An Invitation from St. Francis de Sales

Images of travel and voyages abound in the writings of St. Francis de Sales who encouragingly and alluringly invites those seeking his guidance to travel the road that Jesus himself has so graciously and courageously opened up for us. This he has done by his life, death and resurrection, thereby giving us access to God. It is St. Francis de Sales’s thought and ideas that are paraphrased and adapted here to present an enticing invitation to make this Lenten journey in his company and in that of Our Lord.

... from A Lenten Journey with Jesus Christ and St. Francis de Sales

Inside you will find a short biography of St. Francis de Sales, A Brief History of the Oblates of St. Francis de Sales, St. Francis de Sales on Prayer, a description of the Salesian Spirit, and more, along with daily readings and prayers for every day of Lent, weekdays and Sundays.

Each day’s readings and prayers includes a
- Gospel Reading
- Selection from the Writings of St. Francis de Sales
- Reflection
- Prayer

May the presence of Jesus Christ and the gentle and loving kindness of St. Francis de Sales guide you on your Lenten Journey, and lead you to God’s Holy Easter of Peace, Love and Joy.

Fr. Alexander T. Pocetto, O.S.F.S. entered the Oblates of St. Francis de Sales in 1945. He obtained an A.B. and M.A. from the Catholic University of America, and was awarded a Ph.D. from the University of Laval, Quebec. He was ordained in 1955. For the past forty-five years, he has been at De Sales University in Center Valley, Pennsylvania, where he was a founding member and served in various leadership positions including Acting President. In addition, he has served the Oblates of St. Francis de Sales in many capacities including Assistant Superior General. In 1992, he was appointed Chairman of the Congregation’s International Commission on Salesian Studies (ICSS) and served in this capacity for twelve years.

He currently teaches a course in Salesian Spirituality and holds the position of Senior Salesian Scholar in the Salesian Center for Faith and Culture at De Sales University.