

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)