APPENDIX 2

SUGGESTIONS FOR METHODS OF **PREPARATION**

I. DAILY INTERCESSIONS

During the entire period ofpreparation a daily intercession may be included at one or several of the hours of community prayer. The following examples are loosely based on themes from the Rite of Abbatial Blessing:

1. That this Benedictine community be given clear vision and a wise heart as it prepares to choose a new abbot.

2. That the Spirit raise up candidates marked with compassion, wisdom, and zeal, and grant the community clear sight to choose among these candidates for a new abbot.

3. That the Holy Spirit help our Benedictine community as we prepare to choose a new shepherd for this monastic flock.

4. That this community prepare by sincere prayer and zealous life to choose a new abbot, who by word and example may encourage his brothers to grow in love of God and neighbor.

5. That this community be aided by the Spirit as it continues to prepare by prayer, reflection, and fraternal charity to choose a new abbot.

II. DAYS OF PRAYER

In order to promote the spiritual preparation of the community for the abbatial election, special days of recollection and/or a special retreat should he held within the community prior to the day of the election. The manner in

which these days are to he structured is left to the discretion of the steering committee. One important theme of these days should he the teaching of chapters 2 and 64 of the Rule, *and related topics. Qualified monks in the* ***area*** *of monastic studies, Scripture, liturgy, and canon law may be invited to contribute to these days.*

III. SPECIAL PRAYER SERVICES

Special prayer services in which the community seeks to deepen its faith, prays for the gifts of wisdom and discernment, and seeks enlightenment concerning the spiritual and temporal role of the abbot may be held occasionally during the preparatory period.

\. Celebrations of the Eucharist

Liturgical regulations permitting, special Mass formularies suitable for the occasion may be used at the community Eucharist. Though they should not be unduly multiplied, there may be occasions on which the following Mass formularies from the Sacramentary, with slight modifications of the texts, would be appropriate.

a. *Masses and Prayers for Various Needs and* ***Occasions***

n. 1: For the Church, B,C,D,E
n. 4: For the Election of a Pope or Bishop
n. 5: For a Council or Synod
n. 11: For Pastoral or Spiritual Meetings
n. 40: For Forgiveness of Sins
n. 42: For Promoting Harmony

b. *Votive Masses*

n. 7: Holy Spirit A,B,C
n. 9: Angels
patrons: Saint Benedict (cf. *Proper Masses for Use of the Benedictine Confederation)*
Patron of Abbey

c. Lectionary

cf. nn. 800-804; 826-830; 886-890; 928.

d. Intercessions

See suggestions in next section, page 55.

2. Liturgy of the Hours and Other Prayer Services

Options for a day of the Liturgy of the Hours, designed for use on days of community retreat, reflection, or discussion, or at other times during the period of preparation for the abbatial election, are given below. This material may be adapted to the local format of the Liturgy of the Hours or serve as content for other prayer services distinct from the daily hours.

The themes governing the selection of psalms are: intercession for purity of heart, communion with God and within the community, hope and confidence, desire for enlightenment, and the just man. Attention has been given to psalms which occur often in the Rule of Saint Benedict. *The Vulgate enumeration of psalms is given first. Specific suggestions for hymns, antiphons, readings, intercession, and prayers are given after the format.*

a. Formats for Liturgy of the Hours

Option I	**Option II**	**Option III**
Invitatory	**Invitatory**	**Invitatory**
Ps. 94(95)	Ps. 66(67)	Ps. 8
Vigil **Service**	**Vigil Service**	Vigil **Service**
Hymn	Hymn	Hymn
Ps. 14(15)	Ps. 117(118)	Ps. 79(80)
Reading	Reading	Reading
Ps. 138(139)	Ps. 22(23)	Ps. 102(103)
Reading	Reading	Reading
Prayer	Prayer	Prayer

Morning Prayer
Hymn
Ps. 50(51)
Ps. 23(24)
Cant. Is 21:1-6
Ps. 146(147:1-11)
Short Reading
Canticle of Zachary
Intercessions
Prayer

Morning Prayer
Hymn
Ps. 1
Ps. 24(25)
Cant. Tobit 13:1-8
Ps. 147(147:12-20)
Short Reading
Canticle of Zachary
Intercessions
Prayer

Morning Prayer
Hymn
Ps. 69(70)
Ps. 18(19)
Cant. Is 52:7-10
Ps. 148
Short Reading
Canticle of Zachary
Intercessions
Prayer

