



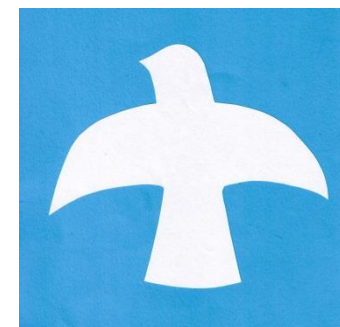
## Reflecting on the Laudato Si' Goals

# Ways of St. Francis

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All the Laudato Si' goals are important for me and I address them jointly by promoting creation of local green pilgrimage routes, named the Ways of St. Francis to commemorate the jubilee. He is the patron of peace-makers, so the suggested spiritual tasks are based on the Way of Peace in Rogalin (<https://tinyurl.com/2f8p32fj>), available also in Polish (<https://tinyurl.com/ycku7b3m>), Russian (<https://tinyurl.com/2p9ap8x3>), and Ukrainian (<https://tinyurl.com/2p9ezfud>). The tasks include prayer for seven gifts of the Holy Spirit, contemplation of nature, care for other people and wildlife, and promote a simpler, healthier lifestyle explained here: <https://laudatosiactionplatform.org/walking-with-the-holy-spirit-how-one-polish-laudato-si-animator-is-transforming-ordinary-walks-into-pilgrimages/>

My personal experience and cooperation with other parishes show that walking in green areas combined contemplation of nature and reflection on the Scripture as well as prayer to the Holy Spirit (or on the rosary, etc.) make us more sensitive to the cry of the Earth and the poor. I believe that all this can help us find effective ways to promote ecological economics, adoption of sustainable lifestyles, ecological education, ecological spirituality, community resilience and empowerment, both locally and globally.

References to the already existing local Ways of St. Francis in Poland can be found in Wikipedia (see [https://en.wikipedia.org/wiki/Francis\\_of\\_Assisi#Pilgrimage\\_routes\\_and\\_the\\_Year\\_of\\_St.\\_Francis\\_\(2026\)](https://en.wikipedia.org/wiki/Francis_of_Assisi#Pilgrimage_routes_and_the_Year_of_St._Francis_(2026))) and below you can read about the first one.



# Poznań Way of St. Francis



**St. Francis Seraphicus Church ↔ St. Anthony of Padua Church**

## The first Way of St. Francis in Poland

(Article published on 20 February 2026, <https://www.linkedin.com/pulse/first-way-st-francis-poland-sylwia-ufnalska-univf/>)

In 2025 we created in Poznań a new local pilgrimage route to commemorate the 800th anniversary of St. Francis of Assisi's [\*Canticle of the Sun\*](#) and the 10th anniversary of the encyclical [\*Laudato si'\*](#) of Pope Francis. It links two Franciscan churches and cloisters in the Old Town:





Unexpectedly, on 10 January 2026, Pope Leo XIV announced the beginning of the Year of St. Francis, because he died 800 years ago. Eight days later, I led the first “nature pilgrimage” on the Poznań Way of St. Francis, so it proved to be the first event of the jubilee in our city.

Since St. Francis of Assisi is a patron of peace, the route's description suggests a list of spiritual [tasks for peace pilgrimages](#), based on the [Way of Peace](#). Since the Russian invasion in 2022, this list has been available also in [Russian](#) and [Ukrainian](#). The tasks include, for example, a beautiful [prayer for seven gifts of the Holy Spirit](#), consideration of quotes from the Bible and *Laudato si'* or singing the *Canticle of the Sun*. The Way of Peace, mentioned above, is one of [Rogalin Ways](#), which are named after the fruits of the Holy Spirit: the Way of Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control. The suggested spiritual [tasks concerning all the fruits](#) are now compiled in one file, so that they can be easily used anywhere.

I am ready help other parishes to create new local Ways of St. Francis. They can encourage people to pray during daily walks and to observe nature, even in small urban green areas and patches of weeds on pavements or walls. This is beneficial not only spiritually but also for our health and social relations, because walking and contact with nature markedly lower the level of stress, activate all parts of the body, and reduce the risk of many diseases (like heart attack, stroke, obesity, diabetes, cancer, and depression).

It is noteworthy that descriptions of the routes can popularize ecotourism and historical knowledge (see the [Polish description of the Poznań Way](#)). Consider also organizing nature walks with botanists or zoologists as well as ecumenical and interreligious pilgrimages, for all those who care for the Earth – our common home. I believe that prayer and contemplation of nature can unite us.

(To know more about the history of this initiative, see [Green pilgrimage routes in the Jubilee Year?](#) and the Facebook page of the project [Ways of St. Francis](#), with photos from various events and workshops related to St. Francis.)

**NOTE: See our Plans to find a template that will help you to create a new local Way of St. Francis**