

**MY
LIFE
WITH
GOD**

**RULE
OF THE
SECULAR
FRANCISCAN
ORDER**



THE RULE
OF THE
SECULAR FRANCISCAN
ORDER

Ex parte ordinis

Nihil obstat quominus imprimatur:

ALEXIUS KING, O.F.M.

Censor deputatus.

NICOLAUS O'BRIEN, O.F.M. cap. Censor deputatus.

Imprimi potest:

DAVID O'REILLY, O.F.M.,

Minister Provincialis.

BRENDANUS O'MAHONY, O.F.M. cap.,

Minister Provincialis.

The Secular Franciscan Order Federation, Ireland

O.F.M. & O.F.M. Cap. August, 1979

RULE OF THE SECULAR FRANCISCAN ORDER

Translated from the Latin.

Prayer for the Regular Meeting of the Council

The following suggested format may be adapted to the needs or Desires of the fraternity council.

President (Minister):

In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen

President (Minister):

May the Lord be in our hearts and on our lips, so that we may live the holy gospel of our Lord Jesus Christ in the spirit of St. Francis and proclaim it to all the world.

All: Amen

President (Minister):

Come, Holy Spirit, fill the hearts of your faithful people.

All: Enkindle in us the spirit of dedication and unity.

President (Minister):

Confirm, O Lord, the work you are doing through us.

All: May we be instruments of peace in your Church and in the world.

President (Minister):

Let us pray, (Pause)

**O Lord, you have called us
to serve the Secular Franciscan Order as its leaders.
Through our good example, wise decisions.
and courageous action
may we faithfully animate and guide our fraternity
in observing the gospel in the spirit of St. Francis.
We ask this through Christ our Lord.**

All: Amen

A reading from Sacred Scripture or from the writings of St. Francis follows, after which there may be a silent meditation or a shared reflection which applies the message of the reading to the situation at hand

The ordinary business of the council now takes place. At the end of the meeting, after shared prayer or general intercessions, the president (minister) of the fraternity initiates the Our Father and then concludes with a prayer from the writings of St. Francis or says these or similar words:

**O God, without you nothing is strong, nothing is holy.
Inspire us with your wisdom and love.
Under your direction and guidance
may we prove to be worthy leaders of this fraternity;
may we see what we should do,
and have the courage and perseverance to accomplish it.
We ask this through Christ our Lord.**

All: Amen

The spiritual assistant concludes with a blessing.

May the Lord bless you and keep you.

All: Amen

May his face shine on you, and be gracious to you.

All: Amen

May he look upon you with kindness and give you his peace.

All: Amen

May the Lord bless you, + the Father, and the Son and the Holy Spirit.

All: Amen

Abbreviations used in the footnotes

SF. Adm.	The Writings of St. Francis of Assisi, The Admonitions (admonitions numbered).
SF. LAF.	The Writings of St. Francis of Assisi, Letter to All the Faithful.
Omn.	St. Francis of Assisi, Writings and Early Biographies, English Omnibus of the Sources for the Life of St. Francis – Chicago, Franciscan Herald Press, 1973.
I, II Cel.	First, Second Life of St. Francis by Thomas of Celano (paragraph numbering).
T.O.	Third Order.
Church	Second Vatican Council Dogmatic Constitution on the Church, <i>Lumen Gentium</i> .
Ecum	Second Vatican Council Decree on Ecumenism, <i>Unitatis Redintegratio</i> .
Laity	Second Vatican Council Decree on the Apostolate of the Laity, <i>Apostolicam Actuositatem</i> .
Priests	Second Vatican Council Decree on the Ministry and Life of Priests, <i>Presbyterum Ordinis</i> .
World	Second Vatican Council Pastoral Constitution on the Church in the Modern World, <i>Gaudium et Spes</i> .
Penance	Paul VI, Apostolic Constitution <i>Paenitentia</i> .
Can.	Canon (with number) of the (1917) Code of Canon Law.

Prologue:

Exhortation of Saint Francis to the Brothers and Sisters in Penance.

In the name of the Lord !

1

Concerning those who do penance

All who love the Lord with their whole heart, with their whole soul and mind, with all their strength (Mk. 12:30), and love their neighbours as themselves (Mt. 22:39) and hate their bodies with their vices and sins, and receive the body and blood of our Lord Jesus Christ, and produce worthy fruits of penance:

Oh, how happy and blessed are these men and women when they do these things and persevere in doing them, because “the spirit of the Lord will rest upon them” (Is. 11:2) and he will make “his home and dwelling among them” (Jn. 14:23), and they are the sons of the heavenly Father (Mt. 5:45), whose works they do, and they are the spouses, brothers, and mothers of our Lord Jesus Christ (Mt. 12:50).

We are spouses, when by the Holy Spirit the faithful soul is united with our Lord Jesus Christ, we are brothers to him when we fulfil “the will of the Father who is in heaven” (Mt. 12:50).

We are mothers, when we carry him in our heart and body (1 Cor. 6:20) through divine love and a pure and sincere conscience; we give birth to him through a holy life which must give light to others by example (Mt. 5:16).

Oh, how glorious it is to have a great and holy Father in Heaven ! Oh, (how glorious it is) to have such a beautiful and admirable Spouse, the Holy Paraclete !

Oh, (how glorious it is) to have such a Brother and such a Son, loved, beloved, humble, peaceful, sweet, lovable, and desirable above all: Our Lord Jesus Christ, who gave up his life for his sheep (Jn. 10:15) and prayed to the Father saying:

“O Holy Father, protect them with your name (Jn. 17:11) whom you gave me out of the world. I entrusted to them the message you entrusted to me and they received it. They have known that in truth I came from you, they have believed that it was you who sent me. For these I pray, not for the world (Jn. 17:9). Bless and consecrate them, and I consecrate myself for their sakes. I do not pray for them alone; I pray also for those who will believe in me through their word (Jn. 17:20) that they may be holy by being one as we are (Jn. 17:11). And I desire, Father, to have them in my company where I am to see this glory of mine in your kingdom” (Jn. 17:6-24).

2

Concerning those who do not do penance

But all those men and women who are not doing penance and do not receive the body and blood of our Lord Jesus Christ and live in vices and sin and yield to evil concupiscence and to the wicked desires of the

flesh, and do not observe what they have promised to the Lord, and are slaves to the world, in their bodies, by carnal desires and the anxieties and cares of this life (Jn. 8:41): These are blind, because they do not see the true light, our Lord Jesus Christ; they do not have spiritual wisdom because they do not have the Son of God who is the true wisdom of the Father. Concerning them, it is said "Their skill was swallowed up" (Ps. 107:27) and "cursed are those who turn away from your commands" (Ps. 119:21). They see and acknowledge, they know and do bad things and knowingly destroy their own souls.

See, you who are blind, deceived by your enemies, the world, the flesh and the devil, for it is pleasant to the body to commit sin and it is bitter to make it serve God because all vices and sins come out and "proceed from the heart of man" as the Lord says in the Gospel (Mt. 7:21). And you have nothing in this world and in the next, and you thought you would possess the vanities of this world for a long time.

But you have been deceived, for the day and the hour will come to which you give no thought and which you do not know, of which you are ignorant. The body grows infirm, death approaches, and so it dies a bitter death, and no matter where or when or how man dies, in the guilt of sin, without penance or satisfaction, though he can make satisfaction but does not do it, the devil snatches the soul from his body with such anguish and tribulation that no one can know it except he who endures it, and all the talents and power and "knowledge and wisdom" (2 Chr. 1:17) which they thought they had will be taken away from them (Lk. 8:18; Mk. 4:25), and they

leave their goods to relatives and friends who take and divide them and say afterwards "Cursed be his soul because he could have given us more, he could have acquired more than he did". The worms eat up the body and so they have lost body and soul during this short earthly life and will go into the inferno where they will suffer torture without end.

