

## *Our Rule*

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### For Daily Reading

Each member of the EFO is asked to include one of these points during their regular prayer times. It would usually be said at the end of morning prayer, as we think this helps the person focus on the Rule as they go about their daily tasks. We have split the Rule into days of the week, so that everyone can be focused on the same point each day.

#### **Sunday: Poverty**

- To retain sufficient resources to meet basic living needs, and those resources which are needed to achieve ministries. Any excess should be shared among those in need.

#### **Monday: Chastity**

- To remain dedicated to the promises of fidelity and sanctity either as a single or with a partner.

#### **Tuesday: Obedience**

- To unreservedly remain faithful and abide by this rule and the Order's governing councils.

#### **Wednesday: Prayer:**

- To pray the Divine Offices of Morning Prayer, Midday Prayer, Evening Prayer and Compline.
- To be present at the Eucharist as frequently as is possible, with daily attendance being preferred.

#### **Thursday: Prayer:**

- To spend as much time in private prayer (in addition to the Eucharist and the Divine Offices) as is possible.
- To respect and keep the rules of silence as defined in each house.

#### **Friday: Study:**

- To spend some time each week in theological study and reflection, so as to remain informed and conversant in spiritual matters.

#### **Saturday: Work:**

- To undertake regular (paid or unpaid) work as is required to assist the Order, the house, the community it supports, and the ministries in which it is engaged.