

*(From Mo. Marguerite Guillot Conferences to the Novices)*

## **SILENCE OF ACTION – MODESTY – RELIGIOUS BEARING - ORDER – August 1867**

My good daughters, at times your nature finds that the practices of the religious life, which are imposed on you, are very hard. Ah well! Understand that this suffering can become a source of great merit, that this continual sacrifice of your tastes, your liberty, can make you acquire true self-denial; and if you truly love our Lord, isn't that a cause to rejoice since you prove your love for Him? Consequently, I will not cease to give you the recommendations necessary for your formation, either to remind you of the ones which have already been made to you, or to single out what there is to correct in your exterior conduct.

Today, I wish to remind you of silence of action. When you rise to say the *Laudes*, do not drag your chairs as you do; you fail often in this matter in the work room. Remember that religious should do all things sedately and noiselessly and even more so in our houses of adoration where this silence should be required. Try then to observe it in everything you do, and I beg you to be especially careful in the morning when you are busy cleaning your cells, when you empty your wash basins; with a little precaution you could easily avoid all noise.

If you walk gently without stamping your feet you will not be heard when you pass in the corridors and the recollection of the house will not be disturbed. Few among you have a religious walk, a gait which has the seriousness and control that must be observed always and everywhere, even in the garden during the recreations. Watch yourselves on this point. We also told you to keep your hands at the waist instead of letting them hang at your sides, swinging them like persons in the world. You do not realize how this lack of dignity conflicts with the religious habit; negligence in the manner of walking, in posture, or exterior deportment, must be forbidden in a religious.

Consequently, disorder and negligence are great faults; a religious should maintained perfect order in all that surrounds her as well as in her attire. You must keep order in your cells and also in your employments. Each employment has what is necessary; the Sisters in the employments should use objects with the greatest care. The other Sisters should not take them without a formal permission and without first informing the Sister in charge of that employment. To act otherwise would be to fail in delicacy and to act against obedience.

Perhaps you find me very strict, my good daughters, but I am only fulfilling my duty. I must be aware of your conduct, I must observe your bearing, and I must warn you of everything that I notice which is opposed to virtue or to the religious spirit.

Your duty is to receive my observation with humility, docility, and gratitude; do it for love of our Lord.

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