

The Days for Receiving the Lord

5. Communion will be received every Sunday, on feast days, and on days honoring our Lord, our Lady, our Father St. Albert, and St. Joseph, and on other days that the confessor designates in accordance with the devotion and spirit of the Sisters and with the permission of the Mother prioress. Communion will also be received on the titular feast of the house.

6. Shortly before meals, the bell will be rung for the examen of conscience as to what has been done up to that time. Each one should propose to correct the greatest fault she sees in herself and recite an Our Father that God might give her the grace to do so. Each Sister should kneel down wherever she is and make her examen briefly. At two o'clock Vespers should be said, except during Lent when it will be said at eleven.⁴ During the times when Vespers is said at two, it should be followed by an hour of reading⁵ (during Lent the hour of reading takes place at two o'clock); this means that at two o'clock the bell is rung for Vespers. On the vigil of feast days, this hour of reading will take place after Compline.

7. In summer, Compline is to be said at six o'clock; in the winter, at five. In both winter and summer the bell is rung for silence at eight o'clock, and the silence is kept until after Prime of the following day. This silence should be observed with great care. During the other times, no Sister may speak with another without permission, except about necessary matters if she has duties to fulfill.⁶ The Mother prioress may give permission should one Sister desire to speak with another so as to quicken the love each has for her Spouse or to be consoled in a time of some need or temptation. This rule of silence should not be understood to refer to a question and answer or to a few words, for such things can be spoken without permission. An hour before they say Matins, let the bell be rung for prayer. This hour of prayer may be spent in reading if they are drawn in spirit to spend the hour after Vespers in prayer. They may decide in accordance with what helps them most toward recollection.

8. The prioress should see to it that good books are available, especially *The Life of Christ* by the Carthusian, the *Flos Sanctorum*, *The Imitation of Christ*, *The Oratory of Religious*, and those books written by Fray Luis de Granada and by Father Fray Pedro de Alcantara.⁷ This sustenance for the soul is in some way as necessary as is food for the body. All of that time not taken up with community life and duties should be spent by each Sister in the cell or hermitage designated by the prioress; in sum, in a place where she can be recollected and, on those days that are not feast days, occupied in doing some work. By withdrawing into solitude in this way, we fulfill what the rule commands: that each one should be alone.⁸ No Sister, under pain of a grave fault, may enter the cell of another without the prioress's permission. Let there never be a common workroom.⁹

On Temporal Matters

9. Let them live always on alms and without any income,¹⁰ but insofar as possible let there be no begging. Great must be the need that makes them resort to begging. Rather, they should help themselves with the work of their hands, as St. Paul did;¹¹ the Lord will provide what they need. Provided they want no more than this and are content to live simply, they will have what is necessary to sustain life. If they strive with all their might to please the Lord, His Majesty will keep them from want. Their earnings must not come from work requiring careful attention to fine details but from spinning and sewing or other unrefined labor that does not so occupy the mind as to keep it from the Lord. Nor should they do work with gold or silver. Neither should there be any haggling over what is offered for their work. They should graciously accept what is given. If they see that the amount offered is insufficient, they should not take on the work.

10. In no way should the Sisters have any particular possessions, nor should such permission be granted; nothing in the line of food or clothing; nor should they have any coffer or small chest, or box, or cupboard, unless someone have an office in the