

The OFC Prayer Book

*Daily Prayer, Queer Saints,
Justice Rituals, and Herbal Healing*

By
Sister Abigail Hester, OFC

Order of
Franciscan Clareans

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INTRODUCTION

“May we live what we pray, and pray what we live.”

Welcome, beloved. You hold in your hands *The OFC Prayer Book*, a spiritual companion created especially for those who seek a life of prayer, justice, healing, and belonging. Rooted in the Order of Franciscan Clareans (OFC), this book is born from a commitment to simplicity, radical love, resistance to empire, and celebration of queer, trans, feminist, and earth-centered sacredness.

This is not your typical prayer book.

It is a living, breathing collection of daily rhythms, prophetic blessings, saints you've never seen in stained glass, and rituals you never thought could be holy. It honors trans bodies as temples of the Divine, names queer ancestors as our cloud of witnesses, and includes herbal healing as an act of sacred restoration.

Why This Book?

Many of us grew up in spiritual environments that left us out, erased us, or harmed us. We were taught that only certain prayers counted, only certain bodies could be blessed, and only certain saints mattered. But in the tradition of Jesus, Francis, Clare, and the liberating Spirit that dances through queer and trans communities today, we know that's not the end of the story.

This prayer book is a response—a bold, loving, unapologetic reclaiming of sacred space for all of us. It weaves together daily prayer rhythms, stories of queer and justice-centered saints, rituals for gender transitions and social healing, blessings for protests and potlucks, and herbal practices rooted in the wisdom of the earth.

You'll find saints like Audre Lorde and Bayard Rustin. You'll say morning blessings over your hormone vial or your walking cane. You'll anoint yourself with lavender and offer prayers for Palestine. You'll create sacred space in your home, your community, your resistance work.

Who This Is For

This book is for the queer kid lighting a candle in secret.
The exhausted activist looking for words to sustain the fight.
The trans woman seeking holy affirmation.
The Franciscan who believes simplicity and justice walk hand in hand.
The herbalist who knows that yarrow and yeshua both heal.
The lonely soul longing to pray again without shame.
This book is for you.

How to Use It

There is no one right way.
Use the daily prayers as a rhythm or a ritual.

Light a candle, whisper the names of your ancestors, and let the Spirit meet you there.
Turn to the herbal rituals when you need grounding.
Pray the justice prayers when the world breaks your heart.
Celebrate the saints and prophets who remind us how to live with courage.

Let this book be a doorway to presence, power, and peace.

May it bless your mornings, nourish your soul, ignite your holy rage, and wrap you in sacred joy.

With love and resistance,
Sister Abigail Hester, OFC
Founder, Order of Franciscan Clareans

Part I: Daily Rhythms of Prayer

“Let everything that breathes praise the Lord.” – Psalm 150:6

Daily prayer is the heartbeat of the Franciscan Clarean life. It is not rigid or performative, but gentle, flowing, and grounded. These rhythms are invitations, not obligations—ways to breathe with the Spirit in the midst of a chaotic world.

Each day offers four touchpoints: Morning, Midday, Evening, and Night. These prayers are adaptable for individuals, households, or communities. They are written with inclusive and expansive language, drawing from Scripture, queer theology, liberation liturgies, and the living earth.

You are welcome to light a candle, place your hands over your heart, breathe with intention, or incorporate herbal elements like tea, incense, or oils. Let your body and spirit guide the pace.



Morning Prayer: Rising with Purpose

Invocation:

Holy Breath of the New Day, rise in me. Awaken my heart. Center my soul. Lead me into this day with courage, clarity, and compassion.

Opening Breath Prayer:

Inhale: I rise in sacred power.

Exhale: I walk in holy love.

Psalm:

“I am fearfully and wonderfully made. Marvelous are Your works, O God.” – Psalm 139:14
(adapted)

Reflection:

Each new dawn is a resurrection. As I rise, I remember who I am: beloved, sacred, resilient. I am made in the image of a Liberating God—queer, tender, fierce, and just. Today, I rise not only to survive, but to bless, to resist, to create.

Prayer:

God of the sunrise,
May my feet find the path of peace.
May my voice speak truth and tenderness.
May my body be honored,
My identity celebrated,
My purpose renewed.
I consecrate this day in the name of Love. Amen.

Optional Practices:

- Anoint your forehead with lavender or rosemary oil.
- Drink a tea of lemon balm or holy basil and say: “*This is my daily communion with healing.*”
- Read a quote from one of the saints in Part II.



Midday Prayer: Reconnection and Reorientation

Invocation:

Divine Spirit, meet me here in the middle. When I am tired or distracted, remind me why I walk this path.

Breath Prayer:

Inhale: I am held.

Exhale: I am whole.

