



Day by Day with Saint Benedict

Terrence G. Kardong

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Reflecting on years of living the Benedictine life and of scholarly work on the Rule of Saint Benedict, monk and priest Terrence Kardong offers his wisdom in *Day by Day with Saint Benedict*. These short, daily reflections on quotations from the Rule are accessible to lay people and religious alike and they will help the reader to incorporate Benedictine values in his or her own life.

Day by Day with Saint Benedict includes 366 meditations, one for each day of the year. Those interested in a great religious classic will find here a way to apply the Rule to their own daily life. In some of the meditations Kardong shares true stories told from his long experience of Benedictine community life that show how he has applied the Rule to his own life and how he has seen it incorporated in the lives of those around him.

Terrence G. Kardong, OSB, is a monk of Assumption Abbey in Richardton, North Dakota. Editor of American Benedictine Review, he also wrote Benedict's Rule published by the Liturgical Press.

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