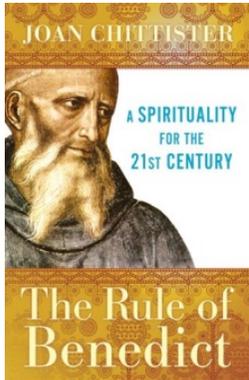
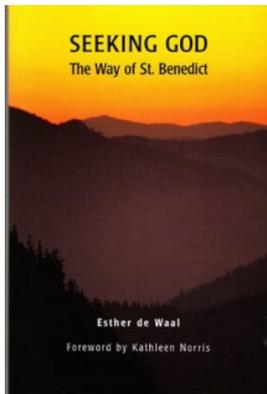


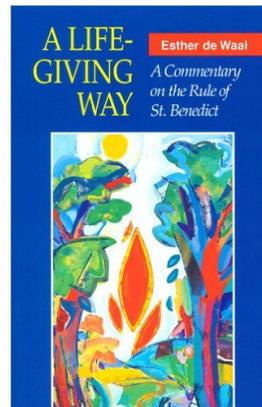
## Resources



A Spirituality for the 21st. Century - The Rule of Benedict  
– Sr. Joan Chittister OSB



Seeking God  
The Way of Benedict  
– Esther De Waal

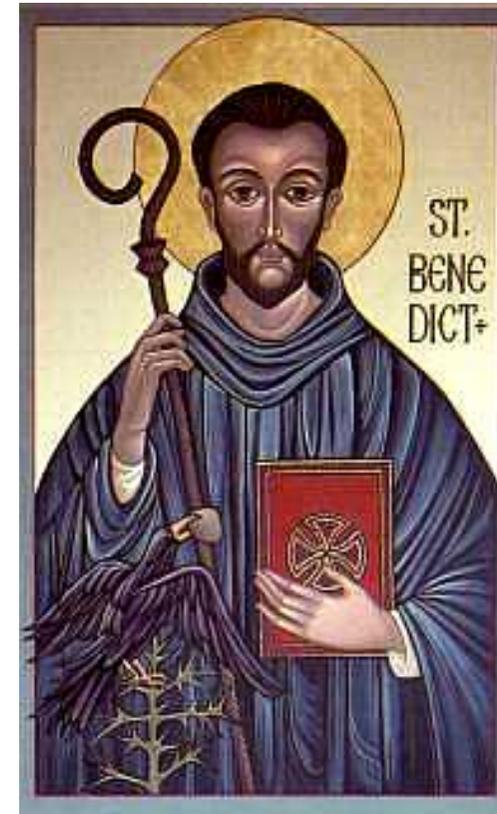


A Life Giving Way

YouTube - Search "Seeking God, Seeking Life - Esther de Waal"

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[www.camaldolesedownunder.com](http://www.camaldolesedownunder.com)  
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## The Rule of St Benedict



Benedictine spirituality offers more a way of life and an attitude of mind than it does a set of religious prescriptions.  
– Sr. Joan Chittister OSB – A Spirituality for the 21<sup>st</sup> Century.

*A selection of quotes from the Rule of St Benedict  
with family relationships in mind*

If you desire true and lasting life  
keep your tongue from evil  
and your lips from speaking deceit;  
avoid evil and do good; seek peace and pursue it.

*The rule of St Benedict 17*

Pray for your enemies for the love of Christ.  
If you have a quarrel with someone,  
Make peace before sundown,  
and never despair of God's mercy.

*The rule of St Benedict 4. 72-74*

This (recitation of the Lord's Prayer) is done  
because of the thorns of quarrelling  
that often spring up.  
When the brethren respond to the prayer:  
'Forgive as we forgive',  
they make a solemn pact  
to purge this vice from themselves.

*The rule of St Benedict 13.12-13*

Let them strive to be the first to honour one another  
They should bear each other's weaknesses  
of both body and character  
with (the utmost) patience.

*The rule of St Benedict 72*

After founding twelve communities of monks at Subiaco, Italy, Benedict of Nursia (480 AD - 21 March 547) travelled to Montecassino where he established a monastery which would become the most famous abbey in continental Europe. At Montecassino he wrote "*The Rule*." This simple set of guidelines for life has become one of the most influential works in all of Western Christendom.

For Benedict of Nursia, the spiritual life lay in simply living this life, our daily life, well.

All of it.

Every simple, single action of it.

*- Sr. Joan Chittister OSB*

The purpose of the Rule is to furnish a framework within which to build the structure of a simple and pure spiritual life, pleasing to God by its perfection of faith, humility and love. The Rule is not an end in itself, but a means to an end, and it is always to be seen in relation to its end. The end is union with God in love and every line of the Rule dictates that its various prescriptions are given to show us how to get rid of self-love and replace it by love of God

*- Thomas Merton OCSO*

As the world grows more accelerated, we all cry out for slowness.

As the world grows more distracted we all cry out for focus.

As the world is evermore full of information, we all cry out for wisdom.

*- Pico Iyer (Keynote Speech, Camaldolese Assembly 2013, California)*