

Lessons in slowing down in Surrey

St Augustine's Abbey in Chilworth, near Guildford Surrey, will open its doors to the public on May 18, 2024, offering a rare insight into the world of **Benedictine monks**. This public talk aims to provide an objective view of the Benedictine way of life, rooted in centuries-old tradition.

Epsom and Ewell Times seeks to slow down a notch the pace of information in our modern age. We attempt to provide deeper understanding of local news reviving online a tradition lost 20 years ago with the demise of Epsom and Ewells' Herald and Advertiser weekly prints. Benedictine Monks living in the heart of Surrey have kept a slower tradition of existence going for 1500 years!

The Benedictine Order, founded by Saint Benedict of Nursia in the early 6th century, emerged as a cornerstone of Western monasticism. Benedict's Rule, emphasizing prayer, work, and community life, became the guiding principle for monastic living across Europe. Monasteries under the Benedictine rule became centres of learning, agriculture, and spiritual guidance during the Middle Ages. The order played a pivotal role in preserving knowledge and culture during turbulent times. Benedictine monks contributed significantly to medieval society through their dedication to prayer, scholarship, and service. Today, Benedictine monasticism endures globally, fostering spiritual growth and intellectual pursuits.

The May 18th event will kick off with an optional Holy Roman Catholic Mass at 9 am in the Abbey Church, followed by a talk from 10 am to 11:30 am. Attendees will have the opportunity to delve into the daily rituals and routines of Benedictine monks, including chanting in Latin and the discipline of rising at dawn for prayer, practices that have endured for over 1,500 years.

The event will also explore the relevance of St. Benedict's Rule, written in 530 AD, and its application in modern society. Attendees will gain insights into the motivations driving individuals to embrace the monastic life, characterized by simplicity, contemplation, and service.

In collaboration with the Guildford and District Knights of St Columba, the event aims to be informative for individuals of all ages and backgrounds, regardless of faith. Admission to the talk is by donation, with funds collected to support the monks in their spiritual endeavors.

To secure attendance, interested individuals need to RSVP by emailing richardatob@gmail.com. This event provides a unique opportunity to gain a deeper understanding of Benedictine spirituality within the tranquil setting of St Augustine's Abbey.

St Augustine's Abbey is located at Sample Oak Lane, Chilworth, Guildford, Surrey GU4 8QR.

For more information, visit <http://www.chilworthbenedictines.com>