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06. Fragments of a Personal Rule

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FRAGMENTS OF A PERSONAL RULE¹

(Prayer of Poullart, written as a young student of theology²):

I will never enter or leave my room (unless I have extremely urgent matters to attend to) without going down on my knees and asking God's blessing in such words as these:

"Most holy Trinity, Father, Son and Holy Spirit, whom I adore, by your help, with all my heart, all my soul and all my strength, I beg you to grant me faith, humility, and chastity, and the grace of not saying, thinking, seeing, hearing or desiring anything except what you want me to do and say. Grant me all these graces, my God, and give me your blessing. May my mind and heart be filled with you alone. May I always walk in your presence and

"poor scholar" and buys up old clothes to give to other poor persons. The same person makes eight visits to the Blessed Sacrament each day, often visits the hospitals and receives communion three times a week. Twice a week he gives instructions to twenty poor boys from Savoy and contributes to their support. He gives charitable advice to confreres who are not doing their duty. He only drinks water and eats very little, but never food that he finds agreeable". (cf. J. Michel: *"The influence of the AA on Claude-Francois Poullart des Places"*. Paris, 1992.

¹ This text could date from the beginning of Claude's time in the Collège Louis-Le-Grand, when he was a young theological student. The prayer summarises the conclusions of the retreat that he had done a few months earlier.

² A note of Fr. Joseph Lécuyer: *It is hardly necessary to emphasise the beauty of this prayer and the programme of spiritual perfection that it contains. His desire to cooperate totally and unreservedly with the plan of God is exactly the same as the mind of Jesus, as revealed in the Gospels: he lives always in the presence of his Father and only wishes to do his will. Commenting on the invocations, "My Jesus, always be for us a Jesus. My Jesus, always be for me a Jesus". Fr. Henry Koren pointed to the etymological sense of the name "Jesus", which means "God is my Saviour". But I feel that this is unnecessary: love is not concerned with etymology: somebody who is in love is always happy to ask the loved one to be what he is for him and to remain like that for ever.*

pray unceasingly to you as I should. My Jesus, always be for us
a Jesus. My Jesus, always be for me a Jesus. Remain always in
me and I in you. I place my mind and heart in your hands
through the most holy Virgin. In the name of my Jesus and of
Mary.”