Reading:

“Do not be conformed to this world, but be transformed by the renewing of your mind.” – Romans 12:2 (adapted)

Reflection:

In the middle of my day, I pause not to escape but to remember. I belong to Love. I am part of the great web of mutual care. My labor is not in vain, and neither is my rest.

Prayer:

God of all hours,
You dwell not only in the sacred sanctuary,
But in lunchrooms, city streets, garden beds, and hospital floors.
Bless my work and my weariness.
Let justice flow through my fingertips,
And tenderness through my tone.
Midday, I return to You. Amen.

Optional Practices:

- Stand and stretch or walk barefoot for a few minutes.
- Brew mint or chamomile tea.
- Touch your chest and say: *“I am enough. I am needed. I am nourished.”*



Evening Prayer: Resting in Belovedness

Invocation:

God of dusk and descent, receive my tiredness. Gather all I have given. Wrap me in Your presence like a shawl.

Breath Prayer:

Inhale: I have done enough.

Exhale: I am deeply loved.

Scripture:

“Come to me, all who are weary, and I will give you rest.” – Matthew 11:28

Reflection:

I release the burdens of the day: the failures I fear, the words I wish I had said differently, the moments of beauty I nearly missed. And I give thanks—for surviving, for resisting, for breathing still.

Prayer:

Holy One of tenderness,
Thank You for carrying me through this day.
Forgive me where I failed.
Bless those I love and those I struggle to love.

Give rest to the oppressed, the sick, the unhoused.
Bring us into the evening peace. Amen.

Optional Practices:

- Burn cedar or mugwort.
- Take a salt bath or place warm compresses over your eyes.
- Write a gratitude list or pray aloud with others.



Night Prayer: Release and Resistance

Invocation:

Spirit of the stars and silence, be near me now. Watch over my dreams. Guard the vulnerable. Sow seeds of justice as we sleep.

Breath Prayer:

Inhale: I rest in the arms of Love.

Exhale: I dream with holy fire.

Reflection:

Even in sleep, our souls labor for liberation. The Spirit works while we rest. Angels attend the suffering. Dreams bear visions. May the night be a sanctuary.

Prayer:

God of shadows and sanctuary,
Let the oppressors lose their grip,
Let the weary sleep in peace,
Let the hungry be fed,
Let trans lives be protected,
Let the Earth breathe again.
May my body and breath be restored.
And may I rise again tomorrow in Love's name. Amen.

Optional Practices:

- Sip valerian or passionflower tea.
- Sleep with a sacred object under your pillow.
- Whisper the names of ancestors or saints for protection.

Part II: The Cloud of Witnesses

“We are surrounded by so great a cloud of witnesses...”

– Hebrews 12:1

In the Order of Franciscan Clareans, we honor saints not just by canon or creed, but by courage, compassion, and commitment to liberation. Our saints are queer prophets, trans trailblazers, feminist mystics, disabled revolutionaries, Black and Brown freedom fighters, and earthy healers who reveal the face of God in fresh and fierce ways.

This is a growing, living communion. You are welcome to add your own saints here—ancestors, mentors, artists, martyrs, and friends.

Each saint listed below includes a brief bio, a feast day (real or imagined), and a short invocation prayer to be used during daily prayer, ritual, or personal reflection.



Saint Marsha P. Johnson

Feast Day: June 27 (Pride Liberation Eve)

Patron Saint of: Queer resistance, unhoused trans youth, joyful defiance

Bio:

Marsha “Pay It No Mind” Johnson was a Black trans activist, drag performer, and key figure in the Stonewall uprising. Her holy fierceness and prophetic joy ignited a movement that continues to liberate generations. She co-founded STAR (Street Transvestite Action Revolutionaries) with Sylvia Rivera to serve homeless queer and trans youth.

Invocation:

Saint Marsha, flower-crowned mother of the movement,

Teach us to pay injustice no mind.

Clothe us in courage and joy.

Guide our resistance and shelter the vulnerable.

Amen.



Saint James Cone

Feast Day: May 5

Patron Saint of: Black liberation theology, prophetic preaching, holy anger

Bio:

Dr. James Cone was the founder of Black liberation theology and author of *The Cross and the Lynching Tree*. He taught that God is always on the side of the oppressed and that Jesus is found in Black suffering, resistance, and resurrection.

Invocation:

*Saint James, preacher of justice,
Remind us that theology is only true if it liberates.
Help us love Jesus and resist empire.
Fire our pulpits with truth and dignity.
Amen.*

 **Saint Sylvia Rivera****Feast Day:** July 2**Patron Saint of:** Transgender justice, radical compassion, street queens**Bio:**

A Puerto Rican-Venezuelan trans woman and co-founder of STAR, Sylvia fought tirelessly for the rights of the most marginalized in the queer community. Her rage was holy, her compassion radical.

