

The Wisdom of St Benedict

Led by Fr Martin McGee OSB

Description:

The spirituality of the Rule of St Benedict is a spirituality of the everyday. For St Benedict small things are very important because it is through the small things that we express respect and love for others; all the more because the greatest part of our existence is made up of these small gestures which express our deepest identity.

St Benedict wishes us to pay close attention to the everyday; he is not in the least interested in the spectacular or the sensational. It is the ordinariness of our daily encounters which interests him, those little nothings of daily life which give praise to God and safeguard love. Fr Christophe, a monk of Tibhirine, describes it thus in one of his little poems:

One must risk everything
in the little nothings
of every day.

All of this everyday life is the arena where our conversion to Christ and the Christian way of life is played out.

More Detail:

Fr Martin will explore the riches of St Benedict's Rule, a guide to living out the Christian life in all its fullness. The following topics will be covered: *Introduction: A Spirituality of the Everyday*; *lectio divina - Finding Nourishment in God's Word*; *stability - Becoming Rooted in Christ*; *humility - Learning how to Become Oneself*; and *on being attentive: Living in the Present Moment*.

Opportunities for a 1:1 meeting with a monk.

Retreat Dynamics:

All our retreats are run along Benedictine principles with a balance between: prayer and work, silence and talking, and being alone and being in community. To do this we use the monastic rhythm of the day defined by the structure of the monastic services, along with the regular meal-times this establishes a balanced and healthy environment from which good reflection and discernment can happen.

What should my expectations be?

The retreat will include:

- A time for monastic services and Mass (once a day);
- A time for silence;
- A time for practising Lectio Divina (sacred reading);
- A time for listening to reflections;

A time for discussion and asking questions.

In the afternoon there will be:

A time to have space for myself;

A time to walk in the Sussex countryside;

A time to have a 1:1 with a monk (if you wish).

Our hopes for the Retreat:

You will leave feeling:

That you have connected with God in some meaningful way;

Rested and refreshed with a sense of joy and hope;

You will want to return at some stage in the future.