

Summary and General Declaration

—OF THE—

RULE OF THE THIRD ORDER

—OF THE—

MOST BLESSED MOTHER OF GOD, V. M. OF MOUNT CARMEL;

WITH AN ACCOUNT OF THE PRIVILEGES AND INDULGENCES GRANTED TO SAID ORDER,
TOGETHER WITH MANY OTHER THINGS CONCERNING THE SAME.

Issued by order of Most Reverend Prior Luigi Maria Galli, General of the Carmelite Order.

CHAPTER XI.

Of Abstinence and Fasting.

Besides the abstinences and fasts instituted and commanded by the Church, the Tertiary Brothers and Sisters have to abstain from flesh meats on all Wednesdays in the year, except when Christmas falls on that day. But as most of the Tertiary Brothers and Sisters are not their own masters and have to be subject to their families, not to give any occasion for contention, they can get these abstinences commuted into other pious works by their confessor or director.

They must fast through the whole of Advent or at least during the Novena before Christmas, on all Fridays in the year (excepting Friday in Easter week and if Christmas falls on a Friday); and on all Wednesdays and Saturdays from the Feast of the Exaltation of the Cross, in September, until Easter Sunday. They must, moreover, fast on all the Vigils of the principal feasts of the Blessed Virgin, including the feast of Mt. Carmel, the Vigils of Corpus Christi and of St. Elias, our first father; lastly, on the Rogation days, that is, on the day of St. Mark, the Evangelist, and on the three days before Ascension Thursday.

The Tertiary Brothers and Sisters, however, being usually compelled to live with other people and hence hindered in the observance of the fasts above mentioned, are like-

ly to find strict obedience to this requirement very difficult; therefore the Director, at the conferences preceding such fasts, may dispense them, assigning in compensation certain prayers, at his pleasure. Their respective confessors have also similar authority. The Tertiaries need not grieve if they should find themselves prevented from compliance with the rule in this matter, since they acquire the merit of obedience to their Father Director or confessor.

CHAPTER XII.

Of Silence, and of the Good Use of Time.

Granting that it is not an easy thing for those living in the midst of the world to observe silence during certain fixed hours, as it is practised in religious Orders, yet the Tertiary Brothers and Sisters should endeavor to keep silence from the time of examining their consciences at night until they have said their prayers on the following morning; or at least they should make an intention of observing it during the hour of Mass and of their Office, as it was said in the tenth chapter. During the other time they should accustom themselves to speak very little. The Holy Ghost admonishes us: "In the multitude of words sin shall not be wanting." Proverbs X., 19. It is, however, not much talking, as St. Austin