Material on Benedict/Benedictine Values

Wisdom from the Monastery by Patrick Barry, Richard Yeo, and Kathleen Norris
A contemporary translation of the Rule and short reflections on the seven basic elements of Benedictine spirituality that are a recipe for healthy, balanced, and purposeful living.

A Good Neighbor: Benedict’s Guide to Community by Robert Benson
Facing the confusing conflicts of modern life head on, Benson shows what it means to live in our neighborhoods, work at our jobs, be a family, and have friends, in ways that build places of relationship, love, and mutual support.

Perspectives on the Rule of Saint Benedict by Aquinata Bockmann
Combining the tools of a scholar with the love of a Benedictine, Sr. Aquinata focuses on parts of the Rule where Benedict’s own teaching is most clearly expressed. She has a special gift of presenting complex ideas in a manner accessible to non-specialists without compromising depth. Engaging book for scholars, monastics, oblates, and non-monastics.

Living in the Truth: Saint Benedict’s Teaching on Humility by Michael Casey
Shows us how humility brings a basic happiness able to cope with difficulties. Translates humility to the modern arena of capitalistic competition. Demonstrates how people must stop envy and be content with our own gifts and limitations.

The Road to Eternal Life by Michael Casey
Reflections on the Prologue one verse at a time, delves into the richness of meaning that can be found in Benedict’s words.

Strangers to the City: Reflections on the Beliefs and Values of the Rule of St. Benedict by Michael Casey
Encourages readers to set clear goals and objectives, to be honest about the practical ways in which priorities may have to change to meet these goals and to have courage to implement these changes.

The Gift of Years: Growing Older Gracefully by Joan Chittister
Not only accepting but celebrating getting old, this inspirational and illuminating work looks at the many facets of the aging process, from purposes and challenges to struggles and surprises.

The Monastery of the Heart by Joan Chittister
A guide based on the ancient Rule of Benedict that provides a practical model upon which to build a satisfying life.

Radical Spirit by Joan Chittister
Feeling burnt-out from life, strung-out from social media, and put out by a society that always wants more? Beloved nun and social activist offers a practical, character-building, and inspirational guide to help you take control of your emotional life and redirect your spiritual destiny.

The Rule of Benedict: Insights for the Ages by Joan Chittister, OSB
Contains wisdom for addressing issues facing us – relationships, authority, community, balance, work, simplicity, prayer, and spiritual and psychological development.
The Rule of Benedict: A Spirituality for the 21st Century by Joan Chittister
This new edition of a classic religious text combines the timeless wisdom of Benedict of Nursia's Rule with the perceptive commentary of a renowned Benedictine mystic and scholar. In her new introduction to the Rule, the author boldly claims that Benedict's sixth-century text is the only one of great traditions that directly touches the contemporary issues facing the human community—stewardship, conversion, communication, reflection, contemplation, humility, and equality. Tracing Benedict's original Rule paragraph by paragraph, it expands its principles into the larger context of spiritual living in a secular world and makes the seemingly archaic instructions relevant for a contemporary audience.

Wisdom Distilled From the Daily, Living the Rule of St. Benedict Today by Joan Chittister
Wise and enduring spiritual guidelines for everyday living.

Meeting Christ In His Mysteries: A Benedictine Vision of the Spiritual Life by Gregory Collins, monk of Glenstal Abbey, Ireland
Nourished by liturgy and lectio divina, this book offers a transforming theological vision based on prayer and spiritual insight. The author’s aim is to encourage a contemporary mystical spirituality based on the great sources of Christian revelation.

A Blessed Life, Benedictine Guidelines for Those Who Long for Good Days by Wil Derkse
Numerous lay persons have experiences that the guidelines of St. Benedict’s Rule offer inspiring and realistic ways toward a blessed life, aiming at the growth & flourishing of persons & communities in which they live and work.

The Rule of Benedict for Beginners by Wil Derkse
Reveals how elements from Benedictine spirituality and the Benedictine lifestyle may be fruitful outside the monastery to strengthen the quality of societal living and working.

A Life-Giving Way: A Commentary on the Rule of St. Benedict by Esther de Waal
This commentary focuses on what Benedict tells us about the interior life. It takes the shape of prayerful reflections on his words of wisdom regarding the disposition of the heart. It leads the reader to answer the question: “Am I truly seeking God?”

Seeking Life: The Baptismal Invitation of the Rule of St. Benedict by Esther de Waal
For the lay person on the Rule of St. Benedict. The author communicates clearly the principal values of the Rule when applied to lay people is the ultimate strength of this book.

Seeking God: The Way of St. Benedict by Esther de Waal
Through this definitive classic Esther de Waal has become known as an authority for the lay person on the Rule of St. Benedict. Her ability to communicate clearly the principal values of the Rule when applied to lay people is the ultimate strength of this book. She follows each chapter with a page or two of thoughts and prayers, contributing to its meditative quality.

Citadel of God: A Novel of Saint Benedict by Louis de Wohl
Telling the dramatic story of St. Benedict, the father of Western monasticism, who played such a major role in the Christianization and civilization of post-Roman Europe in the 6th century. An intricate
tapestry of love, violence, and piety to recount with historical accuracy the story of St. Benedict and the tempestuous era in which he lived.

**Doing Business with Benedict: The Rule of St. Benedict and Business Management** by Kit Dollard
The Rule’s stress on realism, vision, and perseverance in the context of strong communities provides businesses with a way to survive and succeed.

**Cherish Christ Above All: The Bible in the Rule** by Demetrius Dumm, OSB
Traces Benedictine roots and shows how the Judeo-Christian scriptures shine through the monastic way of life. Pointing out that hospitality often associated with the Benedictines begins with the entertainment of God’s presence.

