

BOOK OF ST ALBAN

Antiphona¹

Lecture No.1

Then the mother of the house said to the assembled crowd:

Listen, bend your ears and listen to me. These are the ordinances, rules and laws which you require.

- ❖ You shall not smoke in the dining hall - since I have opened the door and the smell of smoke has risen like clouds and attacked my nostrils: I am angry.
- ❖ Those good people eating in the hall must not fight.
- ❖ Your cigarette ash when you smoke should not be left in the bowls and dishes from which you eat.
- ❖ Whosoever of the assembled company is sick at breakfast must neither eat nor drink until they recover from their illness. However medicine will be received from the mother of the house.
- ❖ Whoever pours out phlegm or other matter from their lungs will wash seven times in the bathroom and will be unclean until evening.
- ❖ Sick jokes must not be told to brothers eating in the dining hall.
- ❖ Whoever picks his teeth with a sword or other implement shall be thrown out of the dining hall.
- ❖ Whoever of the crowd has horrible expectoration, if he leaves [his handkerchief] on the floor in the house and if he does not burn it with the fire of fires, he must immediately destroy it unless white like the snow of Hermon.
- ❖ Who wounds his own brother either with sword or spear will be ejected from the Assembly of the Just.

Lecture No. 2

Also, the mother of the family wrote on a tablet she had taken, saying:

- ❖ Behold, day is for working, night is for sleeping.
- ❖ Therefore those lying a-bed should not be talking after the ninth hour.

¹ Antiphona is a term for a musical practice and a type of chant, originating from the Greek word antiphōnō meaning "opposite voice". It refers to a short refrain or chant sung in a Catholic liturgy, often as a response to a psalm or canticle sung by another choir.

- ❖ Ash from cigarettes which you smoke must not be dropped on the floor but put in ash trays.
- ❖ Whoever has not made his bed in the morning must make it immediately when the mother of the family sees it unmade.
- ❖ Whosoever does not wash his face once a day with water will be considered unclean in your midst.
- ❖ You must hang up your clothes in the bedroom. If food and undergarments are in the bedroom, they must not eat in the same place but undergarments must be folded up.

The mother of the house said unless you keep this law you will be thrown out of the Assembly of the Just.

All bowing their head in agreement with them say:

Amen

Translated from the Latin by the Librarian and two Friends at Hereford Cathedral, 2013, with some minor amendments by JMG to clarify the meaning, 02/11/2025.