Invocation:

*Saint Sylvia, protector of our trans kin,
Give us your unshakable voice.
Be near to those abandoned by family,
And raise up a generation unafraid to speak truth.
Amen.*

 **Saint Audre Lorde****Feast Day:** February 18**Patron Saint of:** Poets, lesbians, cancer survivors, radical self-care**Bio:**

Audre Lorde was a Black lesbian feminist poet and activist who taught that caring for oneself is not self-indulgent but political warfare. Her work illuminates the power of identity and intersectionality.

Invocation:

*Saint Audre, fierce voice of truth,
Help us speak when we tremble.
Teach us the sacredness of our own bodies.
Let every poem become a prayer.
Amen.*

Saint Dorothy Day

Feast Day: November 29

Patron Saint of: Catholic Workers, holy disobedience, soup kitchens

Bio:

Dorothy Day co-founded the Catholic Worker Movement, blending radical hospitality with fierce resistance to war and capitalism. A contemplative activist, she believed the poor were the face of Christ.

Invocation:

*Saint Dorothy, mother of hospitality,
Feed the hungry through our hands.
Break down every wall between rich and poor.
Make our homes sanctuaries of peace and protest.
Amen.*

Saint Julian of Norwich

Feast Day: May 13

Patron Saint of: Mystics, visionaries, those recovering from spiritual trauma

Bio:

Julian was a medieval anchoress whose mystical visions revealed a God of mothering tenderness. Her famous phrase “All shall be well” speaks hope across the centuries.

Invocation:

*Saint Julian, seer of divine love,
Whisper comfort to our fearful hearts.
Teach us to trust the unfolding.
And to rest in the mystery of God's mercy.
Amen.*

Saint Bayard Rustin

Feast Day: March 17

Patron Saint of: Nonviolence, Black gay activists, strategy and protest

Bio:

Bayard Rustin, a gay Quaker and key advisor to Dr. King, was a mastermind of the 1963 March on Washington. Though often pushed aside because of his sexuality, his influence is foundational.

Invocation:

*Saint Bayard, strategist of peace,
Guide our movements and sharpen our minds.
Make our justice intersectional and irresistible.
Stand with queer organizers in every generation.
Amen.*

 **Saint Virginia Ramey Mollenkott****Feast Day:** October 6**Patron Saint of:** Inclusive Bibles, transgender theology, spiritual scholarship**Bio:**

A trailblazer in feminist and LGBTQ+ theology, Mollenkott co-authored the *Inclusive Language Lectionary* and was among the first to claim Christian identity as a transgender ally.

Invocation:

*Saint Virginia, wise teacher,
Help us read the Bible with new eyes.
Make our language a doorway to the Divine.
Give strength to queer seminarians and trans theologians.
Amen.*

 **Saint Clare of Assisi****Feast Day:** August 11**Patron Saint of:** Contemplation, simplicity, radical feminine strength**Bio:**

Clare left behind wealth and privilege to follow Christ in poverty and prayer. She founded the Poor Ladies (later Poor Clares) and held firm in the face of patriarchal resistance, even warding off an invading army with the Blessed Sacrament.

Invocation:

*Saint Clare, mirror of the divine,
Teach us to love silence and simplicity.*

*Remind us that power is made perfect in weakness.
Hold us close in our darkest hours.
Amen.*

Saint Francis of Assisi

Feast Day: October 4

Patron Saint of: Creation, holy fools, peacemakers, sacred animals

Bio:

Francis renounced wealth and embraced Lady Poverty. He preached to birds, called the sun his brother and the moon his sister, and saw Christ in every creature. His way was tenderness and prophetic joy.

Invocation:

*Saint Francis, troubadour of peace,
Make us lovers of Earth and every living thing.
Let us live lightly and boldly.
Bless our resistance and our rejoicing.
Amen.*

Litany of the Queer and Just Saints (to be used as group prayer or chant)

*Saint Marsha and Saint Sylvia,
Walk with us.
Saint Audre and Saint Bayard,
Speak through us.
Saint James and Saint Virginia,
Inspire us.
Saint Dorothy and Saint Julian,
Shelter us.
Saint Clare and Saint Francis,
Guide us.
All queer, trans, feminist, poor, disabled, and marginalized saints,
Surround us, uplift us, empower us.
We belong to a great cloud of witnesses.
Amen and Ashe.*

Part III: Blessings and Rituals

“Blessed are you, for the Divine delights in your becoming.”

In the Franciscan Clarean tradition, ritual is not reserved for the few or the formal. It is for the queer trans youth coming out, for the kitchen table tea blessing, for the protest line and the hospital bed, for the threshold between identities, seasons, and sacred spaces.

Here you will find rituals of naming, healing, affirmation, protection, and joy. These are meant to be adapted freely. Use what speaks to your spirit, and add what your soul needs.

