

begins I advise you to fast five Fridays in the year —
Beginning with good Friday and to Continue the Four Fridays
Immediately following in Remembrance of the five —
Bloody wounds I received for you and all mankind you shall
Diligently and Peaceably live in your respective Callings
Where in it hath Pleased god to Call you you shall Love one
Another with Brotherly Love and Cause them that are not
Baptized to come to Church and Receive the holy Sacrament
that is to say Baptism and the Lords Supper and be made members
thereof on so doing I will give you Long life and many Blessings and
Lords you shall Replenish and bring Forth abundantly and I will
Comfort you in the greatest temptations and surely he that doth
to the contrary shall be accursed and unprofitable I will also
Send hardness of heart upon them but Especially upon hardnes^{ers}
~~of heart upon them~~ but I and Impenitent Sinners and unbelievers
he that hath given to the poor it shall be Profitable
Remember to keep holy the sabbath Day I have taken it
for a resting Day for my self and he that hath a Copy of this
Letter written with my own hand and spoken with my own
mouth and keep it with out Publishing to others shall not
prosper but he that publish it to others shall be Blessed and
if there be as many as the Stars in the Sky and they truly
believe in me they shall be pardoned if they believe not in
me and in this writing I will send my plague upon them and in this
will consume both you and your Children goods and Cattle all other
worldly enjoyments that I have given you do but think what