

## BENEDICTINE VALUES

- *Listening to God in:* Scripture, prayer, one another and in the events of our lives.
- *Community*—striving for healthy relationships with God as our center and committed to the prayer and ministry of Our Lady of Guadalupe Monastery.
- *Balance*—in work, prayer, leisure, solitude and togetherness.
- *Daily-ness*—Finding the holy in the ordinary.
- *Hospitality*—creating a welcoming space in our homes and in our hearts.
- *Peace*—seek peace in our hearts, homes, and in the world.
- *Stewardship*—reverence for all created things.

“THAT IN ALL THINGS....

**GOD MAY BE GLORIFIED.”**

To become an oblate of  
Our Lady of Guadalupe Monastery:

- Contact Sister Lydia Armenta at 623 848-9608 or [slydia527@aol.com](mailto:slydia527@aol.com)
- Attend monthly meetings on Saturday's, 1-4 p.m. at the Monastery [schedule is on webpage for exact dates]
- If you feel called to begin your formation as an oblate, state your desire and begin the process and discernment as an Oblate candidate
- After completion of formation classes and discernment you make a request to the Prioress to make your Oblation.

To pray with Benedict is to listen and respond “with the ear of our heart” to God's word, allowing the transforming power of God's love in the Spirit of Christ to make us loving women and men in our society.

*Sister Lydia Armenta, OSB  
Oblate Directress  
Our Lady of Guadalupe Monastery  
8502 W. Pinchot Avenue  
Phoenix, Arizona 85037-3331  
623-848-9608  
[sisterlydia@olgmonastery.com](mailto:sisterlydia@olgmonastery.com)*

## OBLATES OF ST. BENEDICT



**“Come, listen with the ear  
of your heart”**

**COME AND LEARN  
THE WISDOM  
OF THE  
BENEDICTINE TRADITION**

**COME AND EXPERIENCE A  
MONASTIC COMMUNITY**

**COME,  
BE AN OBLATE**

## An Oblate...

‡ “offers one’s self in prayer and service within one’s dedicated family or single lifestyle”

‡ Seeks God daily through study, prayer and conversion of life

‡ Affiliates oneself formally with a particular Benedictine community while continuing to live in one’s own home and locale

## Dedicating Yourself to God...

‡ Growing in God’s love and awareness of the presence of God in self and others

‡ Seeing self as a steward and handle God’s gifts with gratitude and responsibility

‡ Becoming holy in your chosen way of life by integrating prayer and work, manifesting Christ’s presence in society

‡ Sharing in the Spiritual life of prayer and good works of the community

*“The Benedictine way of life is a journey in living the values of the Gospel each day.”*

*Sister Lydia Armenta, OSB  
Oblate Director*

As Oblates, there is a connection to a Monastic Community.....

- Receiving the prayer support of the Sisters and the Oblates & praying for one another.
- Binding oneself by a promise in sharing the Benedictine way of life and monastic values in daily life.
- Gathering with others who share the same vision.
- Carrying monastic values into the world by applying the teachings of the Rule of Benedict in daily living and service of others.
- Participating in the ministries of the Monastery and of their local parish/faith community.

Oblates at Our Lady of Guadalupe Monastery are:

- Christians—of any denomination, education background, and state of life
- Women and Men, 18 and older

***“Then, as we progress in this way of life and in faith, we shall run on the path of God’s commandments, our hearts overflowing with the inexpressible delight of love. Never swerving from his instructions... but faithfully observing his teaching...until death, we shall through patience share in the sufferings of Christ that we may deserve also to share in his kingdom. Amen.”***

Rule of St. Benedict, Prologue

Oblates are encouraged to:

- Adopt values that are part of Christian Spirituality.
- Develop a love and reverence for *Lectio Divina* (holy reading).
- Take time for prayerful reflection on the Word of God in Scripture and other sources of spiritual reading.
- Learn to pray the Divine Office (psalms and scripture) and develop a daily spiritual program.
- Discover the wisdom of the Benedictine tradition through the Rule of St. Benedict and the Desert Mothers and Fathers.

The spirituality of the Rule of St. Benedict is basic Christian spirituality.

The rule establishes a way of life that fosters the human return to God through and in Christ by the power of the Holy Spirit.

In the spirituality of the rule, God is primary. The most important criterion for acceptance into the community is whether one “truly seeks God” (Rule, 58.7).

The structure of life is designed to heighten and refine awareness of God’s presence at all times.