

The Order of Love Peace Truth Tolerance and Cooperation
DBA TBT-Tomorrow's Bread Today



**Amended Articles of Incorporation of
The Order of Love, Peace, Truth, Tolerance, and Cooperation (TOLPTTC),
DBA, Tomorrow's Bread Today (TBT) and Patient Doctor Medical Plan (PDMP)
Date: 6-15-2020**

Charter Number 01326463-01
Tax ID # 76-0446925 Tax Exempt 501(a) (1)
under Section 501(c) 3 of federal income tax code

Extract: Exemption Letter from Department of Treasury

DLN 1705300903707

Contact Person: D.A. Downing

Contact Telephone Number: (513) 684-3957

Date of determination March 10, 1997

“Dear Applicant:

Based on information supplied, and assuming your operations will be as stated in your application for recognition of exemption, we have determined you are exempt from federal income tax under section 501(a) of the Internal Revenue Code as an organization described in section 501(c) (3)... We have further determined that you are not a private foundation within the meaning of section 509(a) of the Code, because you are an organization described in sections 509(a) (1) and 170 (b) (1) (A) (vi). “

We the undersigned natural persons, (Donald McCormick, Anne Bartell, and Bret Schulte) at least three of whom are of the age of eighteen years or more, acting as incorporators of a corporation under the Texas Non-Profit Corporation Act, do hereby adopt the following Articles of Incorporation for such corporation.

Article One

The name of the corporation is The Order of Love, Peace, Truth, Tolerance, and Cooperation, DBA, Tomorrow's Bread Today (TBT) and Patient Doctor Medical Plan (PDMP).

Article Two

The corporation is a nonprofit corporation.

Article Three

The period of duration is perpetual.

Article Four

The purposes of the corporation are to promote Love and Peace among people through fostering the virtues of Truth, Tolerance, and Cooperation and all lawful business which nonprofit corporations may be incorporated to transact under the Texas Non-Profit Corporation Act. The corporation is organized exclusively for charitable and religious purposes within the meaning of section 509 (A) (1) of the Internal Revenue Code.

Article Five

The address of the registered office is:
Street Address: 921 CR3704B
Mailing Address: P.O. Box 1838
Splendora, Texas 77372
and the name of the registered agent at that address is:
Donald H. McCormick

Article Six

The number of the Trustees is seven and the name of each Trustee is:
Donald McCormick, BA, DD, Trustee and Minister
Arnold Valenson, MD, Trustee
Kenneth McCormick, Trustee
Bret Schulte, JD, Trustee and Secretary
Blair Korndorffer, AIA, Trustee
Jennifer Ramos-McCormick, MPH, Trustee and 2nd Assistant Minister
Anne Bartell, MAOM, Trustee and 1st Assistant Minister

Article Seven

Name and Address of the Incorporator is:
Donald H. McCormick
921 CR3704B
Splendora, Texas 77372

Article Eight

No part of the net earnings of the corporation shall inure to the benefit of, or be distributable to, its members, trustees, officers, or other private persons except that the corporation shall be authorized and empowered to pay reasonable compensation for services rendered.

Article Nine

No substantial part of the activities of the corporation shall be the carrying on of propaganda or otherwise attempting to influence legislation and the corporation shall not participate in or intervene (including the publishing or distribution of statements of any political campaign) on behalf of any candidate for public office.

Article Ten

Notwithstanding any other provision of these articles, the corporation shall not carry on any other activities not permitted to be carried on (a) by a corporation exempt from Federal Income Tax under section 509 (A) (1) of the Internal Revenue Code of 1986 (or the corresponding provision of an future United States Internal Revenue Law) or (b) by a corporation, contributions to which are deductible under section 170 (c) (2) of the Internal Revenue Code of 1986 (or the corresponding provision of any future United States Internal Revenue Law).

Article Eleven

Upon the dissolution of the corporation, the Board of Trustees shall, after paying or making provision for payment of all the liabilities of the corporation, dispose of all assets of the

corporation exclusively for the purposes of the corporation in such a manner, or to such organization or organizations organized and operated exclusively for charitable, educational, religious, medical or scientific purposes as shall at the time qualify as an exempt organization or organizations under section 501 (c) (3) or 509 (a) (1) of the Internal Revenue Code of 1986 (or the corresponding provision of any future United States Internal Revenue Law), as the Board of Trustees shall determine. Any such assets not so disposed of shall be disposed of by the Court of Common Pleas of the county in which the principal office of the corporation is then located, exclusively for such purposes or to such organization or organizations, as said court shall determine, which are organized and operated exclusively for such purposes.

Article Twelve

Health Care Facilities (Hospitals and Clinics)

- * TOLPTTC does not let net earnings inure to the benefit of any private shareholder or individual.
 - * TOLPTTC has no activities that consist of carrying on propaganda or otherwise attempting to influence legislation.
 - * TOLPTTC does not participate or intervene in any political campaign on behalf of (or in opposition to) any candidate for public office.
 - * TOLPTTC does not engage, other than as an insubstantial part of its activities, in activities which in themselves are not in furtherance of one or more exempt purposes.
 - * TOLPTTC will dedicate the organization's assets to charitable purposes upon dissolution.
 - * TOLPTTC will, if approved by the government authorities, operate a hospital and or clinics for the benefit of the people in the surrounding communities to help in the care and treatment of illnesses and injuries residents and members of the communities.
 - * TOLPTTC will not distribute its net earnings to any private shareholder or individual.
 - * TOLPTTC is to serve the public rather than a private interest of its members.
 - * TOLPTTC is religious, charitable, scientific, and educational.
 - * TOLPTTC promotes health and benefits the community by providing facilities for both care and treatment of sicknesses and injuries.
 - * TOLPTTC also provides members and patients with power to have group health insurance which is inclusive of all residents of the communities they serve who freely choose to be members regardless of pre-existing conditions or financial means.
- TOLPTTC will:
- * Operate an emergency room open to all, regardless of ability to pay
 - * Maintain a board of directors drawn from the community into its membership
 - * Maintain an open medical staff policy
 - * Provide hospital care for all patients able to pay, including those who pay their bills through public programs such as Medicaid and Medicare
 - * Use surplus funds to improve facilities, equipment, and patient care; and
 - * Use surplus funds to advance medical training, education, and research.
 - * Elect members of the hospital medical or administrative staff or their representatives to serve on the governing body of the hospital which also is composed of members of the community.
 - * Does not allow members of the governing body who are also members or representatives of the medical or administrative staff to participate in the decision-making process where questions of inurement or private benefit to members of the medical or administrative staff arise. However, other areas that are within the expertise of the members of the medical staff, such as appropriate

medical treatment and medical research or education, may be subject to their unrestricted control.