Midday Prayer
Hymn
Ps. 120(121)
Ps. 121(122)
Ps. 122(123)
Ps. 123(124)
Short Reading
Prayer

Midday Prayer
Hymn
Ps. 124(125)
Ps. 125(126)
Ps. 126(127)
Ps. 127(128)
Short Reading
Prayer

Midday Prayer
Hymn
Ps. 128(129)
Ps. 129(130)
Ps. 130(131)
Ps. 132(133)
Short Reading
Prayer

Evening Prayer
Hymn
Ps. 33(34)
Ps. 109(110)
Ps. 95(96)
Cant. Eph 1:3-10
Short Reading
Canticle of Mary
Intercessions
Prayer

Evening Prayer
Hymn
Ps. 83(84)
Ps. 111(112)
Ps. 98(99)
Cant. Col 1:12-20
Short Reading
Canticle of Mary
Intercessions
Prayer

Evening Prayer
Hymn
Ps. 91(92)
Ps. 115(116:10-19)
Ps. 99(100)
Cant. Rev. 15:3-4
Short Reading
Canticle of Mary
Intercessions
Prayer

b. Suggestions for Hymns

Worship III, G.I.A. Publications, Inc. Chicago, 1986.
Worship II, G.I.A. Publications, Inc. Chicago, 1975.

Worship II:

31
43
50
56
84
205
256
287
289

Worship III:

414 Attende, Domine (chant)
617 Christ is Made the Sure Foundation
482 Come Holy Ghost
857 Come, Thou Holy Spirit, Come
754 Forgive Our Sins as We Forgive
475 O Holy Spirit, by Whose Breath
476 Spirit Divine, Attend Our Prayer
598 Ubi Caritas (chant)
479 Veni, Creator Spiritus (chant)
424 O Sun of Justice
857 Holy Spirit, Lord Divine (Pentecost Sequence)
480 Spirit of God within Me
487 Come, Now, Almighty King
513 Word of God, Come Down on Earth
538 Christians, Lift up Your Hearts

Hymnal for the Hours, G.I.A. Publications, Inc. Chicago, 1989.

155 Jesus, We Greet You, Source of Life and Goodness
158 Abide, O Risen Savior
164 Jesus Our Mighty Savior
208 Blessed Jesus, at Your Word (Office of Readings)
225 Into the Silence of Our Hearts (Daytime Prayer)
228 O God of Truth (Daytime Prayer)

Breaking Bread, (Seasonal Issue) with annual issue (from #201) Oregon Catholic Press: Portland, Oregon, 1990.

223 Christ is Made the Sure Foundation
279 Come Down, O Love Divine
247 Come Now, Almighty King
262 Word of God, Come Down on Earth

Collegeville Hymnal

298 Veni Creator Spiritus
307 Come, Our Almighty King
485 Christ is Made the Sure Foundation
498 Come Down, O Lord Divine
499 Come, Gracious Spirit, Heavenly Dove
502 Spirit Divine, Attend Our Prayers

c. ***Antiphons***

Come, children, hear me, that I may teach you
the fear of the Lord (Ps 33:12; cf *RB* Prol 12).

Seek first the kingdom of God,
and all things else will be given as well (Mt 6:33; cf *RB* 2:35).

Let us cast off the works of darkness
and put on the armor of light (Rom 13:12).

A pure heart create for me, O God;
put a steadfast spirit within me (Ps 50:12).

Send forth your light and your truth;
let these be my guide (Ps 42:3).

If you remain united to me
and my words remain a part of you,
ask whatever you want and you shall have it (Jn 15:7).

He who walks without fault,
he who acts with justice and speaks the truth from his heart:
such a man will stand firm for ever (Ps 14:1.5c; cf *RB* Prol
25-26).

Take up the strong weapons of obedience
and fight for Christ the Lord *(RB* Prol 2).

Let no one seek his own good,
but rather the good of his brother *(RB* 72:7; cf 1 **Cor 10:24).**

Turn ?way from evil and do good.
Seek and strive after peace (Ps 33:15; cf *RB* Prol 17).

