

Benedictine Book List – St. Tim’s group (summer, 2009)

25 Windows into the Soul: Praying with the Psalms

Author: Chittister, Joan

This prayer journal can be the start of a rich, quiet life of growth in interior prayer that brings peace and faith and reflection and wisdom to the clatter and chaos that is so much a part of modern life.

Joan Chittister is renowned for her work and thought. Each of the “windows” is a reflection that includes a Scripture reading, a reflection with your response to it that vary with the “window.” Each window ends with a suggested action for you to take that will extend the learning session well beyond the moment. (recommended by Agnes)

Seeking God: The Way of St. Benedict

Author: deWaal, Esther

Writings and reflections on key Benedictine themes (e.g., listening, stability, balance, etc. This is, perhaps, not a book to be picked up and read straight through. A chapter a week or even a chapter a month would be good because each chapter is rich with insight, information and how to apply the Rule to life outside a monastery and within family. It takes a little while to meditate on what the chapter contains before moving on. The end of each chapter contains thoughts and prayers on the chapter subject and those are truly valuable. One could do Lectio Divina on the end-of-chapter notes. .). (recommended by Agnes)

Preferring Christ: A Devotional commentary on the Rule of St. Benedict

Author: Vest, Norvene

Comments and reflections on the Rule of Benedict. (recommended by Sue)

Wisdom Distilled from the Daily, Living the Rule of St. Benedict Today

Author: Joan Chittister OSB (1990)

"Wise and enduring guidelines for everyday living - as relevant today as when The Rule was originally conceived by St. Benedict in fifth century Rome." (recommended by Mary Bredenberg)

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Living with Contradiction: An introduction to Benedictine Spirituality

Author: Esther DeWaal (reprinted 1997)

Each chapter focuses on a particular aspect of Benedictine spirituality and offers much food for thought and reflection. (recommended by Kurt Zwickelmaier)

Spirituality for Everyday Living: An Adaptation of The Rule of Saint Benedict

Author: Brian C. Taylor (1989)

Taylor, an Episcopal priest with a family and busy parish life finds affirmation and challenge for his everyday life through the spirit of St. Benedict. (recommended by Mary Bredenberg)

The Cloister Walk

Author: Kathleen Norris (1996)

A Methodist laywoman and poet describes her spiritual journey with the monks during time spent at the Ecumenical Center at St. John's Abbey. (recommended by Mary Bredenberg)

St. Benedict's Toolbox: The Nuts And Bolts of Everyday Benedictine Living

Author: Jane Tomaine

Jane Tomaine is an Episcopal priest. Each chapter examines one aspect of the Rule. This book is not necessarily heavily theological – it is more of a hands-on “get down to it” practical book. She offers suggestions for prayer, reflection, journaling, and action. It is good for beginners trying to figure out how to work the Rule into an already-busy life and/or how to begin to shape a rule for their own life. (recommended by Agnes)