

Required Commitments for CRNJ Third Order members

Daily

1. 15 minutes meditation
2. Lauds or Vespers
3. Prayer for members of the canonry, Pope, diocesan bishop, local clergy

Weekly

1. Abstinence from meat on Friday
2. Rosary on Saturday
3. 30 minutes of Eucharistic adoration (simple or solemn)

Monthly

1. Fasting on the first Friday of the month between September 14 and Easter
2. High Mass and meeting on 2nd Sunday of the month
3. 45 minutes reading in relation to the topic of the monthly meeting
4. Sacramental Confession

Seasonal

1. Advent
 - a. Attendance at the day of retreat at the priory
 - b. Abstinence from meat on Wednesdays and Fridays
2. Lent
 - a. Attendance at the day of retreat at the priory
 - b. Abstinence from meat on Wednesdays and Fridays
 - c. Fasting on Fridays
 - d. Reading an account of the Passion or Stations of the Cross on Fridays

Yearly

1. Attendance at Mass for feasts of the Priory
 - a. March 19 (Saint Joseph)
 - b. Anniversary day or Mass (June 22)
 - c. August 28 (Saint Augustine)
 - d. September 24 (Our Lady of Walshingham)
2. Attendance at principal Mass of Marian feasts at the Priory
 - a. March 25 (Annunciation)
 - b. August 15 (Assumption)
 - c. December 8 (Immaculate Conception)

Topics to be covered in the meetings:

- Liturgy: principles and details, regarding the Mass and Divine Office
- Scripture: principles and studies of selected books
- Prayer: methods and difficulties
- Dogmatic topics
 - The Eucharist
 - The Priesthood
 - The Mother of God
- Augustine: person and writings
 - De Trinitate
 - Homilies on John and the 1st Letter of John
 - Homilies on the Psalms
 - Writings on grace
 - Selected letters and treatises
- Friends, inspirations and enemies of Augustine
 - Tertullian, Cyprian
 - Ambrose, Jerome
 - Pelagius, Julian

Third Order Lauds:

Psalms:

Sunday: 93, 100, 63 (DR: 92, 99, 62)
Monday: 47, 5, 29 (DR: 46, 5, 28)
Tuesday: 96, 43, 67 (DR: 95, 42, 66)
Wednesday: 97, 65, 101 (DR: 96, 64, 100)
Thursday: 98, 90, 36 (DR: 97, 89, 35)
Friday: 99, 143, 85 (DR: 98, 142, 84)
Saturday: 149, 92, 64 (DR: 149, 91, 63)

Followed by the Benedictus (Luke 1:68-79)

Third Order Vespers:

Psalms:

Sunday: Psalms 110, 111, 112 (DR: 109, 110, 111)
Monday: 115, 116, 120 (DR: 114, 115, 119)
Tuesday: 123, 124, 125 (DR: 122, 123, 124)
Wednesday: 128, 129, 130 (DR: 127, 128, 129)
Thursday: 133, 136 (DR: 132, 135)
Friday: 139, 140 (DR: 138, 139)
Saturday: 144, 145 (DR: 143, 144)

Followed by the Magnificat (Luke 1:46-55)