

LECTIO DIVINA

LISTENING TO THE WORD

TO BE MINOR SISTERS



2024

*"Your word is a lamp for my steps, Lord,
light on my path" (Ps 118,105).*

Dearest sisters,

Verse 105 of Psalm 118 is for us the confident expression that in the liturgical prayer celebrated in our Communities, we address to the Lord with the awareness that the "pilgrimage of hope" undertaken by the XXI General Chapter, will lead us to assume better the identity of minor sisters if we keep ourselves in the "light" of God and if we arrive, step by step, in "intimate contact" with Him.

The practice of Lectio Divina this year will put us "listening to the Word to be Minor Sisters".

Each track is characterized by:

- a biblical passage taken from the New Testament, which illuminates our steps;
- a passage taken from the TOR Rule and Life which guides us to Franciscan fidelity;
- a proactive commitment taken from the Document of the XXI General Chapter which guides us on the Congregational journey.

Dearest sisters, with full trust in the Holy Spirit, let us constantly practice the practice of Lectio Divina because it is the privileged way to experience God in our personal lives and consequently, in the life of our communities, oriented towards being an ever better prophetic sign in the Church and in the world today!

Fraternally

The Sisters of the General Council

Rome, 07 January 2024

Be minor: having the same feelings of Christ

The WORD enlightens our steps...

From the letter of Saint Paul to the Philippians (Phil 2,5-11)

Have among yourselves the same attitude that is also yours in Christ Jesus, Who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. *The Word of God*

To remain faithful to our FMSC identity

From the speeches of Pope Francis (Audience- Gen. Chap.OfmCap,14 September 2018)

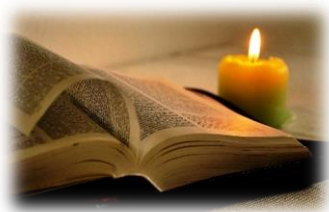
In the footsteps of the Divine Master and following the example of Saint Francis who, in meeting lepers, learned humility and service, strive to live relationships and religious activities in gratuity, humility and weakness. In this way you can realize with tangible daily gestures the 'minority' that characterizes Francis' followers. It is a precious gift of great necessity for the Church and for the humanity of our time. This is how the Lord acts: he does things simply. Humility and simplicity are God's ways; and this is the way that we Christians are all called to assume in our life and in our mission. True greatness is making ourselves small and servants.

With this minority in heart and in lifestyle, you give your contribution to the Church's great task of evangelization.

Journeying together as minor sisters

1. The mystery of the incarnation-passion-death and resurrection of Jesus Christ who, rich as He was, made Himself poor for us, obedient to the Father, even to the point of death on the cross reveals the salvific process through which we know the substantial condition of *being minor*.

(XXI Gen. Chap. Doc. P.11)



Be Minor: observe the gospel

The WORD enlightens our steps ...

From the gospel of John (Jn. 1,1; 14-18)

In the beginning was the Word, and the Word was with God, and the Word was God... And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth.

John testified to him and cried out, saying, "This was he of whom I said, 'The one who is coming after me ranks ahead of me because he existed before me.'"

From his fullness we have all received, grace in place of grace, because while the law was given through Moses, grace and truth came through Jesus Christ. No one has ever seen God. The only Son, God, who is at the Father's side, has revealed him.

The Word of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

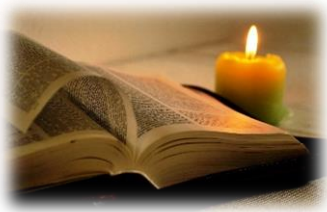
1. The form of life of the Brothers and Sisters of the Third Order Regular of Saint Francis is this: to observe the Holy Gospel of Our Lord Jesus Christ by living in obedience, in poverty and in chastity.

Following Jesus Christ after the example of St. Francis, let them recognize that they are called to make greater efforts in their observance of the precepts and counsels of Our Lord Jesus Christ. Let them deny themselves as each has promised the Lord.

2. They wish to live this evangelical conversion of life in a spirit of prayer, of poverty, and of humility.

Journeying together as minor sisters

Being Minor Sisters is a constitutive characteristic of our charismatic identity from the beginning, present in the denomination chosen by our Founders, the Duchess Laura Leroux and the Venerable Father Gregory Fioravanti ofm: "*Minor Sisters of the Third Order Regular of Saint Francis for the Apostolic Missions* ", peculiarity that we must certainly recover in the process of fidelity to the gift of the Holy Spirit, in obedience to the charism of the Congregation. **(XXI Gen. Chap. Doc. P.11, A)**



Be Minor: Recognize that everything comes from God

The WORD enlightens our steps ...

