**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)

Dear Joan Chittister: Conversations with Women in the Church by Jessie Bazan

In this groundbreaking book, ten young women active in ministry share their thoughts, aspirations, questions and desires with Sister Joan Chittister, a spiritual master and prophetic visionary who has long encouraged the gifts and voices of those too easily dismissed. The conversations unfold in a series of letters. Each letter writer shares an experience from her life or ministry, and Joan then responds with affirmation and challenge, sharing her wisdom, inspiration and courage with those vitally committed to the church.

A Good Life: Benedict’s Guide to Everyday Joy by Robert Benson

Benson shares his own struggle to balance a spiritual life with the demanding roles of father, husband, and writer. Anyone who feels pulled in too many directions will find this easy read thoughtful, ancient wisdom helpful in creating a life of deep meaning and joy. (Foundational Level)

A Good Neighbor: Benedict’s Guide to Community by Robert Benson

Facing the confusing conflictions 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)

Seventy-Four Tools for Good Living by Michael Casey

There is more in Benedict’s Rule than meets the eye. Based on the rules of life of John Cassian and Saint Basil, Benedict invites us to go further back to the scriptural basis of all Christian and monastic living and pursue our spiritual journey by the guidance of the Gospel. This book of reflections on the tools for good living is intended to be read very slowly, one section at a time. (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)

A Benedictine Reader edited by Hugh Feiss, Ronald Pepin, and Maureen O’Brien

More than twenty years in the making; a collaboration of a dozen scholars, this project gives as broad and deep a sense of the reality of the first one thousand years of Benedictine monasticism as can be done in one volume. The texts included are drawn from many different genres and from several languages and areas of Europe. The introduction to each of the thirty-two chapters aims to situate each author and text and to make connections with other texts and studies within and outside the *Reader*. The general introduction summarizes the main ideas and practices that are present in the Rule of Saint Benedict and in the first thousand years of Benedictine monasticism.

Saint Benedict’s Wisdom: Monastic Spirituality and the Life of the Church by Luigi Gioia, OSB

Author and Benedictine Luigi Gioia demonstrates that monastic spirituality is a gift for the whole Church. Because monastic vows are fundamentally a deep dive into one's baptismal commitments, monastic experience speaks to all the faithful who wish to do the same within different lifestyles. As an expression of divine wisdom, monasticism offers a way of deeply integrating spirituality with the rest of life, teaching us to seek holiness, not only in prayer, but also through work, sharing of food, sleep, and life in community. (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)

A Not-So-Unexciting Life Edited by Carmel Posa

This collection, written by eighteen monks, nuns, and lay scholars, aims to recognize the contribution that Michael Casey has made to Cistercian and Benedictine life over the past forty years. Acclaimed as one of the most significant writers in the Benedictine and Cistercian tradition, Casey has published over one hundred articles and reviews in various journals and written more than eighteen books. (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)

Radical Hospitality by Lonni Collins Pratt & Fr. Daniel Homan, OSB

There is no need to be afraid as we walk through life—afraid of the unknown, the unexpected, even other people. Deep within the heart of Christian spirituality lies a remedy to fear, anger, and suspicion: hospitality. Sharing monastic wisdom as well as stories from her own life, Pratt encourages us to embrace the true meaning of love for the other, by welcoming the stranger—into both our homes and hearts. (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)

St. Benedict’s Guide to Improving Your Work Life: Workplace as Worthplace by Michael Rock

Michael Rock examines Benedict’s writings and teachings on the value of work, presenting the workplace as “worthplace,” where one can find meaning, wholeness, and connectedness—a bridge to the spiritual. Building on ideas and approaches from the world of emotional intelligence, Rock explores the role of emotions at the heart of engagement. This powerful book is for employees, managers, entrepreneurs and anyone searching for true meaning in their daily work. (Intermediate 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)

St. Benedict’s Rule for Business Success by Quentin R. Skrabec, Jr., Ph.D.

Applying *The Rule of St. Benedict* can create and maintain effective organizations, while “allowing an outlet for individual performance within the framework of team goals.” This is a must read for anyone in a position to influence organization’s productivity, culture, and overall success. (Intermediate Level)

Benedictine Promises for Everyday People by Rachel M. Srubas

Blending Scripture, Benedict's Rule, and experiences from her own life, Srubas guides us into the prayerful, observant world of the monastery in the middle of our daily lives. In finding our own ways to stay put and listen well, we will find ourselves changed by God, and our lives will be enriched beyond measure. (Intermediate 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)

Sacred Balance: Aligning Body and Spirit Through Yoga & the Benedictine Way by Melinda Emily Thomas

The author, who is a certified yoga instructor and spirituality blogger, helps you align body and spirit by incorporating Benedictine spirituality and yoga. Spirituality in the Benedictine Way offers the commitments of listening, stability, conversion, humility, and hospitality. These root our values and help us choose how to spend our time, devote our energy, and craft relationships. Yoga offers physical postures to bring those principles into body and spirit by relieving pain and stress and helping us gain strength and flexibility. These practices combine to create a powerful blend of body and spirit--one that promises healing and connection to God. (Foundational Level)

St. Benedict’s Toolbox: The Nuts and Bolts of Everyday Benedictine Living by Jane Tomaine

Though it was written nearly 1500 years ago, the Rule of Benedict still offers the practical tools for living a Christ-centered today. Here in St. Benedict’s Toolbox, readers will find a primer on how to use these tools in their own tumultuous lives. Each chapter examines one aspect of the Rule, from ways of praying to ways of embracing humility, and offers suggestions for prayer, reflection, journaling, and action. As they learn to use Benedict’s tools, readers will discover the power--and the timeliness--of this ancient way of life. (Intermediate 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)

The Way of St. Benedict by Rowan Williams

With typical eloquence and wisdom Rowan Williams explores the appeal of St Benedict's sixth-century Rule, showing it to be a document of great relevance to present day Christians and non-believers at our particular moment in history.

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.

The Pivotal Players: St. Augustine & St. Benedict (DVD)

This is a multi-part film series that illumines a handful of saints, artists, mystics, and scholars who not only shaped the life of the Church but changed the course of civilization. This installment focuses on two incredible saints from the fourth and fifth centuries, St. Augustine of Hippo and St. Benedict of Nursia.