

## PRAYER AND PENANCE PRESCRIBED FOR LAY MEMBERS OF THE ORDER OF PREACHERS

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Sources: The Rule of 1968, ("Guidelines of Chapter Meetings," in Torch-lites, XVII, 3, July-Aug.-Sept., 1982, PP. 5-6), and [an interpretation of the Rule by the compiler of this sheet, Fr. Bartholomew de la Torre, O.P., Ph.D.].

### I. Prayer:

#### A. Daily:

1. minimum: An "Our Father," "Hail Mary," and "Eternal Rest" for all the deceased members of the Order of Preachers; five decades of the Rosary.
2. Ideally:
  - a. Daily Mass and Communion [or when impeded therefrom, a visit to the Blessed Sacrament and an Act of Spiritual Communion].
  - b. One of the following:
    - i. The Liturgy of the Hours: [Morning Prayer and Evening Prayer, and as many of the remaining three hours as possible, viz. Readings, Middav Prayer and Night Prayer].
    - ii. An approved short version of the Liturgy of the Hours. The Little Office of the Blessed Virgin Mary.
    - iii. Some other approved Little Office, [e.g. that of St. Dominic].
    - iv. Fifteen minutes of thoughtful Scripture reading.
    - v. The fifteen decades of the Rosary.
  - c. Fifteen minutes of mental prayer.
  - d. A prayer, be it ever so short, addressed to Mary as our special Protectress, to St. Dominic as our Father, and to St. Catherine of Siena as Patroness of the Third Order.

#### B. Weekly: Minimally, Sunday Mass and Communion.

C. Monthly: Confession, preferably to one's regular confessor, and if possible to a Dominican; at the monthly meeting: part (of the Liturgy of the Hours or) of the Office of the B.V.M. or, when appropriate, part of the Office for the Dead; absolution from faults against the Rule; (five decades of the Rosary, at least in May and Oct.; Scripture sharing is recommended); if possible Benediction or, preferably, Holy Mass.

D. Annually: a three day retreat; three Masses are to be arranged for and/or assisted at for all deceased Dominicans.

F. Occasionally throughout the year: days of prayer and recollection; Office for the Dead on Feb. 7 for deceased fathers and mothers of all Dominicans, Sept. 5 for deceased friends and benefactors of the Order, on Nov. 8 for all deceased Dominicans.

G. Upon the death of a member of the Chapter: participation with the Chapter at the wake, especially the Rosary, and the funeral, or when impeded therefrom, offering up a Mass and a Rosary for the deceased within eight days of notification. For a departed Dominican, the Office for the Dead may be said in place of the Office of the day.

II.

Penance: abstinence from meat on Fridays, and fasting on Oct. 6, Aug. 7 and April 28, i.e. on the day before the Feasts of Our Lady of Rosary, St. Dominic Our Father, and St. Catherine of Siena. <Compiled April 15, 1983, at DHS, Washington, D.C.>