From the gospel of John (Jn. 6:3-13)

Jesus went up on the mountain, and there he sat down with his disciples. The Jewish feast of Passover was near.

When Jesus raised his eyes and saw that a large crowd was coming to him, he said to Philip, "Where can we buy enough food for them to eat?" He said this to test him, because he himself knew what he was going to do.

Philip answered him, "Two hundred days' wages worth of food would not be enough for each of them to have a little (bit)."

One of his disciples, Andrew, the brother of Simon Peter, said to him, "There is a boy here who has five barley loaves and two fish; but what good are these for so many?"

Jesus said, "Have the people recline." Now there was a great deal of grass in that place. So the men reclined, about five thousand in number. Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted. When they had had their fill, he said to his disciples, "Gather the fragments left over, so that nothing will be wasted."

So they collected them, and filled twelve wicker baskets with fragments from the five barley loaves that had been more than they could eat.

The Word of the Lord

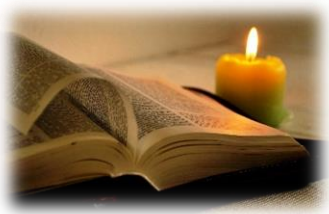
To remain faithful to our FMSC identity

Rule and Life TOR

31. In that love which is God all the brothers and sisters, whether they are engaged in prayer, or in announcing the word of God, or in serving, or in doing manual labour, should strive to be humble in everything. They should not seek glory, or be self-satisfied, or interiorly proud because of a good work or word God does or speaks in or through them. Rather in every place and circumstance, let them acknowledge that all good belongs to the most high Lord and Ruler of all things. Let them always give thanks to Him from Whom we receive all good.

Journeying together as minor sisters

2. Minority is having an attitude of humility before God:
 - a. recognize that everything comes from Him;
 - b. return multiplied all that in His goodness He has given us;
 - c. depend on Divine Providence and His protection every moment of our lives. **(XXI Gen. Chap. Doc. P.12)**



Be Minor: Do the will of the Father

The WORD enlightens our steps ...

From the gospel of Matthew (Mt. 26: 36-44)

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray."

He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress.

Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will."

When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour?"

Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."

Withdrawing a second time, he prayed again, "My Father, if it is not possible that this cup pass without my drinking it, your will be done!"

Then he returned once more and found them asleep, for they could not keep their eyes open.

He left them and withdrew again and prayed a third time, saying the same thing again.

The Word of the Lord

To remain faithful to our FMSC identity

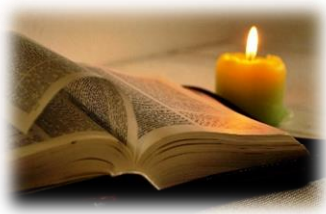
Rule and Life TOR

25. Following the example of Our Lord Jesus Christ Who made His own will one with the Father's, the sisters and brothers are to remember that, for God, they should give up their own wills.

Therefore... let them "seek first the kingdom of God and His justice," and exhort one another to observe with greater dedication the rule they have professed and to follow faithfully in the footprints of Our Lord Jesus Christ.

Journeying together as minor sisters

- 2. Minority is having an attitude of humility before God:
 - d. hand over one's will to the Father without asking ourselves "*why this, in this way and not otherwise*" (Venerable Father Gregory Fioravanti).
(XXI Gen. Chap. Doc. P.12)



Be Minor: Follow the example of Mother Mary

The WORD enlightens our steps ...

From the gospel of John (Jn. 19:25-30)

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.

When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son."

Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

The Word of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

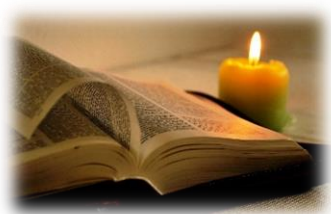
17. Let the brothers and sisters keep the example of the Blessed Virgin Mary, the Mother of God and of our Lord Jesus Christ, ever before their eyes. Let them do this according to the exhortation of St. Francis who held Holy Mary, Lady and Queen, in highest veneration, since she is "the virgin made church." Let them also remember that the Immaculate Virgin Mary, whose example they are to follow, called herself "the handmaid of the Lord".

