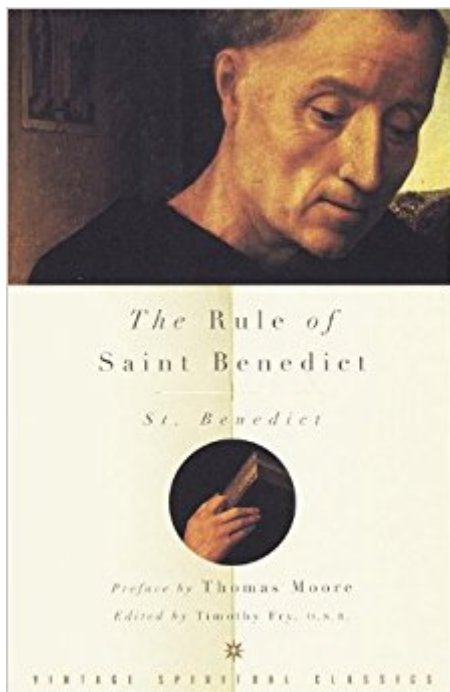


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# The Rule Of Saint Benedict



## Synopsis

Composed nearly fifteen hundred years ago by the father of Western monasticism, The Rule of St. Benedict has for centuries been the guide of religious communities. St. Benedict's rules of obedience, humility, and contemplation are not only prerequisites for formal religious societies, they also provide an invaluable model for anyone desiring to live more simply. While they presuppose a certain detachment from the world, they provide guidance and inspiration for anyone seeking peace and fulfillment in their home and work communities. As prepared by the Benedictine monk and priest Timothy Fry, this translation of The Rule of St. Benedict can be a life-transforming book. With a new Preface by Thomas Moore, author of The Care of the Soul. "God is our home but many of us have strayed from our native land. The venerable authors of these Spiritual Classics are expert guides--may we follow their directions home."--Archbishop Desmond Tutu

## Book Information

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## Customer Reviews

Everybody has a rule of life, but it's a rare person who takes the time to spell her ethos out. St. Benedict's Rule, formulated in the sixth century, is among the most comprehensive and vital rules of life in the history of monasticism. Benedict was a tough guy--his standards of obedience, humility, and contemplation can sound awfully rigid to contemporary ears. But his rule has nurtured millions of lives not only in the cloisters, but in every city, suburb, and countryside where people strive to lead simpler lives. --Michael Joseph Gross

Here Vintage uses Benedict's treatise on the monastic life to launch its new "Spiritual Classics" series. Written roughly around A.D. 400, Benedict's Rule has been the handbook of the Benedictines, Cistercians, and many other monastic orders throughout the world. For all religion collections. Copyright 1998 Reed Business Information, Inc.

This book is a call to a deeper, simpler, more humble way of life which is intended to allow holiness and God's Spirit to live more fully in our lives. I will never live in a monastery - am not even Catholic - but it has caused me to examine the way I live in every aspect, and whether it is motivated by physical pleasures and selfish ends or the desire to see God and welcome His divine and eternal voice into my world. Some may see the rules as unnecessary, or an insult to the grace of God, but the human tendency to slip into baser ways of thought beg for a well-examined mode of life. The introduction by Thomas Moore is in itself worth the price of the book.

This book is classic! There are so many great lessons to be learned. Some things noted in this book are common sense (or so we think). Other examples might be ones we already know but -- oh, how wonderful to be refreshed and see it in writing (staring you right in the face). As I look back in my notes (that I find written all over this book), I come across just a few that I would like to share:

1. Do not grumble; prefer moderation / restraint of speech. How easy it is to get caught up in useless conversation. The tongue holds the key - it is better to be quiet and listen. A wise man is known by his few words.
2. No task is beneath you. Always remain humble (humility, obedience). You are not above anyone, so treat all as your equal. Be the 1st to show respect. Everyone has a purpose, so remember that all people can be useful.
3. Life is not fair, but we must endure.
4. Guard yourself from your own wicked ways.
5. Forget your own will - you are now doing the will of a higher power by helping others and placing them first (even before yourself).
6. Do not overindulge; everything in moderation.
7. No favoritism but you must show compassion for the weak.
8. Everyone makes mistakes. You must give someone the chance to be humble and the opportunity to correct their own wrongdoings.
9. All of us need guidance; we need someone to turn to because we are all not without fault.
10. You must be worthy of being called a leader. The higher your post, you should have even higher standards; rather than an abuse of power. You have been given a tremendous responsibility - use it wisely.

Lastly, I have begun a journey concerning a small collection of books in a 'particular genre'. Thus far, they all touch some of the same basic human principles that we should all strive for. A list of these books include: The Rule of St. Benedict, Tao Te Ching, I Ching, Mencius, Confucius, The Dhammapada, St. Augustine, and a few books from D. E. Tarver concerning - the

way of the samurai. To think some of these books are still in existence after hundreds, and thousands of years. That is definitely something to revere and admire.

I started a study on Monastic Life and this was one of the first books that was recommended to read. Written in the 6th century this short book gives the details of how Saint Benedict felt a Monastery should be run. It gives details on admittance to the Monastic life, the choosing of an Abbot to oversee the life of the Monastery and provide guidance to the Monks who reside there. Also detailed is the life of prayer, the daily rituals, the daily readings, etc. also is guidance on the food and drink allotment for the brothers in residence. The further detailing of life is discussed in regards to humility, obedience, submission and love for each other. Not to mention discussion on control of the tongue and the need for silence and contemplation. While written almost 1,600 years ago there is much that we can learn from the ideas that Saint Benedict confirms for us here. As an associate pastor of a church I was impressed how much of these rules would help in our church life to guide us and keep pride and arrogance from getting a foothold in our lives. Whether you are Catholic or Protestant this book has many good virtues for you to read, practice and let rule your life for the Glory of God. Enjoy!

If you are on a spiritual journey in life this is your book. St Benedict was always a lay person and in his spiritual journey there is much to be learned. St Benedict writings can take you back 1,500 + years to a different time and view on spirituality. This is not a one time read through but rather one to refer back to often as part of a contemplative prayer life. The Benedictine teachings serve all peoples of all denominations. You do not need to be a Catholic to appreciate and benefit from making this reading part of your spiritual journey.

This edition starts with a helpful introduction of Lectio Divina reading (read, meditate, rest in God, govern one's actions) by the editors. Thomas Moore (Care for the Soul) then presents the "rule" not as an edict but as a measure for spiritual progress. He states monks have a sense of humor, but his Franciscan past is probably more open than Benedict's "only a fool raises his voice in laughter". According to the "rule" a lot depends upon the abbot, and the monk must accept the abbot's ruling, fair or not, as an exercise in obedience and prayer. I think the rule has relevance even to a modern, non-monastic Christian life, by offering a model of rhythm and simplicity. In this time of shaken confidence, the twelve steps of humility is a refreshing thought. The rule presents a challenge to the modern to "Renounce yourself in order to follow Christ".

A clear translation of the Rule. A foundation piece, but for many it will not provide significant guidance for the world in which we now live. Would have liked a better explanation of the Office, and want to know how the Benedictine Rule is supported in modern Anglican monastic life. I accidentally ordered two copies, which is more than I need.

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