



## HOW TO LIVE

### What the Rule of St. Benedict teaches us About Happiness, Meaning, and Community

- By Judith Valente

Matching a 21<sup>st</sup> Century mindset to ancient directives of the Benedictine Rule, Judith Valente unfolds the working power of conscious BEING : paying attention, living fully, keeping silence with daily practices of humility, prayer, forgiveness, trust, and deliberate leadership to balance our personal lives and nurture meaningful community in our chaotic culture.

Date	Chapters	Topic	Presenter
Sept. 5	1 & 2	<i>Living Consciously and Listening with the Heart</i>	Msgr. Clement Connolly
Sept. 12	3 & 4	<i>Running with the Light – Using Death as Our Compass</i>	Rev. Tim Burnette
Sept. 19	5 & 6	<i>Learning the Craft of Good Works and Silence as a Power Tool</i>	Paul Chappell
Sept. 26	7 & 8	<i>Discovering the Power of Patience, Humility and Gratitude</i>	Rev. Adam McCoy
Oct. 3	9 & 10	<i>Fostering Well-being through Building Trust and Community</i>	Rev. David Moore
Oct. 10	11 & 12	<b>Keynote Session:</b> Morning session on <i>HOW TO LIVE</i> -- author afternoon session (1:00 – 2:30) : <i>Contemplation in Courtroom 5-C</i>	Judith Valente Judge Charles Renard
Oct. 17	13 & 14	<i>Exploring Healing and ‘Homeness’ – Simplicity and Abundance</i>	Rev. Elizabeth Molitors
Oct. 24	15 & 16	<i>Applying The Dynamics of Self-Honesty and Group Consensus</i>	Rev. Julia Hamilton
Oct. 31	17 & 18	<i>Extending Our Mission As Leaders in the Care of Souls and The Guardianship of the Planet</i>	Dr. Radhule Weininger
Nov. 7	19 – 22	<i>Living Into the Blessing and Meaning of Right Now ..... Wherever We Are</i>	Fr. Jim Clarke

The registration fee of \$100 includes a copy of the book and admissions to all ten of our Thursday morning sessions. Single day sessions are \$10 each. For pre-registration, send check (made out to Word and Life) and information (phone, e-mail, address) to Judith McDermott at 3731-2 Gregory Way Santa Barbara, CA 93105.

Meet at the **First Presbyterian Church** (State and Constance) 10:00 a.m. to noon  
For more information about Word and Life, please visit our website at [www.wordandlife.us](http://www.wordandlife.us)