* Refrain from making rules that favor physicians on staff that favor admissions over an open staff that may admit infrequently.

* Encourage the building of a medical staff whose skills and abilities lead to better medical outcomes and a scientific approach to medical care and treatment.

* Determine that a particular patient is covered by health insurance, governmental program or otherwise has sufficient resources to pay for health care, and the hospital has the available space and can provide the appropriate medical services. The patient, if needed, will be admitted to the hospital in a nondiscriminatory manner.

* Use its surplus funds to improve the quality of patient care, facilities, and equipment, and to advance its medical training, education, and research programs to promote the health of the community.

Meeting of the Trustees

Minutes of the Meeting of the Trustees for adoption of the amended Articles was held on June 16th, 2020 at 1PM at 921 CR3704B Splendora, TX 77372. The trustees of The Order of Love Peace Truth Tolerance and Cooperation (**TOLPTTC**) listed in **Article Six** were present by phone and Don McCormick acted as secretary for the meeting. Don McCormick made a motion that the amendment to the Articles be approved and filed with the State and included with the 990 Filing on Schedule 0 as required by the Internal Revenue Service per their instructions via agent Kohn 8667. The motion was seconded by Kenneth McCormick and approved unanimously by the trustees.

The following Resolutions were proposed by Don McCormick and seconded by Bret Schulte:

Resolution 1

The company, **TOLPTTC**, approves and accepts the payment terms and the donation of values excess of the payment of the property at 7525 Scyene Rd Dallas Texas and the completion of the terms of that agreement within the date ranges set in the agreement. The proposition was approved Unanimously.

Resolution 2

The company, **TOLPTTC**, approves and accepts that **TOLPTTC** shall pursue financing by New Markets Tax Credits (NMTC) contingent on review and approval of the NMTC term sheet by **TOLPTTC** Board and will accept the funds based on the terms of the agreement from NMTC. Signature of Don McCormick, Secretary of the Meeting

Rules of TOLPTTC (TBT- Tomorrow's Bread Today)

ARTICLE I PURPOSES

The purposes of Tomorrow's Bread Today (TBT) is for its members to practice the corporal and spiritual works of mercy within The Organization and in the communities of people in need of cooperation and material help.

ARTICLE II OFFICES

The Organization shall have and continuously maintain in the state named below a registered agent whose office is identical with such registered office and may have other offices within or without the state as the Board of Trustees may from time to time determine.

ARTICLE III MEMBERS

SECTION I. CLASSES OF MEMBERS.

The Organization shall have members of both sexes, married and single, with or without families, in the following classes:

1. Permanent Community Members
2. Novices
3. Volunteers
4. Guests of The Organization

SECTION 2. VOTING RIGHTS.

Each Permanent Community Member shall have one vote.

SECTION 3. TERMINATION OF MEMBERSHIP.

The Board of Trustees of the Organization by affirmative vote of three-quarters (3/4) of all the members of the board may suspend or expel a member for cause after an appropriate hearing.

SECTION 4. RESIGNATION.

Any member may resign by filing a written resignation with the Secretary, but such resignation shall not entitle such member to any property of The Organization and the member shall immediately lose all privileges and rights of The Organization.

SECTION 5. REINSTATEMENT.

Upon written request signed by a former member and filed with the Secretary, the Board of Trustees may, by the affirmative vote of three-quarters of the members of the Board, reinstate such former member to membership in The Organization upon such terms as the Board of Trustees may deem appropriate.

SECTION 6. TRANSFER OF MEMBERSHIP.

Membership in this Organization is not transferable nor assignable.

ARTICLE IV MEETINGS OF MEMBERS

SECTION 1. QUARTERLY MEETINGS.

Upon approval by the Trustees, quarterly meetings of the members of The Organization shall be held to transact business as may come before the meeting, for fellowship, and for improvement of the Organization.

SECTION 2. SPECIAL MEETING.

Special meetings of The Organization may be called by the Board of Trustees.

SECTION 3. PLACE OF MEETING.

The Board of Trustees may designate any place, within the state, as the place of meeting for any quarterly meeting or for any special meeting called by the Board of Trustees. If no designation is made of it the place of meeting shall be the registered office of The Organization or, if additional space is required, some suitably nearby location.

SECTION 4. NOTICE OF MEETINGS.

Written or printed or email notice stating the place, day, and hour of any regular or special meetings of The Organization permanent members shall be delivered, either personally, by mail, or by email to each voting member, not less than fifteen nor more than forty days before the date of such meeting, by or at the direction of the minister, or secretary, or the officers calling the meeting. In all cases, the purpose for which the meeting is called shall be stated in the notice. If mailed, the notice of a meeting shall be deemed delivered when deposited in the United States mail addressed to the member at his address as it appears on the records of The Organization, with postage thereon prepaid.

SECTION 5. INFORMAL ACTION BY MEMBERS.

Upon approval by the Trustees, any action required to be taken at a meeting of the members of The Organization or any other action which may be taken at a meeting, may be taken without a meeting if consent in writing or by email, setting forth the action so taken shall be signed by three-quarters of the permanent members who respond in person or by proxy or by telecommunication with respect to the subject matter thereof.

SECTION 6. PARLIAMENTARY PROCEDURES.

Parliamentary Procedure for all meetings of members, trustees, and committees shall be conducted in accordance with the latest revised edition of Robert's Rules of Organization, unless otherwise inconsistent with these bylaws.

ARTICLE V BOARD OF TRUSTEES

SECTION 1. GENERAL POWERS.

The affairs of The Organization shall be managed by its Board of Trustees.

SECTION 2. NUMBER, TENURE, NOMINATION AND ELECTION.

The number of trustees shall be not less than three nor more than twelve. Each Trustee shall hold office for a term of five years and be eligible for re-election. Trustees shall be nominated by any permanent member of The Organization. Nominations shall be submitted to the Secretary at least ten days prior to the scheduled election of the Trustees. Trustees shall be appointed by a vote of three quarters of the members present in person at a meeting held for that purpose. If a new trustee is not elected then the current trustee shall continue to serve until such time as the new trustee is elected.

SECTION 3. REGULAR MEETINGS.

A regular annual meeting of the Board of Trustees shall be held without other notice than this bylaw. The Board of Trustees may provide by resolution the time and place, within the state, for

the holding of additional regular meeting of the Board. Such place may be via an internet video or audio connection between the attendees.

SECTION 4. SPECIAL MEETINGS.

