

Companions of Clare Our Habit

"Most high, glorious God, enlighten the darkness of my heart and give me, Lord, a correct faith,

a certain hope, a perfect charity, sense and knowledge, so that I may carry out Your holy and true command."

---Words of St. Francis before the Crucifix

Then, her hair having been cut off round and her secular dress laid aside let them

grant her three tunics... Chapter two- Rule of St. Clare

EXPLANATION OF THE HABIT OF THE COMPANIONS OF CLARE



After much consideration, the Companions of Clare have pledged to wear a complete habit as our mode of dress. Our community will reflect a visible witness to Jesus as envisioned by Sts. Francis and Clare. To that end we will wear the full habit and, according to the dictates of Francis, as his followers, will wear the color of the skylarks.

Our under tunic is of brown cotton which serves as a protector of skin against summer and winter wear. Each sister will receive two tunics when they join the community.



Our robe (outer tunic) is of brown broadcloth for summer or wool for winter and formal wear. Each sister, upon entrance, will begin to sew her own habit then formally receive it as she enters the novitiate.

Over our brown robes we will wear a grey scapular. Originally, the purpose of the scapular was that of an apron. We have integrated this to preserve our robe, comply with the admonition of Francis, (color wise) and have identifiable clothing.

Our robes will be held by the Franciscan cord. Since we are sponsored by the Friars of the Sacred Heart Province, it will be our reminder of our Franciscan commitment. We will wear on this cord a Franciscan Crown indicating the seven joys of Mary, and our consecration to her as Queen of the Franciscan Order. The cord and crown will be given upon reception into the community (formal entrance into the novitiate)



Our simple white, soft, headcover will remind us constantly of our commitment to poverty and simplicity. Much like our brothers, the Friars Minor whose hood creates a “cell”, our sisters will have a “cell” created with the headcover and veil, that will, in the spirit of contemplation, keeps her eyes forward on the Lord. We remain in our “cell,” so to speak, as we go about our daily tasks. The material is cotton duck which will withstand numerous washings. Each sister will

receive three headcovers upon entering the novitiate, two will be designated as work headcovers, one will be reserved for Mass and special occasions. Over the headcover is a simple, soft, white headband. This signifies our consecration to the Lord and is meant to represent the heavenly crown to which we aspire.



We wear a black veil. Since the Middle Ages this has been the accepted sign of our death to the worldly kingdom, consecration to the Lord and aspiration to the heavenly kingdom.

The sisters are encouraged to go barefoot or be shod with sandals. Walking shoes or boots will be allowed in bad weather or snow.

Upon the profession of final vows, a simple ring will be given as a sign of the nuptials between the sister and the Lord.

May the Lord continue to bless and keep us. May He let His face shine on us and be gracious to us. May the Lord bless us and give us peace.