



I, Cristóbal de Avila, this day, the feast of St. Mary Magdalen in the year 1536, have decided to reform my life in order to serve God and His holy Mother, Saint Mary, better, if the Holy Ghost consents to give me His grace, His help and the necessary fervour for this service.

Of the twenty-four hours of the day and night, I will take six to sleep; one to hear Mass; another to read in the book of the Gospels the Gospel of the day, or the *Lives of the Saints*; another for my prayers; another for walking. I shall have fourteen hours left in which to work and earn my living.

May all be for the greatest service of God and of His blessed Mother, Saint Mary, and may she graciously be with me in all things.

