



ST. CECILIA CHAPTER – LAY DOMINICANS

Powers of the Human Soul, the Virtues, The Gifts of the Holy Spirit, and Mental Prayer

Month	Topic(s)	Objectives	Readings and/or Sources
September (1)	The Powers of the Human Soul	<ul style="list-style-type: none"> Describe the human person as a substantial union of body and soul Distinguish between the spiritual and the sensitive powers of the soul Distinguish between irascible and the concupiscible emotions (passions) and list them Define “virtue” according to St. Thomas Distinguish between natural and supernatural virtues Identify the 3 theological virtues and the 4 moral (cardinal) virtues Identify which powers the virtues perfect List the qualities of a virtuous act (CCC) 	<p>Marshall, Taylor R. <i>Thomas Aquinas in 50 Pages: A quick Layman’s Guide to Thomism</i>. Electronic copyright 2013 by Taylor R. Marshall,</p> <ul style="list-style-type: none"> pp 31-35 (Powers and Passions) pp 35-38 (Moral Virtues) <p>Lagrange, Garrigou. <i>Three Ages of the Interior Life, Vol 1</i>. (Rockford, IL: 1947) Part I - Chapter 3: Article I, “The Natural Life and the Supernatural Life of the Soul” Text pp 56-61 or access it from http://christianperfection.info/tta7.php#bk1</p> <p><u>CCC</u> 1803-1811; 1834</p>

Month	Topic(s)	Objectives	Readings and/or Sources
October (2)	Theologic al Virtues and Moral Virtues	<ul style="list-style-type: none"> • Define the term Theological • Explain St. Thomas's development of the moral life through the action of man's reason and will • Distinguish between natural virtues and infused virtues 	<p>Marshall, Taylor. pp 38-41 "Supernatural Theological Virtues"</p> <p>Lagrange, Garrigou. <i>Three Ages of the Interior Life, Vol 1.</i> (Rockford, IL: 1947) Part I - Chapter 3: Article II "The Theological Virtues" Text pp 61-66 and Article III "The Moral Virtues" Text pp 66-77 or access it from http://christianperfection.info/tta7.php#bk2</p> <p><u>CCC 1812-1829</u> Farrell, Walter. <i>My Way of Life.</i> Confraternity of the Precious Blood. 1952. Part II Chapter 7 pp 235-240. "Unity in Human Action"</p>
November (3)	Gifts of the Holy Spirit	<ul style="list-style-type: none"> • Describe the nature of the Gifts (pp 6-7) • Distinguish between virtues and the Gifts • List the 7 Gifts and when we receive them • Readers may find it helpful to fill in the chart (see last page of this schedule or Temp I webpage pdf) while reading. Identify the following for each gift: (a) effects of its operation on earth (b) effects of its operation in heaven (c) the corresponding Beatitude(s) (d) the virtue(s) made perfect by this Gift 	<p>Cameron, Rev. Peter J., O.P. <i>The Gifts of the Holy Spirit According to St. Thomas Aquinas.</i> (New Haven, CT: Knights of Columbus Supreme Council, 2002).</p> <ul style="list-style-type: none"> • pp. 1-22. (chapters on Fear of the Lord, Piety, Knowledge, Fortitude). Access it from Knights of Columbus: https://www.kofc.org/un/en/resources/cis/cis360.pdf <p>LaGrange, Garrigou. <i>Three Ages of the Interior Life, Vol 2.</i> (Rockford, IL: 1947) Part III - Chapter 7: "The Spiritual Edifice in Proficients" Text pp 72-76 or access it from http://christianperfection.info/tta56.php</p>

