



Benedict of Nursia
Benedetto Portinari, 1487
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**ST. MARY'S
SERVICE OF HOLY EUCHARIST**

Including a reflection on the life and witness of

**BENEDICT OF NURSIA,
ABBOT OF MONTE CASSINO, CA. 540**

Wednesday, July 10, 2024

<https://zoom.us/j/584949088>

Meeting ID (recurring): 584 949 088

COLLECT OF THE DAY

Celebrant: God be with you

People: ***And also with you.***

Celebrant: Let us pray.

Almighty and everlasting God, your precepts are the wisdom of a loving Father: Give us grace, following the teaching and example of your servant Benedict, to walk with loving and willing hearts in the school of the Lord's service; let your ears be open to our prayers; and prosper with your blessing the work of our hands; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

PSALM 119:129–136

The St. Helena Psalter

Your decrees are wonderful;
therefore I obey them with all my heart.

When your word goes forth it gives light;
it gives understanding to the simple.

I open my mouth and pant;
I long for your commandments.

Turn to me in mercy,
as you always do to those who love your Name.

Steady my footsteps in your word;
let no iniquity have dominion over me.

Rescue me from those who oppress me,
and I will keep your commandments.

Let your countenance shine upon your servant,
and teach me your statutes.

My eyes shed streams of tears,
because people do not keep your law.

THE HOLY GOSPEL

Luke 14:27-33

Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, "This fellow began to build and was not able to finish." Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions.

The Word of the Lord

People: Thanks be to God.

REMEMBERING BENEDICT OF NURSIA

Benedict is generally accounted the father of western monasticism. He was born about 480, at Nursia in central Italy, and was educated at Rome. The style of life he found there disgusted him. Rome at this time was overrun by various barbarian tribes; the period was one of considerable political instability, a breakdown of western society, and the beginnings of barbarian kingdoms. Benedict's disapproval of the manners and morals of Rome led him to a vocation of monastic seclusion. He withdrew to a hillside cave above Lake Subiaco, about forty miles west of Rome, where there was already at least one other monk. Gradually, a community grew up around Benedict. Sometime between 525 and 530, he moved south with some of his disciples to Monte Cassino, midway between Rome and Naples, where he established another community, and, about 540, composed his monastic Rule. He does not appear to have been ordained or to have contemplated the founding of an "order." He died sometime between 540 and 550 and was buried in the same grave as his sister, Scholastica.

No personality or text in the history of monasticism, it has been said, has occasioned more studies than Benedict and his rule. The major problem for historians is the question of how much of the rule is original. This is closely related to the question of the date of another, very similar but anonymous, rule for monks, known as the "Rule of the Master," which may antedate

Benedict's Rule by ten years. This does not detract from the fact that Benedict's firm but reasonable rule has been the basic source document from which most later monastic rules were derived. Its average day provides for a little over four hours to be spent in liturgical prayer, a little over five hours in spiritual reading, about six hours of work, one hour for eating, and about eight hours of sleep. The entire Psalter is to be recited in the Divine Office once every week.

At profession, the new monk takes vows of "stability, amendment of life, and obedience." Pope Gregory the Great wrote Benedict's "Life" in the second book of his Dialogues. He adopted Benedict's monasticism as an instrument of evangelization when in 596 he sent Augustine and his companions to convert the Anglo-Saxon people. In the Anglican Communion today, the rules of many religious orders are influenced by Benedict's rule.

PRAYERS

Prayers may be offered, silently or aloud.

HOLY EUCHARIST

Form A (*Enriching Our Worship*, p. 65)

Celebrant The Lord be with you.

People ***And also with you.***

Celebrant Lift up your hearts.

People ***We lift them to the Lord.***

Celebrant Let us give thanks to the Lord our God.

People ***It is right to give God thanks and praise.***

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth, for the wonderful grace and virtue declared in all your saints, who have been the chosen vessels of your grace, and the lights of the world in their generations. And so we join the saints and angels in proclaiming your glory, as we say,

Celebrant and People

***Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.***

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

And so, Loving God, we who have been redeemed by Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of Jesus Christ our Lord.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night before he died for us, our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

The Celebrant then continues

We now celebrate, O God, the memorial of Christ our Savior. By means of this holy bread and cup, we show forth the sacrifice of Christ's death, and proclaim the resurrection, until Christ comes in glory. Gather us by this Holy Communion into one body in the Risen One, and make us a living sacrifice of praise. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

And now, in the words Christ taught us, we are bold to pray, saying,

*Our Father in heaven, hallowed be your name; your kingdom come,
your will be done, on earth as in heaven. Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial, and deliver us from evil,
For the kingdom, the power, and the glory are yours, now and forever. Amen.*

PRAYER AFTER COMMUNION

Let us pray.

Eternal and Life-Giving God, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

BLESSING

THE PEACE