.

Oh, Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul.

Make me a channel of your peace
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.

Spend some time in
quiet prayer for
people that you
know whose peace
is under strain or
has been shattered
by separation,
anger or violence.

A Blessing On Your Return Home



Pilgrims leaving Benambra are sent on their way with the following blessing....

The Lord bless you and keep you.

May He show His face to you and have mercy.

May He turn His countenance to you and give you peace.

The Lord bless you!

The Blessing of St. Francis of Assisi to Brother Leo

- What have you learned from your experience today?
- As you return home what will you share with others?
- How might the life of Saint Francis influence the way you move in the world?

"This sacred journey is not about physical distance, but a journey of the heart. Together, we will travel to Benambra—nestled amidst the scenic Omeo High Plains—home to the only church in our diocese dedicated to St Francis of Assisi."