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7 January

**ST ANGELA OF FOLIGNO**

**Visionary Sister of Penance**

A statement, issued on Friday, 11 October 2013, by the Congregation for the Causes of Saints, said that Pope Francis had recognized the sainthood of the medieval mystic, Blessed Angela of Foligno, and “enrolled her” on the Church’s official “catalogue of saints”.

Saint Angela was born in a well-to-do family in Foligno, Italy, around 1248. She died on 4 January 1309. She was a member of St Francis of Assisi’s Brothers and Sisters of Penance, who are the ancestors of the Secular Franciscan Order of today.

A lay woman, a wife, mother, and widow, St Angela lived a deep spiritual conversion in 1285. Attracted by the ideals of St Francis, she joined the Penitents six years later. Her visions were recorded by her spiritual director.

The statement of her canonization says that the Pope “extended the liturgical cult in honour of Angela of Foligno to the Universal Church”, after having received a report from the Prefect of the Congregation, Cardinal Angelo Amato SDB, on 9 October 2013.

On the same occasion, the Pope also authorized a decree, recognizing the heroic virtues of Amato Ronconi(around 1226-1292), Italian layman of the Brothers and Sisters of Penance, and founder of a hospice for the poor in Rimini, Italy, and Sr Maria Jane Wilson(1840-1916), Indian foundress of the Franciscan Sisters of Our Lady of Victories.

Among the many famous quotations of St Angela’s writings are the following:

“[The Sacrament really contains You, O my God, You whom the Angels adore, in whose presence the Spirits and mighty Powers tremble. Oh! if we could only see You clearly as they do, with what reverence would we approach this Sacrament, with what humility would we receive You.”](https://www.inspiringquotes.us/quotes/hYWg_zPsmlxDA)

[“It is the Sacrament of Love that excites the soul to ardent prayer. It stirs up the virtue of impetration and, as it were, forces God to grant our petition. It deepens the abyss of humility, above all it enkindles the flame of love in the heart; hence the Sacrament is the Gift of gifts, and the Grace of graces”](https://www.inspiringquotes.us/quotes/TbjK_TIV63qAO)

[“If we but paused for a moment to consider attentively what takes place in this Sacrament, I am sure that the thought of Christ's love for us would transform the coldness of our hearts into a fire of love and gratitude.”](https://www.inspiringquotes.us/quotes/m51P_QOUMjTf7)

[“O my soul, how can you refrain from plunging yourself ever deeper and deeper into the love of Christ, who did not forget you in life or in death, but who willed to give Himself wholly to you, and to unite you to Himself forever?”](https://www.inspiringquotes.us/quotes/mXtM_GK79dkWh)

[“Holy Scripture is so exalted that there is no one in the world ... wise enough to understand it so fully that his intellect is not overcome by it. Nevertheless, we can stammer something about it.”](https://www.inspiringquotes.us/quotes/izlV_GKnB0eZ6)

[“Without humility of heart all the other virtues by which one runs toward God seem - and are - absolutely worthless.”](https://www.inspiringquotes.us/quotes/Q50u_qO7ex3fM)

[“This whole world is full of God!”](https://www.inspiringquotes.us/quotes/gS0I_wetyjWCS)