

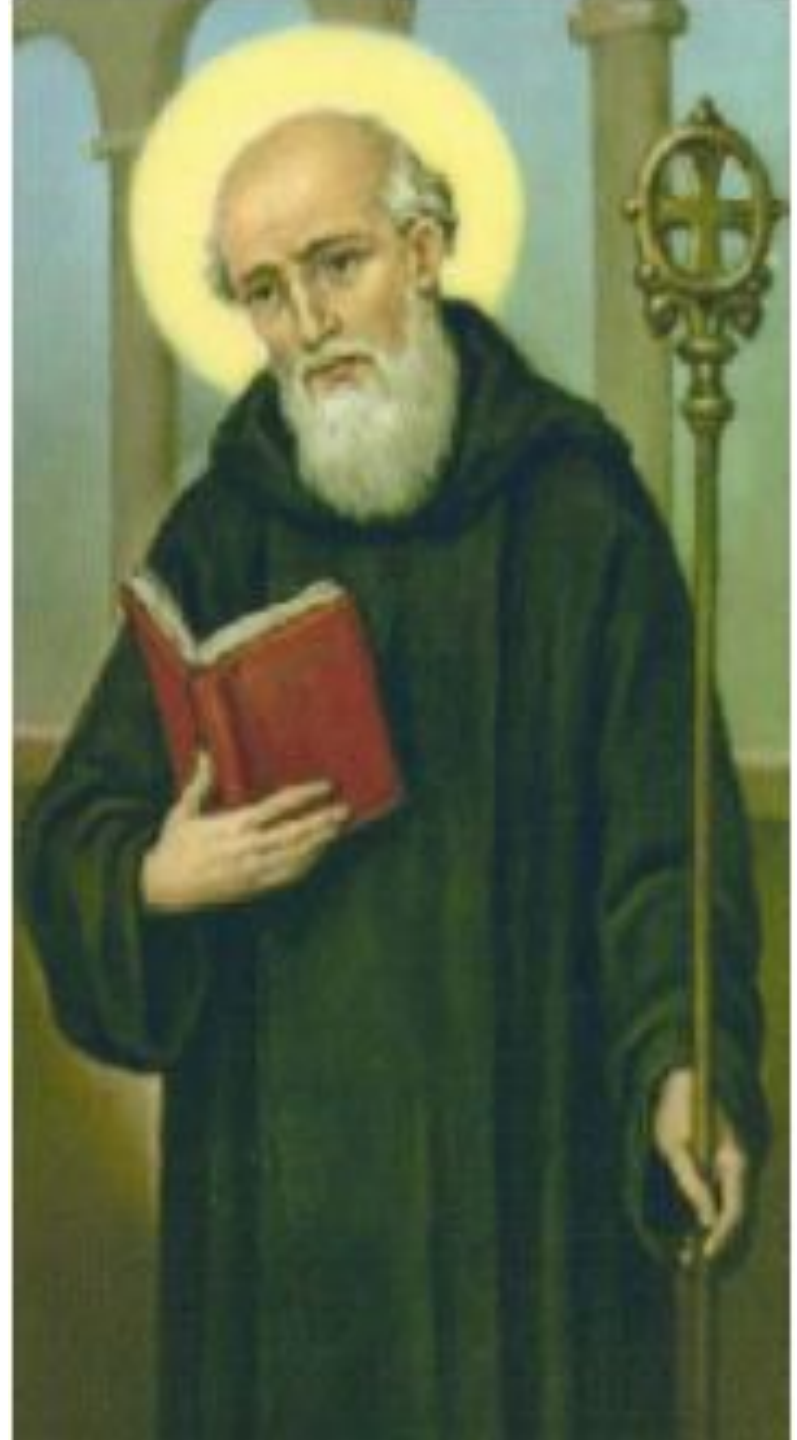


**UNITED**  
THEOLOGICAL SEMINARY  
OF THE TWIN CITIES  
*Education for Transformation*

# Benedictine Spirituality Outside the Cloister

A Lecture by Interim President Molly T. Marshall

# I. The Life of St. Benedict



1. The city of Norsia, Italy, not from the time of his birth, 480 CE, but gives an idea of the landscape today