Special meeting of the Board of Trustees may be called by or at the request of the Minister or any Trustee. All special meetings shall state the purpose of the meeting and be held at the registered office of The Organization unless otherwise agreed upon by a majority of the Board of Trustees in attendance in person, by phone or by proxy at the meeting.

SECTION 5. NOTICE.

Notice of any special meeting of the Board of Trustees and the business to be transacted shall be given at least seven days previously thereto by written notice delivered personally or sent by mail or email to each Trustee at his or her address as shown by the records of The Organization. If notice be given by email, such notice shall be deemed to be delivered when the email is delivered to the last known email address of the member. Any Trustee may waive notice of any meeting. The attendance of a Trustee at any meeting shall constitute a waiver of notice of such meeting, except where a Trustee attends a meeting for the express purpose of objecting to the transaction of any business because the meeting is not lawfully called or convened. The purpose of any special meeting of the board shall be specified in the notice of such meeting.

SECTION 6. QUORUM.

Three-quarters of the Board of Trustees shall constitute a quorum for the transaction of business at any meeting of the board provided that if less than three-quarters of the Trustees are present at said meeting, a majority of the Trustees present may adjourn the meeting from time to time without further notice.

SECTION 7. MANNER OF ACTING.

The act of three-quarters of the Trustees present at a meeting at which a quorum is present shall be the act of the Board of Trustees, except where otherwise provided by law or these rules.

SECTION 8. VACANCIES.

Any vacancy occurring in the Board of Trustees or Officers or any trusteeship to be filled by reason of an increase in the number of directors, shall be filled by the Board of Trustees. If the vacancy occurs due to the resignation, then the Chairman of the Board may appoint a person to fill the vacancy until the Trustees shall next meet and elect a person for the remaining term of his predecessor in office.

SECTION 9. COMPENSATION.

Trustees shall not receive any stated salaries for their services. Each Trustee shall be reimbursed for his or her actual expenses incurred in the attendance of meeting and in the conduct of the business of the Organization and for the support needed as defined by his or her category of membership in the Organization.

ARTICLE VI OFFICERS

SECTION 1. OFFICERS.

The officers of The Organization shall be a Minister, one or more Assistant-Ministers (the number thereof to be determined by the Board of Trustees), a Treasurer, a Secretary or combination thereof, and such other officers as may be elected in accordance with the provisions of this article. The Board of Trustees may elect or appoint such other officers, including one or more Assistant Secretaries and one or more Assistant Treasurers; as it shall deem desirable, such officers to have the authority and perform the duties prescribed, from time to time, by the Board of Trustees. Any two or more offices may be held by the same person, except the offices of Minister and Secretary or Minister and Treasurer.

SECTION 2. ELECTION AND TERM OF OFFICE.

The officers of The Organization shall be elected annually by the Board of Trustees at the regular annual meeting of the Board of Trustees. If the election of officers shall not be held at such meeting, such election shall be held as soon thereafter as conveniently may be. Vacancies may be filled, or new offices created and filled at any meeting of the Board of Trustees. Each officer shall hold office until his successor shall have been duly elected and shall have qualified.

SECTION 3. REMOVAL.

Any officer elected or appointed by the Board of Trustees may be removed by the Board of Trustees whenever in its judgment the best interest of The Organization would be served thereby. Any officer or board member absent from two consecutive regular and/or special board meetings shall be subject to dismissal and replacement.

SECTION 4. VACANCIES.

A vacancy in any office because of death, resignation, removal, disqualification or otherwise, may be filled by the Board of Trustees for the remaining portion of the term.

SECTION 5. MINISTER.

The Minister of the Organization shall be the principal executive officer of the Organization. He or she shall supervise and conduct the affairs of The Organization in such manner as will best accomplish the purposes set forth in the Articles of Incorporation of the Organization. He or she shall preside at all meetings of The Organization members. He or she shall countersign all checks excess of \$2,000 or an amount approved by the Trustees together with the Treasurer.

SECTION 6. ASSISTANT-MINISTER

In the absence of the Minister or in the event of his inability or refusal to act, the Assistant-Minister shall perform the duties of the Minister, and when so acting, shall have all the powers of and be subject to all the restrictions upon the Minister. The Assistant-Minister shall perform such other duties as from time to time may be assigned to him by the Minister or by the Board of Trustees.

SECTION 7. TREASURER.

The Treasurer, or Assistant-Treasurer shall have charge and custody of and be responsible for all funds and securities of The Organization; receive and give receipts for moneys received by The

Organization from any source whatsoever, and deposit all such moneys in the name of The Organization in such banks, trust companies or other depositories as shall be selected in accordance with the provisions of Article VIII of these rules. The Treasurer or Assistant-Treasurer shall prepare and present quarterly a detailed financial statement of the financial affairs of The Organization.

SECTION 8. SECRETARY.

The Secretary or Assistant-Secretary of The Organization shall keep the minutes of the meetings of the members and of the Board of Trustees in one or more manual or electronic books provided for that purpose; see that all notices are duly given in accordance with the provisions of these bylaws or as required by law; be custodian of the corporate records of The Organization; see that the seal of The Organization, if any, is affixed to all documents, the execution of which on behalf of The Organization under its seal, if any, is duly authorized in accordance with the provisions of these bylaws; keep a register of the post office address and email address of each member which shall be furnished to the Secretary or Assistant-Secretary by such member; and in general perform all duties incident to the office of Secretary and such other duties as from time to time may be assigned to the Secretary or Assistant-Secretary by the Minister or by the Board of Trustees. Assistant or assistants to the elected officers may be made available as necessary upon authorization by the Board of Trustees.

ARTICLE VII COMMITTEES

SECTION 1. EXECUTIVE COMMITTEE.

There shall be an Executive Committee consisting of the Minister, Assistant-Minister, Secretary, Treasurer, and at least two (2) Trustees appointed by the Minister. The Minister shall act as Chairman of the Executive Committee. A majority of the members present shall constitute a quorum. The Executive Committee shall have the powers of the Board of Trustees between regularly scheduled board meetings with the following exceptions, for which only the full board may act: the change or modification of the state or scope of activities of the Organization; and/or the expenditure of any funds not in the normal course of business operations of The Organization.

SECTION 2. COMMITTEES OF TRUSTEES.

The Board of Trustees, by resolution adopted by a majority of the TRUSTEES in office, may designate one or more committees, each of which shall consist of two or more trustees, which committees, to the extent provided in said resolution, shall have and exercise the authority of the Board of Trustees in the management of The Organization; but the designation of such committees and delegation thereto of authority shall not operate to relieve the Board of Trustees, or any individual trustee, of any responsibility imposed upon it or him by law. The Minister shall be an ex-official member of all committees of trustees.