These blessings are rooted in Scripture, the mystics, queer theology, earth wisdom, and liberation liturgies. You are not just permitted—you are invited—to be creative, embodied, and bold.

✨ Blessing for a Name Change or Gender Affirmation

Set the Space:

- Light a candle (gold, lavender, or white).
- Place symbols of identity and affirmation around you—photos, a new ID, herbs like rosemary or lavender.

Reading:

“I will give them a new name that no one knows except the one who receives it.” – Revelation 2:17 (adapted)

Ritual Prayer:

Holy One of Becoming,
You call us each by name—names of love, of liberation, of truth.
You whispered to Jacob, to Saul, to Simon,
And renamed them in moments of revelation.
So now, call this beloved by their truest name.

Lay your hand on your heart or have someone else do so.

Bless this name: _____.

Let it be a shield of dignity and a song of freedom.
May every syllable echo with sacred affirmation.
May this name open doors, build bridges, heal wounds.

May this person rise in the fullness of who they are,
Fearfully and wonderfully made.
Amen.

Blessing Before a Hormone Injection

Prepare:

- Clean your space.
- Place your hormone vial or patch reverently before you.
- Optional herbs: rose for self-love, nettle for strength.

Prayer:

Spirit of Life,
You dwell in every cell of my body.
You knit me together with purpose and delight.
As I take this sacred medicine,
May it align me more deeply with who I am.
Bless this vial, this patch, this syringe.
Let it be holy.

Let every drop testify:

This body is mine. This body is beloved. This body is becoming.
Amen.

Coming Out Blessing

Scripture:

“For God has not given us a spirit of fear, but of power, love, and a sound mind.” – 2 Timothy 1:7 (adapted)

Ritual Prayer:

Beloved child of God,
You are stepping into the light.
You are unveiling a truth that is holy and whole.
There is no shame in your becoming.

May the Spirit walk with you into every conversation.
May your heart be protected, your truth respected,
And your courage remembered as sacred.

Whether you are met with joy or judgment,
Know this:
God rejoices over you with singing.

You are not alone.
You are not wrong.
You are not too much.
You are exactly who you are meant to be.
Amen.

Ritual for the New Moon (Beginnings & Intention Setting)

Elements:

- Black or dark blue cloth
- A bowl of water
- A small piece of paper and pen

Invocation:

Holy Darkness,
Womb of the Divine,
As this moon hides her face,
We plant our dreams in Your soil.

Ritual:

Write one intention on your paper.
Place it beneath the bowl of water.

Pray:

Let this prayer rise with the moon.
Let this intention grow in the hidden places.
May I trust the work I cannot yet see.
Amen.

Ritual for the Full Moon (Release & Illumination)

Elements:

- White candle

- Epsom salt bath or a bowl of salt water

Invocation:

Bright Spirit,
You who light up the night,
Shine on what I must let go.

Prayer:

Under this full moon,
I release what no longer serves.
I release fear, shame, perfectionism, despair.
Let them melt like wax before You.

Place your hands in the salt water or enter the bath.

Cleanse me.

Heal me.

Illuminate my path.

Amen.



Blessing for Trans Joy

Scripture:

“You will go out in joy and be led forth in peace.” – Isaiah 55:12

Blessing:

Blessed are you, radiant trans child of the Holy One,
For your laughter is a hymn of freedom.
Your joy is a testimony.
Your presence is a resurrection.
Dance in the streets,
Sing in the shower,
Laugh at empire.

The God who makes galaxies smiles in your delight.
May your joy be contagious.
May it be fierce.
May it be protected.
And may it multiply ten thousand fold.
Amen.

Household Blessing for a Queer Sanctuary

Prayer:

Come, Spirit of Sacred Hospitality,
Make this home a haven for the hurting.
Let it ring with laughter,
Smell like soup and incense,
And echo with prayers of liberation.

Bless the doorways,
That all who enter feel seen and safe.
Bless the windows,
That light and wisdom pour in.
Bless the beds,
That rest and healing find us.
Bless the altars,
That they be tended with truth and tenderness.

Make this house a church.
Make this dwelling a protest.
Make this home a holy place.
Amen.

Part IV: Prayers of Justice and Resistance

“Let justice roll down like waters, and righteousness like an ever-flowing stream.” – Amos 5:24

Prayer is not a retreat from justice—it is fuel for it. To pray in the Franciscan Clarean tradition is to plant your feet in the soil of solidarity and to lift your hands in holy protest. These prayers are cries and calls, blessings and battle songs. They are meant to be spoken in the streets, whispered in jail cells, cried in community meetings, or chanted outside courthouses and capitol buildings.

These prayers do not ask for comfort. They ask for courage. They name the suffering. They demand the change. They remind us that God is not neutral—and neither are we.



