



# Food for the Journey

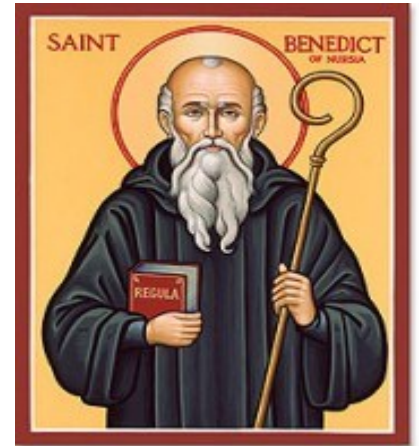
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Produced by Members and Friends of Evergreen Christian Church  
Evergreen, Colorado Rev. G. Duncan Miller, Pastor

Vol. II Issue 10

Please  
give  
me.....  
ears to  
hear  
you;  
eyes to  
see  
you.

Dear Friends,  
As shared in the Newsletter section of these publications, for the months of October and November I will be giving a seven to eight part sermon series on the spiritual teachings of St. Benedict of Nursia (ca. 480–547 A.D.) St. Benedict is known as the Father of Monasticism. In preparation for this sermon series, I am devoting this entire **Food For the Journey** publication to his instructions and prayers, or the words that others have written about him. St. Benedict has much to teach us as Christians, both individually and as the church. The **Rule of Benedict** is a guide both for the individual and for the community.  
Thank you, Duncan



## Prayer of St. Benedict

Gracious and holy God, please give me:

Intellect to understand you; reason to discern you;  
diligence to seek you; wisdom to find you;  
a spirit to know you;  
a heart to meditate upon you;  
ears to hear you; eyes to see you;  
a tongue to proclaim you;  
a way of life pleasing to you;  
patience to wait for you;  
and perseverance to look for you.

Grant me:

a perfect end, your holy presence.  
A blessed resurrection, and life everlasting.

## Quotes From the Rule of Benedict



**LISTEN AND ATTEND** with the “ear of your heart.”

**THERE ARE TIMES** when good words are to be left unsaid out of esteem for silence.

**WHAT** is not possible to us by nature, let us ask the Lord to supply by the help of his grace.

**ALL GUESTS** who present themselves are to be welcomed as Christ, for he himself will say: "I was a stranger and you welcomed me." ([Matt. 25:35](#)).

**WHAT PAGE**, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?

**DAY BY DAY** remind yourself that you are going to die.

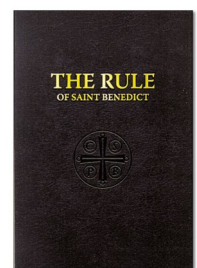
**THE FIRST DEGREE** of humility is prompt obedience.

**IDLENESS IS THE** enemy of the soul; and therefore the brethren ought to be employed in manual labor at certain times, at others, in devout reading.

**LET THEM** first pray together, that so they may associate in peace.

**HE SHOULD FIRST** show them in deeds rather than words all that is good and holy.

**LOOK FORWARD** to holy Easter with joy and spiritual longing.



# Quotes Concerning the Rule of Benedict

**LANGUAGE IS A GIFT** that can be used thoughtfully or thoughtlessly, humbly or proudly. Someone constantly aware of the presence of God will know when and how to speak.

*Columba Stewart, Prayer and Community: The Benedictine Tradition*

**IF WE COULD** genuinely practice Benedict's brand of hospitality, welcoming each guest to our churches as the visitation of Christ, it might transform our guests as well as us. Instead of making the other into my image, I am invited to see the other as one who is made in God's image and for whom Jesus Christ died.

*Dennis Okholm, Monk Habits for Everyday People*

**WE NEED**, as St. Benedict insisted, to read whole books of Scripture from beginning to end, quietly working our way through a Gospel or an Old Testament prophet, willing to be surprised, resisting the temptation to exercise total control over what we read.

*Michael Casey, Wisdom from the Monastery*

**WE WILL ALWAYS** be something of an exile in the present world. As lovely as it may be, it's not our final home, and worshipping God in spirit and truth always leaves us aware that there is more than what meets the eye.

*Justin DuVall, Praying with the Benedictines*

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## Biblical Quotes Concerning Hospitality

Hebrews 13:2 — Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares.

1 Peter 4:9 Show hospitality to one another without grumbling.

Leviticus 19:34 You shall treat the stranger who sojourns with you as the native among you, and you shall love him as yourself, for you were strangers in the land of Egypt: I am

the Lord your God.

Matthew 25:34-46 Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'

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**A Loving,  
Witnessing,  
& Serving**

**Community of Faith**

## Lectio Divina (Sacred Reading) for Spiritual Growth

“*Lectio Divina*”, sometimes called “*Sacred Reading*” is a special type of reading. The aim of *Sacred Reading* is to allow the printed word to open your heart to the heart of God. When practicing the spiritual discipline of *Sacred Reading* you might want to find a quiet place, become attentive to the presence of God within that place, and ask God to open your heart to God’s life-giving word.



You are invited to use this *Food for the Evergreen Journey* for such reading. Leave the publication somewhere with easy access. God might move you to receive its blessings at different times during the day, week, or month. Perhaps you will want to go back and read its offerings several times. Each time, God may reveal something new to you. Perhaps there will be a word or a phrase within this publication which moves you deeply and opens you to the fruit of the Spirit: ***love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.***

Pay attention to those words and phrases. They are God’s word for *your life* today.

*If you would like to contribute to this publication, please write or call Rev. Miller. The only requirement is that all submitted items be uplifting and convey some quality of the fruit of the Spirit as found in Galatians 5: 22-23.*

## A Brief History of St. Benedict

from: AmericanCatholic.org

It is unfortunate that no contemporary biography was written of a man who has exercised the greatest influence on monasticism in the West. Benedict is well recognized in the later *Dialogues of St. Gregory*, but these are sketches to illustrate miraculous elements of his career.

Benedict was born into a distinguished family in central Italy, studied at Rome and early in life was drawn to the monastic life. At first he became a hermit, leaving a depressing world—pagan armies on the march, the Church torn by schism, people suffering from war, morality at a low ebb.

He soon realized that he could not live a hidden life in a small town any better than in a large city, so he withdrew to a cave high in the mountains for three years. Some monks chose him as their leader for a while, but found his strictness not to their taste. Still, the shift from hermit to community life had begun for him. He had an idea of gathering various families of monks into one “Grand Monastery” to give them the benefit of unity, fraternity, permanent worship in one house. Finally he began to build what was to become one of the most famous monasteries in the world—Monte Cassino, commanding three narrow valleys running toward the mountains north of Naples.

The Rule that gradually developed prescribed a life of liturgical prayer, study, manual labor and living together in community under a common father (abbot). Benedictine asceticism is known for its moderation, and Benedictine charity has always shown concern for the people in the surrounding countryside. In the course of the Middle Ages, all monasticism in the West was gradually brought under the Rule of St. Benedict.

