<table>
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<tr>
<th>Month</th>
<th>Introduction to the Dominican Order, Part I</th>
<th>Goal(s)</th>
<th>Readings and/or Sources</th>
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| September | (1) | - Gain introduction to the life of St. Dominic  
- Identify key virtues exemplified by St. Dominic  
- Discuss the historic situation in which the Order of Preachers was founded  
- Compare and contrast the time of the founding of the Order with our own times in order to appreciate the need for the Dominican charism today  
- SUGGESTION: Before going to Vespers: Provide very simple instructions on this communal liturgical prayer; consider providing ready-made booklets for inquirers until January, when they will learn how to use the actual book. | Dominican Spirituality: Principles and Practice (William A. Hinnebusch, O.P.), Ch. I: “A General View of Dominican Life”  
Saint: Dominicana pp. 143-145 |
| October | (2) | - Recognize the mission of the Order as preaching and the salvation of souls  
- Distinguish the branches of the Dominican family (friars—priest and brothers, nuns, sisters, laity)  
- Enumerate the four pillars of Dominican life (prayer, study, community, preaching/apostolate) common to all branches of the Dominican family  
Saint: Dominicana pp. 149-150 |
| November (3) | The Four Pillars of Dominican Life: Prayer, Part I | • Define prayer and forms of prayer (adoration, petition, intercession, thanksgiving, praise)  
• Recognize the importance of growing in the life of daily prayer, both personal and communal  
• Describe the prayer of St. Dominic and how he spoke either with God or of God  
• Read and meditate upon the Nine Ways of Prayer of St. Dominic  
• Understand infused contemplation as the normal flowering of the life of grace  
• Discuss the Dominican devotion to prayer for the dead  
Saint: St. Catherine of Siena | CCC #2623 – 2649 (forms of prayer)  
*Dominican Spirituality: Principles and Practice* (William A. Hinnebusch, O.P.), Ch. III: “Dominican Life is Contemplative”  
“The Nine Ways of Prayer of St. Dominic”  
“The Pillars of Dominican Life: Dominican Spirituality for the Laity,” V: *Personal Prayer*  
Saint: *Dominicana* pp. 151 |
| December (4) | Prayer, Part II | • Introduction to the Liturgy, liturgical seasons, Liturgy of the Hours (short history of the LOH)  
• Recognize the Liturgy of the Hours as the public prayer of the whole people of God which sanctifies the hours of the day  
• Explain the four reasons the Liturgy of the Hours is an integral part of daily prayer for a Dominican (cf. *Dominicana* p. 187)  
• Provide instruction to the components of the Hours (psalms, readings, intercession, etc.)  
• Practice locating the proper pages for the Liturgy of the Hours  
• Practice communal praying of the Liturgy of the Hours  
Saint: St. Hyacinth | CCC 1187 – 1199 (Liturgy “In Brief”)  
CCC 1174 – 1178 (Liturgy of the Hours)  
CCC 2585 – 2589 (the Psalms)  
“Rubrics of the Southern Province Friars for Praying the Divine Office”  
“The Pillars of Dominican Life: Dominican Spirituality for the Laity,” IV: *Liturgical Prayer*  
Saint: *Dominicana* pp. 153-154  
Suggested Reading:  
| January (5) | Prayer, Part III | • Explain the three major expressions of prayer: vocal, meditative, and contemplative, and the role of these forms of prayer in Dominican common and private prayer  
• Note connections between prayer and the other three pillars of Dominican life  
• Recognize Marian devotion in the Order; the origins of the Salve Regina procession; the titles of Mary as Queen of Preachers and Mother of Mercy  
• Examine the history of the Rosary and the Order’s promotion of this devotion  
CCC 2697 – 2724 (expressions of prayer)  
*Dominican Spirituality: Principles and Practice* (William A. Hinnebusch, O.P.), Ch. V: “Dominican Life is Liturgical”  
“The Pillars of Dominican Life: Dominican Spirituality for the Laity,” II: Contemplation for the Laity, VI: Meditation or Mental Prayer; VII Devotion to the Blessed Virgin Mary  
Saint: *Dominicana* pp. 155 |

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| March (6) | Study, Part I | • Identify study as the intellectual grappling with sacred Truth  
• Recognize that Dominican study is never an isolated act but always pursued with the end of being of use to the souls of one’s neighbors  
• Explain the meaning of the 3 Dominican mottos (*Veritas; Contemplare et contemplata aliis tradere; Laudare, Benedicere, Praedicare*) and how these relate to Dominican study  
*Dominican Spirituality: Principles and Practice* (William A. Hinnebusch, O.P.), Ch. VI: “Dominican Life is Doctrinal”  
“The Pillars of Dominican Life: Dominican Spirituality for the Laity,” I: Truth  
“The Place of Study in the Ideal of St. Dominic” (James A. Weisheipl, O.P.)  
Saint: *Dominicana* pp. 147-149 |
### April (7)