Prayer Before a Protest or Action

Invocation:

Holy One of Fire and Fury,
You overturned tables.
You scattered the proud.
You marched with the margins.
So today, march with us.

Prayer:

Bless our bodies as we put them on the line.
Bless our voices as we shout and sing.
Bless our banners, our bullhorns, our breath.
May our resistance be fierce and rooted in love.

Protect the vulnerable.
Confuse the oppressor.
Disarm the police.
Open the eyes of the indifferent.

Let every footstep cry "Freedom."
Let every chant ring with justice.
Let every moment of civil disobedience
Be a sacrament.
Amen.

🏳️ Lament for Anti-Trans Legislation

Scripture:

"Rachel weeps for her children and refuses to be comforted." – Jeremiah 31:15

Lament:

O God, how long?

How long will lawmakers weaponize their fear?
How long will they legislate our extinction?
How long must trans youth beg for their right to exist?

You see them, Holy One.
You know their names.
You count every tear and hormone vial.

You walk the hospital halls with them.
You are pierced again and again by their pain.

We cry out to You.
Break the power of white supremacy and patriarchy.
Break the idols of fear and control.
Rise up with us.
And let justice come like thunder.
Amen.

Prayer for Palestine

Invocation:

God of the oppressed,
You were born under occupation.
You fled imperial violence.
You know the sounds of bombs and weeping.

Prayer:

We pray for Gaza.
For every mother mourning,
For every child terrified,
For every family buried beneath rubble.

We cry for the colonized,
The dispossessed,
The desecrated.

We name the violence of empire.
We renounce settler theology.
We remember that neutrality is betrayal.

Let the blockade be broken.
Let the land be returned.
Let the bombs cease.
Let the healing begin.

In the name of every prophet who called for peace rooted in justice.
Amen.

Liberation Litany

(Call and response – suitable for gatherings or daily prayer)

Leader:

When we are told to wait our turn...

All:

God says the time is now.

Leader:

When we are told to tone it down...

All:

God says shout from the rooftops.

Leader:

When we are erased...

All:

God says you are made in My image.

Leader:

When the systems oppress...

All:

God tears them down.

Leader:

When the people rise...

All:

God rises too.

Leader:

When we march, sing, vote, resist, and rise again...

All:

We are praying with our feet. Amen.



Intercession for the Marginalized

Leader or Solo Voice:

For Black lives under siege,
For Indigenous lands stolen,
For migrants in detention,
For women denied dignity,
For trans youth under attack,

For disabled kin left behind,
For the poor criminalized,
For Earth herself crying out—

All Respond:
Christ, be near. Justice, come.

Prayer for Courage in Confrontation

Prayer:
God of boldness,
We are afraid—
Afraid of conflict,
Afraid of consequences,
Afraid of what we will lose.

But You did not promise comfort.
You promised companionship.
And courage.

Give us words to speak truth.
Give us hearts to hold complexity.
Give us hands that do not tremble
when we hold power accountable.

Let us love boldly.
Let us disrupt gently.
Let us resist nonviolently—
And without apology.
Amen.



Prayer After Burnout or Defeat

Reading:
“Elijah lay under a broom tree and prayed to die. But the angel touched him and said, ‘Get up and eat.’” – 1 Kings 19:4–6 (adapted)

Prayer:
God of exhausted prophets,

We are tired.

Tired of fighting, tired of organizing, tired of surviving.

We have prayed and protested.

We have shouted and wept.

And still the world breaks.

Send us Your angels now.

Let them bring bread and rest.

Let them remind us:

Even the most faithful falter.

Even the strongest collapse.

We do not need to be saviors.

We only need to rise again—

Fed, loved, and recommitted.

Amen.

Part V: Herbal Rituals and Healing

“The leaves of the tree were for the healing of the nations.” – Revelation 22:2

In the Franciscan Clarean way, we honor the sacredness of the body and the earth as one living communion. Herbs are not just medicine—they are messengers of God's love. Created by the Divine, entrusted to the earth, and offered to us in every season, they whisper healing, blessing, and balance.

This section blends herbal knowledge with ritual practice. These rituals are not meant to replace professional care but to root our healing in tenderness, prayer, and embodied holiness. They draw from traditional Western herbalism, Franciscan ecology, queer body theology, and the wisdom of folk and earth-based healers.

You are invited to adapt these rituals, swap herbs for what's accessible, and add your own sacred meanings.