Journeying together as minor sisters

3. La The Virgin Mary, *handmaid of the Lord...* (Lk 1:38), is our model of minority:

- a. Her prayerful silence with which *she keeps everything in her heart* (cf. Lk 2:51b);
- b. her fortitude at the foot of the Cross;
- c. her maternity open to all.

(XXI Gen. Chap. Doc. P.12)



Be minor: Give yourself as a gift to everyone

The WORD enlightens our steps ...

From the gospel of Matthew (Mt 10: 5, 7-13)

Jesus sent out these twelve after instructing them thus: ... As you go, make this proclamation: 'The kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give.

Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The labourer deserves his keep.

Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace.

If the house is worthy, let your peace come upon it; if not, let your peace return to you.

The Word of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

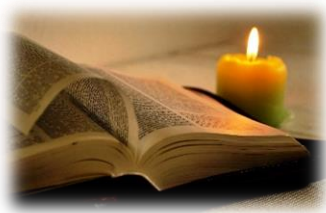
20. Let the sisters and brothers be gentle, peaceful and unassuming, mild and humble, speaking respectfully to all in accord with their vocation. Wherever they are, or wherever they go throughout the world they should not be quarrelsome, contentious, or judgmental towards others. Rather, it should be obvious that they are "joyful, good-humoured," and happy "in the Lord" as they ought to be. And in greeting others, let them say, "The Lord give you peace."!

21. And let them be happy to live among the outcast and despised, among the poor, the weak, the sick, the unwanted, the oppressed, and the destitute.

Journeying together as minor sisters

- 4. Minority is our identity as sisters who following the example of Saint Francis, humble and poor:
 - a. draw near all the brothers and sisters they meet in daily life;
 - b. suffer with those who suffer, rejoice with those who rejoice;
 - c. share their gifts, spiritual and material, and make themselves a gift.

(XXI Gen. Chap. Doc. P.12-13)



Be Minor..... to dwell in God

The WORD enlightens our steps ...

From the gospel of John (Jn. 14, 1,6,15-17,21,23-27)

Do not let your hearts be troubled. You have faith in God; have faith also in me... I am the way and the truth and the life. No one comes to the Father except through me...

If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you...

Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him...

Jesus answered and said to him, "Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.

Whoever does not love me does not keep my words; yet the word you hear is not mine but that of the Father who sent me.

I have told you this while I am with you. The Advocate, the holy Spirit that the Father will send in my name - he will teach you everything and remind you of all that I told you.

Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.

The Word of the Lord

To remain faithful to our FMSC identity

Rule and Life

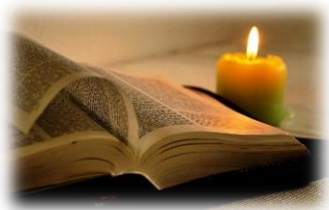
8. Within themselves, let them always make a dwelling place and home for the Lord God Almighty, Father, Son and Holy Spirit, so that, with undivided hearts, they may increase in universal love by continually turning to God and to neighbour.

11. Since the sisters and brothers are to be totally conformed to the Gospel, they should reflect and keep in their hearts the words of Our Lord Jesus Christ who is the word of the Father, as well as the words of the Holy Spirit which "are spirit and life".

Journeying together as minor sisters

Chapter Document (Our prophetic response today)

1. Minority and Franciscan fraternity are born from the experience of encountering the Lord; this requires us to:
 - a. courageously commit ourselves to a journey of conversion and personal and community growth;
 - b. support each other with prayer, grateful to the Lord for the gift of vocation and fraternity. **(XXI Gen. Chap. Doc. P.14)**



Be Minor: serve and give your life

The WORD enlightens our steps ...

From the gospel of Mark (Mk. 10:35-45)

Then James and John, the sons of Zebedee, came to him and said to him, "Teacher, we want you to do for us whatever we ask of you."

He replied, "What do you wish (me) to do for you?" They answered him, "Grant that in your glory we may sit one at your right and the other at your left." Jesus said to them, "You do not know what you are asking. Can you drink the cup that I drink or be baptized with the baptism with which I am baptized?"

They said to him, "We can." Jesus said to them, "The cup that I drink, you will drink, and with the baptism with which I am baptized, you will be baptized; but to sit at my right or at my left is not mine to give but is for those for whom it has been prepared."

