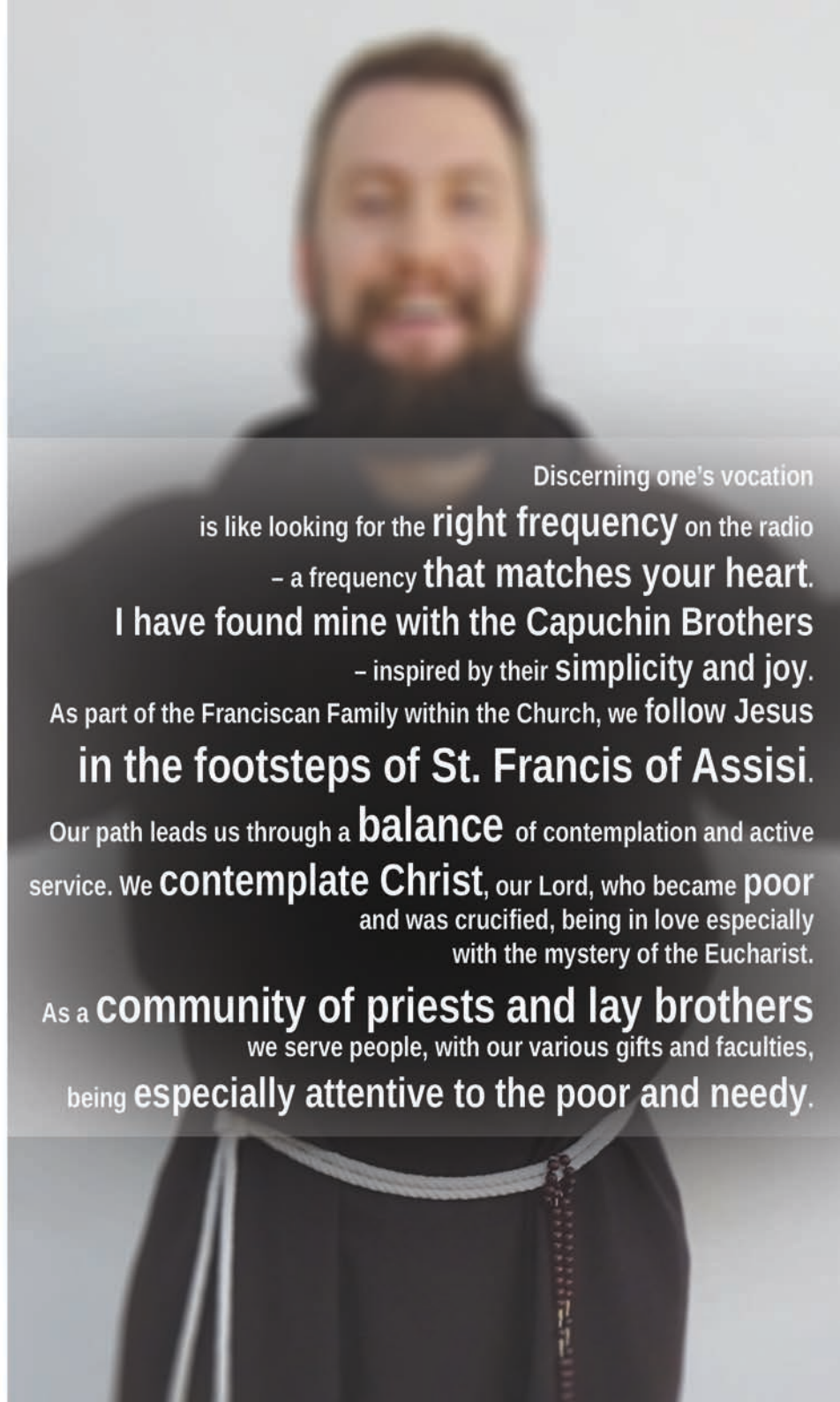




Br. Zbigniew Fryska - Friars Minor Capuchin



Discerning one's vocation
is like looking for the **right frequency** on the radio
– a frequency **that matches your heart.**
I have found mine with the Capuchin Brothers
– inspired by their **simplicity and joy.**

As part of the Franciscan Family within the Church, we **follow Jesus**
in the footsteps of St. Francis of Assisi.

Our path leads us through a **balance** of contemplation and active
service. We **contemplate Christ**, our Lord, who became **poor**
and was crucified, being in love especially
with the mystery of the Eucharist.

As a **community of priests and lay brothers**
we serve people, with our various gifts and faculties,
being **especially attentive to the poor and needy.**