

In the Winter Time

by St. Benedict of Nursia

St. Benedict emphasizes the importance of rest and study during the winter months to enhance spiritual growth.

Scripture: Psalm 127:2, Proverbs 6:9, Ecclesiastes 3:1, Colossians 3:23, 1 Thessalonians 5:17

Topics: "Monastic Life", "Spiritual Discipline"

Description

St. Benedict of Nursia emphasizes the importance of a balanced daily routine for the sisters in the monastery, outlining specific guidelines for their schedule from winter to summer. During the winter months, the sisters are encouraged to rise at the eighth hour of the night to ensure they have sufficient rest before starting their day. In contrast, from Easter to November, they are to rise early for the Morning Office, allowing for a short interval after the Night Office for personal needs. St. Benedict's instructions aim to promote a disciplined and structured lifestyle that includes time for prayer, rest, study, and daily tasks.

Transcript

In the winter time, that is from the Calends of November until Easter, the sisters shall rise at what is calculated to be the eighth hour of the night, so that they may sleep somewhat longer than half the night and rise with their rest completed. And the time that remains after the Night Office should be spent in study by those sisters who need a better knowledge of the Psalter or the lessons. From Easter to the aforesaid Calends of November, the hour of rising should be so arranged that the Morning Office, which is to be said at daybreak, will follow the Night Office after a very short interval, during which they may go out for the necessities of nature.

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/in-the-winter-time/>

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