The Penitentials (5th to 8th c.) - F. Wasserschleben, Die Bussordnungen der abendländischen Kirche (Halle, 1851); J.T. McNeill, A.M. Gamer, Medieval Handbooks of Penance (N.Y., 1938)

From an Irish Penitential of c.800 (McNeil and Gamer p. 165):

"Ch.5 Of anger. 2 Anyone who kills his son or daughter does penance twenty-one years. Anyone who kills his mother or father does penance fourteen years. Anyone who kills his brother or sister or the sister of his mother or father, or the brother of his father or mother, does penance ten years: and this rule is to be followed to seven degrees both of the mother's and father's kin — to the grandson and great-grandson and great-grandson, and the sons of the great-great-grandson, as far as the finger-nails.... Seven years of penance are assigned for all other homicides; excepting persons in orders, such as a bishop or a priest, for the power to fix penance rests with the king who is over the laity, and with the bishop, whether it be exile for life, or penance for life. If the offender can pay fines, his penance is less in proportion."

"Ch. 4 Of envy. 5.... There are four cases in which it is right to find fault with the evil that is in a man who will not accept cure by means of entreaty and kindness: either to prevent someone else from abetting him to this evil; or to correct the evil itself; or to confirm the good; or out of compassion for him who does the evil. But anyone who does not do it for one of these four reasons, is a fault-finder, and does penance four days, or recites the hundred and fifty psalms naked."