## 2. A young St. Benedict



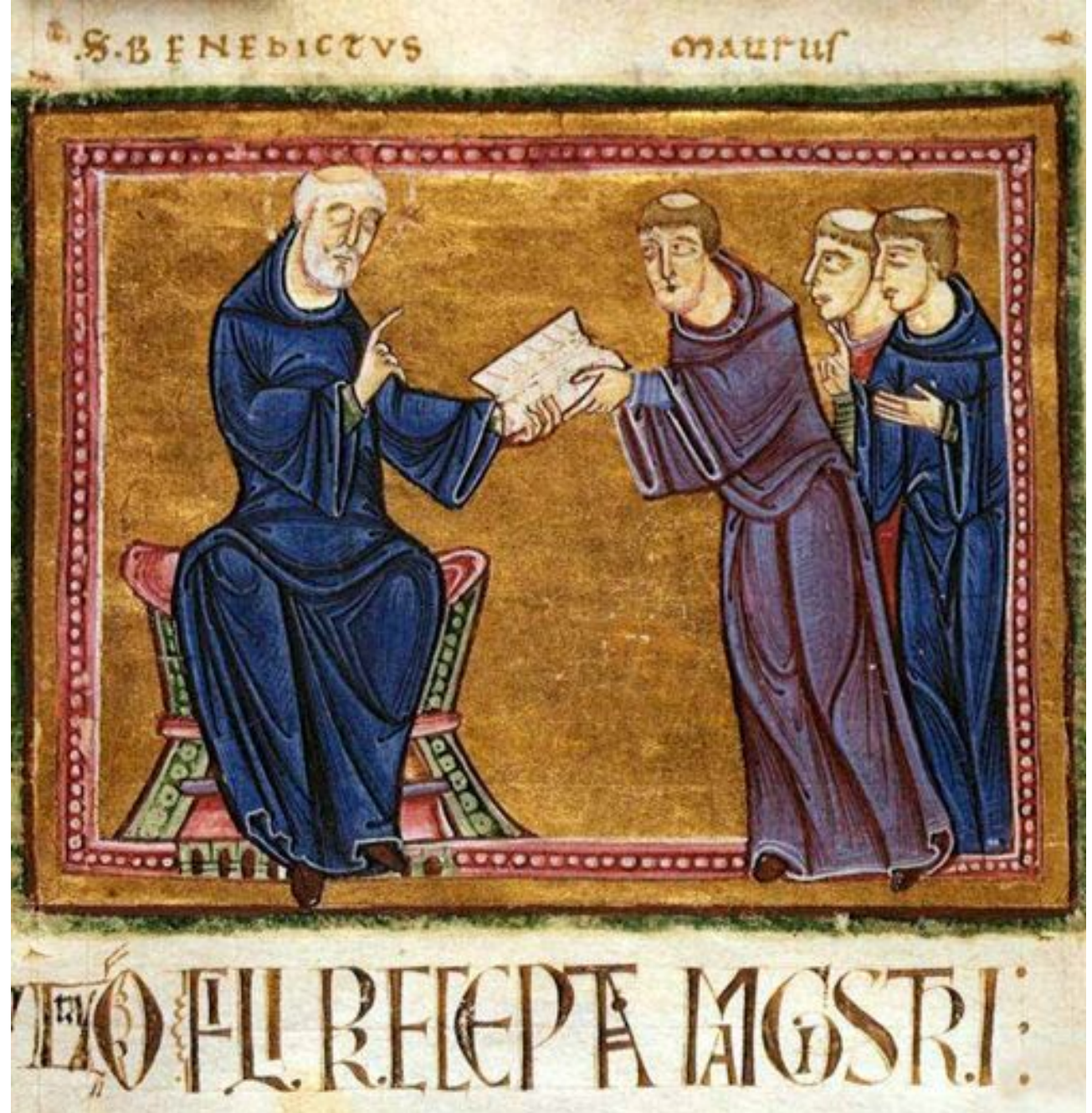


3. An image of the raven taking the poisoned bread away from St. Benedict at the Monastery of San Benedetto, Subiaco, Italy, fresco in the Holy Cave





4. An image of the *Rule* of St. Benedict handing his *Rule* over to his monks, taken from a manuscript of the *Rule* from the British Museum

