

My SFO Commitment Checklist

Profession is by its nature a permanent and perpetual commitment. At the moment of profession, we are linked and bound to the Order. We become part of a specific Fraternity; our life acquires meaning within the Fraternity; we serve our brothers and sisters. Profession is the basis of opening our hearts, taking on activities and service to the advantage of the Order, of society and of the Church. To be professed means assuming a continual pledge of evangelical conversion. The perpetually professed, according to their capability and possibility and in the light of the interests of the Order, cannot be exempt, except for serious motives, from accepting the positions or functions asked of them at any level in the Fraternity whenever requested. (Paraphrased from CIOFS.org)

**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!**

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**
- Lead a continuing formation group**
- 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**
- Brunch** *(attend/sell tickets)*
- Brunch** *(help set up and/or clean up)*
- Keep in touch with excused members through visits, cards or phone calls**
- Willing to run for 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 Cluster meetings at least once a year** *(Meetings held four times a year.)*
- Attend Region Workshops and/or Region Retreat**
- Candidates' Retreat** *(If you are in formation)*
- Attend Convivenza**
- Attend Region Picnic**

Transitus Service *(At St. Francis or inviting parish)*

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 work place**