

March 20, 2010
Benedict's Tools for Holy Living
The Rev. Dr. Helen Appelberg



The Rev. Dr. Appelberg will talk about the ways Benedictine spirituality is lived and practiced daily by people of all ages and in all circumstances. It works as well for those of us living in a wired frantic world as it does for those living in a monastery.

The Rev. Dr. Helen Appelberg serves on the staff at St. Augustine of Hippo Episcopal Church in Galveston as well as a fellow in the Sealy Center on Aging at the University of Texas Medical Branch and Director of Center for Spirituality of Aging. She is the founder of the Community of Hope training program. Embedded in the Community of Hope 14 module curriculum are: ministry of presence, compassionate listening, *lectio divina*, contemplative prayer, adopting a rule of life, learning and growing in community, discovering your spiritual gifts and care for the caregiver. The absolute joy in all of this teaching about Benedictine Spirituality is that Benedict's sixth century Rule of Life is 99% pure Holy Scripture translated into 'daily living.' The other amazing bit of history is that our Episcopal liturgy is a condensation of Benedict's sixth century Rule "to worship God seven times a day".