

Leading with Heart

Benedictine Wisdom for Volunteer Engagement for Faith-Based
Organizations

Conversion

- Change in character, form, or function
- Spiritual change from sinfulness to righteousness
- Change from one religion, political belief, viewpoint, etc to another
- A change of attitude, emotion, or viewpoint from one of indifference, disbelief, or antagonism to one of acceptance, faith, or enthusiastic support, especially such a change in a person's religion

Process of Conversion

- Awakening to the pattern of destruction in one's life and awareness of another better way.
 - Growing unhappiness, even loathing, for the old destructive way.
 - Growing attraction and desire for the better way.
 - Rejection of the old destructive way.
 - Embrace of and commitment to the new, better way
- Intellectual Conversion
 - Religious Conversion
 - Moral Conversion
 - Psychological Conversion
 - Addiction to Sobriety Conversion

Benedict of Nursia

ca. 480-547

Twin of St Scholastica

500-510 sought life as a hermit

Sanctity + Monks at Subiaco

12 Monasteries

529 Montecassino + Rule



Rule of St Benedict

529 at Montecassino

Rule of the Master

Moderate

School for the Lord's Service

Obedience to God's Will

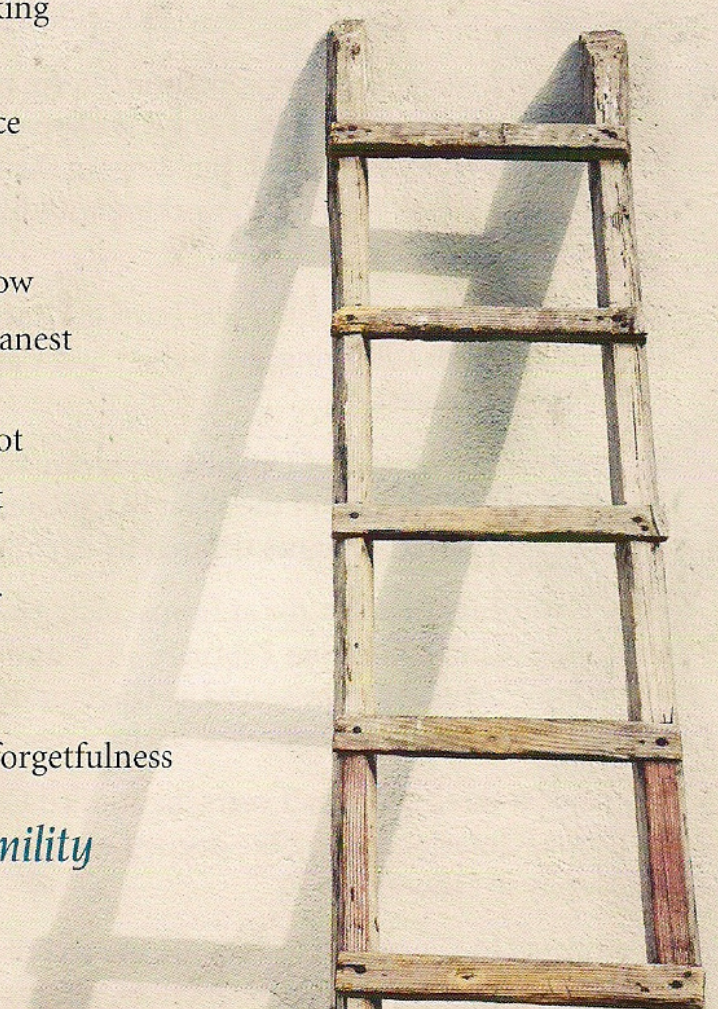
Model for Modern Management



Chapter 7

The Twelve Steps of Humility

from St. Benedict

- 
- ↑ 12. show humility externally
gaze on the ground
11. humble, grave, short speaking
10. not quick to laughter
9. restraint of tongue—silence
8. doing nothing but what
The Rule commands
7. consider and call oneself low
6. being content with the meanest
and poorest of goods
5. manifest one's sins to Abbot
4. silence, patient & obedient
even in harsh things
3. submission to superior for
the love of God
2. renouncing of own will
1. fear of God and avoiding forgetfulness

