

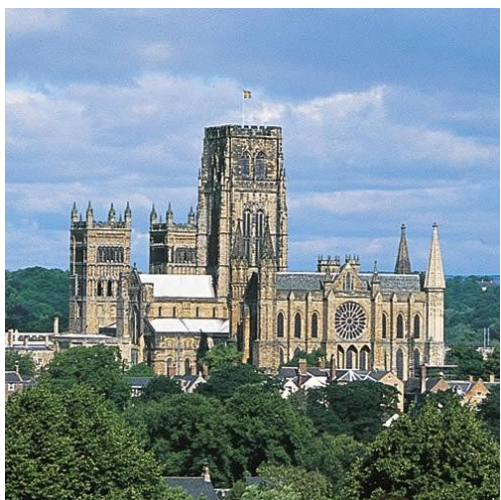
We hope that through this introduction to Benedictine balance in life, participants will find wisdom to live in their home situations.

We ask that participants enter fully into all elements of the week, which will be suitable for people who have little or no knowledge of the Benedictine way of life. People who are familiar with the Benedictine way are very welcome too, but should be aware that the study part will be an introduction.

Participants should arrive at St Chad's College after lunch on Monday and will depart after lunch on Friday,

For further details please email: [stchads.conference@durham.ac.uk](mailto:stchads.conference@durham.ac.uk)

To reserve a place on this weekend please complete a booking form.



## The Benedictine Way



**A study week at  
Durham Cathedral  
and  
St Chad's College, Durham**

*Monday 17 - Friday 21 September 2012*



Durham Cathedral is the greatest complete Norman building in England, perhaps even in Europe. It is cherished not only for its architecture but also for its incomparable setting. For this reason it was inscribed together with the Castle as one of Britain's first World Heritage Sites.

Durham Cathedral was built as the shrine of a humble saint, St Cuthbert, as a destination for pilgrims and as home for a community of worship, learning, and practical care. It was built for the glory of God. From very early in its history, the monastic community at the Cathedral lived by the Benedictine Rule, holding prayer (the *Opus Dei*) at the centre of its life, and abiding by the vows of stability, obedience and conversion of life. After the dissolution of the monasteries at the Reformation the newly emerging Church of England took on, and gave fresh expression to, much of the monastic mantle. This was expressed in Cranmer's *Book of Common Prayer* by his skilful adaptation of the monastic offices to form the two Daily Offices that are still said daily in Anglican churches, and in Durham by the Prior and some of the monks remaining to become the first Dean and Chapter of the refounded, non-monastic, Cathedral.

The Benedictine tradition is at the heart of our life and worship here in Durham. The genius of Benedict's Rule, written some 1500 years ago, is that it is as relevant for people living non-monastic lives today as it has been through the ages for those called to the monastic life. At the heart of Benedict's way of life is hospitality, and with St Chad's College, an Anglican Foundation within the University of Durham, whose eighteenth century buildings are in the shadow of the east end of the Cathedral, we welcome people who want to come together for worship, study, conversation over good food, and friendship. These Benedictine weeks offer an opportunity for exploration of this living tradition of Christian discipleship in the context of a Cathedral which has breathed the Benedictine spirit for over 900 years. We hope that you will join us.

*The Very Reverend Michael Sadgrove,  
Dean of Durham*

## The Benedictine Way

The programme for the Benedictine week will be shaped by regular worship at Durham Cathedral and will also include a pilgrimage led by the Dean in the cathedral one evening when it is closed to other visitors. Accommodation and all meals will be provided at St Chad's College which is opposite the Cathedral.

In addition to the *Opus Dei* – prayer – the daily programme will include times for study, work, rest and conversation. Study times, led by the Cathedral clergy and staff, will include:

- a walking tour of the Cathedral claustral buildings led by the Dean who will explain and discuss their role in the life of the Benedictine Monastery;
- an overview of the Rule of St Benedict as an historical document and the way that it was lived in monastic times;
- an introduction to the Benedictine tradition of prayer and worship as it has developed through the centuries to the present day;
- an examination of the role of music in the worship of this ancient Benedictine cathedral from its time as a monastic cathedral to the present day;
- an opportunity to visit the Monastic library, hear about its role in the life of the community and see some of the manuscripts that the monks would have known and perhaps written;
- opportunity for hands-on work or study the Benedictine tradition;
- an evening pilgrimage in the Cathedral;
- times for reflection and conversation about how the Benedictine way can be a helpful framework for our own discipleship in our non-monastic lives;
- guidance on resources for further reading or study.