



7. CD — 4 Values of TOR Rule

## VI. Life of Poverty

21. **L**et all the brothers and sisters zealously follow the humility and poverty of our Lord Jesus Christ. Though rich beyond measure (2 Co 8:9) with the most blessed Virgin, his mother, he wanted to choose poverty in this world and he emptied himself (Ph 2:7; ER 9:1; 2LtF 5; FLCl 6:3). Let them remember that of the whole world we shall have nothing but as the Apostle says, having something to eat and something to wear, with these we are content (1 Tim 6:8; LR 6:3-4). Let them particularly beware of money (ER 9:1; LR 6:3-4; ER 8:11). And let them be happy to live among the outcast and despised, among the poor, the weak, the sick, the lepers and those who beg on the street (ER 9:2).

22. The truly poor in spirit, following the example of the Lord, neither appropriate nor defend anything as their own, live in this world as pilgrims and strangers (1 P 2:1). So excellent is this most high poverty that it makes us heirs and rulers of the reign of God. It made us materially poor, but rich in virtue (cf Jm 2:5). Let this poverty alone be our portion because it leads to the land of the living (Ps 141:6). Clinging completely to it let us, for the sake of our Lord Jesus Christ, never want anything else under heaven (LR 6:1-2, 4-6; ER 7:13; Adm 14; Mt 10:27-29; FLCl 8: 1-2).

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# TAB 7

CD with Sheet Music



Created by Veronica Lucero CSSF and Margaret Padilla CSSF  
of the Felician Sisters of North America, 2011

Eleven new musical pieces based on the four values  
of the Third Order Regular Rule:  
Conversion, Poverty, Contemplation and Minority/Humility

Recorded at Insight and Sound, Inc.  
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# Go and Do Mercy

Sr. Veronica Marie Lucero, CSSF  
Based on the Testament of Francis of Assisi

♩ = 90

Am /G Am /G Am /G Am /G

Am /G Am /G Am /G Am /G

Am G F E

E // (Freely) Am /G Am G

E F

E E A Tempo Am /G Am /G

Am /G Am /G Am /G Am

G F // F E E F (spoken text)

G C Dm G

The musical score is written in treble clef with a 3/4 time signature. It consists of ten staves of music. The first four staves contain the main melody with lyrics: 'The Lord gave me brother Francis, in this way to be-gin do-ing pen-ance. Since I was in sin it seemed ex-cess-ive-ly bit-ter to see the'. The fifth staff has a double bar line and the tempo marking 'A Tempo'. The sixth staff continues the melody with lyrics: 'le-pers! But the Lord him-self'. The seventh staff has a double bar line and a key signature change to two flats (F major/D minor), with lyrics: 'led me a-mong them and I did mer-cy with them.'. The eighth staff continues in two flats with lyrics: 'And when I separated myself from them, that which had seemed bitter'. The score includes various musical notations such as rests, beams, slurs, and dynamic markings like 'Freely' and 'A Tempo'.

2

C Am Dm G C  
 converted into sweetness of soul and body; and after a short lapse of time;

Dm G C  
 I left the world, I left Assisi.

C C Dm7 G C Am

1. That which was bit-ter is sweet, that which is hard to em - brace,  
 2. Ser-ving with pen-i-tent hands, as pil -grim stran-gers would have,

Am Dm7 G C C

that which is full of your grace, teach-es me love. ——— Go and do  
 liv - ing the Gos-pel this way, teach-es me love. ———

Dm7 G C Am Dm7 G C

mer-cy, Go and be mer-cy, go and live mer-cy with all! ——— Go and do

Dm7 G C Am Dm7 C

mer-cy, go and be mer-cy, go and live mer-cy with all! ———

C Dm7 G C

mer cy with all! ———

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# The Longing of Clare of Assisi

Sr. Veronica Marie Lucero, CSSF

Inspired by the Letters of Clare to Agnes of Prague

♩ = 80  
Mantra Ostinato

1: Ah \_\_\_\_\_  
2,3,4,5,6,7 Gaze at Him. ah \_\_\_\_\_  
Con - si - der Him.

ah \_\_\_\_\_  
Con - tem - plate Him. ah \_\_\_\_\_  
Im - i - tate Him.

