

INTRODUCTION TO THE SPIRITUAL LIFE

SESSION TWO—BENEDICTINE SPIRITUALITY

READING LIST

ST. BENEDICT OF NURSIA/THE RULE OF ST. BENEDICT

- **Chittister, Joan, OSB. *Wisdom Distilled from the Daily: Living the Rule of St. Benedict Today*. San Francisco: HarperSanFrancisco, 1990.

Wise and enduring guidelines for the spiritual life based on *The Rule of St. Benedict*. The best contemporary interpretation of *The Rule* I've found, Chittister's book shows how Benedict's way is for "ordinary people living ordinary lives." She cites Timothy Fry's translation.

- *Fry, Timothy, OSB, ed. *The Rule of Saint Benedict in English*. New York: Vintage Spiritual Classics, Random House, Inc, 1981.

Composed nearly fifteen hundred years ago by the father of Western monasticism, it is both a classic of Christian wisdom literature and a contemporary guide for living in Christian community.

- **Henry, Patrick, ed. *Benedict's Dharma: Buddhists Reflect on the Rule of Saint Benedict*. New York: Riverhead Books, 2001.

Four prominent Buddhist scholars reveal the similarities between the Christian monastic tradition as outlined in *The Rule of St. Benedict* and the Buddhist monastic tradition. An insightful and thoroughly contemporary perspective on *The Rule of St. Benedict*. Includes a new translation of *The Rule* by Patrick Barry, OSB, former abbot of Ampleforth Abbey, Yorkshire, England. Afterword by David Steindl-Rast, OSB.

- Norris, Kathleen. *The Cloister Walk*. New York: Riverhead Books, 1996.

A Protestant woman takes the reader through a liturgical year as she moves in and out of the cloistered world of the Benedictine community at St. John's Abbey and University in Collegeville, Minnesota. Kathleen Norris is a Benedictine oblate living in South Dakota.

- Steindl-Rast, David, OSB, with Sharon Lebell. *Music of Silence: A Sacred Journey through the Hours of the Day*. Berkeley, CA: Seastone, 1998.

A meditation on the wisdom of “stepping out of clock time” and into prayer and Gregorian chant, done according to the ancient rhythms of the canonical hours, the “seasons of the day.”

- Vest, Norvene. *No Moment Too Small: Rhythms of Silence, Prayer and Holy Reading*. Kalamazoo, MI: Cistercian Publications, Inc., 1994.

Vest shows how three Benedictine foundational practices—silence, prayer and holy reading (lectio divina)--provide a framework for spiritual growth in our times. Norvene Vest is a Benedictine oblate living in California.

- De Waal, Esther. *Seeking God: The Way of St. Benedict*. Collegeville, MN: Liturgical Press, 1984.

De Waal takes the principles of *The Rule* and makes them relevant to ordinary people today. She is an English lay person, a scholar and retreat leader.

*Primary source

**Includes primary source material

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