

is there with you, in and through it all.”¹ Here is a short “checklist”:

1. Purchase a Journal to write in. This can be a simple spiral bound notebook or one bound in leather. Today we also have the option of using a computer. Some people put their journal on a password protected thumb drive. There are also on-line journals that can be used but I don't recommend them – nothing on-line is totally protected. My own preference is a software program call “The Journal” by DavidRM Software (which is cheaper than Microsoft Office or Word Perfect) and can be both password protected and encrypted. What you put in your journal are suppose to be your personal thoughts, your own encounter with your Creator. They are not meant for anyone else unless you specifically choose to share them.

Another thought would be to keep a small pad of paper with you so you can right down thoughts during the day and then transfer them later into your permanent journal. I have seen this done by a couple of monks of the monastery. This is particularly helpful with *Lectio*.

2. Have a specific time – make it an important meeting. If you don't the pressures of daily life will allow this special time to slip away.

3. Always start with a prayer for guidance (RB Prologue:4)

4. Write down any thoughts that come to you from *Lectio*.

5. Write down what you wish to share with God. Don't hold back, He is “big” enough to handle your concerns – and even complaints. I often think about Tevye in *Fiddler on the Roof*. He trust God, spoke to him all the time, he shared his worries, his joys, his anger and his disappointments.

6. Don't forget to set some spiritual goals and go back and review them periodically.

7. Close with prayer. Remember, the whole purpose is to deepen your relationship with God.

Desert Wisdom

It was said of Abba Gelasius that he had a leather Bible worth eighteen pieces of silver. In fact it contained the whole of the Old and New Testaments. He had put it in the church so that any of the brethren who

wished, could read it. A strange brother came to see the old man and, seeing the Bible, wished to have it, and stole it as he was leaving. The old man did not run after him to take it from him, although he knew what he was doing.



So the brother went to the city and tried to sell it, and finding a purchaser, he asked thirteen pieces of silver for it. The purchaser said to him, 'Lend it to me, first, so that I may examine it, then I will give you a price.' So he gave it to him. Taking it, the purchaser brought it to Abba Gelasius for him to examine it and told him the price which the seller had set. The old man said to him, 'Buy it, for it is beautiful, and worth the price you tell me.' This man when he returned, said something quite different to the seller, and not what the old man had said to him. 'I have shown it to Abba Gelasius,' he said, 'and he replied that it was dear, and not worth the price you said.' Hearing this, he asked, 'Didn't the old man say anything else?' 'No,' he replied. Then the seller said, 'I do not want to sell it any more.'

Filled with compunction, he went to find the old man, to do penance and ask him to take his book back. But he did not wish to make good his loss. So the brother said to him, 'If you do not take it back, I shall have no peace.' The old man answered, 'If you won't have any peace, then I will take it back.' So the brother stayed there until his death, edified by the old man's way of life.

The Ordo

Listed are the Feast days and Memorials that are observed at the Monastery and follows the Ordo of the American Cassinese Congregation. You can also see the observed feast days by going to: <http://oblatesosbbelmont.org/ordo/>.

OCTOBER

20 Twenty-ninth Sunday in Ordinary Time. (Week I)
27 Thirtieth Sunday in Ordinary Time. (Week II)
28 Simon and Jude, Apostles. Feast.

NOVEMBER

1 All Saints. Solemnity.
2 Commemoration of All the Faithful Departed.
3 Thirty-first Sunday in Ordinary Time. (Week III)
4 Charles Borromeo, Bishop. Memorial.
9 Dedication of the Lateran Basilica in Rome. Feast.
10 Thirty-second Sunday in Ordinary Time. (Week IV)
11 Martin of Tours, Bishop. Feast.
16 Gertrude the Great, Virgin, Religious. Memorial.
17 Thirty-third Sunday in Ordinary Time. (Week I)

¹Journaling as a Spiritual Practice, Helen Cepero, p. 12

