

# Sanctuary

Nowadays, many of us find ourselves saying that we are too busy, that we wished there were more hours in the day.



[www.monkbilliardecadem-e.com](http://www.monkbilliardecadem-e.com)

For a healthy life, we all need moments and places of sanctuary. It seems that the more labour saving devices we invent and the more time off we get, the busier we become. This is the paradox of modern life.

What more and more people are finding helpful is to adopt a simple life framework which includes work, prayer and rest, both on one's own and with others. You may be surprised to know that this is the rhythm that lies at the heart of monastic life...and you don't necessarily need to become a monk or nun to reap the benefits.

'The Monastery' television programme showed five people experiencing this reality for themselves. Tony, Peter, Anthony, Nick and Gary, were all people looking for something, for space, for a sanctuary. Each of them embarked on a journey of deep discovery.



“As we progress in the monastic life and in faith, the heart expands

and we run along the way of God's commandments with a delight of love that cannot be described.”  
(St. Benedict, Rule, Prologue)

# Self Discovery

## TOP TIPS TO MEDITATE

1. Find a quiet place free from distraction.
2. Sit with your limbs uncrossed and with a straight back, hands in your lap.
3. Simply breathe at regular speed but breathe deeply and relax.
4. Close your eyes and think of a beautiful scene from the natural world.
5. Take a simple phrase and repeat it continuously in time with your breathing.

## 5 MEDITATION PHRASES

You may find it helpful to use one of the following, traditional prayers:



[www.thisschurch.com](http://www.thisschurch.com)

• Come and illumine my

darkness

• Be still and know that I am God

• God be in my head and in my

understanding

• Come Holy Spirit and inflame my heart

• Come Lord Jesus

## FAMOUS SHORT PRAYERS

*Lord Jesus Christ, have mercy on me a sinner*

(The Jesus Prayer).

*Oh God, if there is a God, fill*

*my soul, if I have a soul*

(Blaise Pascal in 1650).

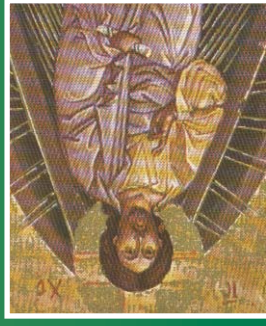
*Fire, God of Abraham, not of*

*philosophers. Certainty,*

*heartfelt joy, peace.*

(Blaise Pascal in 1654, text

found sewn inside his clothing



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# Meditation



Life in a monastery soon shows you that in reality the ordinary things of life lead to self discovery and shape identity.

Through Jesus Christ, God invited people to follow him on a remarkable adventure. Today he invites each of us to do the same, to follow Him on a unique, individual faith journey of love and forgiveness. On this journey, Jesus gives each person a task and a purpose that he has given to no other. We call this our vocation. 'Vocation' comes from the Latin word meaning a call.

To discover our vocation we need to listen, to find space. Monasteries help provide this "listening" space, but we can create similar places in our daily lives, maybe in our garden, bedroom or kitchen. The monastic life teaches us all that if we truly want to discover who and why we came into being, we must listen to God and pray. Monks believe that this listening time, and their daily prayer, is as important as the air they breathe.

When we reflect and pray to God, we enter a path of self discovery where direction becomes clear and we find peace. It is a time when we discover and experience God's love and also the person he invites us to be.

**Pause for thought:  
Where do you find listening  
space in daily life?**



[www.jpasa.state.or.us](http://www.jpasa.state.or.us)

## Tony's Story

Tony, 30, from Essex



Prior to taking part in *The Monastery*, Tony was working in the film industry and had no religious background.

"I arrived at Worth without a clue. God meant nothing to me. He was an old geezer with a beard in illustrated text books or comedy sketches. He was a figure of fun and parody." "Looking back, I think I approached the monks quite aggressively, like I was cross-examining a dodgy witness or even trying to catch-out Blair at Prime Minister's question time. So what I needed to find out first was whether they were all convinced...or whether they were all having a laugh at our expense."



Abbot Christopher

"Within a few days...I was beginning to accept the possibility of the existence of God, but nothing was happening. I remember having this out with the Abbot and he told me that God would talk to me if I listened with my heart. I thought to myself, 'What the hell does that mean?'"

"Mid-way through my last conversation with my mentor, Brother Francis, I was hit by something I'll never forget. It was like I'd taken a new drug...I was unable to speak..."

To read more of Tony's story please see:

[www.worthabbey.net](http://www.worthabbey.net)

## What next?



Would you like to find out more about the Catholic faith, vocations and/or monastic life?

For information about the Catholic faith please see:

[www.life4seekers.co.uk](http://www.life4seekers.co.uk)

For general vocational information please see:

[www.ukvocation.org](http://www.ukvocation.org)

For monastic life please see:

[www.worthabbey.net](http://www.worthabbey.net)

For additional free materials and enquiries, please fill in and return the reply slip below.

All enquiries are confidential. Free materials are sent in a plain envelope and there are no callers or obligations. Leaflet photographs courtesy of Tiger Aspect \ BBC unless otherwise marked.

(Please delete as applicable).

I am/am not a member of your church.  
I would like to receive a free publication about:

The Catholic faith

Vocations

Monastic life

Please tick

Name.....  
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Please return to:

Monastery Enquiries, PO Box 916, Worth Abbey, CRAWLEY, RH10 4WR  
Email: [the.monastery@worthabbey.net](mailto:the.monastery@worthabbey.net)

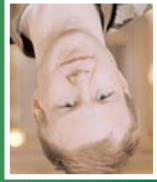


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# The Monastery



Calm



Peace



Spirituality



Healing

Space



"One amazing journey."



Worth Abbey The Monastery  
BBC's

An information leaflet