All those into whose hands this letter shall have come we ask in the charity that is God (1 Jn. 4:17) to accept kindly and with divine love the fragrant words of our Lord Jesus Christ quoted above. And let those who do not know how to read have them read to them. And may they keep them in their mind and carry them out, in a holy manner to the end, because they are "spirit and life" (Jn. 6:64).

And those who will not do this will have to render "an account on the day of judgement" (Mt. 12:36) before the tribunal of our Lord Jesus Christ (Rom. 14:10).

(From The Writings of St. Francis of Assisi
by Cajetan Esser, O.F.M., 1976).

CHAPTER I

The Secular Franciscan Order

1. The Franciscan family, as one among many spiritual families raised up by the Holy Spirit in the Church¹, unites all members of the people of God - laity, religious, and priests - who recognise that they are called to follow Christ in the footsteps of Saint Francis of Assisi.² In various ways and forms but in life-giving union with each other, they intend to make present the charism of their common Seraphic Father in the life and mission of the Church.³
2. The Secular Franciscan Order holds a special place in this family circle. It is an organic union of all Catholic fraternities scattered throughout the world and open to every group of the faithful. In these fraternities the brothers and sisters, led by the Spirit, strive for perfect charity in their own secular state. By their profession they pledge themselves to live the Gospel in the manner of Saint Francis by means of this rule approved by the Church.⁴
3. The present Rule, succeeding *Memoriale Propositi* (1221) and the Rules approved by the Supreme Pontiffs Nicholas IV and Leo XIII, adapts the Secular Franciscan Order to the needs and ex-

pectations of the Church in the conditions of changing times. Its interpretation belongs to the Holy See and its application will be made by the General Constitutions and particular statutes.

CHAPTER II

The Way of Life

4. The rule and life of the secular Franciscans is this: to observe the Gospel of our Lord Jesus Christ by following the example of Saint Francis of Assisi, who made Christ the inspiration and the centre of his life with God and people.⁵

Christ, the gift of the Father's love, is the way to him, the truth into which the Holy Spirit leads us, and the life which he has come to give abundantly.⁶

Secular Franciscans should devote themselves especially to careful reading of the Gospel, going from Gospel to life and life to Gospel.⁷

5. Secular Franciscans, therefore, should seek to encounter the living and active person of Christ in their brothers and sisters, in Sacred Scripture, in the Church, and in liturgical activity. The faith of Saint

¹Church 43:

²Pius XII, 1. 7. 1956, Discourse to Tertiaries 1:

³Laity 4:

⁴Can. 702, 1.

⁵1 Cel. 18, 115:

⁶Jn. 3, 16; u, 6:

⁷Laity 30.

Francis, who often said “I see nothing bodily of the Most High Son of God in this world except his most holy body and blood,” should be the inspiration and pattern of their Eucharistic life.

6. They have been made living members of the Church by being buried and raised with Christ in baptism; they have been united more intimately with the Church by profession. Therefore, they should go forth as witnesses and instruments of her mission among all people, proclaiming Christ by their life and words.

Called like Saint Francis to rebuild the Church and inspired by his example, let them devote themselves energetically to living in full communion with the Pope, bishops, and priests, fostering an open and trusting dialogue of apostolic effectiveness and creativity.⁸

7. United by their vocation as “brothers and sisters of penance”,⁹ and motivated by the dynamic power of the Gospel, let them conform their thoughts and deeds to those of Christ by means of that radical interior change which the Gospel itself calls “conversion.” Human frailty makes it necessary that this conversion be carried out daily.¹⁰ On this road to renewal, the sacrament of reconciliation is the privileged sign of the Father’s mercy and the source of grace.¹¹

⁸ Paul VI, 19. 5. 1971, Discourse to Tertiaries, 111:

⁹ First T.O. Rule:

¹⁰ Church 8; Ecum. 4; Penance - Preamble:

¹¹ Priests 18:

8. As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do.¹²

Let them participate in the sacramental life of the Church, above all the Eucharist. Let them join in liturgical prayer in one of the forms proposed by the Church, reliving the mysteries of the life of Christ.

9. The Virgin Mary, humble servant of the Lord, was open to his every word and call. She was embraced by Francis with indescribable love and declared the protectress and advocate of his family.¹³ The secular Franciscans should express their ardent love for her by imitating her complete self-giving and by praying earnestly and confidently.¹⁴

10. Uniting themselves to the redemptive obedience of Jesus, who placed his will into the Father’s hands, let them faithfully fulfil the duties proper to their various circumstances of life.¹⁵ Let them also follow the poor and crucified Christ, witnessing to him even in difficulties and persecutions.¹⁶

11. Trusting in the Father, Christ chose for himself and his mother a poor and humble life,¹⁷ even though he valued created things attentively and lovingly. Let the secular Franciscans seek a proper spirit of detachment from temporal goods by simplifying their

¹² Laity 4.

¹³ 11 Cels. 198:

¹⁴ Church 67:

¹⁵ Church 41:

¹⁶ Church 42:

¹⁷ SF. LAF, Omn. p. 93.

own material needs. Let them be mindful that according to the Gospel they are stewards of the goods received for the benefit of God's children.

Thus, in the spirit of the Beatitudes, and as pilgrims and strangers on their way to the home of the Father, they should strive to purify their hearts from every tendency and yearning for possession and power.¹⁸

12. Witnessing to the good yet to come and obliged to acquire purity of heart because of the vocation they have embraced, they should set themselves free to love God and their brothers and sisters.¹⁹

13. As the Father sees in every person the features of his Son, the first-born of many brothers and sisters,²⁰ so the secular Franciscans with a gentle and courteous spirit accept all people as a gift of the Lord²¹ and an image of Christ. A sense of community will make them joyful and ready to place themselves on an equal basis with all people, especially with the lowly for whom they shall strive to create conditions of life worthy of people redeemed by Christ.²²

14. Secular Franciscans, together with all people of good will, are called to build a more fraternal and evangelical world so that the kingdom of God may be

¹⁸ Rom. 8, 17; *Church* 7;

¹⁹ S.F. Adm. XVI, Omn. p. 83; LAF, 70;

²⁰ Rom. 8, 29;

²¹ 11 Gel. 85; S.F. LAF, Omn. p. 94; Rule (O.F.M.) 1221, 7, Omn. p. 38.

²² Rule 1221, 9, Omn. p. 39; Mt. 25, 40.

brought about more effectively. Mindful that anyone "who follows Christ, the perfect man, becomes more of a man himself", let them exercise their responsibilities competently in the Christian spirit of service.²³

15. Let them individually and collectively be in the forefront in promoting justice by the testimony of their human lives and their courageous initiatives. Especially in the field of public life, they should make definite choices in harmony with their faith.²⁴

16. Let them esteem work both as a gift and as a sharing in the creation, redemption, and service of the human community.²⁵

17. In their family they should cultivate the Franciscan spirit of peace, fidelity, and respect for life, striving to make of it a sign of a world already renewed in Christ.²⁶ By living the grace of matrimony, husbands and wives in particular should bear witness in the world to the love of Christ for the Church. They should joyfully accompany their children on their human and spiritual journey by providing a simple and open Christian education and being attentive to the vocation of each child.²⁷

18. Moreover they should respect all creatures, animate and inanimate, which "bear the imprint of the Most High",²⁸ and they should strive to move

²³ *Church* 31; *World* 93.

²⁴ *Laity* 14;

²⁵ *World* 67; *Rule* (O.F.1\1.J 1221, 7; *Rulo* (O.F.M.) 1223, 5.

²⁶ *Rule*, Leo Xill, II, 8.

²⁷ *Church* 41; *Laity* 30.

²⁸ *I Cel.* 80.

from the temptation of exploiting creation to the Franciscan concept of universal kinship.

