

An Hour Before the Meal

by St. Benedict of Nursia

St. Benedict emphasizes the importance of preparation and transition for servers in the monastery.

Scripture: Psalm 90:17, Psalm 121:1, Philippians 2:3, 1 Thessalonians 5:16, James 4:10

Topics: "Christian Humility", "Prayer Service"

Description

St. Benedict of Nursia emphasizes the importance of humility, prayer, and service in the context of serving others in the monastery. He instructs the weekly servers to receive sustenance before their duties to avoid fatigue and serve their brethren without complaint. On solemn days, they are to wait until after Mass. The servers are to prostrate themselves before the community, seek prayers, and offer blessings as they transition in and out of their service, acknowledging God's help and seeking His aid.

Transcript

An hour before the meal let the weekly servers each receive a drink and some bread over and above the appointed allowance, in order that at the meal time they may serve their brethren without murmuring and without excessive fatigue. On solemn days, however, let them wait until after Mass.

Immediately after the Morning Office on Sunday, the incoming and outgoing servers shall prostrate themselves before all the brethren in the oratory and ask their prayers.

Let the server who is ending his week say this verse: "Blessed are You, O Lord God, who have helped me and consoled me." When this has been said three times and the outgoing server has received his blessing, then let the incoming server follow and say, "Incline unto my aid, O God; O Lord, make haste to help me." Let this also be repeated three times by all, and having received his blessing let him enter his service.

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/an-hour-before-the-meal/>

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