Morning Herbal Blessing: A Ritual Tea of Grounding and Grace

Herbs: Lemon balm, oat straw, or tulsi (holy basil)

Tools: A mug, boiling water, a quiet space

Ritual:

Brew your tea slowly, watching the steam rise like incense. As it steeps, pray:

*Holy Spirit of Breath and Leaf,
Bless this cup of calm.
Let every sip remind me of my belovedness.
Let it steady my nervous system,
Awaken my clarity,
And guide me gently into this day.*

Sip slowly. With each sip, repeat:

*I am grounded.
I am guided.
I am growing.*

Anointing with Herbal Oils: For Gender Euphoria and Body Blessing

Herbs: Lavender, rosemary, rose, or calendula (infused in olive or almond oil)

Ritual:

Warm the oil slightly. Place a few drops in your palm. Gently touch or massage the parts of your body that need affirmation today—chest, belly, thighs, face, scars.

Prayer:

This body is sacred.
This skin is beloved.
This body holds the Divine.
This scent is my incense.
This oil is my sacrament.

Anoint yourself while naming your truth:

“I am fearfully and wonderfully made.”

“I am trans and holy.”

“I am healing and whole.”



Ritual Bath for Queer Resilience

Ingredients: Epsom salt, rose petals, peppermint, mugwort, or chamomile

Optional: A candle, soft music, or moonlight

Ritual:

Add herbs and salt to warm water. Step in slowly, letting each part of your body be embraced by warmth.

Prayer:

I bathe in sacred waters.
Let every ache dissolve.
Let every slur be washed away.
Let every doubt be unlearned.
Let every cell remember joy.

Breathe deeply. Stay as long as you need. When you drain the water, say:

*As this water flows away,
So does every lie I've been told about my worth.*

吸烟和烟熏祝福 (Contextually and Respectfully)

Note: If using white sage or palo santo, only do so with consent from and in solidarity with Indigenous communities. Instead, consider rosemary, lavender, or mugwort you've grown or gathered ethically.

Ritual:

Light your smoke bundle or loose herbs. Waft the smoke over your body or your space with a feather or hand.

Prayer:

Smoke of cleansing,
Lift heaviness from this space.
Smoke of memory,
Call in the wisdom of my queer ancestors.
Smoke of Spirit,
Clear a path for justice and joy.



Tea for Trans Peace and Hormone Harmony

Herbs: Spearmint (especially helpful for AMAB folks), red clover, nettle, raspberry leaf

Purpose: These herbs may support hormonal balance and offer mineral nourishment.

Prayer over the Tea:

Spirit who dwells in hormones and heat,
Bless this cup of queer healing.
Let it nourish the shifts in my body.
Let it center me when dysphoria roars.
Let it whisper: "You are safe to be who you are becoming."



Kitchen Blessing with Garlic and Herbs

Herbs: Garlic, thyme, oregano, basil (fresh or dried)

Ritual: As you cook or prepare food, speak blessings aloud.

Blessing:

Garlic for protection.
Thyme for courage.
Oregano for strength.
Basil for joy.

Let this food be medicine.

Let this kitchen be sanctuary.

Let this nourishment carry us through the work of justice.



Herbal Dream Pillow for Rest and Vision

Herbs: Mugwort (for dreaming), lavender (for calm), rose petals (for comfort)

Materials: A small cloth pouch or hand-sewn fabric

Ritual:

Fill the pouch with herbs. Place it near your pillow or under it.

Prayer:

Spirit of Rest and Revelation,
Come close in the night.

Visit me with dreams of healing and wholeness.
Protect my sleep.
Renew my body.
Speak to my soul.
Amen.

Holy Tincture Blessing

Before taking herbal tinctures (e.g., echinacea, valerian, passionflower, or milky oats):
Hold the bottle. Close your eyes. Place your hand over your heart.

Prayer:

I bless this drop of earth-wisdom.
May it bring balance to my nerves, clarity to my mind,
And restoration to my weary body.
I receive it as grace.

Part VI: Seasonal and Liturgical Calendar

“To everything there is a season, and a time for every purpose under heaven.” – Ecclesiastes 3:1

The Order of Franciscan Clareans follows a sacred calendar grounded in the rhythms of creation, the witness of the marginalized, and the liberating life of Christ. It draws from the traditional liturgical year but re-centers it around queer/trans embodiment, justice movements, Earth-honoring spirituality, and Franciscan simplicity.

What follows is a proposed **Franciscan Clarean Liturgical Calendar**, including holy days, rituals, feast celebrations, and suggestions for personal or community observance.

