



FORMATION GUIDELINES

The intent of these guidelines is to provide a general framework for formation programs by identifying the essential elements for instruction. These guidelines are not intended to impose burdensome requirements, but rather to aid chapters in forming members to the Dominican way of life.

It is crucial to acknowledge that the call to the Dominican Order is a call to a *vocation* for the purpose of sanctification of its members. Union with God and personal holiness are the goals for every Dominican.

As followers of St. Dominic, it is important to instruct our newest members in the two-fold aspect of the Order's charism; the contemplative life and the active life. To bear good fruit in the active life, we must first begin with the contemplative life. Accordingly, the greatest emphasis must be placed on developing a deep and rich contemplative life, so we may thereby attain our goal in the active life, which consists in the salvation of souls.

A good Dominican formation program provides detailed instruction (which can be tailored to the needs of each chapter), that helps us integrate The Rule, The Particular Directory and the promises we make, into our daily lives. The guidelines presented here list the standard aspects for proper formation. Also provided is a list of basic and recommended materials for each year.

I. YEAR ONE

The year of Inquiry (Postulancy), is the year in which new members seek to discern whether they are, in fact, called to Dominican life. During this year, the study is centered on what it means to be a Dominican, familiarity with Dominican history and saints, as well as the role of the Laity in the Church today.

Aspects:

- Liturgical Prayer
- Loyalty to the Church
- Contemplative Prayer
- Devotion to the Blessed Virgin Mary and The Rosary
- Devotion to St. Dominic and St. Catherine of Siena
- Study
- Community Life
- Familiarity with the Rule and Particular Directory

Materials:

- The Holy Bible
- The Catechism of the Catholic Church\
- Liturgy of the Hours
- The Documents of Vatican II
- A biography of St. Dominic
- The Life of St. Catherine of Siena (Bl. Raymond of Capua)
- The Rule and Particular Directory

Recommended Materials:

- St. Dominic's Family (Sister MaryJean Dorcey, OP)
- Dominican Saint Biographies such as: St. Martin De Porres , Bl. Margaret of Castello, St. Rose of Lima, St. Thomas Aquinas and Bl. Pier Giorgio Frassati, St. Vincent Ferrer, etc.; by Tan publishing
- Papal Encyclicals

II YEAR TWO

During this year of Candidacy (Novitiate), the new members continue to discern their vocations and begin to practice the daily obligations. They also become more involved in chapter life and continue to commit to the Dominican life of study. The focus of study for year Two is on the Beatitudes.

Aspects for instruction in Year Two:

- The Beatitudes
- The virtue of Faith
- The virtue of Hope
- The virtue of Charity
- The virtue of Prudence
- The virtue of Fortitude
- The virtue of Temperance
- The virtue of Purity
- Understanding of the Rule and the Particular Directory

Materials for Year Two:

- The Holy Bible, particularly the Gospel of St. Matthew
- The Catechism of The Catholic Church
- Liturgy of the Hours
- Documents of Vatican II
- The Rule and the Particular Directory

Recommended materials for Year Two:

- Dominican Penitent Women (The Classics of Western Spirituality)
- True Devotion to Mary (St. Louis DeMontfort)
- Dominican Spirituality, Principles and Practices by Fr. William Hinnebusch, OP
- Papal Encyclicals

Additional Recommended On going Formation materials:

- Dialogue of St. Catherine of Siena
- The Imitation of Christ (Thomas Kempis)
- Taming the Restless Heart, by Fr. Gerald Vann, OP
- He dwells in Your Soul, by Fr. Bede Jarrett, OP
- Summa Theologica, by St. Thomas Aquinas