

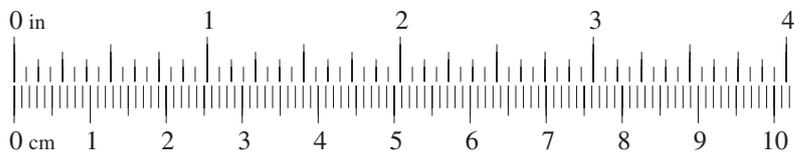
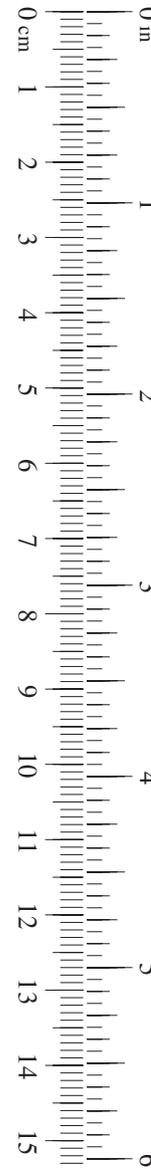
THE RULE OF ST. BENEDICT 51

bread over and above the appointed allowance, so that they may serve the brethren at meal time without murmuring or too great fatigue. On solemn days, however, let them wait till after Mass. Immediately after Lauds on Sunday both the incoming and outgoing servers for the week shall cast themselves on their knees in the presence of all and ask their prayers. Let him who finishes his week say this verse, *Blessed art Thou, O Lord God, who didst help me and consoled me;*¹⁷⁶ and when this has been said three times let him receive a blessing. He who enters on his office shall then follow, and say, *O God, incline unto mine aid; O Lord, make haste to help me;*¹⁷⁷ and this also shall be repeated thrice by all, and having received his blessing let him enter on his service.

CHAPTER XXXVI
Of the Sick Brethren

Before all things and above all things special care must be taken of the sick, so that in very deed they be looked after as if it were Christ Himself who was served. He Himself has said, *I was sick, and ye visited Me; and what ye did to one of these, My least brethren, ye did to Me.*¹⁷⁸

But let the sick themselves bear in mind that they are served for the honour of God, and should



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