January: Sacred Beginnings

Themes: Renewal, Calling, Rebirth

- **Jan 1 – New Year’s Day** (Prayer for renewal and resistance)
- **Jan 6 – Epiphany of the Marginalized** (Celebrate queer revelation and visibility)

- **Last Sunday of January – Trans Call Sunday** (Reflect on divine calling in gender identity)

February: Love and Liberation

Themes: Sacred Love, Black Liberation, Radical Belonging

- **Feb 1 – Feast of Saint Marsha P. Johnson**
- **Feb 14 – Queer Valentine’s Blessing**
- **February (all month) – Black History & Liberation Prayers**
- **Feb 18 – Feast of Saint Audre Lorde**

March: Lent of the Oppressed

Themes: Wilderness, Fasting from Empire, Solidarity

- **Ash Wednesday – Dust of Resistance Ritual**
- **March 8 – International Women’s Day Liturgy**
- **March 17 – Feast of Saint Bayard Rustin**
- **March 31 – Trans Day of Visibility (Ritual of Light)**

April: Holy Rebellion

Themes: Death and Resurrection, Holy Week of the Oppressed

- **Palm Sunday – Queer Procession of the Margins**
- **Maundy Thursday – Foot Washing for Queer Kin**
- **Good Friday – Lament for Crucified Bodies**
- **Holy Saturday – Vigil of the Silenced**
- **Easter Sunday – Resurrection of the Rejected**
- **April 22 – Earth Day (Franciscan Liturgy for Creation)**

May: Blossoming and Boldness

Themes: Joy, Courage, Mental Health

- **First Sunday – Mental Health Healing Blessing**
- **May 5 – Feast of Saint James Cone**

- **Mother's Day – Inclusive Blessing of All Genders Who Mother**
- **May 13 – Feast of Saint Julian of Norwich**

June: Sacred Pride

Themes: Visibility, Courage, Delight

- **June 1–30 – Daily Prayers for LGBTQ+ Pride**
- **June 19 – Juneteenth (Prayer for Reparations and Freedom)**
- **June 27 – Feast of Saint Marsha P. Johnson**
- **June 28 – Stonewall Sunday: Queer Resistance Eucharist**

July: Sacred Interdependence

Themes: Mutual Aid, Community, Radical Hospitality

- **July 2 – Feast of Saint Sylvia Rivera**
- **July 4 – Day of National Lament (Liturgy of Liberation from Empire)**
- **July 22 – Feast of Saint Mary Magdalene (Apostle to the Apostles)**
- **Last Sunday – Community Mutual Aid Blessing**

August: Sacred Simplicity

Themes: Voluntary Poverty, Earth-Honoring Life

- **August 11 – Feast of Saint Clare of Assisi**
- **August 15 – Blessing of the Harvest (Gratitude for Earth's Gifts)**
- **August 20 – Ritual of Letting Go (Minimalism & Surrender)**

September: Sacred Community

Themes: Peacemaking, Belonging, Contemplative Action

- **Sept 1 – Season of Creation Begins (through Oct 4)**
- **Sept 21 – International Day of Peace**
- **Last Sunday – Blessing of Spiritual Friendships & Chosen Families**

October: Sacred Creation and Holy Wildness

Themes: Ecology, Animal Blessing, Creation Theology

- **October 4 – Feast of Saint Francis of Assisi**
- **First Sunday – Blessing of the Animals**
- **October 6 – Feast of Saint Virginia Ramey Mollenkott**
- **All Month – Devotions on Sacred Ecology**

November: Sacred Memory

Themes: Ancestral Wisdom, Mourning, Trans Remembrance

- **Nov 1 – Feast of All Saints and All Souls (especially Queer and Marginalized Saints)**
- **Nov 20 – Trans Day of Remembrance (Liturgy of Names and Tears)**
- **Nov 29 – Feast of Saint Dorothy Day**

December: Sacred Light

Themes: Incarnation, Resistance, Hope

- **Advent Season – Queer Advent Devotions**
- **Dec 10 – Human Rights Day Prayers**
- **Dec 21 – Winter Solstice Blessing: Light Born from Darkness**
- **Dec 25 – Queer Christmass: Incarnation of the Divine in All Flesh**
- **Dec 31 – End of Year Blessing and Release Ritual**

Special Seasonal Suggestions:

Season of Creation (Sept 1 – Oct 4):

- Daily reflections on Earth as Sacred
- Garden blessings and compost rituals
- Community clean-up as liturgical act

Advent and Lent Devotionals:

- Can be paired with candle lighting and weekly thematic prayers

- Queer-inclusive and justice-focused themes:
 - *Advent*: Hope, Peace, Joy, Love
 - *Lent*: Lament, Fasting from Injustice, Healing, Resurrection

Appendices

“Let all things be done with love, and let all things be done with care.”

These appendices offer resources for deepening your practice, creating sacred spaces, and adapting this prayer book for personal or community use. Use them freely and lovingly.

Appendix A: Inclusive and Expansive Language Guide

Why Inclusive Language?

Language shapes our theology. To pray with inclusive words is to honor the full dignity of all people and to speak of God without reinforcing systems of patriarchy, racism, transphobia, or ableism. Inclusive language doesn't limit God—it frees us to imagine God more truthfully.

