

## THE PILLARS OF LAY DOMINICAN LIFE

### A. PRAYER

1. Prayerful reading of Sacred Scripture, especially the New Testament;
2. Daily celebration of the Eucharist, to the extent possible;
3. Daily celebration of the Liturgy of the Hours (Morning Prayer, Evening Prayer, and Night Prayer) especially with other members of the Dominican Family, when possible;
4. Frequent, regular (e.g., once a month) celebration of the Sacrament of Reconciliation, preferably with a regular confessor;
5. Daily recitation of the Rosary;
6. Special devotion to the Virgin Mary, according to the tradition of the Order, to our Holy Father Dominic and to Saint Catherine of Siena, the Patroness of Lay Dominicans;
7. Participation in the chapter's annual retreat, days of reflection, or other days of prayer;
8. Individual member suffrages:
  - a. Daily recitation of an Our Father, Hail Mary and Eternal Rest for the deceased members of the Order;
  - b. An offering of at least three Masses a year for all deceased Dominicans (this may be a private intention, or offered with a stipend);
  - c. Upon the death of a chapter member, an offering of a Mass (private intention, or with a stipend) or recitation of the Rosary
  - d. Commemoration of all the faithful departed:
    - i. February 7, for the deceased parents of all Dominicans;
    - ii. September 5, for the deceased benefactors of the Order;
    - iii. November 2, for All Souls;
    - iv. November 8, for all deceased Dominicans;
9. Chapter suffrages, upon the death of a chapter member:
  - a. Attendance at the funeral Mass as a chapter, if possible;
  - b. An offering of Mass, with stipend, as soon as possible for the deceased member;
  - c. Recitation of the appropriate Hour of the Office for the Dead at the first meeting following the death of the member;
10. Abstention from meat on all Fridays of the year, and fasting and abstention from meat on:
  - a. April 28<sup>th</sup> (Vigil of the Feast of Saint Catherine of Siena);
  - b. August 7<sup>th</sup> (Vigil of the feast of our holy father Dominic);
  - c. October 6<sup>th</sup> (Vigil of Our Lady of the Rosary);
11. Other forms of penance offered for the success of the preaching of the Order.



### B. STUDY

1. Prayerful study of Sacred Scripture, theology, spirituality, Church doctrine and history, and reflective reading of the lives of the saints, especially those of the Dominican Order;
2. Reflection on contemporary issues in the light of such study, both individually and communally.

### C. PREACHING

1. Prayerful preaching in ways appropriate to the laity;
2. Acts of charity, in light of the social teachings of the Church, with attention to the four priorities of the Order: catechesis, evangelization, justice and peace, and communication.

### D. COMMUNITY

1. Common study and reflection on Sacred Truth;
2. Concern for the good and well-being of the chapter and its members;
3. Common observance of the customs and celebrations of the Order.