



**AND THE ANGEL OF THE LORD APPEARED UNTO HIM, AND SAID UNTO HIM,  
THE LORD IS WITH THEE, THOU MIGHTY MAN OF VALOUR.**

**[ JUDGES 6:12 ]**

Two components: daily at home and a recurring meeting

- The norm / commitment:

1. Pray with the scriptures every day around 6:12 in the morning. (This is the basic key)
2. Abstain from all food until 3pm on Fridays
3. Confession twice yearly

- The meeting, weekly, Thursday at 6:12AM:

1. Begin with a Lectio Divina (of the coming Sunday's Gospel)
2. Lead into a basic question for open discussion: "Where has the Lord been with you this week?"

This should be open to all men (sorry ladies), of the parish or not (even or especially those outside the faith).