SECTION 3. OTHER COMMITTEES.

Other committees not having and exercising the authority of the Board of Trustees in the management of The Organization may be designated by a resolution adopted by a majority of the Trustees present at a meeting at which a quorum is present. Except as otherwise provided in such resolution, members of each such committee shall be members of The Organization, and the

Minister of the Organization shall appoint the members thereof. Any member thereof may be removed by the person or persons authorized to appoint such member whenever in their judgment the best interests of The Organization will be served by such removal. One member of each committee shall be a Trustee.

SECTION 4. TERM OF OFFICE.

Each member of a committee shall continue as such until the next annual meeting of the members of The Organization, unless the committee shall be sooner terminated, or unless such member is removed from such committee or resigns. A member of any committee shall be eligible for reappointment.

SECTION 5. CHAIRPERSON.

One member of each committee shall be a Chairperson appointed by the Trustee member of that committee.

SECTION 6. VACANCIES.

Vacancies in the membership of any committee may be filled by appointments made in the same manner as provided in the case of original appointments.

SECTION 7. QUORUM.

Unless provided in the resolution of the Board of Trustees designating a committee, three fourths of the whole committee shall constitute a quorum and the act of three-fourths of the members present at a meeting at which a quorum is present shall be the act of the committee.

SECTION 8. RULES.

Each committee may adopt rules for its own government not inconsistent with these rules or with rules adopted by the Board of Trustees.

ARTICLE VIII CONTRACTS, CHECKS, DEPOSITS, AND FUNDS

SECTION 1. CONTRACTS.

The Board of Trustees may authorize the officers of The Organization to enter contracts or to execute and deliver documents in the name of and on behalf of The Organization.

SECTION 2. CHECKS, DRAFTS, ETC.

All checks, drafts, or other Organizations for the payment of money, notes or other evidence of indebtedness issued in the name of The Organization shall be signed by such officer or officers of The Organization and in such manner as shall from time to time be determined by the resolution of the Board of Trustees, such instruments shall be signed by the Treasurer or an Assistant-Treasurer and countersigned by the Minister or Assistant-Minister of The Organization.

SECTION 3. DEPOSITS.

All funds of The Organization shall be deposited from time to time to the credit of The Organization in such banks, trust companies, or other depositories as the Board of Trustees may select.

SECTION 4. GIFTS.

The Board of Trustees may accept on behalf of The Organization any contributions, gifts, bequests, or device for the general purpose or for any special purpose of The Organization.

SECTION 5. LOANS.

The Organization may, upon authorization of the Board of Trustees, from time to time accept or negotiate loans of financial assistance to be repaid at such time as The Organization is reasonably able to repay.

ARTICLE IX

SECTION 1. CERTIFICATES OF MEMBERSHIP.

The Board of Trustees may provide for the issuance of certificates evidencing membership in The Organization which shall be in such form as may be determined by the Board. Such certificates shall be signed by the Minister or Assistant-Minister and by the Secretary or an Assistant-Secretary and shall be sealed with the seal of The Organization. All certificates evidencing membership of any class shall be consecutively numbered. The name and address of each member and the date of issuance of the certificate shall be entered on the records of The Organization. If any certificate shall become lost, mutilated, or destroyed, a new certificate may be issued therefore upon such terms and conditions as the Board of Trustees may determine.

SECTION 2. ISSUANCE OF CERTIFICATES.

When a member has been elected to membership, a certificate of membership shall be issued in his name and delivered to him by the Secretary, if the Board of Trustees shall have provided for the issuance of certificate of membership under the provisions of Section 1 of this article.

ARTICLE X BOOKS AND RECORDS

The Organization shall keep correct and complete books and records of accounts and shall also keep minutes (manually or electronically) of the proceedings of its members, Board of Trustees and committees having any of the authority of the Board of Trustees and shall keep at the registered or principal office a record giving the names and addresses of the members entitled to vote. All books and records of The Organization may be inspected by any member, or his agent or attorney for any purpose at any reasonable time.

ARTICLE XI DUTIES

SECTION 1. PROPERTY AND MONEY

All properties and money received from members or from any other party by The Organization is to be held in common with no member in any class having individual rights to such property or money.

SECTION 2. SUPPORT OF THE MEMBERSHIP BY THE ORGANIZATION.

The material and physical needs of each of the permanent members, including care and nurturing, education of the children, and the care and nurturing of the old and the sick or injured, shall be provided for from the properties and moneys of The Organization to the extent of the

total resources of The Organization. Any properties, material goods, or money accumulated by The Organization excess of its obligations to members shall be used to perform corporal works of mercy for people in need both inside (as guests, volunteers, or novices) and outside of the membership of The Organization.

ARTICLE XII FISCAL YEAR

The fiscal year of The Organization shall begin the first day of January and end on the last day of December in each year.

ARTICLE XIII SEAL

The Board of Trustees may provide a corporate seal which shall have inscribed thereon the name or assumed name of The Organization.

ARTICLE XIV

WAIVER OF NOTICE

Whenever any notice is required to be given under the provisions of the General Not-For-Profit Corporation Act of the state named below or under the provisions of the articles of incorporation or the rules of The Organization, a waiver thereof in writing signed by the person or persons entitled to such notice, whether before or after the time stated therein, shall be deemed equivalent to the giving of such notice.

ARTICLE XV

AMENDMENTS OF RULES

The rules may be altered, amended, or repealed and new rules may be adopted by a three-quarters majority of the voting members present at any regular meeting or any special meeting, provided that at least ninety days' written notice is given to the membership of intention to alter, amend or repeal or to adopt new bylaws at such meeting.

On consideration by the Board of Trustees of the Organization, and on motion duly made, seconded and carried, the following resolution was adopted.

RESOLVED: That these rules in the form presented to this meeting, be and they are hereby adopted as the Rules of this Organization, and the Secretary is hereby instructed to cause the same to be inserted in the minute book of The Organization.

FIRST AMENDMENT OF RULES — Permanent Members

All members in the class of Permanent Community Member shall be entitled to live entirely from the resources of The Organization for their food, clothing, shelter, health, welfare, recreation, education, and transportation. In choosing this class of membership the individual or family agrees to give whatever property material goods they have to The Organization and, subsequently, to give whatever they earn from their labor, whether money or goods, to the Organization. The Organization will in turn, and in accordance with its bylaws, use the contributed goods and services for the benefit of all members according to their needs and then distribute the rest to the poor and needy in the communities both inside and outside of The Organization. No member in this class shall be removed except voluntarily or because of gross misconduct, by which we mean physically harming some other person, stealing from other

people, refusing to work when the member is able to work, and work is available, or refusing to perform the work assigned by the officers of The Organization. Each member in this class is also to a make voluntary a vow of poverty.