Common Adaptations Used in This Book:

- “God” instead of exclusively “He”
- “Beloved,” “Holy One,” “Divine Spirit,” “Sacred Breath” instead of “Lord” or “Father” alone
- “They/Them” pronouns for God used occasionally for neutrality or expansiveness
- “Sibling” instead of “brother/sister”
- “Humankind” or “the people” instead of “mankind”
- “Queer Christ,” “Trans Christ,” “Liberator Jesus” to honor contextual identities

Suggestions for Inclusive Language in Your Own Prayer Life:

- Try different names for God: Womb of Life, Fire of Justice, Breath of the Universe
- Use “we,” “us,” “our” to build collective solidarity
- Refer to saints and ancestors with pronouns and honorifics that reflect their gender journey
- Write your own name for God and use it in prayer

Appendix B: Creating a Home Altar or Sacred Space

A Franciscan Clarean Home Altar Includes:

- A candle (symbol of Divine Light)
- A small bowl of earth or a plant (creation and grounding)
- A stone or crystal (strength and endurance)
- A cup of water (healing and flow)
- A photo or symbol of a queer/trans/feminist saint or ancestor
- Sacred texts (Bible, poetry, your own journal)
- Herbal elements (lavender bundle, dried rosemary, or mugwort)

How to Use Your Altar:

- Begin and end your day here in prayer or silence
- Change items with the liturgical season
- Use it as a space of grief, joy, protest, rest
- Let it evolve with your journey

Appendix C: Suggested Music and Chants

For Daily Prayer:

- *Come, My Way, My Truth, My Life* (traditional hymn, gender-expansive adaptation)
- *We Are a Gentle Angry People* (Holly Near)
- *Wade in the Water* (Spiritual)
- *Draw the Circle Wide* (Gordon Light)
- *Canticle of the Turning* (Star of the County Down melody)

Simple Chants:

- *Holy Breath, flow through me.*
- *I am sacred, I am whole, body, mind, and soul.*
- *There is more love somewhere... I'm gonna keep on till I find it.*
- *We are rising up like a phoenix from the fire. Sisters, brothers, siblings, I believe in you.*

Appendix D: Sample Daily Schedule for Prayer

Personal Daily Rhythm Example:

Time	Practice
Morning	Light candle + Morning Prayer
Midday	Tea ritual + Midday Prayer
Evening	Herbal bath + Evening Prayer
Night	Anointing + Night Prayer

Weekly Example for Community Use:

- Monday: Healing Prayers for the Sick
- Tuesday: Intercession for the Poor and Unhoused
- Wednesday: Earth and Creation Blessings
- Thursday: Prayers for Queer and Trans Youth
- Friday: Justice Prayers + Lament
- Saturday: Ancestral Remembrance
- Sunday: Joy and Celebration

Appendix E: Index of Prayers and Rituals

Daily Rhythms:

- Morning Prayer — p. [insert]
- Midday Prayer — p. [insert]
- Evening Prayer — p. [insert]
- Night Prayer — p. [insert]

Blessings & Rituals:

- Name Change Blessing — p. [insert]
- Hormone Ritual — p. [insert]
- Coming Out Blessing — p. [insert]
- Queer Sanctuary Blessing — p. [insert]

Justice Prayers:

- Protest Prayer — p. [insert]
- Anti-Trans Law Lament — p. [insert]
- Prayer for Palestine — p. [insert]
- Liberation Litany — p. [insert]

Herbal Practices:

- Morning Tea Blessing — p. [insert]
- Body Anointing — p. [insert]
- Herbal Bath — p. [insert]
- Dream Pillow — p. [insert]

Feast Days:

- Saint Marsha P. Johnson — June 27
- Saint Clare of Assisi — August 11
- Saint Francis — October 4
- Trans Day of Remembrance — November 20
- Queer Christmass — December 25

About the Author

Sister Abigail Hester, OFC (she/her) is a queer transgender Christian nun, writer, and spiritual activist. She is the founding sister of the **Order of Franciscan Clareans (OFC)**—a new monastic movement rooted in the radical love of Jesus, the joyful poverty of Francis and Clare, and the fierce inclusion of queer and trans people in the life of God.

Born into a world that often tried to silence her truth, Sister Abigail has spent her life reclaiming her faith, her body, and her voice. Through her blog, books, and public ministry, she offers a prophetic witness that the Gospel is good news for the marginalized, the disabled, the feminists, the heretics, and the holy fools.

Her work draws deeply from the wells of **queer theology, liberation theology, feminist mysticism, Franciscan simplicity, herbal healing, and radical joy**. She writes with one foot in the monastery and one in the movement, weaving daily prayer with protest, community with contemplation, and sacred ritual with street resistance.

Sister Abigail currently lives in the United States, where she writes, prays, grows herbs, and fiercely loves her chosen family. She believes in trans resurrection, compost theology, and the communion of the saints—and she is probably brewing tea as you read this.

You can connect with her at:

 franciscanclareans.blogspot.com