Let us prefer nothing to the love of Christ,
and may he bring us all to everlasting life *(RB* **72:11).**

Let us anticipate one another in honor
and endure the infirmities of our brothers.
Let us fear the Lord God in love
and love our abbot with sincere and humble charity
(RB 72:4-5.9-10; cf Rom 12:10).

d. Readings

The following may ***be considered for use*** *as longer readings:*

Old Testament
1 Sam 3:1-10
Prov 2:1-9
Prov 3:1-12
Prov 4:1-13
Wis 9:1-12
Sir 4:20-31
Sir 5:9-15; 6:1-4
Sir 39:1-11

New Testament
Rom 12:1-12
1 Cor 1:17-31
1 Cor 2:1-16
1 Cor 4:1-17
1 Cor 13:1-13
Gal 5:13-26
Gal 6:1-10
1 Thes 2:4-14
1 Tim 6:11-16
2 Tim 1:6-14
1 Pet 2:1-17
1 Pet 5:1-11
1 Jn 3:1-16
1 Jn 4:7-21

The following may be considered for use as short readings:

Prov 3:13-18
Jer 3:15-17
Jer 17: 5-8
Acts 2:22-25
Acts 4:32-35
Rom 8:14-17
Eph 3:14-21
Eph 4:1-6
Eph 4:11-13
Eph 4:32; 5:1-2
Phil 4:8-9
Col 3:12-17
Titus 2:11-14
Jas 3:13-18
1 Pet 1:22-25; 2:1-3
1 Pet 3:8-12

The following non-scriptural readings may be of use:

The Rule of Saint Benedict, especially chapters 2, 64, 72

The Liturgy of the Hours according to the Roman Rite:

Saint Basil, Life in the Spirit, vol. I, p. 503
Saint Hilary, On Building God's House, vol. I, p. 1436
Saint Basil, The Work of the Holy Spirit, vol. II, p. 974
Diadochus of Photice, On Spiritual Perfection, vol III, p. 154
Saint Peter Chrysologus, On Peace, vol. III, p. 1741.

e. Intercessions

The following are offered as patterns for developing intercessions for use at the end of Morning Prayer and Evening Prayer.

1. O living God, let your Spirit help us in our weakness and inspire our prayer.
   Make us holy, Lord.

   Baptize your Church with fire, so that divisions may cease and Christ's truth prevail.
   Make us holy, Lord.

   Fill us with the Spirit's gifts of wisdom and counsel, so that we may choose as our abbot a teacher and doer of truth.
   Make us holy, Lord.

Grant us the fruits of your Holy Spirit, so that we may live in brotherly love and patience, joy and peace.
Make us holy, Lord.

Giver of life, fountain of all holiness.
Make us holy, Lord.

2. Let us beg Saint Benedict to be true to his name and speak well for us before the throne of grace:

Holy Father Benedict, pray that we may love the Lord God with all our heart and soul and strength,
R. And our neighbor as ourselves.

Pray that we may not follow a selfish course,
R. But may choose what will benefit our brothers.

Pray that we may elect as abbot one who will lead us in the way of the Gospel,
R. And may come to love him with sincere and humble affection.

Pray that we may be mindful each day of death,
R. And may never lose hope in the mercy of God.

Pray that we may prefer nothing to the love of Christ,
R. And may be brought all together by him to eternal life.

3. Let us beg the Lord with most earnest prayer to help us complete the good work he has begun in us, and let us say:
R. Lord, come to our aid.

Give us the humility of learners and the courage of believers in your truth.

R. Lord, come to our aid.

Bring us to clearer knowledge of our community: its strengths and weaknesses, its promise and its need.

R. Lord, come to our aid.

Renew in us the spirit of brotherhood and loyalty in sharing its benefits and burdens.

R. Lord, come to our aid.

Grant us light to discern your will and eagerness to do it.

R. Lord, come to our aid.

Raise us up to true simplicity and to a lively hope in your mercy.

R. Lord, come to our aid.

Let us pray.

God our Father,
visit us with your Spirit of truth.
Enlighten our minds to see ourselves and our community as you see us,
so that we may repent of our failings
and may become more wise in using your gifts for your glory.
We ask this through Christ our Lord.

or

God our Father,
visit us with your Spirit of good counsel.
Open our hearts to a humble and prayerful exchange of needs felt and goals longed for,
so that with the help of many brothers we may walk in the light of Christ
and accomplish the truth in love.
We ask this in the name of Jesus the Lord.

