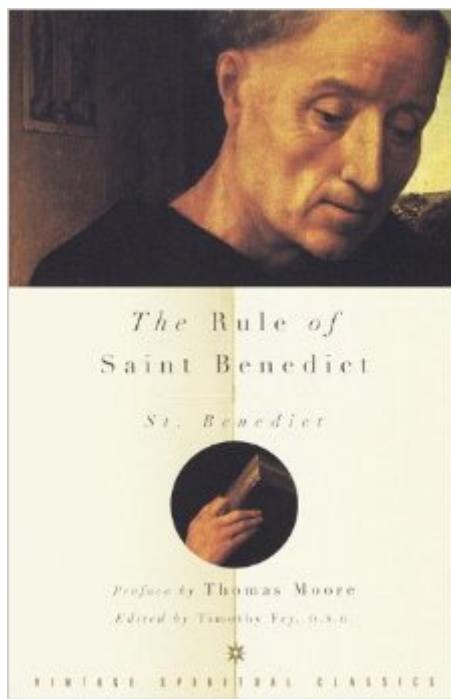


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# The Rule Of Saint Benedict



## **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**

The Rule of St. Benedict is a fairly short book, usually printed in fewer than 100 pages, with its 73 chapters of a few paragraphs in length at most. Here the entirety of the Rule is contained in 70 pages. It is a good example of the statement, 'good things come in small packages'. This particular volume comes from the Vintage Spiritual Classics series, and there is no doubt that the Rule of Benedict, standing solid in community for 1500 years, qualifies. Countless people have based their lives and spiritual practices on the words contained herein. Thomas Moore, noted author of such texts as 'Care of the Soul' and 'Meditations', provides an introduction to the series. Moore's

sensibilities lend themselves to the practice of a rule -- discipline and community are important to him, and as such he finds a natural bond with Benedictine practices. Father Timothy Fry, OSB (which stands for 'Order of St. Benedict', and is used by monastics and oblates), provides a brief introduction and a timeline of monastic development from before the Christian era to after the time of Benedict. Benedict was fully aware of human frailty, as true 1500 years ago as it is today. This frailty requires much to be done to give the person strength, and so Benedict's Rule is designed for an ever-increasing self-discipline which is supported by community worship and practice. Benedict's Rule for life includes worship, work, study, prayer, and relaxation. Benedict's Rule requires community -- even for those who become hermits or solitaries, there is a link to the community through worship and through the Rule. No one is alone. This is an important part of the relationship of God to the world, so it is an integral part of the Rule.

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