



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

Jane Tomaine

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When St. Benedict formed his first small community of monks at Monte Cassino on the hilltop, Italy--and much of Europe--was ravaged by war. The Roman Empire was breaking apart, and politics, cultural life, and even the Church, were all in disarray. In the midst of these tumultuous times, Benedict offered his followers a "little rule," a guide about the size of a checkbook, that showed his monks the way to peace as they learned to prefer Christ above all things.

Though it was written nearly 1500 years ago, the Rule of Benedict still offers the practical tools for living a Christ-centered today. Here in St. Benedict's Toolbox, readers will find a primer on how to use these tools in their own tumultuous lives. Each chapter examines one aspect of the Rule, from ways of praying to ways of embracing humility, and offers suggestions for prayer, reflection, journaling, and action. As they learn to use Benedict's tools, readers will discover the power--and the timeliness--of this ancient way of life.

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