



Benedictine Spirituality

November 24

11:45 am – 2:30 pm

What is Benedictine Spirituality?

What can the Rule of Benedict teach us about living today?

Can Benedictine Spirituality be incorporated into life outside of a monastery?

All are welcome to learn more about this spirituality and ways we can incorporate it into our lives.



If you are interested in joining us, please call the Parish Office at (414) 545-4316.

“Listen and attend with the ear of your heart.”

- St. Benedict of Nursia

“Your way of acting should be different from the world’s way; the love of Christ must come before all else.”

(RB 4:20-21)

“Suggesting ways to seek and celebrate God in daily life, the *Rule of Benedict* fosters listening, hospitality, humility, embracing stability and change, respect for people, learning, prayer and work. It envisions a community that works to support each person’s developing relationship with God and others. Members live and work together, seeking God through living the Christian life.

What is more delightful than the voice of the Lord calling to us?”

- St. Benedict of Nursia



Presented by

Sister Lynne Smith, OSB, has been a member of Benedictine Women of Madison at Holy Wisdom Monastery since 2000. She is an ordained Presbyterian minister and served churches in Kansas and Iowa, prior to coming to the monastery. Sister Lynne was drawn to the community by its ecumenism, prayer, and care for the Earth. At the monastery, Sister Lynne works in the areas of liturgy, formation with women joining the community, and Benedictine retreats. Sister Lynne is a trained spiritual guide and serves as one of the presiders and homilists at the Sunday (worship) Assembly ecumenical Eucharist. Sister Lynne enjoys gardening, walking, and swimming. One of Sister Lynne’s passions is sharing Benedictine life with people in a variety of ways.

Sister Paz Vital, OSB, is originally from Mexico where she received a Bachelor’s degree in Health Psychology and a Master’s and a PhD in Biomedical Sciences. In 2009, she moved to Houston where she worked at Baylor College of Medicine. In 2015, her life changed drastically. Science lost its magic for her, and Sister Paz started a quest in search of her happiness. Her quest brought her to Holy Wisdom Monastery in September 2015. Sr. Paz graduated in May 2019 from Catholic Theological Union where she studied a Master of Arts in Hispanic Theology and Ministry. She is interested in bringing her love and knowledge of her culture to the monastery and is looking forward to seeing more Hispanics enjoying the gifts the monastery has to offer.

Sister Denise West, OSB, first came to the Holy Wisdom community in 2015 to visit, and two years later became a sister. She previously taught early childhood and elementary school in and around New York City for many years and appreciates the quiet of the prairie. Denise enjoys working in the garden, long walks, learning Spanish from Sister Paz and, bird watching.