Month	Topic(s)	Objectives	Readings and/or Sources
December (4)	Gifts of the Holy Spirit cont... and in Mary	<ul style="list-style-type: none"> Continue as above for the Gifts of Counsel, Understanding, Wisdom (using the Guided Reading Chart) Consider the operation of the Gifts of the Holy Spirit in Mary Understand the conditions required for Docility to the Holy Spirit 	<ul style="list-style-type: none"> Cameron, Rev. Peter J., O.P., <i>The Gifts of the Holy Spirit According to St. Thomas Aquinas</i>. (New Haven, CT: Knights of Columbus Supreme Council, 2002). pp. 22 - 42. (chapter on Counsel, Understanding, and Wisdom) Access it from Knights of Columbus: https://www.kofc.org/un/en/resources/cis/cis360.pdf <p>LaGrange, Garrigou. <i>Three Ages of the Interior Life, Vol 2</i>. (Rockford, IL: 1947) Part III Chapter 22: "Conditions Required for Docility to the Holy Ghost" Text, pp 233-236 or access it from http://christianperfection.info/tta71.php#bk3</p>
January (5)	Mental Prayer	<ul style="list-style-type: none"> Identify the four components of mental prayer Differentiate between vocal prayer and mental prayer Define active prayer and passive prayer Identify the three degrees of mental prayer: purgative, illuminative, and unitive Understand the Christian tradition of the life of prayer 	<ul style="list-style-type: none"> Lehodey, Dom Vitalis, O.C.R. <i>The Ways of Mental Prayer</i>. (Dublin: M.H. Gill & Son Ltd., 1951). <ul style="list-style-type: none"> Read Chapter I -V pp. 1-59 (First Part, On Prayer in General) http://strobertbellarmine.net/books/Lehodey--MentalPrayer.pdf <p><i>The Dialogue of St. Catherine of Siena</i>, "Treatise on Discretion" How This Bridge Has Three Steps access it from: http://www.catholicplanet.com/ebooks/Dialogue-of-St-Catherine.pdf</p> <p>CCC 2697-2745 Life of Prayer (Expressions of Prayer)</p>
February	R E T R E A T		R E T R E A T

Month	Topic(s)	Objectives	Readings and/or Sources
March (6)	Mental Prayer cont...	<ul style="list-style-type: none"> Recognize the components of mental prayer Considerations, affections, petitions, and resolutions Define terms discursive, affective, active contemplation, passive contemplation, acquired contemplation, prayer of simplicity 	<ul style="list-style-type: none"> Lehodey, Dom Vitalis, O.C.R. <i>The Ways of Mental Prayer</i>. (Dublin: M.H. Gill & Son Ltd., 1951). Read pp. 60-162 (Last Chapter in First Part and Chapters I - VI of Second Part, On Ordinary Mental Prayer) http://strobertbellarmine.net/books/Lehodey--MentalPrayer.pdf <p>Recommended Reading: De Sales, Francis. <i>Introduction to the Devout Life</i>. Vintage Books. New York. 2002. Part 1 Chapters IX - XVIII (examples of meditation) https://www.catholicspiritualdirection.org/devoutlife.pdf</p>
April (7)	Mental Prayer cont...		<ul style="list-style-type: none"> LaGrange, Garrigou. <i>Three Ages of the Interior Life, Vol 1</i>. (Rockford, IL: 1947) Part III "The Illuminative Way for Proficients" Sections 2-6 Chapters 35 and 36: "The Mental Prayer of Beginners..." access it from: http://christianperfection.info/tta51-55.php Optional: Part III - Section III or Chapter III "The Second Conversion According to Several Spiritual Writers" (emphasis on writings of Catherine and Tauler) <p>Recommended Reading: De Sales, Francis. <i>Introduction to the Devout Life</i>. Vintage Books. New York. 2002. Part 1 Chapters IX - XVIII (examples of meditation) https://www.catholicspiritualdirection.org/devoutlife.pdf</p>

Month	Topic(s)	Objectives	Readings and/or Sources
May (8)	Mental Prayer and Conte mplati on cont...		<ul style="list-style-type: none"> • LaGrange, Garrigou. <i>Three Ages of the Interior Life, Vol II.</i> (Rockford, IL: 1947) Part III • Ch. 28 “Contemplative Prayer” http://christianperfection.info/tta77.php • Ch. 30 “Degrees of Contemplative Prayer” http://christianperfection.info/tta79.php • Martin, Ralph. <i>The Fulfillment of All Desire.</i> Emmaus Road Publishing. Steubenville, OH; 2006. www.emmausroad.org • Ch. 12 “Growing in Prayer” pp 281-304
June (9)			
July (10)			
August (11)			

