



## Rule of the Fraternity of the Sorrowful Passion of Christ

The mission of the Fraternity of the Sorrowful Passion of Christ is to offer reverence, devotion, and gratitude towards Jesus Christ in the Blessed Sacrament for His own sake and in reparation for irreverence, tepidity, and ingratitude towards the Blessed Sacrament. This mission is placed under the patronage of the Mother of Sorrows, St. John the Beloved Disciple, and St. Alphonsus Liguori.

### EUCCHARIST

- I. The first and most important precept towards the Eucharist is the manner of its reception. The posture of receiving Holy Communion must be kneeling, and the Eucharist must only be received on the tongue.<sup>1</sup>
- II. Holy Communion must only be received under the species of bread.<sup>2</sup>
- III. Holy Communion, under ordinary circumstances, must be received from the hands of a priest or deacon.<sup>3</sup>
- IV. Holy Communion must be received no more than once a day.
- V. The brother must observe a fast from midnight before the reception of Holy Communion. The only drink permissible before Holy Communion is pure water. Should a brother attend a Mass at/after noon, a three hour fast is permissible.
- VI. The brother must spend at least 15 minutes in prayer before Mass.

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<sup>1</sup> The establishers of this Rule, though recognizing the indult for receiving Holy Communion on the hand granted by Pope St. Paul VI as legitimate, have chosen to opt for the traditional method of reception likewise approved by the document *Memoriale Domini*.

<sup>2</sup> Exceptions to this precept can be made for those Catholics in the Byzantine Rite and for gluten intolerant Catholics, the latter being allowed to only partake either of the species of wine or of a low-gluten host.

<sup>3</sup> *Code of Canon Law*, Can. 230 §3.

- VII. The brother must spend at least 15 minutes in the church as soon as possible after Mass to pray in thanksgiving for the Mass and Holy Communion (if received).
- VIII. Every time the Eucharist is received, the Holy Communion must be offered in reparation for sacrilegious Communion.
- IX. The brother must spend an hour in the adoration of the Blessed Sacrament at least once a month, preferably on first Fridays.

**MEMBERSHIP**

- X. In order to join the Fraternity, a candidate must be a Catholic male, at least 18 years of age. Otherwise, a candidate between the ages of 13 and 17 may be admitted into a chapter designated for youth.
- XI. A candidate must be a practicing Catholic loyal to the Supreme Pontiff.
- XII. A candidate must also have reliable, direct contact with the Fraternity's leadership,<sup>4</sup> and must receive personal permission from the President or his Chapter Director to join the Fraternity.
- XIII. As a test of the candidate's commitment, he must practice the Rule for a whole month.
- XIV. After his one-month trial is complete, he must be interviewed as soon as possible by the President or by his Vice President (with the President's permission).
- XV. If the Vice President examines a candidate, he must make a full report of the interview to the President, not pledging admission to the candidate before receiving the President's permission.
- XVI. During this interview, the President is supposed to determine the candidate's motives for joining and his capacity for carrying out the Rule's provisions.
- XVII. If the candidate passes this one-month trial and the interview, admission is granted to him.

**PRAYER**

- XVIII. The brother must, immediately after rising from sleep with the intention of starting his day, make a morning offering.

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<sup>4</sup> This includes the President, Vice President, Chapter Director or Vice Chapter Director exclusively.

- XIX. The brother must spend at least 30 minutes a day in mental prayer, meditating frequently on the Passion of Christ. An alternative to this would be spending 30 minutes in spiritual reading.
- XX. A Divine Mercy Chaplet must be prayed at 3:00 PM.
- XXI. Five decades of the Traditional Rosary or a Servite Rosary (the Rosary of Seven Sorrows) must be prayed daily.<sup>5</sup>
- XXII. The brother must offer his prayers and penances in reparation for sins against the Blessed Sacrament, for the benefactors of the Fraternity, for the spiritual growth of the Fraternity's brothers, and for the advancement of the Fraternity.
- XXIII. Before confession, in addition to examining his conscience, the brother must pray for the graces of contrition and that of making a good confession.
- XXIV. After going to confession, the brother must make an act of thanksgiving for the Sacrament of Penance, preferably before the Blessed Sacrament.<sup>6</sup>
- XXV. The President must appoint a prayer/litany to be prayed by the Fraternity during Advent and Lent.

