THE LAY COMMUNITY
OF SAINT BENEDICT

living holy communion · creating holy space · offering holy service

LISTEN CAREFULLY, MY CHILD, TO THE MASTER’S INSTRUCTIONS, AND ATTEND TO THEM WITH THE EAR OF YOUR HEART.
OUR ROOTS

Forty years ago a group of young adults began to live in community at Worth Abbey, West Sussex. Under the auspices of the Abbot, the Worth Abbey Lay Community of St Benedict was established. In August 2002, the fourth Abbot of Worth, Dom Christopher Jamison, offered the Worth Lay Community a challenge: become independent of Worth and rediscover the relevance of the Rule of St Benedict for people whose lives lie outside the monastery. That challenge has been taken up with enthusiasm and dedication.

THE LAY COMMUNITY OF ST BENEDICT TODAY

We are Christians dedicated to the Gospel and the spirituality of St Benedict, who drew upon it substantially to formulate his Rule. We seek to learn from the guidance offered by both to inspire our everyday lives. Members are married and single, men and women, young and old, who live in all parts of the country as well as abroad. While our roots lie in the Catholic Church, members from other Christian traditions have always played a full part in the life of the Community.

ST BENEDICT AND HIS RULE

Benedict of Nursia, who died circa 543, is the father of western monasticism and patron saint of Europe. His Rule, written to give guidance to men and women seeking God whilst living in community, is amongst the most influential of Christian writings. The worldwide family of Benedictine and Cistercian monastic houses use it as the basis of their community life to this day.
**The Wisdom of St Benedict**

“The Rule reflects a profound understanding of human nature. It is being rediscovered today by lay men and women seeking to deepen their relationship with God in today’s busy and fragmented world. Some of the qualities which the Rule seeks to instil are: listening to God, the value of humility, a habit of regular prayer and scripture reading, seeking stability and balance in our lives, being honest about ourselves, being generous with our hospitality towards others, and a commitment to supporting one another.”

( RB Prologue)

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**Meeting**

Despite being a dispersed community, there are opportunities for being together to celebrate Easter, and also in August, when we have our Summer Gathering and AGM. We provide members with a magazine, a regular newsletter and a website. In addition, we run retreats, and we have set up a network of regional groups. Benedictine pilgrimages have also been arranged to the Holy Land and to Italy, where St Benedict established his last monastery at Monte Cassino.

**To Join**

We have established a discernment and formation programme for enquirers, during which they are put into contact with a companion (a current member) who will guide them as they learn about the Rule of St Benedict and our Lay Community. In due course, they may be invited to take our Promise: a pledge to join us in maintaining the cornerstone of the Lay Community of St Benedict which is: to live holy communion, create holy space and offer holy service, as circumstances allow.
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