

THE CONSTITUTIONS

On the Order to Be Observed in Spiritual Matters

1. Matins are to be said after nine, not before, but not so long after nine that the nuns would be unable, when finished, to remain for a quarter of an hour examining their consciences as to how they have spent the day. The bell should be rung for this examen, and the one designated by the Mother prioress should read a short passage from some book in the vernacular on the mystery that will serve as the subject for reflection the following day. The time spent in these exercises should be so arranged that at eleven o'clock the bell may be rung to signal the hour for retirement and sleep. The nuns should spend this time of examen and prayer together in the choir. Once the Office has begun, no Sister should leave the choir without permission.

2. In the summer they should arise at five and remain in prayer until six. In the winter¹ they should rise at six and remain in prayer until seven. Immediately after prayer, they will say the Hours up to None, unless the day is a solemn feast or the feast of a saint to which the nuns have a special devotion. They will in that case postpone None so as to sing it before the Mass. On Sundays and feast days, Mass, Vespers, and Matins are to be sung. On the first days after Easter² and on other solemn days they may sing Lauds, especially on the feast of the glorious St. Joseph.

3. The chant should never be sung with musical notation³ but should be done in a monotone and with uniform voices. Ordinarily, everything should be recited, and also the Mass, for the Lord will be served if some time remains so that the Sisters may earn their livelihood.

4. The Sisters should try not to miss choir for any light reason. When the Hours are finished, they should go about their duties. Mass will be said at eight o'clock in the summer and at nine in the winter. Those who receive Communion should remain a short while in choir.