The Rule of St. Benedict
as lived by the Sisters of St. Paul’s Monastery
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Core Values: There are five core Gospel values that the Sisters of St. Paul’s Monastery hold sacred and that guide our monastic life, our conversations and our decisions:

1. Community

We are committed to one another as we live out the monastic way of life according to the Rule of St. Benedict.

Listen carefully, my child, to the master’s instruction, and attend to them with the ear of your heart... As we progress in this way of life and in faith, we shall run on the path of God’s commandments, our hearts overflowing with the inexpressible delight of love.

Prologue, Rule of St. Benedict

St. Paul’s Monastery

Phone 651.777.8181
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2. Prayer

We are committed to being faithful to the rhythm of monastic prayer, both communal and personal.

Let us get up then, at long last, for the Scriptures rouse us when they say, “It is high time for us to arise from sleep” (Rom. 13:11). Let us open our eyes to the light that comes from God, and our hearts to the voice from heaven that every day calls out this charge: “If you hear his voice today, do not harden your hearts” (Ps. 94:8). And again: “You that have ears to hear, listen to what the Spirit says to the churches” (Rev. 2:7). And what does he say? “Come and listen to me, children; I will teach you the fear of the Lord” (Ps 33:12). “Run while you have the light of life, that the darkness of death may not overtake you” (John 12:35).
3. Hospitality

We are committed to welcoming all people, especially those in need, thereby carrying out the challenge of St. Benedict: “All guests who present themselves are to be welcomed as Christ.”

If I were looking for one single, simple phrase to sum up Benedict’s whole way of life, I would find it in Verse 21: “The love of Christ must come before all else.” …This Christ-love is the center of the whole Rule and the center of our lives. If there is any one thing that is characteristic of Benedict, it is that he makes the love of Christ the focal point to which everything must lead. One should really not talk about a verse like this, but just stop and meditate on it.

Esther de Waal
Living With Contradiction, p. 30ff
4. Stewardship

We are committed to the proper care and use of human gifts, things and the natural environment.

Practices for Life from the Prologue

1. Be attentive to God’s presence in the ordinary moments of life.
2. Be shaped by Scripture and prayer.
3. Listen with your heart and respond with generosity.
4. Practice moderation in what you do and the choices you make.
The Rule of St. Benedict is not antique and irrelevant. It is modern life, rather, that is not in accord with the fundamental needs of the human heart.

From the viewpoint of the human soul, our modern style of living is the irrelevancy. By not enjoying a genuine common life and by not giving ourselves a degree of contemplation, we wound our need for emotional quiet and for meaning.

And so it is appropriate to return to this ancient sketch of an alternative life, to reread it and discuss it, and, with imagination and reflection, bring its spirit into the workplace, the home, and the city, where it could transform a culture of anxiety into a community of peace and mutual regard.

Thomas Moore
Preface to *The Rule of Saint Benedict*
Timothy Fry (editor)
An Invitation to Women

If this explanation of the Rule of St. Benedict as lived by the Sisters of St. Paul’s Monastery has stirred your interest in or questions about monastic life, call 651.777.8181 and ask to speak with a member of the vocation team. Learn more about this community online at www.stpaulsmonastery.org.

Listen to whatever God is saying to you and know that the Sisters of St. Benedict of St. Paul’s Monastery are praying for you.
Resources


*Humility Matters in Practicing the Spiritual Life*, Mary Margaret Funk OSB: Continuum (2005).


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For further information, please contact the Vocation Office at 651.777.8181.
www.stpaulsmonastery.org