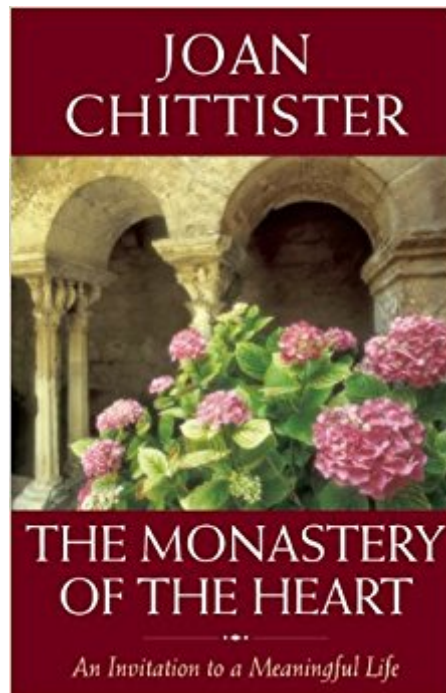




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The Monastery Of The Heart: An Invitation To A Meaningful Life



Synopsis

A guide based on the ancient Rule of Benedict that provides a practical model upon which to build a satisfying life.

Book Information

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Customer Reviews

"Joan Chittister has emerged as a wisdom figure for our time. Here she takes her wise monastic tradition and takes it on the road for all to love and enjoy." ["The Monastery of the Heart"](#) •Richard Rohr, author, *The Naked Now* "Lyrical in its prose, *The Monastery of the Heart* reads like a holy distillation of all that Joan Chittister has written to date." ["The Reshaping of a Tradition"](#) •Ephrem Hollermann, author, *The Reshaping of a Tradition* "The monastic archetype is embedded in every soul . . . Joan Chittister understands and communicates this to her contemporaries with rare insight and power. Her book will help more people discover this personally." ["The Selfless Self"](#) •Laurence Freeman, author, *The Selfless Self* "Chittister's new work reflects the creation of a new kind of quasi-monastic spirituality suited for the age of liberalization and technology." ["This marvel of a book sings in the heart and makes the mind quiet with reverence, even as it instructs both of them with a holy gladness. *The Monastery of the Heart* is a gift to all seekers everywhere."](#) ["The Divine Hours"](#) •Phyllis Tickle, compiler, *The Divine Hours*

Joan Chittister is an internationally known author and lecturer, and the executive director of Benetvision, a resource and research center for contemporary spirituality. She is former president of

the Conference of American Benedictine Prioresses and the Leadership Conference of Women Religious. Her books include *The Friendship of Women*, *The Gift of Years*, *In the Heart of the Temple*, and *The Rule of Benedict*. She lives in Erie, Pennsylvania.

A friend is getting up a group for spiritual direction and suggested we use this book to get started. As I am reading it, I am reminded of the recent stir about nuns and the discussions about what is and is not essential for the religious life. If you take away the medieval dress and walls, what is left? And what may be left is a Monastery of the Heart as described in this book. The author strips away years of accrued traditions, adaptations, and interpretations to look at the core of the rule of St. Benedict and finds it still useful. Still a good guide for forming and maintaining community. I have found a lot to think about with this book. It's what I call a sipping book. Not one you read in big gulps, but keep around and pick up and read a paragraph or page or two then think about things for awhile.

I was initially both attracted to and hesitant about reading this book. I wanted to ensure the author was sufficiently broad minded to encompass spirituality to include a diverse audience. In looking over the associated web site ([...]) one of the membership requirements include "Do you bow before the dignity of each human being regardless of their gender, sexual orientation or religious tradition?" I knew the author has something I want to pursue. I feel all the more drawn into monastic and Benedictine wisdom, practice, and work having read this poetic book. Highly recommend!

This is an explanation for lay people of the Rule of St Benedict by a nun who is one of the foremost writers on the subject, and one of the founders of the website Monasteries of the Heart. It will appeal to anyone interested in trying to be intentional about living a monastic life while staying in the world. It is being used as the text for study on the MOH website.

Monastery of the Hear is one of the best of Sr. Joan's books when one is looking for God. She leads one through the "Way" in every chapter by her words of insight and practice. She enables one to seek and find their own way of participating in monastic way of living.

This extended prose poem reimagines what it is to live the simple, yet radical values that have endured for centuries in Benedictine communities. You don't need to be Benedictine or Catholic to appreciate the inherently human need to live a life that matters, to develop emotionally and

spiritually in ways that serve a greater purpose than our own personal good. The book, introduced in 2011, launched a movement to create Monasteries of the Heart. These are small faith communities -- on site and/or online. The movement and the groups are supported by a resource-intensive web site run by Chittister and the Benedictine Sisters of Erie, Pa. (monasteriesoftheheart.org). It's an engaging, refreshing and transformative way to build and support a way of life and a life worth living.

Excellent

I would give 6 stars if possible! Chittister gives present day life to St. Benedict's Rule written in the sixth century. Her beautiful phrasing reads almost poetic and inspires one to pause and reflect. I will return often to this guide for a more meaningful life.

Chittister is always worth reading. Here, she makes the monastic tradition of the Benedictines amazingly relevant to contemporary lay folk who are struggling for spiritual survival & renewal in our busy, crowded, noisy secular world. Take the time to savor it--again and again--and you'll gain new insights with each repetition.

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