SECOND AMENDMENT OF THE RULES — Novices

All members in the class of Novice shall be entitled to live entirely from the resources of The Organization for their food, clothing, shelter, health, welfare, recreation, education, and transportation. In choosing this class of membership the individual or family agrees to give whatever they earn from their labor, whether money or goods, to The Organization. During the novice period the debts of the novice will be paid by TBT from the earning contributed by the novice's work up to a limit of \$600 per month until such debt is paid and as long as the novice is a member of TBT in a TBT house. If the novice becomes a permanent member the debts will be assumed in total. No member in this class shall be removed except voluntarily or because of gross misconduct, by which we mean physically harming some other person, stealing from other people, refusing to work when the member is able to work, and work is available, or refusing to perform the work assigned in the commune by the officers of The Organization.

THIRD AMENDMENT OF THE RULES — Guests

All members in the class of Guests shall be entitled to food, shelter, and transportation for so long as the member is a resident in any house of the Organization. They are also entitled to participate as members in any health and welfare plan of the Organization. In choosing this class of membership the member agrees that a designated portion his or her gross earning necessary to pay for food, shelter, transportation and health care as determined by the Organization shall be put with the common funds of the Organization, but that should the Guest Member leave The Organization's house for any reason funds and other material help shall be given to him or her commensurate with their needs and proportionate to the contributions they made to The Organization as determined solely by the Trustees. Money earned by a guest member from work done in the community excess of the designated portion shall be his to hers to use privately as is his or her will. Guest Members shall not be removed except voluntarily or because of gross misconduct, by which we mean physically harming some other person, stealing from other people, refusing to work when the member is able to work, and work is available, or misrepresenting earning so as to avoid paying into the common fund.

FOURTH AMENDMENT OF THE RULES — Non-discrimination

No person may be denied membership because of race, sex, age, or religious affiliations. However, membership in all classes is open only to those individuals and families who agree to a communal lifestyle. Love, truth, tolerance, and cooperation and sharing many expenses and burdens in common as has been done successfully in past communities are especially important teachings followed by the Organization.

FIFTH AMENDMENT OF THE RULES -- Volunteers --

All members in the class of Volunteers shall be entitled to food, shelter, clothing, and transportation for so long as the member is a resident in any house of the Organization. They are also entitled to participate as members in Patient Doctor Medical Plan (PDMP) of the Organization and receive health benefits at the current cost that the Organization can provide for these members. In choosing this class of membership the member agrees that as a Volunteer

Member he or she will work at least five hours per month doing tasks assigned by the Minister or Assistant Ministers in his or her TBT Chapter related to the missions and purposes of the Organization. Volunteer members shall not be removed except voluntarily or because of gross misconduct, by which we mean physically harming some other person, stealing from other people, refusing to work when the member is able to work, and work is available.

PRACTICAL GUIDELINES FOR CONDUCT WITHIN THE ORGANIZATION

I. Applications for Membership.

A. Each prospective member shall complete an application for membership and submit the application to the Membership Committee of the Board of Trustees, which committee shall meet not less than monthly, at its next meeting, consider the application of the prospective member and determine whether to accept the member or not. If the determination is to not accept the member then the Chair of the Committee shall respond to the applicant as to the reasons for denial. If there are conditions or information that would cause the Committee to change its mind and to accept the person as a member in the future, it is to be included in the response.

B. Each applicant accepted by the Membership Committee of the Board of Trustees shall have been interviewed personally by the Membership Committee and a report of that interview and the recommendation of the Committee given to the Board of Trustees Whether such person was accepted or denied membership.

C. If the application is for a family membership each family member above the age of seventeen years must complete a separate membership application. The dependent children are to be included on the application of one of the parents or guardians.

II. Ideological and Moral Considerations and Expressions.

A. The members admitted to the Organization should hold certain convictions without which the organization could not practically function:

1. Peace among members and in their interactions with others is to be promoted by non-violent means.
2. Love is to be fostered among members and with others outside of membership. It is not an emotion, but a positive commitment to protect and help other people in the preservation of their lives and in gaining happiness.
3. Truth is to be used in all communications between members and with those outside of The Organization. When the Truth is not known members are expected to say they do not know and avoid guessing.
4. Tolerance is expected of all members. No member of the Organization is perfect, nor are other people in the world perfect. Consequently, if we are to avoid fighting and war, we must be tolerant. Tolerance does not mean that The Organization and its members do not actively oppose wrongful and destructive acts of its members or others.

5. Cooperation is a practical virtue that allows the members to live peacefully, economically, and independently in a world where it is difficult for individuals and families who are alone to sustain their lives in a healthy, joyful way.

B. Stability and Obedience to Promote the Good of the Order.

Those should be admitted to membership who truly seek emotional and physical health, good morals, good reputation, and desire to attain spiritual perfection under the guidance of the Rules of the Order. The vow taken by members is as follows:

Do you vow:

1. To be faithful and loyal to the members of your community and their ways of life and earnestly follow the ideas of Peace, Love, Truth, Tolerance and Cooperation?
2. To persevere mentally and physically crafts for the purpose of committing to your vocation and to be open to growth and change, and be willing to be challenged by others?

Do you vow:

1. To commit yourself to the members of the **Order** way of life, to remain and live within this community?
2. To dedicate yourself to the ideas of the Order and in all things trusting in the Power of Grace and in the Love and Support of the members in this community?

Do you vow:

1. To live under obedience and to comply with and fulfill all the demands legitimately asked of you by all lawful superiors?
2. To live in accordance with the Rules of the Community and the Article of Incorporation of our Order?"

Summary of our Rule

As members of Tomorrow's Bread Today, we are committed to:

- * Love, Peace, Truth, Tolerance, and Cooperation;
- * Working and ministering within the local community in the service of others;
- * Performance of Corporal and Spiritual works of mercy;
- * Commitment to the construction and operation of facilities and organizations needed to serve the members of local communities.

Expanded Rule for our Order

We are committed to:

1. We shall genuinely love our neighbors as ourselves;
2. We shall love one another with affection;
3. We shall outdo one another in showing honor.
4. We shall bless and not curse those who persecute us;
5. If someone strikes our right cheeks, we turn to them the other also.
6. If someone impresses us for one mile, we shall go with them two.
7. If someone takes our cloaks, we will give them also our coats.

