

Grey Friar

Welcome to our friary, here on top of the hill looking east over the great town of *Dunwich*, towards the distant sea beyond. The brothers in this *Friary* are followers of *St Francis*, a most humble and holy man, sanctified, who lived in the town of *Assisi* in *Italy*. *St Francis* gave all he had to the poor, keeping only one coarse robe to cover himself. Like *St Francis*, my brothers have taken vows of chastity, of obedience and of poverty. We are called the barefoot monks for we wear no shoes. See my begging bowl. I ask for food to be given, which then I give unto the poor and sick in this rich town. We have many poor souls here who have returned from the *Holy Land* afflicted with leprosy. Our large friary provides land to grow food for the poor and we tend herbs that help with sickness. Here is *Rosemary*, a herb symbolic of wisdom and faithfulness. The virgin *Mary* herself is said to have dried her cloak on it. Put under your pillow it will guard against nightmares. We burn it as incense to protect against plague. The ashes are most good also for cleaning your teeth. Here also I have lavender, a sweet herb to treat headaches. Here is the crucifix I use in my prayers. We pray for the souls of all in this town. Listen for the matins bell that calls me to prayer.