

# From the Calends of October

by St. Benedict of Nursia

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*St. Benedict outlines a reading and work schedule for the sisters, emphasizing discipline and accountability during Lent.*

**Scripture:** Proverbs 12:24, 1 Corinthians 5:11, Colossians 3:23, 2 Thessalonians 3:10, Hebrews 12:11

**Topics:** "Spiritual Discipline", "Monastic Life"

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## Description

St. Benedict of Nursia emphasizes the importance of discipline, structure, and focus on spiritual growth through reading and work assignments during specific hours of the day, with a special emphasis on Lent when each sister is given a book to read from start to finish. He also highlights the role of senior sisters in ensuring that all sisters are diligent in their tasks and not engaging in idleness or distractions, with corrective measures in place for those who do not adhere to the rules.

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## Transcript

From the Calends of October until the beginning of Lent,

let them apply themselves to reading

up to the end of the second hour.

At the second hour let Terce be said,

and then let all labor at the work assigned them until None.

At the first signal for the Hour of None

let everyone break off from her work,

and hold herself ready for the sounding of the second signal.

After the meal

let them apply themselves to their reading or to the Psalms.

On the days of Lent,

from morning until the end of the third hour

let them apply themselves to their reading,  
and from then until the end of the tenth hour  
let them do the work assigned them.  
And in these days of Lent  
they shall each receive a book from the library,  
which they shall read straight through from the beginning.  
These books are to be given out at the beginning of Lent.  
But certainly one or two of the seniors should be deputed  
to go about the monastery  
at the hours when the sisters are occupied in reading  
and see that there be no lazy sister  
who spends her time in idleness or gossip  
and does not apply herself to the reading,  
so that she is not only unprofitable to herself  
but also distracts others.  
If such a one be found (which God forbid),  
let her be corrected once and a second time;  
if she does not amend,  
let her undergo the punishment of the Rule  
in such a way that the rest may take warning.  
Moreover, one sister shall not associate with another  
at inappropriate times.

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Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/from-the-calends-of-october/>

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