

# The Rule of the Anglican Communion Benedictines

**Preface:** A rule of life offers people a plan for living a balanced, simple, and prayerful life. A Benedictine rule of life offers monastics a life of ora et labor (work and prayer), and a means toward an opus dei (work of God) a life focused on the divine work of prayer. A rule of life also aids the monastic as a means to fulfill their vows of stability, conversion, and obedience in day to day life.



**Our Rule for the Glory of the Father, and for His Son Jesus Christ and for the Holy Spirit shall be,**

- ◆ To live a life of prayer, praying at least three Offices daily, using those offices and prayer books approved by my Abbot.
- ◆ To live out my vows made before my Abbot, specifically to obey, to live in stability and conversion toward Christ.
- ◆ To pursue a life of manifest humility in honor of our patron, St. Benedict.
- ◆ To live a life that promotes sexual purity in the station in which I live, and to work and pray to end abortion.
- ◆ To pray daily for those list of bishops given to me.
- ◆ To conform my life to the holy Rule of St. Benedict in all areas that apply in my life and context.
- ◆ To give as appropriately, to the Order, my local parish, and those in need.
- ◆ To labor six of seven days toward a life of simplicity and to help those whom God has called me to love. And to take a holy rest on the Lord's Day.
- ◆ To avail myself to hearing Christ-centered weekly exposition of the Holy Scriptures.
- ◆ To live out a life of conformity to the reality of my Baptism into the mystical Body of Christ.
- ◆ To participate at least weekly to the sacrament of the Holy Eucharist.
- ◆ To join the rest of my order as we gather in prayer each month.
- ◆ To work toward a beginning and then supporting a Chapter House in my parish.
- ◆ To promote and live out a life of hospitality where ever possible.