19. Mindful that they are bearers of peace which must be built up unceasingly, they should seek out ways of unity and fraternal harmony through dialogue, trusting in the presence of the divine seed in everyone and in the transforming power of love and pardon.²⁹ Messengers of perfect joy in every circumstance, they should strive to bring joy and hope to others.³⁰ Since they are immersed in the resurrection of Christ, which gives true meaning to Sister Death, let them serenely tend toward the ultimate encounter with the Father.³¹

CHAPTER III

Life in Fraternity

20. The Secular Franciscan Order is divided into fraternities of various levels - local, regional, national and international. Each one has its own moral personality in the Church.³² These various fraternities are coordinated and united according to the norm of this Rule and of the Constitutions.

21. On various levels, each fraternity is animated and guided by a Council and Minister (or President)

²⁹ Rule, Leo XIII, II, 9; Leg. 3 Comps. XIV, 58, Omn. p. 941;

³⁰ SF. Adm. XXI; Rule (O.F.M.) 1221, 7;

³¹ World 78;

³² Can. 687.

who are elected by the professed according to the Constitutions.³³ Their service, which lasts for a definite period, is marked by a ready and willing spirit and is a duty of responsibility to each member and to the community.

Within themselves the fraternities are structured in different ways according to the norm of the Constitutions, according to the various needs of their members and their regions, and under the guidance of their respective council.

22. The local fraternity is to be established canonically. It becomes the basic unit of the whole Order and a visible sign of the Church, the community of love. This should be the privileged place for developing a sense of Church and the Franciscan vocation and for enlivening the apostolic life of its members.³⁴

23. Requests for admission to the Secular Franciscan Order must be presented to the local fraternity, whose Council decides upon the acceptance of new brothers and sisters.³⁵ Admission into the Order is gradually attained through a time of initiation, a period of formation of at least one year, and profession of the Rule.³⁶ The entire community is engaged in this process of growth by its own manner of living. The age for profession and the distinctive Franciscan sign are regulated by the Statutes.³⁷ Profession by its

³³ Can. 697.

³⁴ Pius XII, 1. 7. 1956, Discourse to Tertiaries, 3;

³⁵ Can. 694;

³⁶ 1st T.O. Rule, 29-30;

³⁷ Cel. 22:

nature is a permanent commitment.³⁸ Members who find themselves in particular difficulties should discuss their problems with the Council in fraternal dialogue. Withdrawal or permanent dismissal from the Order, if necessary, is an act of the fraternity Council according to the norm of the Constitutions.³⁹

24. To foster communion among members, the Council should organise regular and frequent meetings of the community as well as meeting with other Franciscan groups, especially with youth groups. It should adopt appropriate means for growth in Franciscan and ecclesial life and encourage everyone to a life of fraternity.⁴⁰ This communion continues with deceased brothers and sisters through prayer for them.⁴¹

25. Regarding expenses necessary for the life of the fraternity and the needs of worship, of the apostolate, and of charity, all the brothers and sisters should offer a contribution according to their means. Local fraternities should contribute towards the expenses of the higher fraternity Councils.⁴²

26. As a concrete sign of communion and co-responsibility, the Councils on various levels, in keeping with the constitutions, shall ask for suitable and well prepared religious for spiritual assistance. They

³⁸ 1st T.O. Rule, 31:

³⁹ Can. 696.

⁴⁰ Can. 697:

⁴¹ 1st T.O. Rule 23:

⁴² 1st T.O. Rule 20.

should make this request to the superiors of the four religious Franciscan families, to whom the secular Fraternity has been united for centuries.

To promote fidelity to the charism as well as observance of the Rule and to receive greater support in the life of the fraternity, the Minister or President, with the consent of the Council, should take care to ask for a regular pastoral visit by the competent religious superiors,⁴³ as well as for a fraternal visit from those of the higher fraternities, according to the norm of the Constitutions.

“And may whoever observes all this be filled in heaven with the blessing of the most high Father, and on earth with that of his beloved Son, together with the Holy Spirit, the Comforter . . .”

(Blessing of Saint Francis).

⁴³ 2nd T.O. Rule Cb. XVI.

—oOo—

Abbreviations used in Tertiary Offices

ANT. Antiphon (Note: The antiphon normally stresses the theme or predominant sentiment of its psalm or canticle).

R Response

V. Verse

* The asterisk invites you to pause just for a second or two.

SECULAR FRANCISCAN OFFICES

SUNDAY: WORSHIP OF GOD IN CHRIST

V. O God, come to our aid.
R. O Lord make haste to help us.
Glory be to the Father . . .

HYMN

O God, thou art the Father
Of all that have believed:
From whom all hosts of angels
Have life and power received.
O God, thou art the maker
Of all created things,
The righteous judge of judges,
The almighty king of kings.

Thou to the meek and lowly
Thy secrets dost unfold;
O God, thou dost all things,
All things both new and old.
I walk secure and blessed
In every clime or coast,
In name of God the Father,
And Son, and Holy Ghost.

St. Columba

PSALMS

ANT. 1:

Christ the Lord is a priest for ever according to
the order of Melchizedek, alleluia.

PSALM 120 :

I lift up my eyes to the mountains:*

from where shall come my help ?

My help shall come from the Lord*

who made heaven and earth.

May he never allow you to stumble !*

Let him sleep not, your guard.

No, he sleeps not nor slumbers,*

Israel's guard.

The Lord is your guard and your shade;*

at your right side he stands.

By day the sun shall not smite you*

nor the moon in the night.

The Lord will guard you from evil,*

he will guard your soul.

The Lord will guard your going and coming*

both now and for ever.

Glory be to the Father . . .

ANT. 1 :

Christ the Lord is a priest for ever according to
the order of Melchizedek, alleluia.

ANT. 2:

Our God is in heaven; he has power to do what-
ever he will, alleluia.

PSALM 113 :

Not to us, Lord, not to us,*

but to your name give the glory

for the sake of your love and your truth,*

lest the heathen say: 'Where is their God ?'

But our God is in the heavens;*
he does whatever he wills.
Their idols are silver and gold.*
the work of human hands.

You who fear him, trust in the Lord;*
he is their help and their shield.
He remembers us, and he will bless us;
he will bless the sons of Israel,*
He will bless the sons of Aaron.

The Lord will bless those who fear him,*
the little no less than the great:
to you may the Lord grant increase,*
to you and all your children.

May you be blessed by the Lord,*
the maker of heaven and earth.
The heavens belong to the Lord*
but the earth he has given to men.

The dead shall not praise the Lord,*
nor those who go down into the silence.
But we who live bless the Lord*
now and for ever. Amen.

Glory be to the Father . . .

ANT. 2 :

Our God is in heaven; he has power to do whatever he will, alleluia.

ANT. 3 :

Praise God, all you his servants, both great and small, alleluia.

Canticle Rev. 19, 1-2, 5-7

Alleluia.

Salvation and glory and power belong to our God,*
His judgments are true and just.

R. Alleluia.

Alleluia.

Praise our God, all you his servants,*
You who fear him, small and great.

R. Alleluia.

Alleluia.

The Lord our God, the Almighty, reigns,*
Let us rejoice and exult and give him the glory.

R. Alleluia.

Alleluia.

The marriage of the Lamb has come,*
And his bride has made herself ready.

R. Alleluia.

Glory be to the Father . . .

ANT. 3 :

Praise God, all you his servants, both great and small, Alleluia.

READING : 2 Cor. 1, 3-4

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comforts us in all our sorrows, so that we can offer others in their sorrows the consolation that we ourselves have received from God.

R. The Lord is good; he loves good deeds. *Repeat R.*

V. We shall spend our lives going about doing good. *Repeat R.*

Glory be to the Father . . . *Repeat R.*

MAGNIFICAT ANT.:

This is the day which the Lord has made,
let us rejoice and be glad, alleluia.