8. If someone takes from us what is ours, we will not ask for it back.
9. We will give to everyone who asks us;
10. We will not turn our faces away from any poor person.
11. None shall commit murder or kill; nor be prone to anger, for anger leads to murder.
12. We will be neither jealous, nor quarrelsome, nor of hot temper, for out of all these come murder.
13. None shall not commit adultery; nor commit sexual immorality or abuse;
14. None shall steal.
15. None shall covet the things of their neighbor;
16. None shall swear;
17. None shall bear false witness;
18. None shall speak evil;
19. None shall bear grudge.
20. No speech shall be false, nor empty, but fulfilled by deed.
21. None shall be covetous, nor greedy, nor a hypocrite, nor selfish.
22. None shall wish evil against a neighbor.
23. None shall hate anyone; but some you shall love more than your own life.
24. We shall be meek, since the meek shall inherit the earth.
25. We shall be long-suffering, compassionate, gentle, and good tempered.
26. We shall not exalt ourselves, nor give over-confidence to our souls.
27. Our soul shall not be joined with lofty ones, but with just and lowly ones.
28. We will not hesitate to give, nor complain when we give.
29. We will not turn away from those who are in need; rather, share all things with our brother or sister, and not say that they are our own.
30. We will work and minister within the local community.
31. We will show the community examples of good work by our service.
32. We will feed the hungry, give drink to the thirsty, show hospitality to the stranger, clothe the naked, care for and treat the sick and injured, instruct the ignorant, visit the imprisoned and shut-in, and love our enemies.

The Missions:

1. Relocation to the inhabited but abandoned places of the earth.
2. Sharing economic resources with fellow community members and the needy among us.
3. Show hospitality to strangers.
4. Lament for racial divisions within our communities combined with the active pursuit of a just reconciliation.
5. Humbly submit to mysteries of life and the universes.
6. Intentionally form ways of life as they should be within the rule of the community.
7. Nurture a common life among members of the community.
8. Support singles alongside married couples and their children.
9. Foster geographical proximity to community members who share a common rule of life.
10. Care for the plot of earth given to us along with support of our local economies.
11. Make peace in midst of violence and conflict resolution within communities.
12. Commit to a disciplined contemplative life.

III. Permanent Community Membership.

A. The Permanent Membership is the least of the three classes. Individuals who want this kind of membership should not want to accumulate personal wealth nor want personal property beyond what is necessary to live in the established Community. They should be the type of people who want to live with others, work cooperatively, and be secure regarding the necessities and the simple pleasures of life.

B. Each member is entitled to his or her own space, privacy, peace, and quiet. The amount of space allowed is determined by the resources of the Community and the decisions of the Board of Trustees.

C. A regular schedule of work, recreation, and rest is to be respected and supported by each member as determined by the Board of Trustees based on the needs of the Order and the work schedules of the members.

D. Each member who is physically able is expected to work to maintain the property of the Order and to help in caring for the sick and disabled members and the children.

E. The Board of Trustees shall establish committees to regulate the activities of the members for the good of the Order and the individual members.

The Committees shall be:

1. Labor Committee
2. Education Committee
3. Food and Clothing Committee
4. Shelter and Grounds Committee
5. Transportation Committee
6. Recreation Committee
7. Budget and Finance Committee
8. Health and Welfare Committee
9. Arbitration Committee
10. Membership Committee

F. The rules and regulations promulgated by the committees when approved by the Board of Trustees shall be binding on the individual members.

IV. Faith

A. The Members of the Order have ideas of love, peace, truth, tolerance, and cooperative that have been expressed in writing by faithful people for thousands of years and regard Faith as a gift to people who see mysteries that underpin existence of everything.

B. Members also agree with and support the following ideas:

We believe:

- that peace founded on justice and reconciliation is at the heart of our missions.
- that work for justice, peace and an equitable society is a matter of extreme urgency.
- that we can be stewards of creation and that we have a responsibility to live in a right relationship with other people and creatures.

- that handled with integrity, creation can provide for the needs of all, but not for the greed which leads to injustice and inequality and endangers life on earth.
- that everyone should have the quality and dignity of a full life that comes from adequate physical, social, and political opportunity, without oppression of hunger, injustice, and fear.
- that social and political action leading to justice for all people and encouraged by prayer and discussion is a vital work.
- that the use or threatened use of nuclear and other weapons of mass destruction is theologically and morally indefensible and that opposition to their existence is an imperative.

C. Finally, we think that REAL WORK includes the works of mercy:

Corporal works,

1. Clothe the naked
2. Bury the dead
3. Care for the sick
4. Feed the hungry
5. Give drink to the thirsty
6. Shelter the homeless
7. Ransom captives

Spiritual works,

1. Pray for the dead
2. Instruct the ignorant
3. Comfort the sorrowful
4. Counsel the doubtful
5. Forgive injuries
6. Admonish sinners
7. Bears wrongs patiently

OUR ASSUMED NAME

“Tomorrow’s Bread Today” (TBT)

We want to call attention to the Messianic Banquet, so we have used an alternative translation of the Lord’s Prayer: “Our bread for tomorrow give us today.” Krister Stendahl has given us a better understanding of this expression in his introduction to *The Scrolls and The New Testament*:

“...by the celebration of the meal Christ is proclaimed until his coming again; the prayer marana tha, ‘Our Lord, come!’ belongs to the eucharistic liturgy. At this point it is rather tempting to raise the old question about the meaning of the Greek word (epiousios) behind our translation of the Lord’s Prayer, ‘Our daily bread give us today.’ The apocryphal Gospel to the Hebrews says: ‘Our bread for tomorrow give us today’; this meaning is more in accordance with the precise meaning of the Greek word (in-standing) and may be supported by the only instance in secular Greek where it is found (the ration allotted for the next day)....Furthermore, the context of the

Lord's Prayer is strongly eschatological; it is basically a prayer about the coming of the Kingdom, the relief from the trail of the ultimate catastrophe, the deliverance from evil....”

