

GO AND...

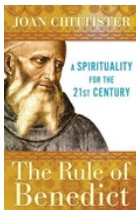
RULE OF ST. BENEDICT

For nearly 1500 years, countless people have used the Rule of St Benedict to show them how to live in a community. Self-described as a ‘little rule for beginners’ (Chapter 73), it is an excellent source for us as we Go And Serve with Neighbors! Benedict directs us that if we see others as Christ himself (Chapter 36), we are bound to serve in a more attentive and caring way, down to the smallest detail. He even includes instructions on how to answer the door! (promptly, and ask for a blessing—Chapter 66) He dedicates the longest chapter on Humility (Chapter 7), giving us a 12-rung ladder to learn this core teaching well. He commends the reader to have a “good zeal” for serving others quickly, being the ‘first to show respect to the other’ (Chapter 72).

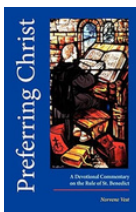
One of the best ways to learn about St Benedict’s short Rule is to read it! The Rule is simple but not always easy to follow. These commentaries are quite helpful in understanding Benedict’s original meaning and finding applicable insights for our times.



“St Benedict’s Rule: An Inclusive Translation and Daily Commentary” - Judith Sutura OSB



“The Rule of Benedict: A Spirituality for the 21st Century” - Joan Chittister OSB



“Preferring Christ: A Devotional Commentary on the Rule of Saint Benedict” - Norvene Vest

Carol Olson is an ELCA Lutheran and has been an Oblate of St. Benedict for 25 years. As a Benedictine Oblate, she promises to keep learning about The Rule and to live my life according to the Rule as I am able. It has greatly impacted her spiritual life! If you want to learn more information, please contact Carol at: carol.olson@nebraskabenedictineoblates.org