

THE SOCIETY OF SAINT FRANCIS - THE FIRST ORDER

The Rule of Life

In applying the spirit of The Principles of the First Order to our daily life and work, and in recognition of our vows of poverty, chastity and obedience, we, the members of the First Order pledge ourselves to the observance of the following Rule of Life:

To be present frequently at the Eucharist, regarding daily communion as the ideal.

To be present at the Offices as they are said in each house and to pray Offices privately when unable to do so corporately. These shall normally be the Offices of Morning Prayer, Midday Prayer, Evening Prayer and Night Prayer.

To spend at least one hour a day in prayer in addition to the time spent at the Eucharist and the Offices.

When away from a house, to observe Morning and Evening Prayer, secure at least half an hour daily for prayer and be present at the Eucharist as opportunity may offer.

STUDY

To spend some hours each week in study.

WORK

To carry out such manual work as the head of house shall prescribe.

SILENCE

To observe the appointed rules of silence.

FASTING

To observe the fasting rules according to the custom of the house and not to exceed them without permission.

PENITENCE

To live the life of penance; daily to examine conscience and confess sins to God and, holding in special esteem that sacrament of confession and absolution whereby we are cleansed from sin and renewed in the life of grace, to seek the benefit of absolution as conscience requires.

RETREAT

To make a retreat at least once a year.

REST

To have a holiday each year, as defined in the Provincial Statutes.

THE RULE

To become familiar with the documents of the Society by reading The Rule.