Hawvlan lachma d'sunqanan yaomana

English Translation has been “Give us today our daily bread” with a footnote that daily bread could mean “bread for tomorrow.”

lachma ---"bread," "understanding, insight"; "food for all forms of growth and for elementary life in general. basic root is HMA.

hma ---"vigor, verdancy, warmth, passion, possibility, all instruments of...generative power"; "related to the divine feminine. This is also the root for "hochma" translated as 'Holy Wisdom' in Proverbs"; *Sophia* (D-K seems to make a sound association when he sees a link between the "ma" in this word and the nearly universal "word" for mother--"ma," "mama," etc.

sunqanan ---"needs"; "an illumined measure," "a circle of possession, “a nest.”

hawvlan ---"give," "humanly generate," "produce with life and soul," "animate with fruit." This part of the prayer reminds us in many ways that sometimes we need not only the grand picture of unity and God's creation, but also the "next step"--just food or understanding for this moment.

yaomana ---D-K does not give a direct translation of this word; I assume it is the part of the line that means "each day," possibly also "this day," that is "today"? in the possible line-translations where D-K overtly translates this word, he always uses "each day."*

*It was translated into Greek as “Epiousios” and English as “Today” with a footnote of “The Bread for Tomorrow.” There are several ways of understanding *epiousios*, including the traditional 'daily', but most literally as 'supersubstantial' or 'superessential', based on its morphological components Alternative theories are that—aside from the etymology of *ousia*, meaning 'substance'—it may be derived from either of the verbs *einai* (εἶναι), meaning "to be", or *ienai* (ἰέναι), meaning both "to come" and "to go". The discussion about this passage has been going on since the 4th century. It means that the sentence has a deeper meaning than we usually think it has in the English translation.

Thus, we hope we have assumed a name that is rich in meaning.

Our Current Missions:

1. **Health care services** are either not available or are limited for many people in our communities. This condition has worsened because of lack of insurance for the working poor and no reasonable access to care when people are not eligible for public assistance. Consequently, there are dire predictions by health professionals of possible epidemics of communicable diseases, like the Covid pandemic that is currently raging. Also, care for poor people, pregnant women, young children, and the elderly is of great concern. Therefore, **we have obtained physician and nursing care in private practices** for these people in need. We do so with volunteers, free clinics and by purchasing services through the **PDMP**.
2. To support the **Health care services** mission, we must have dues paying members in the Association and donations of money, materials, equipment, and labor. Workers are either volunteers, guests, novices, or permanent members of the Order. Patients are volunteer members, if they are not guests, novices, or permanent members.

3. **Medical education** is lacking in the general population which has led to a severe shortage of physicians and nurses and a focus on acute care and hospitalization as the main way in which problems are addressed. This, in turn has led in the U.S.A. to the most expensive and least effective health care system among the industrialized countries. The cure begins with teaching more people about the art and science of Medicine and beginning that in Kindergarten. Therefore, we will support efforts to operate schools in which the curriculum includes Medical Education.

4. **Housing** is also a concern for a large segment of the population in that it is expensive and difficult to maintain in a way that promotes mutual help and support and community development. We therefore will develop cooperative housing in which members in all classes can express their virtues more easily.

5. **El Salvador Mission Ministry.** Neils and Karen Benson began the support of education for children to go to and to complete high school in Verapaz, El Salvador. The idea was to **end poverty through education** and make it possible for the children of Verapaz to stay in their community and build it with their knowledge, skills, and cooperation. The cost to send a child through high school has been about \$150 per year and donations collected by Neils and Karen have done that for hundreds of students over the last 18 years. TBT is glad to lend it support to this Mission through our ability to get tax exempt donations and to promote the idea that education can make a community better and self-sustaining.

6. **Sacred Spring Reiki Collective in Albuquerque, NM.** The idea of sharing Reiki with others as soon as one learns it and experiences its benefits started with “Open to Public Teaching and Explanation” authored by Usui Sensei. In that piece the Sensei states, “Therefore I am going to open this idea [the system of Reiki] to anybody for the peoples benefit and welfare.” The ancient Japanese custom that states that “... whenever someone develops a secret method the one would teach this to the people among family, as a legacy for the later generation of the family living.” This means that the custom was to keep your discovery or development for you and for the benefit of your family. Usui Sensei broke that tradition when deciding to make Reiki available to anyone who wanted to learn it and practice it. “In modern days”, he said, “we have to live together. That is going to be the basis of happiness, earnestly wanting social progress. Reiki is the people’s medicine. It has roots in the thoughts and actions of our predecessors. Practitioners do it with respect and devotion and bring the idea that healing of body, mind and spirit is available and possible to all of us. In this process of working on ourselves individually and collectively, and bringing healing to other community members, we are all learning that healing is not only getting rid of symptoms. Healing is about letting go of the layers of fear, anger, and worry we all carry to make our lives more whole and fulfilling as we share the best of us with the people around us. So, the Reiki clinic we support in Albuquerque has for many years been caring for patients that have addiction problems, cancer and numerous other maladies. They work with practitioners of all types to relieve suffering and to restore health.

7. **One OM is a Wellness Cooperative** dedicated to physical, emotional, mental, spiritual, and social health. Our classes, sessions and events empower individuals to experience, to learn, to heal, and to share the healing techniques with their family and the community. One OM honors the individual experiences and cultural paradigms that shape each person as he or she fosters attributes of Love, Wisdom, Joy, Peace, and Abundance. One OM classes and individual training challenge and empower people to custom design systems of nutrition, exercise, play, communication, and spiritual connection that supports the desires of their hearts and the fulfillment of their purpose in the community. Our teachers and facilitators share various of

eastern and western techniques of medicine, meditation, and physical movement to cultivate intuition, vitality, clarity, passion, and focus. Members overcome obstacles by helping one another to support individual realities and life purposes for a harmonious collective. One OM honors the value of the individual and the strength of the collective, welcoming the energy from the Earth to align our hearts and minds and to awaken our senses to the richness of Purity, Natural Beauty and Love. One OM embodies harmony between Masculine and Feminine nature through compassion, honesty, and the cultivation of Peace and Total Wellness in the Present.

8. Dallas Cooperative and Hospital Project is to serve the community located six miles east-southeast of downtown Dallas, Texas through a complete medical care system that is available to every member in the surrounding neighborhoods. It includes the reconstruction of a hospital at 7525 Scyene Rd 75227 and comprehensive medical and diagnostic clinics supported by direct payment plans to providers of care and comprehensive group insurance plans for each member in need.

Expectations of the Novice and Permanent Members

The Prohibitions

Not to kill.

Not to commit adultery.

Not to steal.

Not to covet.

Not to utter false witness.

Not to embrace delights.

Not to carry anger into effect.

Not to prolong the duration of one's wrath.

Not to retain guile in one's heart.

Not to make a false peace.

Not to abandon charity.

Not to swear.

Not to return evil for evil.

Not to do injury, but to suffer it patiently.

Not to curse in return those who curse one, but rather to bless them.

Not to be proud.

Not to take too much of additive substances.