MAGNIFICAT:

My soul glorifies the Lord,*
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;*
henceforth all ages will call me blessed.

The Almighty works marvels for me.*
Holy is his name !
His mercy is from age to age,*
on those who fear him.

He puts forth his arm in strength*
and scatters the proud-hearted.
He casts the mighty from their thrones*
and raises the lowly.

He fills the starving with good things,*
sends the rich away empty.

He protects Israel, his servant,*
remembering his mercy, the mercy promised to our
fathers,* to Abraham and his sons for ever.

Glory be to the Father . . .

MAGNIFICAT ANT.:

This is the day which the Lord has made, let us
rejoice and be glad, alleluia.

INTERCESSIONS:

Christ is the Head of his body, the Church: we, his
living members, pray to the Father.

Father, having celebrated today the mystery of our
redemption, we give thanks for your great love
revealed in Christ.

R. Lord, in your mercy hear our prayer.
Lord, your words are spirit and they are life. Help
us to live the Gospel as St. Francis did. *R.*
Help us to bring compassion to the poor, the sick
and the unloved. Make us instruments of your peace
in the world; *R.*

Father, grant us your peace; grant that it may reign
in our families, in our country and in our hearts. *R.*
Father, bless our work and our leisure. Grant that
we may do everything for your glory and the salvation
of all men. *R.*

Father, grant the fulness of life in your presence to
our departed relatives and friends. *R.*

Our Father . . .

CONCLUDING PRAYER:

Lord God, you have prepared for those who
love you what no eye has seen, no ear heard.
Fill our hearts with your love,
so that loving you above all and in all,
we may attain your promises
which the heart of man has not conceived.
Through Our Lord Jesus Christ your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
God, for ever and ever. Amen.

The Lord bless us, and keep us from evil, and bring
us to everlasting life. Amen.

MONDAY: PRAYER OF PRAISE

V. O God, come to our aid.
R. O Lord make haste to help us.
Glory be to the Father . . .

HYMN

Glory to Father and to Son,
Glory to God most holy,
Glory to Him who bore the cross,
And bought the nations wholly.
And glory to our guiding star,
To Mary pure and lowly.

O maiden of brightness,
All heaven adorning,
I cry to thee ever
Both evening and morning.
Come to me, guide me,
And save me from fears,
And make me repentant
And wash me with tears,
And lead me to heaven
When spent are my years

(from the Irish)

PSALMS

ANT. 1 :

From the rising of the sun to its setting, great is
the name of the Lord.

PSALM 112 :

Praise, O servants of the Lord,*
praise the name of the Lord !
May the name of the Lord be blessed*
both now and for evermore !
From the rising of the sun to its setting*
praised be the name of the Lord !

High above all nations is the Lord,*
above the heavens his glory.
Who is like the Lord, our God,*
who has risen on high to his throne,
yet stoops from the heights to look down,*
to look down upon heaven and earth ?

From the dust he lifts up the lowly,*
from his misery he raises the poor
to set him in the company of princes,*
yes, with the princes of his people.
To the childless wife he gives a home*
and gladdens her heart with children.

Glory be to the Father . . .

ANT 1 :

From the rising of the sun to its setting, great is
the name of the Lord.

ANT 2 :

I will bless you day after day and tell of your
wonderful deeds, O Lord.

ANT 144 :

I will give you glory, O God my King,*
I will bless your name forever.

I will bless you day after day*
and praise your name forever.

The Lord is great, highly to be praised,”
his greatness cannot be measured.

Age to age shall proclaim your works,*
shall declare your mighty deeds,
shall speak of your splendour and glory,*
tell the tale of your wonderful works.

They will speak of your terrible deeds,*
recount your greatness and might.
They will recall your abundant goodness;*
age to age shall ring your justice.

The Lord is kind and full of compassion,*
slow to anger, abounding in love.
How good is the Lord to all,*
compassionate to all his creatures.

All your creatures shall thank you, O Lord,*
and your friends shall repeat their blessing.
They shall speak of the glory of your reign*
and declare your might, O God

to make known to men your mighty deeds*
and the glorious splendour of your reign.
Yours is an everlasting kingdom;*
your rule lasts from age to age.

Glory be to the Father . . .

ANT 2 :

I will bless you day after day and tell of your
wonderful deeds, O Lord.

ANT 3. :

The eyes of all creatures look to you, Lord;
you are close to all who call upon you.

PSALM 144 (*contd.*) :

The Lord is faithful in all his words*
and loving in all his deeds.

The Lord supports all who fall*
and raises all who are bowed down.

The eyes of all creatures look to you*
and you give them their food in due time.
You open wide your hand,*
grant the desires of all who live.

The Lord is just in all his ways*
and loving in all his deeds.
He is close to all who call him,*
who call on him from their hearts.

He grants the desires of those who fear him,*
he hears their cry and he saves them.
The Lord protects all who love him;*
but the wicked he will utterly destroy.

Let me speak the praise of the Lord,
let all mankind bless his holy name*
forever, for ages unending.

Glory be to the Father . . .

ANT 3 :

The eyes of all creatures look to you, Lord;
you are close to all who call upon you.

READING: Rom. 11, 33-6

How great are God's riches ! How deep are his wisdom and knowledge ! Who can explain his decisions? Who can understand his ways? As the scripture says, 'Who knows the mind of the Lord? Who is able to give him advice? Who has ever given him anything, so that he had to pay it back? For all things were created by him, and all things exist through him and for him. To God be glory forever ! Amen.

R. From the rising of the sun to its setting, great is the name of the Lord. *Repeat R.*

V. High above the heavens is his glory. *Repeat R.*
Glory be to the Father... *Repeat R.*

MAGNIFICAT ANT.:

The Almighty has done great things for me; holy is his name.

MAGNIFICAT (see last page)

MAGNIFICAT ANT.:

The Almighty has...

INTERCESSIONS:

Glory be to the one God, Father, Son, and Holy Spirit as we humbly pray: *R.* Lord, be with your people.

Bless your holy Church, keep us faithful to the teaching of the gospel. *R.*

Give us the joy of your peace, the light of your guidance and the grace to live together in constant love. *R.*

Bring to the sick your comfort and healing. Strengthen them in your love. *R.*

We praise you Lord and we thank you for all your blessings. *R.*

Receive the departed into your eternal kingdom. May we be united with them at the end of time. *R.*

Our Father ...

CONCLUDING PRAYER:

Go before us, O Lord, in all our doings with your most gracious favour, and fortify us with your continual help; that in all our works, begun, continued, and ended in you, we may glorify your holy name, and finally by your mercy obtain everlasting life: Through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

TUESDAY: OFFICE OF ST. FRANCIS

V. O God, come to our aid.
R. O Lord make haste to help us.
Glory be to the Father . . .

HYMN

All creatures of our God and King,
Lift up your voice and with us sing,
Alleluia, alleluia;
Thou burning sun with golden beam,
Thou silver moon with softer gleam,
O praise Him, O praise Him,
Alleluia, alleluia, alleluia.

Let all things their creator bless
And worship Him in humbleness,
Alleluia, alleluia;
Praise, praise the Father, praise the Son,
And praise the Spirit, Three in One;
O praise Him, O praise Him,
Alleluia, alleluia, alleluia.

ANT 1 :
Be praised, my Lord, for all your creatures.

PSALM 8 :
How great is your name, O Lord our God,*
through all the earth !
Your majesty is praised above the heavens;*
on the lips of children and of babes
you have found praise to foil your enemy,*
to silence the foe and the rebel.

When I see the heavens, the work of your hands,*
the moon and the stars which you arranged,
what is man that you should keep him in mind,*
mortal man that you care for him ?

Yet you have made him little less than a god;*
with glory and honour you crowned him,
gave him power over the works of your hand,*
put all things under his feet.

