

St Francis Admonition Day 13.

Of Bodily Mortification.

There are many who if they commit sin or suffer wrong often blame their enemy or their neighbour. But this is not right, for everyone has their enemy in their own control. This is their own body by which they sin. Therefore, blessed is that servant who always holds captive the enemy thus given into their power. Who wisely guards themselves from it. As long as they act like this, then no other enemy, visible or invisible, can do them harm.

PLEASE NOTE WELL:

The EFO considers bodily mortification (or any variation of it) as an outdated medieval practice. Accordingly, the EFO is totally opposed to this practice and does NOT in any way, shape or form, support, endorse or encourage this practice.

EFO Members are NOT to engage in any exercise that in any way resembles or mimics this practice or any of its variants.