Im - i - tate Him.

Place your mind. Place your  
soul. Place your he - art, \_\_\_\_\_ in

Him. I - mi - tate Him. \_\_\_\_\_

counter melody: sing over verses 5 & 6

Soloist

Gaze at His beau ty \_\_\_\_\_ a - mong the peop - le. Con -

5 si - der His mer cy \_\_\_\_\_ His lo - ve. con tem

9 plate His sweet and di - vine im - age. \_\_\_\_\_

13 Con - - tem - - plate Him.

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# Paupertas

Sr. Margaret Marie Padilla, CSSF

♩ = 100 E A/E B/E A/E

E A E A B<sup>7</sup>sus B<sup>7</sup>

1. Je - sus emp-tied him-self, took the form of a man,  
 2. Je - sus emp-tied him-self, walked a - mong the poor,  
 3. Je - sus emp-tied him-self, shared a-bundance with all,

A B C<sup>#</sup>m C<sup>#</sup>m/B A B<sup>sus</sup>7 B<sup>7</sup>

gave him-self free-ly to love to show the way to God.  
 left his footprints on the path to show the way to God  
 words, - deeds, jus-tice and peace to show the way to God.

**Refrain** E A E A

Je - sus made him-self poor. We too must do the

B<sup>sus</sup>7 A B C<sup>#</sup>m C<sup>#</sup>m/B A A/B B

same. Emp-tyour-selves from a need for more. In God we place our

1. 2. E A/E B/E A/E | 3. E A/E B/E A/E

trust. trust.

E A/E B/E A/E E

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# Minoritas

Tempo=115

Sr. Margaret Marie Padilla, CSSF

Verse One

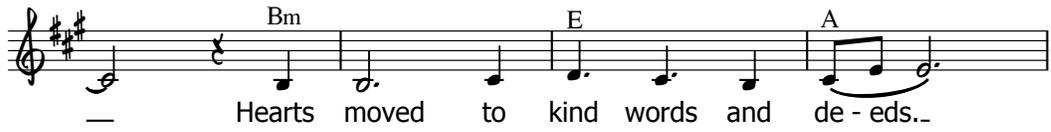
1. We are  
Ser-vants of God— We are fil led with God's love—  
love as Sis - ters and Bro - thers We are  
Ser-vants to all,— With joy— in our hearts,—  
live with the Spir - it of God  
Refrain  
Be-cause we re- ceive ev' - ry gift from God,  
Keep - ing no-thing as our own.—  
Side by si - de we work with our hands,  
Sub - ject and Ser - vant to all.

Chords: Bm, E, A, D, F#m

2 Verse Two



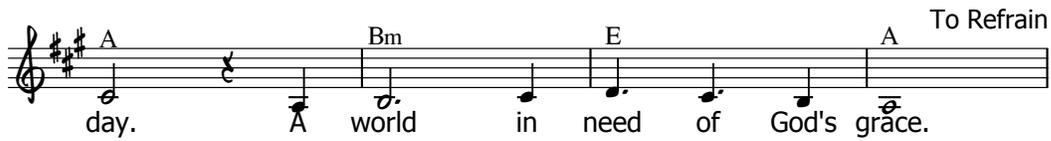
2. We are true to God's Word— Sin - cere in our hearts,



— Hearts moved to kind words and de - eds..



Bring - ing news to the poor,— Ho pe for to -



day. To Refrain  
A world in need of God's grace.

Verse Three



3. We are Ser - vants of God,— As— child - dren of— love



— To - ge - ther and wil - ling to ser - ve—



We are Ser - vants to All,— Love our neigh - bor, love our call,



— Work - ing to - ge - ther for Peace. Fine