All of them, sheep and cattle*
Yes, even the savage beasts,
birds of the air, and fish*
that make their way through the waters.

How great is your name, O Lord our God,*
through all the earth !

Glory be to the Father . . .

ANT 1 :
Be praised, my Lord, for all your creatures.

ANT 2 :
You are my refuge, Lord, all I have in the land
of the living.

PSALM 141 :
With all my voice I cry to the Lord,*
with all my voice I entreat the Lord.
I pour out my trouble before him;*
I tell him all my distress.
My spirit faints within me,*
but you, O Lord, know my path.

On the way where I shall walk*
they have hidden a snare to entrap me.
Look on my right and see,*
there is no one who takes my part.
I have no means of escape,*
not one who cares for my soul.

I cry to you, O Lord.
I have said: 'You are my refuge,*
all I have in the land of the living.'
Listen, then, to my cry*
for I am in the depths of distress.

Rescue me from those who pursue me*
for they are stronger than I.
Bring my soul out of this prison*
and then I shall praise your name.
Around me the just will assemble*
because of your goodness to me.

Glory be to the Father . . .

ANT 2 :

You are my refuge, Lord, all I have in the land of the living.

ANT 3 :

Let us praise and glorify Him forever.

ST. FRANCIS PRAISES GOD

You alone are holy, Lord God, Worker of
Wonders;
You are strong, you are great, you are the
Most High,*

You are omnipotent, Our Holy Father, Lord of
heaven and earth.

You, Lord God, one and three, are our every good,
You, Lord God, are good, all good, our highest
good;*

Lord God, living and true.

You are charity and love, you are wisdom, you
are humility,

You are patience, you are a firm anchor,
you are peace;*

You are joy and happiness, you are justice and
temperance.

You are the fulness of riches,

You are beauty, you are gentleness;*

You are our protector; you are our guardian
and defender,

You are our strength, you are our refreshment,

You are our great hope, you are our faith,

You are our most profound sweetness;

You are our eternal life, great and admirable Lord,
Omnipotent God,

Holy and merciful Saviour.

ANT 3 :

Let us praise and glorify Him forever.

READINGS: Phil. 3, 7-11

Because of Christ, I have come to consider all
these advantages that I had as disadvantages.
Not only that, but I believe nothing can happen
that will outweigh the supreme advantage of
knowing Christ Jesus my Lord. For him I have
accepted the loss of everything, and I look on

everything as so much rubbish if only I can have Christ and be given a place in him. All I want is to know Christ and the power of his resurrection and to share his suffering by reproducing the pattern of his death.

R. Francis poor and lowly enters heaven rich in virtue. *Repeat R.*

V. O Holy Francis, take us under your care.

Repeat R.

Glory be to the Father . . . *Repeat R.*

MAGNIFICAT ANT.:

We are the mothers of Christ when through love we conceive Christ in our souls.

MAGNIFICAT (see last page)

MAGNIFICAT ANT.:

We are the mothers . . .

INTERCESSIONS:

Where there is hatred, let me sow love.

Lord, make me an instrument of your peace.

Where there is injury, let me sow pardon.

R.

Where there is doubt, let me sow faith.

R.

Where there is despair, let me sow hope.

R.

Where there is darkness, let me sow light.

R.

Where there is sadness, let me sow joy.

R.

Our Father . . .

CONCLUDING PRAYER:

May the power of your love, O Lord, fiery and sweet as honey wean my heart from all that is under heaven so that I may die for love of your love, you who were so good as to die for love of my love. Through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

WEDNESDAY: OFFICE OF THE HOLY SPIRIT

V. O God, come to our aid.
R. O Lord make haste to help us.
Glory be to the Father . . .

HYMN

Spirit of God on the waste and the darkness
Hov'ring in power as creation began,
Drawing forth beauty from clay and from chaos,
Breathing God's life in the nostrils of man.

Come and sow life in the waste of our being,
Pray in us, form us as sons in the Son.
Open our hearts to yourself, Mighty Spirit,
Bear us to life in the Three who are One.

Stanbrook Abbey Hymnal

ANT. 1 :

Grant us Lord the Spirit of wisdom and insight,
the Spirit of counsel and power, the Spirit of
knowledge and the fear of the Lord.

PSALM 14 :

Lord, who shall be admitted to your tent*
and dwell on your holy mountain ?

He who walks without fault;*
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue,

he who does no wrong to his brother,
ho casts no slur on his neighbour,*
who holds the godless in disdain,*
but honours those who fear the Lord.

He who keeps his pledge, come what may ;
who takes no interest on a loan*
and accepts no bribes against the innocent,
Such a man will stand firm for ever.

Glory be to the Father . . .

ANT. 1 :

Grant us Lord the Spirit of wisdom and insight
the Spirit of counsel and power, the Spirit of
knowledge and the fear of the Lord.

ANT. 3 :

The harvest of the Spirit is gentleness and self-control.

PSALM 132 :

How good and how pleasant it is*
when brothers live in unity !

It is like precious oil upon the head*
running down upon the beard,
running down upon Aaron's beard*
upon the collar of his robes.

It is like the dew of Hermon which falls
on the heights of Sion.*
For there the Lord gives his blessing,
life for ever.

Glory be to the Father . . .

ANT. 2 :

The harvest of the Spirit is gentleness and self-control.

ANT. 3 :

May the Spirit of the Lord be upon us so that we may announce the good news to the poor.

PSALM 4 :

When I call, answer me, O God of justice;*
from anguish you released me, have mercy and
hear me !

O men, how long will your hearts be closed,*
will you love what is futile and seek what is false ?

It is the Lord who grants favours to those whom
he loves;*
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be
still.*

Make justice your sacrifice and trust in the Lord.
‘What can bring us happiness ?’ many say.*
Let the light of your face shine on us, O Lord.

You have put into my heart a greater joy*
than they have from abundance of corn and new
wine.

I will lie down in peace and sleep comes at once*
for you alone, Lord, make me dwell in safety.

Glory be to the Father . . .

ANT. 3 :

May the Spirit of the Lord be upon us so that we
may announce the good news to the poor.

READING 3 : Acts 2, 17, 21

In the days to come, it is the Lord who speaks,
I will pour out my Spirit on all flesh . . . All
who call on the name of the Lord will be saved.

R. The coming of the Holy Spirit changed the lives
of the disciples. *Repeat R.*

V. We need the gift of courage. *Repeat R.*

Glory be to the Father . . . *Repeat R.*

MAGNIFICAT ANT.:

The Advocate, the Holy Spirit, whom the Father
will send in- my name, will teach you everything
and remind you of all that I have said to you.

MAGNIFICAT (see last page)

MAGNIFICAT ANT.:

The Advocate . . .

INTERCESSIONS:

On the day of Pentecost the Holy Spirit changed the
way of life of the apostles. This emboldens us to pray:
Spirit of God defend the Church of Christ against all
danger. *R. Lord hear us.*

Give to our holy Father Pope N. guidance and
protection. *R.*

Preserve in peace and in justice all the peoples of the world. *R.*

Guide the rulers of all nations. *R.*

Comfort the poor and the afflicted. *R.*

Our Father . . .

CONCLUDING PRAYER:

Send, O eternal and loving Father, your Holy Spirit into our hearts; grant that in this same Spirit we may be filled with your grace; that our minds may be enlightened, that our hearts may glow with your warmth, and that we may get the necessary strength to overcome our weaknesses. Through our Lord Jesus Christ your Son who lives and reigns with you and the same Holy Spirit for ever and ever.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

THURSDAY: OFFICE FOR THE DEAD

V. O God, come to our aid.

R. O Lord, make haste to help us.

Glory be to the Father...

