



“Prayer is the best  
weapon we possess.”  
~ Padre Pio

### Also Keep in Mind...

There are some requirements of the Capuchin life you should keep in mind. A candidate must be...

- a baptized and practicing Catholic
- between the ages of 20 and 40 years old
- a high school graduate or have a G.E.D.
- in good physical and mental health
- free of debt (except college loans)
- single

The person should especially want to live the Gospel in the radical manner of St. Francis; desire to know and love Christ above all; be able to live the vows in a community setting; have the generosity to serve the needs of the Capuchin Order and the Church.



Denver, CO



Victoria, KS



Hays, KS



St. Louis, MO

### St. Conrad Province in Mid-America

The St. Conrad Province includes all the territory in the following states: Colorado, Kansas, Missouri, and Illinois. Currently, the province stretches from its two friaries in St. Louis, MO on the eastern end westward along I-70 to its friaries in Denver, CO and Colorado Springs on the western side with several friaries along the way in Lawrence, Hays, and Victoria, KS.

**For more information,  
please contact:**  
St. Francis Friary  
Vocation Office  
3553 Wyandot St.  
Denver, CO. 80211  
(303) 477-5542  
johnclager@aol.com  
www.capuchins.org



# Capuchin Franciscans

ORDER OF FRIARS MINOR CAPUCHIN

St. Conrad Province in Mid-America



[www.capuchins.org](http://www.capuchins.org)

## Who are we?

The Capuchins began as a Reform of the Franciscan Observants in 1526 when friars in the Marches wanted to live a stricter life of prayer and poverty in keeping with the original intentions of St. Francis. The new branch received early recognition and spread quickly all over Europe. The name 'Capuchin' refers to the friars long hood; originally a popular nickname, it has become the official name of the Order, which now exists in 99 countries, with around 11,000 brothers living in more than 1800 friaries. Simplicity, closeness to the people, a fraternal spirit are visible signs that mark our lifestyle, while we seek to revive the emphasis on penance and prayer as it was in the life of the first Capuchins.

## What do we do?

Throughout their history, the Capuchins have been renowned for accepting those ministries which all others have refused. In a spirit of joyful simplicity the friars minister to people in all walks of life. Capuchins in the Mid-America Province serve the cities poor and homeless as well as those under incarceration. Friars additionally serve as Pastors, nurses, spiritual directors, and in the ministry of Reconciliation. A number of friars also serve in the foreign missions of Papua New Guinea, Puerto Rico, and Mexico.



## Capuchin Spirituality



St. Francis loved and adored the Crucified Christ and his whole life became an imitation of this poor, humble, suffering God. Francis saw this total self-emptying clearly in the Incarnation and the Crucifixion of Christ and he used to weep in gazing at a Crucifix, lamenting that, "Love is not loved!" Nowhere, however, was the radical poverty of Christ more clear than in the Blessed Sacrament. As sons of St. Francis, we too are called to adore our Eucharistic Lord, and to center our very lives upon the Blessed Sacrament. Like the first friars, Capuchins are called to a life of radical poverty, intense prayer, and service to Christ, hidden in the poor and outcast of our time.

Francis was among the greatest of the Marian devotees in the history of the Church and had a love for the Blessed Virgin that was truly inexpressible, for it was she who made the Lord of majesty our brother. Francis chose her as the patroness of the Friars Minor and exhorted his friars to always possess a true and living devotion to her. The Immaculate Conception is the official patroness of all Franciscans.



Among the numerous Capuchin saints, it is these great loves that so profoundly marked their lives: love of the Crucified Christ, love of the holy Catholic Church, love of the Eucharist, the holy Mother of God, and most exalted poverty.

## Stages of Initial Formation

Formation in the Capuchin Order is a minimum of five years. During the first year, postulancy, candidates live the day-to-day life of a consecrated friar, but are not themselves in vows. They are not required at this point to divest themselves of any of their material possessions.



The novitiate year is a deeper commitment as it is a year of intense prayer and solitude in order to better discern one's religious vocation. If the novice discerns that he is indeed called to this way of life, he may petition for temporary vows.

The post-novitiate year thus begins with the temporary profession of poverty, chastity, and obedience. During this formative year, the newly professed friar will discern whether God is calling him to serve as a priest or lay brother. After a year's time, the friar will begin studies for ordination or the lay apostolate.

According to Canon Law, the period of temporary vows must be a minimum of three years. During this time the student friar will seek to integrate the Capuchin spirituality learned in the novitiate, into his day to day life. After this period, the student friar, in discernment with the larger community, may request permission for solemn (life-long) vows. Though this brings the period of initial Formation to an end, one is never fully formed. The process is one that takes an entire lifetime of continual renewal and conversion.

