

Benedictine Spirituality for Today:



The *Rule* of St. Benedict was written in the mid sixth century, yet is relevant and practical in our busy world today. St. Benedict wrote The *Rule* as a guide to assist the monks in Christian formation, discipline and direction. A new adaptation of The *Rule* speaks to us today as we seek a deeper relationship and commitment to God and man.

The *Rule* will assist us in finding balance and stability through work, study, prayer and holy leisure. New prayer styles will enhance our spirituality. Scripture can be illumined through *lectio divina*. Open your hearts and minds, listen - find God in the beauty of silence. We will experience the joy and unity of praying the Daily Office. Come join us in building community and giving new meaning to loving God and our neighbor. Learn the benefits of journaling and establishing a personal Rule of Life. Don't miss this exciting journey as we draw on this ancient Benedictine Rule in our modern world. It is not a tool of survival but it will become a way of life now and forever. .

Modern day monks, Cassocks are not required for the day!