HYMN

Jesus ! by the shuddering dread that fell on thee;
Jesus ! by the cold dismay that sickened thee,
Jesus ! by the pang of heart which thrilled in thee;
Jesus ! by that mount of sin which crippled thee;
Jesus ! by that sense of guilt which stifled thee;
Jesus ! by that innocence which girdled thee;
Jesus ! by that sanctity which reign'd in thee;
Jesus ! by that Godhead which was one with thee,
Jesus ! spare these souls that are so dear to thee,
Who in prison, calm and patient, wait for thee;
Hasten, Lord, their hour, and bid them come to thee,
To that glorious home, where they shall ever gaze on thee.

John Henry Newman

ANT. 1 :

Our short sleep past, we wake eternally.

PSALM 6 :

Lord, do not reprove me in your anger,
punish me not in your rage.*
Have mercy on me, Lord, I have no strength;
Lord, heal me, my body is racked,*
my soul is racked with pain.

But you, O Lord ... how long ?*
Return, Lord, rescue my soul.
Save me in your merciful love;
for in death no one remembers you;*
from the grave, who can give you praise?

I am exhausted with my groaning;
every night I drench my pillow with tears;*
I bedew my bed with weeping.
My eye wastes away with grief;*
I have grown old surrounded by my foes.

Leave me, all you who do evil;*
for the Lord has heard my weeping.
The Lord has heard my plea;*
The Lord will accept my prayer.
All my foes will retire in confusion,*
foiled' and suddenly confounded.

Glory be to the Father ...

ANT. 1 :
Our short sleep past, we wake eternally.

ANT. 2 :
Most kind and gentle death, lead home thy child to God.

PSALM 129 :
Out of the depths I cry to you, O Lord,*
Lord, hear my voice !
O let your ears be attentive*
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord,*
I count on his word.
My soul is longing for the Lord*
more than watchman for daybreak.
Let the watchman count on daybreak*
and Israel on the Lord.

Because with the Lord there is mercy*
and fulness of redemption,
Israel indeed he will redeem*
from all its iniquity.

Glory be to the Father ...

ANT. 2 :
Most kind and gentle death, lead home thy child
to God.

ANT. 3 :
Let me be gathered, Lord, to thy quiet rest.

PSALM 12 :
How long, O Lord, will you forget me ?*
How long will you hide your face?
How long must I bear grief in my soul,
this sorrow in my heart day and night ?*
How long shall my enemy prevail?

Look at me, answer me, Lord my God !*
Give light to my eyes lest I fall asleep in death,
lest my enemy say: 'I have overcome him';*
lest my foes rejoice to see my fall.

As for me, I trust in your merciful love.*
Let my heart rejoice in your saving help:
Let me sing to the Lord for his goodness to me*
singing psalms to the name, of the Lord, the
Most High.

Glory be to the Father . . .

ANT. 3 :

Let me be gathered, Lord, to thy quiet rest.

READING 1 : Thess 4, 13-17

For us, our homeland is in heaven, and from heaven comes the Saviour we are waiting for, the Lord Jesus Christ, and he will . transfigure these wretched bodies of ours into copies of his glorious body

V. Lord, remember me when you come into your kingdom

R. This day you shall be with me in paradise. *Repeat*
Glory be to the Father . . . *Repeat R.*

MAGNIFICAT ANT.:

O grant them pardon, Jesus Saviour blest,
And give their spirits light and endless rest.

MAGNIFICAT (see last page)

MAGNIFICAT ANT.:

O grant them pardon

INTERCESSIONS:

Lord Jesus, you are 'tho resurrection and the life':

lead your people through the gates of death to their homeland in heaven.

Response: Lord, you are our life and our resurrection.

Lord Jesus, number among those for whom you have prepared a place in your Father's house, our relatives and friends: *R.*

Lord Jesus, when you gave back to the widow of Naim her only son, tears were dried up, sorrow gave way to joy: comfort all those who in their mourning are stricken by a sense of grief and loss: *R.*

Lord Jesus, to all who are in their last agony give something of the peace and calm that possessed your soul during the last moments of your earthly pilgrim age. 'Father into your hands I commend my spirit': *R.*

Our Father . . .

CONCLUDING PRAYER:

Lord God, as you are the fount of mercy and wish all men to be saved: have mercy on our departed relatives and friends and all the suffering souls in purgatory. May the Blessed Virgin Mary and all the saints by their intercession help to bring them to the fellowship of eternal joy. Through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

FRIDAY: OFFICE OF INTERCESSION

V. O God, come to our aid.
R. O Lord make haste to help us.

Glory be to the Father . . .

HYMN

Christ be near at either hand,
Christ behind, before me stand,
Christ with me where'er I go,
Christ around, above, below.

Christ be in my heart and mind,
Christ within my soul enshrined,
Christ control my wayward heart;
Christ abide and ne'er depart.

Christ my life and only way,
Christ my lantern night and day;
Christ be my unchanging friend,
Guide and shepherd to the end.

Canon J. Fennelly

ANT. 1 :
You are full of love to all who call.

PSALM 85 :
Turn your ear, O Lord, and give answer*
for I am poor and needy.
Preserve my life, for I am faithful:*
save the servant who trusts in you.

You are my God, have mercy on me, Lord.*
for I cry to you all the day long.
Give joy to your servant O Lord,*
for to you I lift up my soul.
O Lord you are good and forgiving*
full of love to all who call. Give heed,
O Lord, to my prayer*
and attend to the sound of my voice.

Glory be to the Father . . .

ANT. 1 :
You are full of love to all who call.

ANT. 2 :
O give your strength to your servant.

PSALM 85 (*contd.*) :
Show me, O Lord, your way
so that I may walk in your truth.*
Guide my heart to fear your name.

I will praise you, Lord my God, with all my heart*
and glorify your name forever;
for your love to me has been great*
you have saved me from the depths of the grave.

The proud have risen against me;
ruthless men seek my life:*to you they pay no heed.

But you, God of mercy and compassion,* slow to anger, O
Lord, abounding in love and truth,* turn and take pity on me.

Glory be to the Father . . .

ANT. 2 :

O give your strength to your servant.

ANT. 3 :

He made us, we belong to Him.

PSALM 99 :

Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.*
Come before him, singing for joy.

Know that he the Lord is God.
He made us, we belong to him;*
we are his people, the sheep of his flock.

Go within his gates, giving thanks.
Enter his court1 with songs of praise.*
Give thanks to him and bless his name.

Indeed, how good is the Lord,
eternal his merciful love.*
He is faithful from age to age.

Glory be to the Father . . .

ANT. 3 :

He made us, we belong to Him.

READING : Rev. 1, 17-18

Do not be afraid; I am before all, I am at the end of all and I live. I, who underwent death, am alive, as you see, to endless ages, and I hold the keys of death and hell.

R. I called with all my heart: Lord hear me. V.
I will keep the commandments. Repeat R.

Glory be to the Father . . . Repeat R.

MAGNIFICAT ANT:

Set your hearts first on the kingdom of God and all other things will be given to you.

MAGNIFICAT (see last page)

MAGNIFICAT ANT:

Set your hearts first on the kingdom of God and his righteousness and all other things will be given to you.

INTERCESSIONS:

God so loved the world that He gave up His only Son: with confidence we say:
R. Lord, hear our prayer.

Help us to cherish your Son and praise Him. R.
Help us to understand the love He has for us. R.
Help the afflicted, comfort those who are ill, convert sinners. R.
Help us to bring peace to our land. R.

Our Father . . .

CONCLUDING PRAYER:

Lord our God help us to love you with all our hearts, and to love our neighbour as ourselves. Through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

SATURDAY: OFFICE OF OUR LADY

V. O God, come to our aid.

R. O Lord make haste to help us.

Glory be to the Father . . .

HYMN

Mary, crowned with living light,
Temple of the Lord,

Place of peace and holiness,
Shelter of the Word.

