

ECCLESIAE DEI

PLAN of LIFE

for

CHILDREN of LIGHT

by

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“Zeal for your House consumes me.”

Jn. 2:17

This is the keynote for the Life
of a Child of Light,

for he is consumed with love
for the Church
founded by Christ
on the Rock that is Peter.

His devotion to the House of God is complete.

His first love is, of course, for the Trinity,
for the Father, Son, and Holy Spirit –
there can be no question about this,
for there is no House of God without God.
But God is known through His House,
through His Church:
He has willed it so.

And so, total devotion to the House of God
is total devotion to God Himself,
who has made the Church in His image
and wishes us to approach Him
through this Door.

Indeed, He and His Church are one
even as Head and Body are one –
the Church cannot be separated from God.

And the Mother of God models the Church
for the Children of Light;
it is She who embodies the Church,
She who has given birth to its Head...
She who is in such close union with God.

O that we were like Our Mother!
O that our zeal might be complete!

Let us pray that She nourishes us
on our journey to union with God.

This wondrous unity
of God's humble handmaid
with the LORD Himself
should be the desire of every Child
seeking to live in God's Light.

The Child of Light shows his zeal
for Holy Mother Church
in a special way by the clothes he wears:
black pants (or skirt)
topped by a shirt (or blouse)
of the liturgical color of the day –
green, white, violet, or red.

He is certainly utterly devoted
to the teaching and sacraments
of our Mother,
and especially the Blessed Sacrament,
but it is clothing himself in Her colors
that sets him apart.

Not all could make such a sacrifice,
though it is a simple thing.

The Universal Call to Holiness

This apostolate is very reflective
of the Second Vatican Council's
focus on the laity
and the universal call to holiness.

It is the laity of whom it is comprised:
priests have their cassocks and robes,
religious men and women their habits...
and the Children of Light
their liturgical colors.

They are as leaven in the world,
making the Church known in all places.

We are the People of God
answering His call
to take up our cross
and carry it with Him –
we cannot leave others to do so.

And the evangelical counsels
are not foreign to us,
though not kept in the strictest sense.

Chastity, Poverty, and Obedience
must be practiced by all,
whoever we are, whatever we do –
whatever our state in life.

One cannot be holy without them.

Chastity for us does not mean celibacy,
though whoever is unwed among us
would of course hold to this discipline.
Chastity is purity in thought, word,
and deed
in keeping with our state in life,
and this must be practiced.

But, to be clear, most will be married
or on their way toward marriage,
since we are of the laity.
And so faithfulness to one's spouse
will be paramount,
with utmost respect for the other's body.

(This should go without saying,
but it is not always realized this is chastity.)

The poverty of the monk
is not appropriate
for this call to the laity in the world.
We must, as Jesus has said,
make friends by our use
of the unrighteous mammon,
drawing souls thus to His side.

Faithful in these small matters,
the LORD will give us what is our own
in the Kingdom of Heaven.
But let us not fail to be prudent here
with what He puts in our hands.

Give all for the good of the Kingdom,
but do not abandon what God provides.

Obedience. Obedience. Obedience.
How we need to listen
to those in rightful authority
and our brothers and sisters.

Our spouses have most immediate
authority over us,
so to them we should especially listen.
For if we don't, we can easily become lost,
unable to follow any path to Christ.

All in good order as God ordains;
let there be no rebellious spirit among us.
The devil is the father of rebellion,
but humility is required of us,
for we must be like our Lord and Savior
and His holy Mother.

Primary Matters

Holy Mass daily,
Confession every month,
Plenary Indulgence once a day;

The Liturgy of the Hours,
Reading of the Bible,
Devotion to the Saints
and their Writings...

And all the Mysteries of the Rosary.

Forget not these
but practice them well.

One cannot stress enough
the importance of adhering
to Church teaching,
for how far we stray
when we deviate from its path
even in the least.

Here is where obedience must be lived
to the depths of our soul;
there one should taste its fruitfulness,
the glory only it brings.

Do not presume to be God Himself,
deciding on your own right and wrong.
Listen or you could be lost
for all eternity.

As we have said,
there is nothing more important
than love of the Holy Trinity:
the Father breathes life into us,
the Son redeems our souls,
and the Holy Spirit strengthens us
for our work in this world.

One cannot say enough of God
and His importance in our lives...
and yet one cannot say anything,
for all we say falls far short.

It is only in silence His presence is known;
and only in silence gratitude is shown –
let us put no trust in our words or works.

“YHWH”

Let our tongues fall silent before our LORD,
before the One who created Heaven
and earth
and formed man from the dust.

This above all let us remember:
that we are nothing and He is all,
and we only approach Him in prayer.

Let us then remember His NAME,
the silent WORD all tongues long to speak,
the Breath that brings us into His Light
where we may become His Children.

Speaking His Silence we draw near to Him.

And the Sacrifice of the Son
is all that keeps us
from falling into oblivion.
We cannot be separated from His Blood.

And His Body and Blood come to us
each day upon the altar;
from here goes forth
 the salvation of the world –
it is in the Sacrament we find new life.

O Jesus, let us adore you;
let all our being give you praise.
Ever let us bow before you
and worship your presence here.

Let all Children have a Holy Hour each day.

Finally, good works must be done;
the Spirit must inspire all we do.
Though we recognize the vanity
of all we say and do,
yet we must do,
for that is our call as humans.

And the reason we can see
that all we do is nothing
is we know that any good we do
comes by the power of the Holy Spirit.
And so all we do is His work, not ours.