IV. READINGS

The superior and steering committee should formulate suitable lists of readings from Scripture, the Fathers and the Rule, *as well as of appropriate commentaries and articles by contemporary writers on spiritual leadership in our times, for the reflection of the monks (see* **Appendix** *\). Reading at table, if it is the custom of the community, should contain material centered on various aspects of the abbatial office.*

V. COMMUNITY DISCUSSIONS

Attention should be directed to a discussion of the role of the abbot in a monastic community through the presentation of position papers by various monks. These papers can be presented to the entire community and then be discussed in small groups. The community may wish to conduct a self-study of its needs at this particular time in its history. Monks from other communities who have expertise in monastic history and the traditions of the Order (or who may be familiar with the processes of community interaction or other processes of the behavioral sciences) may be invited to assist the community in this and in other aspects of its preparation.

MODELS FOR COMMUNITY DISCUSSION DURING THE PREPARATORY PROCESS

A few models are proposed here to indicate some of the forms that community discussion and reflection might take in preparation for an abbatial election. It is understood that the details of these models are to be adapted to the particular circumstances of the community using them.

A. One-day Workshop: The Kind of Abbot Needed at This Time

The director of the workshop is, preferably, an experienced abbot or monk from outside the community. The community meets both as a whole and in small groups arranged in size and membership to facilitate fruitful discussion. Each small group is to have a discussion leader and secretary.

1. Morning Session

The director gives a presentation to the community on the abbot as administrator: the abbot's concern for the work of the monks and the concrete conditions of their daily living.

Immediately after the presentation, the community, in small groups, discusses the material presented and especially considers specific questions proposed by the director at the end of the presentation, e.g.,

a. What kind of stance do I wish to see in the abbot of this monastery with regard to:
   The school apostolate?
   Work in parishes?
   Hospitality?
   The community's witness in liturgy, ecumenism, social justice?

b. What do I see as my responsibility regarding each of these areas?

2. Afternoon Session

The director makes a presentation to the entire community on the abbot as spiritual leader: as teacher, as father, as representative of Christ.

In small groups the community discusses the material presented and especially the two questions:

a. What do I expect of the abbot as spiritual leader of this community?

b. What do I see as my responsibilities towards the abbot of this community in his role as spiritual leader?

3. Evening Session

The entire community assembles to hear the secretary of each group give a brief report on the morning session. After all the reports on the morning session have been heard, each secretary gives a brief report on the afternoon session.

The director responds briefly to the community's efforts.

B. Weekly Discussion on the Office of Abbot

Once a week for a number of weeks, the community gathers to hear a paper presented by a member of the community or by some other qualified monk, on the questions listed below or on other questions suited to help prepare the community for the abbatial election.

1. In what ways is the Benedictine *Rule's* presentation of the role of the abbot applicable to our situation?

2. What are the major strengths and weaknesses, hopes and goals of this community which the next abbot will have to work with?

3. What particular combination of qualities does this community need in its abbot at this time?

4. What value is there in each community member's asking himself: if I were called to be abbot of this community, how would I conceive my office and what priorities would I have?

The purpose of the papers is not so much to give answers to the questions as to stimulate reflection on them within the community and to give some direction for ways to seek answers.

Reaction to the papers may take various forms: discussion by the entire community, small group discussions reported back to the entire community, the use of check lists and evaluation sheets to help concretize reactions and stimulate discussion, and so on.

C. A Procedure for Discernment of Abbatial Qualifications

Among the various ways to discern qualities desirable in an abbot at a particular time in a community's history, the following three-step procedure may be found helpful:

1. All the capitulars (or all the professed members) of the community are invited to submit a written list of the characteristics and abilities which they see as most necessary in the next abbot. It can be decided beforehand whether these are simply to be listed at random, gathered under various headings (e.g., personality traits, spiritual leadership, leadership in various apostolates, and so on), or rated according to the importance they have for the person submitting them.

2. A document is drawn up that shows the frequency with which the various characteristics and abilities are mentioned, the areas into which they fall, and, if they were rated, the importance attached to them. Copies of this document are given to all the capitulars (or professed members) of the community.

3. In community-wide discussion or in small-group discussion to be reported back to the entire community, the findings may be considered from various points of view, e.g., how accurately they represent the desires of the community, the degree of consensus concerning the importance of certain characteristics or abilities, the underlying community needs, and the needs of individuals revealed in the listings. A written report on the results of the discussion is given to each participant for further reflection.