

St. Benedict

St. Benedict was a visionary and is known as the Father of Western Monasticism. The Rule of Benedict has been a guide to the spiritual life for monks and lay people alike since the sixth century. Benedictine spirituality, which is based on the Gospel, seeks to fill up our emptiness and heal our brokenness in ways that are sensible, humane, whole and accessible to an overworked, overstimulated, overscheduled human race.

Joan Chittister OSB



Suggested Reading:

The Rule of Benedict

Wisdom Distilled from the Daily

Living the Rule of St. Benedict Today
and

The Rule of Benedict

A Spirituality for the 21st Century

By Joan Chittister, OSB

Seeking God: The Way of Benedict

By Esther de Waal

If you are interested in learning more about our Oblate Formation Program you are invited to contact the Oblate Director at:

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House of Bread Monastery



Who are Benedictine Oblates?

Benedictine Oblates are Christian people of various backgrounds, faiths, traditions and lifestyles who experience a yearning to deepen their spirituality according to the spirit and vision of St. Benedict. Through personal prayer and ongoing support from the Sisters and Oblates of the House of Bread Monastery, and while continuing to live in their own homes and communities, Oblates find strength to actively live their baptismal covenant, the wellspring of Christian spirituality.

Formation Program

The following 2-year program is designed for Oblates and Candidates of the House of Bread Monastery.

Year 1 2011-2012

The Rule of Benedict: a Book of Wisdom (All welcome)

- a life-giving guide
- living the Rule in daily life

Humility: The Lost Virtue (Oblates/candidates only)

- connection to personal growth
- foundation of all healthy relationships



The Desert and the Marketplace (All welcome)

- practicing the presence of God
- simple living-living simply

Obedience: Holy Responsibility (Oblates/candidates only)

- how did Jesus live obedience?
- how do we live obedience?



The Indwelling Presence in Daily Life (All welcome)

- prayer and *lectio divina*
- and what about grace?

Suscipe: “Receive me, Lord” (Oblates/candidates only)

- commitment leading to growth
- trusting the action of God in life



Year 2 2012-2013

The Rule and the Monastic Vision (All welcome)

- **St. Benedict**-Visionary for today
- discerning the Holy in a complex world

Hospitality: the Unboundaried heart (Oblates/candidates only)

- who is our Samaritan?
- reaching beyond the familiar

Community: Basis of Relationships (All welcome)

- growing & developing in community
- finding the Holy in relationships

Spiritual Discipline in our times (All welcome)

- why do we need it?
- inward and outward forms

Work and Holy Leisure (All welcome)

- our participation in Creation
- understanding the ‘good life’

Praying the Psalms (Oblates/candidates only)

- poetry of the heart
- ancient cries from the soul’s depth