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The Brothers and  
Sisters of  
Penance of St  
Francis

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THE RULE OF  
1221  
—in a snapshot



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Penance of St Francis

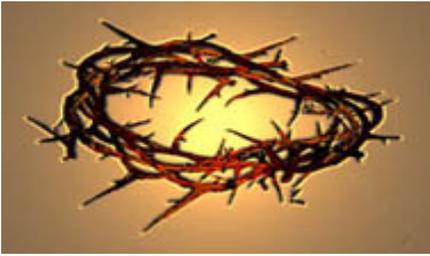
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**DAILY LIFE:** Live and dress simply and modestly. Choose simple garments of solid, neutral colors or blue as defined by the Rule. Avoid flashy personal décor, unseemly movies, excessive TV, and needless communications. Convert your life to God. Wear a cross or crucifix visibly. Take the Blessed Virgin as mother and guide, and heed her messages to our world.

**ABSTINENCE:** Abstain from meat on everyday except Tuesdays, Thursdays, Sundays, Solemnities, and other necessary or family occasions. Pray before and after all meals. Abstain from any other thing to give glory to God as you wish.

**FASTING:** Fast on Wednesdays and Fridays from All Saints day to Easter, and on Fridays from Easter until All Saints day. (Solemnities and Octaves excluded) Fast daily, except Sundays and Solemnities, during Lent, and Advent. Fasting by Church regulations means being

content with 3 meals each day where only one is a regular meal and the other two are not full meals. Strict fasting may be done with the permission of one's spiritual director. The perfect strict fast is on bread and water, according to Our Lady.

**PRAYER:** Pray the seven canonical hours of the Divine Office daily. Otherwise, choose a different daily prayer option which can be one of the following: saying the complete rosary; spending an hour in mental prayer; praying 12 Our Fathers, Hail Mary's and Glory Be's for Matins and seven for the other hours; or creating a serious personal prayer option with one's spiritual director. Pray for the dead: 50 psalms, or Our Fathers with the Requiem Aeternam, for a recently deceased penitent. Pray the entire Psalter or 100 Our Fathers with the Requiem Aeternam for all deceased once yearly. Each day strive to do some spiritual reading, which can be the Office of Readings or Scripture. Make prayer the center of your life.

**SACRAMENTS/OTHER MATTERS:** Attend daily Mass if possible. Sunday and Holy Day Mass definitely. Go to confession at least monthly. Make peace with

everyone, avoid idle talk, gossip, oaths, and street language of any kind. Tithe your time and money to Christ. Live the Gospel. Share your love of others generously.

**COMMUNITY LIFE:** Meet with others of like mind, especially other Brothers and Sisters of Penance, each month. Celebrate the Eucharist and the Liturgy of the Hours together. Review a portion of the Rule and share your journey to heaven. Celebrate your family!

**APOSTOLATES:** Practice the corporal and spiritual works of mercy in your own home, among your own relatives, and in the world around you.

**OTHER:** Obtain permission of your spouse before entering the Association. Be willing to obtain a spiritual director and consult with them at least monthly. Once you pledge to live the Rule, follow it for life unless

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