

Listen with your heart
to the God who calls your name
running on life's path.

- (Rule of St Benedict: Prologue)

The Rule's little way
starting point for the journey
keep on seeking God.

- (Rule of St Benedict: Chapter 73)

Finding the Essence of the Rule with Haikus
by Susan Marie Windstorm OSB, in *Benedictines*, 2013.

St Benedict
11 July