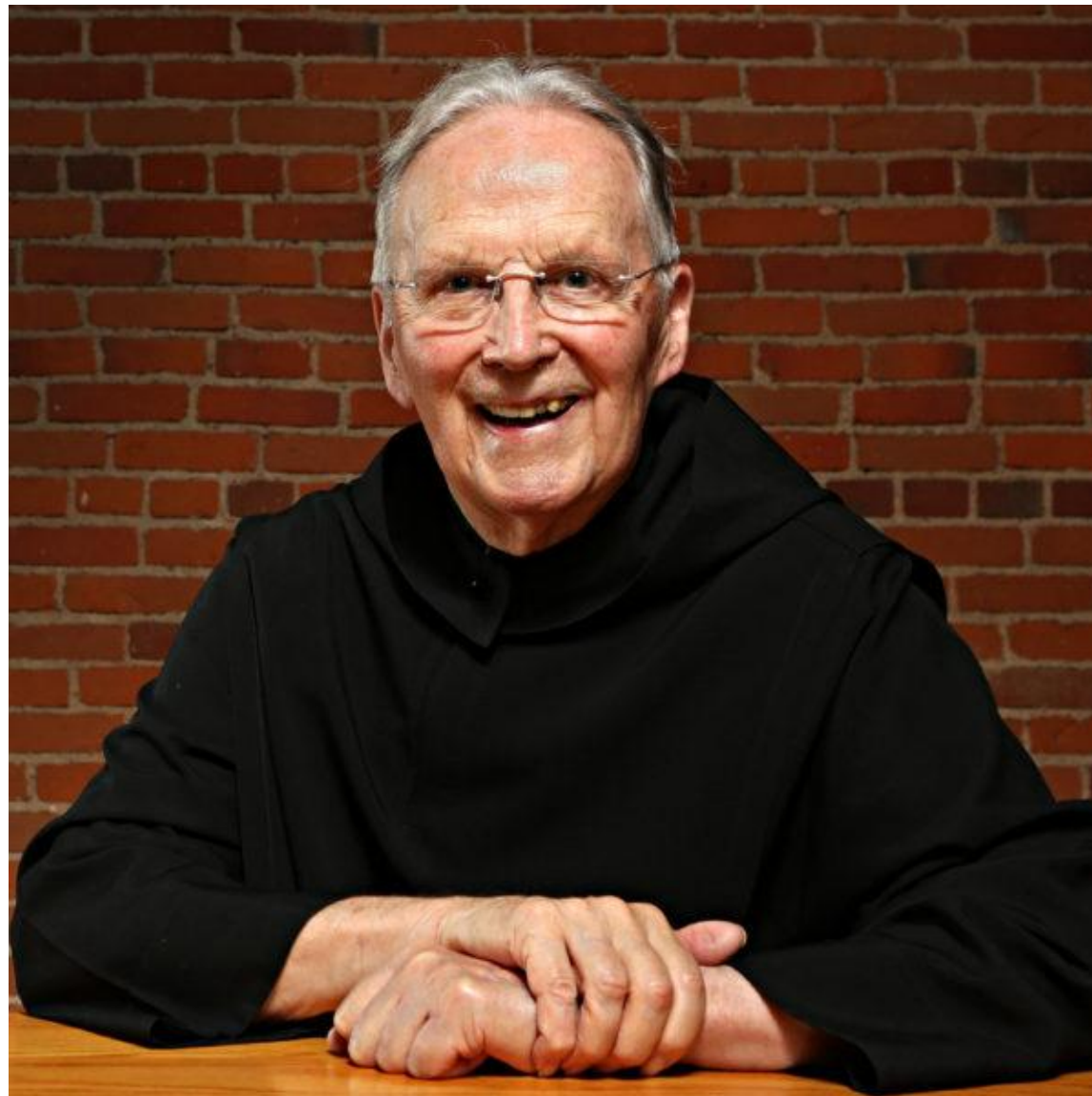




## II. The Quest for Community through Two Vows

A. Stability

B. *Conversatio Morum*



**Kilian McDonnell, Monk of St. John's Abbey, Collegeville, Minnesota**







# III. The Quest for Balance

A. Prayer

B. Work

C. Holy Leisure



# A. Prayer

## Monastic Prayer Schedule

### Monday-Saturday

Vigils	6:00 a.m.
Lauds	7:15 a.m.
Eucharist	11:45 a.m.
Daytime Prayer	1:00 p.m.
Vespers	5:15 p.m.
Compline	7:15 p.m. (no public Compline on Tuesdays)

### Sundays

Vigils	6:20 a.m.
Lauds	7:45 a.m.
Eucharist	10:30 a.m.
Daytime Prayer	12:30 p.m.
Vespers	5:30 p.m.
Compline	7:15 p.m.



Conception Abbey, Conception, MO





1. It is the filter through which we view our worlds
2. It is regular, universal and converting
3. It is so easy simply to get too busy to grow...but regularity in prayer cures all that
4. To Pray only when we feel like it is more to seek consolation than to risk conversion
5. Without prayer, the energy for the rest of life runs down
6. To pray when we cannot is to let God be our prayer
7. Prayer must be scriptural, not simply personal



Sisters of St. Benedict's Monastery, St. Joseph, MN



# B. Work

1. Work is not to enable me to get ahead; the purpose of work is to enable me to get more human and to make my world more just.
2. Work, in the Benedictine vision, is meant to build community. When we work with others, we give ourselves, which is key. We never work, in other words, for our own good alone.
3. Work is the way I am saved from total self-centeredness. It gives me a reason to exist that is larger than myself. It makes me part of possibility.
4. Work is a gift to be given. Work is a necessary part of holiness in Benedictine life.
5. We work because the world is unfinished, and it is ours to develop. We work with a vision in mind, shaped by God's dream, the reign of God.



# C. Holy Leisure

1. It is not laziness, and it is not selfishness. It has something to do with the depth and breadth, length and quality of life.
2. No day is to be so full of business that the gospel dare not intrude. No schedule is to be so tight that there is no room for reflection on whether what is being done is worth doing at all.
3. Contemplation does not take non-work; contemplation takes holy leisure. Contemplation takes discipline.
4. We tell ourselves that things are just too hectic, that what we really need is play, not holy leisure. The fact is that it is our souls, not our bodies, which are tired.





