

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 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 28th (Vigil of the Feast of Saint Catherine of Siena);
 - b. August 7th (Vigil of the feast of our holy father Dominic);
 - c. October 6th (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.