

ORTHODOX OBLATES OF ST. BENEDICT



From the Holy Rule of St. Benedict (from Chapter V)

The first degree of humility is obedience without delay. This becometh those who, on account of the holy subjection which they have promised, or of the fear of hell, or the glory of life everlasting, hold nothing dearer than Christ. As soon as anything hath been commanded by the Superior they permit no delay in the execution, as if the matter had been commanded by God Himself. Of these the Lord saith: "At the hearing of the ear he hath obeyed Me" (Ps 17[18]:45). And again He saith to the teachers: "He that heareth you heareth Me" (Lk 10:16).

Such as these, therefore, instantly quitting their own work and giving up their own will, with hands disengaged, and leaving unfinished what they were doing, follow up, with the ready step of

obedience, the work of command with deeds; and thus, as if in the same moment, both matters—the master's command and the disciple's finished work—are, in the swiftness of the fear of God, speedily finished together, whereunto the desire of advancing to eternal life urgeth them.

Luke 1:28, 46-55

And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.

.....

And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed. Because he that is mighty, hath done great things to me; and holy is his name. And his mercy is from generation unto generations, to them that fear him.

He hath shewed might in his arm; he hath scattered the proud in the conceit of their heart. He hath put down the mighty from their seat, and that exalted the humble. He hath filled the hungry with good things; and the rich he hath sent empty away. He hath received Israel his servant, being mindful of his mercy: As he spoke to our fathers, to Abraham and to his seed forever.



**Orthodox Benedictine
Saint Days for October**

- 5: Maurus (Italian), first disciple of our holy father St Benedict (+584)**

- 12: Wilfrid (English) (+709)**

- 13: Regimbald (French) (+1039)**

- 28: Godwin of Stavelot (English)(+690)**

- 31: Wulfgang (German) (+994)**

Meditation

from Homilies for Lent

St. Bede the Venerable

The angel entered and said to her, 'Hail, full of grace, the Lord is with you. Blessed are you among women'. As unheard of as this greeting was in human custom, so fitting was it to the dignity of blessed Mary. And indeed, truly full of grace was she, upon whom it was conferred by divine favor that, first among women, she should offer God the most glorious gift of her virginity. Hence she who strove to imitate the life of an angel was rightfully worthy to enjoy the experience of seeing and speaking with an angel. Truly full of grace was she to whom it was granted to give birth to Jesus Christ, the very one through whom grace and truth come. And so the Lord was truly with her whom he first raised up from earthly to heavenly desires, in an unheard of love of chastity, and afterwards sanctified, by means of his human nature, with all the fullness of his divinity. Truly blessed among women was she who without precedent in the womanly state rejoiced in having the

honor of parenthood along with the beauty of virginity, inasmuch as it was fitting that a virgin mother bring forth God the Son. [...]

Let us see, however, how blessed Mary, when she had received so great a grace, continued to be the great stronghold of humility: *Behold the handmaid of the Lord*, she said. *Let it be done to me in accordance with your word*. Indeed she preserved a great constancy of humility, since she named herself the handmaid of her Maker at the time when she was chosen to be his mother. She was proclaimed blessed among women by the angelic oracle, and was instructed in the hidden mysteries of our redemption, still unknown to other mortals. Nevertheless, she did not extol herself in a singular way on account of the singularity of her higher merit, but being mindful instead of her own condition and of God's dignity, she humbly joined herself to the company of



Christ's servants and committed herself devotedly to Christ in what was ordered. *'Let it be done to me,'* she said, *'in accordance with your word'* – *"Let it be done that the Holy Spirit's coming to me may render me worthy of heavenly mysteries; let it be done that in my womb the Son of God may put on the condition of human substance, and may proceed like a bridegroom from his chamber for the redemption of the world.'*

Imitating her voice and mind to the best of our abilities, dearly beloved brothers, let us recall that we are Christ's servants in all of our acts and motions. Let us subject all the members of our body in service to him, and let us direct the whole gaze of our mind to the fulfillment of his will. Thus, since we have received his gifts, let us give thanks by living properly, so that we may deserve to show ourselves worthy of receiving greater gifts. Let us unremittently pray, along with the blessed mother of God, that it may be done to us in accordance with his word, that word, namely, by which he himself explained the reason for his incarnation when he said, *'For God so loved the world that he gave his only-begotten Son, so that everyone who believes in him may not perish but may have eternal life'*. And there is no doubt that he will very quickly deign to hearken us who cry out to him from the depths, since for our sake, when we did not yet recognize him, he deigned to descend to this deep valley of tears, Jesus Christ our Lord, who lives and reigns with the Father in the unity of the Holy Spirit, for ages and ages. Amen. [...]

