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. (Foundational Level)

A Good Neighbor: Benedict’s Guide to Community by Robert Benson
Facing the confusing confictions 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. (Foundational Level)

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. (Intermediate Level)

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. (Intermediate Level)

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. (Foundational Level)

Sacred Reading, the Ancient Art of Lectio Divina by Michael Casey
Examines the Western tradition of lectio divina, a spiritual and prayerful approach to reading the sacred texts in order to help readers expand their spiritual approach to living. (Intermediate Level)

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. (Intermediate Level)

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

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

Radical Spirit by Joan Chittister, OSB
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. (Foundational Level)

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. (Foundational Level)

The Rule of Benedict: A Spirituality for the 21st Century by Joan Chittister, OSB
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. (Intermediate Level)

Wisdom Distilled From the Daily, Living the Rule of St. Benedict Today by Joan Chittister, OSB
Wise and enduring spiritual guidelines for everyday living — as relevant today as when The Rule was originally conceived by St. Benedict in fifth century Rome. (Intermediate Level)

Meeting Christ in His Mysteries: A Benedictine Vision of the Spiritual Life by Gregory Collins, 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. (In-depth Level)

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. (Intermediate Level)

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. (Foundational Level)

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?” (Foundational Level)

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. (Intermediate Level)
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. (Foundational Level)

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. (In-depth Level)

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. (Intermediate Level)

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. (Intermediate Level)

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. (Intermediate Level)

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. (Intermediate Level)

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. (Intermediate Level)

The Reshaping of a Tradition by Ephrem Hollermann, OSB
Focus is on the women and the way of life from 1852-1881, aimed to identify the early foundresses of Benedictinism of North America, to describe the role of these women in the early spread of the Order and to discover some continuities between their life in America and in Europe. (In-depth Level)

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. (Foundational Level)

The Monk’s Tale: A Biography of Godfrey Diekmann, OSB by Kathleen Hughes
It recounts a time of turmoil and change that continues to shape the Church capturing the history of the liturgical movement in the U.S. Attempting to recover the vision of liturgy articulated at Vatican II. (In-depth Level)

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. (Foundational Level)

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. (Intermediate Level)

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. (Intermediate Level)

The Way Forward by Victor Klimoski
"The Way Forward" is a selection of Klimoski’s writings, featuring seven original poems. The reflections have their roots sunk deep in monastic spirituality and upon the celebration of Klimoski’s retirement from Saint John’s School of Theology in Collegeville, MN. Those new to Benedictine wisdom will encounter the invitation to move closer to a discerning life guided by the Gospel. For those who already know well the Benedictine Way, these prayerful readings demonstrate the application of monastic values and provide encouragement for the long journey. (Foundational Level)

Benedict in the World by Linda Kulzer and Roberta Bondi
Beginning with an introductory chapter citing some reasons for an influx of Benedictine oblates into monasteries today. It then presents in detail a collection of the lives of nineteen significant Benedictine oblates who lived from the years 973 to 2000. Nearly half the contributors are themselves Benedictine oblates and most of the others are professed Benedictine monastics. The combined effort offers support and inspiration to those who have loved their oblate journey and brings to light the lives of these outstanding lay monastics. (In-depth Level)

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. (In-depth Level)

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. (Foundational Level)

**The Benedictine Way** by Wulstan Mork, OSB
An instructional guide on the Benedictine way, teaching everyone from novices and nuns, monks and lay people, to take on the Benedictine mentality of prayer and community life. (Intermediate Level)

**Notes and Comments on the Rule of Saint Benedict** by Sr. Gladys Noreen, OSB
Foot notes to understanding the Rule of Saint Benedict. (Foundational Level)

**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. (Foundational Level)

**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. (Intermediate Level)

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

**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. (Foundational Level)

**John Cassian: The Conferences** by Boniface Ramsey
Since its inception in 1947, the Ancient Christian writer’s series has become one of the world’s premier patristic collections. (In-depth Level)

**Running with Expanding Heart** by Mary Reuter, OSB, Saint Benedict’s Monastery
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. (Foundational Level)

**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. (Intermediate Level)

**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. (Foundational Level)

Prayer & Community: The Benedictine Tradition by Columba Stewart, OSB, Saint John’s Abbey
Introduces the spirituality of the ancient Benedictine monastic tradition. (Foundational Level)

Spirituality for Everyday Living: An adaptation of the Rule of St. Benedict by Brian Taylor
For individuals 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 our life. (Foundational Level)

How to Live by Judith Valente
Explores the key elements of the rule and clearly demonstrates how incorporating this ancient wisdom can change the quality and texture of our lives offering a way forward from the divisions gripping our country. These fresh and profound explorations are inspiring and thoughtful, and will motivate readers to live a meaningful life. (Foundational Level)

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. (Intermediate Level)

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 holy. The path of eternal life is an integrated journey we must make each day by embracing rhythmic lives of prayer, work, faithfulness, and conversion. (Intermediate Level)

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. (Intermediate Level)

Saint Benedict’s Rule
The Rule of Saint Benedict is a book of precepts written by Benedict of Nursia for monks living communally under the authority of an abbot. (Foundational Level)

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. (Foundational Level)

Life and Miracles of Saint Benedict
A translation of the biography written by Pope Gregory the Great. It is the earliest and the most valuable biography of Saint Benedict. (Foundational Level)
The Life of Saint Benedict
In his classic Second Book of Dialogues, Pope Gregory the Great lionizes Saint Benedict as hero and casts him predominantly in the role of miracle worker. (Intermediate Level)

Saint Vincent A Benedictine Place (Pennsylvania)
The Monastery of Saint Vincent Arch Abbey is the largest Benedictine Abbey in the United States, established in 1846.