



## Society of Saint Anselm Rule of Life

The Society of Saint Anselm is a community of students committed to the worship of God, the integration of faith and study, and the practice of an ordered life of prayer and spiritual discipline. Following in the way of Saint Anselm of Canterbury (1033–1109), we believe that the intellectual life is one of “faith seeking understanding,” that all learning is fundamentally an act of worship and praise of the God who created and sustains all things, and that grounding our lives of study in a pattern of prayer and spiritual discipline enables us to love God with all our hearts, souls, and minds (Mat. 22:37). Rooted in the spirituality and theology of the ancient Church and the Anglican tradition of common prayer, we seek to conform our whole lives to the way of Christ, the love and worship of God, and the doctrine and discipline of the Church, committing to a common life of prayer, contemplation, and study, to the glory of the Triune God and the benefit of God’s holy Church.

To this end, the members of the Society of Saint Anselm take on a rule of life consisting of the following:

1. **Worship.** We make the weekly worship of God with the assembly of the people of God a priority. We commit to regular Sunday worship in the local church, to receiving Christ in Word and Sacrament, and to attentive participation in the Church’s liturgy. When traveling or at home, we seek to maintain this commitment. We engage in forms of mid-week worship when possible (e.g. Wednesday noon Eucharist, Wednesday night Evensong, occasional celebrations of major feast days), and seek to “pray without ceasing,” as St. Paul exhorts (1 Thes. 5:17).
2. **Community.** We seek to engage in intentional forms of community life and fellowship, both with one another and with the members of Christ Church. We especially strive to build up friendships of accountability, trust, and truthfulness, and to receive the wisdom and mentoring of mature believers.
3. **Daily Prayer.** Believing the Christian life to be rooted in the consistent practice of prayer, we commit to a discipline of daily prayer. Taking up the Daily Office of the Book of Common Prayer, we strive to pray Morning Prayer, Evening Prayer, or both, each day, either with others or alone, in order to join in the common prayer of God’s people throughout the world and across time.
4. **Study.** We hold the regular reading of Holy Scripture to be of vital importance for our knowledge and love of God. We engage in consistent study of the Bible, particularly with others, in order to have our minds renewed by the truth of God’s word.



5. **Sabbath.** We acknowledge that, after the creation of the world, the Lord rested on the seventh day, inscribing rest into the very fabric of creation and commanding his people to practice a rhythm of work and rest in proper order. We commit to practicing Sabbath rest, ceasing our labors on the Lord's Day and being refreshed by the worship of God, the beauty of God's creation, and the gift of friendship.

6. **Silence.** We seek to spend at least ten minutes each day in quiet contemplation of God, setting aside all technology and noise, in order to meditate on Scripture or sit quietly in the presence of God. In practicing a discipline of silence, we seek to embody the words of the prophet Samuel, who prayed to the Lord, "Speak, for your servant is listening" (1 Sam. 3:10).

7. **Spiritual Direction.** Valuing the gift of spiritual companionship and affirming the importance of receiving spiritual wisdom from others, we meet with a spiritual director throughout the course of the year. In spiritual direction, we seek to discern God's presence in and calling on our lives alongside an experienced director.

8. **Living in God's Time.** We desire to have our time shaped by the story of God's redemption and for our daily lives to be incorporated into God's time. We thus observe the Church's liturgical calendar, celebrating her feasts and fasts, and participating in the Church's commemoration of Advent, Christmas, Epiphany, Lent, Holy Week, Easter, and Pentecost.

As members of the Society, we believe this common rule of life to be not a burdensome law or a set of stringent obligations, but rather a gift freely embraced for our spiritual formation and growth. In taking on these disciplines, we believe our freedom is increased rather than restricted, as our desires, habits, imaginations, hearts, and minds are directed to God's truth, goodness, and beauty. By grounding our lives and work as students in this common life of prayer, worship, and spiritual friendship, we aspire to enfold our study and learning within an ordered life of Christian discipleship. In our lives of faithful work and worship, we seek to witness to the peace of Christ, the love of God's redeemed people, and the hope of the Gospel.

*Teach me to seek you, and as I seek you, show yourself to me; for I cannot seek you unless you show me how, and I will never find you unless you show yourself to me. Let me seek you by desiring you, and desire you by seeking you; let me find you by loving you, and love you in finding you. Amen. (St. Anselm of Canterbury, BCP, 672)*