St Francis Admonition Day 30

Of the Virtues putting Vices to flight.

Where there is charity and wisdom there is neither fear nor ignorance.

Where there is patience and humility there is neither anger nor worry.

Where there is poverty and joy there is neither cupidity nor avarice.

Where there is quiet and meditation there is neither solicitude nor dissipation.

Where there is the fear of the Lord to guard the house, the enemy cannot find a way to enter.

Where there is mercy and discretion there is neither excess nor hard-heartedness.