



# Rule for Associates of the Order of the Ascension

## The Prayer Book Pattern

The pattern has also been called the Benedictine Triangle and the catholic threefold Rule.

Our life in community, our reflection, and our service are nurtured from the soil of Office and Eucharist. The daily connection with Scripture and common prayer and the weekly receiving of Body and Blood orient us to the ways of eternity and feed us for faithfulness in our life at work, with friends and family and in civic life.

1. Participate in the Holy Eucharist on Sundays, the feasts of the Ascension and of St Benedict. Other Major Feasts as possible in your region.
2. Regular use of some form of the Daily Office.
3. A pattern of reflection and personal devotions that fits your temperament and circumstances. To include regular intercession for the Order and the Associate's parish church, its priest and lay leadership. Intercession for the Order on January 8 and January 30 (commitment to the formation of the Order in 1983 and the First Taking of the Promise in 1988).

## Learning

In your first year, read any two in-print Ascension Press books. If you've read such books in the past few years you may count those to fulfill the requirement. Thereafter, read two books each year in the field of Ascetical/pastoral theology and/or organization development. At least one is to come from the reading list provided on the website for Associates. Some years the Order may suggest a specific book and may establish a forum for conversation among Associates.

Consider participation in the Associates-only offers each year and the public formation programs offered from time to time.

## Action

According to their vocation and gifts, Associates engage in appropriate forms of service, evangelization and stewardship in their daily life (work, civic life, family and friendships, the parish). Make a yearly financial contribution to the Order.

As of September 2023