

From Holy Easter Until Pentecost

by St. Benedict of Nursia

St. Benedict outlines a schedule for the brothers to follow, adapting to different seasons and circumstances to save souls and prevent murmuring.

Scripture: Psalm 90:12, Proverbs 16:3, 1 Corinthians 10:31, Ephesians 5:15, Colossians 3:23

Topics: "Spiritual Discipline", "Monastic Life"

Description

St. Benedict of Nursia emphasizes the importance of discipline and structure in the daily lives of monks, outlining specific meal times and fasting schedules from Easter until Pentecost, throughout the summer, and from the Ides of September until the beginning of Lent. He highlights the Abbot's role in making decisions for the well-being of the community, ensuring that all activities are carried out with the goal of salvation and minimal complaints. The schedule is designed to allow the monks to focus on their spiritual growth and work diligently without distractions.

Transcript

From holy Easter until Pentecost let the brothers take dinner at the sixth hour and supper in the evening. From Pentecost throughout the summer, unless the monks have work in the fields let them fast on Wednesdays and Fridays until the ninth hour; on the other days let them dine at the sixth hour. This dinner at the sixth hour shall be the daily schedule if they have work in the fields or the heat of summer is extreme; the Abbot's foresight shall decide on this. Thus it is that he should adapt and arrange everything in such a way that souls may be saved and that the brethren may do their work without just cause for murmuring. From the Ides of September until the beginning of Lent let them always take their dinner at the ninth hour.

In Lent until Easter let them dine in the evening.

But this evening hour shall be so determined that they will not need the light of a lamp while eating, Indeed at all seasons let the hour, whether for supper or for dinner, be so arranged that everything will be done by daylight.

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/from-holy-easter-until-pentecost/>

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