



Monastic Practices (Monastic Wisdom Series)

Charles Cummings OCSO

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For three decades, *Monastic Practices* has been a valued resource for English-speaking aspirants to monastic life. In this revised edition, updated and expanded, Charles Cummings, OCSO, explores the common practices of the monastic life in order to rediscover them as viable means of leading persons to a deeper encounter with God. How do monks and nuns occupy themselves throughout the day? Have they modernized their lifestyle or is it still cluttered with medieval customs? Could any of the monastic practices be of use to those outside the monastery? A certain wisdom is necessary to know how to use such practices and how to give oneself to them until they lead one to God.

After long monastic experience, Cummings shows us how the ordinary things we do constitute our path to God. In the art of living life, he argues, we are always beginners, searching for God through our concrete circumstances and actions.



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