**Study, Part II**

**SAINT:**
St. Albert the Great  
(Albertus Magnus)

- Identify ways and means of incorporating study of sacred truth into one’s daily life
- Discern how to share the fruits of one’s study with a friend, colleague, or family member, or through a parish group
- Describe the connections between study and the other three pillars of Dominican life, particularly the apostolate

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“*The Pillars of Dominican Life: Dominican Spirituality for the Laity,*” III: *Study*

Aumann, Jordan. OP. “The Contemplative Dimension of Dominican Spirituality.”  
domcentral.org/study/


Saint: *Dominicana* pp. 145-147

### May (8)

**Community, Part I**

**SAINT:**
St. Juan Macias

- Understand the nature of community in a lay Dominican chapter, as an aid for growth in charity and in the virtues, as well as support in study, prayer, and apostolate
- Recognize the local chapter’s connection to the communion within the Dominican Order and the universal Church
- Explain the virtue-based approach to morality characteristic of Dominican spirituality
- Define the theological and moral virtues

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Dominican Spirituality: Principles and Practice  
(William A. Hinnebusch, O.P.), Ch. VII:  
“Dominican Life is Fraternal”

“The Pillars of Dominican Life: Dominican Spirituality for the Laity,” IX: *Community Life*

CCC##1803-1829 (Article 7 in Life in Christ)

Saint: *Dominicana* pp. 154-155

### June (9)

**Community, Part II**

**SAINT:**
St. Rose of Lima

- Summarize the structure of government in the Order, province, local chapter
- Introduce the *Rule & Directory* in a manner proper to this stage in formation
- Describe the penitential nature of the Dominican life, and how the practice of penance can enable one to share in the redemptive work of Christ and grow in charity

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Dominican Spirituality: Principles and Practice  
(William A. Hinnebusch, O.P.), Ch. VIII:  
“Dominican Life is Sacrificial”

Rule and Directory, Southern Province of St. Martin de Porres, 2016. ”The Rule of the Lay Chapters of St. Dominic,” sections 1-14 pp 9-11
### June cont.

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- Understand that Lay Dominicans are incorporated into the Order of Preachers by making a public Promise (Rule #2 p 9)
- Describe how a Lay Dominican lives out the spirit of the Beatitudes (Rule #8-14)

**Optional Reading throughout summer months:**
- "The Pillars of Dominican Life: Dominican Spirituality for the Laity," VIII: Penance & XI: Loyalty to the Church
- Dominicana: A Guidebook for Inquirers, 2nd ed., pp. 36 – 37; 56 – 70
- Saint: Dominicana pp. 150-151

**Saint:** Dominicana

### July

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- Consider examples of mercy and compassion in the life of St. Dominic and his zeal for the salvation of all
- Explain the Church’s teaching on the apostolate of the laity, and of preaching as a sharing in the prophetic ministry of Christ
- Examine the forms Dominican preaching can take according to one’s state in life, personal charisms, etc.

**Optional Reading throughout summer months:**
- Dominican Spirituality: Principles and Practice (William A. Hinnebusch, O.P.), Ch. IV: "Dominican Life is Apostolic"
- "The Pillars of Dominican Life: Dominican Spirituality for the Laity," XII: Preaching; X: Poverty

**Saint:** Dominicana pp. 152-153
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<th>August (11)</th>
<th>Preaching/Apostolate, Part II</th>
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<td>SAINT:</td>
<td>Bl. John of Fiesole (Fra Angelico)</td>
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<td>• Define evangelization and explain the three situations of evangelization today (<em>mission ad gentes</em>, pastoral care of the faithful, and new evangelization) as articulated by Pope John Paul II in <em>Redemptoris Missio</em> #33 – 34</td>
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<td>• Recognize the motivation for evangelization as the love of Jesus Christ and desire to share Him with others</td>
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<td>• Discern one’s own call to evangelization</td>
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<td>• Explain the interconnected relationship between the four pillars of Dominican life and the Order’s mission of preaching and the salvation of souls</td>
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*Redemptoris Missio* (JPII) #33-34.

“St. Dominic and the Preachers: A Spiritual Crusade” Lecture Notes by John A. Cuddeback, Ph.D., Christendom College

Institute of Catholic Culture. Saint Dominic and the Preachers (audio presentation) [www.instituteofcatholicculture.org/](http://www.instituteofcatholicculture.org/) go “sign up” then “library” then search for saint-dominic-the-preachers/ (1 hour, 32 minutes)

Saint: *Dominicana* pp. 156-157