Mystery of sinless life
In our fallen race,
Free from shadow you reflect
Plenitude of grace.

Virgin-mother of our God,
Lift us when we fall,
Who were named upon the Cross
Mother of us all.

Father, Son and Holy Ghost,
Heaven sings your praise;
Mary magnifies your name
Through eternal days.

Stanbrook Abbey Hymnal

ANT. 1 :

Your word is a lamp for my steps, Lord.

PSALM 118 :

Your word is a lamp for my steps*
and a light for my path.
I have sworn and have made up my mind*
to obey your decrees.

Lord I am deeply afflicted.*
by your word give me life.
Accept, Lord, the homage of my lips*
and teach me your decrees.

Though I carry my life in my hands,*
I remember your law.
Though the wicked try to ensnare me,*
I do not stray from your precepts.

Your will is my heritage for ever,*
the joy of my heart.
I set myself to carry out your will*
in fulness for ever.

Glory be to the Father . . .

ANT. 1 :

Your word is a lamp for my steps, Lord.

ANT. 2 :

O Lord, you will show me the fulness of joy in
your presence.

PSALM 15 :

Preserve me, God, I take refuge in you.
I say to the Lord: 'You are my God.*
My happiness lies in you alone.'

He has my into my heart a marvellous love
for the faithful ones who dwell in his land.*
Those who choose other gods increase their
sorrows.

Never will I offer their offerings of blood.*
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;*
it is you yourself who are my prize.
The lot marked out for me is my delight;*
welcome indeed the heritage that falls to me !

I will bless the Lord who gives me counsel,*
who even at night directs my heart.
I keep the Lord ever in my sight;*
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;*
even my body shall rest in safety.
For you will not leave my soul among the dead,*
nor let your beloved know decay.

You will show me the path of life,
the fulness of joy in your presence,*
at your right hand happiness for ever.

Glory be to the Father . . .

ANT. 2 :

O Lord, you will show me the fulness of joy in
your presence.

ANT. 3 :

Let every creature in heaven and on earth bend
the knee at the name of Jesus.

CANTICLE: Phil. 2, 6-11

Though he was in the form of God,*
Jesus did not count equality with God a thing to
be grasped.

He emptied himself,
taking the form of a servant,*
being born in the likeness of men.

And being found in human form,
he humbled himself and became obedient unto death,*
even death on a cross.

Therefore God has highly exalted him*
and bestowed on him the name which is above
every name,

That at the name of Jesus every knee should
bow,*
in heaven and on earth and under the earth,s

And every tongue confess that Jesus Christ is
Lord,*
to the glory of God the Father.

Glory be to the Father . . .

ANT. 3 :

Let every creature in heaven and on earth bend
the knee at the name of Jesus.

READING: from St. Francis

Our Lord Jesus Christ is the glorious Word of the
Father, so holy and exalted, whose coming the

Father made known by St. Gabriel the Archangel to the Blessed Virgin Mary. In her womb he took on our weak human nature. He was rich beyond measure and yet he and his holy mother chose poverty.

R. And the Word was made flesh and dwelt amongst us. . . .
Repeat R.

V. Mother of God intercede for us. . . . *Repeat R.*

Glory be to the Father . . . *Repeat R.*

MAGNIFICAT (see last page)

MAGNIFICAT ANT.:

Lady, take us by surprise,
Dazzle our unseeing eyes;
Show us where true beauty lies
Holy Mary, full of grace.

INTERCESSIONS:

- I. Heavenly Mother, Oh ! grant this night thy food to the poor, to the blind thy sight.
R. Holy Mary, pray for us at the hour of our death.
2. Star of the morning, shield of the poor, friend of the soul, our open door. *R.*
3. Bring us the peace of the Lord this night; loosen the fetters that bind us tight. *R.*

4. Seat of Wisdom, enthroned on meekness, Mirror of Goodness, make strong our weakness. *R.*

Our Father . . .

CONCLUDING PRAYER:

God our Father, you gave the Holy Spirit to your apostles as they joined in prayer with Mary, the mother of Jesus. By the help of her prayers keep us faithful to your service, and let our words and actions be so inspired as to bring glory to your name. Through our Lord Jesus Christ, your Son, who lives, and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Lord bless us, and keep us from evil, and bring us to everlasting life. Amen.

PRAYER AT THE END OF THE DAY

This prayer might be recited at the end of the evening meal, when the members of the family are still together. The six parts might be said by different members, all joining in the responses.

The prayer could conclude with the Rosary, or a part of it.

1. At the end of the day we praise you, Lord.

We thank you for all the graces that have come to us from your hands.

For bringing us safely through this day

V. We thank you, Lord

R. From our hearts we thank you.

For the work you have given us to do

V. We thank you, Lord

R. From our hearts we thank you.

For the food you have given us to eat

V. We thank you, Lord

R. From our hearts we thank you.

For all we have learned and received from others

V. We thank you, Lord

R. From our hearts we thank you.

2. Forgive us the faults we have committed this day.

For our laziness, our neglect of others, our want of love.

V. We ask your mercy, Lord

R. From our hearts we thank you.

3. Pour down your blessing on our family.
May we all be one, as you are one,
In generosity and love.
We forgive and ask forgiveness this night
For any sharp word we spoke today
Or anything we did in anger or in haste.
V. Lord, hear us
R. And answer our prayer.

4. We remember those who have died

F. Grant them rest

R. Lord, grant them eternal rest.

5. We pray for the whole world- The sick, the lonely, and all who suffer injustice; Lord, help us to help them. Bless the people of our congregation. Keep its priests, teachers, parents and children Always in your love. (Other particular intentions may be added here)

V. V. Lord, hear us

R. And answer our prayer.

6. Visit, O Lord, this house.

Keep it safe from all harm and danger.
Protect our property and stock.
May your holy angels keep us in peace
And may your blessing be always upon us,
Through Jesus Christ, your Son, our Lord,
Who lives and reigns with you
In the unity of the Holy Spirit,
One God for ever and ever. Amen.

THE RULE OF THE SECULAR F FRANCISCAN ORDER THE KEY WORDS OF EACH ARTICLE

PROLOGUE: The Exhortation of St. Francis to the Brothers and Sisters of Penance.

CHAPTER ONE: THE SECULAR FRANCISCAN ORDER Articles:

1. THE FRANCISCAN FAMILY - the one great family of St. Francis - all followers.
2. SECULAR FRANCISCAN ORDER - special place in family circle!
3. THE RULE - approved 1978; previous Rules 1221, 1289, 1883.

CHAPTER TWO: THE WAY OF LIFE

4. GOSPEL - basis of Rule
5. CHRIST - in brothers and sisters, in Scripture, in Church, in Eucharist.
6. CHURCH - by Baptism, by Profession, rebuild Church, loyalty to Pope.
7. PENANCE - Conversion, Sacrament of Penance.
8. PRAYER - Private, Liturgical, Eucharist.
9. MARY - imitate her self-giving and pray earnestly.
10. OBEDIENCE - fulfilling duties of vocation in life - obedience of Christ.
11. POVERTY - detachment from material goods - poor Christ.
12. PURITY OF HEART - unselfish love for all - and open heart.
13. CHARITY - see Christ in others - others as "gifts" from God.
14. KINGDOM OF GOD - build up Kingdom - spiritual values - spirit of service.
15. JUSTICE - promote justice, decisions according to one's faith.

16. WORK-as gift, as service to others.
17. FAMILY-peace in family, fidelity and respect for life, caring for children.
18. CREATION - respect for all God's Creation - no exploitation of nature.
19. PEACE be instruments of peace - like St Francis.

