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| 4. Distinctives of  -lay movement  -led by an abbot  -one year novitiate  -study of scripture | -asceticism -poverty -chastity -separation from |
|---|---|
| <ul><li>prayer &amp; fasting</li><li>worship</li><li>periods of silence</li></ul>             | world -manual labour                            |

| 5. Various Groups and<br>Movements in Monasticism |
|---|
| - Benedictines                                    |
| - Cistercians                                     |
| -Franciscans                                      |
| –Dominicans                                       |
| – Carthusians                                     |
| –Carmelite Monks                                  |
| -Francis of Assisi                                |

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- Poverty= I have nothing; Humility= I am nothing;
- Charity= / give to my brother; Obedience= I obey my brother
- Hail, Queen Wisdom, may the Lord protect you
- with your sister, holy pure Simplicity.
- -Lady, holy Poverty, may the Lord protect you
  - with your sister, holy Humility.
- Lady, holy Charity, may the Lord protect you
- with your sister, holy Obedience.
- O most holy Virtues, may the Lord protect all of you,
- from Whom you come and proceed.

- There is surely no one in the entire world
- who can possess any one of you
- unless he dies first.
- Whoever possesses one of you
- and does not offend the others,
- possesses all.
- And each one destroys vices and sins.
- Holy Wisdom destroys
- Satan and all his subtlety.
- Pure holy Simplicity destroys
- all the wisdom of this world
- and the wisdom of the body.

- Holy Poverty destroys
- the desire of riches
- and avarice
  - and the cares of this world.
- Holy Humility destroys
  - pride
- and all the people who are in the world
- and all the things that belong to the world.
- Holy Charity destroys
- every temptation of the devil and of the flesh
- and every carnal fear.

- Holy Obedience destroys
- every wish of the body and of the flesh
- and binds its mortified body
- to obedience of the Spirit
- and to obedience of one's brother
- and the person who possesses her is subject and submissive
  - to all persons in the world
- and not to man only
- but even to all beasts and wild animals
- so that they may do whatever they want with him
- inasmuch as it has been given to them from above by the Lord.

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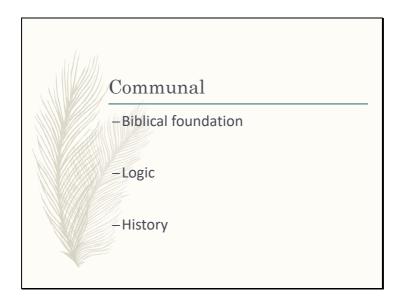
#### Rules of Life

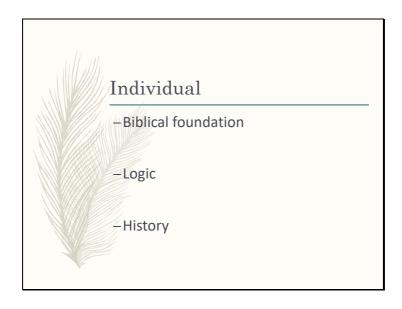
- Excerpts from book Finding a Personal Rule of Life by Harold Miller
- The purposes of rule:
- Helps us to assess spiritual growth, set objectives and goals, and find patterns suited to us. A rule is efficient/ effective, and is intended to encourage.
- Decisions to be made about content of a personal rule. How much of life should be covered? Should one have an emphasis on withdrawal or engagement? Should we use something that is 'given' or 'personal'.
- Advantages of a 'given' rule (p. 13)- A given rule is more likely to have balance that we wouldn't choose ourselves, help those who are indecisive, and help us to adjust to the rule instead of changing the rule to suit our whims.
- A personal rule of life might include: Bible reading, meditation, use of the lectionary, spiritual reading, prayer, adoration and worship, thanksgiving, intercession, confession, tongues, singing, giving, services, sacraments, grace before meals, family prayers, fasting, abstinence, feasting, the church year, Sunday, retreat, silence...

#### Rules of Life

- The personal rule of life for the Society of St. Francis includes... 1. The Eucharist, 2. Penitence, 3. Personal Prayer, 4. Self-denial, 5. Retreat, 6. Study, 7. Simplicity, 8. Place in society; work; family, 9. Obedience
- Grid for developing a Personal Rule of Life (from Grove booklet called Finding a Personal Rule of Life
  - Left column- Daily, Weekly, Monthly, Annually
  - Top bar- Personal, Group, Corporate (Church), Family, Life (Work/ Community/
- Useful to map out what you are doing, and then to ask... How well is this working? How should I adjust?
- Spiritual Disciplines in book by Dallas Willard- Disciples of Abstinence, Solitude, Silence, Fasting, Frugality, Chastity, Secrecy, Sacrifice, Disciplines of Engagement, Study, Worship, Celebration, Service, Prayer, Fellowship, Confession, Submission
- Could also include: hospitality, Sabbath, journaling, retreat, etc.
- Think of disciplines as: training, not trying, grace not effort, wisdom not technique, faith not works.

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#### Bringing them together...

**Quote** - Dietrich Bonhoeffer, Life Together-"Let him who cannot be alone beware of community... Let him who is not in community beware of being alone... Each by itself has profound perils and pitfalls. One who wants fellowship without solitude plunges into the void of words and feelings, and the one who seeks solitude without fellowship perishes in the abyss of vanity, self-infatuation and despair."