When the ten heard this, they became indignant at James and John. Jesus summoned them and said to them, "You know that those who are recognized as rulers over the Gentiles lord it over them, and their great ones make their authority over them felt.

But it shall not be so among you. Rather, whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

The Word of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

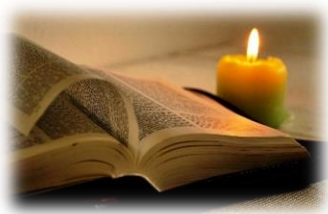
21. All the sisters and brothers zealously follow the poverty and humility of Our Lord Jesus Christ. "Though rich" beyond measure, Jesus emptied Himself for our sake and with the holy virgin, His mother, Mary; He chose poverty in this world.

22. The truly poor in spirit, following the example of the Lord, live in this world as pilgrims and strangers. They neither appropriate nor defend anything as their own.

Journeying together as minor sisters

1. La Minority and Franciscan fraternity are born from the experience of encountering the Lord; this requires us to:
 - c. do everything for the glory of God; do not appropriate the good we do, nor the roles that have been entrusted to us;
 - d. place our full trust in the Lord as Mary did: " Behold, I am the handmaid of the Lord. May it be done to me according to your word." (Lk. 1:38)

(XXI Gen. Chap. Doc. P.15)



BE Minor: love each other for the love of God

The WORD enlightens our steps ...

From the gospel of John (Jn. 15:4-5, 9-12)

Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing...

As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love.

I have told you this so that my joy may be in you and your joy may be complete. This is my commandment: love one another as I love you.

The World of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

23. Because God loves us, the brothers and sisters should love each other, for the Lord says, "This is My commandment, that you love one another as I have loved you".

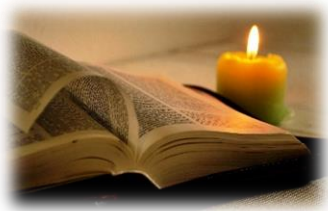
Let them manifest their love in deeds. Also whenever they meet each other, they should show that they are members of the same family. Let them make known their needs to one another.

Blessed are they who love another who is sick and seemingly useless, as much as when that brother or sister is well and of service to them. Whether in sickness or in health, they should only want what God wishes for them. For all that happens to them let them give thanks to our Creator.

Journeying together as minor sisters

- 2. Minority makes fraternal life possible in everyday life:
 - a. it is the style of living in fraternity, in listening and in dialogue, manifesting one's needs, offering one another service with humility, in reciprocal obedience;
 - b. it is welcoming and valuing the positivity and qualities that are in each one as gifts received for the good of all.

(XXI Gen. Chap. Doc. P.15)



Be Minor: unite oneself in the Salvific offering of redemptive love

The WORD enlightens our steps ...

From the gospel of Matthew (Mt. 26:26-30)

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body."

Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.

I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father."

Then, after singing a hymn, they went out to the Mount of Olives.

The Word of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

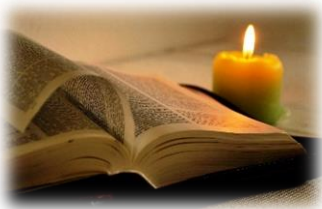
13. They should desire nothing else but our Savior, who offered Himself in His own Blood as a sacrifice on the altar of the Cross for our sins, giving us example so that we might follow in His footsteps.

Journeying together as minor sisters

2. Minority makes fraternal life possible in everyday life:

- d. it is accepting the situations in which we find ourselves, living them with strong faith, sure hope and in the salvific offering in union with the redemptive Love;
- e. it is to fortify ourselves in the "synodal spirituality of patience", as an expression of hope.

(XXI Gen. Chap. Doc. P.15 -16)



Be Minor: attract to peace, goodness and harmony

The WORD enlightens our steps ...

From the gospel of Matthew (Mt. 25:34-40)

Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.'

Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink?

When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?'

And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'

The World of the Lord

To remain faithful to our FMSC identity

Rule and Life TOR

29. The brothers and sisters are to love the Lord "with their whole heart, with their whole soul and mind, and with all their strength," and to love their neighbour as themselves.

Let them glorify the Lord in all they do. For He has sent them into the world so that they might give witness by word and work to His voice and to make known to all that the Lord alone is God.