CHAPTER THREE: LIFE IN FRATERNITY

20. LEVELS OF FRATERNITY- International, National Regional and Local.
21. PRESIDENT AND COUNCIL - each level has President and Council to animate/guide.
22. LOCAL FRATERNITY - here members have "sense of Church" and Franciscan vocation.
23. ADMISSION OF NEW MEMBERS - distinctive sign etc.
24. MEETINGS OF FRATERNITY - to encourage life in fraternity.
25. COMMON FUND - for needs of worship, apostolate and charity.
26. SPIRITUAL ASSISTANCE as sign of unity within Franciscan family Pastoral and Fraternal Visitation.

RENEWAL OF PROFESSION [Extract]

"Let us bless our Lord and God, living and true; to him we must attribute all praise, glory, honour, blessing, and every good forever."

We thank you, Lord, for calling us to the Secular Franciscan Order. We ask your pardon for all our shortcomings, weaknesses, and transgressions against our commitment to the Gospel life and against the Rule. We pray that you will allow us to experience once again the fervour and readiness of that first day when we entered the fraternity. We renew once again our commitment to the Gospel life, according to the Rule of the Secular Franciscan Order, until the end of our days. Grant also that we may live in harmony with our brothers and sisters, and may give witness to younger people of the great gift we received from you: our Franciscan calling to "go forth as witnesses and instruments of the Church's mission among all people, proclaiming Christ by our life and words."

"All praise be yours, O Lord, through all that you have made." Amen.

HYMN TO ST. FRANCIS OF ASSISI

Blessed Francis, Holy Father,
Now our hearts to thee we raise,
As we gather round thine altar
Pouring forth our hymn of praise.
Bless thy children, holy Francis,
Who thy mighty help implore,
For in heaven thou remainest
Still the father of the poor.

By thy love so deep and burning
For thy Saviour crucified,
By the token which He gave thee
On thy hands and feet and side,
Bless thy children, Holy Francis,
With those wounded hands of thine,
From thy glorious throne in heaven
Where resplendently they shine.

o-o

PRAYER FOR THE CANONIZATION OF MATT TALBOT

Lord, in your servant Matt Talbot you have given us . a wonderful example of triumph over addiction, of devotion to duty, and of lifelong reverence for the Most Holy Sacrament. May his life of prayer and penance give us courage to take up our crosses and follow in the footsteps of Our Lord and Saviour, Jesus Christ.

Father, if it be your will that your beloved servant should be glorified by your Church, make known by your heavenly favours the power he enjoys in your sight. We ask this through the same Jesus Christ Our Lord. Amen.

Members of the Venerable Matt Talbot Apostolate say this prayer every day. Please advise the Apostolate Office at 24, Killarney St., Dublin, 1, of favours granted through Matt Talbot's intercession.

His tomb is in Our Lady of Lourdes Church, Dublin, 1.

THE MAGNIFICAT

My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy is his name!
His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength a
And scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his children for ever.

Glory be to the Father

As it was in the beginning

THE DIVINE OFFICE

The Divine Office has been at the heart of our rule since 13 June 1221. Section 4:1 of that rule states: “Let all say every day the ‘seven house’ from Matins (Morning Prayer) to Compline (Night Prayer).”

“Those who cannot read shall say the Our Father.”

For ‘Matins’ twelve Our Fathers and for each subsequent hour; seven Our Fathers with a Gloria after each one.

Our rule was revised in 1289 and again Chapter 8 stated; “The brothers and sisters must recite the seven canonical hours daily”

The 1883 Revision of our rule “Those who did not recite the canonical hours are to substitute twelve Our Fathers, Hail Mary’s and Glorias unless prevented by health.”

The most recent renewal of our rule by Pope Paul IV on 24 June 1978 stated: “Secular Franciscans should seek to encounter the living and active person of Christ

- In their brothers and sisters
- In Sacred Scripture
- In the Church (God’s human family)
- And in Liturgical activity.”

“Let them join in Liturgical Prayer in one of the forms proposed by the Church.”

THE GREEN BOOK

The “Green Book” originated as an edition of our annual OFS directory, and it was prepared as a temporary and experimental beginning to the renewal of the Divine Office throughout the order, which had fallen into neglect due to many adverse circumstances, and as a consequence the original splendour proposed by St. Francis in 1221 and subsequent renewals of Our Rule in 1289, 1883 and 1978 had been almost lost.

However, because the annual directory ceased to be renewed each year, the Green book became semi-permanent by default.

VATICAN 11

As our observance of this Gift of The Divine Office was falling into neglect, the Second Vatican Council was exhorting all of the faithful to embrace The Canonical Hours as an important Liturgical Practice second only to the Mass.

PROGRESS IS REPORTED

We are now encouraged to return to the most important part of our rule in a way that each member finds best suitable to their circumstances and help to renew Christ’s Church; His human family.

JUBILATIO

When praying the Divine Office we come across short passages that speak to our hearts. The gift of Jubilatio is how we celebrate these passages; usually at the end of the psalm or canticle etc. and after or between the antiphons.

Jubilatio is the repeating of these short passages with as much joy as we can muster.

For some this may be their first Liturgical encounter with prayerful joy,

When Jubilatio is celebrated with others it can generate a joyful cacophony of prayerful praise that lifts our hearts and our minds more and more to God.

Jubilatio helps us to realise the gift of the Divine Office is ideally joy, and a time to celebrate this joy, “seven times” each day in which we praise and glorify God as St. Francis did.

The National Council proposes a number of options from a very basic form of office in the Green Book to the full Divine Office depending on the ability and or inclination of each member.

Most good book shops will be able to supply copies of “A shorter Morning and Evening prayer” for less than €20. There are Apps. Which make the Divine Office readily available on our computers and on our mobile phones e.g. Universalis; <https://universalis.com>

¹The National Council will work to provide a liturgical renewal programme to support this.

For those so inclined however the full seven sessions of the Divine Office are to be strongly recommended restoring us to St. Francis’ original ideal of 1221.

“Let us begin anew for up to now we have none nothing.”

St. Francis of Assisi to his followers.

OFS IRELAND RITUAL FOR DAILY OFFICE - OFS Ireland members can choose their daily office from any of the following options:

OPTION	Comments
<p>“My Life with God” Green Book</p>	<ul style="list-style-type: none"> Members are familiar with this publication stemming from the Vatican II reform of the Liturgy. <p><i>Published by: “The Secular Franciscan Order Federation, Ireland O.F.M. & O.F.M. Cap. August. 1979”</i></p>
<p>Liturgy of the Hours using the “Shorter Morning and Evening Prayer”</p> <p>Note 1: While both are recommended, one will suffice.</p> <p>Note 2: This is the preferred option.</p>	<ul style="list-style-type: none"> Conforms with Rule 8 and Constitutions Art. 14 (see below)^{a,b} Shorter Morning and Evening Prayer is readily available from Catholic bookshops or online (cost of short version approx. €13) Apps available (e.g., Universalis https://universalis.com/) Some Members already using this. Opportunity to revitalise prayer life. Can be prayed with fraternity members or with others. Corresponds to the spirit of the first rule given by St. Francis³ Will require formation in praying the liturgy¹.
<p>Divine Office: Liturgy of the Hours according to the Roman Rite</p> <p>Note: While participating in all are commended, one will suffice: preferably morning or evening prayer.</p>	<ul style="list-style-type: none"> Conforms with Rule 8 and Constitutions Art. 14 (see below)^{1,2} Spiritual union with all praying the “Prayer of the Church” Apps available (e.g., Universalis https://universalis.com/) Some Members already using this. Opportunity to renew prayer life. Can be prayed with fraternity members or with others. Corresponds to the spirit of the first rule given by St. Francis³ Will require formation in praying the liturgy¹.
<p>12 (Our Father, Hail Mary, Glory Be)</p>	<ul style="list-style-type: none"> Especially suitable for those who are sick, housebound, or those busy with other duties.

¹The National Council will work to provide a liturgical renewal programme to support this.

Approved by National Council OFS Ireland on May 21st 2022

