

The OFS Rule in the Time of Corona

- **Article 4: ...Gospel to life and from life to the gospel**
 - Read a portion of the Gospel each day. Think about how it applies to your life at this time.
- **Article 5: Seek to encounter Jesus Christ in our brothers and sisters, in sacred scripture, in the Church and in the Eucharist.**
 - Take advantage of Adoration offered online or on TV. Meditate on the gift of the Eucharist and how we long to receive it again.
 - Keep in touch with our fraternities, check on homebound members, keep the fraternity newsletter going, have a prayer conference call.
- **Article 6: Go forth as witnesses and instruments** of the Church's mission among people, proclaiming Christ by our life and words.
 - Use social media to share positive messages and to let people know that we are people of prayer whether the churches are open or not.
- **Article 7: Conform our thoughts and deeds** to those of Christ by the **radical interior change** which the Gospel calls "**conversion**".
 - Now we have the time to work on conversion. Think about how each day we spend in quarantine helps us to change for the better.
- **Article 8: Let prayer and contemplation** be the soul of all we are and do.
 - We now have the gift of time to pray. We don't need to hurry.
 - Now there is ample time for Morning and Evening Prayer; now there is time for sitting with the Lord and listening to what he has to say.
- **Article 9: Imitate the Virgin Mary's complete self-giving**
 - During this difficult time, we are called to give selflessly to others. Perhaps a donation to a food bank; perhaps home-schooling a child; perhaps caring for an anxious elderly parent; perhaps finding the patience to spend extra time with our families.
- **Article 10: Faithfully fulfill the duties proper** to our various circumstances in life.
 - Working from home is not as easy as it would seem. Helping to home-school children requires talents we think we do not have. Those who must serve as nurses, doctors, First Responders, and food service personnel need courage and strength to leave the house each day.
- **Article 11: Seek the proper spirit of detachment** and purify our hearts from every tendency and yearning for possession and power.
 - We are now forced to be detached from all sorts of comforts. Take this time to simplify. Detachment and self-emptying help us to make room for Jesus in our minds and hearts.
- **Article 12: Acquire the purity** of heart needed to set ourselves free to love God and our brothers and sisters.
 - Let us be single-minded in our desire to love God. What does this take?
- **Article 13: Accept all people as your gift...**
 - Accept with joy that you are spending time with your family. This is a good time to ask the Holy Spirit for the gift of patience.

- **Article 14: Exercise our responsibilities** competently in the Christian spirit of service.
 - If you are a Minister or a Council member, what is your responsibility to the rest of the fraternity? Find ways to maintain fraternity. Find out how the members are doing. Does anyone need help? Are your members feeling isolated? Would a phone call or an email help? How about setting up a specific time when all members of the fraternity will pray the rosary or meditate on a certain passage of Scripture. We are ALL responsible for being mothers and brothers and sisters to one another.

- **Article 15: Be in the forefront of promoting justice** by the testimony of our human lives and by courageous initiatives (Art. 15);
 - What is the just thing to do in these times?
 - We can be examples of courage whether it is only taking one or two items from the store shelf; making room in line for an older person or encouraging others to follow CDC guidelines.

- **Article 16: Esteem work** both as a gift and as a sharing in the creation, redemption and service of the human community.
 - In many cases, we are not allowed to work at our jobs. How do we use our talents for the good of those around us? How can we serve when we are not getting paid?

- **Article 17: Cultivate the Franciscan spirit of peace, fidelity and respect for life** in our families, striving to make it a sign of a world already renewed in Christ.
 - We need to ask for the grace to be gentle with one another and to remember what we do affects all those who come in contact with us.

- **Article 18: Respect all creatures**, animate and inanimate "as **bearing the imprint of the Most High**"

- **Article 19: Be bearers of peace and messengers of perfect joy** in every circumstance, as immersed in the resurrection of Christ, we serenely tend towards Sister Death and our ultimate encounter with our Heavenly Father.