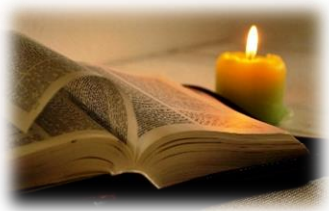
30. No one should be roused to wrath or insult on their account, rather all should be moved to peace, goodwill and mercy because of their gentleness.

The sisters and brothers are called to heal the wounded, to bind up those who are bruised, and to reclaim the erring.

Journeying together as minor sisters

- 3. 'Being 'minor sisters' means 'proximity':
 - a. it is making ourselves accessible to everyone, taking care of every brother and sister, without distinction of social condition, creed, language and origin;
 - b. it is having the loving gaze of Jesus towards the suffering and the poor, aware that poverty always has the concrete faces of people whom He himself places beside us;
 - c. it is knowing how to create unity and harmony with the people with whom we collaborate in the mission.

(XXI Gen. Chap. Doc. P.16)



Be Minor: is to safeguard the dignity of every person - "Sacred land"

The WORD enlightens our steps ...

From the gospel of John (Jn. 13:1-15)

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end. The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist.

He came to Simon Peter, who said to him, "Master, are you going to wash my feet?" Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later."

Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me."

Simon Peter said to him, "Master, then not only my feet, but my hands and head as well." Jesus said to him, "Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all." For he knew who would betray him; for this reason, he said, "Not all of you are clean." So, when he had washed their feet (and) put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am.

If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet.

I have given you a model to follow, so that as I have done for you, you should also do.

The Word of the Lord

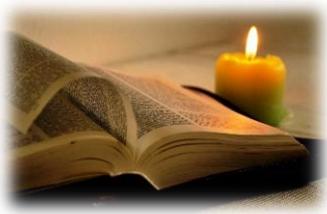
To remain faithful to our FMSC identity

Rule and life TOR

25. Let them neither dominate nor seek power over one another, but let them willingly serve and obey “one another with that genuine love which comes from each one’s heart.

Journeying together as minor sisters

- 4. Being 'minor sisters' means:
 - a. safeguarding the dignity of every person in the fraternity and in the mission because the other is sacred ground;
 - b. watch over any attitude of abuse in the service of authority, in fraternal relationships and in the management of works and office. **(XXI Gen. Chap. Doc. P.16)**



SUGGESTIONS of Saint FRANCIS' prayers to start the LECTIO



PRAYER BEFORE THE CRUCIFIX

O Most High and glorious God, enlighten the darkness of my heart. Give me right faith, certain hope, perfect love and deep humility.

O Lord, give me sense and discernment in order to carry out your true and holy will. Amen.

PRAYER TO THE HOLY SPIRIT

Almighty, eternal, just and merciful God, grant us in our misery the grace to do for You alone what we know You want us to do, and always to desire what pleases You. Thus, inwardly cleansed, interiorly enlightened, and inflamed by the fire of the Holy Spirit, may we be able to follow in the footprints of Your beloved Son, our Lord Jesus Christ.

And, by Your grace alone, may we make our way to You, Most High, Who live and rule in perfect Trinity and simple Unity, and are glorified God all-powerful forever and ever. Amen.

SALUTATION TO THE BLESSED VIRGIN MARY

Hail, holy Lady, most holy Queen, Mary,
Mother of God, ever Virgin.

You were chosen by the Most High Father in heaven,
consecrated by Him, with His most Holy Beloved Son
and the Holy Spirit, the Comforter.

On you descended and still remains all the fullness of grace
and every good.

Hail, His Palace. Hail, His Tabernacle. Hail, His Robe.
Hail, His Handmaid. Hail, His Mother,

and Hail, all holy Virtues, who, by grace and inspiration of the Holy Spirit, are poured into the hearts of the faithful so that from their faithless state, they may be made faithful servants of God through you.

PRAYER OF EXHORTATION

Let the entire man tremble with fear, let the whole world begin to tremble, and let heaven exult, when there is upon the Altar in the hand of the priest "*Christ, the Son of the living God*"!

O admirable height and stupendous esteem! O lofty humility!

O humble loftiness, which the Lord of the universe,

God and the Son of God, so humbles Himself;

that for our salvation under the limited,

little form of bread, hides Himself!

See, friars, the humility of God and "*pour out your hearts before Him*";

humble even yourselves, so that you may be exalted by Him. Therefore,

keep nothing of yourselves for yourselves, so that He may receive you whole, because He manifests Himself wholly to you. (FF 221)

WHERE THERE IS CHARITY

Where there is charity and wisdom

there is neither fear nor ignorance.

