

Appendix for Aspirants to the Third Order of Our Lady of Mount Carmel and St Teresa —taken from the Manual (imprimatur 1950)

With the object of recruiting and training suitable subjects for the Third Order, Our Venerable Definitory General gave its approval, in 1927, to the instituting in every Congregation of Tertiaries of a special section for Aspirants.

The following norms will serve to guide those entrusted with the charge of selecting and training such Aspirants. These rules are taken from 'Instructiones Fratrum Discalceatorum, Ord B.V.M. de Monte Carmelo' (P. II, cap. XI, n. 97-99).

Young people of both sexes, who are anxious to lead a life of perfection in the world, under the protection of Our Lady of Mount Carmel, may become Aspirants; provided they have completed their fifteenth year. But the same conditions are required for their admission as have been laid down for that of Tertiaries in n. 12 (a), (b), (c), (d), (e) of the present Manual.

Aspirants must observe the following rules:—

1. To wear always the small scapular, not the medal.
2. Receive Holy Communion at least once a week.
3. Recite the Litany of Our Lady every day.
4. Perform some act of mortification every Wednesday and Saturday.
5. Take part in the monthly procession in honour of Our Lady of Mount Carmel.
6. Attend the special monthly meeting which, if possible, will be held for them. If this is not possible, they -should attend the ordinary monthly meeting of Tertiaries ; but in either case, they may attend these, especially on the occasion of Clothings and Professions.

Throughout their period of Probation, Aspirants shall be instructed by the Director or by their confessor, in the true spirit of the Third Order. According to their conduct and progress during this time, the Director will decide whether or not they are to be admitted to the noviciate; and whether a dispensation should be sought, should they not have the required age.

It is not advisable to admit them indiscriminately; but each individual case should be weighed; nor should ordinary piety or even frequent reception of the Sacraments be deemed sufficient.

Genuine and solid virtue is expected; since our Tertiaries should be outstanding, 'a chosen generation, a holy nation, a purchased people' (I Peter, xi, 9). The Director will be especially vigilant as to how they guard their tongues, because if any man think himself to be religious, not bridling his tongue, but deceiving his own heart, this man's religion is vain (St. James, i, 26).

Hence the Director will exclude from the Third Order all tale bearers, gossips, detractors and the like.

