

My OFS Commitment Checklist

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Please check off all that apply to you. This is a personal check list and will not be shared.
You are not required to do everything, but you absolutely should be doing some things from each category!

Fraternity Activities

- Attend gatherings regularly each month**
(Call in to be excused for a good reason)
- Help set up before the meeting**
- Help clean up after the meeting**
- Volunteer to give a talk at the meeting for continuing formation**
- Volunteer for Closing Prayer**
- Pray each day for those on the Apostolate of Prayer list**
- Donation to homeless** *(Hats, gloves, scarves and socks--November through the winter)*
- Donation to the Southwest Missions** *(June and July)*
- Baby Shower for Birthright**
- Ask friends to donate to homeless or Baby Shower or Southwest Missions**
- Brunch** *(attend/sell tickets)*
- Brunch** *(help set up and/or clean up)*
- Keep in touch with excused members through visits, cards or phone calls**
- Offer to pick up someone who needs a ride to the gathering.**
- Willing to be nominated and/or hold an office in the fraternity**
- Attend Fraternity-sponsored Holy Hour on Holy Thursday**
- Invite a friend to attend a gathering**
(Possible vocation)

Region/Cluster

- Attend Region Workshops and/or Region Retreat**
- Attend Cluster gatherings**

- Attend Convivenza/Chapter of Ministers**
- Transitus/Feast Day Celebrations**

Spiritual and Franciscan Life

- Pray a form of Liturgical prayer each day** *(i.e. the Liturgy of the Hours or Office of the Passion or Little Office of the Blessed Mother or 12 Our Fathers)*
- Attend Mass regularly: Sundays, Holy Days and as often as possible daily**
- Daily examination of conscience** *(We have committed ourselves to daily conversion.)*
- Read and meditate on Sacred Scripture**
“Go from Gospel to life and life to the Gospel”
- Read and meditate on our Rule of Life**
- Read the Constitutions of our order**
- Make a yearly retreat or at least a Day of Recollection**

While other devotions and prayers, especially the Rosary, are certainly a part of our daily prayer lives, we should not use them as a replacement for the practices listed above!

Personal

- Set priorities**
(As a lay-person I remember that Family is first, then my job, then my Franciscan family (local fraternity, cluster and Region, National and International fraternities) and then all other activities.)
- Set a good example in family life and workplace**

