

## What is necessary to include in one's personal version of the rule

I am providing this brief list just to help the members of the Lay Order to draw up or review their personal way of life. This follows the newest form of our way of life which was revised in 2022 by Fr. Hildebrand, being approved of by Fr. Abbot Eugene. For further detail, refer to the Statues of the Lay Order.

1. The rule must be based upon each of these five aspects, it being the spirit of the Order:
  - Devotion to the Blessed Sacrament
  - Marian devotion
  - Prayer: Liturgical and personal
  - Penance
  - Zeal for souls (Mission)
  
2. Some practical points which one must include in his/her version of the rule:
  - At least one extra Mass each week
  - Adoration of the Blessed Sacrament at least once a week (can just be in our Lord's presence in a church – it does not have to be with the Blessed Sacrament exposed in a monstrance)
  - At least one of the hours of the divine office in its entirety: either Lauds, Vespers, or Compline (i.e. Morning, Evening or Night prayer).
  - Weekly spiritual reading, preferably daily
  - Act of consecration to Mary which is to be renewed regularly
  - Monthly confession
  
3. In addition to the above, here are some broader acts contained in the rule of which one is to make specific in the rule:
  - Specific forms of penance and offering
  - Acts of charity and modesty (being edifying in living out the faith)
  - Ongoing studying (books and topics in reference to the faith)
  - Personal prayers each day (benefitting both oneself and the world)

In regard to the drawing up of one's personal way of life (referring to points made in the Lay Order Statues):

- One may receive assistance from a priest or director who is not a Norbertine; however,
- It is necessary that each member have his/her rule approved of by the director or the Lay Order (being at this time Br Mark) before profession is made.
- All (including professed members) are encouraged to review their way of life, being welcome to make an appointment with the director, should any changes be desired.

May God bless you.

Br. Mark

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