

Always We Begin Again The Benedictine Way Of Living

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this perennial favorite proposes a sustainable framework to create a more stable and fulfilling work life balance in an ever busy noisy world always we begin again is the work of an attorney with a busy commercial practice who searched for a truly balanced life and found the blueprint for it in a sixth century text after discovering st benedict s rule author john mcquiston ii interpreted and restated the ancient system of spiritual living enabling today s reader to understand and make use of its remarkable insights while strict adherence to the rule may be possible only in a monastic setting its bedrock the ordering of each day is accessible to everyone who seeks an orderly structure to their bustling professional and personal life the brief readings and meditations in this small book offer a bridge between a busy day and a moment of restorative and blessed silence john mcquiston ii takes the benedictine rule and adapts it to the circumstances of contemporary life mcquiston provides one of the practical tools available for the devout layperson who seeks daily christian praxis within the strictures of a successful business or professional life publishers weekly

the benedictine way is a mentality an attitude characteristic of the monastic life it consists of certain elements that are essential to the life continual prayer lectio divina community life the opus dei work separation from the world and the specifically benedictine vows of obedience stability and conversatio morum these elements are necessary means for monks and nuns on their road to union with god while the book was intended originally as a basis for the formation of novices and juniors in monasteries it also provides material for renewal and re formation for older monks and nuns it can also be used by benedictine oblates or by any lay christian who is hungering for prayer and wants instruction on how to pray benedictine prayer is simple and direct and anyone who wants to return to the sources of christian spirituality will easily appreciate the benedictine way from the introduction

this book holds timeless appeal for readers who hunger for a meaningful and creatively balanced framework for life it offers a simple blueprint based on the rule of st benedict to order one s time and create physical and inner space to step back from

in this book of reflections about benedictine spirituality author daniel conway shares with readers his reflections on the joy and peace that he has found in and through 50 years of association with women and men who follow the benedictine way in spite of what some would say the benedictine way is not primarily about the fuga mundi withdrawal or flight from the world it is instead a way of being in the world but not of it a manner of engagement that allows christians to enjoy all the good things god has made without turning them into false idols that distort our values and consume us in the process archabbot kurt stasiak of saint meinrad summarizes benedictine monasticism as seeking god in community which presumes a commitment to being guided by others and helping others find god prayer and fidelity to the common life are the principal ways that followers of st benedict seek god in community over the course of a whole lifetime archabbot kurt goes on to say that mutual obedience to the rule the abbot and to each other is the way to god for monks and for all who strive to live according to the teaching of st benedict once it is understood and lived authentically the benedictine way is truly a way of peace and joy that never happens overnight it takes time to absorb the principles and practices of benedictine spirituality and to integrate them into our minds and hearts this is true for vowed monks whose whole lives are dedicated to living the rule of benedict in a particular place and time it s also true for ordinary people who are not called to be monks but who are seeking ways to live the gospel that can help them cope with the madness of everyday living in the world

this field tested guidebook presents benedictine spirituality and monastic spiritual practices as a source of wisdom and practical guidance for christian formation today

when st benedict wrote his little rule for beginners in the fifth century he could not have known it would shape the lives of religious men and women for more than fifteen hundred years offering instruction on prayer and community life benedict s rule espouses the values of humility prayer and hospitality that have marked the lives of benedictines throughout the ages benedictines are those persons who commit themselves to the rule of benedict and have been popes and widows scholars and mystics and lay people from many religious traditions including catholics anglicans methodists and lutherans they have lived in monasteries and ashrams in busy urban centers and in desert hermitages dedicated to god and the practices of the liturgy of the hours and monastic life benedictines have made significant contributions to chant theology and the preservation of spiritual works of literature and scholarship represented here is the work of major benedictine figures throughout the ages beginning with pope gregory s account of the life of benedict and arriving at recent statements by the conference of benedictine prioresses on conflict in the world along with the rule the writing of these benedictines remains as relevant today as in any age laura swan osb writer and spiritual director holds graduate degrees in theology and spirituality she is a member and former prioress of saint placid priory in lacey washington and is the author of engaging benedict what the rule can teach us today christian classics 2005

this exploration of benedictine spirituality provides the perfect introduction to saint benedict and his rule each chapter begins with the teaching of benedict himself understood in historical and cultural context columba stewart then traces the way communities have interpreted and practiced benedict s teaching since he first wrote his rule in the sixth century

reaching for god is a compendium of benedictine life and prayer for oblates it brings together in one volume the essence of benedictine spirituality its history its relevance through the ages and in the present and a summary of the most fundamental gifts and values it offers for living a meaningful life here the meaning and purpose of the oblate way of life is explained in a clear and

encouraging way werner offers guidance and examples of prayer to enrich any spiritual life sister roberta werner osb having worked as a teacher caregiver and educational administrator is now the assistant oblate director at st benedict s monastery in st joseph minnesota in this role she guides an oblate discussion group contributes to oblate newsletter publications has set up an oblate library and makes the spiritual journey with the many oblates who connect with her and with the monastery in their search for god

in the sixth century a monk named benedict devised a code of practical principles by which he and his fellow monks could live together and grow in christian spirit centuries later the rule of st benedict continues to guide and nurture contemporary men and women who seek to live a balanced spirituality this contemplative guide is for individuals of all faiths in search of timeless wisdom in thirty short chapters authors lonni collins pratt and daniel homan provide stories reflections prayers and actions through which readers can understand benedict s principles and allow them to shape ordinary life this small but powerful book can be used for structured personal retreat spiritual reading and general reflection

sacred rhythms the monastic way every day is a compilation of reflections originally published in our notes from a monastery series gathered here under the themes of prayer work faithfulness and conversion these meditations showcase the knowledge of religious and lay authors familiar with the benedictine way of life

for readers of the benedict option here is another invaluable collection of benedictine wisdom to live by today s culture is increasingly hostile and suspicious toward anyone who appears to be different especially when tragedy strikes our instinct is to bolt our doors and protect the ones we love but deep within the heart of benedictine spirituality lies a remedy to hatred fear and

suspicion hospitality at once deeply comforting and sharply challenging true benedictine hospitality requires that we welcome the stranger not only into our homes but into our hearts with warmth and humor drawing from the monastic tradition and sharing personal anecdotes from their own lives pratt and homan encourage us to embrace not only the literal stranger but the stranger within and the stranger in those we love

the rule that st benedict wrote for monks gives us a lasting impression of the man of god this rule has inspired monks nuns and lay people for over 1 500 years recent times have seen a flowering interest in st benedict s way and this little book serves as a simple introduction to the spirituality of st benedict praying in the benedictine spirit aims to highlight the main signposts on st benedict s way and to encourage readers to take up the rule themselves and fit in it a sure guide in their search for god st benedict teaches a complete and trusting surrender to god together with an awareness of the presence of god at all times such that the whole of life is an act of worship this love for christ is shown in love for our brothers and sisters in prayer in song in our daily work and by practicing that stillness which allows us to hear the voice of god

a new edition of this contemporary spiritual classic in which the ancient and gentle wisdom of the rule of st benedict is explored in relation to the demands of modern living and the importance of balance between prayer work and study

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Introduction

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