Where there is patience and humility

there is neither anger nor worry.

Where there is poverty and joy

there is neither cupidity nor avarice.

Where there is quiet and meditation

there is neither solicitude nor dissipation.

Where there is the fear of the Lord to guard the house

the enemy cannot find a way to enter.

Where there is mercy and discretion

there is neither superfluity nor hard-heartedness.



SUGGESTIONS
of Saint FRANCIS' prayers
to end the LECTIO

PRAISES TO THE MOST HIGH

You are holy, Lord, the only God, and Your deeds are wonderful.
You are strong. You are great. You are the Most High. You are Almighty.
You, Holy Father are King of heaven and earth.
You are Three and One, Lord God, all Good.
You are Good, all Good, supreme Good, Lord God, living and true.
You are love. You are wisdom. You are humility. You are endurance.
You are rest. You are peace. You are joy and gladness.
You are justice and moderation.
You are all our riches, and You suffice for us.
You are beauty. You are gentleness.
You are our protector. You are our guardian and defender.
You are our courage. You are our haven and our hope.
You are our faith, our great consolation.
You are our eternal life, Great and Wonderful Lord,
God Almighty, Merciful Saviour.

CANTICLE OF BROTHER SUN

Most High, all-powerful, all-good Lord,
All praise is Yours, all glory, all honour and all blessings.
To you alone, Most High, do they belong,
and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,

Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.
Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.
Praised be You my Lord through Brother Fire,
through whom You light the night
and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,
Mother Earth who sustains and governs us,
producing varied fruits with coloured flowers and herbs.

Praise be You my Lord through those who grant pardon
for love of You and bear sickness and trial.
Blessed are those who endure in peace,
by You Most High, they will be crowned.

Praised be You, my Lord through Sister Death,
from whom no-one living can escape.
Woe to those who die in mortal sin!
Blessed are they She finds doing Your Will.
No second death can do them harm.

Praise and bless my Lord and give Him thanks,
And serve Him with great humility.

PRAISES TO BE SAID AT EVERY HOUR

1. Holy, holy, holy, Lord God Almighty,
who is and who *was* and who is to come;
And let us praise and exalt Him above all throughout the ages.
2. Worthy are Thee, Our Lord God,
to accept *praise*, glory and honour, *and blessing*;
And let us praise and exalt Him above all throughout the ages.
3. Worthy is the Lamb, who was slain to accept virtue and riches and
wisdom and fortitude and honour and glory and blessing;
And let us praise and exalt Him above all throughout the ages.
4. Let us bless the Father and the Son with the Holy Spirit;
And let us praise and exalt Him above all throughout the ages.
5. All you works of the Lord bless the Lord;
And let us praise and exalt Him above all throughout the ages.
6. Recite praise to Our God all you His servants and you who fear *God*,
tiny and great;
And let us praise and exalt Him above all throughout the ages.
7. Praise Him the Glorious One you heavens and earth;
And let us praise and exalt Him above all throughout the ages.
8. *And every creature*, which is in Heaven and on the earth
and *which is beneath the earth and the sea* and those which *are* in it;
And let us praise and exalt Him above all throughout the ages.
9. Glory be to the Father and to the Son and to the Holy Spirit;
And let us praise and exalt Him above all throughout the ages.
10. As it was in the beginning, is now, and will be always and unto the
ages of ages. Amen.
And let us praise and exalt Him above all throughout the ages.

PRAYER OF PRAISE

All-powerful, most holy, most high, supreme God:
all good, supreme good, totally good,
You Who alone are good, may we give You all praise,
all glory, all thanks, all honour, all blessing, and all good.
So be it! So be it! Amen.

PRAYER ABSORBEAT

May the power of your love, Lord Christ,
fiery and sweet as honey, so absorb our hearts
as to withdraw them from all that is under heaven.
Grant that we may be ready to die for love of your love,
as you died for love of our love. Amen

TO THE VIRGIN MARY

Holy Virgin Mary, there is none like unto Thee born in the world among
women, daughter and handmaid of the Most High King, the heavenly
Father!

Mother of our most holy Lord Jesus Christ, Spouse of the Holy Ghost; pray
for us, with St. Michael Archangel, and all the Virtues of heaven, and all
the Saints, to thy most holy, beloved Son, our Lord and Master.