

BE AT PEACE

Do not look forward in fear to the changes in life; rather, look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things. And when you cannot stand it, God will carry you in His arms.

Do not fear what may happen tomorrow. The same understanding Father who cares for you today will care for you tomorrow and every day.

He will either shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings.

– St. Francis de Sales



Is the way of St. Francis de Sales, the "Gentle Saint," the way for you?

A CALL TO THE LAITY



"Let us be what we are and let us be it well, in order to do honor to the Master Workman whose masterpiece we are."

– St. Francis de Sales

So wrote St. Francis de Sales (1567-1622) more than 400 years ago in his spiritual classic, *Introduction to the Devout Life*. Writing primarily for lay people, Francis taught that God calls each one of us to holiness, to a deeper and more personal relationship with Him. The teachings of St. Francis de Sales have become known as Salesian spirituality.



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ST. FRANCIS DE SALES ASSOCIATION

A spiritual family for Catholic lay women who desire to live a devout life



"We must do everything for love. For it is not by the greatness of our deeds that we please God ... but by the love with which we perform them."

– St. Francis de Sales

Is your heart's desire to live a deeper spiritual life and to discover God's will for you?

IS GOD CALLING YOU?

Do you long for meaning in your life? Do you want your personal joys, work, hopes, prayers and sufferings to have value? Do you desire friendship within a spiritual family? If so, Salesian spirituality may be the answer to God's call for you.

SALESIAN SPIRITUALITY

A doctor of the church, St. Francis de Sales wrote two spiritual classics of enduring wisdom: *Introduction to the Devout Life* and *Treatise on the Love of God*. Salesian spirituality, based on love and the Gospel message, offers a simple way of reconciling the often conflicting demands of home, family, career, church and community. St. Francis assures us that our daily duties in life are the most important tasks we have on our path to holiness. As we walk this path, we will see more and more clearly what God wants us to be and to do.

OUR ASSOCIATION

The Society of the Daughters of Saint Francis de Sales was founded in France in the 1872. The society is comprised of two branches: the St. Francis de Sales Association (lay) and the Salesian Missionaries of Mary Immaculate (religious). Our association is for lay women who are living according to the teachings of the Church and desire to be grounded in the Gospel and formed by the teachings of St. Francis de Sales.

THE FIRST STEP

Prospective members begin with a 3-month period of prayerful searching called the aspirantship. As an aspirant, you will be assigned a spiritual friend, called a companion, who will accompany you on your journey and will help you understand the spirit and traditions of the association. During this time, it is important to prayerfully discern whether God is calling you to Salesian spirituality. If you decide to continue, the next step is the process of formation.

A TIME OF FORMATION

St. Francis de Sales was a busy bishop who understood life in the world and encouraged holiness among his lay friends. Inspired by his timeless wisdom, the St. Francis de Sales Association offers a 2-year program of formation. During this time, you will study and meditate on the love of God, the virtues of the Christian life and the spirituality of St. Francis de Sales. Your companion will help you assimilate what you are learning and apply it to your everyday life.

THE COMMITMENT

Upon completion of your formation, you will decide if you want to proceed with the final step to entering our spiritual family: the Act of Consecration. By this consecration (without vows), you commit yourself to strive for holiness as it is found in the Gospels and in the spirit of St. Francis de Sales.

"See the divine Lover at the gate. He does not merely knock, but He remains there knocking. He calls to the soul." – St. Francis de Sales

LIVING AS A SPIRITUAL FAMILY



St. Francis de Sales reminds us that we are called to holiness in the ordinary circumstances of our daily lives. The St. Francis de Sales Association provides a practical means of living a life devoted to God with a family of spiritual friends, united by the bond of love, to support us along the way. Our family spirit is nourished by monthly gatherings, contact with our companions, days of recollection and a yearly retreat.

"Being a part of the Daughters provides a balance in my life. It gives me peace, knowing I can bring holiness to all my daily responsibilities as a mother and as a wife, and really, all my roles in life."

– Mary Charles