#### PENANCE/MORTIFICATION

- XXVI. The brother is to abstain from snacks between meals, and observe a fast and an abstinence from meat on all Fridays throughout the year.<sup>7</sup>
- XXVII. Brothers who are 21 years in age or older must observe Ember Days according to the old laws and calendar of the Church.
- XXVIII. Abstinence from sweets (candy, treats, desserts, etc.) and carbonated or sweet drinks (excluding fruit juices and alcoholic beverages), is also to be observed.
- XXIX. The brother must take only cold showers.

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<sup>5</sup> The composers of this Rule are not against the praying of the Luminous Mysteries; however, because of the "optional" nature attributed to them by the Church, they are not sufficient to fulfill the obligation of praying five mysteries of the Rosary a day. Five "mandatory" mysteries must be prayed in addition to the Luminous Mysteries, should a brother choose to pray the latter.

<sup>6</sup> The thanksgiving must be made by the brother in addition to his penance.

<sup>7</sup> Fasting is not required during the Easter season.

- XXX. During Advent and Lent, a brother must take up at least one extra penance; he should consult with a priestly spiritual director if he would desire to do a particularly austere penance.
- XXXI. Ordinarily, all the above penances and mortifications can be omitted on all first and second class feast days.
- XXXII. The entire section PENANCE/MORTIFICATION can be omitted during the octaves of Easter and Christmas, and on all special occasions within one's own household (except for the meat abstinence on Friday regarding the latter and the octave of Christmas).
- XXXIII. During Advent and Lent, it is forbidden to give up any penances or mortifications on any second-class feast days. It is also forbidden during these seasons to omit any precepts of the section PENANCE/MORTIFICATION on any penitential first-class feast days. If the feast-day included as part of a penitential season is commissioned by the Church as a day of mitigated rejoicing, such as Gaudete Sunday, the brother may give up one mortification prescribed by the Rule.<sup>8</sup>

#### COMMUNITY

- XXXIV. The President/Chapter Director must organize a meeting at least twice a month for fellowship, at least one of which has to be held in person.
- XXXV. The brothers are required to attend at least one meeting a month or receive an excused absence from the President/Chapter Director.

#### GOVERNMENT

- XXXVI. The Fraternity is governed, firstly; by the laws of Jesus Christ and His Church, secondly; by this Rule, thirdly; by the President of the Fraternity, and fourthly; by whomever the President may appoint to offices of leadership.
- XXXVII. The President is to carry himself in such a way that reflects his office as the chief servant of the Rule and of the whole Fraternity; that is, with a servile spirit.
- XXXVIII. The President's duties are to organize meetings, assist his inferiors in their conformity to the Rule, supervise the spiritual and material welfare of the Fraternity, and who can assign temporary or permanent tasks or

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<sup>8</sup> Here, household special occasions are considered first-class feasts.

offices of leadership for the advancement of the Fraternity and the spiritual growth of its brothers, though this is not required of him.

- XXXIX. Let it be known, also, that no one can assume any office without the consent of the President unless otherwise stated in this Rule.
- XL. If a President leaves the Fraternity, abdicates his office, or has been the President for four years, the Fraternity's brothers must hold an election to determine the next President.
- XLI. After a President has served for three years, he automatically loses his office by the start of what would be his fourth year. Nevertheless, he can be re-elected for one more term.
- XLII. While the Presidency is vacant, the Vice President is responsible for organizing the election of his successor. During this time, the Vice President cannot admit new brothers into the Fraternity, carry on the projects of the former President, set up his own projects or commissions, or in any way fulfill any of the duties and privileges proper to the Presidency as outlined in this Rule.
- XLIII. The new President must be elected with a two-thirds majority.
- XLIV. Any brother can be elected, so long as he has previously fulfilled the requirements of senior membership eligibility.
- XLV. The President-elect must be given a choice to accept or reject this office, and at least one month's time before his inauguration.
- XLVI. The Vice President must provide the President-elect with whatever information the latter requires or demands prior to his inauguration.
- XLVII. Upon taking office, the President must recite an oath of office.
- XLVIII. The President must commit to the Presidency for at least one full year upon inauguration.
- XLIX. Under ordinary circumstances, the President must have at least two brothers present at his inauguration as witnesses.
  - L. The Vice President automatically loses his office upon the inauguration of a new President.
  - LI. The President must prudently appoint one of the more responsible, pious, wise, and dedicated brothers to be his Vice President, whose purpose it is to act as the President's personal secretary and advisor.