Let all our works be good;
let them shine with the Light of God.
O Holy Spirit, be upon us.

House of Prayer

This Plan is an adaptation
of a book on the Divine NAME.
Toward its end I strove to find
a House of Prayer,
a kind of hermitage for my wife and I
and others of like mind,
a House of perpetual adoration.

Now I see how that House can be
each Child of Light
revealing God's presence in the world.
We are indeed the tabernacles of the Lord
and take Him with us wherever we go.

And so, some ten years later,
the Plan has moved
from thoughts of a hermitage house
not unlike the one in which I sit and write
here at Bethlehem during Holy Hour
(though it was to be in the city)
to bearing the hermitage ourselves.

This thought was present in that book,
and was repeated several times...
but it has never been so clear
as it has become now in my mind.

Living it is another matter,
and bringing others along something more;
but perhaps it is time
to put out into the deep.

Three Hours

Each Day Let Us Consecrate

Our Soul to the Father,

Our Heart to the Son,

Our Mind to the Holy Spirit,

and Our Body to Mary and the Church.

And So Let Us Do God's Will.

Some will object:

How can a man living in the world
working and raising a family
be expected to attend daily Mass,
pray the Hours and the Rosary,
read the Bible,
and do a daily Holy Hour?
This is simply not possible.

Daily Mass is half an hour,
as is Morning and Evening Prayer,
and the Rosary, and Reading...
and much can be done during Holy Hour,
making three hours more like two.

But each must decide what is important.
One finds time for sports and screens
and whatever seems necessary....

Should soccer practice take precedence
over praying a Rosary with our children?
Should we take on another (and another)
project at work,
or sit with the Lord an hour?
Is it better to hit the gym every day,
or attend the holy sacrifice of the Mass?

Those far from a church may have excuse.
But these are less likely to stay away
than those in cities where Masses abound,
along with many distractions.

Cut back on work and TV
and outside activities;
draw closer to your heart.
The busier we are,
the more we need God,
and the less we seek Him.

No one was busier than Mother Teresa,
no one accomplished more.
Yet three hours of prayer
was not prohibitive for her;
it was, in fact, the source of her strength.

Do you not wish to be a saint as well?
If not, then why are you here?
And where are you going?

This Plan of Life requires no vow.
It seeks to take nothing away:
one may remain in one's place.

Take on the colors,
keep the hours of prayer,
and let your love for God and His Church
be known.

All are called. All are welcome.
The call one must find within one's soul.

Perhaps someday we may make a register
of those devoted in this way...
but that is not what matters:
"Go and do likewise," says the Lord.

GUIDELINES

Level 1 – The First Hour: The Essentials

There are three essentials –

Daily Mass

Regular Confession

Daily Plenary Indulgence

Daily reception of Holy Communion
is the most essential practice –
how can one be a tabernacle in the world
if he has not the Sacrament inside?

This should be one's primary thirst,
and so one should do all one can
to get to Mass every day.

Does this disqualify the homebound
or those in remote regions
not tended to by a priest?
It is the thirst that is most important,
and so it is possible
for those exceptionally prevented
to still take part in this work.

Regular Confession is also essential,
preferably weekly but at least monthly,
for one's tabernacle must be kept pure
or what is it worth?

And it is necessary for the next practice.

Daily Plenary Indulgence likewise serves
to keep the soul close to perfection
(or to bring those in Purgatory there).
A half hour adoring the Blessed Sacrament
or reading the Bible,
walking the Stations of the Cross,
or praying a Rosary with family or in church
meets the required act.

(The same exceptions exist for these
as for the first essential.)

Level 2 – The Second Hour: Advisable Practices

These again are three –

Reading Sacred Scripture
(esp. the Mass readings)

The Liturgy of the Hours
(Morning and Evening Prayer)

A Rosary

(These are not in order of importance;
and the last two are expanded in level 3.)

These three together
should take approximately an hour:
they are about 20 minutes each.

If one reads the Scripture for Mass
the recommended three times through,
that would likely be less than 20 minutes.

Morning and Evening Prayer
are 10 minutes or so apiece...
and a Rosary another 20.

And so, entering into the second level
should not be too taxing
for those with sufficient zeal.

Level 3 – The Third Hour: The Plan Fulfilled

Generally speaking, three again –

Full Liturgy of the Hours
(5 times a day)

Full Rosary (4 Mysteries)

Spiritual Reading and Devotions

There are a number of ways
to fulfill the third hour,
and exceed it.

Adding three mysteries of the Rosary
would constitute an hour in itself.
The three additional Breviary Hours –
Daytime Prayer, Night Prayer,
and Office of Readings –
another half hour.

And Spiritual Reading and Devotions
could vary greatly in time and number:
Stations (indispensable for this author),
Divine Mercy Chaplet, Consecration, etc.

Perhaps a good example would be:
Daily Mass and a half hour of reading
and prayer before the Tabernacle
with a full Rosary and Liturgy of the Hours.

If one wishes to explore further
the spirituality of the author,
one may refer to the book,
YHWH: Order of the Divine NAME.

There one will read of a scapular
devoted to the Trinity –
the Divine NAME (YHWH) on the front,
INRI on the back
(with a pin of Mary in prayer
holding it to the shirt),
and a Dove at either shoulder.

Since then he has begun to carry a rosary,
made by a Benedictine monk,
of the liturgical color of the day.

Offer your life
on the altar of God
for the salvation of souls.

And do not forget
at all times
to speak His NAME.

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