

## Care Team – Summary of Benedictine Spirituality

An approach to giving grounded in understanding God in all things – in listening, in tuning the “ear of the heart,” in active silence, in a sense of God’s time. There are various spiritual practices and disciplines that promote the nature of Benedictine virtues of **stability**, **obedience** and **conversion of heart** – through no special action but through very special awareness and awakened hearts.

Fifteen centuries ago, a young man turned his back on his studies and on the worldly city of Rome and ventured forth into the Italian countryside in search of something more important than education, more valuable than position, and more precious than wealth. Motivated by a force whose power surpassed any of these, this young man was driven by his quest for God. As he searched, his wisdom, understanding and compassion grew. Others on the same quest gathered around him. He guided them, and they learned from him. He pointed the way to Christ through the gospels.<sup>1</sup> This was Benedict.

While most of us will never live alone in a cave for three years as Benedict did, you and I also seek God. We search for, yearn for, desire that peace that the world cannot give, that joy that cannot fade. We want to be good disciples for our Lord Jesus Christ, and we hope to be channels for God’s grace and love in a world that is so broken and disheartened.

### Basics of Benedictine Spirituality

*“Listen carefully, my child, to my instructions, and attend to them with the ear of your heart. This is advice from one who loves you; welcome it and faithfully put it into practice.” – The Rule of St. Benedict: Prologue, verse 1*

What does it mean to listen? To be attentive. To be alert. To be open. To listen for what God is already doing in the world and in our lives. Listen – with the ear of your heart. And “with God’s help” as we say in our Baptismal Covenant – we can continue to live each day more fully as disciples of Jesus.

### Benedictine Hospitality

The real meaning of hospitality is. “...making room inside yourself for another person.” Think about your last month. Consider how you have practiced (or not) the principle of Benedictine Hospitality. Reflect on how you did in each of these dimensions:

1. Being present, emptying yourself.
2. Turning off the cell phone & devices
3. Expecting interruptions
4. Receiving the other as Christ
5. Creating a free space for hospitality
6. When you feel like escaping, remembering stability & obedience
7. Remembering to be hospitable to yourself

#### 12 Steps of Humility – by Sr. Joan Chittister

1. Recognize that God is God
2. God’s will is best for you
3. Seek direction from wisdom figures.
4. Endure the pains of development and don’t give up
5. Acknowledge your own faults and strip away your masks.
6. Be content with less than the best.
7. Let go of a false sense of self.
8. Preserve tradition and learn from community.
9. Listen
10. Never ridicule anyone or anything
11. Speak kindly.
12. Be serene, stay calm, and then you will be melting into the heart of God

<sup>1</sup> Jane Tomaine, St. Benedict’s Toolbox, p. xv