Ascending the Steps of Humility

The Twelve Steps of Pride

from Bernard of Clairvaux

Descending the Steps of Pride

1. curiosity
2. frivolity
3. foolish mirth
4. boastfulness
5. singularity
6. conceit
7. audacity
8. excusing sins
9. hypocritical confessions
10. defiance
(exclusion from monastery)
11. freedom to sin
- ↓ 12. habitual sinning

Step 1

- The first degree of humility, then, is that a person keep the fear of God before his eyes and beware of ever forgetting it.
- Accept that staying unconscious or unaware is too high a price to pay.

Step 2

- The second degree of humility is that a person love not his own will not take pleasure in satisfying his desires, but model his actions on the saying of the Lord, “I have come not to do my own will, but the will of Him who sent me.”
- Deal with your innate stubbornness in always wanting your own way.

Step 3

- The third degree of humility is that a person for love of God submit himself to his Superior in all obedience, imitating the Lord, of whom the Apostle says, “He became obedient even unto death.”
- Accept that others have claims on and challenges to our commitments.

Step 4

- The fourth degree of humility is that he hold fast to patience with a silent mind when in this obedience he meets with difficulties and contradictions and even any kind of injustice, enduring all without growing weary or running away.
- Nurture the light rather than try to dispel the darkness.

Step 5

- The fifth degree of humility is that he hide from his Abbot none of the evil thoughts that enter his heart or the sins committed in secret, but that he humbly confess them.
- Learn when and how to drop the persona and just be ourselves.

Step 6

- The sixth degree of humility is that a monk be content with the poorest and worst of everything, and that in every occupation assigned him he consider himself a bad and worthless workman.
- Learn to go with the flow.

Step 7

- The seventh degree of humility is that he consider himself lower and of less account than anyone else, and this is not only in verbal protestation but also with the most heartfelt inner conviction.
- Make a relationship with your shadow ... and deal with it!

Step 8

- The eighth degree of humility is that a monk do nothing except what is commended by the common Rule of the monastery and the example of the elders.
- Honor a trusted and shared value path.

Step 9

- The ninth degree of humility is that a monk restrain his tongue and keep silence, not speaking until he is questioned. For the Scripture shows that “in much speaking there is no escape from sin” and that “the talkative man is not stable on the earth.”
- Talk less, listen more.

Step 10

- The tenth degree of humility is that he be not ready and quick to laugh, for it is written “The fool lifts up his voice in laughter.”
- Don’t ridicule others; be straight.

Step 11

- The eleventh degree of humility is that when a monk speaks he do so gently and without laughter, humbly and seriously, in few and sensible words, and that he be not noisy in his speech.
- Grow peace, not discord.

Step 12

- The twelfth degree of humility is that a monk not only have humility in his heart but also by his very appearance make it always manifest to those who see him.
- Manifest serenity.

Rule of Life

www.ruleoflife.com

Steve Macchia

There is only one you. God loves you and desires great things for you.

God desires you to be alive in His presence. Be aware. Be alive. Use the gifts God has given you.

Learn your life's rhythm and life it to the full in the glory of God's presence.

Developing your own Rule

- We can only witness to the Holy by knowing what we are witnessing to!
- We can only grow and experience conversion by going deep into Mystery.
- We can only hold ourselves accountable by having a sense of who we are and who we are in relation to the Holy and God's people.
- Goal for living the Resurrection fully: create the Rule of Your Life.
 - What are your values?
 - How do you live your values?
 - What do you do when your values are violated or compromised?
 - How does your Rule of Life invite others to know and love God?
 - How does your Rule of Life transform the word in love and tenderness?