**Living Faith Day by Day** by Debra K Farrington
This book is designed to help you discern your spiritual path by drawing on the ancient traditions to form your personal rule of life. With fascinating historical details and modern day examples, the author shows us how to discern and express our spirituality through prayer, work, and spiritual community, care of our bodies, service, and hospitality.

**Benedict of Nursia: His Message for Today** by Anselm Grun
Reflects on how Benedict’s instructions enable one to live constantly in the presence of God. It is not merely that we focus our attention on God, but that we’re aware that God always focuses attention on us, loving and encouraging us in all things.

**Benedict’s Dharma: Buddhists Reflect on the Rule of St. Benedict** by Patrick Henry
Through personal anecdotes and thoughtful comparison, four Buddhist scholars reveal how the wisdom of each tradition can revitalize the other. Appealing to anyone interested in rediscovering the value of an ancient discipline in the modern world.

**Praying with Benedict** by Katherine Howard
An introduction to the spiritual riches of St. Benedict’s life and Rule. A quick entry into Benedictine spirituality for those new to it, and a map for deeper awareness for those on familiar ground.

**Behind the Beginnings** by Sister M Incarnata Girgen, OSB
This study is an attempt to present two sisters who played parts in establishing the Benedictines in America.

**Finding Sanctuary** by Abbot Christopher Jamison
Suggested teachings of St. Benedict as a tool for everyday life for those who are religious and for those simply searching for spiritual guidance.

**Finding Happiness: Monastic Steps for a Fulfilling Life** by Abbot Christopher Jamison
He explains that happiness is a gift not an achievement. It is the fruit of giving and receiving blessings. Abbot Christopher examines different aspects of happiness and tells us what monastic wisdom has to say about them.
Conversation with Saint Benedict by Terrence Kardong
Kardong, a renowned scholar considers various aspects of modern culture that he considers worrisome of the light that Benedict’s Rule might shed on them for Christians today.

The Benedictine Gift to Music by Katharine Le Mee
Illustrates how the sung liturgy of the Gregorian chant developed into the complex polyphonic music of the Western world, discussing such topics as the contributions of Benedictine musicians to modern religious practices.

Always We Begin Again: The Benedictine Way of Living by John McQuiston II
The Rule has the power to shape lives in quiet ways when the reader incorporates time for work, friendship, growth of the mind and nurturing of the spirit through meditation and prayerfulness.

The Benedictine Way by Wulstan Mork, OSB

Notes and Comments on the Rule of Saint Benedict by Sr. Gladys Noreen, OSB

The Cloister Walk by Kathleen Norris
The author felt transformed upon leaving her visit to the monastery, as daily events gradually took on new meaning. Once in the monastery, she found that time slowed down, offering a new perspective on community, family, and life.

A Hidden Wholeness: The Journey Toward an Undivided Life by Parker J Palmer
Describes a form of community that fits the limits of our active lives. Defining a “circle of trust” as “a space between us that honors the soul,” he shows how people in settings ranging from friendship to organizational life can support each other on the journey.

Households of God: The Rule of St. Benedict by David Parry, OSB
Explanations of the Rule for monks and lay-people today.

Benedict’s Way by Lonni Collins Pratt & Fr. Daniel Homan, OSB
In thirty short chapters, authors provide stories, reflections, prayers, and actions through which readers can understand Benedict’s principles and allow them to shape ordinary life.

Running with Expanding Heart by Mary Reuter, OSB
Author pays attention to the extraordinary in the ordinary, in discovering the presence of God in the events of daily life. Readers will also take up the practice of looking for God in unexpected places.

Benedictine Living: Reflections for Prayer and Meditation by Kate Ritger
Open up your everyday experiences by considering them through a Benedictine lens with this collection of reflections. Meaningful and insightful at any time of the year, this companion offers Benedictine and spiritual wisdom to the timeless themes of our lives.

Monastery Talks: At Home with Saint Benedict by Mark A Scott, OCSO
A sharing of what the Rule might have to offer monks of the 21st century. It is hoped that these conferences will speak to men and women outside the monastic cloister.

Prayer & Community: The Benedictine Tradition by Columba Stewart, OSB
Introduces the spirituality of the ancient Benedictine monastic tradition.

Spirituality for Everyday Living: An adaptation of the Rule of St. Benedict by Brian Taylor
For individuals/groups who seek God through qualities of ordinary life. These Rules are explored for application to those of us outside the enclosure struggling to find God in the life we have been given.

Praying with Benedict by Korneel Vermeiren, OCSO
A presentation of monastic spirituality and opens it to persons outside monastery walls. It links St. Benedict’s teaching to earlier spiritual traditions and shows how various elements of monastic life complement each other.

Sacred Rhythms: The Monastic Way Every Day by Br. Francis de Sales Wagner, OSB
The Christian life is meant to be one of unity. It is about making the whole of life hold. The path of eternal life is an integrated journey we must make each day by embracing rhythmic lives of prayer, work, faithfulness, and conversion.

Beyond the Walls: Monastic Wisdom for Life by Paul Wilkes
Each chapter closes as the author searches for the proper ways to integrate what he learned during his time at the Abbey into his life as a father, husband, teacher, writer, and lay minister. He uses monastic wisdom to speak to the journey of faith itself.

Saint Benedict’s Rule

The Benedictine Handbook
This handbook will help people follow the Rule, as it explains the essential elements of Benedictine Spirituality. It provides information on the spread of the Benedictine movement, its outstanding figures, and main branches today.

Life and Miracles of Saint Benedict
A translation of the biography written by Pope Gregory the Great, this “official biography” is also known as the second book of dialogue. It is the earlies and this most valuable biography of Saint Benedict.

The Life of Saint Benedict

Saint Vincent A Benedictine Place (Pennsylvania)