

- 20:15 **Evening Pilgrimage in Durham Cathedral followed by Compline**  
*The Dean of Durham leads a private pilgrimage around the Cathedral ending with Compline*
- 21:30 Optional social time in the College Bar

### Sunday

- 08:00 Breakfast
- 08:30 Silent Prayer
- 09:15 **The Opus Dei**  
*The Precentor introduces the Benedictine tradition of Prayer and Worship*
- 10:30 Coffee in the Quadrangle, St Chad's College
- 11:15 Eucharist in Durham Cathedral
- 13:15 Lunch in the Mousdale Hall, St Chad's College
- After lunch Free time to explore Durham's beautiful peninsular and river banks
- 15:30 Evensong in Durham Cathedral
- 16:30 Afternoon Tea in the Prior's Hall
- 17:00 **In Songs of Everlasting Praise**  
*Canon James Lancelot, Organist & Master of the Choristers at Durham Cathedral talks about the role of music in the worship of this ancient Benedictine Cathedral*
- 18:30 Sherry followed by Dinner in the Mousdale Hall, St Chad's College
- 20:15 **Reflections**  
*A time to reflect on the past two days concluding with Compline*
- 21:30 Optional social time in the College Bar

### Monday

- 08:00 Breakfast
- 08:45 Morning Prayer in Durham Cathedral
- 09:30 **Visit to the Cathedral Library**  
*The Cathedral Library, which includes the Monastic Library, has one of the most extensive collections of manuscripts in the country*
- 10:30 Coffee in the Prior's Hall
- 11:00 **At Home with the Benedictine Way**  
*Taking the Rule of St Benedict home with you and making it a Rule for Life*
- 12:30 Eucharist in Durham Cathedral
- 13:15 Lunch in the Mousdale Hall, St Chad's College
- 14:30 Depart

*A Pilgrimage to the sites of the Northern Saints will begin on Tuesday morning, for further details please contact St Chad's College at [stchads.conference@durham.ac.uk](mailto:stchads.conference@durham.ac.uk)*

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

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

# The Benedictine Way



## A study weekend at Durham Cathedral and St Chad's College, Durham

*Friday 5th - Monday 8th September 2008*

*Friday 4th - Monday 7th September 2009*



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 weekends 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*

## Provisional Programme

The programme for the Benedictine weekend will be shaped by regular worship at Durham Cathedral – Morning Prayer, mid-day Holy Eucharist and Evensong on weekdays; Matins, Sung Eucharist and Evensong on Sunday. A pilgrims' tour of the Cathedral will also be included. Accommodation and all meals will be provided at St Chad's College.

In addition to the Opus Dei – prayer - the daily programme will also include time for study, work and rest. Study times, primarily led by Cathedral clergy, will include an introduction to the Benedictine way of life and the Rule of Benedict, including their relevance for contemporary non-monastic life. There will be opportunity to share together in some form of work, and to relax together. 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 participate fully in all elements of the weekend, which will be suitable for people who have little or no knowledge of Benedict or 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.

### Friday

- 14:00 Arrive
- 16:30 Afternoon Tea in the Quadrangle, St Chad's College
- 17:15 Evensong in Durham Cathedral
- 18:30 Sherry followed by Dinner in the Mouldsdale Hall, St Chad's College
- 20:15 **Who was Benedict?**  
*A short introduction to St Benedict and the monastic life*
- 21:00 Compline in the College Chapel
- 21:30 Optional social time in the College Bar

### Saturday

- 08:00 Breakfast
- 08:45 Morning Prayer in Durham Cathedral
- 09:30 **Monastic Life in Durham**  
*The Dean leads a walking tour of the cathedral Claustal buildings and explains and discusses their role in the life of the Benedictine Monastery*
- 11:00 Coffee
- 11:30 **Wisdom for Living**  
*An Introduction to the Rule of St Benedict as a historical document and the way that it was lived out in monastic times*
- 13:15 Lunch in the Mouldsdale Hall, St Chad's College
- 15:00 **Work / Study**
- 16:30 Afternoon Tea in the Quadrangle, St Chad's College
- 17:15 Evensong in Durham Cathedral
- 18:30 Sherry followed by Dinner in the Mouldsdale Hall, St Chad's College