- LII. The appointment of a Vice President must be the new President's first official act, occurring within one month of the latter's inauguration.
- LIII. The President must keep a watchful guard over the Fraternity against heresies, especially modernism and subsequent heresies.
- LIV. The President can be deposed, if two thirds of the Fraternity's brothers vote to depose him. A new President must then be elected.
- LV. The deposition of a President does not entail his automatic expulsion.
- LVI. Let those who vote to depose a President do so with the fear of God as their motive.
- LVII. Individual chapters with sub-governing bodies can be established at the President's discretion and approval, though not necessarily at his suggestion.
- LVIII. These sub-governing bodies must be composed of a Chapter Director and a Vice Chapter Director.
- LIX. The President must give written consent for the establishment of new chapters.
- LX. All new brothers to these chapters can be interviewed and admitted into the Fraternity, particularly into his chapter, by the Chapter Director or by the Vice Chapter Director with the Chapter Director's permission.
- LXI. The Chapter Director can appoint his own brothers to non-leadership positions and can appoint his own Vice Chapter Director, provided he meets the requirements for senior membership eligibility.
- LXII. Should the Chapter Director resign, a new Chapter Director should be elected by the members of the chapter in question. The role of Vice Chapter Director serves the same purpose as that of Vice President, except that it is in relation to the Chapter Director.
- LXIII. The President must receive semi-annual updates by the end of every November and May.
- LXIV. The updates must include but are not limited to the latest data concerning a); attendance at meetings (attendance scores), b); membership

registration,<sup>9</sup> c); leadership appointment eligibility rosters,<sup>10</sup> and d); the projects of individual chapters and of the Fraternity in general.

- LXV. These semi-annual updates- if possible- must come from the Vice President. This requires the cooperation of the Chapter Directors, who must constantly keep their attendance scores and registration rosters updated and send them to the Vice President well ahead of the semi-annual update's deadline, along with the other required information.

#### SENIOR BROTHERS

- LXVI. At a senior brother's first appointment, he must pass a test concerning this Rule with at least a ninety percent passing score. This test must include at least three questions for every section of the Rule and three questions total concerning the beginning and ending paragraphs.
- LXVII. The test must be administered before the brother's appointment to an office of leadership.
- LXVIII. As far as possible, the aforementioned test must be administered and proctored in person by a senior brother and by a time limit set by the President.
- LXIX. The President can compose the aforementioned test or appoint the Vice President to compose the test in his stead.
- LXX. The aforementioned test can be retaken only once every two months with no limit as to how many retakes, on the condition that the President authorizes the retake.
- LXXI. In applying for senior membership eligibility, the applicant must read the encyclicals *Lamentabili Sane* and *Pascendi Dominici Gregis* by Pope St. Pius X, writing a thorough essay covering both documents in order to demonstrate his understanding of modernism.
- LXXII. Unless he leaves the Fraternity, if a senior brother resigns his position of leadership, he retains his status as a senior brother.

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<sup>9</sup> The outline for each individual brother's registration information is as follows: their name, their office/role, their immediate contact information, their registration status, their date of admission.

<sup>10</sup> Only those who have passed the senior membership test can (and must) be listed on this roster. The outline for each individual brother's leadership appointment eligibility information is as follows: their name, their testing score, whether or not their essay has been approved by the President, and their current position of leadership (if applicable).

LXXXIII. The President can remove any senior brother's status.

#### RECORD RETENTION

- LXXXIV. The stored records/archives of the Fraternity can be directly accessed by the President and/or his Vice President only.
- LXXXV. The stored records/archives can be divulged to one or more brothers not the Vice President at the President's discretion.
- LXXXVI. The stored records/archives can include but are not limited to: a) membership registers, b) attendance rosters, c) certificates of promotion, establishment, or appointment, d) contact information of the various brothers, e) correspondence (such as letters, emails) between brothers of the Fraternity hierarchy and their subordinates, e) correspondence between brothers of the Fraternity hierarchy and their equals, f) correspondence between brothers of the Fraternity hierarchy and those outside the Fraternity, g) formal declarations by the President, h) published articles in the Fraternity, i) photos, video and audio recordings, and j) signed waivers.
- LXXXVII. If paper copies of the records are kept, they must be stored under lock and key, accessible to the President and/or his Vice President alone. The same applies if the records are stored on a digital hard drive.
- LXXXVIII. If the records are stored on a computer, the computer must be accessible to the President and/or his Vice President alone by password protection, and the same computer cannot be accessed by another brother without the President's or Vice President's permission.
- LXXXIX. The brother who is not the President or Vice President cannot open the Fraternity's records/archives while accessing the President's or Vice President's computer unless the President gives him specific delegation.

For the sake of uniformity and stability, the Rule of the Fraternity of the Sorrowful Passion of Christ may not be altered except by its original authors.