Not to be gluttonous.

Not given to much sleep.

Not to be sluggish.

Not to be given to grumbling.

Not to be a detractor.

Not to love to speak much.

Not to speak useless or mirth-provoking words.

Not to love much or excessive laughter.

Not to fulfil the desires of the flesh.

Not to hate anyone.

Not to harbor jealousy.

Not to love contention

The Duties

To honor all men and women.
To do as one would be done by.
To deny oneself that one may follow Good Principles.
To relieve the poor.
To clothe the naked.
To care for the sick.
To bury the dead.
To help in tribulation.
To console the sorrowing.
To become a stranger to worldly deeds.
To prefer nothing to the love of Good Principles and other living things.
To utter only truth from heart and mouth.
To love enemies.
To bear persecution for righteousness.
To put one's hope in Eternal Principles.
To have wholesome fear of living an uninformed life.
To long for eternal life in the present with all spiritual desire.
To have the expectation of death daily before one's eyes.
Hour by hour to keep guard over one's every act.
To know for certain that Truth is everywhere manifest.
To keep one's mouth from evil or depraved speech.
To listen with goodwill to instruction in Principles and in knowledge of Universe.
To be frequently empty to receive knowledge and truth.
To admit your errors in work and in thought and amend them for the future.
To hate one's own will.
To yield obedience in all things to the precepts of the Order.
To fulfil Good Principles by daily deeds.
To love chastity.
To avoid elation.
To venerate seniors.
To love juniors.
To pray for one's enemies.
To make peace before the setting of the sun.
To never despair of the mercy that flows from Good Principles and living beings.

Purpose

These are the instruments of the spiritual art which, when they are ceaselessly employed by us day and night shall be the reward we seek in the present and will last forever. What we see, hear, and comprehend prepares us for showing others the Good Principles of living on Earth with others in Love, Peace, Truth, Tolerance, and Cooperation. Our Order is in the community as a workshop that we may diligently affect all these works we have described.

Living Together in a House

Kitchen Duties

No one is excused from kitchen work, except either by reason of sickness, or if occupied in some other matter of special usefulness; for in such work charity acquired and greater merit. But to the weak help them fulfill this office without sadness; and indeed, let all have help according to the size of the community and the circumstances of the place. If the community is large, let the person in charge of provisions be excused from the kitchen; and, as we have said, if there be any others who are occupied with important business.

But the rest, let them, in the name of charity, take turns in serving. On Saturday let those who are about to go out from his week of service clean up everything before turning the kitchen over the next workers. And let the weekly kitchen workers each receive, over and above the appointed portion, drink and food, one hour before refection, that they may serve other members at the hour of refection without murmuring or great labor.

Infirmity and Sickness

Before all things and above all things take care of the sick.

Take very great care that they suffer no neglect. For these sick members, let a room be set apart.

Let the use of baths be allowed the sick as often as is expedient. Take the greatest care that the sick be not neglected by the members who serve as suppliers and workers.

The Old and Infants

Although human nature of itself be drawn to feel pity towards these two times of life, namely that of the aged and that of infants yet let the authority of the rule also provide for them. Let their weakness always have consideration and on no account let the strictness of the rule in respect to food be held to as regards them but let there be gentle consideration exercised in their case and let them anticipate the regular hours for meals.

Reading

Reading should be done when members eat at table: and let not anyone presume to read there because he happens to have casually picked up a book but let one who is to read for the whole week enter upon his office on Sundays. Let complete silence be kept so that the whispering of none be heard there, nor the voice of any but of him only who is reading: and let the members who are eating and drinking pass each other such things as they require so that no one may have to ask for anything; but if it should be necessary, it were better to make request by means of some sound-signal rather than by word of mouth: and let not anyone presume to ask any question there whether about the reading or otherwise, that occasion be not given for talking, unless by chance the superior of the House wish to say anything briefly for the purpose of edification. And let the person who is weekly reader eat and drink the meal before he begins to read lest by chance it be too great strain upon him to keep his fast. And let not all members read or sing in order, but only those who may edify their hearers.

The Quantity and Types of Food and Drinks

Based on our current understanding of nutrition we believe that natural foods are superior to refined and factory produced foods. We believe that preparation of fresh meat and vegetables by the people who eat them in their houses will give the best physical results for the members.

Therefore, we will study the nutritional needs of each member of each household and plan and carry through the kind of diets and serving that are required to foster good health. It is also true that pure water and flavored waters not containing artificial substances are better than drinks containing sugars and ethanol.

Mealtimes

Breakfast is at 7AM and Supper is at 6PM. These are the warm meals. Box lunches are prepared for each member to consume when needed near their station of work.

Talking

Talking ends at 9PM each evening. The members should be silent after that hour. It is a rule of the Order and must be carried out with the utmost gravity and moderation.

Tardiness at Work or Meals

Nothing is preferred before the work of the Order in its missions and in sustaining the lives and welfare of its members. No member late to work or to a meal. If they are late, they cannot participate and should return to their room until their next scheduled work period or meal.

Manual Labor

Idleness is the enemy of the soul. Therefore, the members, visitors and guests should be occupied at certain times in manual labor. Let them labor at whatever is necessary to prepare for their daily routines beginning at 6AM. Make your bed, clean your room, clean your bath area, prepare for breakfast. Having left the table, rest in perfect silence; or if anyone may perhaps want to read, let him or her read to himself or herself in such a way as not to disturb anyone else.

At 8:30 AM do what work has to be done until 6:00 PM. And if the circumstances of the place or their poverty should require that they themselves do the work of maintenance of the property and getting food, do so without complaint; Let all things be done with moderation for the sake of the faint-hearted. Beginning at 8:30 AM do all labor at the work assigned until 12:00 PM. Eat lunch. After the meal do reading or study until 1:30 PM. Then continue the assigned work until 6:00 PM. One or two of the senior members should go about the houses at the hours when the members and guests are reading and see that there be no occupants of the property.

No one who spends his or her time in idleness or gossip and does not apply himself or herself to the reading and study, is not only unprofitable but also distracts others. If such a one be found, let him or her be corrected once and a second time; if he or she does not amend, let them not enjoy the benefits and support of the other members and guests. On Sundays, let all occupy themselves in reading, except those who have been appointed to various duties. But if anyone should be so negligent and shiftless that he or she will not or cannot study or read, let him or her be given some work to do so that she will not be idle. Weak or sickly members or guests should be assigned a task or craft of such a nature as to keep them from idleness and at the same time not to overburden them or drive them away with excessive toil. Their weakness must be taken into consideration by the Senior members.