Therefore she said, *'My soul magnifies the Lord and my spirit exults in God my Savior,'* and so forth. With these words she first confesses those gifts which had been specially conceded to her, and then she enumerates too those ordinary kindnesses of God with which he does not stop consoling the human race forever. her soul magnifies the Lord since she commits all the affection of her interior self to divine praised and subjection, and by her observance of God's commands she demonstrates that she things always of the might of his majesty. Her spirit exults in God her Savior since nothing among earthly things is pleasing to her, no superfluity of perishable things soothes her, nor does adversity break her down; but she takes delight only in the memory of her Maker, from whom she hopes for her eternal salvation. These

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words might be proper and appropriate for all the perfect; nevertheless, it was especially proper for the blessed mother of God to bring them forward, since in view of her singular privilege she was rightly on fire with spiritual love for him in whose bodily conception she was rejoicing. More so than the rest of the saints, she could rightfully exult with joy in Jesus, that is, in her special Savior, because she was aware that the very one whom she had known as the everlasting Author of salvation was, in his temporal beginning, to be born of her flesh, so that in one and the same person he would truthfully be both her son and her Lord.

And in the following words she teaches us how worthless she felt of herself, and that she had received by heavenly grace lavished on her every sort of good merit that she had. She says, *'For he has considered the humility of his handmaid; for behold from this time on all generations will call me blessed'*. She demonstrates that in her own judgment she was indeed Christ's humble handmaid, but with respect to heavenly grace she pronounces herself all at once lifted up, and glorified to such a degree that rightly her preeminent blessedness would be marveled at by the voices of all nations.

Month of the Rosary

October is one of the two months dedicated to the Blessed Virgin Mary (the other being May). In particular, October is dedicated to the saying of the rosary, and the 7th is set aside in the Roman Catholic Church for the Feast of Our Lady of the Rosary.

On October 11, the Church commemorates the Blessed Virgin's motherhood, remembering that she was indeed a parent, though of the Perfect Son, in addition to Virgin.

Lastly, October 15 is the traditional feast day for Our Lady of Walsingham. The BVM appeared, in 1061, to an English noblewoman and requested a shrine be built in Walsingham to commemorate the annunciation and Our Lady's submission to the will of God. This feast is now celebrated on Sept. 24 in the Roman Church, though the Anglican Communion still honors the traditional date.

In honor of Our Lady, therefore, make time to pray the Rosary every week. and pray the Saturday Office of Our Lady, so that her virtues may inspire you and fill your mind as we approach All Saints and, soon after, Advent.



THE NEXT MONTHLY RETREAT

October 10, 2015
10:00 am - 2:00 pm

OFFICIANT: Deacon Lazarus
CANTOR: Subdeacon Joseph
READER: Ben
MEDITATION: Wilfrid

LUNCHEON LIST

MAIN COURSE: Linda
DRINKS: Ben
SNACKS: David
SALAD: Wilfrid
DESERT: Ross

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**OBLATES INTERCESSION LIST
FOR HEALING**

OCT 2015

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X	METROPOLITAN JOSEPH
X	BISHOP JOHN
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	PAINTING THE INTERIOR OF THE CHURCH
	ALL BATTERED CHILDREN
	WOUNDED MILITARY
	ALL PRIESTS IN THE CHURCH
	ALL CLERGY WIVES
	ALL CHRISTIANS IN THE MIDDLE EAST
	SYRIAN ORPHANS
	THOSE CAUGHT IN HUMAN TRAFFICKING
	ALL WHO WORK IN SPACE

R.I.P.

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