

St. Clare of Assisi's Second Letter to Blessed Agnes of Prague

What you hold, may you [always] hold.
What you do, may you [always] do and never abandon.
But with swift pace, light step and unswerving feet,
so that even your steps stir up no dust,
may you go forward securely, joyfully and swiftly,
on the path to prudent happiness,
not believing anything,
not agreeing with anything
that would dissuade you from this resolution
or that would place a stumbling block
for you on the way,
so that you may offer your vows to the Most High
in the pursuit of that perfection to which
the Spirit of the Lord has called you.