

## Saint Fara of Faremoutiers (Burgundofara)

Born c. 603, Poincy, Burgundy, France  
Died c. 645, Faremoutiers, Brie, France

Fara was the daughter of Agneric, a powerful nobleman. By age fourteen she had consecrated herself to God, and when Agneric insisted on arranging her marriage, Fara became seriously ill. She dreamed about a holy man and heard a voice that said: "Whatsoever this man tells you to do, do it and you will be healed."

Fara was near death when Eustace of Luxeuil visited her castle and she immediately recognized him from her dream. He blamed Agneric for Fara's suffering because he had not honoured her vow to God. Agneric agreed to let Fara have her way. Eustace blessed her and recovered, but as soon as he left Agneric resumed negotiating her marriage. This was too much for Fara and she ran away. Agneric dispatched his vassals with orders to bring her back dead or alive. "Do you believe that I fear death?" said Fara when the men cornered her in a church. She dared them to kill her: "Ah! How happy should I be to give my life in so just a cause to Him who has given His life for me!" She held the men at bay until Eustace arrived. He took Fara back to her father, who repented for good and allowed her to take the veil.

Fara built a double monastery with separate quarters for men and women. They observed a strict Rule, drinking no wine, and no milk during Lent and Advent, and making a strict examination of conscience three times a day. Her community became famous as Faremoutier (=Fara's monastery) and attracted many future saints. Her feast day is 3 April.

### **The Genius of Fara:**

Fara was the first to see through a meddling monk who posed as a reformer and convinced several saintly abbots to relax their Rule. She denounced him as a liar and a fraud. Eventually the other abbots recognized that Fara was right and returned to their old rigor.

### **Reflection:**

*"A new hymn I will sing to my God  
O LORD, great are you and glorious  
Wonderful in power and unsurpassable."*

Judith 16.13

From Gallick, Sarah [The Big Book of Women Saints](#) p. 123