

Benedictine Oblate Spirituality

Saint Raphael Parish

Benedictine Oblates seek God in association with a monastic community; as individuals and as members of a body, they grow in love of God, neighbor, and self. With the Rule as their guide, Oblates adopt values that are part of the very fabric of Christian spirituality, such as, spending time daily reflecting on the Sacred Scriptures, cultivating an awareness of the presence of God in silence, devoting time to the praise of God, and performing acts of mortification. An acquaintance with these and other Christian values presented in the Rule of St. Benedict will enable Oblates to attain that special peace and joy that Christ came to bring and promised to all who follow him.

The Director of Oblates provides direction and instruction through letters or meetings. Conferences, group discussions, common prayers, and participation in the community's liturgical life afford Oblates the opportunity for spiritual growth. In offering this assistance to the individual Oblate, the guiding principle is that stated by St. Benedict in Chapter 64 of his Rule: "Let the Abbot so moderate all things that there be something for the strong to strive after, and nothing to dishearten the weak."

The Saint Raphael Parish Benedictine Oblate Way of Life Group will meet on Saturday, September 30 from 9am – 11am in the chapel. All (male and female) are welcome to inquire about the process and attend the meeting. Please direct questions to 67eileenfsmith@gmail.com.