Required Texts:

- Lehodey, Rt. Rev. Dom Vitalis. *The Ways of Mental Prayer.* Tan Books. Charlotte, North Carolina. 1982.
- *Christian Prayer* (Red Book) Catholic Book Publishing Corp., New York, 1976
or the Four-volume set of Liturgy of the Hours
- Farrell, Walter. *My Way of Life* Confraternity of the Precious Blood. 1952

- Lagrange, Garrigou. *The Three Ages of the Interior Life*. Rockford, IL: 1947, Vol. I and Vol. 2/
- CCC Catechism of the Catholic Church

On-line Materials:

- Lagrange, Reginald Garrigou. *The Three Ages of Interior Life.*, (Rockford, IL: 1947, Vol. 1 and Vol. 2) Pp 48-52 (The Natural Life and the Supernatural Life of the Soul)
<http://christianperfection.info/content1.php>
- Marshall, Taylor *Thomas Aquinas in 50 Pages: A Quick Layman's Guide to Thomism* Electronic Copyright 2013. Free download:
<http://taylormarshall.com/2013/05/free-book-is-ready-thomas-aquinas-in-50.html>
- Cameron, Rev. Peter J., O.P. *The Gifts of the Holy Spirit According to St. Thomas Aquinas*. (New Haven, CT: Knights of Columbus Supreme Council, 2002) (free download <http://www.kofc.org/un/en/resources/cis/cis360.pdf>)

Supplemental:

- Kempis, Thomas A. *The Imitation of Christ*. Penguin Books. London, England. 1952.
- St. Teresa of Avila, C.D. *Interior Castle*. Image Books. Doubleday. 1961.
- St. John of the Cross. *Ascent of Mount Carmel*. Paraclete Press. Brewster, MA. 2002.
- Newman, John Henry. *Selected Sermons, Prayers, and Devotions*. Vintage Books. New York. 1999.
- De Sales, Francis. *Introduction to the Devout Life*. Vintage Books. New York. 2002.
- Murray, Paul, O.P. *Praying with Confidence: Aquinas on the Lord's Prayer*. Continuum. New York. 2010.
- Dubay, Thomas, S.M. *Saints: A Closer Look*. Servant Books. Cincinnati, OH. 1973.
- Chesterton, G.K. *St. Thomas Aquinas The Dumb Ox*.
- Lagrange, Fr. Reginald Garrigou, O.P. *The Mother of Our Savior*.
- Casey, Michael. *Sacred Reading The Ancient Art of Lectio Divina*. Liguori Press.
- Tanquerey, SS, DD. *Lectio Divina*.
- St. Louis de Montfort. *True Devotion to Mary*.
- Cameron, Peter, O.P. *Mysteries of the Virgin Mary*.
- Sullivan, Daniel J. *An Introduction to Philosophy: the Perennial Principles*. Tan Books and Publishers. Rockford, IL. 1992
pp 111-115 (The Soul of Man) pp 146-150
- O'Driscoll, Mary, O.P. *Catherine of Siena Passion for Truth Compassion for Humanity: Selected Writings*.
- Noffke, Susanne, O.P. *Catherine of Siena: The Dialogue*.
- Noffke, Susanne, O.P. *The Prayers of Catherine of Siena*.
- McClernon, John P. *Sermon in a Sentence: From the Selected Writings of St. Catherine of Siena*. Ignatius Press. San Francisco, CA. 2004.
- Murphy, T.A., O.P. *The Timeless Dominic*. Cluny Media. 2015.

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A guided-reading chart for the Gifts of the Holy Spirit

Readers may find it helpful to use this chart (or to make one's own like it) while reading

Cameron, Rev. Peter J., O.P. *The Gifts of the Holy Spirit According to St. Thomas Aquinas*. (New Haven, CT: Knights of Columbus Supreme Council, 2002).

Gift of the Holy Spirit	effects of its operation on earth	effects of its operation in heaven	its corresponding Beatitude(s)	the virtue(s) made perfect by this Gift
Fear of the Lord				
Piety				
Knowledge				
Fortitude				
Counsel				
Understanding				
Wisdom				