

PRAYERS FOR GUIDANCE

Teach me, Lord, to seek you
And show yourself to me as I seek.
I cannot seek you unless you teach me
Nor find you if you do not show yourself to me.
May I seek you in desiring you
Desire you in seeking you
Find you in loving you
And love you in finding you.

St Anselm

Search me God and know my heart
Test me and know my thoughts.
See that I follow not the wrong way
And lead me in the path of life eternal.

Psalms 138

WHERE TO FIND US

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MONASTIC LIFE AT STANBROOK ABBEY

Some questions and answers

We desire to seek God in a life of prayer and worship, living in community with the Rule as guide and upheld by mutual love which creates unity in diversity.

As Benedictines, we express this search for God in the balanced rhythm of Prayer, Lectio/Study, Work. We desire to live a life of Gospel simplicity and in all things to foster an attitude of moderation and humanity in a true liberty of spirit.

*We believe that from the silence and seclusion essential to the life of prayer, and from fidelity to monastic tradition, flow the ability to be open to the contemporary and the freedom to change the outward expression where necessary *in* response to the Spirit ...*

Statement agreed by the Stanbrook Community, August 2000

